Transition Interface Sampling
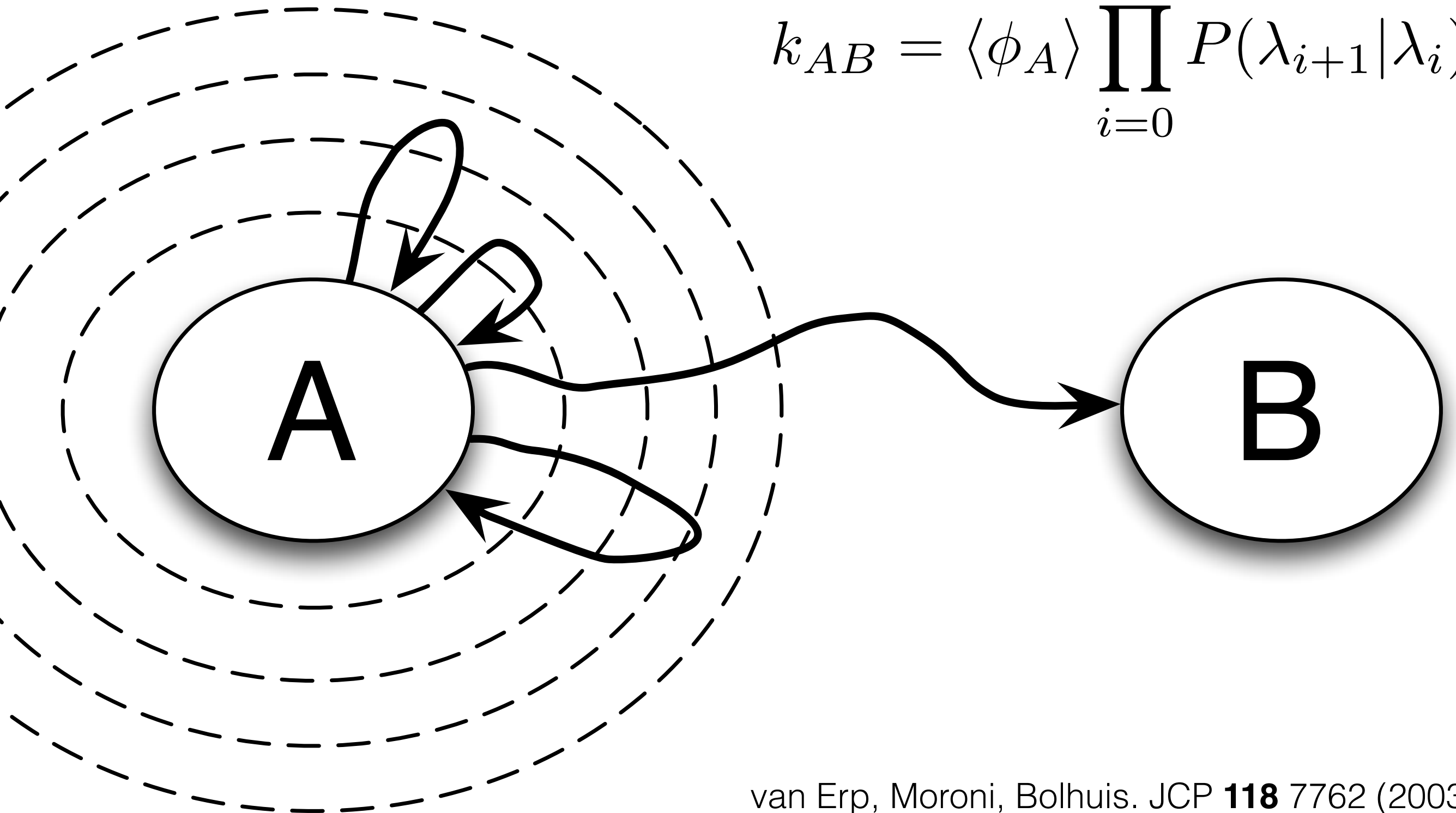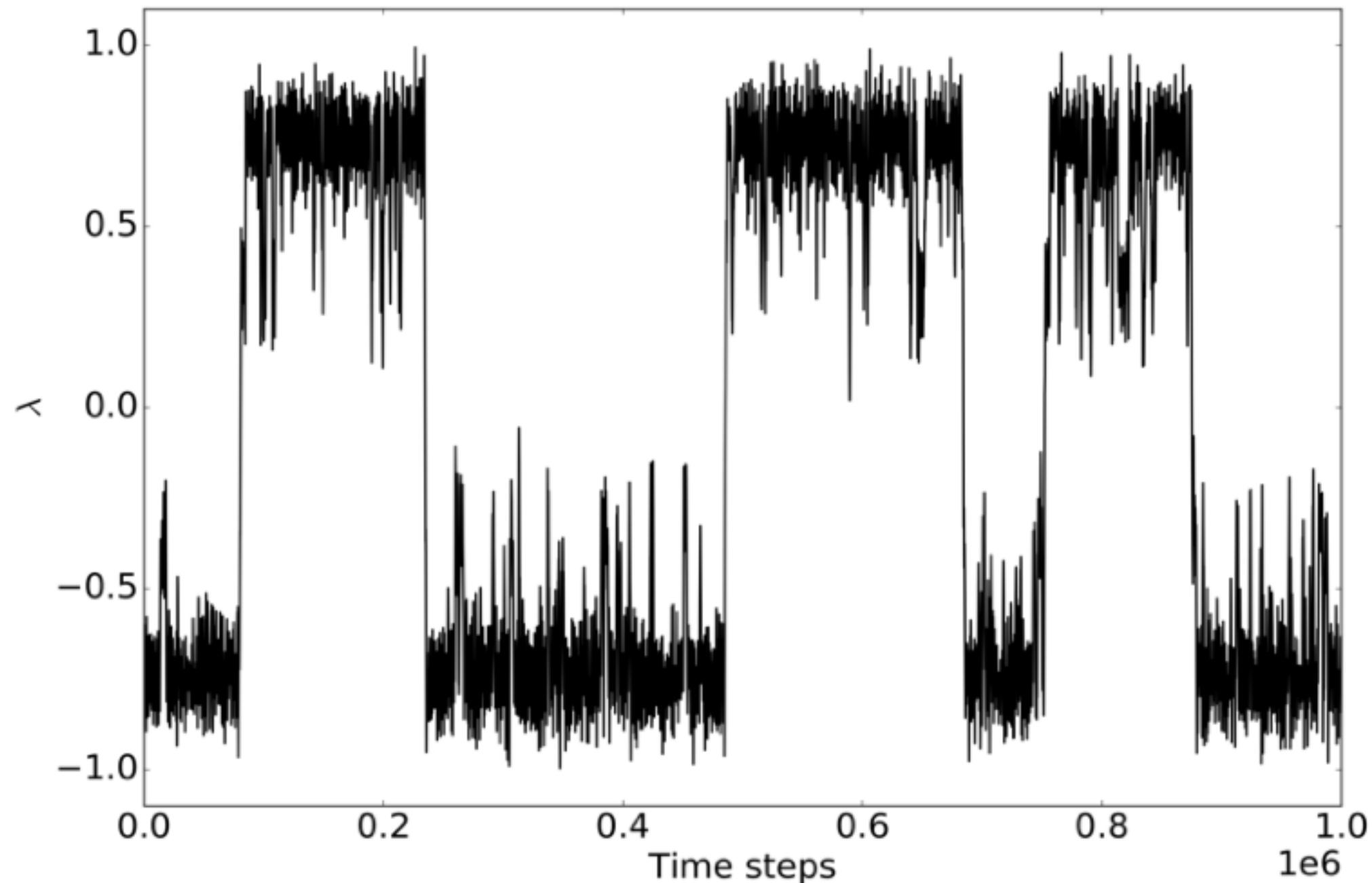
$$k_{AB} = \langle \phi_A \rangle \prod_{i=0}^{N} P(\lambda_{i+1} | \lambda_i)$$

van Erp, Moroni, Bolhuis. JCP **118** 7762 (2003).

Calculating the rate with TIS

Successive crossing probabilities: multiply a number ~0.1 a bunch of times to get a very small probability