The Olympiad Trap and an Old Trampoline

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Abstract. After some reminiscing, I describe the Olympiad trap and then delve into a technique to eliminate recursion by trampolining with continuations.

Keywords: programming, recursion, recursion elimination, continuations.

1. Introduction

Since I plan to retire in October 2025, I hope you will permit me to begin with a brief reminiscence, before telling you about the *Olympiad trap*. The bulk of this article, however, concerns a technical topic: how to eliminate recursion using an old technique known as a *trampoline* with *continuations*.

I graduated in 1985 (Applied Mathematics, Eindhoven University of Technology) and started there as a PhD candidate. In that same year, TU Eindhoven somehow was invited to participate in the preliminary regional round of the *ACM International Collegiate Programming Contest* (ICPC). We didn't know that PhD candidates were (at that time) allowed to participate. So, I became the team's coach (rather than a contestant). We went to London with an ad hoc team, and they qualified to participate in the ICPC World Finals in 1987 (Saint Louis, MO). Later that year, we organized a university-wide selection contest for the next regional round of the ICPC.

One thing led to another. In 1988, 1989, and 1990, I organized the preliminary round of the ICPC for Europe, Middle-East, and Africa (EMEA) in Eindhoven. The number of regions increased and they became smaller. In 1997, I organized the North-West European Regional Contest (NWERC), and in 1999, we had the honor of hosting the ICPC Word Finals in Eindhoven (the first time that it took place outside the USA). In 2004, I received the ICPC European Founders Award for my efforts.

It was because of my ICPC experience that Ries Kock of the Netherlands Informatics Olympiad (NIO) approached me in 1994. The Netherlands had been participating in the IOI since 1990, and Ries had taken up the challenge of organizing IOI 1995 in The Netherlands. He wanted me to head the Host Scientific Committee for IOI 1995. I went to IOI 1994, in Sweden, as an observer, and got hooked. As part of the preparations for IOI 1995, I set up the IOI International Secretariat on the (then still very young) World-Wide Web. In 1999, the IOI International Scientific Committee was established, which I chaired until 2007. In that same year, I received the IOI Distinguished Service Award. Since then, I have followed the IOI on the side.

2. The Olympiad Trap

I already mentioned that I got hooked on the IOI during my first participation as an observer. At the IOI, it feels like you are part of an important mission: discovering, stimulating, and developing young talent (in informatics). You could consider the IOI a trap, because its attractive force keeps you involved. But that is not the trap I want to discuss here. I think that the IOI itself is trapped, viz. in its own format. That is what I mean by the Olympiad trap.

Science olympiads cannot cover the full breadth of their field, certainly not when the main event is a contest. The more prestigious and popular an olympiad becomes, the more the team leaders will want to select and prepare their contestants with a focus on what is relevant for the contest. This leads to training deeply for a narrow field. This in turn makes it harder to change the olympiad's format, because many people have invested in the current format. That is, the Olympiad is trapped in its format.

It is easy to lose sight of the breadth of the field and of social aspects when developing talent. This is particularly worrisome for a field like informatics that still evolves rapidly. Algorithmic problem solving plays a much smaller role nowadays, both in (higher) CS education and in research and industry than when the IOI was established. There is a host of other topics that attract attention. Of these, Data Science and AI are newcomers. Parents are already advising their children not to study informatics, because they fear that AI will affect the job market. That is why I think it should be mandatory to augment training for olympiads with other activities on the side, to help mitigate the Olympiad trap.

Such side activities should be interesting and challenging. In this article, I will explore such a side topic. Since this topic is still related to programming, it might even be useful for IOI contestants.

3. Limits on Recursion

Recursion is a great algorithmic technique, which can lead to more compact and clearer code for various problems. But recursion also has its dangers. One danger it shares with general **while** loops is that it can be hard to reason about such programs, in particular their termination (Verhoeff, 2018, 2023). Another danger is that recursion implicitly uses memory, viz. on the *call stack*, so that deeply nested recursion can run out of memory. In fact, some programming languages, such as Python and Java, impose a (configurable) limit on the recursion depth as built-in protection against infinite recursion. The default

limit for Python is 1000 levels and for Java 256; C++ does not impose a limit other than available memory.

