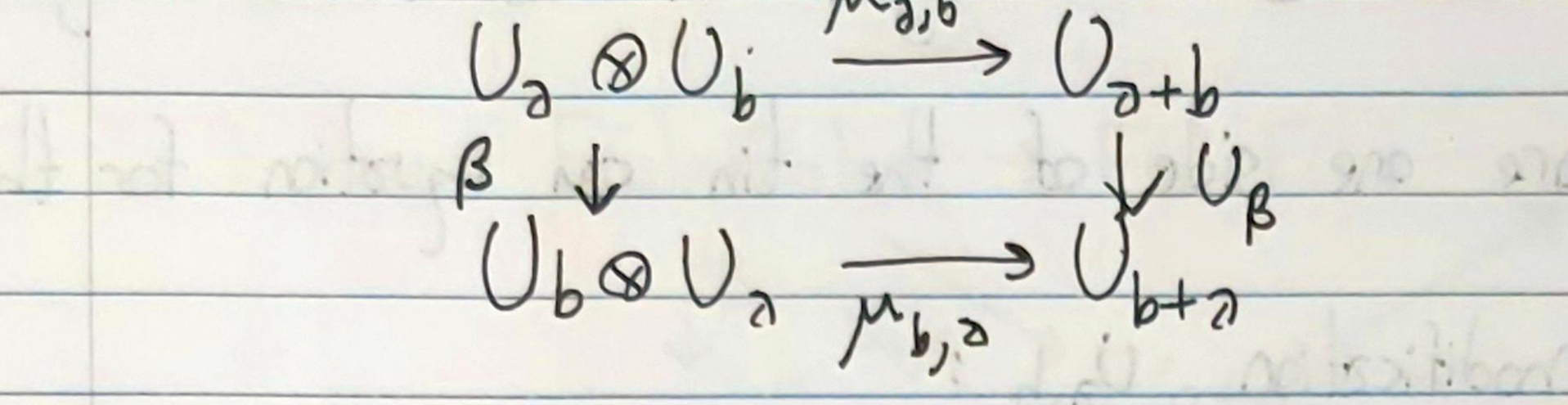
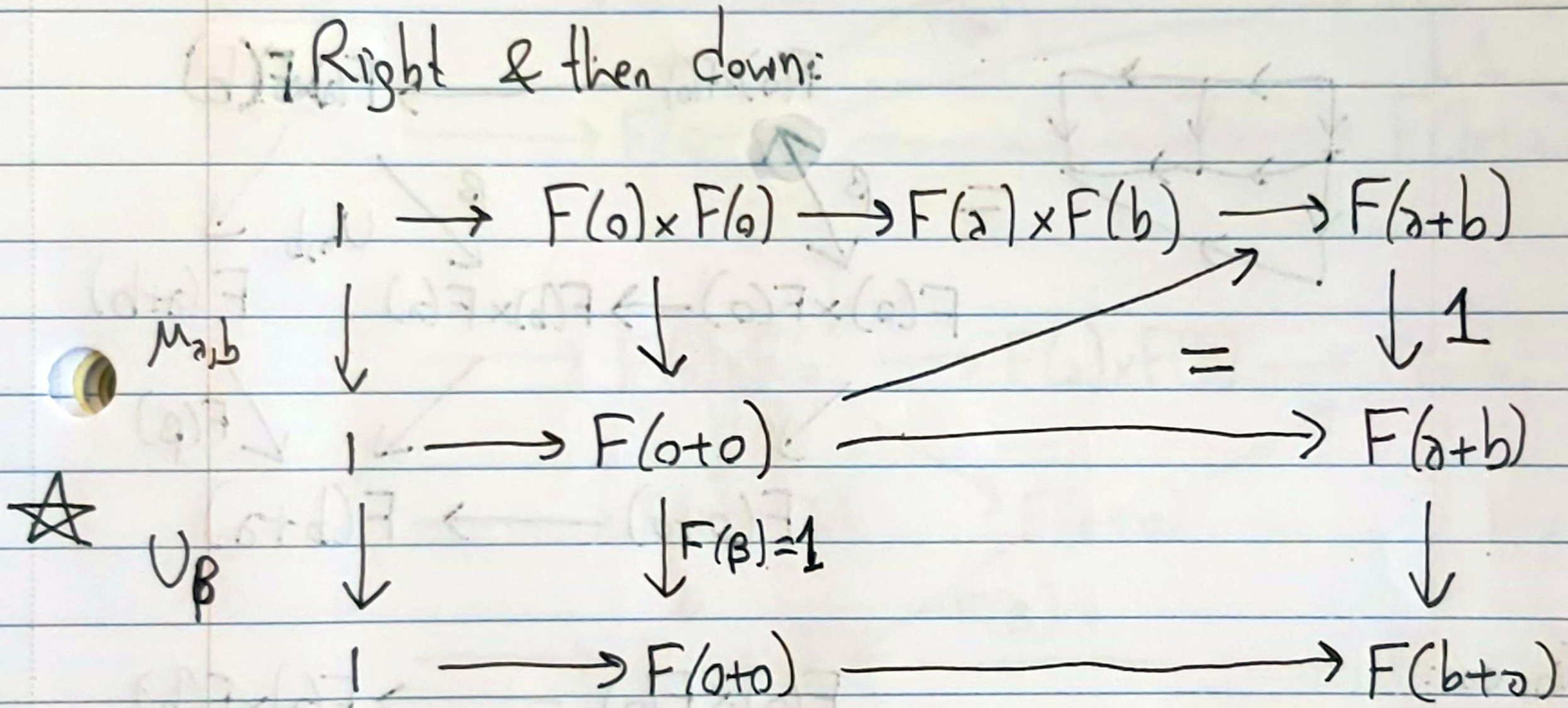
