

$$\rightarrow \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftrightarrow{\text{O}} \end{pmatrix} \begin{pmatrix} \text{R}\downarrow & \overrightarrow{\text{F}} & {}^2\text{R}\uparrow \end{pmatrix} \\ \begin{pmatrix} \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftrightarrow{\text{O}} \end{pmatrix} \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftarrow{\text{F}} \end{pmatrix}$$

$$\rightarrow \text{X}\uparrow \begin{pmatrix} \text{R}\downarrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow \end{pmatrix} {}^2\overrightarrow{\text{U}} \\ \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow \end{pmatrix} {}^2\overrightarrow{\text{U}} \quad {}^2\text{R}\uparrow$$

$$\rightarrow \text{X}\uparrow \begin{pmatrix} \text{R}\uparrow & \overleftarrow{\text{U}} & \text{R}\uparrow \end{pmatrix} {}^2\overleftrightarrow{\text{O}} \\ \begin{pmatrix} \text{R}\downarrow & \overrightarrow{\text{U}} & \text{R}\uparrow \end{pmatrix} {}^2\overleftrightarrow{\text{O}} \quad {}^2\text{R}\downarrow$$

$$\rightarrow \begin{pmatrix} \text{R}\downarrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftrightarrow{\text{O}} \end{pmatrix} \overleftarrow{\text{Y}} \begin{pmatrix} \text{R}\downarrow & \overleftarrow{\text{F}} & {}^2\text{R}\uparrow & \overleftrightarrow{\text{O}} \end{pmatrix} \\ \begin{pmatrix} \text{R}\downarrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overrightarrow{\text{F}} \end{pmatrix} \text{R}\uparrow \quad \overrightarrow{\text{F}}$$

$$\rightarrow \overrightarrow{\text{F}} \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftrightarrow{\text{O}} \end{pmatrix} \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftarrow{\text{F}} \end{pmatrix} \\ \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftrightarrow{\text{O}} \end{pmatrix} \begin{pmatrix} \text{R}\downarrow & \overrightarrow{\text{F}} & \text{R}\uparrow & \overleftarrow{\text{F}} \end{pmatrix}$$

$$\rightarrow \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\downarrow & \overleftrightarrow{\text{O}} \end{pmatrix} \begin{pmatrix} \text{R}\uparrow & \overleftrightarrow{\text{O}} & \text{R}\uparrow & \overrightarrow{\text{U}} \end{pmatrix} \\ \begin{pmatrix} \text{R}\downarrow & \overleftrightarrow{\text{O}} & \text{R}\uparrow & \overleftarrow{\text{U}} \end{pmatrix} \begin{pmatrix} \text{R}\downarrow & {}^2\overleftrightarrow{\text{O}} & \text{R}\downarrow \end{pmatrix}$$