In (Verhoeff, 2018), I discuss various aspects of recursion, in particular, *tail recursion* and how *linear* tail recursion can be mechanically turned into a loop to avoid burdening the stack (which I will recap below). In case of *branching* recursion, it may seem that only one recursive call can be a tail call, and thus the transformation into a loop fails. In (Verhoeff, 2021), we encountered functions that break the recursion by introducing an extra parameter, and then "tying the knot of recursion" on the outside, by making the snake eat its own tail (through a fixed-point construction, which still burdens the stack). It turns out that there is another technique to break recursion and make even branching recursion tail recursive.

I will illustrate this technique through two examples in Python. Source code and visualization of the stack usage during execution is available in (Verhoeff, 2025). The first example is based on function tri(n) that computes the *n*-th triangular number (similar to factorials, but using addition, so that the numbers don't grow so fast):

The second example is total(t) that sums the values in binary leaf tree t:

```
@dataclass
8
   class Leaf:
9
       value: int
10
11
   # binary tree type with int in leaves
12
   type Tree = Leaf | tuple[Tree, Tree]
13
14
   def total(t: Tree) -> int:
15
       if isinstance(t, Leaf):
16
            return t.value
17
18
       else:
              # t is binary fork
            return total(t[0]) + total(t[1])
19
```

Function tri exhibits linear recursion and total exhibits branching recursion; neither is tail recursive, since more work is done after the recursive calls return.

The call tri (1000) will result in a RecursionError. In case of function tri, the standard technique of introducing an *accumulation* parameter yields a tail recursive definition:

And this in turn is readily transformed into a loop, which avoids the dreaded RecursionError:

```
25 def tri_loop(n: nat, acc: int = 0) -> int:
26 while n != 0:
27 n, acc = n - 1, acc + n
28 return acc
```

Exercise: Show how one of the recursive calls in total can be transformed into a tail call by introducing an accumulation parameter. See Appendix A.1 for an answer.

4. The Trampoline

Even though the transformation from tail recursion to loop, shown above, is straightforward, it needs to be done for each tail recursive function separately. There is a simple technique that introduces only one loop, which can transform all tail recursive functions, after a small intervention. We don't want nested recursive calls, but we still want to keep the computation the same. This can be accomplished by returning the recursive call itself in *unevaluated form* and let the evaluation be continued from outside the recursive function, after it has returned. Sounds magical?

Python and many other languages (including Java and C++) offer syntax to define anonymous functions, that is, without giving them an explicit name. In Python, the syntax **lambda** x, y: expr defines a nameless function of two arguments with the result expr, where expression expr typically involves x, y. Similarly, we can use **lambda**: expr for a function without arguments that evaluates to expr.

Here is what tri_acc looks like after the intervention to make it return an unevaluated "recursive" call:

It is no longer "truly" recursive, because it does not make the recursive call! We say that the call is *suspended*. In order to get the typing correct, we have defined type Thunk [A]:

```
34 # Thunk[A]: possibly nested suspended computation of type A
35 # A should not be callable
36 type Thunk[A] = A | Callable[[], Thunk[A]]
```

Note that in Python, Callable[[], R] denotes the type of functions without arguments returning a value of type R. So, a Thunk[A] is either a value of type A or a function without arguments returning a Thunk[A]. For value thunk of type Thunk[A], we can test whether it is actually suspended by **callable**(thunk). And if it is suspended, it can be resumed by calling it as thunk().

By deseign, tri_acc_lazy always immediately returns. How can we get the final result? That is where the *trampoline* gets to the rescue, since it repeatedly resumes a suspended computation until it gets a final (non-suspended) result:

```
37 def trampoline[A](thunk: Thunk[A]) -> A:
38 while callable(thunk): # thunk is suspended
39 thunk = thunk() # resume it
40 return thunk
```

Therefore, we have tri(n) == trampoline(tri_acc_lazy(n)). Note that tri_ acc_lazy creates only one stack frame, and trampoline repeatedly resumes all suspended tail calls. The control flow bounces between the trampoline and the thunked (lazy) "tail recursive" function, where **lambda**: is placed in front of every tail recursive call to suspend it. Neat, isn't it?

