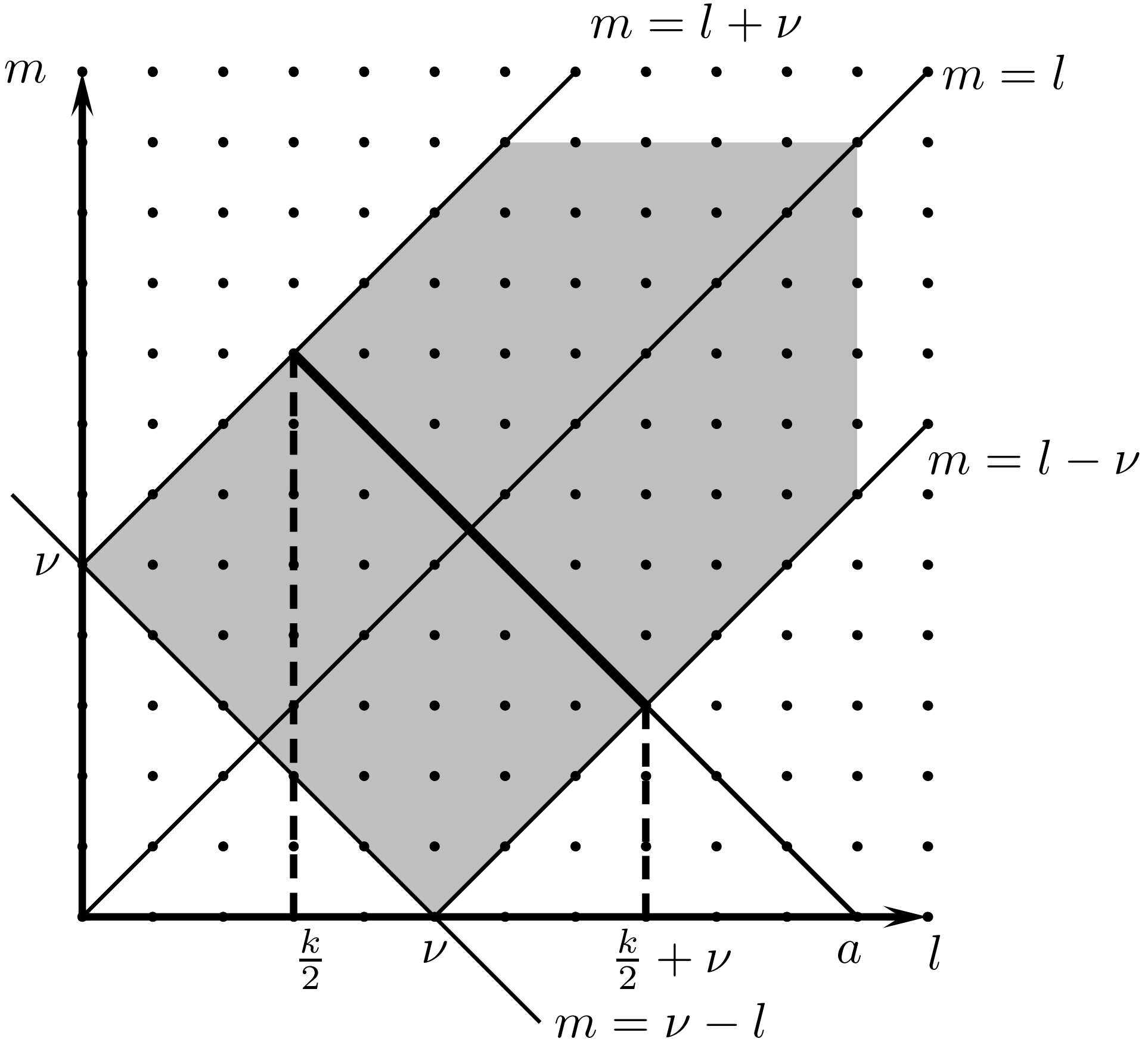
$m = l + \nu$
m
$m = l$
$m = l - \nu$
ν
$\frac{k}{2}$
ν
$\frac{k}{2} + \nu$
a
l
$m = \nu - l$