

Angular Momentum

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$$\vec{L} = \vec{r} \times \vec{p}$$

Cartesian :-

$$L_x = y p_z - z p_y, \quad L_y = z p_x - x p_z, \\ L_z = x p_y - y p_x$$

$$[x_i, p_j] = i\hbar \delta_{ij}$$

$$L_i^+ = L_i^-$$

Commutation relations of Angular momentum :-

$$[\hat{l}_i, \hat{x}_j] = i\hbar \epsilon_{ijk} \hat{x}_k, \quad [\hat{l}_i, \hat{p}_j] = i\hbar \epsilon_{ijk} \hat{p}_k$$

Some identities :-

$$a.b = b.a + [a_i, b_i]$$

$$\Rightarrow \vec{r}. \vec{p} = \vec{p}. \vec{r} + 3i\hbar$$

$$(a \times b)_i = -(b \times a)_i + \epsilon_{ijk} [a_j, b_k].$$

$$\Rightarrow \vec{r} \times \vec{p} = -\vec{p} \times \vec{r}$$

if ^{operator} vector 'u' follows $[\hat{l}_i, \hat{u}_j] = i\hbar \epsilon_{ijk} \hat{u}_k$
then it is vector under rotations.

$$[L_i, L_j] = i\hbar \epsilon_{ijk} L_k$$

L: orbital, S: spin, J: total.

$$[\hat{J}_i, \hat{J}_j] = i\hbar \epsilon_{ijk} \hat{J}_k$$

and $[\hat{J}_x, \hat{J}_y] = i\hbar \hat{J}_z$

$$[\hat{J}_y, \hat{J}_z] = i\hbar \hat{J}_x$$

$$[\hat{J}_z, \hat{J}_x] = i\hbar \hat{J}_y$$

and $[\hat{J}_i, \hat{J}^2] = 0$

Define ladder operators :—

$$J_+ = J_x + iJ_y, \quad J_- = J_x - iJ_y$$

$$J_+ J_- = J_x^2 + J_y^2 - i[J_x, J_y] = J_x^2 + J_y^2 + \hbar J_z$$

$$J_- J_+ = J_x^2 + J_y^2 - \hbar J_z$$

$$[J_+, J_-] = 2\hbar J_z$$

$$\Rightarrow \hat{J}^2 = J_+ J_- + J_z^2 - \hbar J_z$$

$$\Rightarrow [J_\pm, \hat{J}^2] = 0$$

$$\text{and } [\hat{J}_z, \hat{J}_\pm] = \pm \hbar \hat{J}_\pm$$

as \hat{J}^2 and J_z commute, they have simultaneous eigenstates.

$$\hat{J}^2 |\alpha, \beta\rangle = \alpha |\alpha, \beta\rangle$$

$$J_z |\alpha, \beta\rangle = \beta |\alpha, \beta\rangle$$

$$\begin{aligned} J_z (J_+ |\alpha, \beta\rangle) &= J_+ J_z + \hbar J_+ |\alpha, \beta\rangle \\ &= (J_+ \beta + \hbar J_+) |\alpha, \beta\rangle \\ &= (\beta + \hbar) J_+ |\alpha, \beta\rangle \end{aligned}$$

$$\text{and } \hat{J}^2 J_+ |\alpha, \beta\rangle = \alpha J_+ |\alpha, \beta\rangle.$$

in simpler ways,

$$\begin{aligned} J_z J_+ |\lambda, m\rangle &= (J_+ J_z + \hbar J_+) |\lambda, m\rangle \\ &= (m+1) \hbar \cdot J_+ |\lambda, m\rangle \end{aligned}$$

$$J_z J_- |\lambda, m\rangle = (m-1) \hbar \cdot J_- |\lambda, m\rangle.$$

$$J^2 J\pm |\lambda, m\rangle = \lambda \hbar^2 J\pm |\lambda, m\rangle.$$

Now Square of J_z^2 will not exceed J^2 .
 $\Rightarrow m^2 \leq \lambda$.

$$\langle \lambda, m | J_x^2 + J_y^2 | \lambda, m \rangle \geq 0.$$

Let $\max\{m\} = j$.

