$h_{1}[n] = \frac{1}{2\pi} \int_{-\infty}^{\infty} e^{jwn} dw = \frac{\sin(w_{c}(n-M/2))}{\pi(n-M/2)}$

w[n]={o ellers;

slide to: $H(e^{i\omega}) = \left\{ h[M/2] + 2 \sum_{k=1}^{M/2} h[M/2+k] \cos(\omega k) \right\} e^{-i\omega M/2}$

Choose some values for M, plot [H(eim)] and check if requirements are not Repeat until the chosen M-value yields a result which complies with the regs.