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Classical Mechanics (S7)

Lagrangian Mechanics

- Calculus of variations: minimizes functional $F(x)$ of the path $x(t)$.

$$F[x] = \int_{t_1}^{t_2} f(x, \dot{x}, t) dt$$

$$\delta F[x] = 0 \rightarrow \int_{t_1}^{t_2} \left(\frac{\partial f}{\partial x} \cdot \delta x + \frac{\partial f}{\partial \dot{x}} \cdot \delta \dot{x} \right) dt$$

$$= \int_{t_1}^{t_2} \left(\frac{\partial f}{\partial x} - \frac{d}{dt} \frac{\partial f}{\partial \dot{x}} \right) \cdot \delta x dt = 0$$

\rightarrow Euler-Lagrange eqn. $\frac{d}{dt} \frac{\partial f}{\partial \dot{x}} - \frac{\partial f}{\partial x} = 0$

- In the context of mechanics: Action: $S[q(t)]$

(is the functional to be minimized)

$$S = \int_{t_1}^{t_2} L(q, \dot{q}; t) dt \quad L = T - V$$

Principle of Least Action: Actual path taken by the system

$\langle A[A] \rangle = \langle \bar{A} \rangle$ is an extremum of S .

$$\langle \bar{A}[A] \rangle = \int_{t_1}^{t_2} L \quad \text{min.} \Rightarrow \frac{d}{dt} \frac{\partial L}{\partial \dot{q}_i} \cdot \frac{\partial \bar{L}}{\partial q_i} = 0 \quad (\text{E-L eqn.})$$

For Generalized-coordinates

$$\underline{q} = (q_1, q_2, \dots, q_{3N})$$

$i = 1, 2, \dots, 3N$ (N particles in 3D)

(Configuration space is $3N$ -dim)

Then for each q_i : $\frac{d}{dt} \frac{\partial L}{\partial \dot{q}_i} \cdot \frac{\partial \bar{L}}{\partial q_i} = 0$

Generalized momenta: $\underline{p}_j = \left[p_j = \frac{\partial L}{\partial \dot{q}_j} \right]$

Generalized forces: $F_j = \frac{\partial L}{\partial q_j}$

Cyclic coordinates: $\frac{\partial L}{\partial \dot{q}_i} = 0 \Rightarrow \frac{d}{dt} \left(\frac{\partial L}{\partial \dot{q}_i} \right) = 0$
(ignorable)

thus $\frac{\partial L}{\partial \dot{q}_i}$ is conserved.

Normally $L = T(\underline{q}, \dot{\underline{q}}) - V(\underline{q})$, L is motion-invariant
 $\therefore L' = L + \frac{df}{dt}$ for $L' = \alpha L$ or $L' = L + \frac{df}{dt}$

General Coordinate system (3D) (leaves E-L same)

$$ds^2 = \sum_{ij} g_{ij}(q_1, q_2, q_3) dq_i dq_j$$

$$\Rightarrow L = \sum_{ij} \frac{m}{2} \underbrace{g_{ij}(q_1, q_2, q_3)}_{\dot{r}_i^2} \dot{q}_i \dot{q}_j - V(q_1, q_2, q_3)$$

① spherical polars: $L = \frac{m}{2} (\dot{r}^2 + r^2 \dot{\theta}^2 + r^2 \sin^2 \theta \dot{\phi}^2) - V(r, \theta, \phi)$
 (r, θ, ϕ)

② cylindrical: $L = \frac{m}{2} (\dot{r}^2 + r^2 \dot{\phi}^2 + \dot{z}^2) - V(r, \phi, z)$
 (r, ϕ, z)

Rotating coordinates $\dot{\underline{r}}_{\text{inertial}} = \dot{\underline{r}} + \underline{\omega} \times \underline{r}$

(in rotating frame) $L = \frac{m}{2} \dot{\underline{r}}_{\text{inertial}} \cdot \dot{\underline{r}}_{\text{inertial}} - V(r)$

$$E-L: m\ddot{\underline{r}} = -2m\underline{\omega} \times \dot{\underline{r}} - m\underline{\omega} \times (\underline{\omega} \times \underline{r}) - \frac{\partial V}{\partial \underline{r}}$$