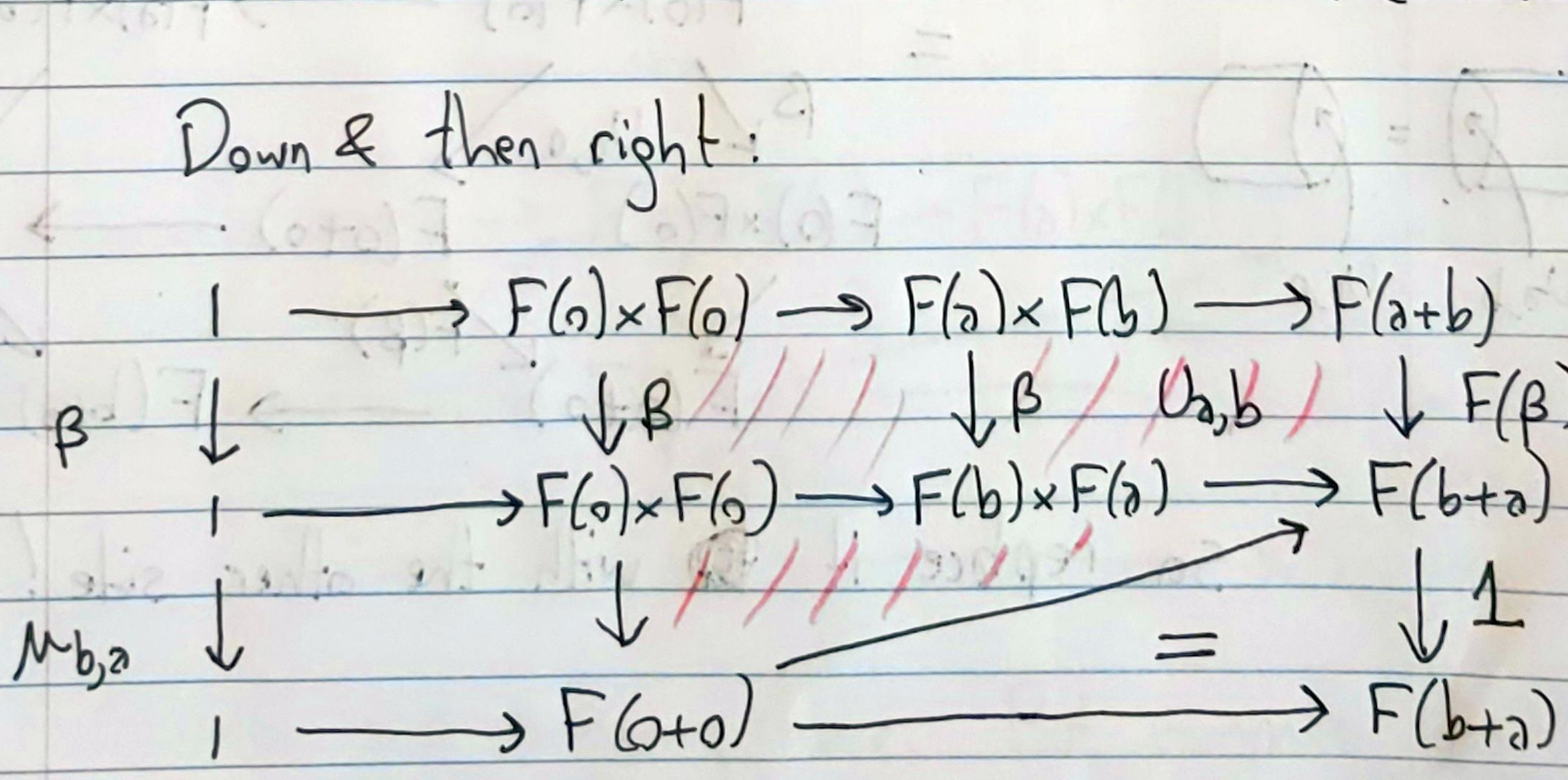
Diagram 11 Thm. 2.2



