

6-2013

Designing a Self-Powered Device to Aid in Fencing Training and Scoring

Zak Smolen

Union College - Schenectady, NY

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Designing a Self-Powered Device
to Aid in Fencing Training and Scoring

By

Zak Smolen

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Submitted in partial fulfillment
of the requirements for
Honors in the Department of Electrical and Computer Engineering

UNION COLLEGE

June, 2013

ABSTRACT

SMOLEN, ZAK Designing a Self-Powered Device to Aid in Fencing Training and Scoring. Department of Electrical and Computer Engineering, June 2013.

ADVISOR: Prof. James Hedrick

The purpose of this project is to redesign a currently available electric training tool for the sport of fencing in order to fix several existing faults such as cost and power use. The second stage of this project uses this new low-power design to explore small-scale energy harvesting by integrating a charging mechanism into the device to generate power from the movements of the fencer.

This goal of this project is to research and explore modern low-power device design, at both the hardware and software levels, and then to apply those techniques to improve a real-world product. The final result of this product is an improved and affordable fencing training tool, as well as an alternative power supply design for the device that uses energy harvesting to charge and power the device and remove the need for batteries or an external charger.

The first step of this project was to implement the core functions with low power requirements. The microcontroller I selected was the PIC12F1840, an 8-bit, low-power microcontroller. The power consumption was minimized in both hardware and software designs.

The base device has low enough power consumption that replacing the battery with an energy-harvesting power supply is possible. The energy harvester uses a piezoelectric element for power generation and a super capacitor for storage in place of a battery.

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Introduction

The sport of fencing has evolved over the years by introducing electrical scoring systems in order to accurately detect when fencers hit, determine if a hit is on- or off-target, and conform to the International Fencing Federation timing rules. These systems are large, expensive, and cumbersome for quick or casual fencing.

It is possible to “dry” fence (without electric equipment), but it is much easier to determine both when someone hits, and if the hit was hard enough to be valid, with some sort of electronic indicator. Épée is one of the most popular weapons and will be the focus of this project. In épée fencing the entire body is a valid target. This lack of a specific valid area on the body makes épée very simple to score because a hit anywhere on the opponent’s body is valid, and therefore the detection mechanism is a simple single pole, single throw, normally-open switch built into the tip of the weapon (see Figure 1).

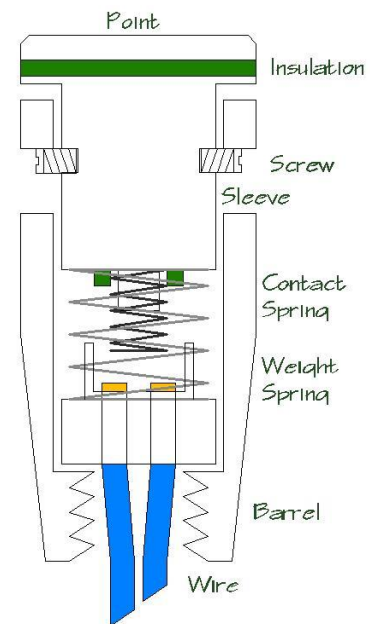


Figure 1. Inside view of the tip of an electric épée.

Fencing Scoring machines are very expensive, involve a lot of hardware, and may be superfluous for casual fencing, so alternatives are commonly used by small clubs that can’t afford the scoring system, as well as by any fencers who simply want to improve their fencing experience. This paper first discusses the products that currently exist, some problems with these products, and then outlines a new design for a cheaper and low-power alternative. The report details the design and implementation of the new low-power device. Next, this report documents the

testing of the low-power design followed by the design and implementation of the energy harvesting addition. Finally, this report discusses what needs to be done to fix the energy harvesting design as well as further improvements that could be made to the overall design.

Background

On the market, there are currently devices available called “buzzboxes” that can be plugged into the épée in order to indicate when a fencer hits a target, without requiring them to use a full scoring system. Because fencing is not a mainstream sport and there are only a few sources for the specialized equipment, simple devices like this are often overpriced. The first part of this project looks to redesign the simple buzzbox in order to address many of its problems.

Design of Current Similar Products

The first issue is the cost. Commercial buzzboxes cost \$40-50 each, and are most likely bought in pairs since fencing bouts involve two fencers. The most expensive part of this commercially available device is usually the metal enclosure. The actual electrical components inside the device only cost around \$5-10. Considering that the nature of the device is essentially just a special continuity tester, \$40 is

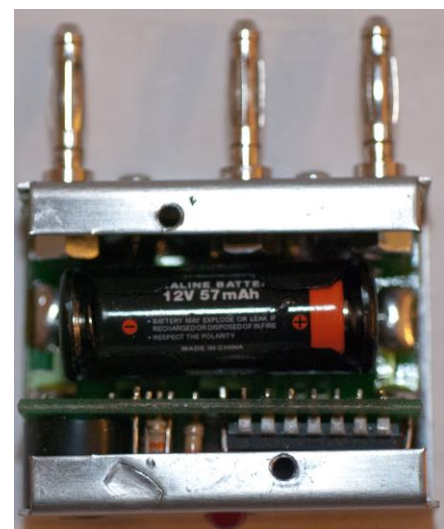


Figure 2. Inside view of a buzz box.

extremely high.

The second issue with the commercially available product is that it is poorly designed and uses power inefficiently. Figure 2 shows the buzzbox with the top of the enclosure removed. I opened up the device and disassembled the circuit in order to reverse-engineer the design. The circuit in the device is made up of a 12V “A23” battery to power a TTL octal inverter logic chip, an inductive buzzer, and an LED. Only four of the inverters are used to make a ring oscillator and drive the inductive buzzer. The battery that came with the device is rated at around 12V 60mAh, which is necessary due to current requirements of the buzzer and LED. This battery is large, compared to how much space is available next to the fencer’s hand, and adds a significant amount to the weight of the device. “A23” batteries are actually made up of 8 “LR932” watch batteries, and there are no rechargeable versions so there is an added environmental impact from disposing of the batteries.

Another issue with this product that the new design could address is the user experience and ergonomics of the device. There are only two different pitches available for the buzzers, so it is confusing to have multiple bouts occurring near each other because there will be more than one fencer with the same buzzer sound. The size and weight of the device is also a consideration. The commercially available device has a metal enclosure and a relatively large battery, which changes the balance of the weapon by a small, but noticeable, amount. The dimensions of the enclosure are 4 x 5 x 1.7cm, which seems small, but due to its thickness the buzzbox may press uncomfortably on the fencer’s hand depending on the style of the fencers’ grip and manner in which they hold the weapon.

The current buzzboxes use very simple circuits, and as such they respond to any sort of contact instead of only valid hits. The addition of precision timing according to the FIE rules would increase the realism of the fencing experience. The exact timing of the duration for a valid hit is controlled by a single variable in the program code and the device could easily be reprogrammed to accommodate any future changes in timing rules.

In researching the electronics of fencing equipment for this project, I found many small networks of fencers who had some electrical experience and wanted to create their own scoring machines or similar devices. A common justification was that they ran a small club and couldn't afford the expensive machines and reels. They could not make anything that could be officially used in tournaments since their devices would not be FIE certified, but there were discussions of designs for scoring machines and other similar devices. I would like to release both the software and hardware of my design as open source, and possibly offer a kit or fully assembled devices so that other fencers who don't have access to manufacturing equipment or experience assembling circuits could benefit from this project.

Small Scale Energy Harvesting

The second part of this project takes my newly-designed buzzbox and adds an energy harvesting system to provide power and remove the need for disposable batteries or external recharging. The idea of devices with an integrated generator has such practical applications as survival equipment (think shake flashlight, crank radios), but as the energy-harvesting equipment gets cheaper and more efficient, the uses have branched out. Solar panels, despite their inefficiencies, are now being

used on devices such as outdoor lighting (small lights that charge during the day then turn on at night). Some other examples of smaller-scale energy-harvesting applications are battery-less remotes (using the pressing of buttons to power the remote) and wireless sensor networks.

The current state of technology has limits in terms of how efficiently power can be generated and how much power can be generated affordably. If the device can be redesigned to more efficiently use power, then it would be practical to use currently available energy-harvesting devices. For example, if the nodes of a wireless sensor network are efficient enough, then they could rely only on their energy harvesters for power and remain in the field indefinitely without replacing or recharging batteries.

In this project, the motion of fencing will be used to generate energy to power the device. There are many options for energy-harvesting devices such as inductive, piezoelectric, or Macro-Fiber Composite (MFC) elements. The most likely candidates for this sort of device are piezoelectric or MFC elements.

Piezoelectric elements generate a voltage when compressed, expanded, flexed, or twisted. Conversely, they also can expand, contract, or flex when a voltage is applied to them. The output voltage range is quite varied and depends largely on the properties of the device. However, a common feature that is inherent to this type of element is that the current will be small. This means that, especially for small-scale devices, any losses can greatly reduce the efficiency; therefore aspects such as rectification must be implemented very efficiently.