$$J_+ |\lambda, j\rangle = 0.$$

$$J_- J_+ = J^2 - J_z^2 - \hbar J_z.$$

$$J_- J_+ |\lambda, j\rangle = (\lambda - j^2 - j) \hbar^2 |\lambda, j\rangle.$$

and for $\min\{m\} = j'$.

$$J_+ J_- |\lambda, j'\rangle = \lambda - j'^2 - j'$$

$$\Rightarrow \lambda = j'^2 - j'$$

$$\Rightarrow J^2 (|j, m\rangle) = \hbar^2 j(j+1) |j, m\rangle.$$

$$J_z (|j, m\rangle) = \hbar m |j, m\rangle.$$

Ladder operators :-

$$J_+ |j, m\rangle = c_+ \hbar |j, m+1\rangle.$$

$$J_- |j, m\rangle = c_- \hbar |j, m-1\rangle.$$

$$\langle j, m | J_- J_+ | j, m \rangle = c_+^* c_+ \hbar^2 \langle j, m+1 | j, m+1 \rangle.$$

$$\begin{aligned} \langle j, m | J^2 - J_z^2 - \hbar J_z | j, m \rangle &= [j(j+1) - m(m+1)] \hbar^2 \langle j, m | j, m \rangle \\ &= c_+^* c_+ \hbar^2 \langle j, m+1 | j, m+1 \rangle \end{aligned}$$

$$\Rightarrow J_+ |j, m\rangle = \sqrt{j(j+1) - m(m+1)} \hbar |j, m+1\rangle$$

$$J_- |j, m\rangle = \sqrt{j(j+1) - m(m-1)} \hbar |j, m-1\rangle$$

$$j = 0, \frac{1}{2}, 1, \frac{3}{2}, \dots$$

$$m = j, j-1, j-2, \dots, -j$$

for orbital $J=L$ case

$$l = 0, 1, 2, \dots$$

$$m = l, l-1, \dots, -l$$

Spherical Harmonics :-

$$L^2 = -\hbar^2 \left(\frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right)$$

$$L_z = -i\hbar \left(\frac{\partial}{\partial \phi} \right)$$

the state $|l, m\rangle$ in (θ, ϕ)

$$\text{is } \langle \theta, \phi | l, m \rangle = Y_{lm}(\theta, \phi)$$

$$L^2 |l, m\rangle = \hbar^2 l(l+1) |l, m\rangle.$$

$$L_z |l, m\rangle = \hbar m |l, m\rangle.$$

$$\Rightarrow \hat{L}^2 \langle \theta, \phi | l, m \rangle = \hbar^2 l(l+1) \langle \theta, \phi | l, m \rangle.$$

$$\hat{L}_z \langle \theta, \phi | l, m \rangle = \hbar m \langle \theta, \phi | l, m \rangle.$$

$$Y_{lm}(\theta, \phi) = P_{lm}(\theta) e^{im\phi}$$

So for radial equation -

$$\hat{H} = \frac{\hat{P}^2}{2m} + V(r) = -\frac{\hbar^2}{2m} \frac{1}{r} \frac{\partial^2}{\partial r^2} (r \psi) + \frac{1}{2mr^2} L^2 \psi + V(r).$$

$$\Psi_{Elm}(r, \theta, \phi) = f_{Elm}(r) Y_{lm}(\theta, \phi).$$

$$-\frac{\hbar^2}{2m} \frac{1}{r} \frac{\partial^2}{\partial r^2} (rf) + \frac{\hbar^2 l(l+1)}{2mr^2} f_{Elm} + V(r) f_{Elm} = E f_{Elm}$$

$$u = rf_{Elm}$$

$$\Rightarrow -\frac{\hbar^2}{2m} \frac{d^2 u}{dr^2} + \underbrace{\left(V(r) + \frac{\hbar^2 l(l+1)}{2mr^2} \right)}_{V_{eff}} u = Eu.$$

$$l_{\pm} = \hbar e^{\pm i\phi} \left(i \cot \theta \frac{\partial}{\partial \phi} \pm \frac{\partial}{\partial \theta} \right)$$

$$L_x = \frac{1}{i} \left(y \frac{\partial}{\partial z} - z \frac{\partial}{\partial y} \right).$$

$$L_y = \frac{1}{i} \left(z \frac{\partial}{\partial x} - x \frac{\partial}{\partial z} \right)$$

$$L_z = \frac{1}{i} \left(y \frac{\partial}{\partial z} - z \frac{\partial}{\partial y} + iz \frac{\partial}{\partial x} - ix \frac{\partial}{\partial z} \right)$$