Right & then down:

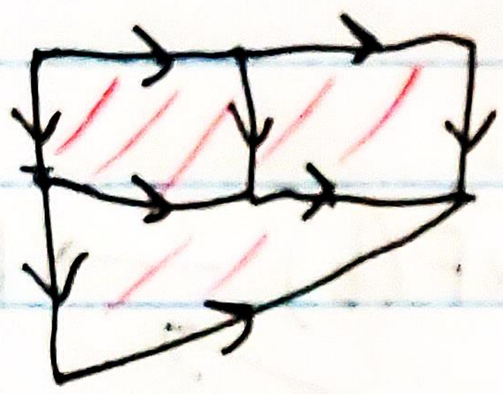


Down & then right:

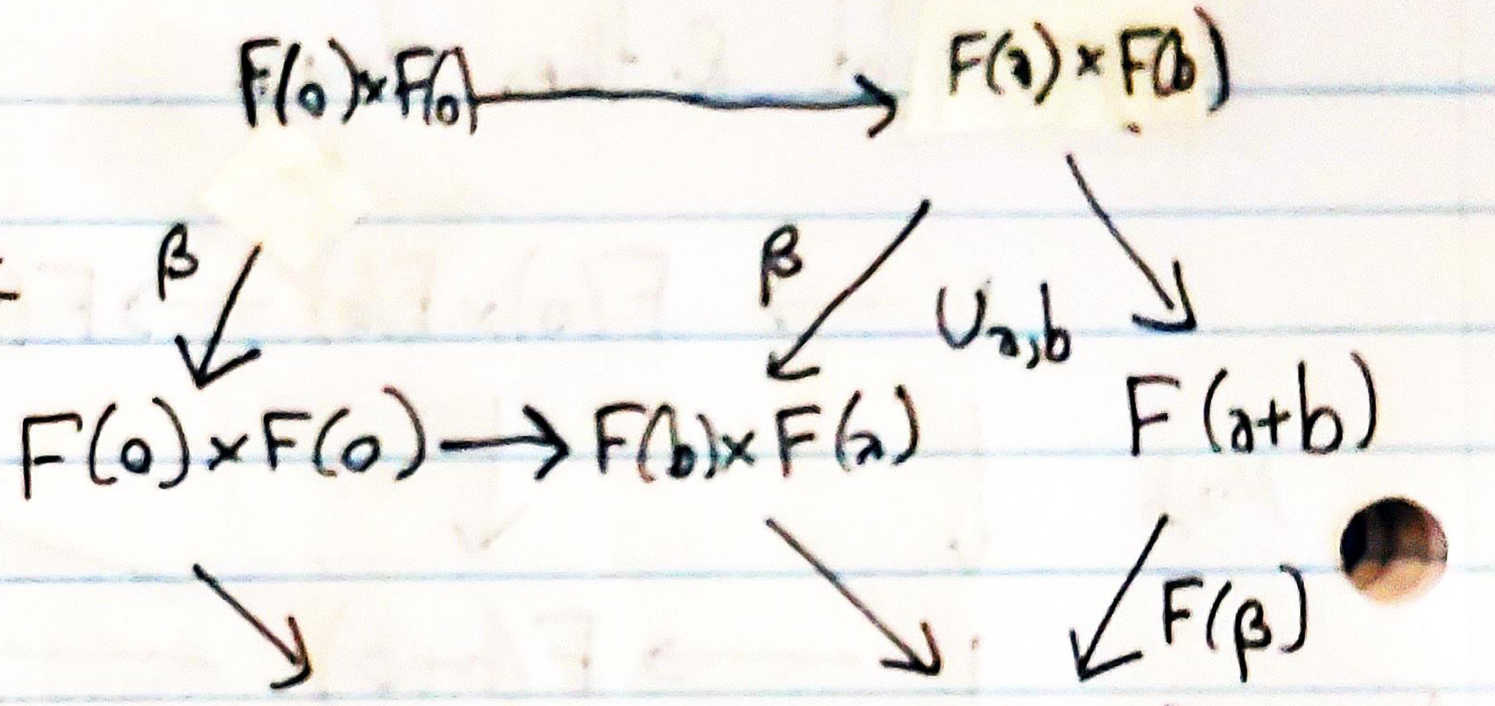


All unlabelled 1-cells & 2-cells are "the obvious thing".

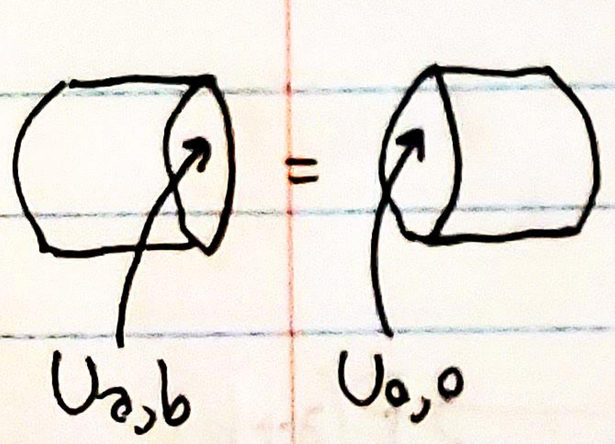
The 3 red regions in "down & then right" are one side of the tin can equation for the modification $U_{a,b}$:



