Symplectic Integrators

Definition (Symplecticity)

A map
$$\phi \colon T^*\mathbb{R}^d \to T^*\mathbb{R}^d$$
 is symplectic if $\frac{\partial \phi}{\partial z}^T \mathbb{J}^{-1} \frac{\partial \phi}{\partial z} = \mathbb{J}^{-1}$.

The flow map of a Hamiltonian system is symplectic.

Consider the simple pendulum with $H(q,p)=rac{p^2}{2}-\cos q$.



