$$E = \frac{1}{2} \left( F^{T} F - I \right) \qquad F = \left( \nabla_{x} u \right)^{T} + I$$

$$= \frac{1}{2} \left[ \nabla_{x} u + \left( \nabla_{x} u \right)^{T} + \left( \nabla_{x} u \right)^{T} \left( \nabla_{x} u \right) \right] \qquad \text{Linear strain} \gg \text{Cauchy strain}$$

$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{i}}{\partial x_{i}} + \frac{\partial u_{k}}{\partial x_{j}} \frac{\partial u_{k}}{\partial x_{j}} \right] \implies E = \frac{1}{2} \left[ \nabla_{x} u + \left( \nabla_{x} u \right)^{T} \right]$$

$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{k}}{\partial x_{i}} + \frac{\partial u_{k}}{\partial x_{j}} \frac{\partial u_{k}}{\partial x_{j}} \right] \implies E = \frac{1}{2} \left[ \nabla_{x} u + \left( \nabla_{x} u \right)^{T} \right]$$

$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{k}}{\partial x_{j}} + \frac{\partial u_{k}}{\partial x_{j}} \right] \implies E = \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{k}}{\partial x_{j}} \right]$$

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$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{k}}{\partial x_{j}} + \frac{\partial u_{k}$$

$$e = \frac{1}{2} \left[ \pm - F^{-T} F^{-1} \right]$$

$$= \frac{1}{2} \left[ \nabla_{x} u + (\nabla_{x} u)^{T} + (\nabla_{x} u)^{T} (\nabla_{x} u) \right]$$

$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{j}}{\partial x_{i}} \right]$$

$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{j}}{\partial x_{i}} + \frac{\partial u_{j}}{\partial x_{i}} + \frac{\partial u_{j}}{\partial x_{i}} + \frac{\partial u_{j}}{\partial x_{i}} \right]$$

$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{j}}{\partial x_{i}} \right]$$

$$= \frac{1}{2} \left[ \frac{\partial u_{i}}{\partial x_{j}} + \frac{\partial u_{j}}{\partial x_{i}} + \frac{\partial u_{$$

$$\frac{\partial x_{i}}{\partial x_{i}} = \frac{A'B' - AB}{AB} = \frac{A'B' - AB}{Ax_{i}} = \frac$$

$$\begin{cases} \vec{x}_1 \\ \vec{x}_2 \\ \vec{x}_3 \end{cases} = \begin{cases} \cos \theta - \sin \theta & 0 \\ \sin \theta & \cos \theta \end{cases} \begin{cases} \vec{x}_1 \\ \vec{x}_2 \\ \vec{x}_3 \end{cases}$$

$$E = \frac{1}{2} \left[ F^T F - I \right] = \frac{1}{2} \left[ R^T R - I \right]$$

$$= \frac{1}{2} \left[ R^{-1} R - \overline{J} \right]$$

$$= \frac{1}{2} \left[ R^{-1}R - J \right]$$

$$= \frac{1}{2} \left[ I - J \right] = Q$$

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$$\varepsilon = \frac{1}{2} \left( \nabla u + \nabla u^{T} \right) = \frac{1}{2} \left[ \vec{F} - \vec{J} + \left( \vec{F} - \vec{J} \right)^{T} \right] = \frac{1}{2} \left[ \vec{F} + \vec{F}^{T} \right] - \vec{J}$$