

4/12 $H_0 = H_G + \overline{r} \times G$, $G = 3(3\underline{i} + 4\underline{j})$ kg·m/s = $1.20k + (0.4i + 0.3i) \times 3(3i + 4i)$ = 1.20 k + 3 (1.6 k - 0.9 k) = 1.20 k + 3 (0.7k) = 3.3 k kg·m²/s