

$$\Omega_z(v:w) = P_z \underbrace{\widehat{P_z v} \times \widehat{P_z w}}_{P_z \text{ a-herm}} P_z$$

$$\Omega_{v:w} = \Omega_0(v:w) = P_0 \underbrace{\widehat{P_0 v} \times \widehat{P_0 w}}_{P_0} P_0 = P \widehat{P_v \times P_w} P = P P_v P_w P - P P_w P_v P$$

$$\Omega_{v:w} = \widehat{P \hat{U}_v P} \times \widehat{P \hat{U}_w P} - P \widehat{\hat{U}_v \times \hat{U}_w} P$$

$$P_z \hat{U}_z = \hat{U}_z P \Rightarrow P_v + P \hat{U}_v = \hat{U}_v P$$

$$P_v = \hat{U}_v P - P \hat{U}_v = \hat{U}_v \times P$$

$$\begin{aligned} \text{LHS} &= P \widehat{\hat{U}_v P - P \hat{U}_v} \widehat{\hat{U}_w P - P \hat{U}_w} P - P \widehat{\hat{U}_w P - P \hat{U}_w} \widehat{\hat{U}_v P - P \hat{U}_v} P \\ &= -P \hat{U}_v \hat{U}_w P + P \hat{U}_v P \hat{U}_w P + P \hat{U}_w \hat{U}_v P - P \hat{U}_w P \hat{U}_v P = \text{RHS} \end{aligned}$$

$$\Omega_{v:w} = \widehat{P \hat{U}_v P} \times \widehat{P \hat{U}_w P} - 2 \hat{U}_{v \hat{w} - w \hat{v}}$$

$$\hat{U}_v \times \hat{U}_w = 2 \hat{U}_{v \hat{w} - w \hat{v}} \Rightarrow P \widehat{\hat{U}_v \times \hat{U}_w} P = 2 P \hat{U}_{v \hat{w} - w \hat{v}} P = 2 \hat{U}_{v \hat{w} - w \hat{v}}$$