Coriolis force Centrifugal force

Rigid Bodies *

$$\underline{m} = \sum_i m_i (= \int dm)$$

$$\therefore \underline{\dot{r}}_i = \dot{\underline{r}}_{CM} + \underline{\Omega} \times (\underline{r}_i - \underline{r}_{CM}) \quad \text{where } \underline{r}_{CM} = \frac{1}{m} \sum_i m_i \underline{r}_i$$

$$\text{Let } \underline{r}_{CM} = 0 \rightarrow \dot{\underline{r}}_i = \dot{\underline{r}}_{CM} + \underline{\Omega} \times \underline{r}_i$$

$$\hookrightarrow \boxed{T = \frac{m}{2} \dot{\underline{r}}_{CM} \cdot \dot{\underline{r}}_{CM} + \frac{1}{2} I_{\alpha\beta} \underline{r}_\alpha \cdot \underline{r}_\beta} *$$

$$\text{where } I_{\alpha\beta} = \sum_i m_i (\delta_{\alpha\beta} \underline{r}_i \cdot \underline{r}_i - (r_i)_\alpha (r_i)_\beta)$$

(Inertia tensor)

Angular momentum

$$\boxed{M_\alpha = \frac{\partial L}{\partial \Omega_\alpha} = I_{\alpha\beta} \underline{r}_\beta} (= \sum_i m_i (\underline{r}_i \times \dot{\underline{r}}_i)_\alpha)$$

Principle axes: when $I_{\alpha\beta} \underline{r}_\beta = \lambda \underline{r}_\alpha$ ($\lambda = I_1, I_2, I_3$)

(can construct diagonal $\hat{\underline{I}}$) $\downarrow (I_\alpha)$ Principle Mo.I.

$$\text{Then simply, } L = \frac{m}{2} \dot{r}_{CM} \cdot \dot{r}_{CM} + \frac{1}{2} \sum_i I_i \dot{r}_i^2 - V$$



$$\text{i.e. } I_x = \sum_i m_i (y_i^2 + z_i^2)$$

(from the tensor formula)

Consider conservation of \underline{M} : $\dot{\underline{M}} = 0$

$$M_d = I_d \underline{r}_d \hat{e}_d \quad \underline{M} = \sum_d I_d \underline{r}_d \hat{e}_d \text{ (principal)} \quad \downarrow$$

$$\sum_d (I_d \frac{d \underline{r}_d}{dt} \hat{e}_d + I_d \underline{r}_d \frac{d \hat{e}_d}{dt}) = 0 \quad d = 1, 2, 3.$$

$$\left\{ \begin{array}{l} I_1 \dot{r}_1 + r_2 r_3 (I_3 - I_2) = 0 \\ I_2 \dot{r}_2 + r_3 r_1 (I_1 - I_3) = 0 \\ I_3 \dot{r}_3 + r_1 r_2 (I_2 - I_1) = 0 \end{array} \right. \quad \begin{array}{l} \text{Use} \\ \left(\frac{d \hat{e}_d}{dt} = \underline{r} \times \hat{e}_d \right) \end{array}$$

i.e. Free Tops: (1) $I_1 = I_2 = I_3$ (sphere) $\Rightarrow \underline{r}_d = \text{const.}$

(2) $I_1 = I_2 \neq I_3$ (symmetric top)

$$I_1 \dot{r}_1 = -I_2 \dot{r}_3 (I_1 - I_3)$$

$$I_2 \dot{r}_2 = -I_1 \dot{r}_3 (I_1 - I_3)$$

$$I_3 \dot{r}_3 = 0$$

$$(r_1, r_2) = r_0 (\sin \Omega t, \cos \Omega t)$$

$$\text{where } \Omega = \frac{r_0}{I_1} (I_1 - I_3)$$

Direction of spin not constant,

but they precess about \hat{e}_3 axis with fig. R.

Tennis racket theorem (Asymmetric Top stability)

Consider initially $I_1 = I_0$; $I_2 = I_3 = 0$

with small perturbation $\delta I_1, \delta I_2, \delta I_3$

$$\left\{ \begin{array}{l} \delta \dot{r}_1 = 0 \\ \delta \dot{r}_2 = \left(\frac{I_3 - I_1}{I_2} \right) r_0 \delta r_3 \\ \delta \dot{r}_3 = \left(\frac{I_1 - I_2}{I_3} \right) r_0 \delta r_2 \end{array} \right.$$

$$\text{Giving } \delta \ddot{r}_{2,3} = \left[\frac{(I_3 - I_1)(I_1 - I_2)}{I_2 I_3} r_0 \right] \delta r_{2,3}$$

$\lambda > 0 \rightarrow$ unstable (exp. growth) \rightarrow If $I_2 < I_1 < I_3$ or $I_3 < I_1 < I_2$

$\lambda < 0 \rightarrow$ oscillatory, stable

Can rotate about axes of smaller or larger but not of intermediate M.O.I.