Many piezoelectric energy-harvesting devices are based on cantilevers or other similarly structured mechanisms, and therefore have a resonant frequency where they are most efficient. There are also designs to harvest energy from very low frequency (or totally independent) events.

Macro-Fiber Composite elements were created by NASA and consist of many strands of Piezoceramic fibers bonded to a flexible substrate. MFC's have many similar properties as simple Piezoceramic devices, but can be used more easily to harvest energy from non-resonant sources. They are also especially good at harvesting energy from flexing sources and vibrations. Unfortunately they are still very new and usually expensive since they are custom made for each application.

In my research I have also come across Microelectromechanical (MEMS) inductive generators. These are also usually custom built for specific projects and are currently not very efficient, and therefore would not be practical as a possible energy-harvesting device for this project.

One example of a similar application is energy-harvesting shoes. The shoes use the impacts from walking to generate electricity that could be used to charge the user's cell phone or other similar devices.

Design Requirements

Cost

I would like for my final design to cost less than \$40. This is the cost of the current product, so if my project is cheaper, it would be a viable alternative. The project will be a prototype so it will cost more than a final, commercially-produced

product. The self-charging version may also use some uncommon components but, even with those considerations, it should still be reasonable to make the low powered version for under \$40. The self-charging mechanism will possibly bring the cost above \$40 if it uses uncommon or expensive parts, but due to the modular nature of the device, this feature would be an optional addition.

Power Supply

In terms of power supply and usage, my design focuses on flexibility and efficient circuits. The current device uses a 12V battery rated around 60mAh and when the indicator is on the current drain from the battery is around 26mA. The goal of this project is to reduce the current and overall power usage as low as possible. The precise value will depend on the energy storage component of the power supply but in all of the designs the current shouldn't exceed 10mA. In order to test the power supplies I will take simple current measurements with the device at rest and while the indicator is on.

Hit Detection

The hit detection portion of this project should conform to FIE (International Fencing Federation) timing rules while still being as energy efficient as possible. The FIE timing rules for épée state that the tip must be depressed on the opponent's body for 3-5ms in order to be valid. My project will implement this by timing using a threshold of 4ms. The microcontroller will time for an actual 4ms and the debouncing circuit on the input should not add much more of a delay but even up to 1ms of an extra delay from the debouncer would still allow for FIE timing rules.

Indicators

The indicators will be designed with the same modular nature as the rest of the device so that any sort of indicating device could be added with minimal change to the circuit. The most useful indicators are a buzzer and LED, but other options (such as an RF transmitter to activate remote indicators) could be used instead. The indicator module must run off of the same power supply as the hit detection circuit but can include an integrated DC-DC converter to increase the voltage. Components like piezo transducers should include driver circuitry to allow for easy operation. The buzzer should also have an output frequency between 5-15 kHz. Simple components such as an LED could also include driver circuitry to decrease power usage.

A less important and currently optional feature for my project would be to have the buzzer frequency be variable. This could be tuned with a potentiometer or even selected from a few discrete values. The differences between the buzzer tones do not have to be large, only audibly different.

Ergonomics

The ergonomics of the device are not as important as the electrical design goals, but they should not be neglected. The current device is both heavy and large enough to be uncomfortable for some fencers. The device must have an enclosure that is strong enough to not shatter if it gets hit, but still light enough that it will not offset the weight of the épée noticeably. The device must also be small enough that it will not press on the fencer's hand during use. Finally, all switches and indicators on the device must be appropriately positioned for ease of use and view. All of these

factors will be tested objectively by myself and other fencers, and adjusted according to user feedback.

Design

The overall design of my project is shown in Figure 3. The solidly outlined rectangles represent the higher level blocks while the dotted rectangles within the solid rectangles represent specific implementations of that higher-level block along with optional features (such as tone adjustment for the buzzer). This diagram shows the modular and flexible nature of the design such as the power supply voltage.

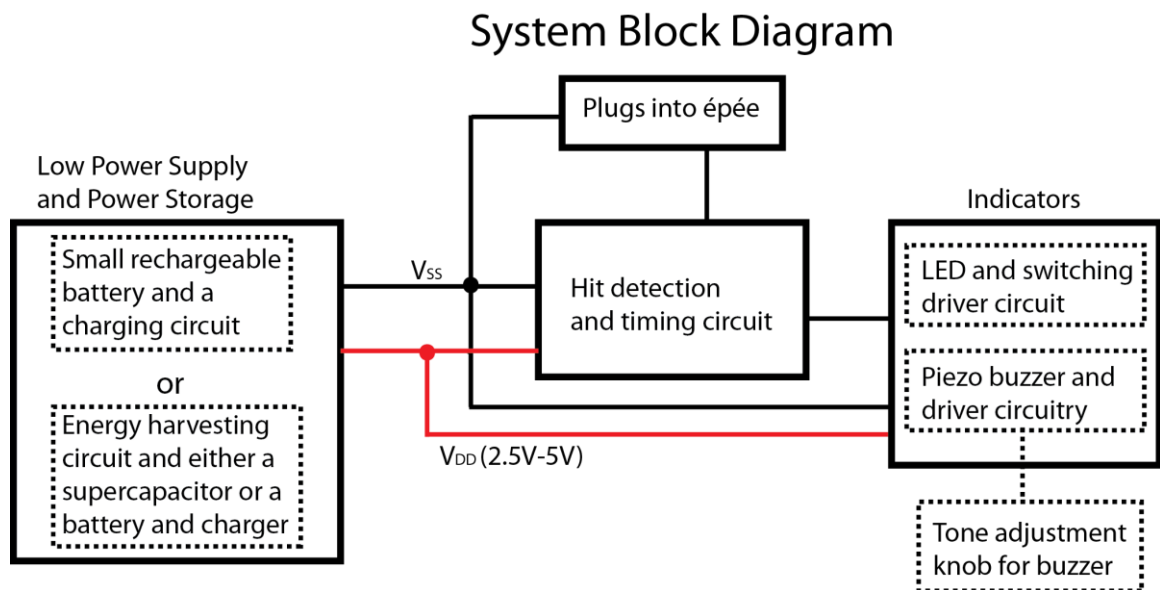


Figure 3. Block diagram of the overall device design

Power Supply and Storage

The first prototype of my design uses a 3V battery and while many tests were run using two AAA batteries the device also worked just as well using different types of common 3V “coin cell batteries.” The initial prototype of my design uses a

3V battery and only around 16 μ A of current when the device is in its sleep state while waiting for the hit, an initial spike at 0.65mA when the indicator is first turned on, and 0.6mA for the two seconds that the indicator is on. The indicator current could be decreased with a driver circuit or more efficient indicating devices.

The second prototype uses a rechargeable Polymer Lithium Ion (LiPo) battery that is rated at 3.7V. LiPo is known for its high- energy density and a battery rated at 40mAh is only 12 x 16 x 5mm and weighs around 2 grams. I also considered rechargeable coin cell type batteries that range from 1.5V to 3.6V based on their chemistries but decided that LiPo would be the best choice due to its high-energy density, higher voltage (which was plenty for the microcontroller and increased the intensity of the indicators from the 3V system), small size, and relative ease to recharge. There were many tiny and easy-to-use LiPo charging integrated circuits. I used both the MCP73831 IC from Microchip and the MAX1555 IC from Maxim, the latter of which is specifically designed to charge from a USB plug or an AC adapter.

The final design uses an energy-harvesting mechanism to generate power and a super capacitor for storage in place of a battery. The energy-harvesting device used is a cantilever type piezoelectric element that is connected to the LTC3588 integrated circuit from Linear Technology. This IC rectifies and stores the voltage from the piezo element and then outputs a user-selectable buck converter regulated voltage once a certain threshold has been reached. This output will be stored in a super capacitor, which is connected in parallel to the microcontroller's power supply input and ground pins.

Hit Detection Hardware

The hit detection circuit is implemented using a PIC12F1840 microcontroller. This microcontroller was chosen for reasons which include:

- Flexible and low power supply requirements (2.3-5.5V)
- Low-power sleep capabilities
- Many peripheral modules like Capacitive sensing, PWM, SR-latch, interrupt-on-change (IOC), and more
- Multiple timers, one 16-bit timer that can operate during sleep

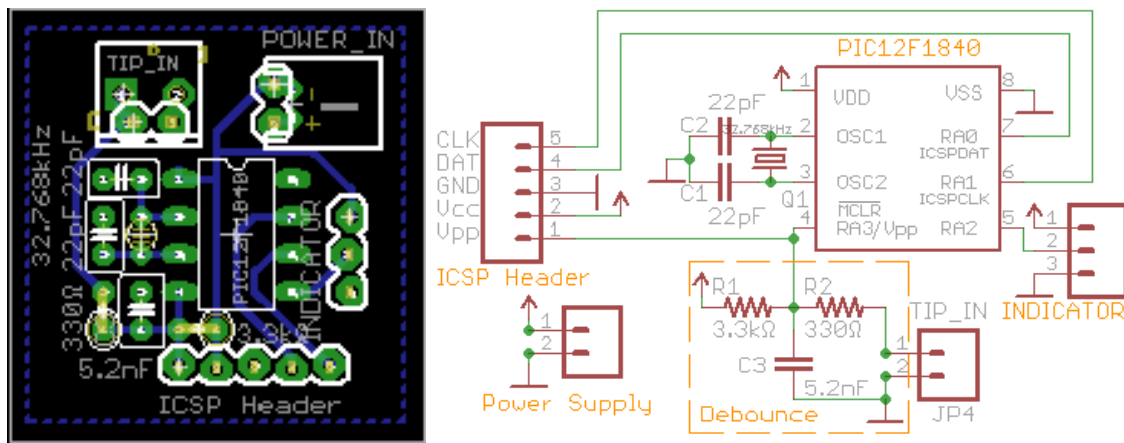


Figure 4. Prototype board layout for hit detection circuit (left) and circuit schematic (right).

