

HW 6 SOLUTIONS① Exercise 3.3, page 59

One immediate inequality is $u(K) \leq c(K)$,
but in fact we can do much better with just
a little thinking:

$$2u(K) \leq c(K).$$

This is true because of the proof of the fact
that every knot can be changed into the unknot
via a sequence of crossing changes where one
only needs to change about half the crossings
to unknot the knot.