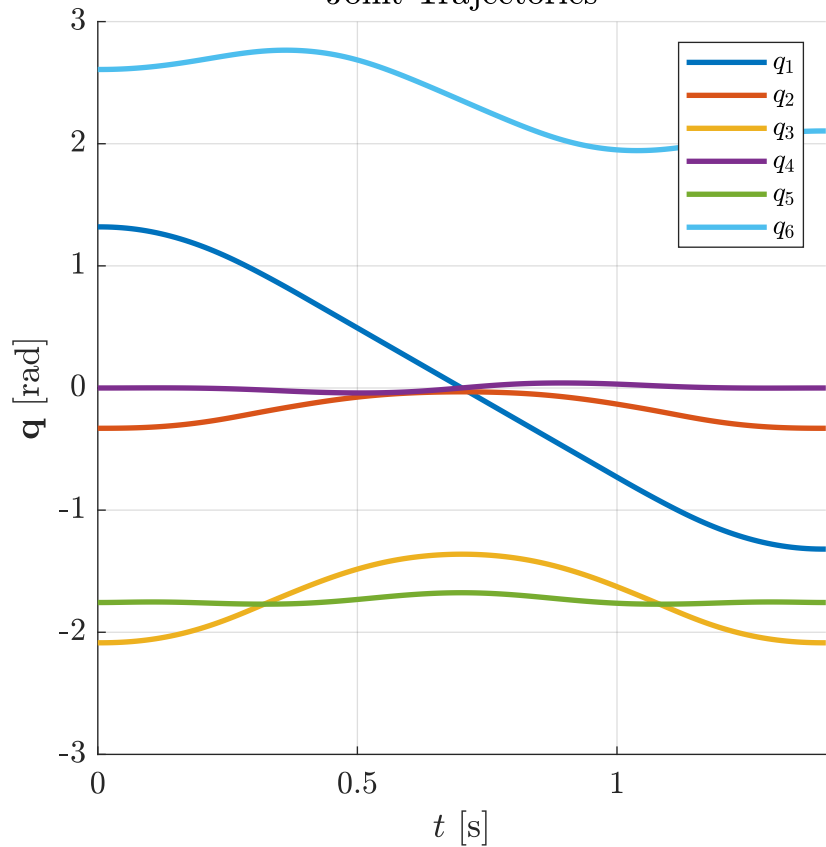Optimal Joint Motion