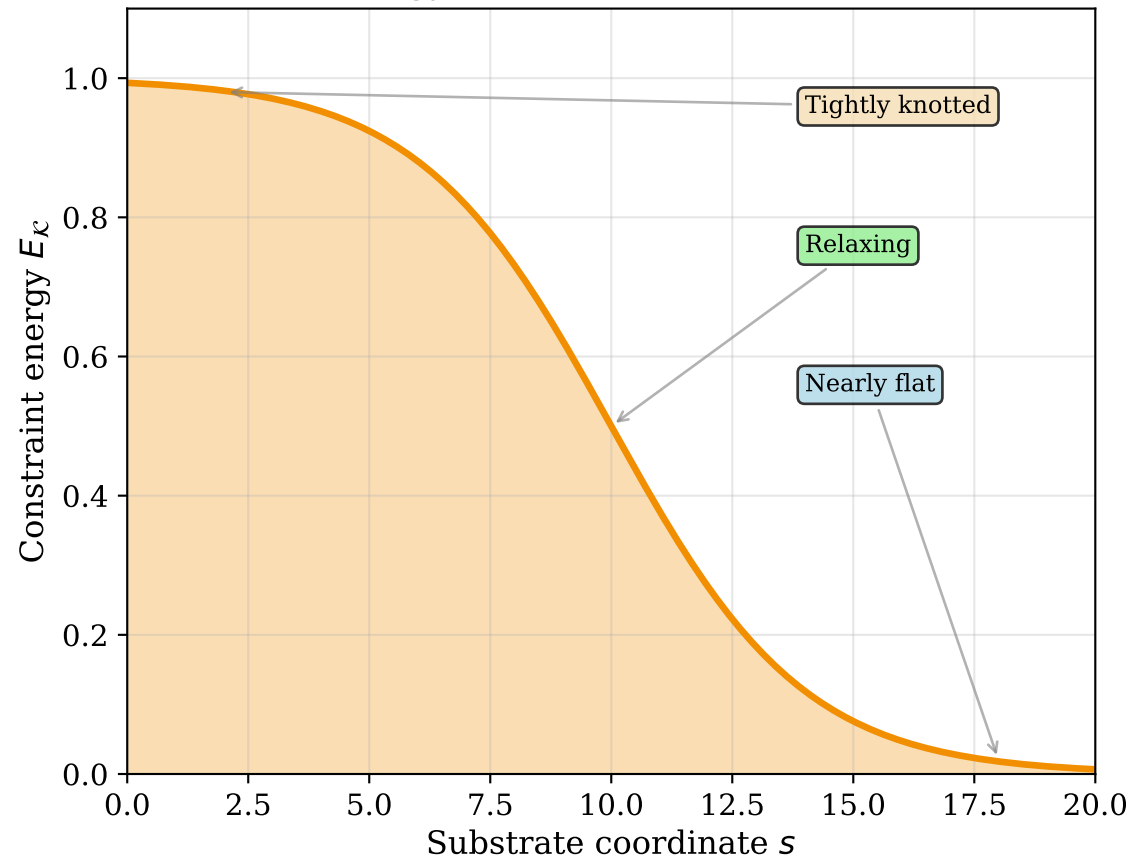


(a) Knot Energy Decreases as Constraints Release



(b) Symmetry-Breaking Events Release Constraints

