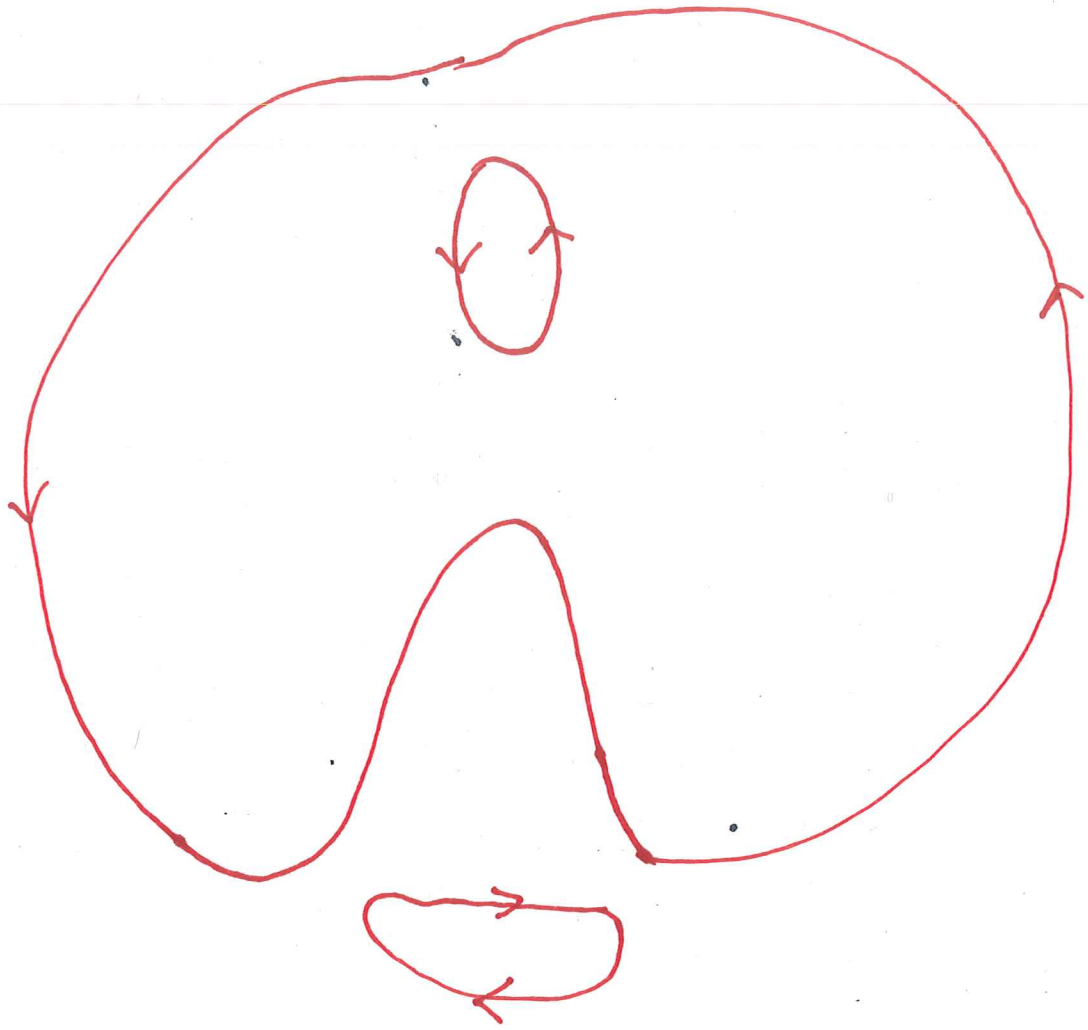
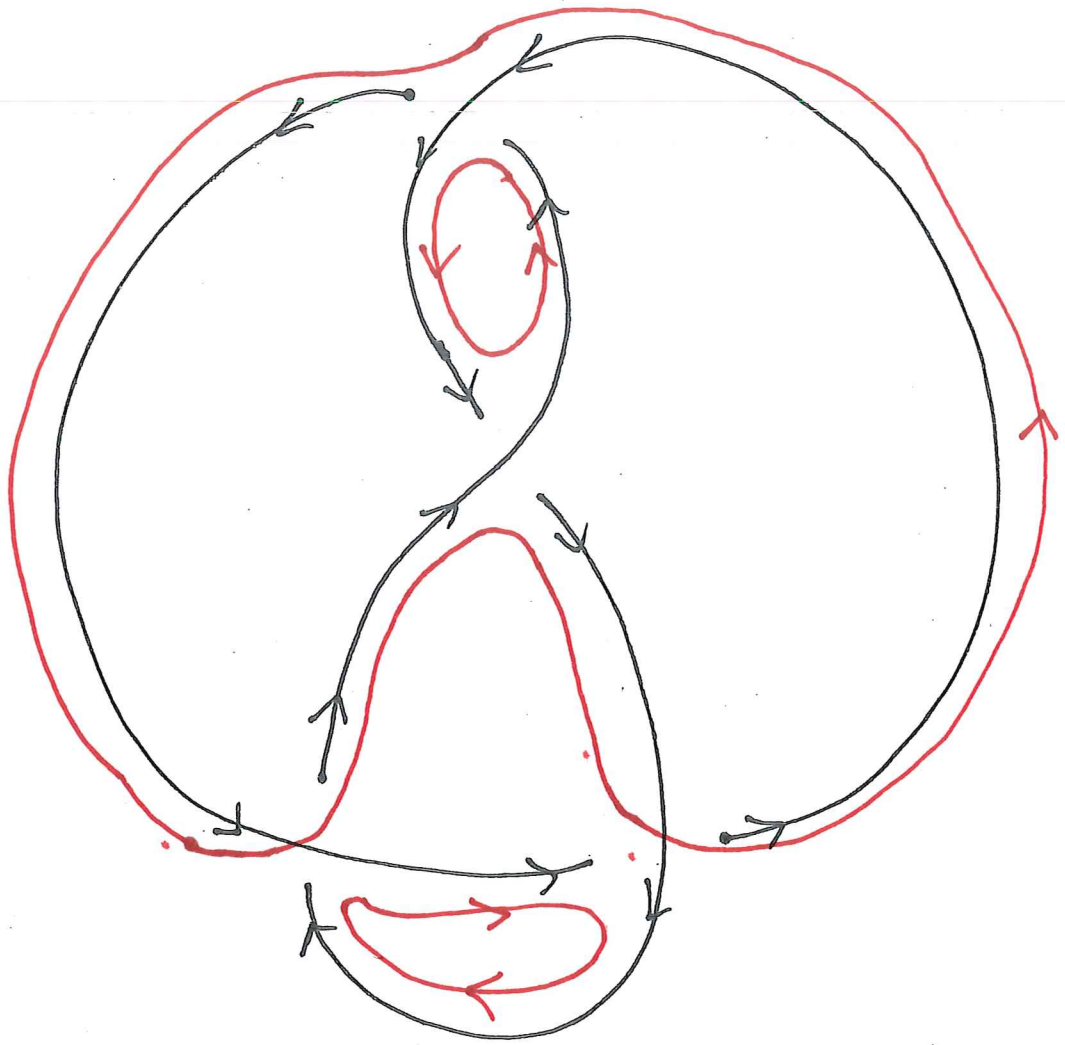
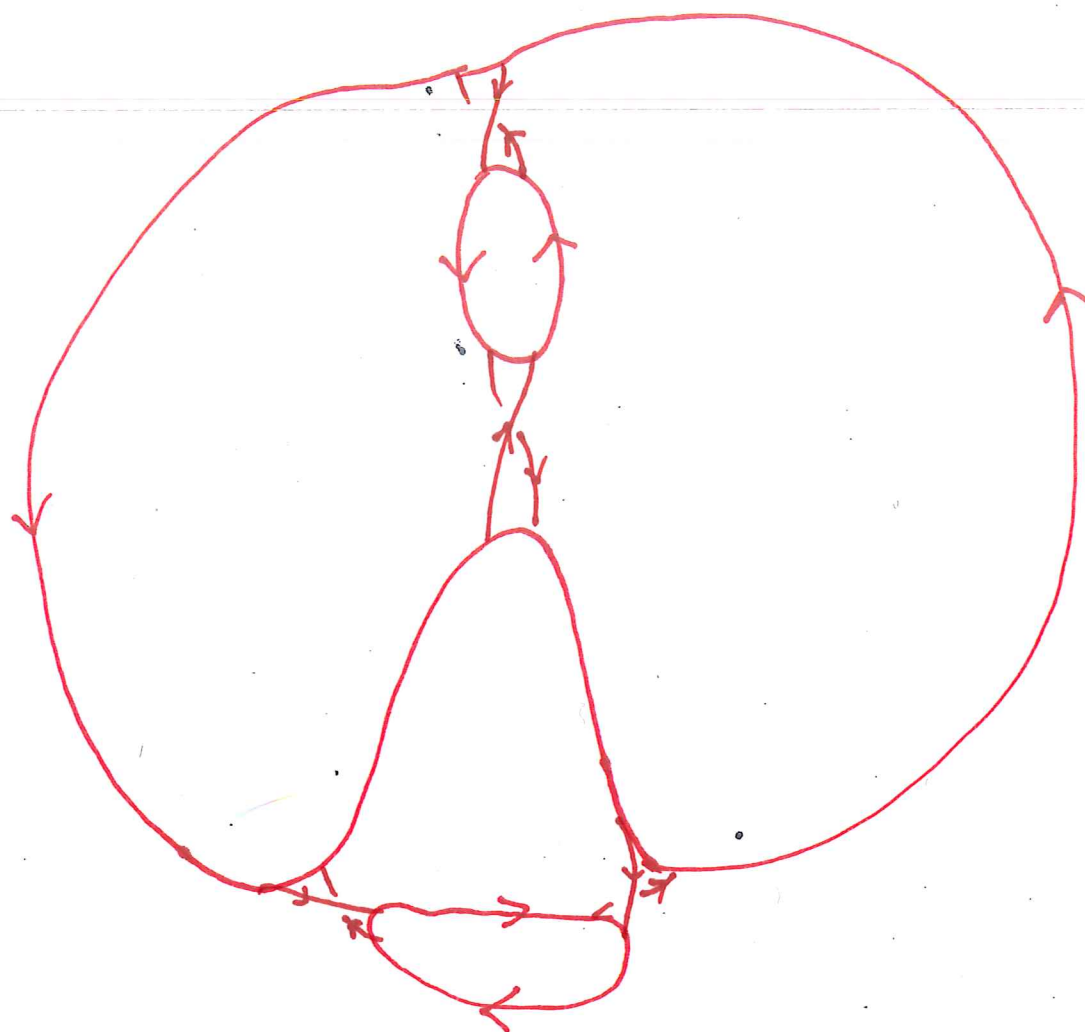


$A_1$  : choose an orientation

