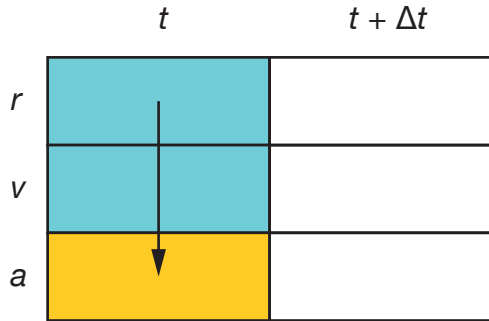
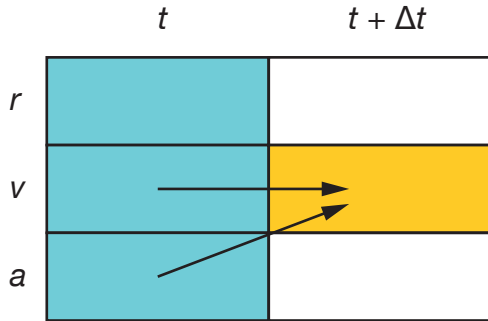


1. calculate $a(t)$



2. predict $v(t + \Delta t)$



3. predict $r(t + \Delta t)$

