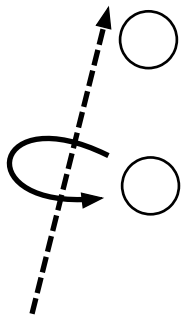
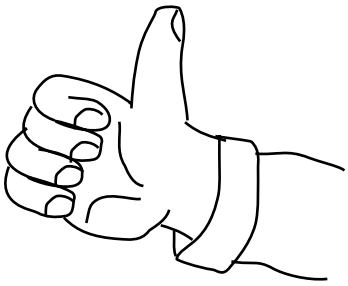
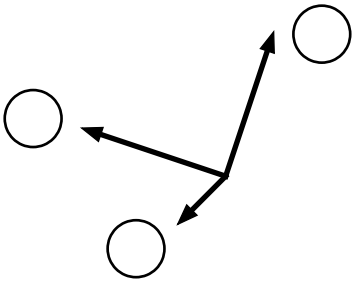
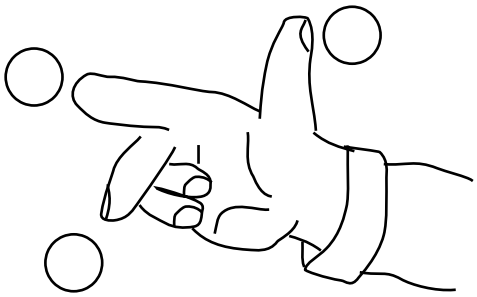
Right Hand Rules

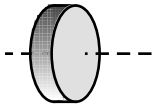




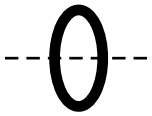




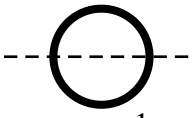
Some Moments of Inertia you may want (M = mass, R = radius, L = length):



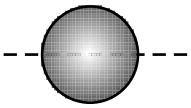
Disk : $\frac{1}{2}MR^2$



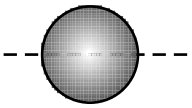
Hoop: MR^2



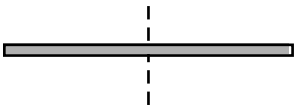
Hoop (about diameter): $\frac{1}{2}MR^2$



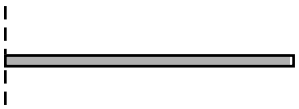
Hollow Spherical Shell: $\frac{2}{3}MR^2$



Solid Sphere: $\frac{2}{5}MR^2$



Thin Rod, about center of mass: $\frac{1}{12}ML^2$



Thin Rod, about one end: $\frac{1}{3}ML^2$