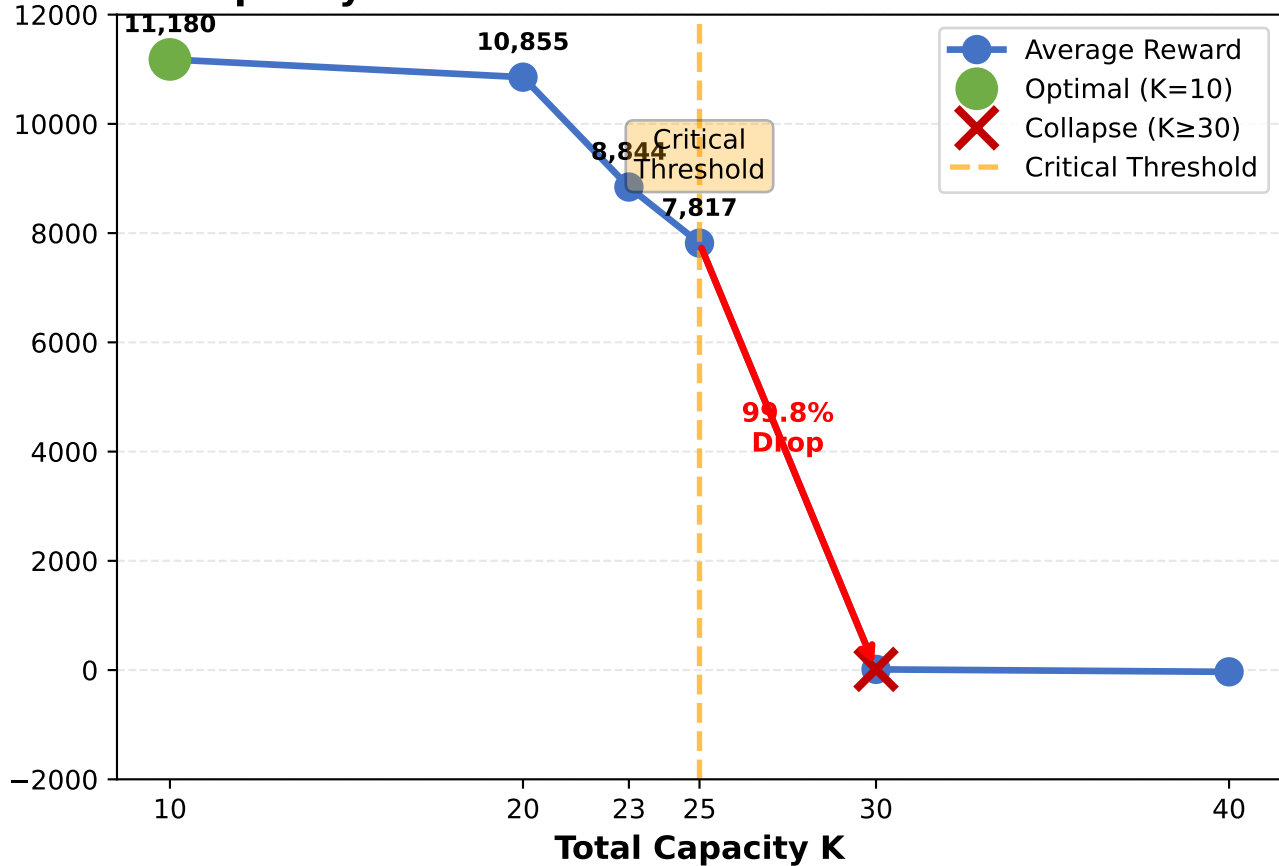


### Capacity Paradox: Inverted-U Performance Curve



### Training Stability: Collapse at $K \geq 30$

