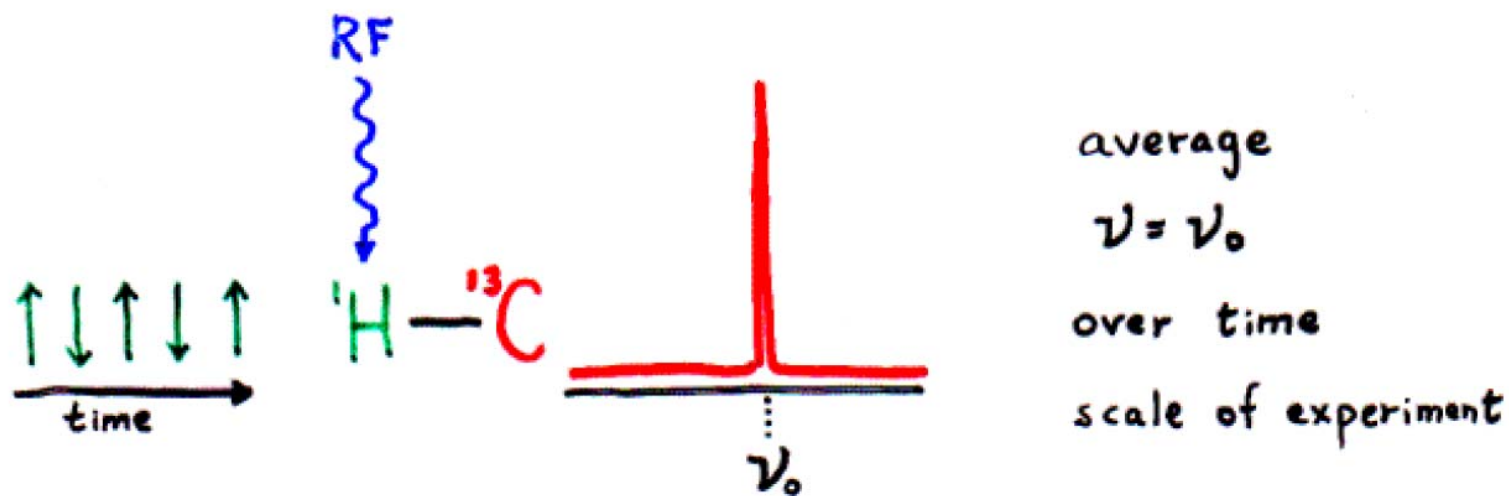
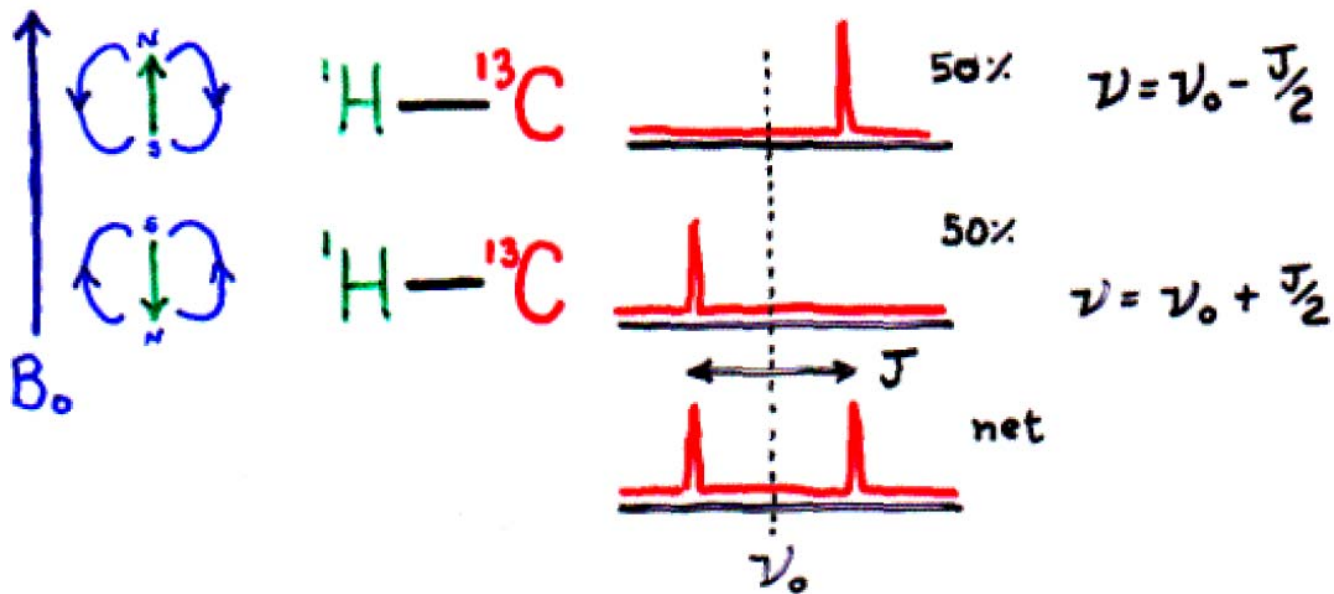


Decoupling



"time scale" = $\frac{1}{J} = \frac{1}{150\text{ Hz}} = 6.7\text{ ms}$