$R = -1/2$ , $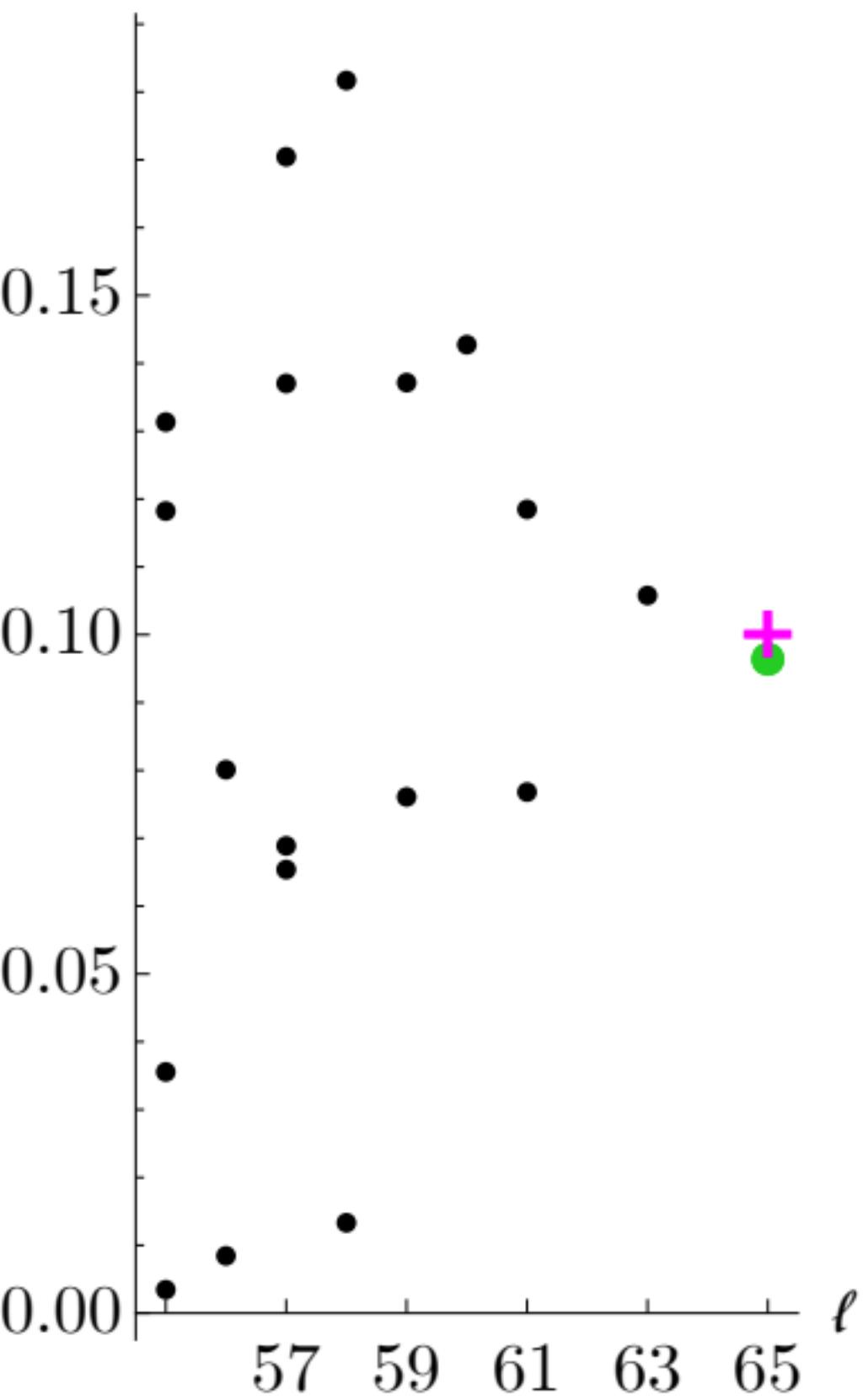\ell \geq \ell_{\max} - j$