Some notes:

- Upon superficial reading, the definition of tri_acc_lazy given above looks recursive, since the body of the function definition contains a call to the function itself.
- However, it does not execute that call itself; that is left to the client code. The "recursive knot" is tied on the outside, by trampoline.
- For this to work, the programming language must support function *closures* that capture the current values of variables. In case of tri_acc_lazy, the expression **lambda**: tri_acc_lazy(n -1, acc + n) involves two local variables, viz. n, acc, which evaporate after the function returns. Python binds their values in the returned lambda object.
- Thunking via **lambda**: resembles the *Command* design pattern from Object-Oriented programming (Gamma *et al.*, 1994).

5. Enforcing Tail Recursion Via Continuations

Before addressing total, let's generalize the technique with the accumulation parameter. In general, it may not be easy to find a simple accumulation parameter to make a definition tail recursive. And in case of branching recursion, it would be useless. But there is a way that is guaranteed to work: *Continuation Passing Style*, also known as CPS (Reynolds, 1993). With CPS, you introduce an extra parameter of a *function type*, known as a *continuation*. In Python, we abbreviate that function type to Func[A, B]:

41 **type** Func[A, B] = Callable[[A], B] # functions from A to B

We name this continuation parameter cont. It represents work that still needs to be done to complete the computation. An example will make this clear. Let's specify tri_cps(n, cont) == cont(tri(n)). Then we have in mathematical notation

- $tri(n) = id(tri(n)) = tri_cps(n, id)$, where *id* is the (polymorphic) identity function defined by id(a) = a;
- for n = 0, we have $tri_cps(0, cont) = cont(tri(0)) = cont(0)$;
- and for n > 0, $tri_cps(n, cont) = cont(tri(n)) = cont(n + tri(n 1))$. The latter expression can be viewed as a new function applied to tri(n - 1). Which function? The function f defined by f(x) = cont(n + x). In Python, that function can be expressed as lambda x: cont(n + x). So, we can rewrite further

$$cont (n + tri (n - 1)) = (\lambda x : cont (n + x))(tri (n - 1))$$
$$= tri_ccps (n - 1, \lambda x : cont (n + x))$$

This leads to the following tail recursive (!) definition of tri_cps:

```
def tri_cps(n: nat,
42
                 cont: Func[int, int] = id_
43
                 ) -> int:
44
        if n == 0:
45
            return cont(0)
46
        else:
47
            return tri_cps(n - 1, lambda x:
48
                     cont(n + x)
49
                     )
50
```

The identity function serves as default continuation. We have named it id_, because id is already a predefined different function in Python:

```
51 def id_[A](a: A) -> A:
52 return a
```

Function tri_cps first accumulates a (possibly big) continuation in n steps, which it then applies to 0. The evaluation of this continuation will also burden the stack. Thus, to make this suitable for trampolining and limiting the stack load, **lambda**: is also needed in front of both calls of cont (in addition to just the recursive call to tri_cps_lazy):

```
def tri_cps_lazy(n: nat,
53
                      cont: Func[int, Thunk[int]] = id_
54
                      ) -> Thunk[int]:
55
       if n == 0:
56
            return lambda: cont(0)
57
       else:
58
            return lambda: tri_cps_lazy(n - 1, lambda x:
59
                    lambda: cont (n + x)
60
                    )
61
```

Note that the two calls to cont were also tail calls. (This explains the somewhat odd layout of the code.)

```
150
```

6. Making Branching Recursion Tail Recursive

CPS is so powerful that it can even make functions with branching recursion tail recursive. Let's see how that works by revisiting total defined in §3. First, we specify $total_cps(t, cont) = cont(total(t))$. Then we have

