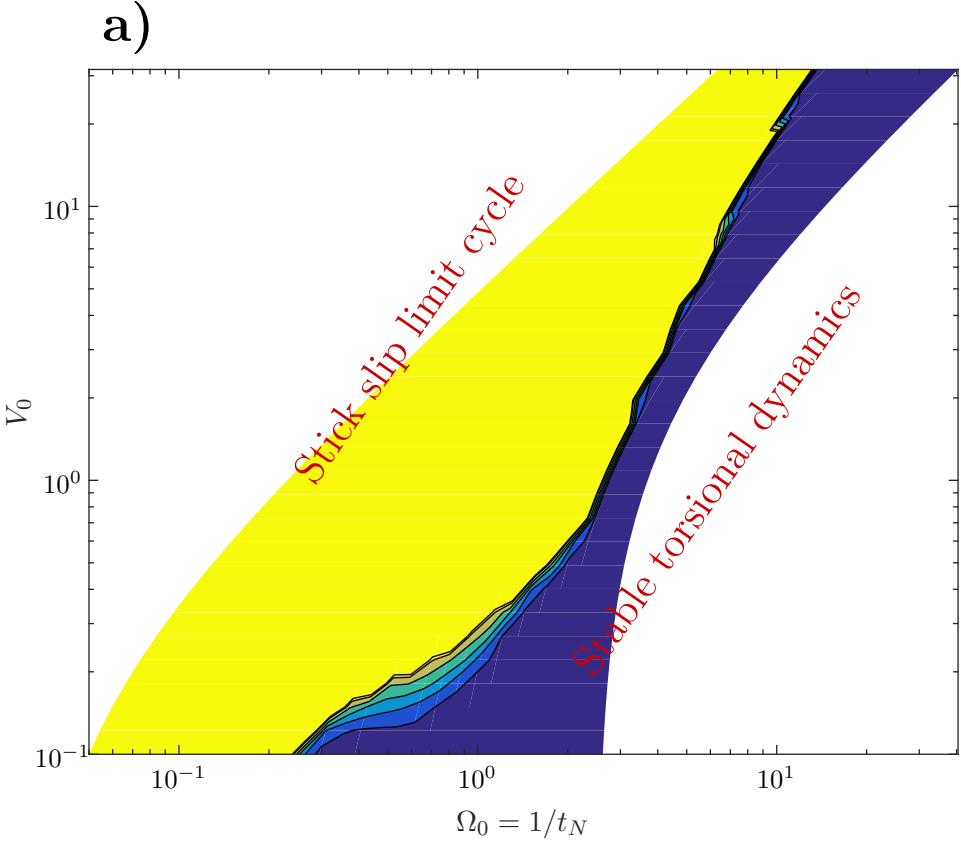
a)
Stick slip limit cycle
Stable torsional dynamics
V_0
10^{-1}
10^{0}
10^{1}
10^{-1}
10^{0}
10^{1}
$\Omega_0 = 1/t_N$