Gauss Integral formula:

$$\forall \ \gamma : S' \longrightarrow \mathbb{R}^3$$

$$Y \mid \gamma : S' \longrightarrow \mathbb{R}^3$$
 $K = Y(S'), R = \gamma(S')$ Knots,

then
$$L_{\mathbf{k}}(\mathbf{K}_{1}\mathbf{R}) = -\frac{1}{4\pi} \int_{s}^{t} \int_{s}^{t} \left(\frac{d\vec{y}_{(t)}}{dt} x \frac{d\vec{y}_{(s)}}{ds} \right) \cdot \frac{(\vec{y}_{(t)} - \vec{y}_{(s)})}{\|\vec{y}_{(t)} - \vec{y}_{(s)}\|^{2}} dt ds$$
.

Cohomology

$$H_{k}(M) \xrightarrow{\underline{\sim}} H^{m-k}(M)$$

$$a \in H_{\kappa}(M)$$
, be $H_{\kappa-1c}(M)$

$$= \langle P(a) \cup P(b), [M] \rangle$$

intersection Product

= intersection #s.

$$A, B \longrightarrow M$$
 $a+b=m$

$$\mathcal{J}_{A}^{*}(A) \cdot \mathcal{J}_{B}^{*}(B) = I(AB)$$

Diff 1 forms
$$A \longrightarrow N$$

$$\Theta = \sup_{A \to \infty} \frac{d_{im}A}{d_{im}A}$$
in $\Omega^{a}(N)$

$$\int_{A} \Theta = \int_{N} \Theta \wedge \int_{A} \left(\int_{A} \in \Omega^{n-a}(N) \right)$$

if
$$A,B \hookrightarrow M$$
, $a+b=m$

$$I(A,B) = \int_{A}^{B} \int_{A}^{A} \int_{B}^{B}$$

$$\int_{K} = d\rho_{k}$$

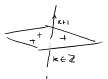
$$\int_{L} = d\rho_{L}$$

$$\Omega^{m-k}$$

$$L_{\kappa}(K_{l}U) = \int_{K} \int_{K} \Lambda dP_{L} = \int_{K} \int_{K} \Lambda dP_{K}.$$

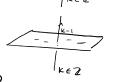
Lemma If $K \sqcup R$ is a 2-comp link in S^3 and $L_K(K,R) = 0$,
Then K has a seifert surface $\sum_{K} disjoint$ from R.

Pf Pick Seifert Surface Z° for K, Z° AR.



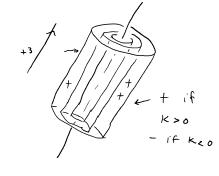
Label intervals of R with integers s.t:

then the labeling is consistent since L.(K,R)=0.

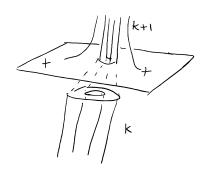


if an interval is labeled k, wrap it in k tikes:

(ut lisks from and glue cut disks from an glue



in tubes:

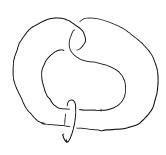


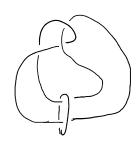
then R doesn't intersect the mulified Seifert surface.



It is generally not possible to get \(\sum_{\text{R}} \) to be disjoint.







 $L = K, \cup K_2$ $LK(k_1, K_2) = 0$

$$\{K_i\} \subseteq \Pi_i(S^3 - K_2, *)$$

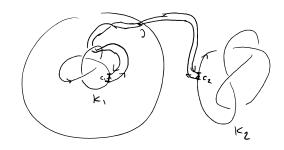
Conjugacy class, lives in Commutator $[\Pi_i, \Pi_i]$

Since it is 0 in homology $(O = Lic)$.

$$S^{3} = B^{3}_{1} \cup B^{3}_{2}$$

Embed $R \longrightarrow S^3$ s.t.

* RnS2 in exactly an interval JcS2



remove c° & C° from K, & Kz, add l-syments.

Lemma $\left[\begin{array}{c} K, \#_{R} & K_{2} \end{array}\right]$ does not depend on $R \longrightarrow S^{3}$.

ambient (only depends on $\left[\begin{array}{c} K_{1} \end{array}\right] A \left[\begin{array}{c} K_{2} \end{array}\right]$).

class

Corollary $[K_1 \#_{R} K_2] = [K_1] \#_{R} [K_2]$ well-defined composition

Monoid (identity is unknot).