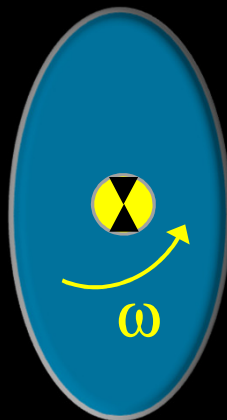
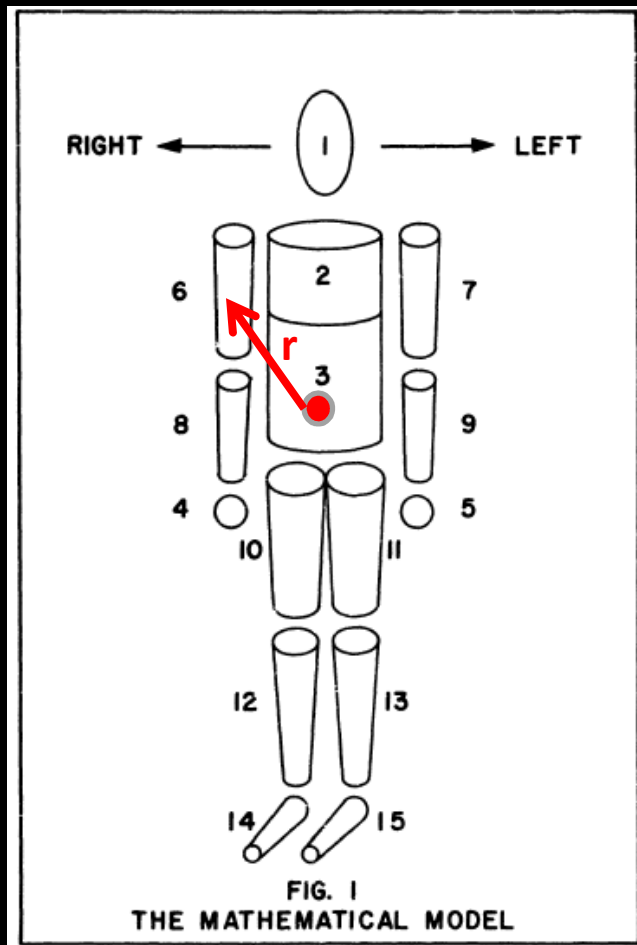


Angular Momentum of a Segment of a body about it's center of mass



$$L = I\omega$$

Angular Momentum of a Segment About the total body center of mass



For one segment (combining the last two slides):

$$L = I\omega + r \times mv$$

For total body:

$$L_{total} = \sum_{i=1}^n [I_n \omega_n + r_{com_to_n} \times m_n v_n]$$