In my original design I planned to use the capacitive sensing capabilities of the PIC12F1840 to detect a hit. The other weapons have specific target area and are covered by a metal mesh vest so capacitive sensing seemed like a possible way of detecting contact on valid targets for all weapons. However, this proved to be difficult and not energy efficient, so I switched to using the interrupt-on-change to detect the hits when the input pin was shorted to ground by the épée tip switch.

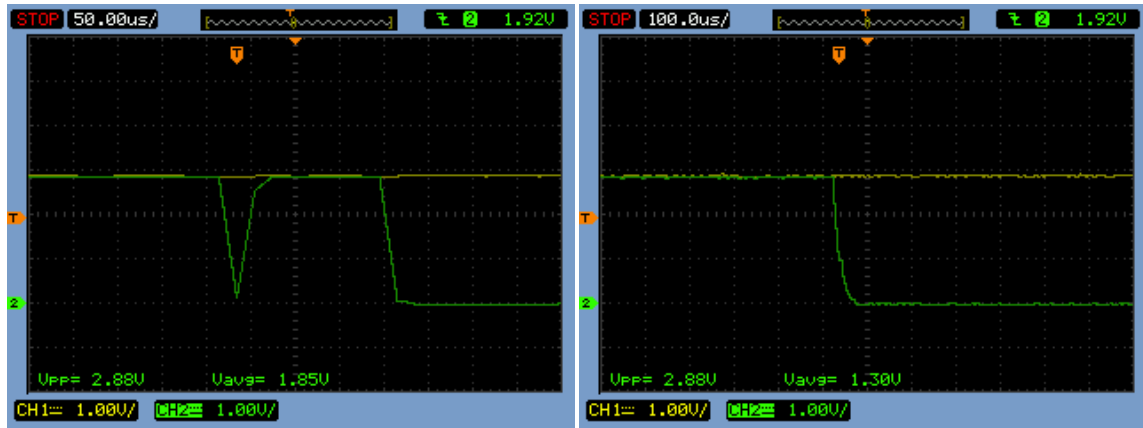


Figure 5. Input from non-debounced (left) and debounced (right) épée.

The prototype board layout for the hit detection circuit shown in Figure 4 includes an ICSP header for reprogramming and flexible input and output footprints. This allowed me to use the board at all stages of prototyping and testing. It is only around 1in² in size using all through-hole components. A final surface-mount version of this board, or even the version with the energy-harvesting power supply, can be much smaller.

The schematic of the hit detection circuit (Figure 4) shows the simple nature of the board. The épée-tip switch input is debounced with a simple passive circuit and the output from that the debouncing circuit is connected to a pin that has interrupt-on-change enabled. Figure 5 shows the results from the addition of the debouncing circuit. At first I had difficulty getting reliable triggering using this circuit, but it turned out that I was using too large of a capacitor the delay was too large and the slope was too gradual to reliably trigger the interrupt-on-change module. Through trial-and-error I found that a capacitor value around 4.7nF or 5.2nF worked to provide consistent triggering without detecting bounces.

Hit Detection and Timing Software

The hit detection and timing software is implemented using a state machine (Figure 6). The program is structured to turn off any features when they are not needed and have the microcontroller enter a low-power sleep state whenever possible. When the initial hit

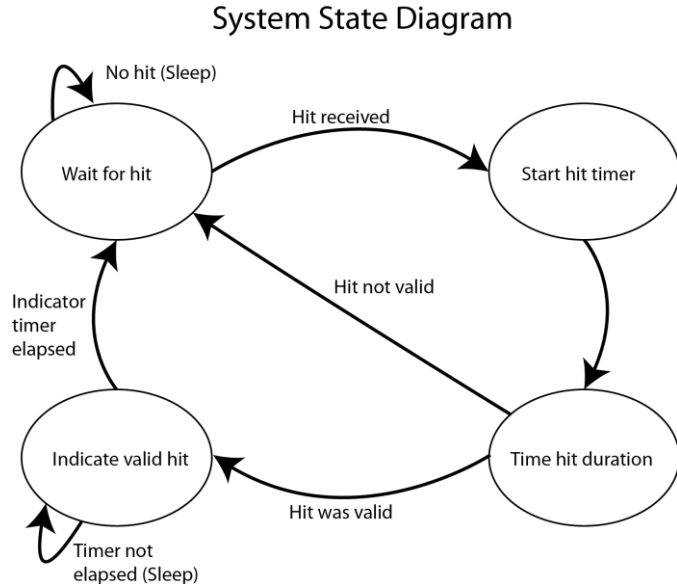


Figure 6. Hit detection and timing system state diagram.

comes in, the interrupt-on-change (generated from the épée tip being depressed) wakes up the microcontroller. If after 4ms the tip is still depressed, then the hit is considered valid. The indicators are turned on for two seconds (during which the microcontroller goes to sleep) and then turned off and the microcontroller returns to the initial sleep state. With the addition of an energy-harvesting mechanism the device's power may not be too constant so the software is designed to be able to recover from resetting at any point or if it somehow enters any other incorrect state.

Indicators

The current buzzer is a simple piezo buzzer module with a self-contained driver. These buzzers are not the most efficient but they were the easiest to implement because they only need a DC input.

The current design of my project includes a driver on the LED. The idea is to actually blink the LED fast enough so that the human eye would see it as a solid (or

very rapidly blinking) light. This would mean that the LED would actually be on for less time and therefore would draw less power. Unfortunately, my current designs for driver circuitry were not able to drive the LED (with the buzzer connected in series) at the supply voltage; instead they required a higher voltage with the additional fault of having a higher current draw than just powering the components directly without any driver circuitry.

Prototype Cost

The total cost for the rechargeable low-power prototype is around \$15-20. In large-scale production many of these parts would cost much less than they cost for me to purchase them in single or very small quantities. This cost also accounts for an approximation of the cost of the PCB. This is a good baseline since it is half of the cost of my original maximum goal.

Testing Preliminary Design Hit Response

In order to test that my device would only respond to hits that are between 3ms and 5ms (as defined in the FIE rules) I designed a simple pulse generator circuit (Figure 7) based off of a classic 555 timer monostable timer circuit. The pulse generator was attached to the weapon inputs of the board and simulated épée hits at different pulse lengths. I added edge triggering to the 555 timer circuit because the input pulse (pressing a switch) cannot be longer than the output pulse in monostable configuration, and I could not reliably press a switch fast enough. The output is inverted so that it provides a negative pulse to simulate depressing the tip of the épée, which connects a pin to ground in my circuit. The R and C slots are

empty sockets that I put in to accommodate a variety of sizes of resistors and capacitors. The resistor and capacitor determine the output period of the pulse generator according to the equation $1.1 \times R \times C$. For example, using a $1\mu\text{F}$ capacitor and $2.2\text{k}\Omega$ resistor the period would be around 2.4ms , which is too short, but with a $1\mu\text{F}$ capacitor and $4.7\text{k}\Omega$ resistor the period would be around 5.17ms . I could use resistors and capacitors measured at high precision to fine tune the pulse length.

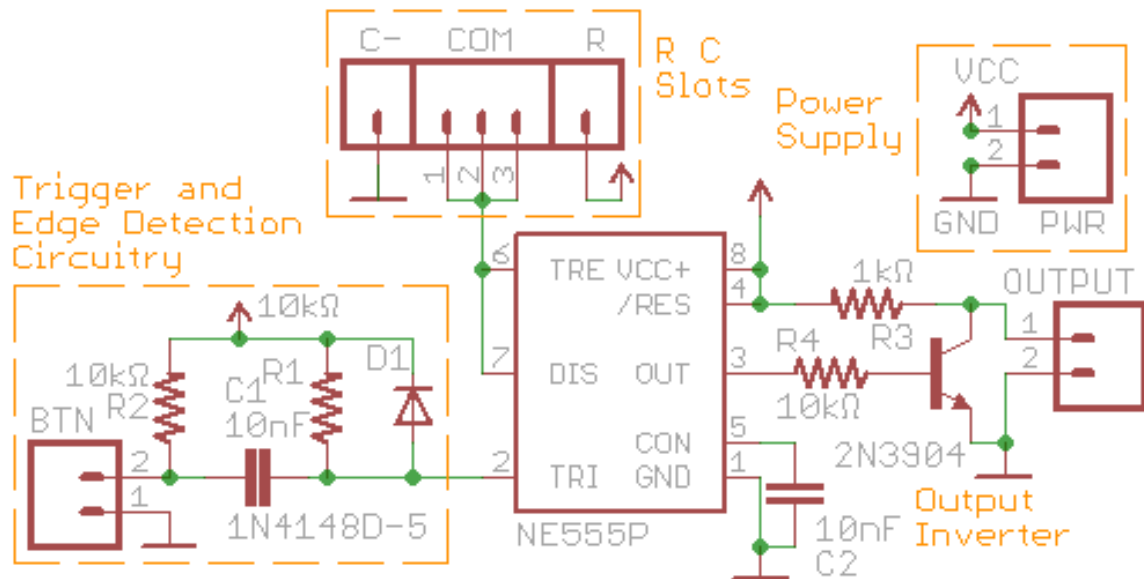


Figure 7. Schematic of the pulse generator for testing.

