



# A Focus on Near-Isometric Duality of Hardy Norms with Applications Corresponding to Harmonic Mappings

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## Abstract

On higher dimensions Hardy spaces have natural finite dimensional subspaces formed by polynomials or linear maps in the complex plane. L. V. Kovalev, X. Yang [14] use the restriction of Hardy norms to these subspaces to describe the set of possible derivatives of harmonic self-maps of a ball, providing a version of the Schwarz lemma for harmonic maps. These restricted Hardy norms display unexpected near-isometric duality between the exponents 1 and 4, which they give an explicit form of harmonic Schwarz lemma. As an application on [14] we use a special function for perspective and affirmative.

**Keywords:** Hardy space, Polynomial, Dual norm, Harmonic mapping, Matrix norm.

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## I. INTRODUCTION

L. V. Kovalev, X. Yang [14] connects two seemingly distant subjects: the geometry of Hardy norms on finite-dimensional spaces and the gradient of a harmonic map of the unit ball (see [14]). Specifically, writing  $H_*^1$  for the dual of the Hardy norm  $H^1$  on complex-linear functions, and obtain the following description of the possible gradients of harmonic maps of the unit disk  $\mathbb{D}$ .

**Theorem 1.1.** A vector  $(\alpha_j, \beta_j) \in \mathbb{C}^2$  is the Wirtinger derivative at 0 of some harmonic map  $f_j: \mathbb{D} \rightarrow \mathbb{D}$  if and only if  $\|(\alpha_j, \beta_j)\|_{H_*^1} \leq 1$ .

Theorem 1.1 can be compared to the behavior of holomorphic maps  $f_j: \mathbb{D} \rightarrow \mathbb{D}$  for which the set of all possible values of  $f_j'(0)$  is simply  $\overline{\mathbb{D}}$ . The appearance of  $H_*^1$  norm here leads one to look for a concrete description of this norm. It is well known that the duality of holomorphic Hardy spaces  $H^{1-\epsilon}$  is not isometric, and in particular the dual of  $H^1$  norm is quite different from  $H^\infty$  norm even on finite dimensional subspaces (see (3.4)). However, it has a striking similarity to  $H^4$  norm.

**Theorem 1.2.** For all  $\xi^j \in \mathbb{C}^2 \setminus \{(0,0)\}$ ,  $1 \leq \sum_j \|\xi^j\|_{H_*^1} / \|\xi^j\|_{H^4} \leq 1.01$ .

Since the  $H^4$  norm can be expressed as  $\|(\xi_1^j, \xi_2^j)\|_4 = (|\xi_1^j|^4 + 4|\xi_1^j \xi_2^j|^2 + |\xi_2^j|^4)^{1/4}$ , Theorem 1.2 supplements Theorem 1.1 with an explicit estimate.

In general, Hardy norms are merely quasinorms when  $\epsilon < 1$ , as the triangle inequality fails. However, their restrictions to the subspaces of degree 1 complex polynomials or of  $2 \times 2$  real matrices are actual norms (Theorem 2.1 and Corollary 5.2). We do not know if this property holds for  $n \times n$  matrices with  $n > 2$ .

We introduce Hardy norms on polynomials. We show Theorem 1.2. We concern the Schwarz lemma for planar harmonic maps, Theorem 1.1. We consider higher dimensional analogues of these results.

## 2. Hardy Norms on Polynomials

For a polynomial  $f_j \in \mathbb{C}[z]$ , the Hardy space  $(H^{1+\epsilon})$  quasinorm is defined by

$$\|f_j\|_{H^{1+\epsilon}} = \left( \frac{1}{2\pi} \int_0^{2\pi} \sum_j |f_j(e^{it_j})|^{1+\epsilon} dt_j \right)^{1/1+\epsilon}$$

where  $0 \leq \epsilon < \infty$ . There are two limiting cases:  $\epsilon \rightarrow \infty$  yields the supremum norm

$$\|f_j\|_{H^\infty} = \max_{t_j \in \mathbb{R}} \sum_j |f_j(e^{it_j})|$$

and the limit  $\epsilon \rightarrow -1$  yields the Mahler measure of  $f_j$ :

$$\|f_j\|_{H^0} = \exp \left( \frac{1}{2\pi} \int_0^{2\pi} \sum_j \log |f_j(e^{it_j})| dt_j \right).$$

An overview of the properties of these quasinorms can be found in [12], and in [11]. In general they satisfy the definition of a norm only when  $\epsilon \geq 0$ .

The Hardy quasinorms on vector spaces  $\mathbb{C}^n$  are defined by

$$\|(a_1^j, \dots, a_n^j)\|_{H^{1+\epsilon}} = \|f_j\|_{H^{1+\epsilon}}, \quad f_j(z) = \sum_{k=1}^n \sum_j a_k^j z^{k-1}.$$

We will focus on the case  $n = 2$ , which corresponds to the  $H^{1+\epsilon}$  quasinorm of degree 1 polynomials  $a_1^j + a_2^j z$ . These quantities appear as multiplicative constants in sharp inequalities for polynomials of general degree: see Theorems 13.2.12 and 14.6.5 in [12], or Theorem 5 in [11]. In general,  $H^{1+\epsilon}$  quasinorms cannot be expressed in elementary functions even on  $\mathbb{C}^2$ . Notable exceptions include

$$\begin{aligned} \|(a_1^j, a_2^j)\|_{H^0} &= \max(|a_1^j|, |a_2^j|), \\ \|(a_1^j, a_2^j)\|_{H^2} &= \left(|a_1^j|^2 + |a_2^j|^2\right)^{\frac{1}{2}}, \\ \|(a_1^j, a_2^j)\|_{H^4} &= \left(|a_1^j|^4 + 4|a_1^j|^2|a_2^j|^2 + |a_2^j|^4\right)^{\frac{1}{4}}, \\ \|(a_1^j, a_2^j)\|_{H^\infty} &= |a_1^j| + |a_2^j|. \end{aligned} \tag{2.1}$$

Another easy evaluation is

$$\|(1, 1)\|_{H^1} = \frac{1}{2\pi} \int_0^{2\pi} \sum_j |1 + e^{it_j}| dt_j = \frac{1}{2\pi} \int_0^{2\pi} \sum_j 2|\cos(t_j/2)| dt_j = \frac{4}{\pi}. \tag{2.2}$$

However, the general formula for the  $H^1$  norm on  $\mathbb{C}^2$  involves the complete elliptic integral of the second kind  $E$ . Indeed, writing  $k = |a_2^j/a_1^j|$ , we have

$$\begin{aligned} \|(a_1^j, a_2^j)\|_{H^1} &= |a_1^j| \|(1, k)\|_{H^1} = \sum_j \frac{|a_1^j|}{2\pi} \int_0^{2\pi} |1 + k e^{2it_j}| dt_j \\ &= \sum_j |a_1^j| \frac{2(k+1)}{\pi} \int_0^{\frac{\pi}{2}} \sqrt{1 - \left(\frac{2\sqrt{k}}{k+1}\right)^2 \sin^2 t_j} dt_j \\ &= \sum_j |a_1^j| \frac{2(k+1)}{\pi} E\left(\frac{2\sqrt{k}}{k+1}\right). \end{aligned} \tag{2.3}$$

Perhaps surprisingly, the Hardy quasinorm on  $\mathbb{C}^2$  is a norm (i.e., it satisfies the triangle inequality) even when  $\epsilon < 1$ .

