# Composing and decomposing functions and surfaces



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Q: What's the most complex surface in  $\mathbb{R}^n$  of a given area?

- ► Warm-up: Lipschitz functions
- Measuring nonorientability
- Applications to metric geometry

 $f:[0,1] \to \mathbb{R}$  is L-Lipschitz if  $|f(x) - f(y)| \le L|x - y|$  for all x, y.

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What's the most complex 1-Lipschitz function?

Maybe something like this:



Let  $\epsilon > 0$ , let

 $1 \gg r_1 \gg r_2 \gg \cdots \gg r_k$ .

Let  $f = \sum_{i=1}^{k} \beta_i$ , where  $\beta_i$  is a wave with wavelength  $r_i$  and amplitude  $a_i = \epsilon r_i$ .

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$$\|f'\|_2^2 \approx \|\beta_1'\|_2^2 + \dots + \|\beta_k'\|_2^2$$
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As long as  $k\epsilon^2 \ll \frac{1}{10}$ , *f* is *mostly* 1–Lipschitz. So there's a 1–Lipschitz function which is  $\epsilon$ -bumpy at  $\approx \epsilon^{-2}$  different scales.

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 $\|f'\|_2^2 = \|g_1 + g_2 + \dots\|_2^2 = \|g_1\|_2^2 + \|g_2\|_2^2 + \dots \le 1.$ 

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In this case,

$$area(P) = area(K) + area of two discs.$$



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$$\begin{split} \mathsf{NO}(A) &= \min\{ \operatorname{area} P \mid P \text{ is a pseudo-orientation of } A \} \\ &= \min\{ \operatorname{area} P \mid P \in Z_d(\tau; \mathbb{Z}), P \equiv A \pmod{2} \}. \end{split}$$

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What's the most nonorientable surface?

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What's the most nonorientable surface? How large can  $\frac{NO(A)}{area(A)}$  be?

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But

$$ext{area}(M)pprox R^2+\sum_{i=1}^k r_i^2 rac{R^2}{r_i^2}pprox (k+1)R^2,$$

so  $\frac{NO(M)}{area(M)}$  stays bounded!

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Theorem (Y.) For every  $A \in Z_d(\tau; \mathbb{Z}_2)$ , we have  $NO(A) \lesssim \text{area } A$ .

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# Corollary (Y.)

If D is an area-minimizing surface with boundary T, then there is an  $\epsilon > 0$  such that any area-minimizing surface E with boundary 2T satisfies

 $\operatorname{area}(E) \geq \epsilon \operatorname{area}(D).$ 

Let  $M \in Z_d(\tau; \mathbb{Z}_2)$ , let  $M_1 = M$ .

1. Find the smallest set  $B_1 \subset \mathbb{R}^n$  on which  $M_1$  can be deformed into a set of much smaller area. ( $M_1$  is not a quasiminimizer on  $B_1$ )

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Then:

- area(M<sub>i</sub>) is a decreasing sequence of integers, so this process terminates.
- area $(M) \approx \sum_i \operatorname{area}(A_i)$ .
- $M_i$  is a quasiminimizer on any set smaller than  $B_i$ .

# Proof: Uniform rectifiability

#### Theorem (David-Semmes)

A quasiminimizer in  $\mathbb{R}^n$  is uniformly rectifiable.

#### Definition (David–Semmes)

A set  $E \subset \mathbb{R}^k$  is uniformly rectifiable if and only if there is a "small" collection of Lipschitz graphs that approximate E on most balls (a corona decomposition).

# **Proof: Conclusion**

#### Therefore:

#### Proposition

Any mod-2 d-cycle M in  $\mathbb{R}^n$  can be written as a sum  $M = \sum_i A_i$  of mod-2 d-cycles  $A_i$  with uniformly rectifiable support such that  $\sum_i A_i \leq A_i \leq A_i$ .

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So  $NO(M) \leq \sum_{i} NO(A_i) \lesssim \sum_{i} area(A_i) \lesssim area(M)$ .

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A surface of area A can be decomposed into uniformly rectifiable surfaces of total area  $\approx A$ , which can be described by Lipschitz graphs of total area  $\approx A$ .

#### The Heisenberg group

Let  $\mathbb{H}^{2k+1} \subset M_{k+2}$  be the (2k+1)-dimensional nilpotent group

$$\mathbb{H}^{2k+1} = \left\{ egin{pmatrix} 1 & x_1 & \ldots & x_k & z \ 0 & 1 & 0 & 0 & y_1 \ 0 & 0 & \ddots & 0 & \vdots \ 0 & 0 & 0 & 1 & y_k \ 0 & 0 & 0 & 0 & 1 \end{pmatrix} \middle| \ x_i, y_i, z \in \mathbb{R} 
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This contains a lattice

$$\mathbb{H}^{2k+1}_{\mathbb{Z}} = \langle X_1, \dots, X_k, Y_1, \dots, Y_k, Z \\ \mid [X_i, Y_i] = Z, \text{ all other pairs commute} \rangle.$$

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Cheeger and Kleiner's proof is based on approximating the level sets of functions  $\mathbb{H}\to\mathbb{R}$  by planes. Our methods let us decompose these sets into Lipschitz graphs, leading to:

#### Theorem (Naor-Y.)

Sharp quantitative bounds on Lipschitz maps from  $\mathbb{H}$  to  $L_1$ .

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- ▶ The ball of radius *r* in the three-dimensional Heisenberg group  $\mathbb{H}^3_{\mathbb{Z}}$  embeds into  $L_1$  with distortion  $\sqrt[4]{\log r}$ , while the same ball in the higher-dimensional Heisenberg groups  $\mathbb{H}^5_{\mathbb{Z}}, \mathbb{H}^7_{\mathbb{Z}}, \ldots$  has distortion  $\sqrt{\log r}$ .

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- There is a metric space M that has a bilipschitz embedding into L<sub>1</sub> and L<sub>4</sub>, but not L<sub>p</sub> for 1

#### Surfaces in $\mathbb H$





#### Some of the most complex Lipschitz graphs in $\mathbb{H}^3$ .