Flying rings were introduced by Dahm, aparently long before Goldsmith.

The 3D pictures of 20 knots in $4 D$ are called "broken surface diagrams".

Salol's notation for a cap:

$$
\frac{p}{1}=\frac{}{q}
$$

"a finger push

RI stands for "Ribbon Intersection"

A big moral:
w-knotted objects ave abut knotting in codimension 2 , of $(n-2) 0$ in $\because D$, not necessarily about 20 in $4 D$.

Another moral: I should figure an easy way of (at least partially) "draw between dimensions" (while preserving the co-dimension), and therefore make much more readable picture-proofs of all the wrelations.

The s-move:



The wen flips crossings.

