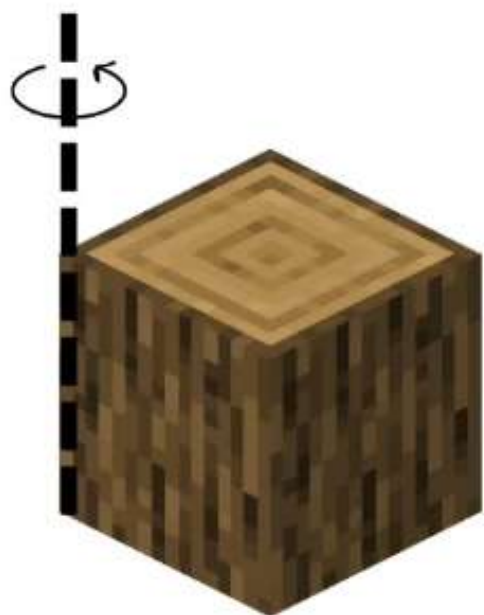
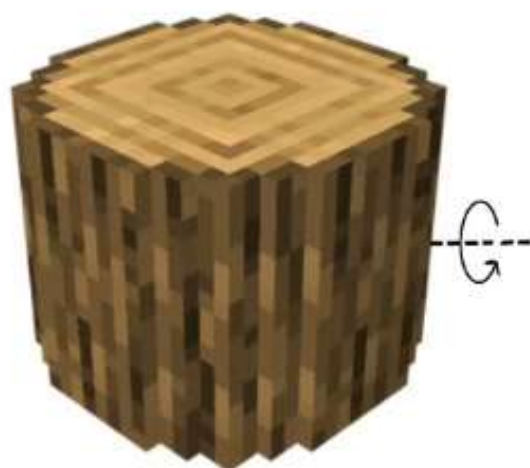


$$I = \frac{1}{4}MR^2 + \frac{1}{12}ML^2$$



$$I = \frac{2}{3}MA^2$$

$$I = \frac{2}{3}MR^2$$

