$$A_{0} = \int \vec{x} \times \vec{u} \, dV$$

$$= -\frac{1}{2} \int r^{2} \vec{w} \, dV - \frac{1}{2} \int r^{2} (\hat{n} \times \hat{u}) \, d, S$$

$$= \frac{1}{3} \int \vec{x} \times (\vec{x} \times \vec{w}) \, dV + \frac{1}{4} \int r^{2} \vec{x} (\vec{w} \cdot \hat{n}) \, dS - \frac{1}{2} \int r^{2} (\hat{n} \times \hat{u}) \, dS$$

$$= \frac{1}{3} \int \vec{x} \times (\vec{x} \times \vec{w}) \, dV + \frac{1}{4} \int r^{2} \vec{x} (\vec{w} \cdot \hat{n}) \, dS$$

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Useful identity:
$$\int \hat{n} \times \vec{u} dS = \int \vec{w} dV = \int \vec{x} (\vec{w} \cdot \hat{n}) dS$$

In case of a spherical boundary (12 = const.),

$$A_{o} = \frac{1}{3} \int_{V} \vec{x} \times (\vec{z} \times \vec{\omega}) dV - \frac{1}{3} r^{2} \int \vec{x} (\vec{\omega} \cdot \hat{n}) dS$$

If V contains all vorticity, $\vec{w} \cdot \hat{n} = 0$ (on surface),

$$\overrightarrow{A}_{0} = \int \overrightarrow{x} \times \overrightarrow{u} dV = \frac{1}{3} \int \overrightarrow{x} \times (\overrightarrow{x} \times \overrightarrow{\omega}) dV = -\frac{1}{2} \int r^{2} \overrightarrow{\omega} dV$$
Angular momentum

Batchelor (1967)

Lamb (1932)

These terms vanish at infinity Saffman - this part obvious as $u \sim \frac{|I|}{r^3}$; $w \sim \frac{|I|}{r^4}$. - Only way this while is by requiring $\begin{array}{cccc}
0 & \vec{\omega} \cdot \hat{n} = 0 \\
AND & \left(\hat{n} \times \vec{u} = 0 \text{ or } u \sim \frac{1}{r^{\epsilon}}\right)
\end{array}$ - For a spherical boundary and incompressibility, $\beta = -\frac{1}{2} \int r^2 \left(\hat{n} \times \hat{u} \right) ds = -\frac{1}{2} \int r^2 \hat{z}(\hat{u} \cdot \hat{n}) ds = \int \hat{n} \times \hat{u} ds = \int \hat{u} ds - \int \hat{z}(\hat{u} \cdot \hat{n}) ds$ $\Rightarrow) \sim_{A} + \sim_{B} = -\frac{1}{3} \int r^{2} \vec{x} (\vec{w} \cdot \hat{n}) dS$