

$$\begin{aligned}
q_i^j f_j &= \phi f_i \\
q_i^j g_j &= \gamma g_i \\
f^i g_i &= 0
\end{aligned}$$

$$Q_{ij}^{kl} = q_j^l \delta_i^k + q_i^k \delta_j^l + q_i^k \delta_i^l \delta_j^k + q_i^l \delta_i^k \delta_j^l$$

$$\begin{aligned}
A_{ij} &= f_i g_j - g_i f_j \\
Q_{ij}^{kl} A_{kl} &= (q_j^l \delta_i^k + q_i^k \delta_j^l + q_i^k \delta_i^l \delta_j^k + q_i^l \delta_i^k \delta_j^l) \cdot (f_k g_l - g_k f_l)
\end{aligned}$$

$$\begin{aligned}
&= q_j^l \delta_i^k f_k g_l - q_j^l \delta_i^k g_k f_l + q_i^k \delta_j^l f_k g_l - q_i^k \delta_j^l g_k f_l \\
&\quad + q_i^k \delta_i^l \delta_j^k f_k g_l - q_i^k \delta_i^l \delta_j^k g_k f_l + q_i^l \delta_i^k \delta_j^l f_k g_l - q_i^l \delta_i^k \delta_j^l g_k f_l \\
&= q_j^l f_i g_l - q_j^l g_i f_l + q_i^k f_k g_j - q_i^k g_k f_j \\
&\quad + q_i^j f_j g_i - q_i^j f_i g_j + q_i^j f_i g_j - q_i^j f_j g_i \\
&= \gamma f_i g_j - \phi g_i f_j + \phi f_i g_j - \gamma g_i f_j \\
&= \gamma(f_i g_j - g_i f_j) + \phi(f_i g_j - g_i f_j) \\
&= (\gamma + \phi) A_{ij}
\end{aligned}$$

$$S_{ij} = f_i g_j + g_i f_j + \frac{2}{n-2}(f_i g_i + f_j g_j)$$

$$\begin{aligned}
Q_{ij}^{kl} S_{kl} &= (q_j^l \delta_i^k + q_i^k \delta_j^l + q_i^k \delta_i^l \delta_j^k + q_i^l \delta_i^k \delta_j^l) \cdot \left(f_k g_l + g_k f_l + \frac{2}{n-2}(f_k g_k + f_l g_l) \right) \\
&= q_j^l \delta_i^k f_k g_l + q_j^l \delta_i^k g_k f_l + q_i^k \delta_j^l f_k g_l + q_i^k \delta_j^l g_k f_l \\
&\quad + q_i^k \delta_i^l \delta_j^k f_k g_l + q_i^k \delta_i^l \delta_j^k g_k f_l + q_i^l \delta_i^k \delta_j^l f_k g_l + q_i^l \delta_i^k \delta_j^l g_k f_l \\
&\quad + \frac{2}{n-2}(q_j^l \delta_i^k f_k g_k + q_j^l \delta_i^k g_l f_l + q_i^k \delta_j^l f_k g_k + q_i^k \delta_j^l g_l f_l) \\
&\quad + q_i^k \delta_i^l \delta_j^k f_k g_k + q_i^k \delta_i^l \delta_j^k g_l f_l + q_i^l \delta_i^k \delta_j^l f_k g_k + q_i^l \delta_i^k \delta_j^l g_l f_l) \\
&= q_j^l f_i g_l + q_j^l g_i f_l + q_i^k f_k g_j + q_i^k g_k f_j \\
&\quad + q_i^j f_j g_i + q_i^j g_j f_i + q_i^j f_i g_j + q_i^j g_i f_j \\
&\quad + \frac{2}{n-2}(q_j^l \delta_i^k f_k g_k + q_j^l \delta_i^k g_l f_l + q_i^k \delta_j^l f_k g_k + q_i^k \delta_j^l g_l f_l) \\
&\quad + q_i^k \delta_i^l \delta_j^k f_k g_k + q_i^k \delta_i^l \delta_j^k g_l f_l + q_i^l \delta_i^k \delta_j^l f_k g_k + q_i^l \delta_i^k \delta_j^l g_l f_l)
\end{aligned}$$