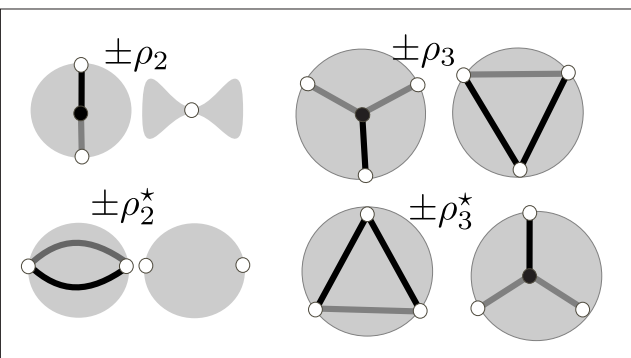
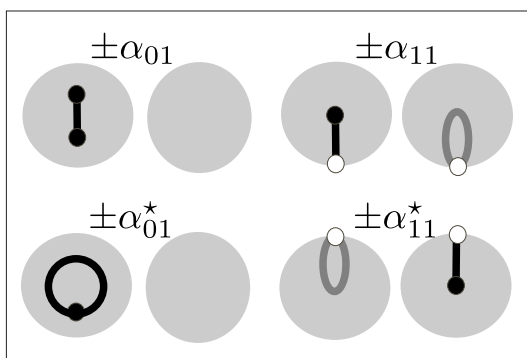


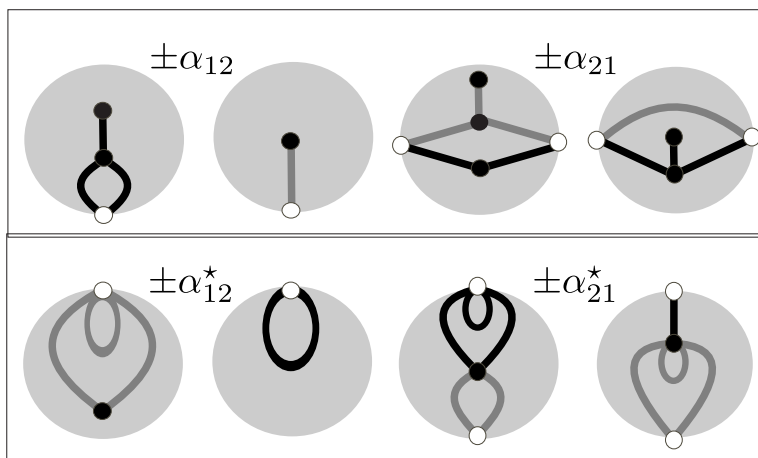
Regular isotopy



Blow down 0 and ribbon move



Blow downs 1 and 2



Cable twists 2 and 3