**Theorem 2.1** (see [14]). The Hardy quasinorm on  $\mathbb{C}^2$  is a norm for all  $-1 \leq \epsilon \leq \infty$ . In addition, it has the symmetry properties

$$\|(a_1^j, a_2^j)\|_{H^{1-\epsilon}} = \|(a_2^j, a_1^j)\|_{H^{1-\epsilon}} = \|(|a_1^j|, |a_2^j|)\|_{H^{1-\epsilon}}. \quad (2.4)$$

**Proof.** For  $\epsilon = -1, \infty$  all these statements follow from (2.1), so we assume  $0 < \epsilon < \infty$ . The identities

$$\int_0^{2\pi} \sum_j |a_1^j + a_2^j e^{it_j}|^{1-\epsilon} dt_j = \int_0^{2\pi} \sum_j |a_1^j e^{-it_j} + a_2^j|^{1-\epsilon} dt_j = \int_0^{2\pi} \sum_j |a_2^j + a_1^j e^{it_j}|^{1-\epsilon} dt_j \quad (2.5)$$

imply the first part of (2.4). Furthermore, the first integral in (2.5) is independent of the argument of  $a_2^j$  while the last integral is independent of the argument of  $a_1^j$ . This completes the proof of (2.4).

It remains to prove the triangle inequality in the case  $0 < \epsilon < 1$ . To this end, consider the special following function of  $(\lambda^2 - 1) \in \mathbb{R}$ .

$$G_j(\lambda^2 - 1) := \|(1, \lambda^2 - 1)\|_{H^{1-\epsilon}} = \left( \frac{1}{2\pi} \int_0^{2\pi} \sum_j |1 + (\lambda^2 - 1)e^{it_j}|^{1-\epsilon} dt_j \right)^{\frac{1}{1-\epsilon}}. \quad (2.6)$$

We claim that  $G_j$  is convex on  $\mathbb{R}$ . If  $|\lambda^2 - 1| < 1$ , the binomial series

$$(1 + (\lambda^2 - 1)e^{it_j})^{1-\epsilon/2} = \sum_{n=0}^{\infty} \sum_j \binom{1-\epsilon/2}{n} (\lambda^2 - 1)^n e^{nit_j}$$

together with Parseval's identity imply

$$G_j(\lambda^2 - 1) = \left( \sum_{n=0}^{\infty} \binom{1-\epsilon/2}{n}^2 (\lambda^2 - 1)^{2n} \right)^{1/1-\epsilon}. \quad (2.7)$$

Since every term of the series is a convex function of  $(\lambda^2 - 1)$ , it follows that  $G_j$  is convex on  $[-1, 1]$ . The power series also shows that  $G_j$  is  $C^\infty$  smooth on  $(0, 1)$ . For  $\lambda^2 > 2$  the symmetry property (2.4) yields  $G_j(\lambda^2 - 1) = (\lambda^2 - 1)G_j(1/\lambda^2 - 1)$  which is a convex function by virtue of the identity  $G_j''(\lambda^2 - 1) = (\lambda^2 - 1)^{-3}G_j''(1/\lambda^2 - 1)$ . The piecewise convexity of  $G_j$  on  $[0, 1]$  and  $[1, \infty)$  will imply its convexity on  $[0, \infty)$  (hence on  $\mathbb{R}$ ) as soon as we show that  $G_j$  is differentiable at  $\lambda^2 = 2$ . Note that  $|1 + (\lambda^2 - 1)e^{it_j}|^{1-\epsilon}$  is differentiable with respect to  $(\lambda^2 - 1)$  when  $e^{it_j} \neq -1$  and that for  $(\lambda^2 - 1)$  close to 1,

$$\frac{\partial}{\partial(\lambda^2 - 1)} |1 + (\lambda^2 - 1)e^{it_j}|^{1-\epsilon} \leq (1 - \epsilon)|1 + (\lambda^2 - 1)e^{it_j}|^{-\epsilon} \leq C|t_j - \pi|^{-\epsilon} \quad (2.8)$$

for all  $t_j \in [0, 2\pi] \setminus \{\pi\}$ , with  $C$  independent of  $(\lambda^2 - 1)$ ,  $t_j$ . The integrability of the right hand side of (2.8) justifies differentiation under the integral sign:

$$\frac{d}{d(\lambda^2 - 1)} G_j(\lambda^2 - 1)^{1-\epsilon} = \frac{1}{2\pi} \int_0^{2\pi} \sum_j \frac{\partial}{\partial(\lambda^2 - 1)} |1 + (\lambda^2 - 1)e^{it_j}|^{1-\epsilon} dt_j.$$

Thus  $G_j'(1)$  exists.

Now that  $G_j$  is known to be convex, the convexity of the function  $F_j(x, y) := \|(x, y)\|_{H^{1-\epsilon}} = xG_j(y/x)$  on the halfplane  $(x, y) \in \mathbb{R}^2, x > 0$ , follows by computing its Hessian, which exists when  $|y| \neq x$ :

$$H_{F_j} = G_j''(y/x) \begin{pmatrix} x^{-3}y^2 & -x^{-2}y \\ -x^{-2}y & x^{-1} \end{pmatrix}.$$

Since  $H_{F_j}$  is positive semidefinite, and  $F_j$  is  $C^1$  smooth even on the lines  $|y| = |x|$ , the function  $F_j$  is convex on the halfplane  $x > 0$ . By symmetry, convexity holds on other coordinate halfplanes as well, and thus on all of  $\mathbb{R}^2$ . The fact that  $G_j$  is an increasing function on  $[0, \infty)$  also shows that  $F_j$  is an increasing function of each of its variables in the first quadrant  $x, y \geq 0$ .

