From Euler Method wht.

Substitute with 1

$$\Rightarrow \pm_{m_1} = \frac{1}{2} m L^2 (\omega_n + \gamma \alpha_n)^2 + \frac{1}{2} m g L (\Theta_n + \gamma \omega_n)^2 - m g L$$

$$= \frac{1}{2} m L^2 \omega_n^2 + (m L^2 \omega_n \gamma \alpha_n + \frac{1}{2} m L^2 \gamma^2 \alpha_n^2)$$

$$+ \frac{1}{2} m g L \Theta_n^2 + (m g L \Theta_n \gamma \omega_n + \frac{1}{2} m g L \gamma^2 \omega_n^2)$$

$$- m g L$$

$$= \sum_{n+1} = E_n + \left(m L^2 w_n \tau a_n + \frac{1}{2} m L^2 \gamma^2 a_n^2 \right) + \left(m g L \Theta_n \tau w_n + \frac{1}{2} m g L \gamma^2 w_n^2 \right)$$