

Mindfulness

WITH BREATHING

A Manual for Serious Beginners



Buddhadāsa Bhikkhu

Translated from the Thai by Santikaro Bhikkhu

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M Tight



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rotational kinematics in the section on uniform circular motion we discussed motion in a circle at constant speed and therefore constant angular velocity however there are times when angular velocity is not constant rotational motion can speed up

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evaluate problem solving strategies for rotational kinematics just by using our intuition we can begin to see how rotational quantities like θ , ω and α are related to one another for example if a motorcycle wheel has a large angular acceleration for a fairly long time it ends up spinning rapidly and rotates through many revolutions

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these are only true if the angular acceleration is constant but if it is constant these are a convenient way to relate all these rotational motion variables and you can solve a ton of problems using these rotational kinematic formulas

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