The Centering Matrix Operator is given by Cn=In-In
The Kernel Matrix K is square, so taking the matrix product
Cn K Cn will center both K's rows and columns to mean O.
Kc = Cn K Cn = (In-In) K (In-In)
= In K In-In K In-In K In as desired

(2) Under the low rank assumption, We may express: $K_{z} = \begin{bmatrix} U_{z} \\ U_{z} \end{bmatrix} \Lambda \begin{bmatrix} U_{z} \\ U_{z} \end{bmatrix}^{T}$ $\Rightarrow K_{zz} = U_{z} \Lambda U_{z}^{T}; K_{zz} = K_{zz} = U_{z} \Lambda U_{z}^{T}; K_{zz} = U_{z} \Lambda U_{z}^{T}$ $\Rightarrow K_{zz} K_{zz}^{-1} K_{zz} = (U_{z} \Lambda U_{z}^{T})(U_{z} \Lambda U_{z}^{T})^{-1}(U_{z} \Lambda U_{z}^{T})^{T}$ $= (U_{z} \Lambda U_{z}^{T})(U_{z} \Lambda U_{z}^{T})^{-1}(U_{z} \Lambda U_{z}^{T})^{T}$ $= (U_{z} \Lambda U_{z}^{T})(U_{z} \Lambda U_{z}^{T})^{-1}(U_{z} \Lambda U_{z}^{T})^{T}$

 $= \bigcup_{2} \bigwedge^{T} \bigcup_{3}^{T} = \bigcup_{2} \bigwedge \bigcup_{3}^{T} = \bigwedge_{22}^{T}$