# Legged Robots : Practical 3

## Iterative inverse kinematics :

In order to change the orientation of the knee joint (< or >), we need to change the sign of the original position since this is an optimization problem, it will end up in the other position.

## Questions:

We have more control over the joint positions with inverse kinematics vs impedance control.

Invers kinematics is the way to go when controlling joints and position. Impedance control can be used when only the position is required, and a lighter algorithm is necessary.

If a particular joint configuration is required, inverse kinematics is the way to go as we can have an influence on their individual position. Using this method, it is also possible to find the joint torques.