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Effort has gone into understanding the properties of MAX phases and their archetypes, Ti_3SiC_2 and Ti_3AlC_2 , as these materials exhibit a desirable combination of metallic and ceramic properties [1]. Single crystal elastic constants (SEC), usually obtained using *ab-initio* calculations in combination with crystallographic information, indicate the materials to be isotropic [2]. While it is difficult to obtain single crystals it is possible to produce highly textured specimens. Using a method developed by Buchenau [3] allows using coherent inelastic neutron scattering to obtain an estimation of the SEC, and such an experiment was performed using the three-axis spectrometer TAIPAN at ANSTO [4]. Results for Ti_3AlC_2 agree with *ab-initio* calculations and the assumption of isotropy. For Ti_3SiC_2 experimental results of $c_{44} = 402.7$ GPa do not support isotropic values obtained from *ab-initio* calculations. Molecular dynamics simulations combined with inelastic neutron scattering experiments support the initial diffraction experiment and hence the micromechanical model that was used [5]. We present here a self-consistent description of the mechanical properties of the MAX phases Ti_3SiC_2 and Ti_3AlC_2 . [1] M. W. Barsoum et al. Annual Rev. Mat. Res. 41(2011); [2] M. F. Cover et al., J. Phys. Conds. Matt., 21(2009) 305403; [3] U. Buchenau, Sol. St. Comm., Vol.32(12), 1979; [4] V. Gray et al., J. Am. Ceram. Soc. 1-6, 2016; [5] E.H. Kisi et al, J. of Phys.: Cond. Matter 22 (2010) 162202