Overview

- Review
  - ➔ $K_{rotation} = \frac{1}{2} I \omega^2$
  - ➔ Torque = Force that causes rotation
  - ➔ Equilibrium
    - $\approx \Sigma F = 0$
    - $\approx \Sigma \tau = 0$
- Today
  - ➔ Angular Momentum $L = I\omega$
  - ➔ $\Delta L = 0$ if $\Sigma \tau = 0$