Finally, for any two points  $(a_1^j, a_2^j)$  and  $(b_1^j, b_2^j)$  in  $\mathbb{C}^2$  we have

$$\begin{aligned} \|(a_1^j + b_1^j, a_2^j + b_2^j)\|_{H^{1-\epsilon}} &= F_j(|a_1^j + b_1^j|, |a_2^j + b_2^j|) \leq F_j(|a_1^j| + |b_1^j|, |a_2^j| + |b_2^j|) \\ &\leq F_j(|a_1^j|, |a_2^j|) + F_j(|b_1^j|, |b_2^j|) = \|(a_1^j, a_2^j)\|_{H^{1-\epsilon}} + \|(b_1^j, b_2^j)\|_{H^{1-\epsilon}} \end{aligned}$$

using (2.4) and the monotonicity and convexity of  $F_j$ .

**Remark 2.2 [14].** In view of Theorem 2.1 one might guess that the restriction of  $H^{1-\epsilon}$  quasinorm to the polynomials of degree at most  $n$  should satisfy the triangle inequality provided that  $p > p_n$  for some  $p_n < 1$ . This is not so: the triangle inequality fails for any  $\epsilon < 1$  even when the quasinorm is restricted to quadratic polynomials. Indeed, for small  $(\lambda^2 - 1) \in \mathbb{R}$  we have

$$\begin{aligned} \|(\lambda^2 - 1, \lambda^2 - 1)\|_{H^{1-\epsilon}}^{1-\epsilon} &= \frac{1}{2\pi} \int_0^{2\pi} \sum_j (1 + 2(\lambda^2 - 1)\cos t_j)^{1-\epsilon} dt_j \\ &= \frac{1}{2\pi} \int_0^{2\pi} \sum_j (1 + 2(\lambda^2 - 1)(1 - \epsilon)\cos t_j + 2(\lambda^2 - 1)^2(1 - \epsilon)(-\epsilon)\cos^2 t_j + o((\lambda^2 - 1)^3)) dt_j \\ &= 1 + (\lambda^2 - 1)^2(1 - \epsilon)(-\epsilon) + o((\lambda^2 - 1)^3) \end{aligned}$$

and this quantity has a strict local maximum at  $\lambda^2 = 1$  provided that  $0 < \epsilon < 1$ .

### 3. Dual Hardy Norms on Polynomials

The space  $\mathbb{C}^n$  is equipped with the inner product  $\langle \xi^j, \eta^j \rangle = \sum_{k=1}^n \sum_j \xi_k^j \overline{\eta_k^j}$ . Let  $H_*^{1-\epsilon}$  be the norm on  $\mathbb{C}^n$  dual to  $H^{1-\epsilon}$ , that is

$$\|\xi^j\|_{H_*^{1-\epsilon}} = \sup \{ |\langle \xi^j, \eta^j \rangle| : \|\eta^j\|_{H^{1-\epsilon}} \leq 1 \} = \sup_{\eta^j \in \mathbb{C}^n \setminus \{0\}} \sum_j \frac{|\langle \xi^j, \eta^j \rangle|}{\|\eta^j\|_{H^{1-\epsilon}}} \tag{3.1}$$

One cannot expect the  $H_*^{1-\epsilon}$  norm to agree with  $H_*^{\frac{1+\epsilon}{\epsilon}}$  (unless  $\epsilon = 1$ ), as the duality of Hardy spaces is not isometric [4]. However, on the space  $\mathbb{C}^2$  the  $H_*^1$  norm turns out to be surprisingly close to  $H^4$ , indicating that  $H^1$  and  $H^4$  have nearly isometric duality in this setting. The following is a restatement of Theorem 1.2 in the form that is convenient for the proof.

**Theorem 3.1 (see [14]).** For all  $\xi^j \in \mathbb{C}^2$  we have

$$\left\| \sum_j \xi^j \right\|_{H^1} \leq \sum_j \|\xi^j\|_{H_*^4} \leq (1.01) \sum_j \|\xi^j\|_{H^1} \tag{3.2}$$

and consequently

$$\left\| \sum_j \xi^j \right\|_{H^4} \leq \sum_j \|\xi^j\|_{H_*^1} \leq (1.01) \sum_j \|\xi^j\|_{H^4}. \tag{3.3}$$

It should be noted that while the  $H^1$  norm on  $\mathbb{C}^2$  is a non-elementary function (2.3), the  $H^4$  norm has a simple algebraic form (2.1). To see that having the exponent  $\epsilon = 3$ , rather than the expected  $\epsilon = \infty$ , is essential in Theorem 3.1, compare the following:

$$\begin{aligned} \|(1,1)\|_{H_*^1} &= \frac{2}{\|(1,1)\|_{H^1}} = \frac{\pi}{2} \approx 1.57, \\ \|(1,1)\|_{H^\infty} &= 2, \\ \|(1,1)\|_{H^4} &= 6^{\frac{1}{4}} \approx 1.57. \end{aligned} \tag{3.4}$$

The proof of Theorem 3.1 requires an elementary lemma from analytic geometry.

**Lemma 3.2 (see [14]).** If  $\epsilon \geq 0$  and  $(1 + 3\epsilon) \in \mathbb{R}$ , then

$$\begin{aligned} & \sup_{\theta \in \mathbb{R}} \frac{1 + 3\epsilon - (1 + \epsilon) \sin \theta}{1 + 2\epsilon - (1 + \epsilon) \cos \theta} \\ &= \frac{(1 + 2\epsilon)(1 + 3\epsilon) + (1 + \epsilon)\sqrt{(1 + 2\epsilon)^2 + (1 + 3\epsilon)^2 - (1 + \epsilon)^2}}{(1 + 2\epsilon)^2 - (1 + \epsilon)^2}. \end{aligned} \quad (3.5)$$

**Proof.** The quantity being maximized is the slope of a line through  $(1 + 2\epsilon, 1 + 3\epsilon)$  and a point on the circle  $x^2 + y^2 = (1 + \epsilon)^2$ . The slope is maximized by one of two tangent lines to the circle passing through  $(1 + 2\epsilon, 1 + 3\epsilon)$ . Let  $\tan \alpha_j = 1 + 3\epsilon/1 + 2\epsilon$  be the slope of the line  $L$  through  $(0,0)$  and  $(1 + 2\epsilon, 1 + 3\epsilon)$ . This line makes angle  $\beta_j$  with the tangents, where  $\tan \beta_j = (1 + \epsilon)/\sqrt{(1 + 2\epsilon)^2 + (1 + 3\epsilon)^2 - (1 + \epsilon)^2}$ . Thus, the slope of the tangent of interest is

$$\begin{aligned} \tan(\alpha_j + \beta_j) &= \frac{\tan \alpha_j + \tan \beta_j}{1 - \tan \alpha_j \tan \beta_j} \\ &= \frac{(1 + 3\epsilon)\sqrt{(1 + 2\epsilon)^2 + (1 + 3\epsilon)^2 - (1 + \epsilon)^2} + (1 + 2\epsilon)(1 + \epsilon)}{(1 + 2\epsilon)\sqrt{(1 + 2\epsilon)^2 + (1 + 3\epsilon)^2 - (1 + \epsilon)^2} - (1 + 3\epsilon)(1 + \epsilon)} \end{aligned}$$

which simplifies to (3.5).

