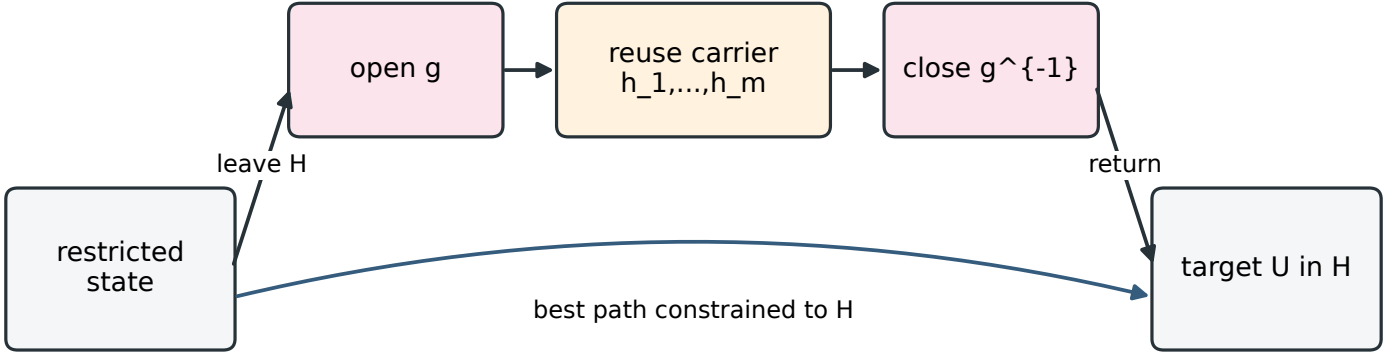
**Catalytic escape: a short ambient loop realizes expensive restricted holonomy**




gain = restricted cost - [2 cost(g) + middle cost]