The pulse generator was used to test the circuit's response to pulses of different lengths, some less than 4ms and some greater. By very slowly and gradually changing the values of the resistor I was able to determine that the threshold of the pulse length that the device would react to was 3.75ms (confirmed with an oscilloscope). This threshold falls between the 3ms - 5ms range defined in the FIE rules and is close to the original goal of 4ms . Therefore, I considered it an acceptable result.

Energy Harvesting Development

Measuring the Fencers' Motion

In order to choose the best type of piezoelectric element (as well as its physical orientation) to harvest energy from the fencer's movements, I measured the accelerations present during different types of fencing. I created a tri-axis accelerometer system (Figure 8) that mounted on the épée in the same location as the device would. This way the measurements taken would provide an accurate picture of actual accelerations that the device would be experiencing.

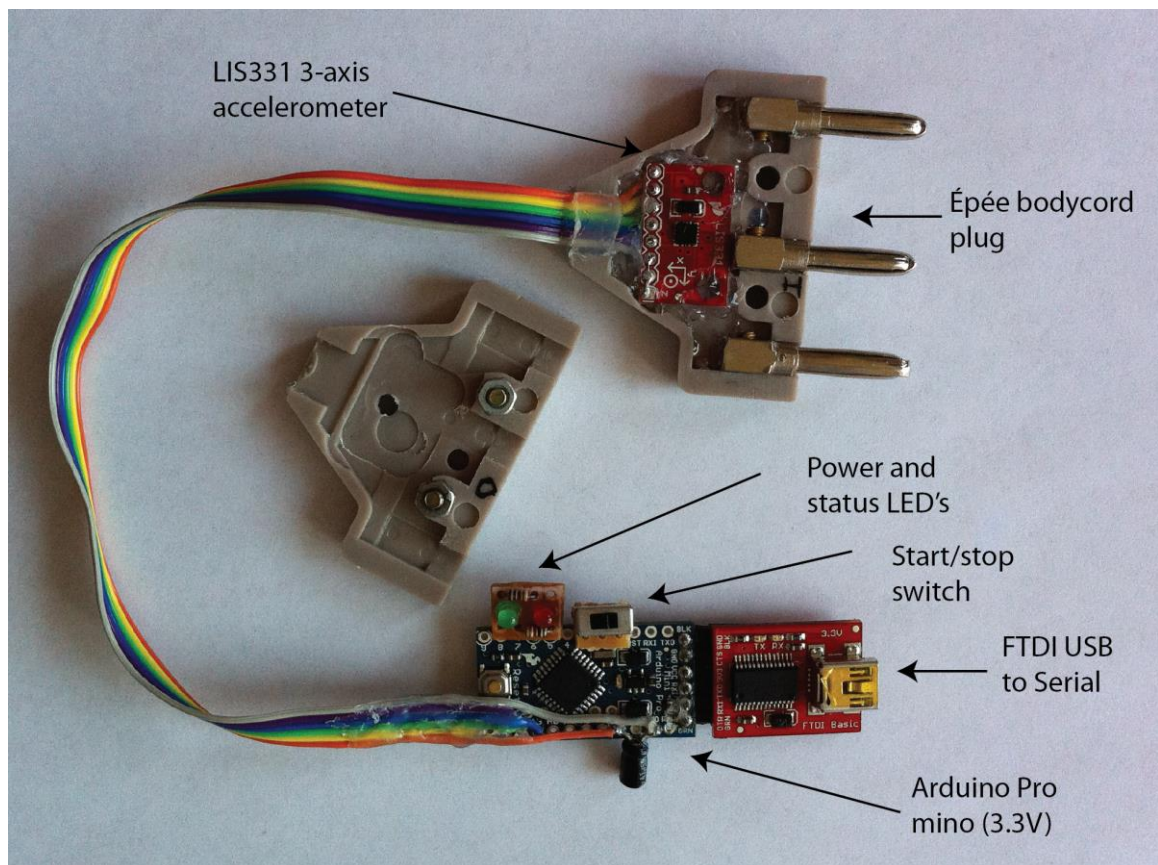


Figure 8. Tri-axis accelerometer with plug cover removed.

The accelerometer shown in Figure 8 consists of an Arduino Pro mini connected to a LIS331 accelerometer board. The LIS331 IC is a tri-axis

accelerometer that can measure accelerations (in g's where $1g = 9.81 \frac{m}{s^2}$) at user selectable ranges of $\pm 6g$, $\pm 12g$, or $\pm 24g$. The chip can communicate with I²C or SPI. I chose to use SPI since it was a little easier to implement both physically and in the software. The Arduino part of the device was strapped to the fencer's wrist with elastic bands and then connected to the computer by a long USB plug that allowed the fencer a few meters of travel forwards and backwards. The board measured the accelerations at set intervals and transmitted the values in a simple comma or space-delimited string. The computer recorded the readings and saved them (along with a timestamp) to a CSV file. I originally had the program average multiple readings to reduce noise before transmitting them, but I decided to remove this once I looked at the data in order to get higher resolution readings from the accelerometer.

I also designed a wireless version of this device implemented as a separate board that would plug into the Arduino as well as an Xbee RF module (Figure 9). I thought that this would give the fencer more freedom, and therefore provide better data. The board contained sockets for connecting the Arduino Pro mini, an Xbee, indicator lights for when the device is on and recording, buttons to start and stop recording, and a LiPo battery charging IC fed from a mini-USB plug. The board is also non-rectangular and designed in a way that it would be easy and comfortable to secure it to the fencer's

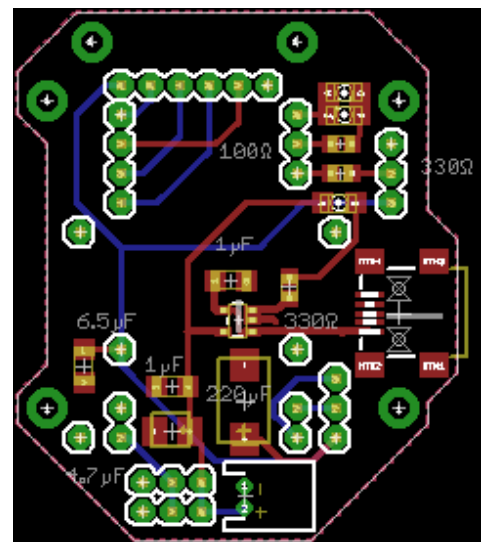


Figure 9. Arduino shield for wireless tri-axis accelerometer.

forearm using the two large holes on each side and an adjustable strap.

Implementing this device required only a few lines of code to be added in order to configure the Xbee (for both the Arduino and computer programs). Ultimately, I decided that the data that I measured with the wired version was satisfactory and therefore I did not implement this board.

Analyzing the Acceleration Data

In order to get a better understanding of the accelerations present, I tested two scenarios with two different fencers using different fencing styles. I first recorded a “control” situation where the fencer was moving around as one would during a normal bout, but no blade contact was made and no hits were scored. This was an important scenario because it wouldn’t make sense for the device to only work if the fencer were actually hitting the opponent’s weapon or body since it needs to be able to charge up before any contacts are actually made. I then recorded actual “fencing” situations where the fencers were actively engaging their opponent’s blade and successfully hitting their opponent.

The control data (Figure 10) showed many interesting aspects of the fencers’ movements. The X-axis and Y-axis data show similar patterns of high frequency oscillations followed by short periods of a constant or slightly changing acceleration. This result is most likely from the circular motion of the hand that is common to many fencers, but even periods of time where there were mostly left-right or up-down movements by the fencer look similar in the data. It is interesting to note that the Y-axis data centers on $-9.8 \frac{m}{s^2}$ due to gravity. The Z-axis data was rapidly

changing. This was interesting to see since there was no blade or body contact. The changes were large, but the frequency was largely varied and highly inconsistent.

