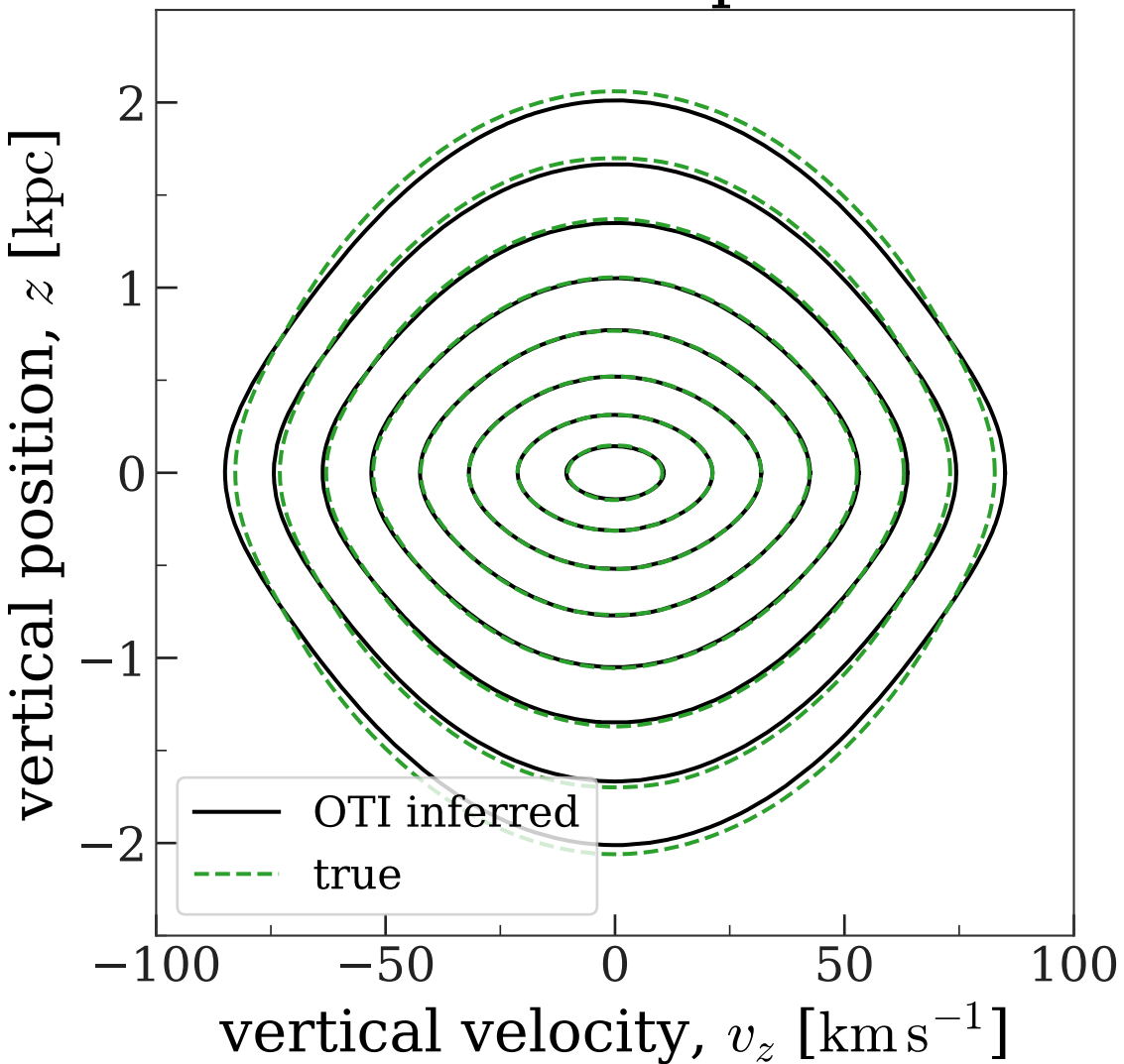
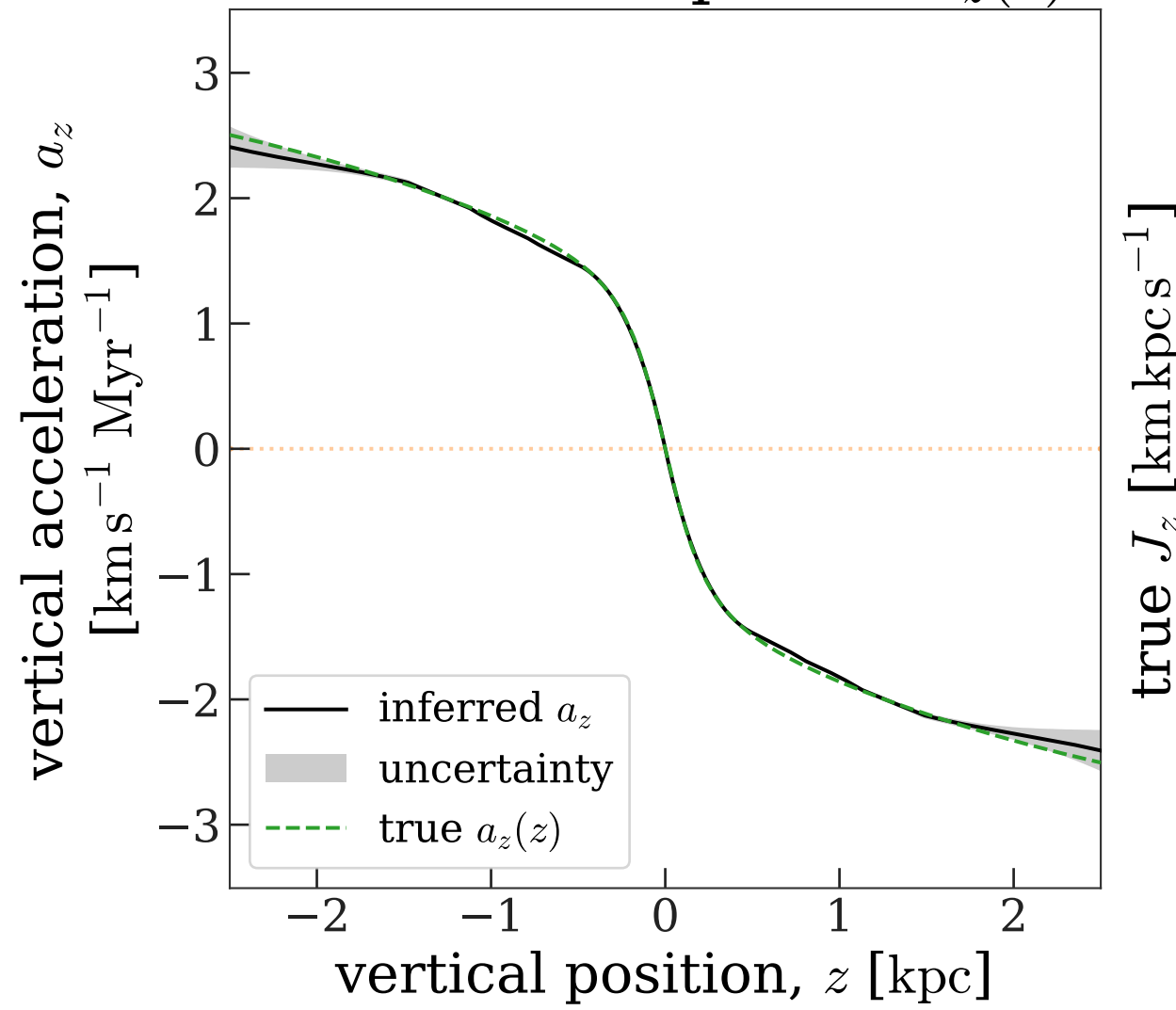


orbit shapes

acceleration profile $a_z(z)$ vertical action J_z 