

Diagonalize A by a rotation matrix.

We find the eigen polynomial of A by

$$\begin{aligned}\bar{P}_A(\lambda) &= |\lambda I_2 - A| \\ &= \begin{vmatrix} \lambda-5 & 2 \\ 2 & \lambda-2 \end{vmatrix} = (\lambda-5)(\lambda-2) - 4 \\ &= \lambda^2 - 7\lambda + 6 = (\lambda-6)(\lambda-1)\end{aligned}$$

Thus the eigenvalues of A are $\lambda = 1, 6$. Next we find eigenvectors of A .

In case $\lambda = 1$

$$\begin{aligned}A \begin{pmatrix} x \\ y \end{pmatrix} &= \begin{pmatrix} x \\ y \end{pmatrix} \Leftrightarrow (I_2 - A) \begin{pmatrix} x \\ y \end{pmatrix} = \vec{0} \Leftrightarrow \begin{pmatrix} -4 & 2 \\ 2 & -1 \end{pmatrix} \begin{pmatrix} x \\ y \end{pmatrix} = \vec{0} \\ &\Leftrightarrow 2x - y = 0\end{aligned}$$

Thus

$$\begin{pmatrix} x \\ y \end{pmatrix} = \begin{pmatrix} x \\ 2x \end{pmatrix} = x \begin{pmatrix} 1 \\ 2 \end{pmatrix} \quad (x \neq 0)$$

are the eigenvectors of A for the eigenvalue $\lambda = 1$.

In case $\lambda = 6$

$$\begin{aligned}A \begin{pmatrix} x \\ y \end{pmatrix} &= 6 \begin{pmatrix} x \\ y \end{pmatrix} \Leftrightarrow (6I_2 - A) \begin{pmatrix} x \\ y \end{pmatrix} = \vec{0} \Leftrightarrow \begin{pmatrix} 1 & 2 \\ 2 & 4 \end{pmatrix} \begin{pmatrix} x \\ y \end{pmatrix} = \vec{0} \\ &\Leftrightarrow x + 2y = 0\end{aligned}$$

Thus

$$\begin{pmatrix} x \\ y \end{pmatrix} = \begin{pmatrix} -2y \\ y \end{pmatrix} = y \begin{pmatrix} -2 \\ 1 \end{pmatrix} \quad (y \neq 0)$$

are the eigenvectors of A for the eigenvalue $\lambda = 6$.

We choose two unit vectors

$$\vec{r}_1 = \frac{1}{\sqrt{5}} \begin{pmatrix} 1 \\ 2 \end{pmatrix}, \quad \vec{r}_2 = \frac{1}{\sqrt{5}} \begin{pmatrix} -2 \\ 1 \end{pmatrix}.$$

Then

$R = (\vec{r}_1, \vec{r}_2)$ is a rotation matrix, and

$$AR = (A\vec{r}_1 \ A\vec{r}_2)$$

$$= (\vec{r}_1 \ 6\vec{r}_1)$$

$$= (\vec{r}_1 \ \vec{r}_2) \begin{pmatrix} 1 & 0 \\ 0 & 6 \end{pmatrix} = R \begin{pmatrix} 1 & 0 \\ 0 & 6 \end{pmatrix}$$

We multiply the both hand sides by R^{-1} from the left to get

$$R^{-1}AR = \begin{pmatrix} 1 & 0 \\ 0 & 6 \end{pmatrix}.$$

Supplementary Note: We consider the quadratic form defined by A :

$$(A\begin{pmatrix} x \\ y \end{pmatrix}, \begin{pmatrix} x \\ y \end{pmatrix}) = (R^{-1}AR R^{-1}\begin{pmatrix} x \\ y \end{pmatrix}, R^{-1}\begin{pmatrix} x \\ y \end{pmatrix})$$

$$= \left(\begin{pmatrix} 1 & 0 \\ 0 & 6 \end{pmatrix} \begin{pmatrix} \xi \\ \eta \end{pmatrix}, \begin{pmatrix} \xi \\ \eta \end{pmatrix} \right) = \xi^2 + 6\eta^2$$

Here we used the rotational coordinate transform defined by

$$\begin{pmatrix} \xi \\ \eta \end{pmatrix} = R^{-1} \begin{pmatrix} x \\ y \end{pmatrix}.$$