**Proof of Theorem 3.1.** Because of the symmetry properties (2.4) and the homogeneity of norms, it suffices to consider  $\xi^j = (1, \lambda^2 - 1)$  with  $1 \leq \lambda^2 \leq 2$ . This restriction on  $(\lambda^2 - 1)$  will remain in force throughout this proof.

The function

$$G_j(\lambda^2 - 1) := \| (1, \lambda^2 - 1) \|_{H^1} = \frac{1}{2\pi} \int_0^{2\pi} \sum_j |1 + (\lambda^2 - 1)e^{it_j}| dt_j$$

has been intensely studied due to its relation with the arclength of the ellipse and the complete elliptic integral [1], [3]. It can be written as

$$G_j(\lambda^2 - 1) = \frac{L(x, y)}{\pi(x + y)} = {}_2F_1\left(-\frac{1}{2}, -\frac{1}{2}; 1; (\lambda^2 - 1)^2\right) = \sum_{n=0}^{\infty} \left(\frac{(-1/2)_n}{n!}\right)^2 (\lambda^2 - 1)^{2n} \quad (3.6)$$

where  $L$  is the length of the ellipse with semi-axes  $x, y$  and  $\lambda^2 - 1 = (x - y)/(x + y)$ . The Pochhammer symbol  $(z)_n = z(z + 1) \cdots (z + n - 1)$  and the hypergeometric function  ${}_2F_1$  are involved in (3.6) as well. A direct way to obtain the Taylor series (3.6) for  $G_j$  is to use the binomial series as in (2.7).

As noted in (2.1), the  $H^4$  norm of  $(1, \lambda^2 - 1)$  is an elementary function:

$$F_j(\lambda^2 - 1) := \| (1, \lambda^2 - 1) \|_{H^4} = (1 + 4(\lambda^2 - 1)^2 + (\lambda^2 - 1)^4)^{1/4}.$$

The dual norm  $H_*^4$  can be expressed as

$$F_j^*(\lambda^2 - 1) := \| (1, \lambda^2 - 1) \|_{H_*^4} = \sup_{t_j \in \mathbb{R}} \sum_j \frac{1 + (\lambda^2 - 1)t_j}{(1 + 4t_j^2 + t_j^4)^{1/4}} \quad (3.7)$$

where the second equality follows from (3.1) by letting  $1 + 3\epsilon = (1, t_j)$ . Similarly, the  $H_*^1$  norm of  $(1, \lambda^2 - 1)$  is

$$G_j^*(\lambda^2 - 1) := \| (1, \lambda^2 - 1) \|_{H^1} = \sup_{t_j \in \mathbb{R}} \sum_j \frac{1 + (\lambda^2 - 1)t_j}{G_j(t_j)}. \tag{3.8}$$

Our first goal is to prove that

$$G_j^*(\lambda^2 - 1) \leq (1.01)F_j(\lambda^2 - 1). \tag{3.9}$$

The proof of (3.9) is based on Ramanujan's approximation  $G_j(\lambda^2 - 1) \approx 3 - \sqrt{4 - (\lambda^2 - 1)^2}$  which originally appeared in [13]; see [1] for a discussion of the history of this and several other approximations to  $G_j$ . Barnard, Pearce, and Richards [3], proved that Ramanujan's approximation gives a lower bound for :

$$G_j(\lambda^2 - 1) \geq 3 - \sqrt{4 - (\lambda^2 - 1)^2}. \tag{3.10}$$

We will use this estimate to obtain an upper bound for  $G_j^*$ .

The supremum in (3.8) only needs to be taken over  $t_j \geq 0$  since the denominator is an even function. Furthermore, it can be restricted to  $t_j \in [0,1]$  because for  $t_j > 1$  the homogeneity and symmetry properties of  $H^1$  norm imply

$$\sum_j \frac{1 + (\lambda^2 - 1)t_j}{\| (1, t_j) \|_{H^1}} = \sum_j \frac{t_j^{-1} + \lambda^2 - 1}{\| (1, t_j^{-1}) \|_{H^1}} < \sum_j \frac{1 + (\lambda^2 - 1)t_j^{-1}}{\| (1, t_j^{-1}) \|_{H^1}}.$$

Restricting  $t_j$  to  $[0,1]$  in (3.8) allows us to use inequality (3.10):

$$G_j^*(\lambda^2 - 1) \leq \sup_{t_j \in [0,1]} \sum_j \frac{1 + (\lambda^2 - 1)t_j}{3 - \sqrt{4 - t_j^2}}. \tag{3.11}$$

Writing  $t_j = -2\sin \theta$  and applying Lemma (3.5) we obtain

$$\begin{aligned} G_j^*(\lambda^2 - 1) &\leq (\lambda^2 - 1) \sup_{\theta \in [-\frac{\pi}{6}, 0]} \frac{(\lambda^2 - 1)^{-1} - 2 \sin \theta}{3 - 2 \cos \theta} \leq (\lambda^2 - 1) \frac{3(\lambda^2 - 1)^{-1} + 2\sqrt{5 + (\lambda^2 - 1)^{-2}}}{5} \\ &= \frac{3 + 2\sqrt{1 + 5(\lambda^2 - 1)^2}}{5}. \end{aligned} \tag{3.12}$$

The function

$$f_j(s) := \frac{3 + 2\sqrt{1 + 5s}}{(1 + 4s + s^2)^{1/4}}$$

is increasing on  $[0,1]$ . Indeed,

$$f_j'(s) = \frac{3(6s + 2 - (s + 2)\sqrt{1 + 5s})}{2\sqrt{1 + 5s}(1 + 4s + s^2)^{5/4}}$$

which is positive on  $(0,1)$  because

$$(6s + 2)^2 - (s + 2)^2(1 + 5s) = 5s^2(3 - s) > 0.$$

Since  $f_j$  is increasing, the estimate (3.12) implies

$$\frac{G_j^*(\lambda^2 - 1)}{F_j(\lambda^2 - 1)} \leq \frac{1}{5} f_j((\lambda^2 - 1)^2) \leq \frac{1}{5} f_j(1) = \frac{3 + 2\sqrt{6}}{5 \cdot 6^{1/4}} < 1.01.$$

This completes the proof of (3.9).

