## 1 Euler equation for a heavy symmetric top

(10 points) Write down the Euler equations of motion for a heavy symmetric top. What integrals of motion can you find immediately? Try to express $L_{z}$ via $L_{1}, L_{2}$, and $L_{3}$ and check its conservation with the help of the Euler equations.

## 2 Asymmetric top with the $\theta=0$ holder

(10 points) Consider an asymmetric top with moments of inertia $I_{1}<I_{2}$ supported by a holder that allows the top to freely rotate changing its Euler angles $\phi$ and $\psi$ while preserving $\theta=\pi / 2$; see figure. The axes of the holder cross at the center of mass of the top.

a) Set up the Lagrange equations for this top, find integrals of motion;
b) Eliminate $\phi$ to obtain an effective energy for $\psi$. What kinds of motion for $\psi$ are possible? Analyze the behavior of $\psi$ near the minimum of the effective potential energy.
c) If you have access to mathematical software, you can try to produce numerical solutions with particular initial conditions.

## 3 Self-rotation

(10 points) How can a cat manage always to land on her feet? How can a system with zero angular momentum set itself into rotation? Consider a person standing on a rotating platform without friction, so that its angular momentum is conserved and is zero, $L_{z}=0$. The person having together with the platform a moment of inertia $I_{z z} \equiv I$ moves a point mass $m$ by a (massless) hand around a closed contour in the $x, y$ plane, defined in the frame of the platform. By which angle the person on the platform rotates as the mass $m$ makes a full turn?
a) Write down the condition $L_{z}=0$ in terms of the projections of the point-mass position and velocity on the axes of the body (platform) frame.
b) Change to the polar coordinates $(r, \varphi)$ for the point mass and obtain a relation between $d \varphi$ and the in ${ }^{-}$nitesimal rotation of the platform $d \theta$. Let $\Delta \theta$ be the angle of rotation of the platform corresponding to one full turn of the point mass. What do you expect for $\Delta \theta$ in the limits $I \rightarrow \infty$ and $I \rightarrow 0$ ?
c) Consider a particular case of rotation of the point mass around a circle with radius $R$ and the center at the distance $l>R$ from the center of the platform and calculate $\Delta \theta$. What is the condition for $\Delta \theta$ to be maximal?

