## H(2)-Move and Other Local Moves on Knots

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Abstract. An H(2)-move is a local move on an unoriented knot which is realized by smoothing a crossing. This is an unknotting operation, that is, any knot can be unknotted by a sequence of H(2)-moves. So, we may define an H(2)-unknotting number and H(2)-Gordian distance. We introduce several methods to give a lower bound of the H(2)-Gordian distance, which allow us to improve the table of H(2)-Gordian distances for knots with up to seven crossings. We also consider a relation with the band surgery and delta move.