- $total(t) = id(total(t)) = total_cps(t, id);$
- for t = Leaf(v), we have $total_cps(t, cont) = cont(total(t)) = cont(v)$;
- for $t = (t_0, t_1)$, we have

 $\begin{aligned} total_cps (t, cont) \\ &= cont (total(t)) \\ &= cont (total(t_0) + total (t_1)) \\ &= (\lambda tt_0 : cont (tt_0 + total (t_1)))(total (t_0)) \\ &= total_csp (t_0, \lambda tt_0 : cont (tt_0 + total (t_1))) \\ &= total_csp (t_0, \lambda tt_0 : (\lambda tt_1 : cont (tt_0 + tt_1))(total (t_1))) \\ &= total_csp (t_0, \lambda tt_0 : total_csp (t_1, \lambda tt_1 : cont (tt_0 + tt_1))). \end{aligned}$

Thus, we have derived the following definition for total_cps:

```
def total_cps(t: Tree,
62
                  cont: Func[int, int] = id_
63
                   ) -> int:
64
       if isinstance(t, Leaf):
65
            return cont(t.value)
66
       else:
              # t is binary fork
67
            return total_cps(t[0], lambda tt0:
68
                    total_cps(t[1], lambda tt1:
69
                    cont(tt0 + tt1)
70
                    ))
71
```

You may wonder whether this definition is really tail-recursive, because it contains two calls of total_cps, only one of which looks like a tail call. It is, since the call with t[1] is suspended (but not thunked) by **lambda** tt0. That call is incorporated into the continuation, and executed when that continuation reaches a leaf. Inside that **lambda** tt0, it is a tail call.

We can now easily prepare this for the trampoline by adding lambda: (4x):

```
def total_cps_lazy(t: Tree,
72
                        cont: Func[int, Thunk[int]] = id_
73
                        ) -> Thunk[int]:
74
       if isinstance(t, Leaf):
75
            return lambda: cont(t.value)
76
       else:
               # t is binary fork
77
            return lambda: total_cps_lazy(t[0], lambda tt0:
78
                   lambda: total_cps_lazy(t[1], lambda tt1:
79
                   lambda: cont(tt0 + tt1)
80
81
                   ))
```

I hope that this example convinces you that through CPS the transformation of general, possibly branching, recursion to tail recursion can in fact be automated.

However, I need to temper your expectations somewhat. Exercise: Find a recursive function definition that cannot be made tail recursive via CPS. See Appendix A.2 for an answer.

7. Defunctionalization

What did we gain? Well, CPS with trampoline avoids using the stack, and deep recursion is no longer a problem when using a language that limits the recursion depth. Memory usage, however, has shifted from the stack to the continuation. This continuation grows and shrinks (in total_cps it can be discarded at leaves, once it has been applied, but that may give rise to a new continuation when hitting another recursive call). The computation is accumulated in the continuation (like meta-programming) and then applied.

That continuation contains all the information needed to complete the computation: both data (operands) and functionality (operations). Since the operations are fairly limited, it is inefficient to copy them multiple times into the continuation. Can't we take that duplicate functionality out and share it? Yes, that is possible through a technique known as *defunctionalization*.

Let's first do this for tri_cps. Consider its definition in §5. How are its continuations constructed? In particular, what data is involved and how is it structured? It starts off with id_, and "on top" of this, there appear multiple instances of **lambda** x: cont (n + x), for varying n: nat. Hence, it seems plausible that we can encode a continuation as a **list**[nat]:

```
82 type tri_cps_data = list[nat]
```

We now define an auxiliary function tri_cont to reconstruct the continuation from the data and apply it:

```
83 def tri_cont(data: tri_cps_data, x: int) -> int:
84 if data: # non-empty
85 n = data.pop()
86 return tri_cont(data, n + x)
87 else: # empty, act as identity
88 return x
```

So, now the operation (viz. n+x) occurs once, viz. in tri_cont. The defunctionalized version of tri_cps is then given by

```
s9 def tri_dcps(n: nat, data: tri_cps_data = None) -> int:
90 if data is None:
91 data = [] # to avoid mutable default argument
92 if n == 0:
```

```
        93
        return tri_cont(data, 0)

        94
        else:

        95
        data.append(n)

        96
        return tri_dcps(n - 1, data)
```

Of course, this can also be made lazy for the trampoline (see tri_dcps_lazy in (Verhoeff, 2025)).

