

双向 PLL 手法

(R U' R) U(R U R U' R' U' R2)	(R'2 U' R' U') (R U R) U (R U' R)	(R'2 U) (R U R' U') (R' U') (R' U R')	(R' U R' U') (R' U') (R' U R) U R2	(L r l' R' U) (L r l' R' U2) (L r l' R' U) L r l' R'
x' (R U' R' U) D (R' U' D) (R' U R) D2	(R U) (I U' R' U) x (U' R' f) (R U R' U') f	x' R2 D2 (R' U' R) D2 (R' U R')	x L2 D2 (L' U' L) D2 (L' U L')	x' (R U' R) D2 (R' U R) D2 R2
z' (R' F R2)(U R' B' R U') (R2 F') R U z x' U l'	x (U R' U' L)(U R U' r2' U' R U) (LU') (R' U)	(R U R' U') (R' F R2) (U' R' U') (R U R') F'	x' (U r U') (L' U L U) (L' r' U' r U) (L U' L')	(R' U R U') R'2 (F' U' F) U x (R U R' U' R2)
(R' U R) d' (R' F' R 2) (U' R' U' R' F R) F	(R U') L' (U R' U' R U') L(U R' z) (R2 U' R2 U)	F(R U' R' U')(R U R') F'(R U' R' U')(R' F R F')	(L' U' r) D2 (r' U L U) y (R2 U' R2' U' R2)	(R' U2 z) (D R D') (R'2 U R' D R U')
(R U R) F' (R U R' U') (R' F R2) U' R'	z U D (R2 U' R' U) (R2 D') (R U')	(R' U2) (R U' U') (R' F)(R U R' U') R' F'	(r' F2) (r U' U') (r' U r) U (L' U' r' U') L r	(R U' U') (R' U2) (R B' R' U') (R U R B R2)
(R U R) y' (R'2 u' RU') (R' U R') u R2	(L U L') y (R'2 u' R U') (R' U R') u R2	(R' d' F) (R2 u) (R' U R U') (R u' R2)	(L' U' L) y' (R2 u) (R' URU') (R u' R2)	(R'2 u') (R U' R) (U R' u) (R I U F' U')
(R U R) y' (R'2 u' RU') (R' U R') u R2	(L U L') y (R'2 u' R U') (R' U R') u R2	(R' d' F) (R2 u) (R' U R U') (R u' R2)	(L' U' L) y' (R2 u) (R' URU') (R u' R2)	(R'2 u') (R U' R) (U R' u) (R I U F' U')
(R U R) y' (R'2 u' RU') (R' U R') u R2	(L U L') y (R'2 u' R U') (R' U R') u R2	(R' d' F) (R2 u) (R' U R U') (R u' R2)	(L' U' L) y' (R2 u) (R' URU') (R u' R2)	(R'2 u') (R U' R) (U R' u) (R I U F' U')

$(R^2 u) (R' U R' U')$	$x' (R U' U') (L U' R' U)$
$(R u') (R'^2 b' R b)$	$x (U r' F') (U' R U' R')$

$(R'UR'F)(RF$	
$'RU'R'$	
$F')U(FRU R' U' R)$	

$z (U R' D R'^2$	
$U' R D')^*2$	