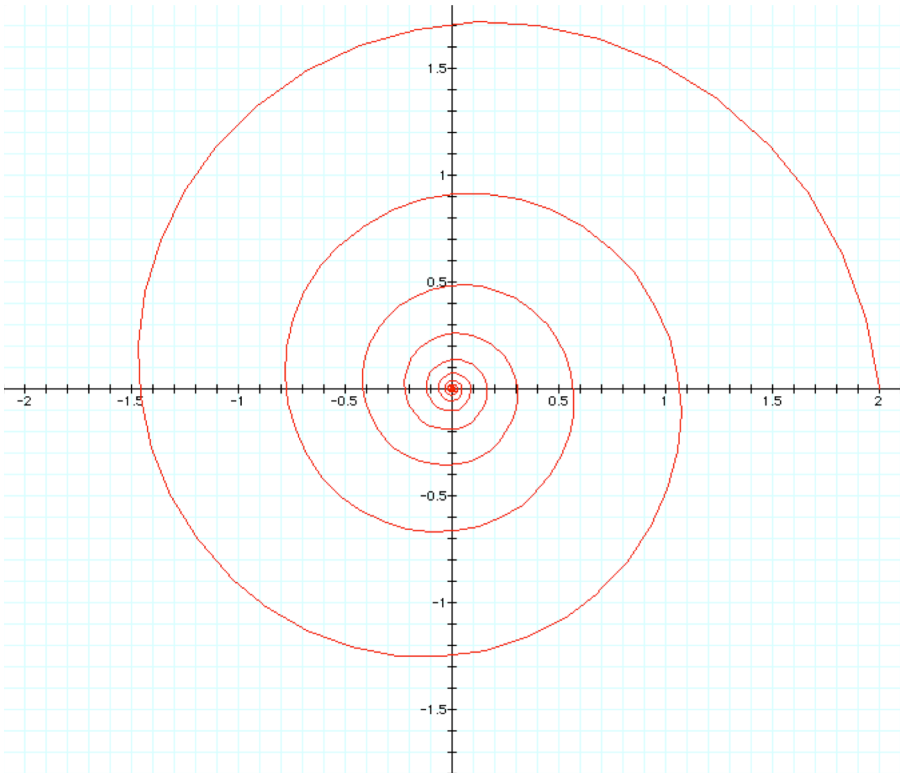
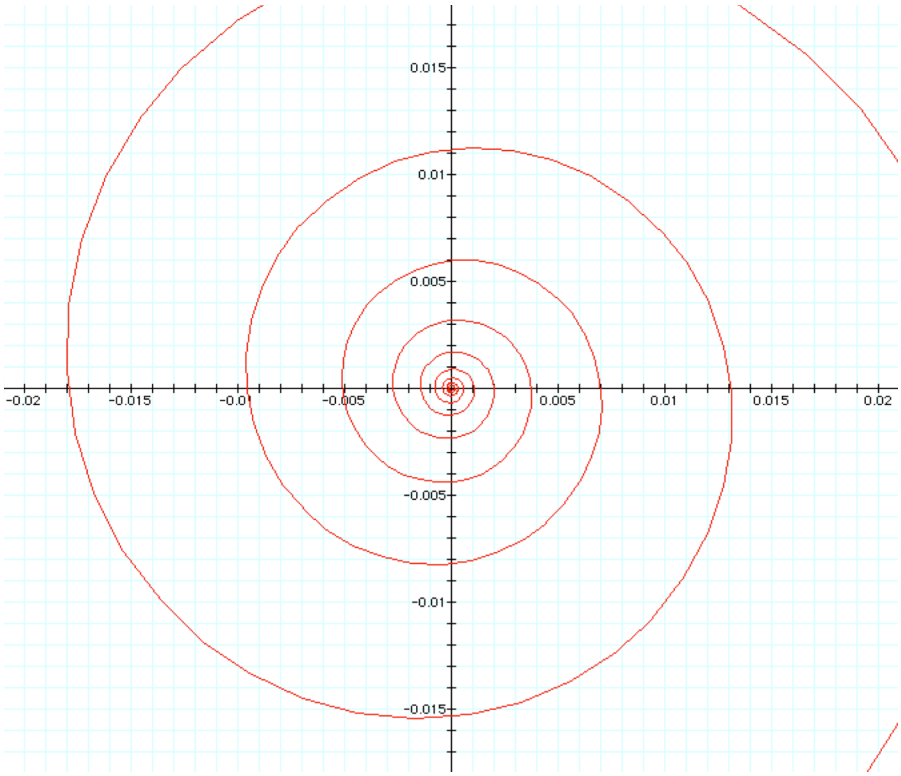
$$x(t) = Re^{-pt}\cos\omega_1 t$$
$$y(t) = Re^{-pt}\sin\omega_1 t$$

$$R = 2\,\mathrm{m}$$
$$p = 0.1\,\mathrm{s}^{-1}$$
$$\omega_1 = 1\,\mathrm{s}^{-1}$$

$y\,(\mathrm{m})$



$x\,(\mathrm{m})$



$x\,(\mathrm{m})$