Decomposition into within and between components
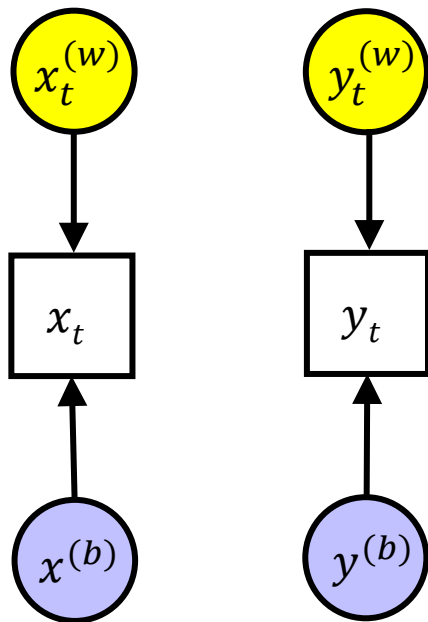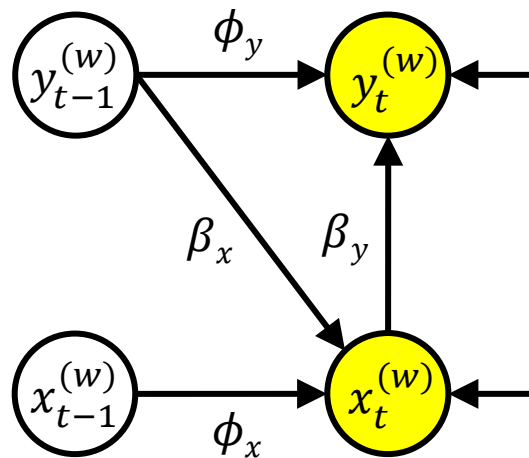
Within level

Between level