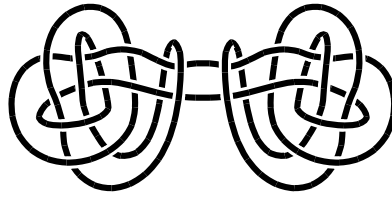
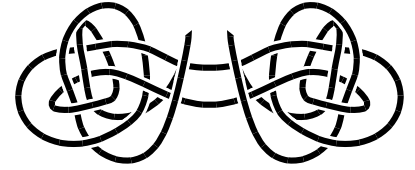


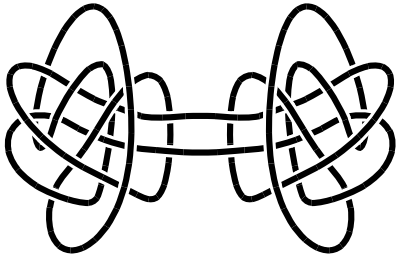
$T = 0, E_{MD} = 1217$



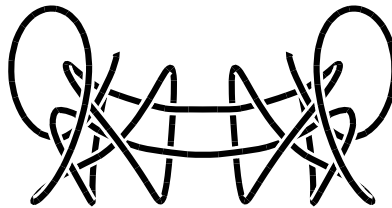
$T = 23, E_{MD} = 1132$



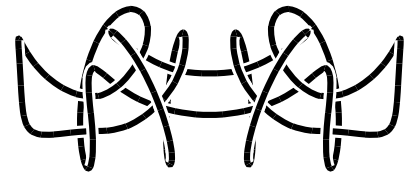
$T = 226, E_{MD} = 1048$



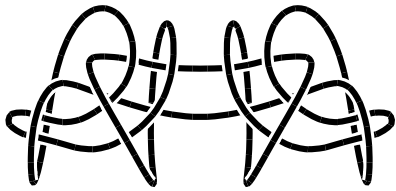
$T = 5460, E_{MD} = 963$



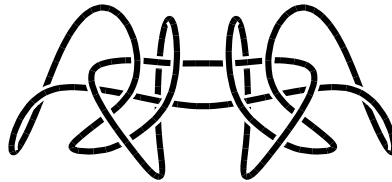
$T = 6800, E_{MD} = 877$



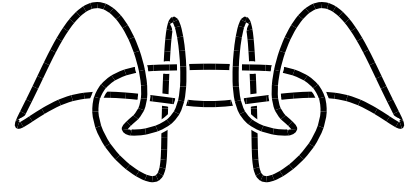
$T = 9860, E_{MD} = 794$



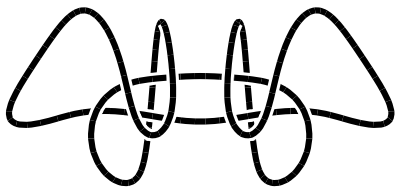
$T = 12880, E_{MD} = 708$



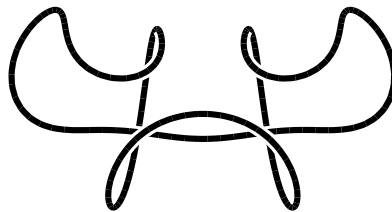
$T = 13360, E_{MD} = 624$



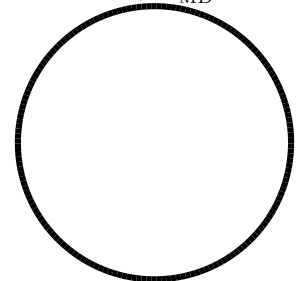
$T = 14420, E_{MD} = 539$



$T = 15360, E_{MD} = 455$



$T = 21180, E_{MD} = 371$



$T = \infty, E_{MD} = 286$

Relaxation of the “Freedman” unknot, shown at approximately equal steps in E_{MD} .

Figure from *Interactive Topological Drawing* (1998) by R. G. Scharein
www.pims.math.ca/knotplot/