



Unitary  $a_0$  RGM  
Unitary  $a_0$  Micro  
Unitary  $r_0$  RGM  
Unitary  $r_0$  Micro  
Nuclear  $a_0$  RGM  
Nuclear  $a_0$  Micro  
Nuclear  $r_0$  RGM  
Nuclear  $r_0$  Micro