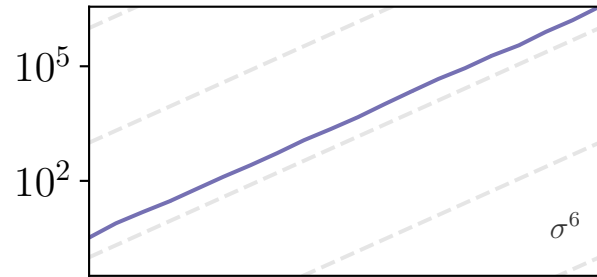
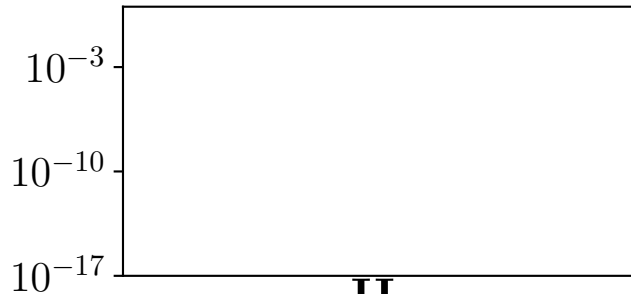


$\text{Block} \parallel \cdot \parallel_{\text{F}}$

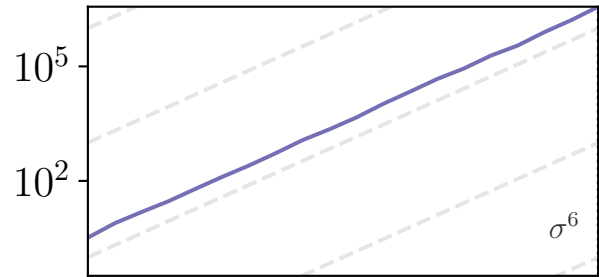
\mathbf{H}_0



\mathbf{H}_f



\mathbf{H}



\mathbf{H}_f