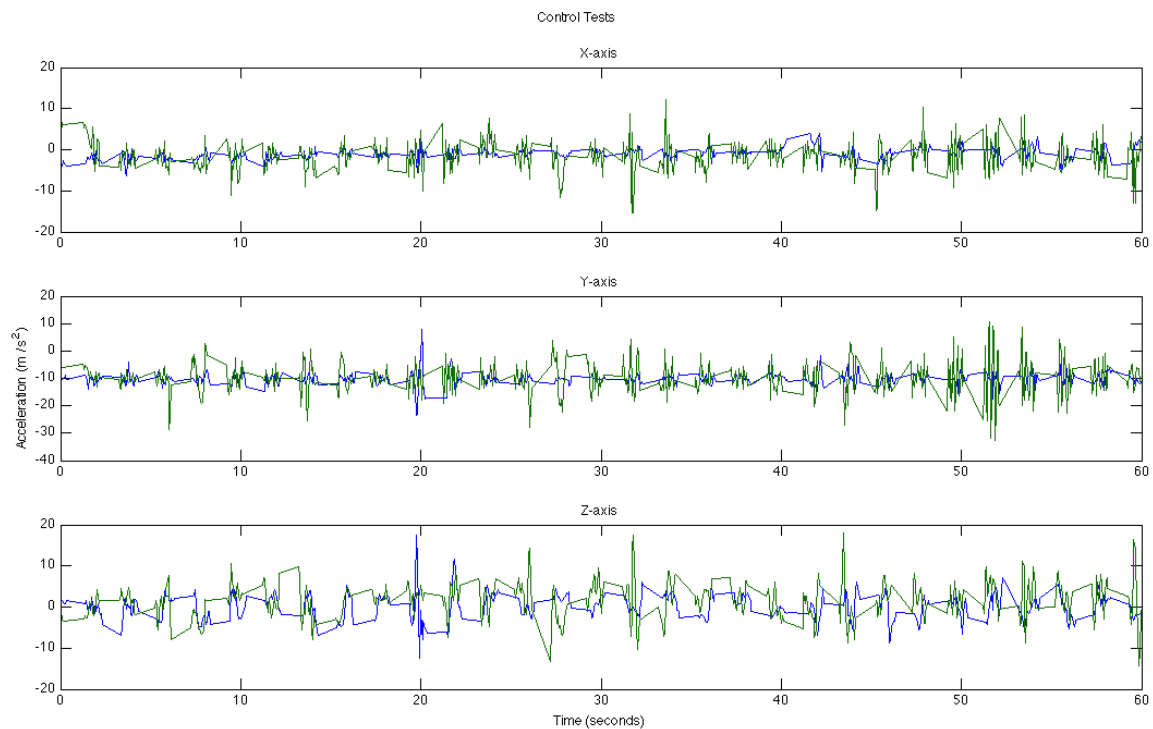


Figure 10. Accelerations measured during control tests.

The fencing data (Figure 11) showed very different results than the control data. The data is a whole order of magnitude larger at its peaks, and the axes now each have some unique characteristics. The X-axis has large impulse-like peaks and some other smaller peaks, but the magnitude of the acceleration in between hitting the opponent's blade or (less frequently) swinging very hard left or right is very small. The Y-axis data shows a different trend. There are still peaks when the blades hit but they are not as large as seen in the X-axis. There is a lot more fluctuation overall, though at a higher magnitude than the X-axis. The Z-axis data actually looks somewhat similar to the other two axes. There are constant fluctuations like the Y-axis but there are also large impulse-like peaks in the acceleration.

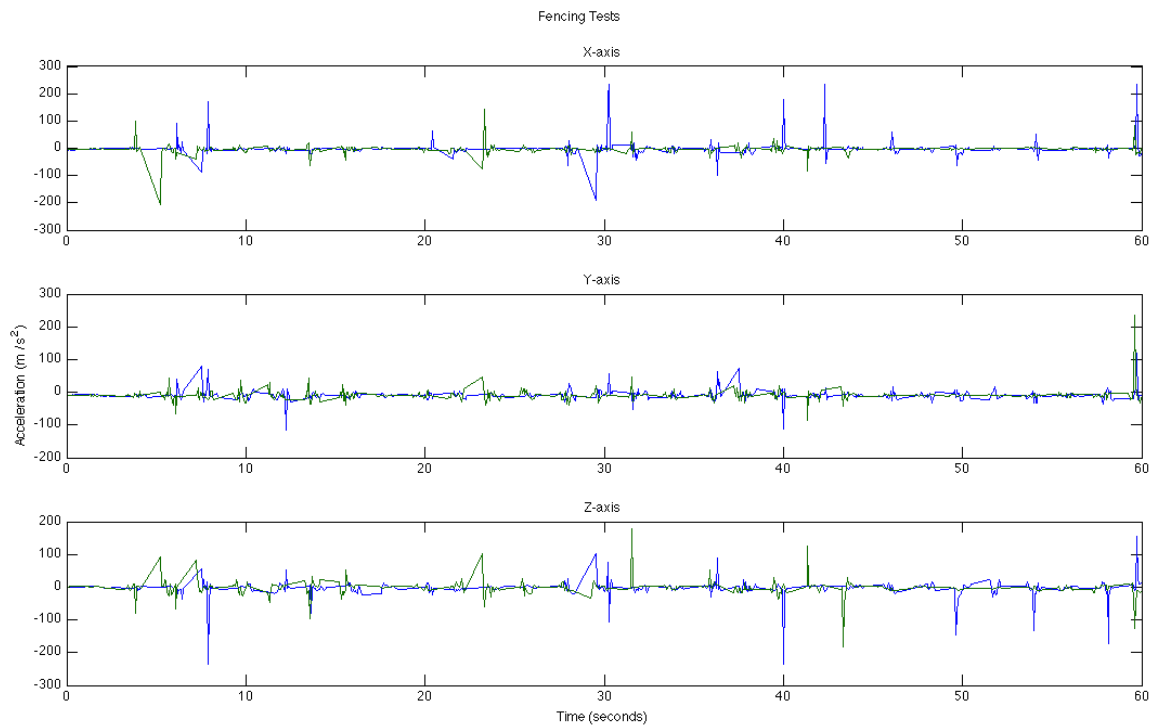


Figure 11. Accelerations measured during fencing tests.

In addition to plotting the data I also looked at the derivatives and integrals of the data. The derivative results did not indicate any new trends that I hadn't seen in the acceleration graphs, and the integral data was not of much use either. I also decided to use a Fourier transform to analyze the power spectrum of the data. While I know that every fencer moves differently, I wanted to see if there were any similar trends. I used interpolation to normalize the data so that I could perform the Fourier Transform. I did not get much more useful data from this analysis since the data wasn't very periodic, but I did see that while the X-axis and Z-axis had some power at different frequencies, the Y-axis was dominated by a single component around 0. This is again likely due to the acceleration of gravity.

While I did not get any definitive results from my measurements and analysis, I did get enough to support my choice of element and orientation to use for

energy harvesting. I decided from the beginning that I was going to use some sort of piezoelectric element instead of an element like an inductive generator (similar to what would be found in a shake flashlight) because I didn't want heavy moving parts such as a free-moving magnet. Moving parts would make noise and could possibly throw off the weight of the weapon if they were too heavy. I decided that a cantilever type piezoelectric element (with a weight on the end) would probably be the best option since there was a lot of up-down and left-right motion. This type of element generates energy from flexing and has a very large frequency response (from almost DC to the Gigahertz range). While flexible cantilever elements may not produce as much energy some other rigid piezo elements (such as the disk type commonly seen in guitar pickups and audio transducers), they can still typically produce tens to hundreds of volts. During the control test there was a lot of up-down and left-right motion and, while there are no set movements that a fencer must follow, no fencer can (nor would they want to) keep their hand perfectly still while moving around during the bout.

I decided to mount the element in the Y-axis for two reasons. First, this axis seemed to have the most consistent movement between the two tests. While there were some sharper impulses during the fencing test when blade contact was made there was also constantly oscillating acceleration that was higher in magnitude than that experienced in the X-axis. Also, due to gravity, the cantilever would have a natural rest position and constant downward acceleration. This would allow it to flex more easily with less of a chance of the element twisting than there would be in the X-axis.

Designing the Energy Harvesting Circuit

In order to rectify, store, and regulate the output from the piezoelectric element I used the LTC3588 IC from Linear Technology and a supercapacitor rated at 1F 2.5V with very low effective series resistance (around 0.1Ω). The LTC3588 contains a low-loss bridge rectifier and a highly efficient buck converter and can charge a capacitor up from the input source in order to provide a constant output voltage at up to 100mA. The output voltage can be set to 1.8V, 2.5V, 3.3V or 3.6V. In my circuit I set the output to 2.5V because it was above the threshold of the microcontroller (the PIC12F1840 can operate from 2.3-5.5V) and it was the voltage rating of the supercapacitor. While it is common practice to use capacitors rated at twice the voltage needed in their application (due to tolerances and wear on the dielectric) this supercapacitor can safely operate at 2.5V for an extended period of time.

