$$\left(\begin{array}{c}
\alpha w \\
\alpha w_{AV}
\end{array}\right) = \left(\begin{array}{c}
V & O \\
V & V
\end{array}\right) \left(\begin{array}{c}
\alpha w - V \\
\alpha w
\end{array}\right)$$

$$A^{R} = Q \cdot J^{R} \cdot Q^{-1} \cdot \left(\frac{1 - \sqrt{2}}{\Lambda} \right)$$