Euler angles

(i) ϕ : about \hat{e}_3 axis

(ii) θ : about \hat{e}_1 axis

(iii) ψ : about \hat{e}_2 axis

$$\underline{R} = (\underline{\underline{R}} \cdot \underline{\underline{R}}^T + \dot{\theta} \hat{e}_1 + \dot{\psi} \hat{e}_3)^{-1} \cdot \underline{\underline{R}}$$

$$\underline{R} = (\dot{\phi} \sin \theta \sin \psi + \dot{\theta} \cos \psi) \hat{e}_1 + (\dot{\phi} \sin \theta \cos \psi - \dot{\psi} \sin \psi) \hat{e}_2 + (\dot{\phi} \cos \theta + \dot{\psi}) \hat{e}_3$$

Small oscillations

Around equilibrium where $f_i(q_0^1, \dots, q_0^N) = 0$

$$q_i(t) = q_0^i + \eta_i^i(t) \quad (\text{for } i=1, \dots, N)$$

$$\ddot{\eta}_i^i(t) \approx \left. \frac{\partial f_i}{\partial q_i} \right|_{q=q_0} \eta_i^i \quad (\text{by Taylor expansion})$$

More useful

Exponential \rightarrow unstable (imaginary ω)

Oscillatory \rightarrow stable (real ω)

(for $e^{i\omega t}$ form)
in normal modes.

Noether's Theorem (Lagrangian way)

The flow: $\underline{q} \rightarrow \underline{q} + \frac{d\underline{q}}{d\lambda} s\lambda$ (any \underline{q} in config space)

(in configuration space)

If this leaves Hamilton's least action invariant, then generally changes Lagrangian by a total time derivative.

$$\delta L = \frac{\partial L}{\partial \underline{q}} \cdot \delta \underline{q} + \frac{\partial L}{\partial \dot{\underline{q}}} \cdot \delta \dot{\underline{q}} = \frac{dG}{dt} \delta \lambda$$

$$\frac{d}{dt} \frac{\partial L}{\partial \underline{q}} \cdot \delta \underline{q} + \frac{\partial L}{\partial \dot{\underline{q}}} \cdot \frac{d}{dt} \delta \underline{q} = \frac{dG}{dt} \delta \lambda$$

(where $G = G(\underline{q}, \dot{\underline{q}}, t)$
arbitrary func.)

$$\frac{d}{dt} \left(\frac{\partial L}{\partial \dot{\underline{q}}} \cdot \frac{d\underline{q}}{d\lambda} - G \right) = 0$$

Conservation of Noether's charge.

i.e. $d\lambda = dt$, $G = L$

$$\Rightarrow \frac{\partial L}{\partial \dot{q}} - \dot{f} = \text{constant}$$

(from $\frac{d}{dt}(\frac{\partial L}{\partial \dot{q}}) - \ddot{f} = 0$)

(Hamiltonian included)

in temporal symmetry

L.C.M. of λ

Constraints

Holonomic constraints: $f_\alpha(q, \dot{q}, t) = 0$

(can be eliminated (i.e.)

from the Lagrangian))

① Modify Lagrangian by: $L^* = L + \sum_{\alpha} f_\alpha$

② Then apply E-L for L^* (one constraint $\rightarrow L + f$)

Non-holonomic constraint: $f_\alpha(q, \dot{q}, t) = 0$ \times
 \rightarrow cannot be written as D .

