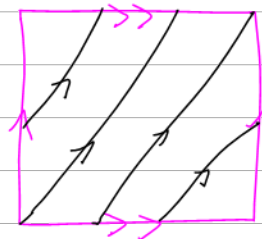Let K be the knot and T be the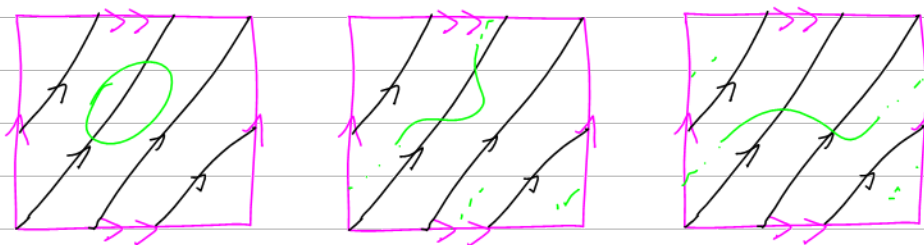 torus carrying it. Together they look as on the right. Let Σ be a sphere decomposing K as a sum of two knots. So $|\Sig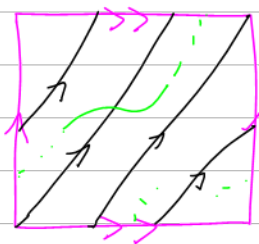ma \cap K| = 2$, and (generically) $\Sigma \cap T$ is a union of closed curves in T, each of which intersect in K 0, 1, or 2 times. Here are some cases to consider:

2 intersections:

1 intersection:

0 intersections: