

Given the unit vectors of a body frame in geocentric equatorial coordinates at a given instant:

$$\begin{aligned}\mathbf{i} &= i_x \mathbf{I} + i_y \mathbf{J} + i_z \mathbf{K} \\ \mathbf{j} &= j_x \mathbf{I} + j_y \mathbf{J} + j_z \mathbf{K} \\ \mathbf{k} &= k_x \mathbf{I} + k_y \mathbf{J} + k_z \mathbf{K}\end{aligned}$$

and the angular velocity  $\boldsymbol{\Omega} = \Omega_x \mathbf{I} + \Omega_y \mathbf{J} + \Omega_z \mathbf{K}$

find the rates of precession, nutation and spin at that instant.

$$[\mathbf{Q}]_{\mathbf{x}\mathbf{x}} = \begin{bmatrix} i_x & i_y & i_z \\ j_x & j_y & j_z \\ k_x & k_y & k_z \end{bmatrix} \quad \text{Rotation matrix}$$

$$\text{Precession angle } \phi = \tan^{-1} (\mathbf{Q}_{31} / -\mathbf{Q}_{32}) \quad 0 \leq \phi \leq 360^\circ$$

$$\text{Nutation angle } \theta = \cos^{-1} (\mathbf{Q}_{33}) \quad 0 \leq \theta \leq 180^\circ$$

$$\text{Spin angle } \psi = \tan^{-1} (\mathbf{Q}_{13} / \mathbf{Q}_{23}) \quad 0 \leq \psi \leq 360^\circ$$

The angular velocity is rotated into the body frame:  $\boldsymbol{\omega} = [\mathbf{Q}]_{\mathbf{x}\mathbf{x}} \boldsymbol{\Omega}$

$$\text{Precession rate } \dot{\phi} = (\omega_x \sin \psi + \omega_y \cos \psi) / \sin \theta$$

$$\text{Nutation rate } \dot{\theta} = \omega_x \cos \psi - \omega_y \sin \psi$$

$$\text{Spin rate } \dot{\psi} = -(\omega_x \sin \psi + \omega_y \cos \psi) / \tan \theta + \omega_z$$