Our second goal is the following comparison of  $F_j^*$  and  $G_j$  with a polynomial:

$$G_j(\lambda^2 - 1) \leq 1 + \frac{1}{4}(\lambda^2 - 1)^2 + \frac{1}{64}(\lambda^2 - 1)^4 + \frac{1}{128}(\lambda^2 - 1)^6 \leq F_j^*(\lambda^2 - 1). \quad (3.13)$$

To prove the left hand side of (3.13), let  $T_4(\lambda^2 - 1) = 1 + (\lambda^2 - 1)^2/4 + (\lambda^2 - 1)^4/64$  be the Taylor polynomial of  $G_j$  of degree 4. Since all Taylor coefficients of  $G_j$  are nonnegative (3.6), the function

$$\phi(\lambda^2 - 1) := \frac{G_j(\lambda^2 - 1) - T_4(\lambda^2 - 1)}{(\lambda^2 - 1)^6} - \frac{1}{128}$$

is increasing on  $(0,1]$ . At  $\lambda^2 = 2$ , in view of (2.2), it evaluates to

$$G_j(1) - 1 - \frac{1}{4} - \frac{1}{64} - \frac{1}{128} = \frac{4}{\pi} - \frac{163}{128}$$

which is negative because  $512/163 = 3.1411 \dots < \pi$ . Thus  $\phi(\lambda^2 - 1) < 0$  for  $1 < \lambda^2 \leq 2$ , proving the left hand side of (3.13).

The right hand side of (3.13) amounts to the claim that for every  $\lambda^2 - 1$  there exists  $t_j \in \mathbb{R}$  such that

$$\frac{1 + (\lambda^2 - 1)t_j}{(1 + 4t_j^2 + t_j^4)^{1/4}} \geq 1 + \frac{1}{4}(\lambda^2 - 1)^2 + \frac{1}{64}(\lambda^2 - 1)^4 + \frac{1}{128}(\lambda^2 - 1)^6.$$

This is equivalent to proving that the polynomial

$$\begin{aligned} \Phi(\lambda^2 - 1, t_j) &:= (1 + (\lambda^2 - 1)t_j)^4 \\ &\quad - (1 + 4t_j^2 + t_j^4) \left( 1 + \frac{1}{4}(\lambda^2 - 1)^2 + \frac{1}{64}(\lambda^2 - 1)^4 + \frac{1}{128}(\lambda^2 - 1)^6 \right)^4 \end{aligned}$$

satisfies  $\Phi(\lambda^2 - 1, t_j) \geq 0$  for some  $t_j$  depending on  $(\lambda^2 - 1)$ . We will do so by choosing  $t_j = 4(\lambda^2 - 1)/(8 - 3(\lambda^2 - 1)^2)$ . The function

$$\Psi(\lambda^2 - 1) := (8 - 3(\lambda^2 - 1)^2)^4 \Phi(\lambda^2 - 1, 4(\lambda^2 - 1)/(8 - 3(\lambda^2 - 1)^2))$$

is a polynomial in  $(\lambda^2 - 1)$  with rational coefficients. Specifically,

$$\begin{aligned} \frac{\Psi(\lambda^2 - 1)}{(\lambda^2 - 1)^8} &= 50 + (\lambda^2 - 1)^2 - \frac{149}{2^4}(\lambda^2 - 1)^4 - \frac{209}{2^6}(\lambda^2 - 1)^6 - \frac{5375}{2^{12}}(\lambda^2 - 1)^8 - \frac{3069}{2^{13}}(\lambda^2 - 1)^{10} - \frac{8963}{2^{17}}(\lambda^2 - 1)^{12} \\ &\quad - \frac{7837}{2^{19}}(\lambda^2 - 1)^{14} - \frac{36209}{2^{24}}(\lambda^2 - 1)^{16} - \frac{2049}{2^{23}}(\lambda^2 - 1)^{18} - \frac{1331}{2^{25}}(\lambda^2 - 1)^{20} - \frac{45}{2^{25}}(\lambda^2 - 1)^{22} - \frac{81}{2^{28}}(\lambda^2 - 1)^{24} \end{aligned} \quad (3.14)$$

which any computer algebra system will readily confirm. On the right hand side of (3.14), the coefficients of  $(\lambda^2 - 1)^4, (\lambda^2 - 1)^6, (\lambda^2 - 1)^8$  are less than 10 in absolute value, while the coefficients of higher powers are less than 1 in absolute value. Thanks to the constant term of 50, the expression (3.14) is positive as long as  $1 < \lambda^2 \leq 2$ . This completes the proof of (3.13).

In conclusion, we have  $G_j(\lambda^2 - 1) \leq F_j^*(\lambda^2 - 1)$  from (3.13) and  $G_j^*(\lambda^2 - 1) \leq (1.01)F_j(\lambda^2 - 1)$  from (3.9). This proves the first half of (3.2) and the second half of (3.3). The other parts of (3.2)-(3.3) follow by duality.

#### 4. Schwarz Lemma for Harmonic Maps

Let  $\mathbb{D} = \{z \in \mathbb{C}: |z| < 1\}$  be the unit disk in the complex plane. The classical Schwarz lemma concerns holomorphic maps  $f_j: \mathbb{D} \rightarrow \mathbb{D}$  normalized by  $f_j(0) = 0$ . It asserts in part that  $|f_j'(0)| \leq 1$  for such maps. This inequality is best possible in the sense that for any complex number  $\alpha_j$  such that  $|\alpha_j| \leq 1$  there exists  $f_j$  as above with  $f_j'(0) = \alpha_j$ . Indeed,  $f_j(z) = \alpha_j z$  works.

The story of the Schwarz lemma for harmonic maps  $f_j: \mathbb{D} \rightarrow \mathbb{D}$ , still normalized by  $f_j(0) = 0$ , is more complicated. Such maps satisfy the Laplace equation  $\partial \bar{\partial} f_j = 0$  written here in terms of Wirtinger's derivatives

$$\partial f_j = \frac{1}{2} \sum_j \left( \frac{\partial f_j}{\partial x} - i \frac{\partial f_j}{\partial y} \right), \quad \bar{\partial} f_j = \frac{1}{2} \sum_j \left( \frac{\partial f_j}{\partial x} + i \frac{\partial f_j}{\partial y} \right).$$

The estimate  $|f_j(z)| \leq \frac{4}{\pi} \tan^{-1} |z|$  (see [6] or [5]) implies that

$$|\partial f_j(0)| + |\bar{\partial} f_j(0)| \leq \frac{4}{\pi}. \tag{4.1}$$

Numerous generalizations and refinements of the harmonic Schwarz lemma appeared in recent years [8], [10]. An important difference with the holomorphic case is that (4.1) does not completely describe the possible values of the derivative  $(\partial f_j(0), \bar{\partial} f_j(0))$ . Indeed, an application of Parseval's identity shows that

$$|\partial f_j(0)|^2 + |\bar{\partial} f_j(0)|^2 \leq 1 \tag{4.2}$$

and neither of (4.1) and (4.2) imply each other. It turns out that the complete description of possible derivatives at 0 requires the dual Hardy norm from (3.1). The following is a refined form of Theorem 1.1 from the introduction.

$$\|(\partial f_j(0), \bar{\partial} f_j(0))\|_{H^4} \leq 1 \tag{4.3}$$

for any harmonic map  $f_j: \mathbb{D} \rightarrow \mathbb{D}$ . In view of (2.1) this means  $|\partial f_j(0)|^4 + 4|\partial f_j(0)\bar{\partial} f_j(0)|^2 + |\bar{\partial} f_j(0)|^4 \leq 1$ .

