Note that
$$R_{23} = \begin{pmatrix} 1 & 0 & 0 \\ 0 & c_{23} & s_{23} \\ 0 & -s_{23} & c_{23} \end{pmatrix}$$
, $R_{12} = \begin{pmatrix} c_{12} & s_{12} & 0 \\ -s_{12} & c_{12} & 0 \\ 0 & 0 & 1 \end{pmatrix}$,

$$R_{13} = \begin{pmatrix} c_{13} & 0 & s_{13} \\ 0 & 1 & 0 \\ -s_{13} & 0 & c_{13} \end{pmatrix}, \text{ where } c_{ij} = \cos{(\theta_{ij})}, \ s_{ij} = \sin{(\theta_{ij})}$$

By definition

$$U_{TBM} = \begin{pmatrix} 1 & 0 & 0 \\ 0 & 1/\sqrt{2} & 1/\sqrt{2} \\ 0 & -1/\sqrt{2} & 1/\sqrt{2} \end{pmatrix} * \begin{pmatrix} \sqrt{2/3} & \sqrt{1/3} & 0 \\ -\sqrt{1/3} & \sqrt{2/3} & 0 \\ 0 & 0 & 1 \end{pmatrix} = \begin{pmatrix} \sqrt{\frac{2}{3}} & \frac{1}{\sqrt{3}} & 0 \\ -\frac{1}{\sqrt{6}} & \frac{1}{\sqrt{3}} & \frac{1}{\sqrt{2}} \\ \frac{1}{\sqrt{6}} & -\frac{1}{\sqrt{3}} & \frac{1}{\sqrt{2}} \end{pmatrix}$$

Assuming there is no phase in the PMNS matrix,

and using central values from PDG: $\sin^2(\theta_{12}) = 0.307$, $\sin^2(\theta_{23}) = 0.50$, $\sin^2(\theta_{13}) = 0.021$, we get

$$U_{PMNS} = \begin{pmatrix} 1 & 0 & 0 \\ 0 & 1/\sqrt{2} & 1/\sqrt{2} \\ 0 & -1/\sqrt{2} & 1/\sqrt{2} \end{pmatrix} * \begin{pmatrix} \sqrt{.979} & 0 & \sqrt{.021} \\ 0 & 1 & 0 \\ -\sqrt{.021} & 0 & \sqrt{.979} \end{pmatrix} * \begin{pmatrix} \sqrt{.693} & \sqrt{.307} & 0 \\ -\sqrt{.307} & \sqrt{.693} & 0 \\ 0 & 0 & 1 \end{pmatrix} =$$

$$\begin{pmatrix} 0.824 & 0.548 & 0.145 \\ -0.477 & 0.532 & 0.700 \\ 0.306 & -0.645 & 0.700 \end{pmatrix}$$

Now we can calculate
$$U^{(-1)} = U_{TBM} * U_{PMNS}^{\dagger} = \begin{pmatrix} 0.989 & -0.082 & -0.122 \\ 0.083 & 0.997 & -0.003 \\ 0.122 & -0.007 & 0.992 \end{pmatrix}$$

Decompose $U^{(-1)} = R_{23} * R_{13} * R_{12}$, we get $\phi_{12} = -0.083 \approx -\lambda/3$,

$$\phi_{13} = -0.123 \approx -\lambda/2, \ \phi_{23} = -0.003 \approx -\lambda^4$$

We can write $U^{(-1)}$ in terms of λ

$$U^{(-1)} = R_{23} \left[-\lambda^4 \right] * R_{13} \left[-\frac{\lambda}{2} \right] * R_{12} \left[-\frac{\lambda}{3} \right] = \begin{pmatrix} 1 - \frac{13\lambda^2}{72} & -\frac{\lambda}{3} & -\frac{\lambda}{2} \\ \frac{\lambda}{3} & 1 - \frac{\lambda^2}{18} & -\lambda^4 \\ \frac{\lambda}{2} & -\frac{\lambda^2}{6} + \lambda^4 & 1 - \frac{\lambda^2}{8} \end{pmatrix} + O\left(\lambda^5\right)$$

