using System;

using System.Collections.Generic;

using System.Linq;

using System.Text;

using System.Threading.Tasks;

namespace \_20\_November\_2016\_Morning

{

class Program

{

static void Main(string[] args)

{

var n = int.Parse(Console.ReadLine());

var m = int.Parse(Console.ReadLine());

var max = int.Parse(Console.ReadLine());

var counter = 0;

for (int i = 1; i <= n; i++)

{

for (int j = 1; j <= m; j++)

{

counter++;

if (counter<=max)

{

Console.Write($"({i} <-> {j}) ");

}

else

{

break;

}

}

if (counter >max)

{

break;

}

}

}

}

}