I chose to use a supercapacitor instead of a battery for storage for a few reasons. First, I did not want to have to step the voltage up too high and end up with too small an available current. Batteries require a higher charging voltage than their nominal voltage while supercapacitors, like any capacitor, charge up to whatever voltage they are attached to. Also, many supercapacitors are using light materials like aerogels as a dielectric and therefore, would weigh less than a similarly-sized battery.

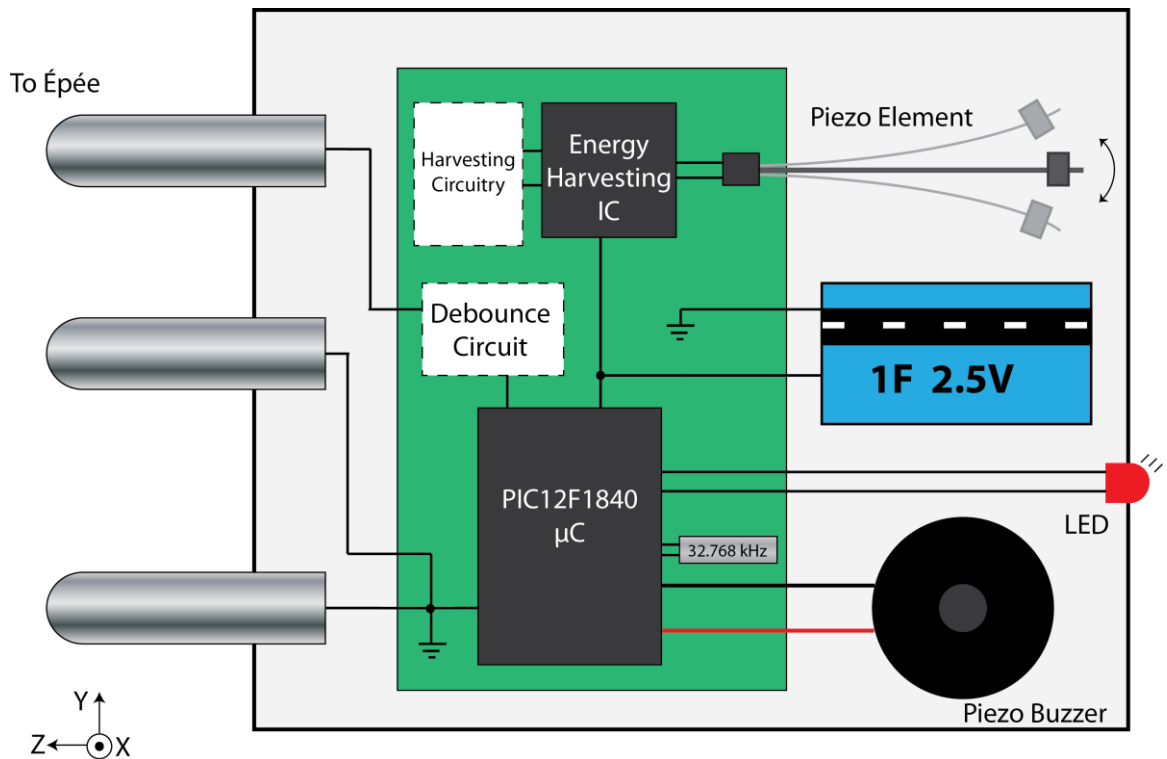


Figure 12. Simplified diagram of energy harvesting device layout.

While integrating the energy harvesting power supply into my prototype I considered both electrical and physical design. Figure 12 shows a block diagram of both the circuit and physical layout of the device. The core of the device is the same as my original low-powered prototype: the PIC12F1840 is used to detect the hit from the debounced épée tip switch and it indicates valid hits with a buzzer and LED. The difference in this design is that the power supply pin of the microcontroller is connected in parallel with the output of the LTC3588 energy harvesting IC and the 1F supercapacitor. This way the supercapacitor will charge up and then act in place of a battery to power the microcontroller.

The supercapacitor is mounted sideways on the board below the piezo element. The element is mounted perpendicular to the board so that it will flex in the Y-axis as the fencer's hand moves.

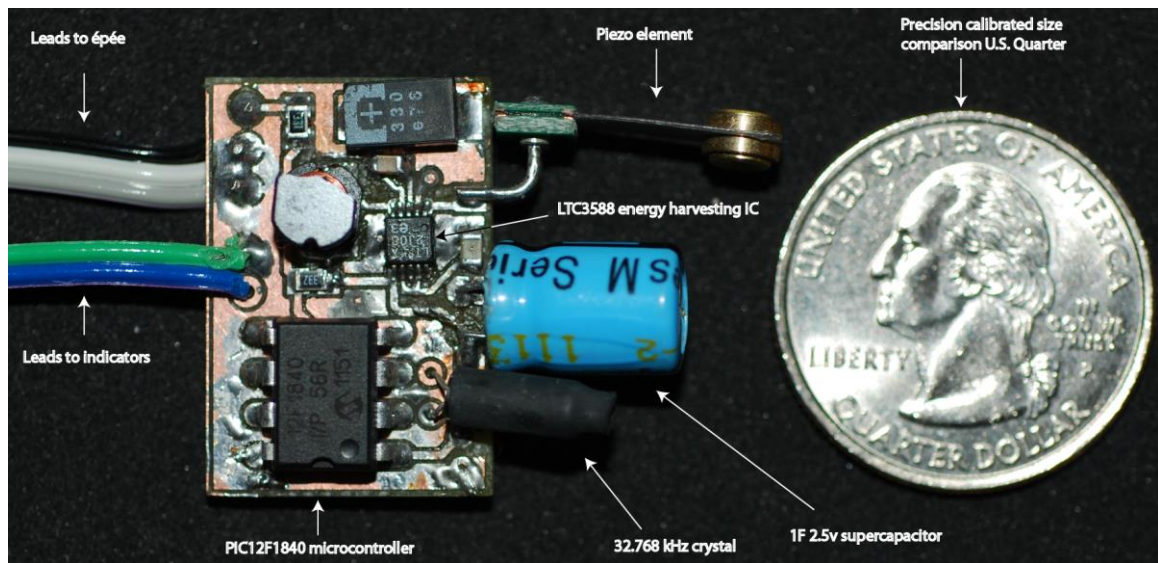


Figure 13. Populated prototype board shown next to U.S. quarter.

Figure 13 shows the constructed energy-harvesting prototype. Since this is not my final design, I still used a through-hole version of the PIC12F1840 microcontroller instead of the substantially smaller SMD version so that the chip would be easy to remove and reprogram if needed. The LTC3588 comes in very small packages only and has a ground pad underneath the main body of the chip, which makes it difficult to solder. I used heat-shrink tubing to cover the metal casing of the crystal so that it would not cause a short between the power and ground traces since it is bent to the side over those traces in order to lie flat. The piezo element is attached with a pad on each side of the board and the base of the cantilever is also secured with superglue. Ideally the enclosure would further reinforce this connection and stabilize the base of the cantilever. The piezo element and supercapacitor are located far enough away that the element will have a full range of motion. Even with the through-hole chip the whole board is still only

slightly larger than a U.S. quarter, and about 4 times as thick as one. It also only weighs around 6 grams, again only slightly more than a quarter.

Testing the Final Prototype

When I tested the energy-harvesting prototype I found that it did not work. After troubleshooting for a while I found that when I tested the power and ground traces on the printed circuit board with a continuity tester, I detected a short. After removing and resoldering all of the main parts I still found this problem so I thought that the capacitor might have somehow been damaged in my assembly or testing. When I tested the capacitor I found that it acted as a short. I also tested another 1F 2.5V capacitor that I had, which had not been used at all, and came up with the same results.

This led me to research and think more about supercapacitors. While they are charging, capacitors act like a short to the circuit they are connected to. Once they are charged they act like a break in the circuit and a source of power to connected components. Supercapacitors are very large capacitors so they act like a short for much longer than normal capacitors. Unfortunately, my 1F capacitor is so large that it is not charging up at a usable rate.

During my testing I also found that the output from the LTC3588 was not what I expected. At first I thought that I may have made errors in designing or assembling the circuit, but I tested all of the components individually and they matched the specifications outlined in the LTC3588 datasheet. I did find that the piezo element I was using was not giving me the output I expected (10-50V), even when I excited it more than it would typically be excited during fencing. I even

tested another larger element that I had from the same company and I still did not get a consistently high enough output to properly power the device.

One final issue I uncovered was charging the supercapacitor. The LTC3588 is capable of using many different inputs other than piezo elements and it can even use a DC source (like a solar panel or battery). I tried connecting a battery to the input and watching the voltage on the supercapacitor which only increased at a very small and slow rate (a few millivolts per minute). Part of the problem that may be causing this is that the supercapacitor I am using is too large. Another possible issue is the parallel connection between the LTC3588 output, the supercapacitor, and the microcontroller. I believe that some of the little power I was getting out of the LTC3588 was going to the microcontroller instead of charging up the supercapacitor. This seems like it shouldn't be a problem; I want to power the microcontroller after all, but the already reduced output I was getting from the LTC3588 was not enough to both power the microcontroller (which needs a steady and relatively constant voltage and 2 second bursts of current) and charge up the large supercapacitor.