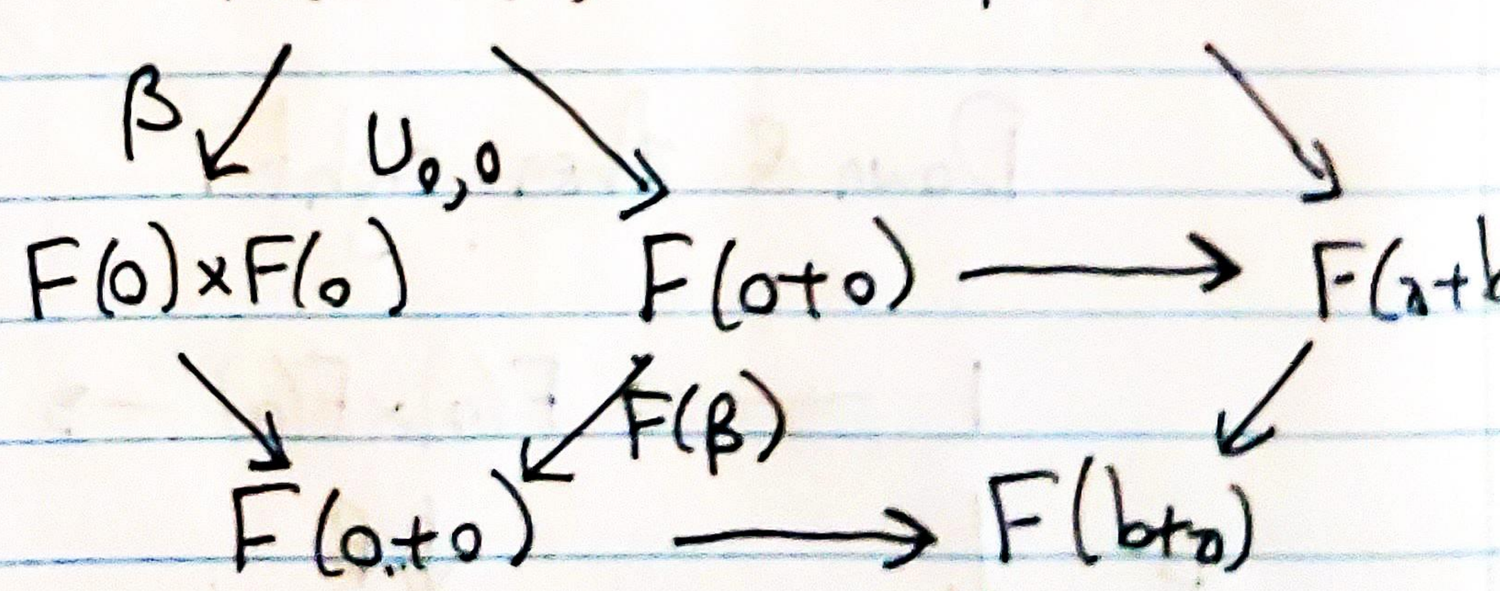
$=$



Tin can:

