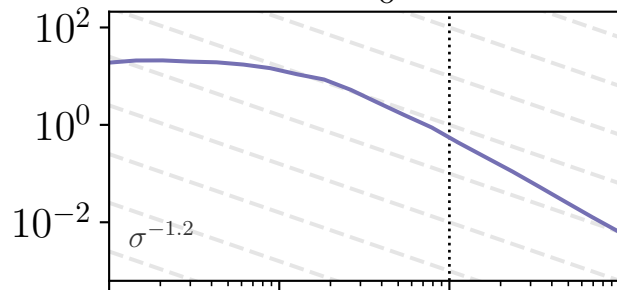
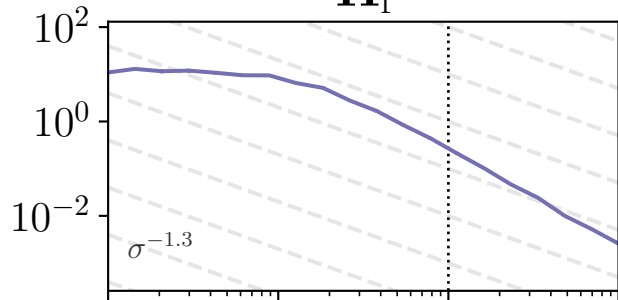


$\text{Block} \parallel \cdot \parallel_{\text{F}}$

\mathbf{H}_o



\mathbf{H}_f



\mathbf{H}