$Y_{11}(x, y, z)$

$$L + Y_{11} = 0$$

$$\frac{1}{i} \left(y \frac{\partial^2}{\partial z^2} Y_{11} - z \frac{\partial^2}{\partial y^2} Y_{11} + iz \frac{\partial^2}{\partial x^2} Y_{11} - ix \frac{\partial^2}{\partial z^2} Y_{11} \right) = 0$$

$$\frac{1}{i} \left((y - ix) \frac{\partial^2}{\partial z^2} Y_{11} - z \frac{\partial^2}{\partial y^2} Y_{11} + iz \frac{\partial^2}{\partial x^2} Y_{11} \right) = 0$$

$$Y_1^1 = - \left(\frac{3}{4\pi} \right)^{1/2} \cdot \frac{x + iy}{\sqrt{2} r}, \quad Y_1^{-1} = \sqrt{\frac{3}{4\pi}} \cdot \frac{x - iy}{\sqrt{2} r}$$

$$Y_1^0 = \sqrt{\frac{3}{4\pi}} \cdot \frac{z}{r}$$

$$\Psi = N(x + y + 2z) e^{-ar}$$

$$Y_1^1 + Y_1^{-1} + 2Y_1^0 = \sqrt{\frac{3}{4\pi}} \cdot \frac{(x + iy + x - iy)}{\sqrt{2} r} + \frac{2z}{r} = \sqrt{\frac{3}{4\pi}} \cdot \frac{\sqrt{2}x + 2z}{r}$$

$$Z = Y_1^0 \cdot r \sqrt{\frac{4\pi}{3}}, \quad X = (Y_1^1 + Y_1^{-1}) r \sqrt{\frac{4\pi}{3}}$$

$$Y_2 = (Y_1^1 - Y_1^{-1}) r \sqrt{\frac{4\pi}{3}}$$

$$\Rightarrow P(l=0) = \frac{2}{3}, \quad P(l=\pm 1) = \frac{1}{6}$$

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$$\begin{aligned}\Psi &= A z e^{-r^2/a^2} \\ &= A \sqrt{\frac{4\pi}{3}} r e^{-r^2/a^2}\end{aligned}$$

Rotation around x axis

$$x \rightarrow x, \quad y \rightarrow y \cos \theta - z \sin \theta$$

$$L_x = \frac{i}{\hbar} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 0 \\ 0 & 0 & 1 \end{pmatrix}$$

$$\begin{aligned}R(\theta_x) &= e^{\frac{-i\theta_x L_x}{\hbar}} = \frac{1}{2} (\cos \theta_x - 1) \begin{pmatrix} 1 & 0 & 1 \\ 0 & 2 & 0 \\ 1 & 0 & 1 \end{pmatrix} \\ &\quad - \frac{i}{\sqrt{2}} (\sin \theta_x) \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{pmatrix} + \begin{pmatrix} 1 & 0 & 0 \\ 0 & 1 & 0 \\ 0 & 0 & 1 \end{pmatrix}\end{aligned}$$

$$|1,0\rangle = \begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix}, \quad |1,1\rangle = \begin{pmatrix} 1 \\ 0 \\ 0 \end{pmatrix}, \quad |1,-1\rangle = \begin{pmatrix} 0 \\ 0 \\ 1 \end{pmatrix}$$

$$e^{\frac{-i\theta_x L_x}{\hbar}} |1,0\rangle = -\frac{i}{\sqrt{2}} \sin \theta |1,1\rangle + \cos \theta |1,0\rangle - \frac{i}{\sqrt{2}} \sin \theta |1,-1\rangle$$

Free particle

$$V(r) = 0.$$

$$-\frac{\hbar^2}{2m} \frac{d^2 u}{dr^2} + \frac{\hbar^2}{2m} \frac{l(l+1)}{r^2} u = Eu.$$

$$k = \sqrt{\frac{2mE}{\hbar^2}}, \quad r = kr.$$

$$-\frac{d^2 u}{d r^2} + \frac{l(l+1)}{r^2} u = Eu$$

$u = r j_l(kr)$ Spherical Bessel function.

$$\Psi(r, \theta, \phi) = j_l(kr) Y_{lm}(\theta, \phi)$$

$$r j_l(r) \sim \frac{x^{l+1}}{(2l+1)!} \quad x \rightarrow 0, \quad r j_l(r) \sim \sin(r - \frac{l\pi}{2}) \quad x \rightarrow \infty$$

For $V \neq 0$ but disappears at $r \rightarrow \infty$.

$$u \approx \sin\left(kr - \frac{l\pi}{2} + \delta_l(E)\right) \quad r \rightarrow \infty$$

$\delta_l(E)$ is the phase shift which can be used to extract information from the potential.

