$$\omega_{c^{-1}} = \quad \xleftarrow{\alpha} \searrow^{\gamma} \xleftarrow{\beta} \nwarrow^{\alpha} \searrow^{\gamma} \searrow^{\delta}$$

$$h\dashv\omega = \quad \searrow^{\gamma} \xleftarrow{\beta} \nwarrow^{\alpha} \searrow^{\gamma} \xleftarrow{\beta}$$

$$c^{-1}\omega = \quad \searrow^{\gamma} \xleftarrow{\beta} \nwarrow^{\alpha} \searrow^{\gamma} \xleftarrow{\beta} \nwarrow^{\alpha} \searrow^{\gamma}$$