The CKM Matrix is given by

$$U_{\text{CKM}} = \begin{pmatrix} 1 - \frac{\lambda^2}{2} & \lambda - \frac{\lambda^3}{6} & \mathbf{A} \star \lambda^3 \star (\rho - \mathbf{i} \star \eta) \\ -\lambda + \frac{\lambda^3}{6} & 1 - \frac{\lambda^2}{2} & \mathbf{A} \star \lambda^2 \\ \mathbf{A} \star \lambda^3 & \left(1 - \rho - \mathbf{i} \star \eta\right) & -\mathbf{A} \star \lambda^2 & 1 \end{pmatrix} + \mathbf{O} \left(\lambda^5\right).$$

Assume A~O(1), ρ ~O(λ), η ~O(λ), and it is true since A= 0.811 ± 0.026, ρ = 0.124 $^{+0.019}_{-0.018}$, η = 0.356 ± 0.011(via PDG).

The Yukawa mass matrix of $-\frac{1}{3}$ quarks and charged leptons can be decomposed

$$\mathbf{Y}^{\left(-\frac{1}{3}\right)} = \mathbf{U}^{\left(-\frac{1}{3}\right)} \mathbf{D}^{\left(-\frac{1}{3}\right)} \mathbf{V}^{\left(-\frac{1}{3}\right)} \dagger$$

$$\mathbf{Y}^{\left(-1\right)} = \mathbf{U}^{\left(-1\right)} \mathbf{D}^{\left(-1\right)} \mathbf{V}^{\left(-1\right)} \dagger$$

In the basis where $\mathbf{y}^{\left(\frac{2}{3}\right)}$ is diagonal, $U^{\left(-\frac{1}{3}\right)} = U_{\text{CKM}}$.

$$\mathbf{D}^{\left(-\frac{1}{3}\right)} = \begin{pmatrix} \frac{\lambda^4}{3} & 0 & 0 \\ 0 & \frac{\lambda^2}{3} & 0 \\ 0 & 0 & 1 \end{pmatrix} \text{ and } \mathbf{D}^{\left(-1\right)} = \begin{pmatrix} \frac{\lambda^4}{9} & 0 & 0 \\ 0 & \lambda^2 & 0 \\ 0 & 0 & 1 \end{pmatrix} \text{ are the mass eigenvalues with arbitrary choices of sign.}$$

Based on the SO(10) GUT, $\mathbf{y}^{\left(-\frac{1}{3}\right)}$ and $\mathbf{y}^{\left(-1\right)}$ are related by

$$\mathbf{Y}^{\left(-\frac{1}{3}\right)} = \mathbf{Y}_5 + \mathbf{Y}_{45}$$

$$Y^{(-1)} = Y_5^T - 3 Y_{45}^T$$

where Y_5 is from the 5-Higgs coupling and Y_{45} is from the 45-Higgs coupling.

If we choose
$$\mathbf{v}^{\left(-\frac{1}{3}\right)} = \mathbf{v}^{(-1)*}, \ \mathbf{v}^{(-1)} = \mathbf{v}_{\text{CKM}}^*, \ \text{and} \ \mathbf{D}^{\left(-\frac{1}{3}\right)} = \begin{pmatrix} \frac{\lambda^4}{3} & 0 & 0 \\ 0 & \frac{\lambda^2}{3} & 0 \\ 0 & 0 & 1 \end{pmatrix}, \ \mathbf{D}^{(-1)} = \begin{pmatrix} -\frac{\lambda^4}{9} & 0 & 0 \\ 0 & -\lambda^2 & 0 \\ 0 & 0 & 1 \end{pmatrix}, \ \text{there is a}$$

very simple and interesting pattern:

$$\begin{split} Y_5 &= \left(3 \star \mathbf{Y}^{\left(-\frac{1}{3} \right)} + \mathbf{Y}^{(-1) \, \mathsf{T}} \right) \bigg/ \, \mathbf{4} \\ &= \left[3 \star \mathbf{U}_{\text{CKM}} \, \mathbf{D}^{\left(-\frac{1}{3} \right)} \, \mathbf{U}^{(-1) \, \mathsf{T}} + \left(\mathbf{U}^{(-1)} \, \, \mathbf{D}^{(-1)} \, \, \mathbf{U}_{\text{CKM}}^{\mathsf{T}} \right)^{\mathsf{T}} \right] \bigg/ \, \mathbf{4} \\ &= \left[\mathbf{U}_{\text{CKM}} \star 3 \, \mathbf{D}^{\left(-\frac{1}{3} \right)} \, \mathbf{U}^{(-1) \, \mathsf{T}} + \mathbf{U}_{\text{CKM}} \, \mathbf{D}^{(-1)} \, \, \mathbf{U}^{(-1) \, \mathsf{T}} \right] \bigg/ \, \mathbf{4} \\ &= U_{\text{CKM}} \star \frac{3 \, D^{\left(-\frac{1}{3} \right)} + D^{(-1)}}{4} \star U^{(-1) \, \mathsf{T}} \\ &= \left(\begin{array}{cccc} 1 - \frac{\lambda^2}{2} & \lambda - \frac{\lambda^3}{6} & A \star \lambda^3 \star (\rho - i \star \eta) \\ -\lambda \lambda & \frac{\lambda^3}{6} & 1 - \frac{\lambda^2}{2} & A \star \lambda^2 \\ A \star \lambda^3 \left(1 - \rho - i \star \eta \right) & -A \star \lambda^2 & 1 \end{array} \right) \star \left(\begin{array}{cccc} \frac{2 \, \lambda^4}{9} & 0 & 0 \\ 0 & 0 & 1 \end{array} \right) \star \left(\begin{array}{ccccc} 1 - \frac{13 \, \lambda^2}{72} & \frac{\lambda}{3} & \frac{\lambda}{2} \\ -\frac{\lambda}{3} & 1 - \frac{\lambda^2}{18} & -\frac{\lambda^2}{6} + \lambda^4 \\ -\frac{\lambda}{2} & -\lambda^4 & 1 - \frac{\lambda^2}{8} \end{array} \right) \\ &= \left(\begin{array}{ccccc} \frac{2 \, \lambda^4}{9} & - \frac{\lambda \lambda^3}{2} & -\frac{\lambda}{2} \\ 0 & 0 & -\lambda^4 \\ \mathbf{A} \left(\rho - i \, \eta \right) \, \lambda^3 & \mathbf{A} \, \lambda^2 & 1 - \frac{\lambda^2}{8} \end{array} \right) + O \left(\lambda^5 \right), \end{split}$$

$$Y_{45} = (\mathbf{Y}^{\left(-\frac{1}{3}\right)} - \mathbf{Y}^{(-1)}\mathbf{T})/4 = U_{\text{CKM}} * \left(\frac{D^{\left(-\frac{1}{3}\right)} - D^{(-1)}}{4}\right) * U^{(-1)}\mathbf{T} = U_{\text{CKM}} * \begin{pmatrix} \frac{\lambda^4}{9} & 0 & 0\\ 0 & \frac{\lambda^2}{3} & 0\\ 0 & 0 & 0 \end{pmatrix} * U^{(-1)}\mathbf{T}$$

$$= \begin{pmatrix} 0 & -\frac{\lambda^3}{9} & 0\\ \frac{\lambda^3}{3} & \frac{\lambda^2}{37} - \frac{5\lambda^4}{27} & -\frac{\lambda^2\lambda^4}{3}\\ 0 & 0 & 0 \end{pmatrix} + O(\lambda^5).$$

Note that λ =0.23 $\approx \frac{1}{5}$, terms like $\frac{\lambda^4}{5}, \frac{\lambda^3}{25}$ (or even larger numerators) are treated as o (λ^5) .