Spherical infinite well :-

$$U = r j_l(kr)$$

$$j_l(ka) = 0$$

Here Energy is quantised :-

$$J_0(ka) = \frac{\sin(ka)}{ka} = 0, \quad ka = n\pi, \Rightarrow E_{n0} = \frac{\hbar^2 n^2 \pi^2}{2ma^2}$$

(To be continued)

Addition of Angular momentum

Feynman - Hellmann theorem

$H(\lambda)$ be Hamiltonian, $\Psi_n(\lambda)$ eigenstate, $E_n(\lambda)$

then

$$\frac{dE_n(\lambda)}{d\lambda} = \langle \Psi_n(\lambda) | \frac{\partial H(\lambda)}{\partial \lambda} | \Psi_n(\lambda) \rangle$$

$$H(\lambda) |\Psi(\lambda)\rangle = E(\lambda) |\Psi(\lambda)\rangle$$

$$\Rightarrow E(\lambda) = \langle \Psi(\lambda) | H(\lambda) | \Psi(\lambda) \rangle$$

$$\begin{aligned} \frac{dE_n(\lambda)}{d\lambda} &= \langle \Psi_n(\lambda) | \frac{dH}{d\lambda} | \Psi_n(\lambda) \rangle + \left(\frac{d}{d\lambda} \langle \Psi(\lambda) | \right) H(\Psi(\lambda)) \\ &\quad + \langle \Psi(\lambda) | H(\lambda) \frac{d}{d\lambda} (\langle \Psi(\lambda) |) \rangle. \\ &= \langle \Psi | \frac{dH}{d\lambda} | \Psi \rangle + E_n \left(\frac{d}{d\lambda} \langle \Psi | \Psi \rangle \right) \\ &\quad + \langle \Psi | \frac{d}{d\lambda} (\langle \Psi |) \rangle \\ &= \langle \Psi | \frac{dH}{d\lambda} | \Psi \rangle + E_n \cancel{\frac{d}{d\lambda} (\langle \Psi | \Psi \rangle)} \end{aligned}$$

$$H(\lambda) = H_0 + \lambda H_1 = H_0 + \lambda H.$$

$$\frac{dE_n}{d\lambda} = \langle \Psi_n | H_1 | \Psi_n \rangle$$

$$\Rightarrow E_n(\lambda) = E_n(0) + \lambda \frac{dE_n}{d\lambda} + O(\lambda^2)$$

$$= E_n(0) + \lambda \langle \Psi_n^0 | H_1 | \Psi_n^0 \rangle$$

Ang momentum

$$J_i^1 \Rightarrow [J_i^1, J_j^1] = i\hbar \epsilon_{ijk} J_k^1 \text{ on } V$$

$$J_i^2 \Rightarrow \dots \text{ on } W.$$

$J_i \in \mathfrak{L}(V \otimes W)$ on $V \otimes W$.

$$\Rightarrow J_i = J_i^1 \otimes 1 + 1 \otimes J_i^2$$

$$[J_i, J_j] = [J_i^1 \otimes 1 + 1 \otimes J_i^2, J_j^1 \otimes 1 + 1 \otimes J_j^2]$$

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 comm do not

$$= [J_i^1 \otimes 1, J_j^1 \otimes 1] + [1 \otimes J_i^2, 1 \otimes J_j^2]$$

$$= [J_i^1, J_j^1] \otimes 1 + 1 \otimes [J_i^2, J_j^2]$$

$$= i\hbar \epsilon_{ijk} (J_k^1 \otimes 1 + 1 \otimes J_k^2)$$

$$[J_i, J_j] = i\hbar \epsilon_{ijk} J_k$$

Spin Orbit Coupling :-

$$\Delta H = -\mu \cdot B = \frac{e}{m} S \cdot \beta = \frac{ge}{2m} S \cdot \beta.$$

