upto_decomp^{0,22}

$\forall m{:}\mathbb{N},\ n{:}\mathbb{N}_{<m+1}.\ \mathrm{upto}(m) \sim (\mathrm{upto}(n)\ @\ \mathrm{map}(\lambda x.x{+}n;\mathrm{upto}(m{-}n)))$

http://www.cs.cornell.edu/Info/Projects/NuPrl/FDLcontent/p0_286125_/p12_65662_{upto_decomp}.html