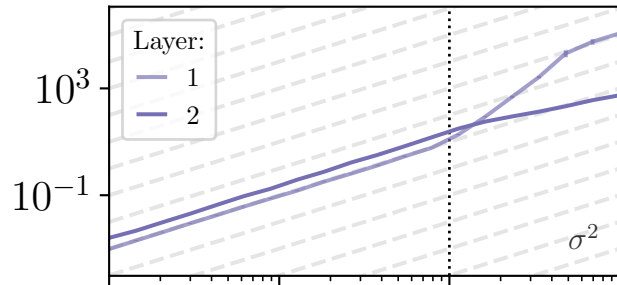
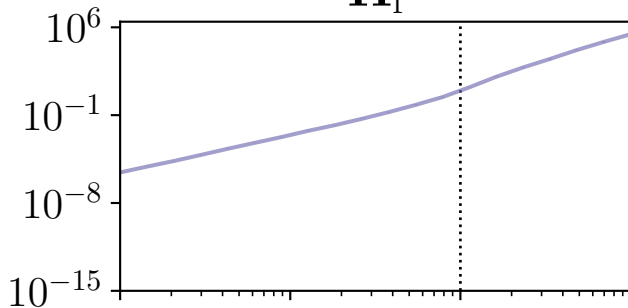


$\text{Block} \parallel \cdot \parallel_{\text{F}}$

$\mathbf{H}_o$



$\mathbf{H}_f$



$\mathbf{H}$

