When to Use an Energy Method

a. You are interested in velocities and angular velocities in two positions

b. The body or system is under influence of gravity and springs only.

c. There is negligible friction in joints

d. Power being exerted is known at a given instant

e. You are doing problems in Section 6/6

Hints for Using Rigid-body Impulse-momentum

a. Draw before (velocity), during (forces), and after velocity diagrams

b. Look for forces or moments given as impulses or functions of time

c. These equations also hold for systems of rigid bodies—but which forces would be considered?