## EX/11-4 L-H Transition initiated via Limit Cycle Oscillation (LCO): Turbulence-Driven Ion Flow is Trigger, $\nabla P_i$ locks in the H-Mode



- Turbulence-driven poloidal ion flow triggers the transition to LCO (measured for the first time via phase-locked main ion CER)
- Pressure gradient-driven flow shear increases only later and locks in the H-mode (shown:

-⊽n ~-⊽P<sub>i</sub>)