$q = (q^1, \dots, q^n)$ with coordinate basis

$(\dot{q}^1, \dot{q}^2, \dots, \dot{q}^n)$

with respect to time

$\dot{q}^i = \frac{dq^i}{dt}$

from which

constraint \rightarrow $\dot{f} = 0$ \rightarrow linear

constraint \rightarrow $\dot{f} = 0$ \rightarrow quadratic

(non-invariant) result should

be $\dot{f} = 0$ \rightarrow result

(non-invariant)

note: linear \rightarrow good constraint result for

non-invariant \rightarrow non-invariant result

$$L = \frac{1}{2} \dot{q}^2 + \frac{1}{2} \dot{q}^2 + \frac{1}{2} \dot{q}^2 = \frac{1}{2}$$

$$L = \frac{1}{2} \dot{q}^2 = \frac{1}{2} \dot{q}^2 + \frac{1}{2} \dot{q}^2$$

$$0 = \left(0 - \frac{1}{2} \dot{q}^2 - \frac{1}{2} \dot{q}^2 \right) \dot{q}^2$$

Hamiltonian Mechanics

Hamiltonian

$$H = \underline{P} \cdot \dot{\underline{q}} - L \quad \text{basis } (P_i = \frac{\partial L}{\partial \dot{q}_i})$$

$$\rightarrow dH = \dot{\underline{q}} \cdot d\underline{P} - \dot{\underline{P}} \cdot d\underline{q} - \frac{\partial L}{\partial t} dt$$

$$H = H(\underline{P}, \underline{q}, t)$$

Hamilton's equations

$$\left\{ \begin{array}{l} \frac{\partial H}{\partial P_i} = \dot{q}_i \\ \frac{\partial H}{\partial q_i} = -\dot{P}_i \end{array} \right.$$

$$\text{Also, } \frac{dH}{dt} = -\frac{\partial L}{\partial t}$$

$\therefore H$ conserved if L is not explicit on time.

$$\text{Particle in Potential field: } H = \frac{\underline{P} \cdot \underline{P}}{2m} + V(\underline{q})$$

$$\text{Rotating frame: } L = \frac{m}{2} \dot{\underline{r}} \cdot \dot{\underline{r}} + m \dot{\underline{r}} \cdot (\omega \times \underline{r}) + \frac{m}{2} |\omega \times \underline{r}|^2 - V(\underline{r})$$

$$P = \frac{\partial L}{\partial \dot{\underline{r}}} = \underline{m}(\dot{\underline{r}} + \omega \times \underline{r}) \quad (= \underline{P}_{\text{inertial}})$$

$$H = \underline{P} \cdot \dot{\underline{r}} - L = \underline{P} \cdot \left(\frac{\underline{P}}{m} - \omega \times \underline{r} \right) - \left(\frac{\underline{P} \cdot \underline{P}}{2m} - V \right)$$

$$H = \underline{P} \cdot \dot{\underline{r}} - L = \frac{\underline{P} \cdot \underline{P}}{2m} + V - \underbrace{\omega \cdot (\underline{r} \times \underline{P})}_{M} \quad \leftarrow \text{additional term}$$

$$H = \frac{m}{2} \dot{\underline{r}} \cdot \dot{\underline{r}} + V - \underbrace{\frac{m}{2} |\omega \times \underline{r}|^2}_{M}$$

centrifugal potential

Principle of Least Action:

$$\delta S = 0 \text{ with } S \equiv \int_{t_1, \underline{q}_1}^{t_2, \underline{q}_2} (\underline{P} \cdot \dot{\underline{q}} - H(\underline{P}, \underline{q}, t)) dt.$$

$$= \int_{t_1, \underline{q}_1}^{t_2, \underline{q}_2} \left(\left\{ \dot{\underline{q}} - \frac{\partial H}{\partial \underline{P}} \right\} \cdot d\underline{P} - \left\{ \dot{\underline{P}} + \frac{\partial H}{\partial \underline{q}} \right\} \cdot d\underline{q} \right) dt$$

$\Rightarrow = 0$. retrieve Hamilton's eqns.

Liouville's theorem: phase space: $\{\underline{P}, \underline{q}\}$

$$\sum_i \left(\frac{\partial \dot{q}_i}{\partial q_i} + \frac{\partial P_i}{\partial p_i} \right) = \sum_i \left(\frac{\partial^2 H}{\partial q_i \partial p_i} - \frac{\partial^2 H}{\partial p_i \partial q_i} \right) = 0$$

\Rightarrow 'Phase velocities' are non-divergent

$$\delta V = \sum_i \left(\frac{\delta V}{\delta q_i} \delta q_i + \frac{\delta V}{\delta p_i} \delta p_i \right)$$

$$\frac{d}{dt} \delta V = \sum_i \left(\frac{\delta V}{\delta q_i} \dot{q}_i + \frac{\delta V}{\delta p_i} \dot{p}_i \right) = \delta V \sum_i \left(\frac{\partial \dot{q}_i}{\partial q_i} + \frac{\partial \dot{p}_i}{\partial p_i} \right) = 0$$

Corollary: 2n-dim, 'volume' of elements in phase space is conserved over time (for Hamiltonian system)

In a Hamiltonian system: cannot have attractors/repellers.

