```
length_wf_nat  THM

⊢  ∀T:Type, L:T List. ||L|| ∈ ℕ  by UnivCD
|
1. T : Type
2. L : T List
⊢  ||L|| ∈ ℕ  by ListInd 2 THEN Reduce 0
|
.....set predicate .....
3. T
4. v : T List
5. ||v|| ∈ ℕ
⊢  0≤||v||+1  by GenConcl (||v|| = n)
END
```