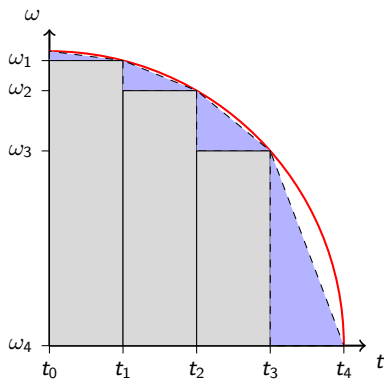


## Area $\cong$ Rectangles + Triangles



$$\theta_k \approx \theta_{k-1} + (t_k - t_{k-1})\omega_{k-1} + \frac{1}{2}(t_k - t_{k-1})(\omega_k - \omega_{k-1}), \quad k \geq 1 \quad (1)$$