

Frequencies:

Genotype

$$f(G_1G_1) = \frac{4}{10} = 0.4$$

$$f(G_1G_2) = \frac{3}{10} = 0.3$$

$$f(G_2G_2) = \frac{3}{10} = 0.3$$

} add up to 1

Alleles:

$$\begin{aligned} f(G_1) &= f(G_1G_1) + \frac{1}{2} f(G_1G_2) \\ &= 0.4 + 0.15 = 0.55 \end{aligned}$$

$$f(G_2) = f(G_2G_2) + \frac{1}{2} f(G_1G_2) = 0.45$$