The chart depiction. Here i indicates the number of sheets in front of the point and j indicates the number of sheets behind the point.

The seams and vertex in the projection.

The twist move. The broken surface representation. The double line in the projection.

The III move and its signed direction. The broken surface representation. The double lines in the projection.
The chart depiction. Here i indicates the number of sheets in front of the point and j indicates the number of sheets behind the point. The broken surface representation of the resulting foam. The double lines and seams in the projection.