A positive aspect of my energy-harvesting prototype is that its total cost was only around \$20-25. This is only slightly more than my original design and again well within my goal. Even with the addition of a case the overall cost should still be well within the \$40 limit.

Conclusion

The purpose of this project was to explore low-power device design as well as small-scale energy harvesting by applying these ideas to an existing product. I redesigned a training tool used in the sport of fencing to provide a better indication of when the fencer hits their opponent.

The first stage of my project was to design a new device from scratch. I disassembled and studied the original product and then designed a low-power device that addressed the problems that I found in the original. I tried to maximize the efficiency of power usage so that it would be feasible to add an energy harvesting system later on. I ran my prototype first from a 3V coin cell battery and then from a 3.7V rechargeable LiPo battery with only around $16\mu\text{A}$ of current draw when the device is in its sleep state while waiting for the hit, an initial spike at 0.65mA when the indicator is first turned on, and 0.6mA for the two seconds that the indicator is on.

The next stage of my project was to design an energy-harvesting power supply, which would generate electricity from the motion of the fencer and power the device in place of a battery system. I researched different methods of small-scale energy harvesting and studied the motion of the fencers in order to determine that the best type of element for my application was a piezoelectric cantilever flexing in the Y-axis. While both the low-power device and the energy-harvesting power supply circuit worked individually they did not work when combined together with a supercapacitor for energy storage. This problem seems to have two causes:

insufficient output from the piezo elements and improper charging of the supercapacitor.

Although my final result did not work I still consider this project a success. I very much enjoyed working on this project and will continue to work on it until I fix the problems with the energy-harvesting power supply. I enjoyed the fact that this project combined skills and knowledge from all of my engineering courses at Union: I had to design the analog and digital portions of the electrical circuit, measure and analyze data in the frequency and time domains, and program the microcontroller in C, and, in some original sections of my software, in assembly. I was also able to make use of some of my other interests such as circuit board design and assembly.

Future Work

Fixing the Current Design

I would like to first address the problems with my current piezo elements and try new piezo elements. I will test them without the microcontroller in the circuit (or on a new board purpose built for testing the LTC3588 circuit) and see if larger elements, or some other configuration of elements, would give me a better output.

I will then work on the supercapacitor problem. I will look into other types and values of supercapacitors as well as supercapacitor charging circuits. I might still be able to use the 1F 2.5V supercapacitor that I have now with the addition of a charging circuit, or I might need both a smaller supercapacitor as well as a charging circuit.

Larger or better piezo elements, new supercapacitors, and supercapacitor charging circuitry will increase the cost of the device but since the prototype was far under budget the increased total cost of the device should still be less than \$40.

I will work to solve both of these problems before Steinmetz Symposium in order to have a working prototype to display. I would like to design and construct an enclosure for the final device. I would like to make it out of some sort of plastic in order to reduce weight and cost but I would have to make sure that it is durable enough to hold up to a possible graze or hit by an opponent's weapon. I will first design and 3D print some initial enclosures and once I have finished developing the design I will look into manufacturing it from other materials.

Expanding the Design

It would be nice to implement an adjustable buzzer feature so that the devices could make different sounds without the need for different hardware. In order to do this I need to actually design an efficient piezo transducer driving circuit that will produce an output at a single, but adjustable, frequency. This could either be adjusted by an analog dial (potentiometer) or by selecting between a few preset frequencies.

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Appendix A: PIC12F1840 Source Code Header File

```
/*
 * File: main.h
 * Author: zaksmolen
 * Created on October 11, 2012, 1:19 PM
 */
#include <stdio.h>
#include <stdlib.h>
#include <xc.h>
#include <pic12f1840.h>

#ifndef MAIN_H
#define MAIN_H

#ifdef __cplusplus
extern "C" {
#endif

// This method sets the internal clock to 31kHz (lowest freq.)
void set_internal_clock_31k(void);

// This method sets the internal clock to 62.5kHz
void set_internal_clock_62_5k(void);

// This method sets the internal clock to 125kHz
void set_internal_clock_125k(void);

// This method configures the initial status of the SFR's
void init_config(void);

// This method configures the initial status of the SFR's
void disable_all(void);

// This enum defines the states for the program
enum { /*Enum construct declares states */
    WAIT_FOR_HIT,
    START_HIT_TIMER,
    TIME_HIT_DURATION,
    INDICATE_HIT
} state;

#ifdef __cplusplus
}
#endif
#endif /* MAIN_H */
```

Appendix B: PIC12F1840 Source Code Code File

```
/*
 * File: main.c
 * Author: zaksmolen
 * Created on October 7, 2012, 6:24 PM
 */
#include <stdio.h>
#include <stdlib.h>
#include <xc.h>
#include <pic12f1840.h>
#include "main.h"

// ports and pins
#define indic_out LATA2 // output for indicators (LED and/or buzzer)
#define hit_input !RA3 // input for hit detection using interrupt-on-change

void main()
{
    //===== CONFIG and set SFRs=====
    #pragma config FOSC = INTOSC, WDTE = OFF, PWRTE = OFF, MCLRE = OFF, CP = OFF
    #pragma config CPD = OFF, BOREN = ON, CLKOUTEN = OFF, IESO = ON, FCMEN = ON
    #pragma config WRT = OFF, PLLEN = OFF, STVREN = ON, BORV = LO, LVP = OFF

    // init all other SFR's and timer settings and such
    init_config();
    // Turn on the oscillator circuit for Timer 1
    T1OSCEN = 1;
    // Set initial state to waiting for hit
    state = WAIT_FOR_HIT;

    //===== PROGRAM LOOP =====
    for(;;)
    {
        switch(state)
        {
            /* turn all interrupts and indicators off but enable IOC3 for the hit
             * detection then go to sleep.
             */
            case(WAIT_FOR_HIT):
                disable_all();
                SLEEP();
                //asm("NOP");
                break;

            /*
             * The ISR detected a hit so start Timer 0 to time for around 4ms.
             */
            case(START_HIT_TIMER):
                IOCAN3 = 0;
```

```

// preload Timer 0 with 192. 192 is 3/4 of 256 and this value will allow
// the timer to time 4ms with a 62.5 kHz clock (since it uses Fosc/4)
TMR0 = 192;

// Enable Timer 0 interrupt (and clear flag)
TMR0IF = 0;
TMR0IE = 1;

// go to hit timing state
state = TIME_HIT_DURATION;
break;

/*
 * This is a waiting state since, the µc can't
 * sleep while using timer 0.
 */
case(TIME_HIT_DURATION):
    // some sort of nothing loop or just nothing so it
    // keeps executing the switch-case statement
    //asm("NOP");
break;

/*
 * This is a state to turn on the indicators.
 */
case(INDICATE_HIT):
    // turn indicator output on
    indic_out = 1;

    // clear Timer 1 (high and low bytes)
    TMR1H = 0;
    TMR1L = 0;
    // start Timer 1
    TMR1ON = 1;
    // timer 1 interrupt enabled
    TMR1IE = 1;
    // now go to sleep and wait for interrupt to turn off
    SLEEP();
    //asm("NOP");
break;

// In case of mess ups or something unexpected
default:
    // go back to waiting loop
    state = WAIT_FOR_HIT;
break;
}
}
}

```

```

//===== Helper Functions =====
/*
 * This method configures the initial status of the SFR's
 */
void init_config(void)
{
    PEIE = 1; // all peripheral interrupts are enabled
    GIE = 1; // global interrupts enabled
    IOCIE = 1; // Interrupt on change enabled
    // Set System clock to use internal oscillator
    SCS0 = 1;
    SCS1 = 1;
    // Disable software PLL
    SPLLEN = 0;

    //set the internal clock to 62.5 kHz
    //set_internal_clock_62_5k();
    //set the internal clock to 125 kHz
    set_internal_clock_125k();

    //Timer 0 config
    nWPUEN = 0; // weak pullups enabled by individual WPUA# bits
    TMR0CS = 0; // clock from Internal instruction cycle (FOSC/4)
    PSA = 1; // don't assign prescaler

    //Timer 1 config
    // TMRCS<1:0> = 00 and T1OSCEN = 1 for osc. circuit on pins (2 and 3)
    TMR1CS0 = 0;
    TMR1CS1 = 1;
    TMR1GE = 0;
    nT1SYNC = 1; // set Timer 1 to asynchronous

    // Set port 2 (pin 5) as a digital output for indicators
    TRISA2 = 0;
    // Set port 3 (pin 4) as a input (with weak pull-up) for hit detection
    TRISA3 = 1;

    IOCAP3 = 1; //disable positive edge interrupt on change
    IOCAN3 = 0; //enable negative edge interrupt on change
}

/*
 * This method sets the internal clock to 62.5kHz
 * (62.5 kHz clock) * 256 * (1, NO PRESCALER) = 4.09600 milliseconds
 */
void set_internal_clock_62_5k(void)
{
    // Set internal oscillator frequency: 0100 = 62.5 kHz
    IRCF3 = 0;
    IRCF2 = 1;
}

