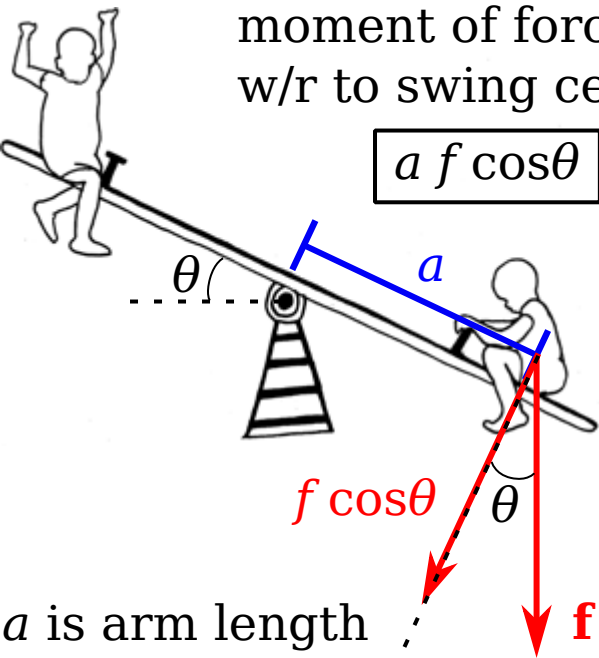


moment of force \mathbf{f}
w/r to swing center O:

$$a f \cos\theta$$



a is arm length ;