For this particular function, we can go even further and reduce the data to a single natural number, because all continuations basically are compositions of **lambda** x: n + x for various values of n. The simplification hinges on associativity of function composition and this property:

 $(\lambda x : n+x) \circ (\lambda x : m+x) = (\lambda x : (n+m)+x))$

Note that for n = 0, $\lambda x : n + x$ is the identity function. This simplification gives us back tri_acc, where the whole continuation is compressed into a single integer (acc).

It is also instructive to defunctionalize total_cps defined in §6. Its continuation grows in three ways:

- id_, without capturing any data, is the initial continuation;
- lambda tt1: cont(tt0 + tt1), with tt0: int as captured data, extends cont;
- **lambda** tt0: total_cps(t[1], **lambda** tt1: cont(tt0 + tt1)), with t[1]: Tree as captured data, also extends cont.

Thus, we can encode a continuation as

```
97 type total_cps_data = list[int | Tree]
```

The int is the total of a left subtree that needs to be added to the total of a right subtree (which has not been determined yet), and the Tree is a right subtree which still must be totaled. Here is how to reconstruct the continuation from the data:

```
def total_cont(data: total_cps_data, x: int) -> int:
98
        if data: # non-empty
99
            last = data.pop()
100
            if isinstance(last, int): # pending total of left tree
101
                return total_cont(data, last + x) # last is a tt0
102
            else:
                    # pending right tree
103
                data.append(x)
104
                return total_dcps(last, data) # last is a t[1]
105
        else: # empty, act as identity
106
107
            return x
```

Notice the call of total_dcps. Thus we get the following defunctionalized version of total_cps:

```
def total_dcps(t: Tree,
108
                    data: total_cps_data = None
109
                    ) -> int:
110
        if data is None:
111
            data = [] # to avoid mutable default argument
112
        if isinstance(t, Leaf):
113
            return total_cont(data, t.value)
114
                # t is binary fork
115
        else:
            data.append(t[1]) # postpone processing of t[1]
116
            return total_dcps(t[0], data)
117
```

We now have two *mutually* tail-recursive definitions. Without knowing how these function definitions were derived, it would not be obvious why they terminate.

By the way, just as with tri_dcps, it is possible to merge some continuations for total_dcps, and to pass these on as a single integer (acc), and the remainder as a **list**[Tree]. We leave it as an exercise to the reader to fill in the missing details (see Appendix A.3 for some hints). The result is a classic tail recursive function, without suspended calls and without the need for an auxiliary function that explicitly reconstructs the continuation.

```
def total_acc_dcps(t: Tree,
118
119
                        acc: int = 0,
                        data: list[Tree] = None
120
                        ) -> int:
121
        if data is None:
122
            data = [] # to avoid mutable default argument
123
        if isinstance(t, Leaf):
124
            acc = acc + t.value
125
            if data:
                       # non-empty
126
                 t1 = data.pop()
127
                 return total_acc_dcps(t1, acc, data)
128
                    # data is empty
            else:
129
                 return acc
130
                # t is binary fork
131
        else:
            data.append(t[1]) # postpone processing of t[1]
132
            return total_acc_dcps(t[0], acc, data)
133
```

In hindsight, it is clear that in all these defunctionalized programs, parameter data serves as a custom stack, that stores exactly the information needed to support the (branching) recursion.