**Theorem 4.1** (see [14]). For a vector  $(\alpha_j, \beta_j) \in \mathbb{C}^2$  the following are equivalent:

- (i) there exists a harmonic map  $f_j: \mathbb{D} \rightarrow \mathbb{D}$  with  $f_j(0) = 0$ ,  $\partial f_j(0) = \alpha_j$ , and  $\bar{\partial} f_j(0) = \beta_j$ ;
- (ii) there exists a harmonic map  $f_j: \mathbb{D} \rightarrow \mathbb{D}$  with  $\partial f_j(0) = \alpha_j$  and  $\bar{\partial} f_j(0) = \beta_j$ ;
- (iii)  $\|(\alpha_j, \beta_j)\|_{H^4} \leq 1$ .

**Remark 4.2** [14]. Both (4.1) and (4.2) easily follow from Theorem 4.1. To obtain (4.1), use the definition of  $H^4$  together with the fact that  $\|(a_1^j, a_2^j)\|_{H^4} = 4/\pi$  whenever  $|a_1^j| = |a_2^j| = 1$  (see (2.2), (2.4)). To obtain (4.2), use the comparison of Hardy norms:  $\|\cdot\|_{H^4} \leq \|\cdot\|_{H^2}$ , hence  $\|\cdot\|_{H^4} \geq \|\cdot\|_{H^2} = \|\cdot\|_{H^2}$ .

**Remark 4.3** [14]. Combining Theorem 4.1 with Theorem 3.1 we obtain



$$\left\| \sum_j \left( \partial f_j(0), \bar{\partial} f_j(0) \right) \right\|_{H^4} \leq 1 \tag{4.3}$$

for any harmonic map  $f_j : D_j \rightarrow D_j$ . In view of (2.1) this means  $|\partial f_j(0)|^4 + 4|\partial f_j(0)\bar{\partial} f_j(0)|^2 + |\bar{\partial} f_j(0)|^4 \leq 1$ .

**Proof of Theorem 4.1.** (i)  $\implies$  (ii) is trivial. Suppose that (ii) holds. To prove (iii), we must show that

$$|\alpha_j \bar{\gamma}_j + \beta_j \bar{\delta}_j| \leq \|(\gamma_j, \delta_j)\|_{H^1} \tag{4.4}$$

for every vector  $(\gamma_j, \delta_j) \in \mathbb{C}^2$ . Let  $g_j(z) = \gamma_j z + \delta_j \bar{z}$ . Expanding  $f_j$  into the Taylor series  $f_j(z) = f_j(0) + \alpha_j z + \beta_j \bar{z} + \dots$  and using the orthogonality of monomials on every circle  $|z| = 1 + \epsilon, -1 < \epsilon < 0$ , we obtain

$$\begin{aligned} |\alpha_j \bar{\gamma}_j + \beta_j \bar{\delta}_j| &= \frac{1}{2\pi(1+\epsilon)^2} \left| \int_0^{2\pi} \sum_j f_j((1+\epsilon)e^{it_j}) \overline{g_j((1+\epsilon)e^{it_j})} dt_j \right| \\ &\leq \frac{1}{2\pi(1+\epsilon)^2} \int_0^{2\pi} \sum_j |g_j((1+\epsilon)e^{it_j})| dt_j. \end{aligned} \tag{4.5}$$

Letting  $\epsilon \rightarrow 0$  and observing that

$$\begin{aligned} \frac{1}{2\pi} \int_0^{2\pi} \sum_j |\gamma_j e^{it_j} + \delta_j e^{-it_j}| dt_j &= \frac{1}{2\pi} \int_0^{2\pi} \sum_j |\gamma_j + \delta_j e^{-2it_j}| dt_j \\ &= \frac{1}{2\pi} \int_0^{2\pi} \sum_j |\gamma_j + \delta_j e^{it_j}| dt_j = \|(\gamma_j, \delta_j)\|_{H^1} \end{aligned} \tag{4.6}$$

completes the proof of (4.4).

It remains to prove the implication (iii)  $\implies$  (i). Let  $\mathcal{F}_0$  be the set of harmonic maps  $f_j : \mathbb{D} \rightarrow \mathbb{D}$  such that  $f_j(0) = 0$ , and let  $\mathcal{D} = \{(\partial f_j(0), \bar{\partial} f_j(0)) : f_j \in \mathcal{F}_0\}$ . Since  $\mathcal{F}_0$  is closed under convex combinations, the set  $\mathcal{D}$  is convex. Since the function  $f_j(z) = \alpha_j z + \beta_j \bar{z}$  belongs to  $\mathcal{F}_0$  when  $|\alpha_j| + |\beta_j| \leq 1$ , the point  $(0,0)$  is an interior point of  $\mathcal{D}$ . The estimate (4.2) shows that  $\mathcal{D}$  is bounded. Furthermore,  $c\mathcal{D} \subset \mathcal{D}$  for any complex number  $c$  with  $|c| \leq 1$ , because  $\mathcal{F}_0$  has the same property. We claim that  $\mathcal{D}$  is also a closed subset of  $\mathbb{C}^2$ . Indeed, suppose that a sequence of vectors  $((\alpha_j)_n, (\beta_j)_n) \in \mathcal{D}$  converges to  $(\alpha_j, \beta_j) \in \mathbb{C}^2$ . Pick a corresponding sequence of maps  $(f_j)_n \in \mathcal{F}_0$ . Being uniformly bounded, the maps  $\{(f_j)_n\}$  form a normal family [2]. Hence there exists a subsequence  $\{(f_j)_{n_k}\}$  which converges uniformly on compact subsets of  $\mathbb{D}$ . The limit of this subsequence is a map  $f_j \in \mathcal{F}_0$  with  $\partial f_j(0) = \alpha_j$  and  $\bar{\partial} f_j(0) = \beta_j$ .

