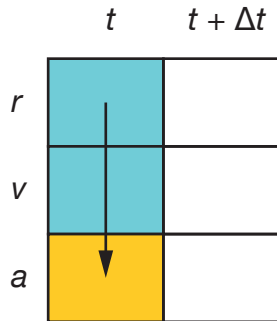
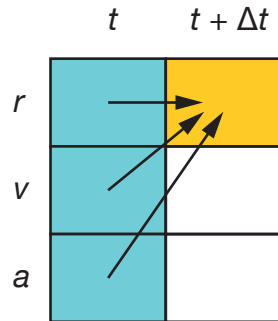


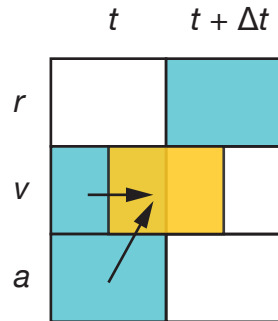
1. calculate $a(t)$



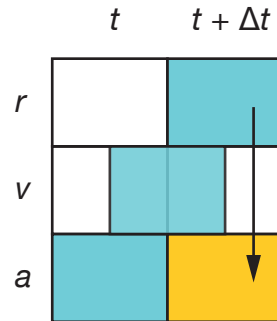
2. calculate $r(t + \Delta t)$



3. calculate $v(t + \frac{1}{2}\Delta t)$



4. calculate $a(t + \Delta t)$



5. calculate $v(t + \Delta t)$

