Semitones (S)
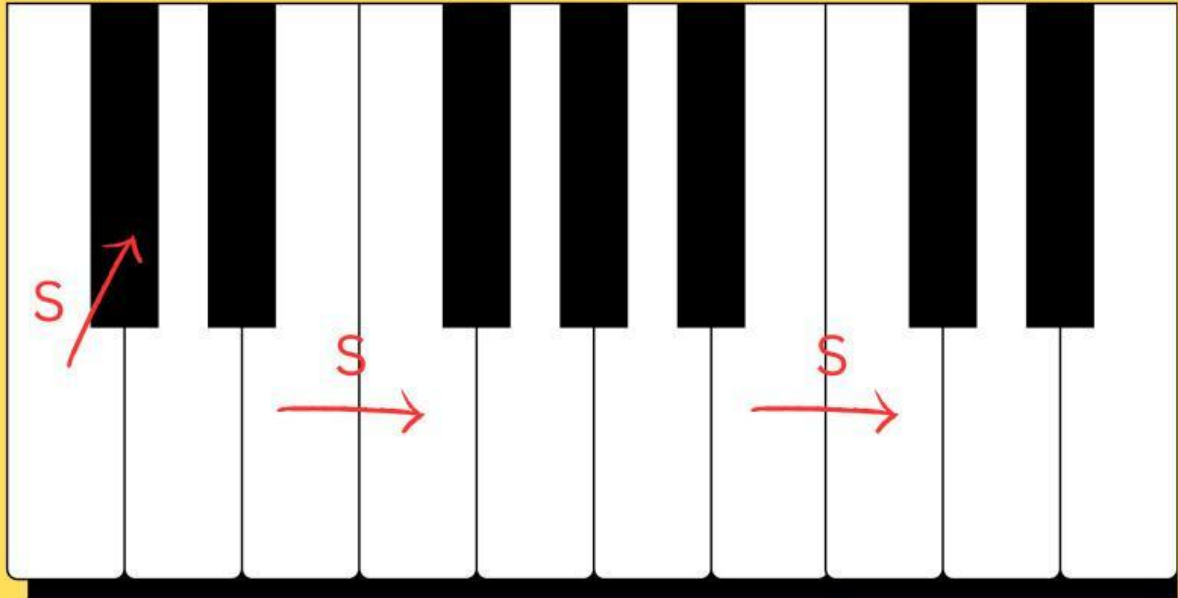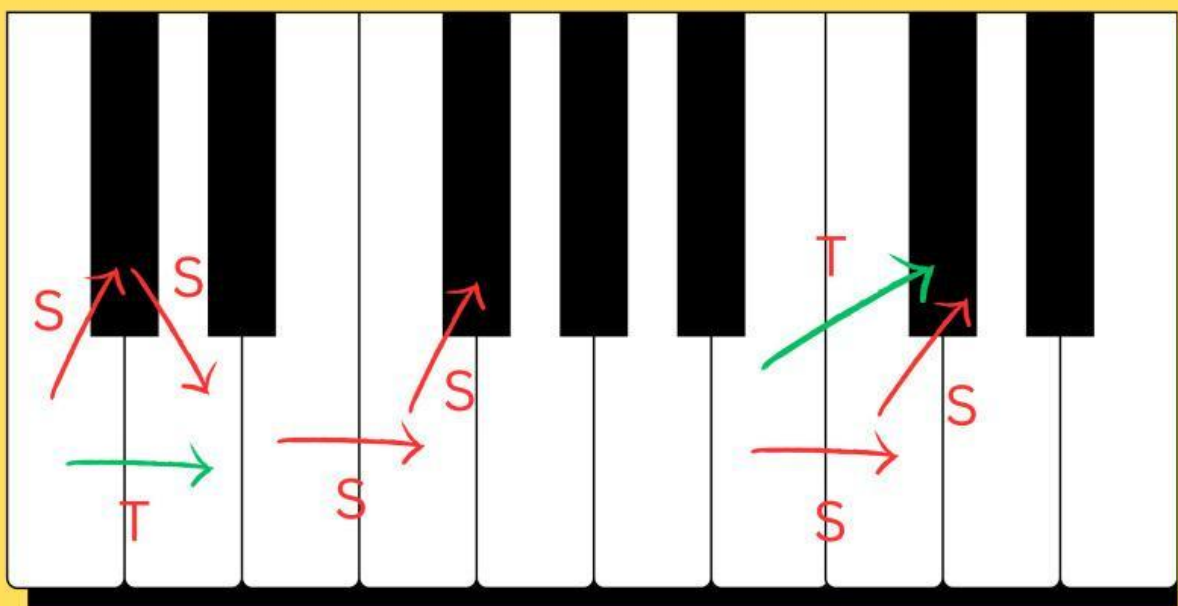
A Semitone is the distance from one key to the next

Tones (T)

A tone is 2 semitones

WRITE SEMITONE OR TONE