

$K \subset S^3$   
 $K \subset B^4$   
 $V \subset K$   
 $P \in_g (Z)$   
 $-1 = (0)A$   
 $BC, A, C, C \in M_{g \times g}(Z)$   
 $g_Z H_1(F)$   
 $\alpha, \beta \in \mathcal{L}$   
 $(\alpha, \beta^+) = 0$   
 $(b_1, \dots, b_i)$   
 $H_2(Y, Z)$   
 $A = (b_i, b_j)$   
 ${}^nAZ^n \cong H_1(Y, Z)$   
 $|\det A| = \#H_1(Y, Z)$   
*1" description, sloped, isomorphic/.style = arsymbol = \cong,]H\_1(Y, Z) \times*  
 $H_1(Y, Z) \rightarrow$

*QZ-alinking form*  
 ${}^nAZ[u, isomorphic]Z^n AZ[u, isomorphic]$   
 $(a, b) \mapsto aA^{-1}b^T$

$K \subset S^1$   
 $\Sigma(K)$   
 $V \subset K$   
 $H_1(\Sigma(K), Z) \cong Z^n AZ$   
 $A = V^T$   
 $h = V$

0.5!  
 Pushing the Seifert surface in 4-ball.

$B^4$   
 $\Sigma X$   
 $H_1(X, Z) = 0$   
 $H_2(X, Z) \cong Z^n$   
 $X$   
 $V^+$   
 $V^T$

0.5!  
 Cycle pushed in 4-ball.

$\Sigma(K)$   
 ${}_1(Y, Z) \times H_1(Y, Z) \rightarrow$