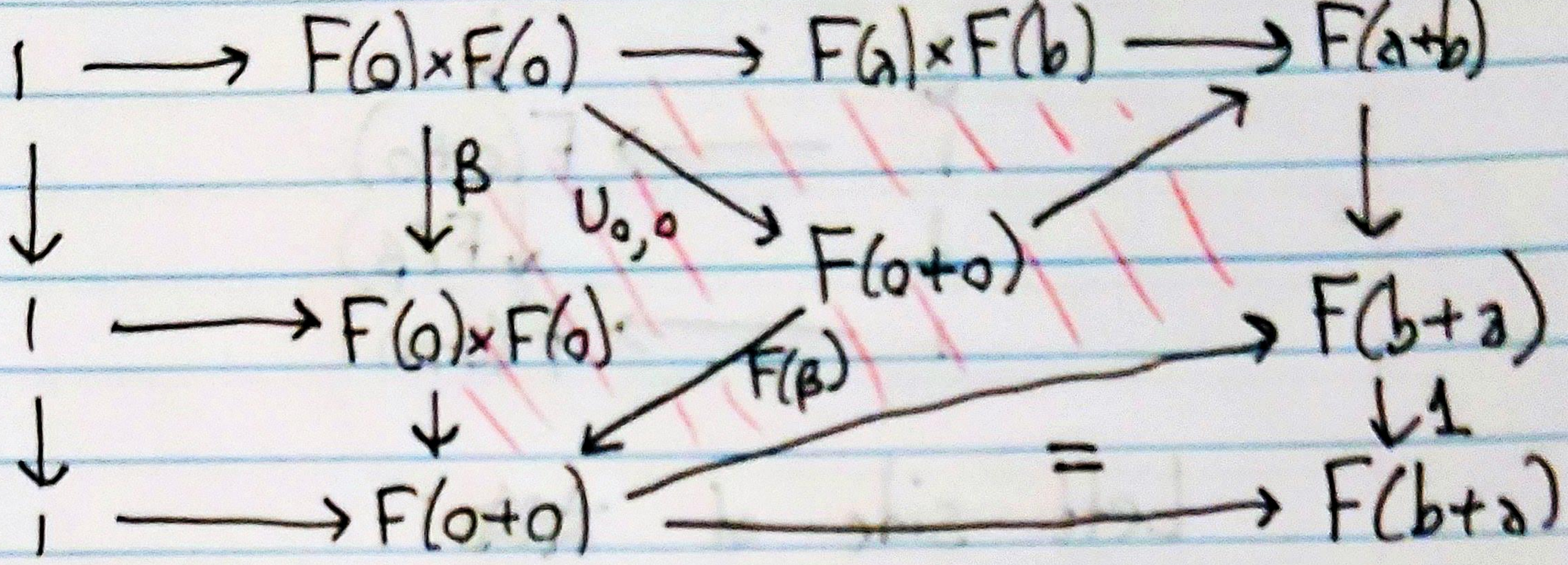


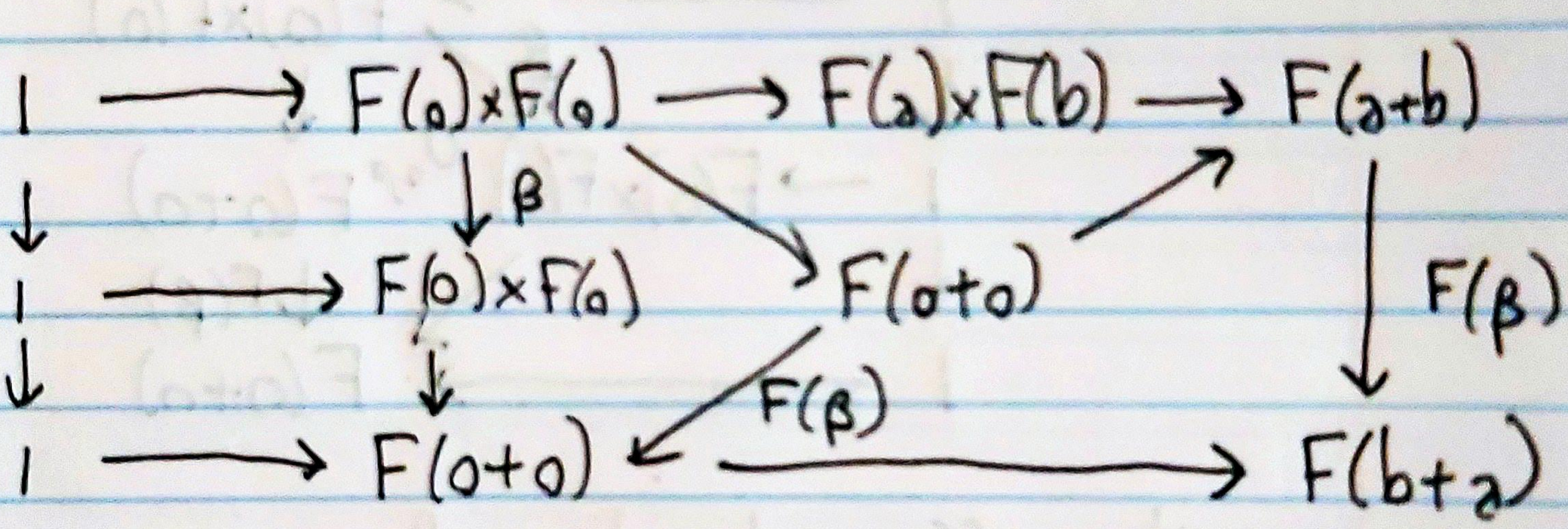
$=$