Continued -- --

$$S_i^2 |s_1, m_1\rangle \otimes |s_2, m_2\rangle = \sum s_i^2 s_i(s_i+1) |s_1, m_1\rangle |s_2, m_2\rangle$$

$$S_i z |s_1, m_1\rangle |s_2, m_2\rangle = \pm m_i |s_1, m_1\rangle |s_2, m_2\rangle$$

$i \in \{1, 2\}$.

$$\text{For operator } S = S_1 + S_2 = S_1 \otimes 1 + 1 \otimes S_2$$

$$S_z |++\rangle = (S_{1z} + S_{2z}) |++\rangle = S_{1z} |+\rangle |+\rangle + |+\rangle |s_{2z}|+\rangle$$

$$= (\frac{\hbar}{2} + \frac{\hbar}{2}) |+\rangle$$

$$S_z |+-\rangle = (\frac{\hbar}{2} - \frac{\hbar}{2}) |+-\rangle, S_z |-\rangle = 0$$

$$S_z |--\rangle = -\frac{\hbar}{2} |--\rangle$$

$$[S_z] = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & -1 \end{bmatrix}$$

$$S^2 = (S_1 + S_2)(S_1 + S_2) = S_1^2 + S_2^2 + 2S_1 \cdot S_2$$

$$S^2 |++\rangle =$$

$$S_1 \cdot S_2 = (S_{1x}\hat{x} + S_{1y}\hat{y} + S_{1z}\hat{z})(\dots)$$

$$\Rightarrow S_{1x}S_{2x} + S_{1y}S_{2y} + S_{1z}S_{2z}$$

$$= \left(\frac{S_1+ + S_2-}{2}\right) \left(\frac{S_2+ + S_2-}{2}\right) + \left(\frac{S_1+ - S_1-}{2i}\right) \left(\frac{S_2+ - S_2-}{2i}\right)$$

$$2S_1 \cdot S_2 = \frac{1}{2} \left(S_+^1 S_-^2 + S_+^2 S_-^1 \right) + S_{1z} S_{2z}$$

$$\Rightarrow S^2 = S_1^2 + S_2^2 + 2S_1 \cdot S_2 + (S_+^1 S_-^2 + S_-^1 S_+^2)$$

$$[S^2] = \begin{bmatrix} 2 & 0 & 0 & 0 \\ 0 & 1 & 1 & 0 \\ 0 & 1 & 1 & 0 \\ 0 & 0 & 0 & 2 \end{bmatrix}$$

Spin orbit :- spin - spin :-

For proton - electron spin coupling.

take z -basis $| \pm z, \pm z \rangle = | \pm, \pm \rangle$.

$$H = \frac{2}{\hbar} A \cdot S_1 \cdot S_2$$

$$= \frac{2}{\hbar} A \cdot \frac{\hbar}{2} \sigma_1 \cdot \sigma_2$$

$$\sigma_1 = \sigma_{1x}\hat{x} + \sigma_{1y}\hat{y} + \sigma_{1z}\hat{z} \dots \text{Pauli matrices}$$

$$S_1 \cdot S_2 = \frac{\hbar}{2} \left(\begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \otimes \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} + \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \otimes \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \right)$$

$$+ \left(\begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix} \otimes \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix} \right)$$

$$= \frac{\hbar}{2} \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 2 & 0 \\ 0 & 2 & -1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$$

$$= H = \begin{pmatrix} A & 0 & 0 & 0 \\ 0 & -A & 2A & 0 \\ 0 & 2A & -A & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$$

With eigenbasis

$$|++\rangle, \frac{1}{\sqrt{2}}(|+-\rangle + |-+\rangle), |-\rangle$$

for Energy = $\frac{A}{2}$

$$\text{and } \frac{1}{\sqrt{2}}(|+-\rangle - |-+\rangle) \text{ Energy} = -\frac{3A}{2}$$

Spin-orbit

$$\Delta H \propto S \cdot L$$

$$\vec{J} = \vec{L} + \vec{S} = \vec{L} \otimes \vec{1} + \vec{1} \otimes \vec{S}$$

$$J^2 = L^2 + S^2 + 2 \vec{L} \cdot \vec{S}.$$

For Hydrogen $\{H, L_z, L^2, S_z, S^2\}$ are complete set of commuting operators.