8. Conclusion

I hope to have created awareness of what I call the Olympiad trap, where the IOI is locked into its own contest format. One way of mitigating it, is to pay attention to interesting and challenging topics in informatics that fall outside the scope of the IOI. As an example of such a topic, I explained how tail recursion can be transformed into a loop using thunking and a trampoline. And next, how Continuation Passing Style (CPS) can be used to transform arbitrary recursion into tail recursion. These ideas were discovered a long time ago and have become part of the CS folklore. For a history of continuations see (Reynolds, 1993), which traces it back to 1964, when Adriaan van Wijngaarden (designer of Algol 60 and Algol 68, and my father's promotor) first described it. The trampoline seems to have been introduced by Steele (1977). Gibbons (2022) is a modern exploration of CPS, accumulation, and defunctionalization.

The code for this article is available at (Verhoeff, 2025). It includes code that is instrumented to visualize how the stack is used, together with the output of that code. It also treats the example of flattening a binary leaf tree.

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Appendix A. Answers to Exercises

A.1. Function total with Accumulation Parameter

One of the recursive calls in the definition of total can be made into a tail call by introducing an accumulation parameter:

The other recursive call is not a tail call, since more work is done after it returns.

A.2. Recursive Function where CPS Fails

Continuation Passing Style (CPS) is a powerful technique that can be used to transform any recursive function definition into a tail-recursive definition. But this does not mean that the resulting function is useful. In particular, it may not terminate. One example where this happens is the *fixpoint combinator*.

For given function f, we call x a fixpoint of f when f(x) = x. The fixpoint combinator fix returns a fixpoint of a given function f from functions to functions. That is, we have f(fix(f)) = fix(f) as function. It can be defined in Python as fix:

```
140 type Endo[A] = Func[A, A] # endo-functions on A
141
142 def fix[A, B](f: Endo[Func[A, B]]) -> Func[A, B]:
143 return f(lambda a: fix(f)(a))
```

Function fix is recursive but not tail recursive.

Let's see an application. Function tri is a fixpoint of function pre_tri:

```
144 def pre_tri(g: Func[nat, int]) -> Func[nat, int]:
145 return lambda n: 0 if n == 0 else n + q(n - 1)
```

Note that pre_tri abstracts from the recursive call, by making the function called there a function parameter. Hence, it is itself not recursive. Obviously, we have

```
146 pre_tri(tri)(n) == tri(n)
```

That is, tri is a fixpoint of pre_tri. Hence, we can define tri by fix (pre_tri). Can we make fix tail recursive by applying CPS? Let's try:

This definition is indeed tail recursive. But when you apply it to pre_tri, it does not terminate, because the argument g remains unchanged and never reaches a base case. The continuation cont keeps on growing. So, fix_cps is useless and certainly not equivalent to fix.

A.3. Defunctionalization of total_cps

The defunctionalization of total_cps can be better understood by analyzing the structure of its continuations. These can always be written as a composition:

- *id*, the initial continuation, is an empty composition;
- λ tt₁: cont (tt₀ + tt₁) = cont ∘ (λ tt₁: tt₀ + tt₁) = cont ∘ (tt₀ +), where (n +) abbreviates the function λx: n + x;
- $\lambda tt_0 : total_cps(t_1, cont \circ (tt_0 +))$ = $\lambda tt_0 : (cont \circ (tt_0 +))(total(t_1))$ = $\lambda tt_0 : cont(tt_0 + total(t_1))$ = $cont(\lambda tt_0 : tt_0 + total(t_1))$ = $cont \circ (+ total(t_1)).$

Thus, every continuation is some composition of $(tt_0 +)$ and $(+ total(t_1))$ for varying values of tt_0 and t_1 . Compositions of these two kinds of functions commute (due to associativity of addition; see below), and therefore all functions of the form $(tt_0 +)$ can be moved together and merged into one such function, as we have seen before, which can then be defunctionalized into a single integer (acc). The composition of the other functions is defunctionalized into a list of Tree.

Here is a proof that the composition of (n+) and (+m) commutes because addition is associative. For integer k, we calculate:

$$((n+) \circ (+m))(k)$$

= (n+)((+m)(k))
= (n+)(k + m)
= n + (k + m)
= (n + k) + m
= (+m)(n + k)
= (+m)((n+)(k))
= ((+m) \circ (n+))(k)

Such calculations with side-effect-free functions lies at the foundation of modern functional programming.