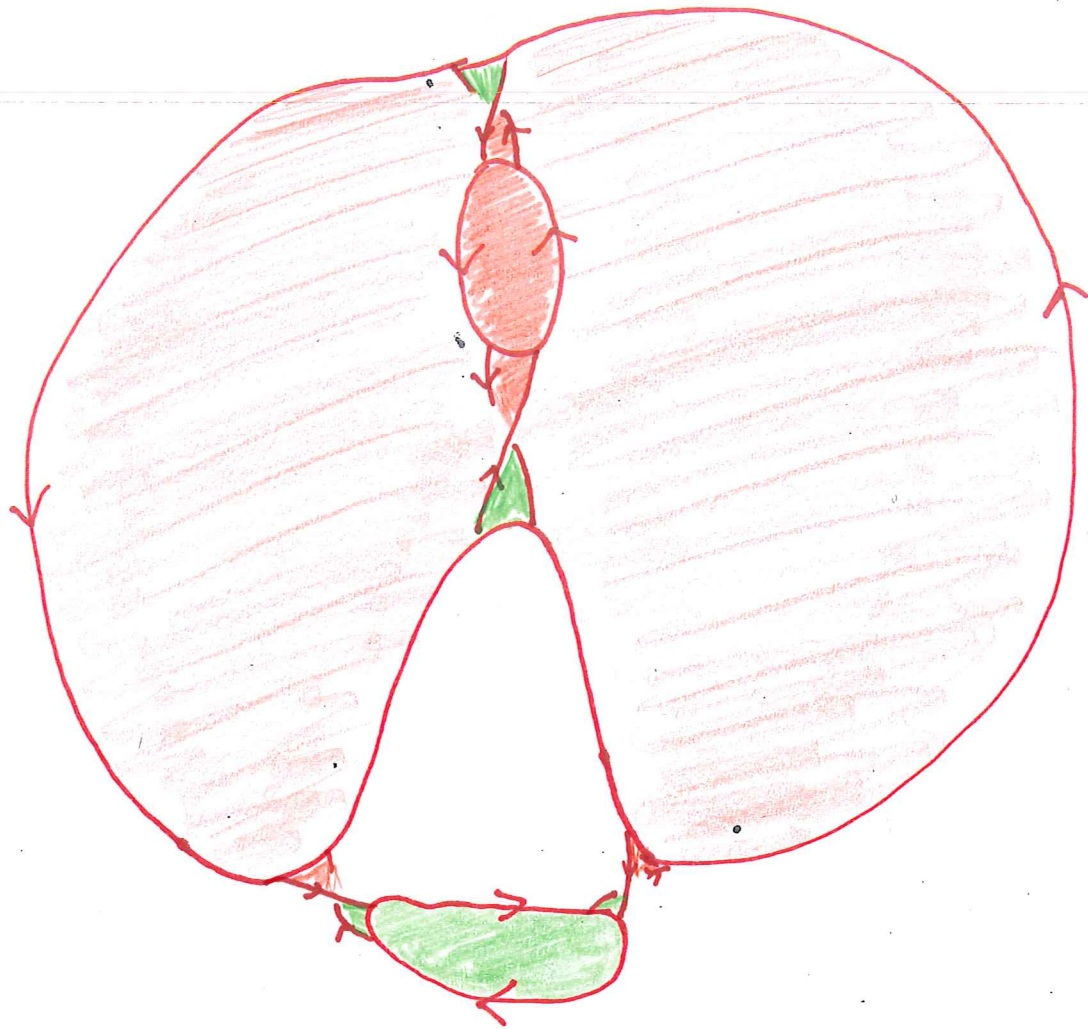


Construct the Seifert circles

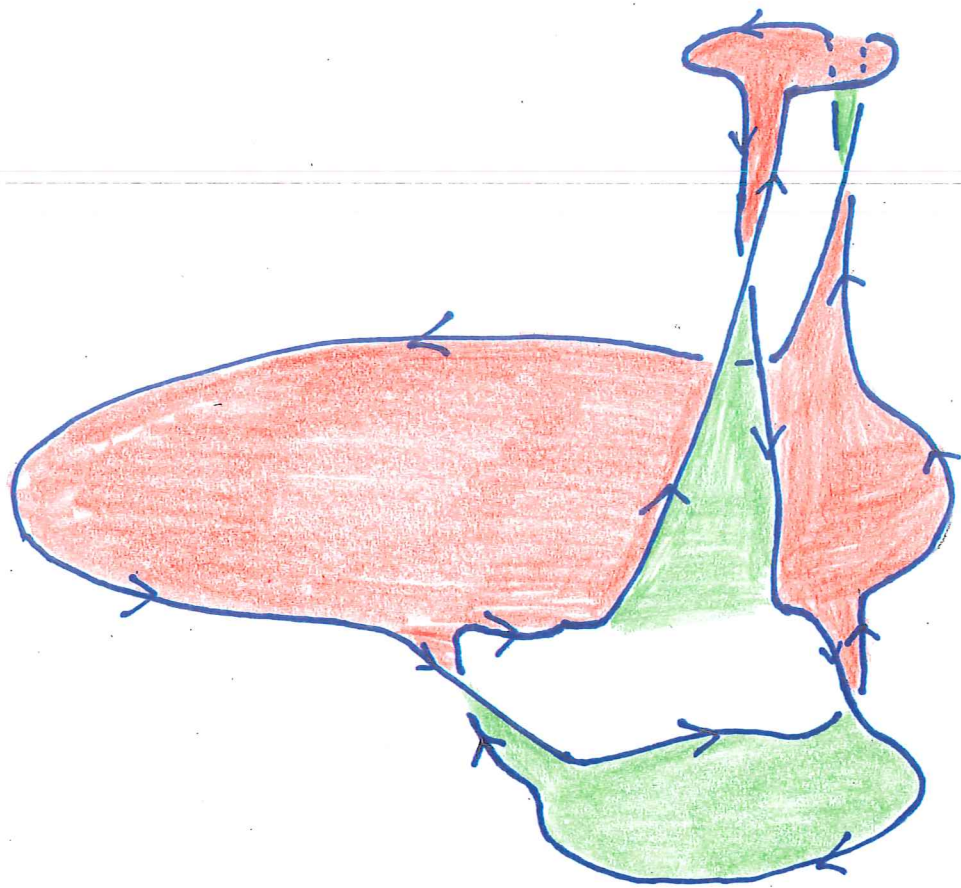