(otherwise $\frac{\partial \dot{\theta}}{\partial \theta} + \frac{\partial \dot{\phi}}{\partial \phi} \neq 0$, i.e.)

Motion in E-M field

write $\begin{cases} \underline{E} = -\nabla \phi - \frac{\partial \underline{A}}{\partial t} \\ \underline{B} = \nabla \times \underline{A} \end{cases}$ (fields as potentials)

(Maxwell) $\begin{cases} \phi = \phi(\underline{r}) \\ \underline{A} = \underline{A}(\underline{r}) \end{cases}$ Electric pot. Magnetic vec. pot.

Trial Lagrangian: $L = \frac{m}{2} \dot{\underline{r}} \cdot \dot{\underline{r}} + q(\dot{\underline{r}} \cdot \underline{A} - \phi)$

E-L eqn: $\frac{d}{dt}(m\dot{\underline{r}} + q\underline{A}) - q\nabla(\dot{\underline{r}} \cdot \underline{A} - \phi) = 0$

Note that $\frac{d}{dt}\underline{A} = \frac{\partial \underline{A}}{\partial t} + (\dot{\underline{r}} \cdot \nabla)\underline{A}$

Hence $m\ddot{\underline{r}} = q\left(-\frac{\partial \underline{A}}{\partial t} - (\dot{\underline{r}} \cdot \nabla)\underline{A} - \nabla\phi + \nabla(\dot{\underline{r}} \cdot \underline{A})\right)$
 $= q\left(\underline{E} + \dot{\underline{r}} \times \underline{B}\right) \rightarrow$ Lorentz force ✓

Charge invariance $\phi \rightarrow \phi - \frac{\partial f}{\partial t}$

$\underline{A} \rightarrow \underline{A} + \nabla f$

Effect on L: $L + q\left(\frac{\partial f}{\partial t} + \dot{\underline{r}} \cdot \nabla f\right) = L + \frac{d}{dt}(qf)$

(invariant for adding total time-deriv.)

Conjugate momentum: $p = \frac{\partial L}{\partial \dot{\underline{r}}} = m\dot{\underline{r}} + q\underline{A}$

Hamiltonian: $H = (m\dot{\underline{r}} + q\underline{A}) \cdot \dot{\underline{r}} - \left(\frac{m}{2} \dot{\underline{r}} \cdot \dot{\underline{r}} + q(\dot{\underline{r}} \cdot \underline{A} - \phi)\right)$
 $= \frac{m}{2} \dot{\underline{r}} \cdot \dot{\underline{r}} + q\phi$
 $= \frac{m}{2} \frac{1}{m^2} |\underline{p} - q\underline{A}|^2 + q\phi$

Thus $H = \frac{1}{2m} \underline{\underline{P}} - \underline{\underline{A}} \underline{\underline{A}}^T + q\phi$ defines uniquely H under both E & M fields.

Poisson brackets

$$q_i \left(\frac{\partial}{\partial p_j} \right) + \{ A_i, B_j \} \partial_i = \sum_i \left(\frac{\partial A_i}{\partial q_j} \frac{\partial B_i}{\partial p_j} - \frac{\partial A_i}{\partial p_j} \frac{\partial B_i}{\partial q_j} \right)$$

Note: $\frac{dA}{dt} = \frac{\partial A}{\partial t} + \sum_i \left(\frac{\partial A}{\partial q_i} \dot{q}_i + \frac{\partial A}{\partial p_i} \dot{p}_i \right) = \frac{\partial A}{\partial t} + \sum_i \left(\frac{\partial A}{\partial q_i} \frac{\partial H}{\partial p_i} - \frac{\partial A}{\partial p_i} \frac{\partial H}{\partial q_i} \right)$

$$\frac{dA}{dt} = \frac{\partial A}{\partial t} + \{ A, H \}$$

If $\frac{\partial A}{\partial t} = \{ A, H \} = 0 \Rightarrow \frac{dA}{dt} = 0$

A is conserved if A is not explicit on time & $\{ A, H \} = 0$.