$$L \cdot S = \frac{1}{2} (J^2 - S^2 - L^2)$$

$$So \quad l=1,$$

$$|1,1\rangle \otimes |\frac{1}{2}, \frac{1}{2}\rangle, \quad |1,0\rangle |\frac{1}{2}, \frac{1}{2}\rangle, \quad |1,1\rangle |\frac{1}{2}, -\frac{1}{2}\rangle,$$

$$|1,0\rangle |\frac{1}{2}, -\frac{1}{2}\rangle, \quad |1,-1\rangle |\frac{1}{2}, \frac{1}{2}\rangle$$

$$|1,-1\rangle \otimes |\frac{1}{2}, -\frac{1}{2}\rangle.$$

$$|j=\frac{3}{2}, \frac{3}{2}\rangle = |1,1\rangle |\frac{1}{2}, \frac{1}{2}\rangle.$$

$$|\frac{3}{2}, \frac{-3}{2}\rangle = |1,-1\rangle |\frac{1}{2}, -\frac{1}{2}\rangle$$

$$|\frac{3}{2}, \frac{1}{2}\rangle = \sqrt{\frac{2}{3}} |1,0\rangle |\frac{1}{2}, \frac{1}{2}\rangle + \frac{1}{\sqrt{3}} |1,1\rangle |\frac{1}{2}, -\frac{1}{2}\rangle$$

$$|\frac{3}{2}, -\frac{1}{2}\rangle = \sqrt{\frac{2}{3}} |1,0\rangle |\frac{1}{2}, -\frac{1}{2}\rangle + \frac{1}{\sqrt{3}} |1,-1\rangle |\frac{1}{2}, \frac{1}{2}\rangle$$

$$|\frac{1}{2}, \frac{1}{2}\rangle = \frac{1}{\sqrt{3}} |1,0\rangle |\frac{1}{2}, \frac{1}{2}\rangle + \sqrt{\frac{2}{3}} |1,1\rangle |\frac{1}{2}, -\frac{1}{2}\rangle$$

$$|\frac{1}{2}, -\frac{1}{2}\rangle = \frac{1}{\sqrt{3}} |1,0\rangle |\frac{1}{2}, -\frac{1}{2}\rangle - \sqrt{\frac{2}{3}} |1,-1\rangle |\frac{1}{2}, \frac{1}{2}\rangle.$$

$$\langle L \cdot J \rangle = \frac{1}{2} R J^2 \langle l^2 \langle s^2 \rangle \rangle$$

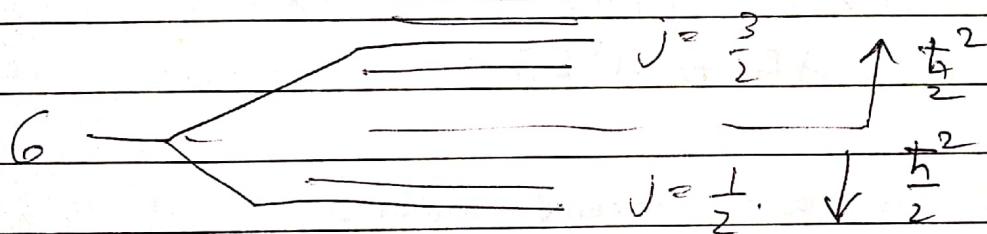
$$= \frac{1}{2} (j(j+1) - l(l+1) - s(s+1))$$

$$l = 1, s = \frac{1}{2},$$

$$= \frac{1}{2} \left(j(j+1) - \frac{11}{4} \right) \quad 6 \text{ states split}$$

into 4 with $j = \frac{3}{2}$,

and 2 with $j = \frac{1}{2}$.



$$1 \otimes \frac{1}{2} = \frac{3}{2} \oplus \frac{1}{2}$$

General —

$$\mathcal{T}_1 \otimes \mathcal{T}_2 = (\mathcal{T}_1 + \mathcal{T}_2) \oplus (\mathcal{T}_1 + \mathcal{T}_2 - 1) \oplus \dots$$

$(\mathcal{T}_1 - \mathcal{T}_2)$