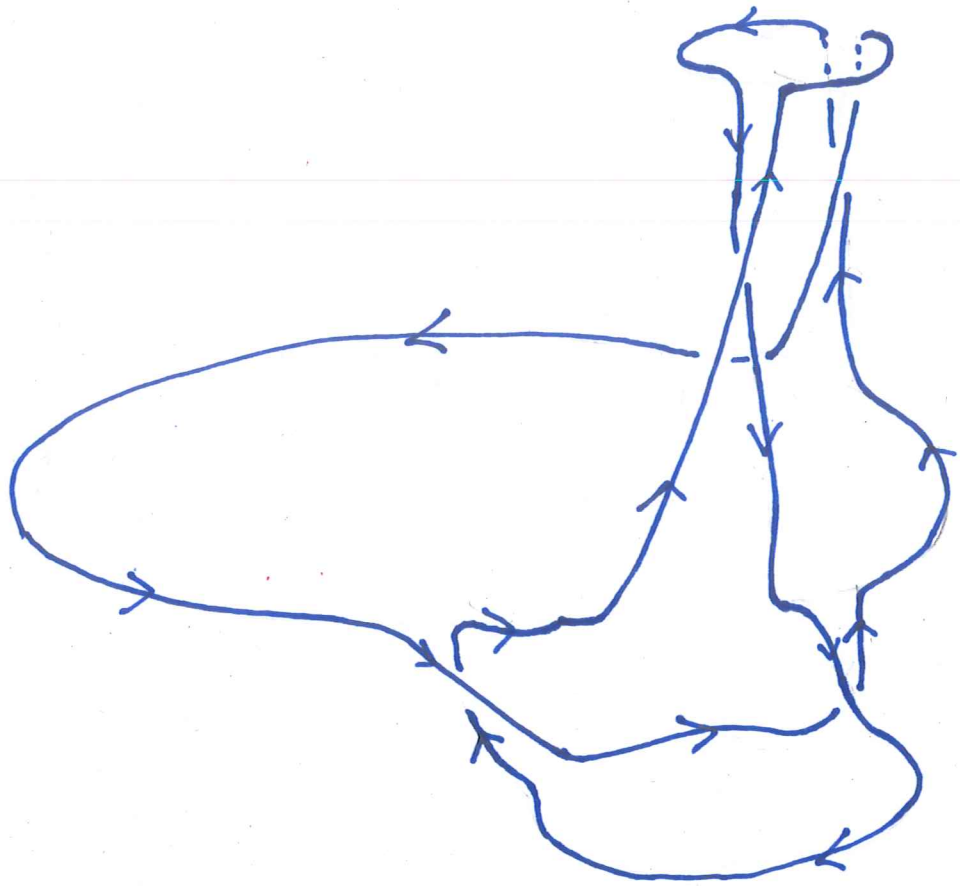
and connect them with twisted bands  
according to the crossings  
( $\rightarrow$  connected)



clockwise oriented discs  $\rightarrow$  green  
anti-clockwise oriented discs  $\rightarrow$  red  
( $\leadsto$  2-sided: check!)



lift the nested discs so that  
the surface becomes embedded  
in  $\mathbb{R}^3$



check that the boundary of  $\bar{F}$   
is the original knot (as by  
construction)