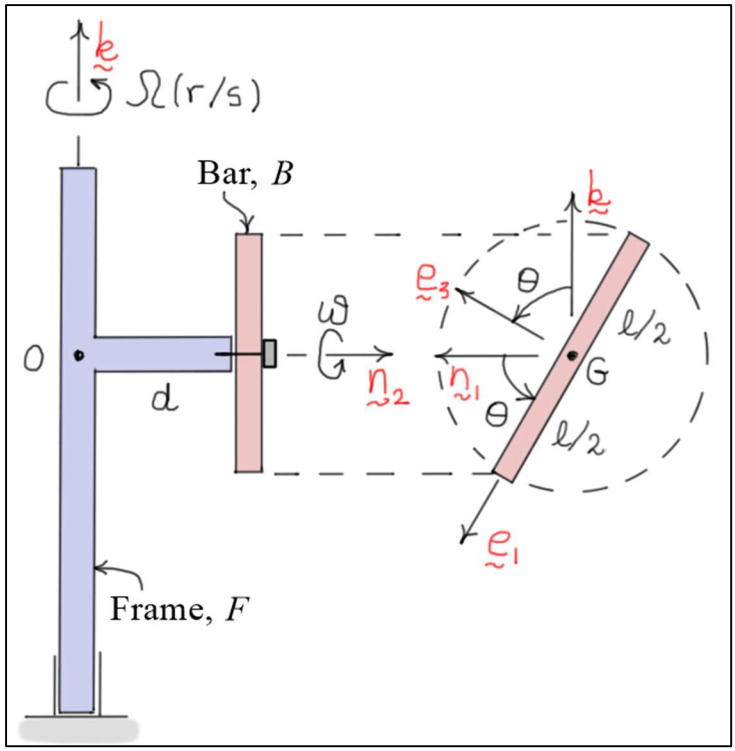
**Intermediate Dynamics**
**Example System II**

Reference Frames

$$F:\left(\underset{\sim}{n}_1,\underset{\sim}{n}_2,\underset{\sim}{k}\right)$$
$$B:\left(\underset{\sim}{e}_1,\underset{\sim}{n}_2,\underset{\sim}{e}_3\right)$$