

retraction^{11,40}

$\text{retraction}(T;f) \equiv_{\text{def}} \exists h:T \rightarrow \mathbb{N}. (\forall x:T. (f(x) = x) \vee ((h(f(x))) < (h(x))))$

clarification:

$\text{retraction}(T;f) \equiv_{\text{def}} \exists h:T \rightarrow \mathbb{N}. (\forall x:T. (f(x) = x \in T) \vee ((h(f(x))) < (h(x))))$