```java
1 import components.sequence.Sequence;
2 import components.sequence.Sequence1L;
3 import components.stack.Stack;
4 import components.stack.Stack1L;
5
6 /**
7  * Homework20
8  *
9  * @author Gage Farmer
10  *
11  */
12
13 public final class Homework20 {
14
15     /**
16      * No argument constructor--private to prevent instantiation.
17      */
18     private Homework20() {
19         // no code needed here
20     }
21
22     /**
23      * Reverses ("flips") {@code this}.
24      *
25      * @param <T>
26      *
27      * @updates this
28      * @ensures this = rev(#this)
29      */
30     public static void flipStack() {
31         Stack<T> temp = new Stack1L<>();
32
33         temp.push(this.pop());
34         this.flipStack();
35         this.push(temp.pop);
36     }
37
38     /**
39      * Reverses ("flips") {@code this}.
40      *
41      * @updates this
42      * @ensures this = rev(#this)
43      */
44     public void flipSequence() {
45         Sequence<T> temp = new Sequence1L<>();
46
47         temp.append(this.extract(0, 0));
48         this.flipSequence();
49         this.append(temp.extract(0, 0));
50     }
51
52 }
53
```