

$$\begin{array}{ccccc}
X^F & \longrightarrow & X^C & \longrightarrow & X \\
\parallel & & \downarrow & & \downarrow q \\
X^F & \longrightarrow & (X^C)_F & \xrightarrow{p} & Q \\
& & \downarrow & & \downarrow \\
& & (X^C)_C & \xlongequal{\quad} & (X^C)_C
\end{array}$$