



$$\frac{4f_{\frac{7}{2}}}{4f_{\frac{5}{2}}} \otimes \underline{I_{nucl}} = I_0$$

$$\xrightarrow{M}$$

$$\frac{3d_{\frac{5}{2}}}{3d_{\frac{3}{2}}} \otimes \frac{\dots}{\underline{I_{nucl}}} = I_0 + 1$$

$$\frac{\dots}{\underline{I_{nucl}}} = I_0$$

$$\xrightarrow{L}$$

$$\frac{2p_{\frac{3}{2}}}{2p_{\frac{1}{2}}} \otimes \frac{\dots}{\underline{I_{nucl}}} = I_0 + 1$$

$$\frac{\dots}{\underline{I_{nucl}}} = I_0$$

$$\xrightarrow{K}$$

$$\frac{1s_{\frac{1}{2}}}{\dots} \otimes \frac{\dots}{\underline{I_{nucl}}} = I_0 + 1$$

$$\frac{\dots}{\underline{I_{nucl}}} = I_0$$