

# Angular momentum

Definitions.

$$\mathbf{L} = \mathbf{X} \times \mathbf{P} = \begin{pmatrix} X_2 P_3 - X_3 P_2 \\ X_3 P_1 - X_1 P_3 \\ X_1 P_2 - X_2 P_1 \end{pmatrix}$$

$$L^2 = |\mathbf{L}|^2 = L_1^2 + L_2^2 + L_3^2$$

$$\mathbf{J} = \frac{1}{\hbar} \mathbf{L}$$

Show that

1.

$$[\mathbf{X}, L_3] = \begin{pmatrix} -i\hbar X_2 \\ i\hbar X_1 \\ 0 \end{pmatrix}$$

2.

$$[\mathbf{P}, L_3] = \begin{pmatrix} -i\hbar P_2 \\ i\hbar P_1 \\ 0 \end{pmatrix}$$

3.

$$[\mathbf{L}, L^2] = 0$$

4.

$$\mathbf{J} \times \mathbf{J} = i\mathbf{J}$$

5.

$$\mathbf{P} \times \mathbf{L} + \mathbf{L} \times \mathbf{P} = 2i\hbar \mathbf{P}$$