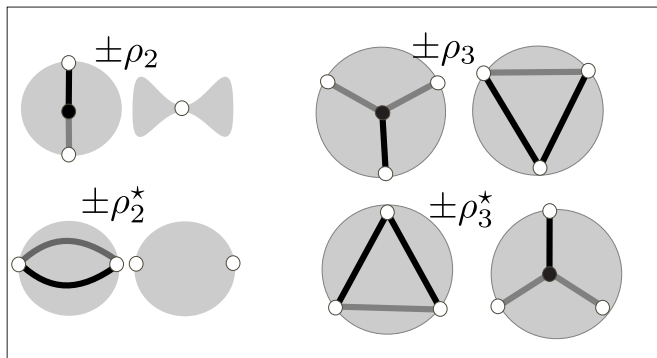
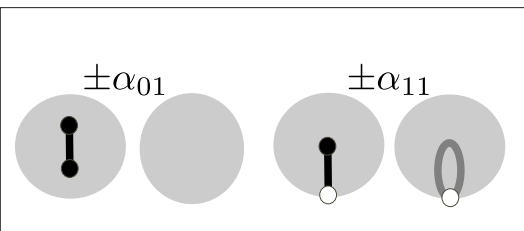


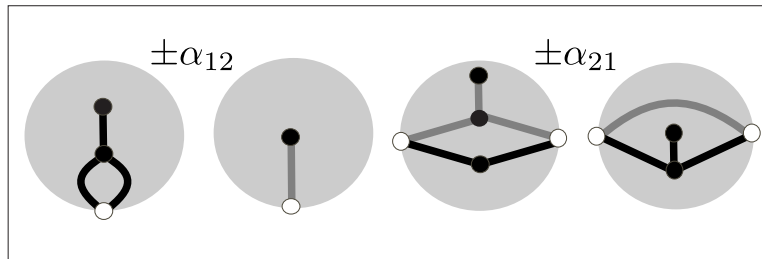
# Regular isotopy



## Blow down 0 and ribbon move



## Blow downs 1 and 2



## Cable twists 2 and 3

