R-size-implies[11,40]

$\forall R$:Realizer.
$(1 <$ R-size$(R))$
$\Rightarrow (\exists A,B$:Realizer. $(R = (A \oplus B)$ & (R-size$(A) <$ R-size$(R))$ & (R-size$(B) <$ R-size$(R))))$

http://www.nuprl.org/FDLcontent/p0_963683_/p101_168757_{R-size-implies}.html