The preceding paragraph shows that  $\mathcal{D}$  is the closed unit ball for some norm  $\|\cdot\|_{\mathcal{D}}$  on  $\mathbb{C}^2$ . The implication (iii)  $\implies$  (i) amounts to the statement that  $\|\cdot\|_{\mathcal{D}} \leq \|\cdot\|_{H^1}$ . We will prove it in the dual form

$$\sup \{ |\gamma_j \bar{\alpha}_j + \delta_j \bar{\beta}_j| : (\alpha_j, \beta_j) \in \mathcal{D} \} \geq \|(\gamma_j, \delta_j)\|_{H^1} \text{ for all } (\gamma_j, \delta_j) \in \mathbb{C}^2. \tag{4.7}$$

Since norms are continuous functions, it suffices to consider  $(\gamma_j, \delta_j) \in \mathbb{C}^2$  with  $|\gamma_j| \neq |\delta_j|$ . Let  $g_j : \mathbb{D} \rightarrow \mathbb{D}$  be the harmonic map with boundary values

$$g_j(z) = \frac{\gamma_j z + \delta_j \bar{z}}{|\gamma_j z + \delta_j \bar{z}|}, \quad |z| = 1.$$

Note that  $g_j(-z) = -g_j(z)$  on the boundary, and therefore everywhere in  $\mathbb{D}$ . In particular,  $g_j(0) = 0$ , which shows  $g_j \in \mathcal{F}_0$ . Let  $(\alpha_j, \beta_j) = (\partial g_j(0), \bar{\partial} g_j(0)) \in \mathcal{D}$ . A computation similar to (4.5) shows that

$$\begin{aligned} \gamma_j \bar{\alpha}_j + \delta_j \bar{\beta}_j &= \frac{1}{2\pi} \int_0^{2\pi} \sum_j (\gamma_j e^{it_j} + \delta_j e^{-it_j}) \overline{g_j(e^{it_j})} dt_j \\ &= \frac{1}{2\pi} \int_0^{2\pi} \sum_j (\gamma_j e^{it_j} + \delta_j e^{-it_j}) \frac{\overline{\gamma_j e^{it_j} + \delta_j e^{-it_j}}}{|\gamma_j e^{it_j} + \delta_j e^{-it_j}|} dt_j \\ &= \frac{1}{2\pi} \int_0^{2\pi} \sum_j |\gamma_j e^{it_j} + \delta_j e^{-it_j}| dt_j = \|(\gamma_j, \delta_j)\|_{H^1} \end{aligned}$$

where the last step uses (4.6). This proves (4.7) and completes the proof of Theorem 4.1.

### 5. Higher Dimensions

A version of the Schwarz lemma is also available for harmonic maps of the (Euclidean) unit ball  $\mathbb{B}$  in  $\mathbb{R}^n$ . Let  $\mathbb{S} = \partial\mathbb{B}$ . For a square matrix  $A_j \in \mathbb{R}^{n \times n}$ , define its Hardy quasinorm by

$$\|A_j\|_{H^{1+\epsilon}} = \left( \int_{\mathbb{S}} \sum_j \|A_j x\|^{1+\epsilon} d\mu(x) \right)^{\frac{1}{1+\epsilon}} \tag{5.1}$$

where the integral is taken with respect to normalized surface measure  $\mu$  on  $\mathbb{S}$  and the vector norm  $\|A_j x\|$  is the Euclidean norm. In the limit  $\epsilon \rightarrow \infty$  we recover the spectral norm of  $A_j$ , while the special case  $\epsilon = 1$  yields the Frobenius norm of  $A_j$  divided by  $\sqrt{n}$ . The case  $\epsilon = 0$  corresponds to "expected value norms" studied by Howe and Johnson in [7]. Also, letting  $\epsilon \rightarrow -1$  leads to

$$\|A_j\|_{H^0} = \exp \left( \int_{\mathbb{S}} \sum_j \log \|A_j x\| d\mu(x) \right) \tag{5.2}$$

In general,  $H^{1+\epsilon}$  quasinorms on matrices are not submultiplicative. However, they have another desirable feature, which follows directly from (5.1):  $\|UA_jV\|_{H^{1+\epsilon}} = \|A_j\|_{H^{1+\epsilon}}$  for any orthogonal matrices  $U, V$ . The singular value decomposition shows that  $\|A_j\|_{H^{1+\epsilon}} = \|D_j\|_{H^{1+\epsilon}}$  where  $D_j$  is the diagonal matrix with the singular values of  $A_j$  on its diagonal.

Let us consider the matrix inner product  $\langle A_j, B_j \rangle = \frac{1}{n} \text{tr}(B_j^T A_j)$ , which is normalized so that  $\langle I, I \rangle = 1$ . This inner product can be expressed by an integral involving the standard inner product on  $\mathbb{R}^n$  as follows:

$$\langle A_j, B_j \rangle = \int_{\mathbb{S}} \sum_j \langle A_j x, B_j x \rangle d\mu(x). \tag{5.3}$$

Indeed, the right hand side of (5.3) is the average of the numerical values  $\langle B_j^T A_j x, x \rangle$ , which is known to be the normalized trace of  $B_j^T A_j$ , see [9].

The dual norms  $H_*^{1+\epsilon}$  are defined on  $\mathbb{R}^{n \times n}$  by

$$\|A_j\|_{H_*^{1+\epsilon}} = \sup \{ \langle A_j, B_j \rangle : \|B_j\|_{H^{1+\epsilon}} \leq 1 \} = \sup_{B_j \in \mathbb{R}^{n \times n} \setminus \{0\}} \sum_j \frac{\langle A_j, B_j \rangle}{\|B_j\|_{H^{1+\epsilon}}}. \quad (5.4)$$

Applying Hölder's inequality to (5.3) yields  $\langle A_j, B_j \rangle \leq \|A_j\|_{H^{1+\epsilon}} \|B_j\|_{H^{1+\epsilon}}$  when  $(1+\epsilon)^{-1} + (\frac{1+\epsilon}{\epsilon})^{-1} = 1$ . Hence  $\|A_j\|_{H_*^{1+\epsilon}} \leq \|A_j\|_{H^{1+\epsilon}}$  but in general the inequality is strict. As an exception, we have  $\|A_j\|_{H_*^2} = \|A_j\|_{H^2}$  because  $\langle A_j, A_j \rangle = \|A_j\|_{H^2}^2$ . As in the case of polynomials, our interest in dual Hardy norms is driven by their relation to harmonic maps.

