







 $J = \Delta \rho = (mv_f - mv_i) = m(v_f - v_i) = Ft$

 $\Delta \rho = \text{impulse (Ns)}$ J = impulse (Ns) m = mass (kg) $v_f = \text{final velocity (m/s)}$ $v_i = \text{initial velocity (m/s)}$ F = force (N)t = time (sec)

WATCH YOUR SIGNS FOR INITIAL AND FINAL VELOCITY...



