$$\frac{4f_{\frac{7}{2}}}{4f_{\frac{5}{2}}} \otimes I_{nucl} = I_{0}$$

$$\frac{3d_{\frac{5}{2}}}{3d_{\frac{3}{2}}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_{0} + 1$$

$$\frac{2p_{\frac{3}{2}}}{2p_{\frac{1}{2}}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_{0} + 1$$

$$\frac{2p_{\frac{1}{2}}}{2p_{\frac{1}{2}}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_{0} + 1$$

$$\frac{1s_{\frac{1}{2}}}{I_{nucl}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_{0} + 1$$

$$\frac{1s_{\frac{1}{2}}}{I_{nucl}} \otimes I_{\frac{1}{2}} = I_{0} + 1$$