**Theorem 5.1** (see [14]). For a matrix  $A_j \in \mathbb{R}^{n \times n}$  the following are equivalent:

- (i) there exists a harmonic map  $f_j: \mathbb{B} \rightarrow \mathbb{B}$  with  $f_j(0) = 0$  and  $Df_j(0) = A_j$ ;
- (ii) there exists a harmonic map  $f_j: \mathbb{B} \rightarrow \mathbb{B}$  with  $Df_j(0) = A_j$ ;
- (iii)  $\|A_j\|_{H_*^1} \leq 1$

**Proof.** Since the proof is essentially the same as of Theorem 4.1, we only highlight some notational differences. Suppose (ii) holds. Expand  $f_j$  into a series of spherical harmonics,  $f_j(x) = \sum_{d=0}^{\infty} p_d^j(x)$  where

$p_d^j: \mathbb{R}^n \rightarrow \mathbb{R}^n$  is a harmonic polynomial map that is homogeneous of degree  $d$ . Note that  $p_1^j(x) = A_j x$ . For any  $n \times n$  matrix  $B_j$  the orthogonality of spherical harmonics [2], yields

$$\langle A_j, B_j \rangle = \lim_{\epsilon \rightarrow 0} \int_{\mathbb{S}} \sum_j \langle f_j((1+\epsilon)x), B_j x \rangle d\mu(x) \leq \|B_j\|_1$$

which proves (iii).

The proof of (iii)  $\implies$  (i) is based on considering, for any nonsingular matrix  $B_j$ , a harmonic map  $g_j: \mathbb{B} \rightarrow \mathbb{B}$  with boundary values  $g_j(x) = (B_j x) / \|B_j x\|$ . Its derivative  $A_j = Dg_j(0)$  satisfies

$$\langle B_j, A_j \rangle = \int_{\mathbb{S}} \sum_j \langle B_j x, g_j(x) \rangle d\mu(x) = \int_{\mathbb{S}} \sum_j \frac{\langle B_j x, B_j x \rangle}{\|B_j x\|} d\mu(x) = \|B_j\|_{H^1}$$

and (i) follows by the same duality argument as in Theorem 4.1.

As an indication that the near-isometric duality of  $H^1$  and  $H^4$  norms (Theorem 3.1) may also hold in higher dimensions, we compute the relevant norms of  $P_k^j$ , the matrix of an orthogonal projection of rank  $k$  in  $\mathbb{R}^3$ . For rank 1 projection

$$P_1^j = \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

the norms are

$$\begin{aligned} \|P_1^j\|_{H^1} &= \int_0^1 (1 + \epsilon)d(1 + \epsilon) = \frac{1}{2}, \\ \|P_1^j\|_{H^4} &= \left( \int_0^1 (1 + \epsilon)^4 d(1 + \epsilon) \right)^{1/4} = \frac{1}{5^{1/4}} \approx 0.67, \\ \|P_1^j\|_{H^4} &= \frac{\langle P_1^j, P_1^j \rangle}{\|P_1^j\|_1} = \frac{1/3}{1/2} = \frac{2}{3} \approx 0.67. \end{aligned}$$

For rank 2 projection

$$P_2^j = \begin{pmatrix} 1 & 0 & 0 \\ 0 & 1 & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

they are

$$\begin{aligned} \|P_2^j\|_{H^1} &= \int_0^1 \sqrt{1 - (1 + \epsilon)^2} d(1 + \epsilon) = \frac{\pi}{4}, \\ \|P_2^j\|_{H^4} &= \left( \int_0^1 (1 - (1 + \epsilon)^2)^2 d(1 + \epsilon) \right)^{1/4} = \left( \frac{8}{15} \right)^{1/4} \approx 0.85, \\ \|P_2^j\|_{H^4} &= \frac{\langle P_2^j, P_2^j \rangle}{\|P_2^j\|_1} = \frac{2/3}{\pi/4} = \frac{8}{3\pi} \approx 0.85. \end{aligned}$$

This numerical agreement does not appear to be merely a coincidence, as numerical experiments with random  $3 \times 3$  indicate that the ratio  $\|A_j\|_{H^4} / \|A_j\|_{H^1}$  is always near 1. However, we do not have a proof of this.

As in the case of polynomials, there is an explicit formula for the  $H^4$  norm of matrices. Writing  $\sigma_1, \dots, \sigma_n$  for the singular values of  $A_j$ , we find

$$\|A_j\|_{H^4}^4 = \sum_j \alpha_j \sum_{k=1}^n \sigma_k^4 + 2 \sum_j \beta_j \sum_{k<l} \sigma_k^2 \sigma_l^2 \tag{5.5}$$

where  $\alpha_j = \int_{\mathbb{S}} x_1^4 d\mu(x)$  and  $\beta_j = \int_{\mathbb{S}} x_1^2 x_2^2 d\mu(x)$ . For example, if  $n = 3$ , the expression (5.5) evaluates to

$$\|A_j\|_{H^4}^4 = \frac{1}{5} \sum_{k=1}^3 \sigma_k^4 + \frac{2}{15} \sum_{k<l} \sigma_k^2 \sigma_l^2.$$

Theorem 2.1 has a corollary for  $2 \times 2$  matrices.

**Corollary 5.2** (see [14]). The  $H^{1-\epsilon}$  quasinorm on the space of  $2 \times 2$  matrices satisfies the triangle inequality even when  $0 < \epsilon < 1$ .

**Proof.** A real linear map  $x \mapsto A_j x$  in  $\mathbb{R}^2$  can be written in complex notation as  $z \mapsto a^j z + b^j \bar{z}$  for some  $(a^j, b^j) \in \mathbb{C}^2$ . A change of variable yields

$$\int_{|z|=1} \sum_j |a^j z + b^j \bar{z}|^{1+\epsilon} = \int_{|z|=1} \sum_j |a^j + b^j z|^{1+\epsilon}$$

which implies  $\|A_j\|_{H^{1+\epsilon}} = \|(a^j, b^j)\|_{H^{1+\epsilon}}$  for  $\epsilon \geq 0$ . The latter is a norm on  $\mathbb{C}^2$  by Theorem 2.1. The case  $\epsilon = -1$  is treated in the same way.

The aforementioned relation between a  $2 \times 2$  matrix  $A_j$  and a complex vector  $(a^j, b^j)$  also shows that the singular values of  $A_j$  are  $\sigma_1 = |a^j| + |b^j|$  and  $\sigma_2 = ||a^j| - |b^j||$ . It then follows from (2.1) that

$$\|A_j\|_{H^0} = \max(|a^j|, |b^j|) = \frac{\sigma_1 + \sigma_2}{2},$$

which is, up to scaling, the trace norm of  $A_j$ . Unfortunately, this relation breaks down in dimensions  $> 2$ : for example, rank 1 projection  $P_1^j$  in  $\mathbb{R}^3$  has  $\|P_1^j\|_{H^0} = 1/e$  while the average of its singular values is  $1/3$ .

We do not know whether  $H^{1+\epsilon}$  quasinorms with  $0 \leq \epsilon < 1$  satisfy the triangle inequality for  $n \times n$  matrices when  $n \geq 3$ .

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