```

```

    IRCF1 = 0;
    IRCF0 = 0;
}
/*
 * This method sets the internal clock to 125kHz
 */
void set_internal_clock_125k(void)
{
    IRCF3 = 0;
    IRCF2 = 1;
    IRCF1 = 0;
    IRCF0 = 1;
}

/*
 * This method disables all interrupts, indicators, and other peripheral circuitry
 * (like Timer 1). The method also enables IOC3 for the hit detection.
 */
void disable_all(void)
{
    // turn indicator off
    indic_out = 0;
    // turn Timer 1 off
    TMR1ON = 0;
    // clear Timer 1
    TMR1H = 0;
    TMR1L = 0;
    // turn off interrupts
    TMR1IE = 0;
    TMR0IE = 0;
    // clear flags
    IOCAF3 = 0;
    IOCIF = 0;
    TMR0IF = 0;
    TMR1IF = 0;
    // Enable IOC3 (and global interrupts)
    GIE = 1;
    IOCIE = 1;
    IOCAN3 = 1;
}

//===== INTERRUPT =====
/*
 * This is the interrupt service routine
 */
void interrupt ISR(void)
{
    PORTA; // read PORT A to clear mismatch conditions
    // If Interrupt was from IOC
    if ((state == WAIT_FOR_HIT) && IOCAF3)

```

```

{
    // if the top is still down
    if (hit_input)
    {
        IOCIE = 0;
        // Start 4ms timer 0
        state = START_HIT_TIMER;
    }
}
// if interrupt was from timer 0 overflow
else if ((state == TIME_HIT_DURATION) && TMR0IF)
{
    // check if tip is down
    if (hit_input)
    {
        // hit was valid
        state = INDICATE_HIT;
    }
    else
    {
        // hit was not valid
        state = WAIT_FOR_HIT;
    }
}
// if interrupt was from timer 1 overflow
else if ((state == INDICATE_HIT) && TMR1IF)
{
    state = WAIT_FOR_HIT;
}
// if there is some other case just go back to waiting
else
{
    state = WAIT_FOR_HIT;
}
// Clear and reset everything
IOCAF3 = 0;
IOCIF = 0;
TMR0IF = 0;
TMR1IF = 0;
asm("RETFIE");
}

```

Appendix C: Tri-Accelerometer Source Code

```
// 3-axis Accelerometer
// using Sparkfun Electronics Triple Axis Accelerometer Breakout - LIS331
// and an Arduino Pro Mini (3.3v)

/*
Wiring:
  Ard. LIS331

  3.3V  VCC
  GND   GND
  10    CS
  11    SDA/SDI
  12    SA0/SDO
  13    SCL/SPC
*/

#include <SPI.h>
#include <stdlib.h>
#include <stdio.h>
#include <avr/io.h> // Definition of interrupt names
#include <avr/interrupt.h> // ISR interrupt service routine

#define SS 10 // Serial Select -> CS on LIS331
#define MOSI 11 // MasterOutSlaveIn -> SDI
#define MISO 12 // MasterInSlaveOut -> SDO
#define SCK 13 // Serial Clock -> SPC on LIS331

// #define BTN 3 // button to start/stop
#define SWITCH 2 // switch to start/stop
#define SWITCH_VCC 3 // pin supplying VCC to the switch
// charlieplexed LED to show start/stop
#define LED1 7
#define LED2 6

#define DELAYVAL 50 // delay time after making readings

// #define AVG_COUNT 1

#define SCALE 0.0007324 // approximate scale factor for full range (+/-24g)
// scale factor: +/-24g = 48G range. 2^16 bits. 48/65536 = 0.0007324

// #define SCALE 0.00718260498; // approximate scale factor for full range (+/-24g) in m/s^2
// scale factor: +/-24g = 48G range. 2^16 bits. 48/65536 * 9.80665 = 0.00718260498

#define SEPERATOR ';' // this is the seperator for the output

// global acceleration values
```

```

double xAcc, yAcc, zAcc;

void setup()
{
  Serial.begin(9600);

  // Configure SPI
  SPI_SETUP();

  // Configure accelerometer
  Accelerometer_Setup();

  // configure interrupt and LED
  pinMode(LED1, OUTPUT); // sets the digital pin as output for LED
  pinMode(LED2, OUTPUT); // sets the digital pin as output for LED
  pinMode(SWITCH, INPUT); // read from the switch pin
  pinMode(SWITCH_VCC, OUTPUT); // power for the switch pin
  digitalWrite(SWITCH_VCC, HIGH);
}

void loop()
{
  if (digitalRead(SWITCH) == HIGH)
  {
    digitalWrite(LED1, HIGH);
    digitalWrite(LED2, LOW);

    readVal(); // get acc values and put into global variables

    Serial.print(xAcc, 3);
    Serial.print(SEPERATOR);
    Serial.print(yAcc, 3);
    Serial.print(SEPERATOR);
    Serial.println(zAcc, 3);
    delay(DELAYVAL);
  }
  else
  {
    digitalWrite(LED1, LOW);
    digitalWrite(LED2, HIGH);
  }
}

// Read the accelerometer data and put values into global variables
void readVal()
{
  byte xAddressByteL = 0x28; // Low Byte of X value (the first data register)
  byte readBit = B10000000; // bit 0 (MSB) HIGH means read register
  byte incrementBit = B01000000; // bit 1 HIGH means keep incrementing registers
  byte dataByte = xAddressByteL | readBit | incrementBit;
  byte b0 = 0x0; // an empty byte, to increment to subsequent registers

```

```

// init the variables to 0
int xVal = 0;
int yVal = 0;
int zVal = 0;

digitalWrite(SS, LOW); // SS must be LOW to communicate
delay(1);
SPI.transfer(dataByte); // request a read, starting at X low byte
byte xL = SPI.transfer(b0); // get the low byte of X data
byte xH = SPI.transfer(b0); // get the high byte of X data
byte yL = SPI.transfer(b0); // get the low byte of Y data
byte yH = SPI.transfer(b0); // get the high byte of Y data
byte zL = SPI.transfer(b0); // get the low byte of Z data
byte zH = SPI.transfer(b0); // get the high byte of Z data
delay(1);
digitalWrite(SS, HIGH);

// shift the high byte left 8 bits and merge the high and low
xVal += (xL | (xH << 8));
yVal += (yL | (yH << 8));
zVal += (zL | (zH << 8));

xAcc = xVal * SCALE;
yAcc = yVal * SCALE;
zAcc = zVal * SCALE;
}

void SPI_SETUP()
{
  pinMode(SS, OUTPUT);

  // start up the SPI bus
  SPI.begin();
  // This device reads MSB first:
  SPI.setBitOrder(MSBFIRST);

  SPI.setDataMode(SPI_MODE0);

  /*
  SPI.setClockDivider()
  sets SPI clock to a fraction of the system clock
  Arduino Pro 3.3V system clock = 8 MHz
  */
  SPI.setClockDivider(SPI_CLOCK_DIV8); // SPI clock 1000Hz
}

void Accelerometer_Setup()
{
  // Set up the accelerometer
  // write to Control register 1: address 20h
  byte addressByte = 0x20;

```

```

/* Bits:
PM2 PM1 PM0 DR1 DR0 Zen Yen Xen
PM2PM1PM0: Power mode (001 = Normal Mode)
DR1DR0: Data rate (00=50Hz, 01=100Hz, 10=400Hz, 11=1000Hz)
Zen, Yen, Xen: Z enable, Y enable, X enable
*/
byte ctrlRegByte = 0x37; // 00111111 : normal mode, 1000Hz, xyz enabled

// Send the data for Control Register 1
digitalWrite(SS, LOW);
delay(1);
SPI.transfer(addressByte);
SPI.transfer(ctrlRegByte);
delay(1);
digitalWrite(SS, HIGH);
delay(100);

// write to Control Register 2: address 21h
addressByte = 0x21;
// This register configures high pass filter
ctrlRegByte = 0x00; // High pass filter off

// Send the data for Control Register 2
digitalWrite(SS, LOW);
delay(1);
SPI.transfer(addressByte);
SPI.transfer(ctrlRegByte);
delay(1);
digitalWrite(SS, HIGH);
delay(100);

// write to Control Register 4: address 23h
addressByte = 0x23;
/* Bits:
BDU BLE FS1 FS0 STsign 0 ST SIM
BDU: Block data update (0=continuous update)
BLE: Big/little endian data (0=accel data LSB at LOW address)
FS1FS0: Full-scale selection (00 = +/-6G, 01 = +/-12G, 11 = +/-24G)
STsign: self-test sign (default 0=plus)
ST: self-test enable (default 0=disabled)
SIM: SPI mode selection(default 0=4 wire interface, 1=3 wire interface)
*/
ctrlRegByte = 0x30; // 00110000 : 24G (full scale)

// Send the data for Control Register 4
digitalWrite(SS, LOW);
delay(1);
SPI.transfer(addressByte);
SPI.transfer(ctrlRegByte);
delay(1);
digitalWrite(SS, HIGH);
}

```