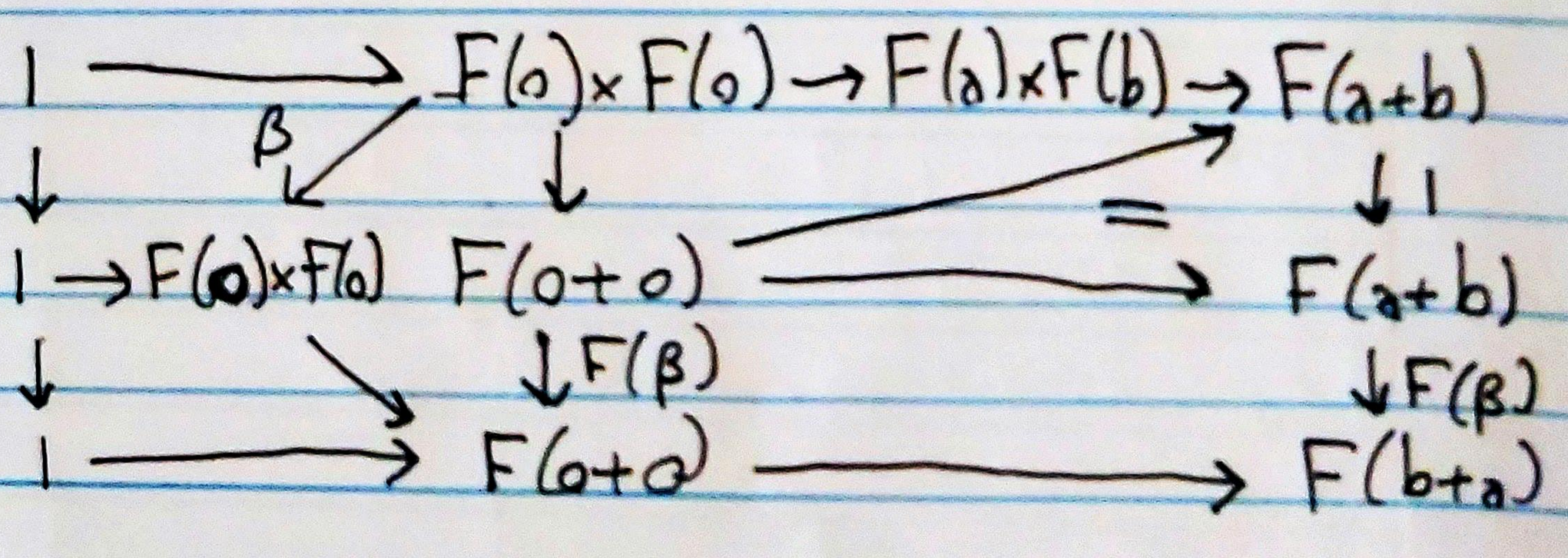


So replace it with the other side!

Down and then right:

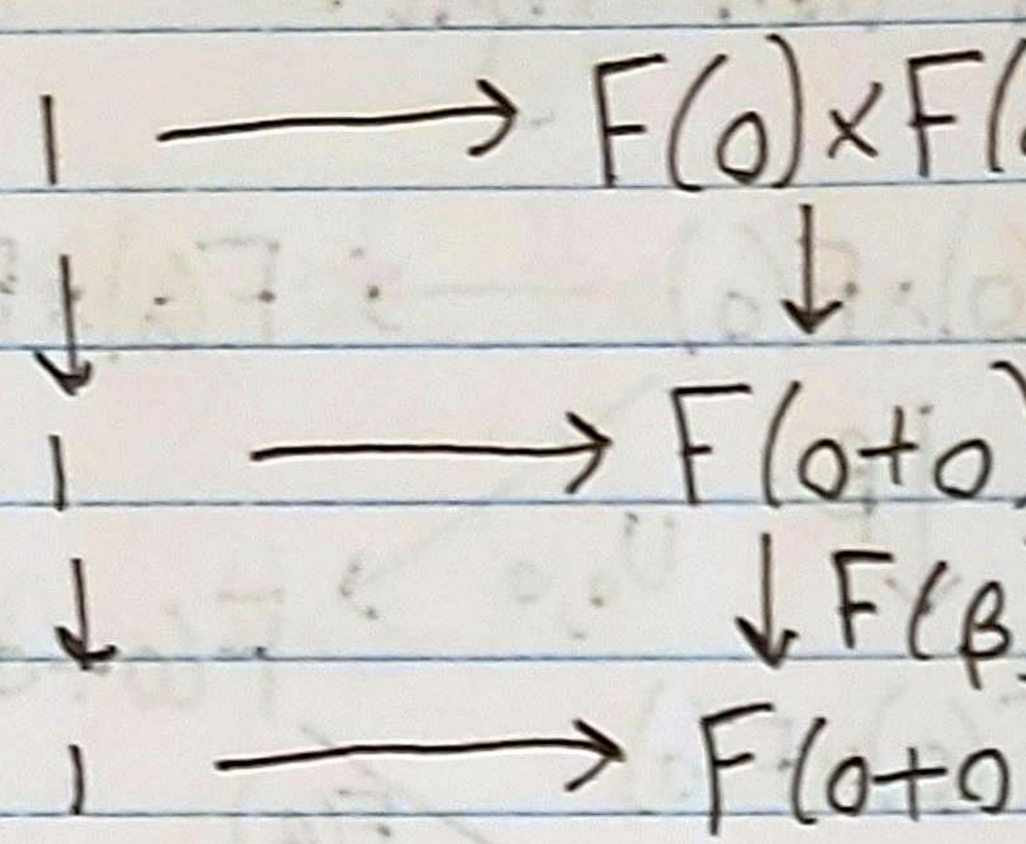




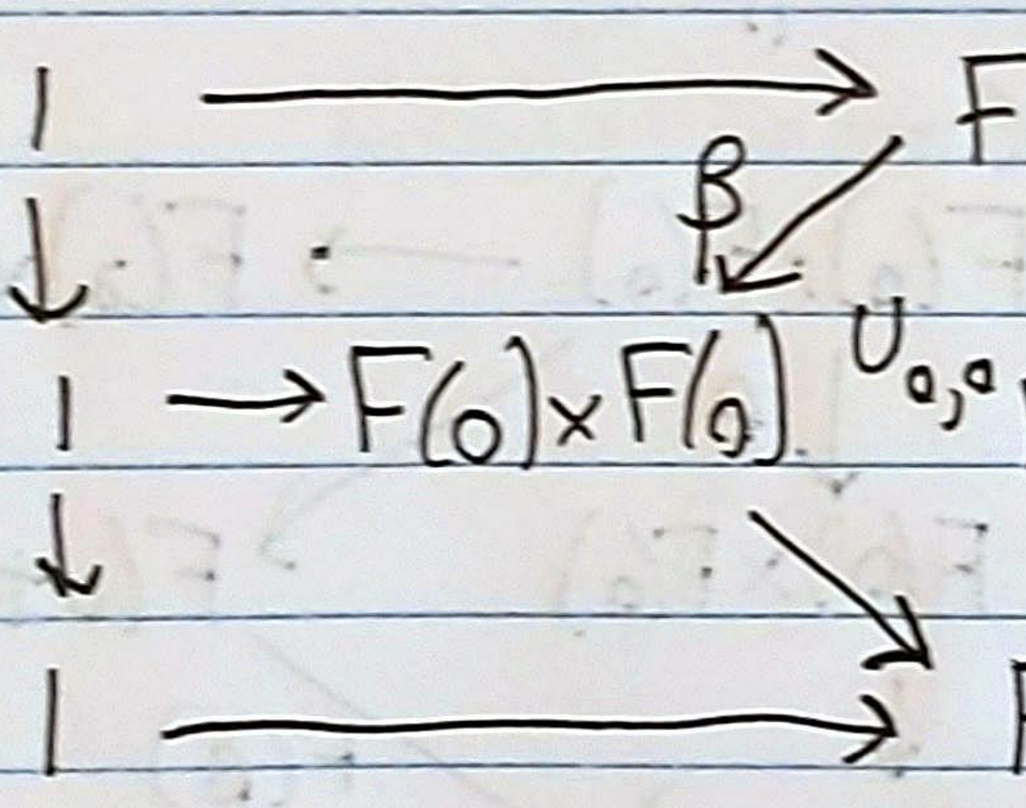


(We're just redrawing here. But compare ☆☆ to ☆! They differ only in their left side!)

Left side of ☆:



Left side of ☆☆:



It suffices to show these are equal!