(37.2) Show that both choices of sign $\mathbf{K} = \pm \frac{i\sigma}{2}$ obey the necessary commutation relations.

These are the commutation relations from page 336.

$$\begin{split} [J^i,K^j] &= i\varepsilon^{ijk}K^k \\ [K^i,K^j] &= -i\varepsilon^{ijk}J^k \end{split}$$

On page 337 we are given

$$\mathbf{J} = \frac{1}{2} \boldsymbol{\sigma}$$

and

$$[\sigma^i, \sigma^j] = 2i\varepsilon^{ijk}\sigma^k \tag{1}$$

For the first commutation relation we have

$$[J^i,\pm K^j] = \left[\tfrac{1}{2}\sigma^i,\pm\tfrac{i}{2}\sigma^j\right] = \pm\tfrac{i}{4}[\sigma^i,\sigma^j]$$

By equation (1)

$$\pm \tfrac{i}{4} [\sigma^i, \sigma^j] = \pm \tfrac{i}{4} \left(2i\varepsilon^{ijk} \sigma^k \right) = \mp \tfrac{1}{2} \varepsilon^{ijk} \sigma^k = \pm i\varepsilon^{ijk} K^k$$

For the second commutation relation

$$[K^i,K^j] = \left[\pm \frac{i}{2}\sigma^i, \pm \frac{i}{2}\sigma^j\right] = -\frac{1}{4}[\sigma^i,\sigma^j]$$

By equation (1)

$$-\frac{1}{4}[\sigma^i,\sigma^j] = -\frac{1}{4}(2i\varepsilon^{ijk}\sigma^k) = -i\varepsilon^{ijk}J^k$$