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Question 2:

Suppose Move(i,j) be the smallest moves from 1,R to i,j
Since from every square goes only below or right
Square i,j can only be access if the previous square was i-1,j or i,j-1
And we know the basic value Move(1,R) is 0
Also, let Number(i,j) be the number at square i,j

So Recursively,

Move(i,j) can be represent by

If Number(i-1,j) < Number(i,j) && Number(i,j-1) < Number(i,j),
    Move(i,j) == min(Move(i-1,j)+1,Move(i,j-1)+1)
If Number(i-1,j) >= Number(i,j) && Number(i,j-1) < Number(i,j),
    Move(i,j) == min(Move(i-1,j),Move(i,j-1)+1)
If Number(i-1,j) < Number(i,j) && Number(i,j-1) >= Number(i,j),
    Move(i,j) == min(Move(i-1,j)+1,Move(i,j-1))
If Number(i-1,j) >= Number(i,j) && Number(i,j-1) >= Number(i,j),
    Move(i,j) == min(Move(i-1,j),Move(i,j-1))
until it reach Move(1,R)

The smallest one will be Move(C,1)
It takes O(R*C)