

we know  $L_A$  is defined by  $A \in O(3)$  thus  
 we have  $A = \begin{pmatrix} a & b & c \\ d & e & f \\ g & h & i \end{pmatrix}$  s.t.

$A^T = A^{-1}$  Now we want to take  
 $\sigma(u, v) = (u, v, w)$  and so

Now  ~~$A \sigma(u, v) = \begin{pmatrix} a & b & c \\ d & e & f \\ g & h & i \end{pmatrix} \begin{pmatrix} u \\ v \\ w \end{pmatrix}$~~

~~$A^T = \begin{pmatrix} a & d & g \\ b & e & h \\ c & f & i \end{pmatrix}$~~  so

~~$A^T A = \begin{pmatrix} a & b & c \\ d & e & f \\ g & h & i \end{pmatrix} \begin{pmatrix} a & d & g \\ b & e & h \\ c & f & i \end{pmatrix}$~~   
 ~~$=$~~

For this to work all we should do is  
 apply an orthogonal ~~map~~  $L_A \in O(3)$   
 to  $\sigma(u, v) = (u, v, w)$  (I think)

then if  $A \sigma(u, v) = (x, y, z)$

we just need to show that  
 $x \cdot y = z$  to show we've sent  
 $S$  to itself.