Application

In MATLAB, using one command try to generate the following matrices

$$J = \begin{bmatrix} 0 & 0 & 0 & 0 \\ 0 & 77 & 77 & 0 \\ 0 & 77 & 77 & 0 \\ 0 & 0 & 0 & 0 \end{bmatrix}$$

$$m = \begin{bmatrix} 0 & 66 & 66 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 66 & 66 & 0 \end{bmatrix}$$

$$n = \begin{bmatrix} 7 & 0 & 0 & 55 & 0 & 0 \\ 0 & 7 & 0 & 0 & 55 & 0 \\ 0 & 0 & 7 & 0 & 0 & 55 \end{bmatrix}$$