Hamilton's equations: $\dot{q}_i = \{ q_i, H \}$

$$\dot{p}_i = \{ p_i, H \}$$

Property of Poisson brackets: (analogue of commutators)

① Anti-symmetry $\{ A, B \} = -\{ B, A \}$

② Fundamentals $\{ q_i, q_j \} = \{ p_i, p_j \} = 0$

$$\{ q_i, p_j \} = \delta_{ij}$$

③ Algebra

$$\{ A, B+C \} = \{ A, B \} + \{ A, C \}$$

$$\{ AB, C \} = A \{ B, C \} + B \{ A, C \} \quad (\text{Leibniz})$$

$$\frac{\partial}{\partial t} \{ A, B \} = \left\{ \frac{\partial A}{\partial t}, B \right\} + \{ A, \frac{\partial B}{\partial t} \}$$

④ Jacobi identity

$$[A \cdot [B, C] + [[A, B], C] + [[B, C], A] + [[C, A], B] = 0]$$

⑤ Poisson's theorem: $\dot{A} = 0, \dot{B} = 0 \Rightarrow \frac{d}{dt} \{ A, B \} = 0$

(can be helpful for finding conserved quantities)

Angular momentum

$$M_i = \epsilon_{ijk} x_j p_k$$

$$\{ M_i, M_j \} = \epsilon_{ijk} M_k$$

$$(M^2 = \sum_i M_i^2)$$

(quantum int multiples by $i\hbar$)

$$\{ M^2, M_i \} = 0$$

(number of conserved actions?)

Revisit Noether's Theorem:

Generally, consider generator of motion $G = G(p, q)$

where $\frac{\delta G}{\delta p} = \frac{\delta q}{\delta \lambda}$

$$\left\{ \begin{array}{l} \frac{\delta G}{\delta p} = \frac{\delta q}{\delta \lambda} \\ \frac{\delta G}{\delta q} = -\frac{\delta p}{\delta \lambda} \end{array} \right. \Leftrightarrow \delta G = \frac{\delta q}{\delta \lambda} \delta p + \left(-\frac{\delta p}{\delta \lambda} \right) \delta q$$

$$\begin{aligned} \frac{\delta H}{\delta \lambda} &= \frac{\partial H}{\partial q} \cdot \frac{\delta q}{\delta \lambda} + \frac{\partial H}{\partial p} \cdot \frac{\delta p}{\delta \lambda} \\ &= \sum_i \left(\frac{\partial H}{\partial q_i} \frac{\delta q_i}{\delta p_i} - \frac{\partial H}{\partial p_i} \frac{\delta p_i}{\delta q_i} \right) = \{H, G\} \end{aligned}$$

Thus: $\frac{\delta H}{\delta \lambda} = \{H, G\} = -\{G, H\} = -\frac{dG}{dt}$

- (i) Transformation generated by G leaves H invariant ($\frac{\delta H}{\delta \lambda} = 0$)
- (ii) G is conserved ($\frac{dG}{dt} = 0$)

The two statements above are equivalent.

Symmetry $\{H, G\} = 0 \Leftrightarrow$ conservation law $\{G, H\} = 0$

i.e.

$$\{G, H\} = \{H, G\}$$

(i) Time-translation $\Rightarrow \{G, H\} = \{H, G\}$

$$\{G, H\} = \left\{ \frac{\partial H}{\partial p}, \frac{\delta q}{\delta \lambda} \right\} = \{H, G\} \quad \{H, H\} = 0 \quad (\text{trivial})$$

$\therefore \{G, H\} = \{H, G\} \Rightarrow H$ invariant under time-translation,
 $\& H$ is conserved.

(2) Spatial translation $\Rightarrow G = (\sum_i p_i) \cdot \hat{n} \quad \delta \lambda = \delta x$

$$\hat{n} = \frac{\delta q}{\delta x}$$

$$0 = \frac{\delta p}{\delta x}$$

$$\text{If } \frac{\delta H}{\delta x} = 0 \Rightarrow \{H, G\} = 0 \Rightarrow \frac{d}{dt} (\sum_i p_i \cdot \hat{n}) = 0$$

(angular mom. conservation
 (in direction of \hat{n}))

(3) Rotational translation: $G = (\sum_i r_i \times p_i) \cdot \hat{n} \quad \delta \lambda = \delta \phi$

(similar reasoning to follow)