# More differential geometry 

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### 5.5 Riemannian coverings and the theorem of Cartan-Hadamard

Recall that a smooth map $\varphi: N \rightarrow M$ between manifolds is called a covering if for all $p \in M$, there exists an open neighborhood $U$ of $p$ such that

$$
\varphi^{-1}(U)=\coprod_{\alpha \in I} U_{\alpha}
$$

where $I$ is some index set, $U_{\alpha}$ is an open subset of $N$ for each $\alpha \in I$ and $\left.\varphi\right|_{U_{\alpha}}: U_{\alpha} \rightarrow U$ is a diffeomorphism. Any connected manifold $M$ has a universal cover, which is a connected and simply connected cover $\pi: \tilde{M} \rightarrow M$ of $M$, uniquely determined up to diffeomorphism. The fundamental group $\pi_{1}(M)$ acts freely and transitively on the fibers $\pi^{-1}(p)$, for each $p \in M$.

Example 5.1. (a) If $F$ is a countable set and $N=M \times F$, then the projection $N \rightarrow M$ onto the first factor is a covering map. Such coverings are called trivial.
(b) For $N=\mathbb{R}^{n}$ and $M=\mathbb{R}^{n} / \mathbb{Z}^{n}$ the torus, the quotient map is a covering map.

Definition 5.2 (Riemannian covering). Let $(N, h)$ and ( $M, g$ ) be Riemannian manifolds. A covering map $\varphi: N \rightarrow M$ is a Riemannian covering if it is a local isometry.

Exercise 5.3. Let $(N, h)$ and $(M, g)$ be Riemannian manifolds and let $\varphi: N \rightarrow M$ be a covering map. Show that if $(M, g)$ is complete, then so is $(N, h)$.

Proposition 5.4 (Consequence of Bonnet-Myers). Let $(M, g)$ be a compact Riemannian manifold with positive Ricci curvature. Then its fundamental group $\pi_{1}(M)$ is finite.
Proof. Let $\kappa$ be such that ric $\geq \kappa(n-1) g$. Let $\tilde{M}$ be the universal cover of $M$ and equip if with the Riemannian metric $\tilde{g}$ obtained by pulling back the metric $g$ along the projection $\pi: \tilde{M} \rightarrow M$. Then $\pi$ is a Riemannian covering. In particular, $\pi$ is a local isometry, hence $\tilde{M}$ again satisfies $\operatorname{ric}_{\tilde{g}} \geq \kappa(n-1) \tilde{g}$. Moreover, by Exercise 5.3. $(\tilde{M}, \tilde{g})$ is complete.
This shows that $(\tilde{M}, \tilde{g})$ satisfies the assumptions of the Bonnet-Myers theorem, hence $\tilde{M}$ is compact. It is now a standard fact from topology that if a covering space is compact, then the cover must be finite. Hence $\pi: \tilde{M} \rightarrow M$ is a finite cover, so $\pi_{1}(M)$ (which bijectively corresponds to the fibers of this cover) must be finite.

For the next result, we need the following exercise.
Exercise 5.5. Let $(N, h)$ and $(M, g)$ be connected and complete Riemannian manifolds. Show that a surjective local isometry $\varphi: N \rightarrow M$ is always a covering map.

Theorem 5.6 (Cartan-Hadamard). Let $(M, g)$ be a complete Riemannian manifold with sectional curvature $K \leq 0$. Then for all $p \in M$, $\exp _{p}: T_{p} M \rightarrow M$ is a covering map.
 $T_{p} M$ 。
We show that the differential $\left.d \exp _{p}\right|_{X}: T_{X} T_{p} M \cong T_{p} M \rightarrow T_{\exp _{p}(X)} M$ is an isomorphism for each $X \in T_{p} M$. To this end, we check that $\left.d \exp _{p}\right|_{X}$ has trivial kernel. We have $\left.d \exp _{p}\right|_{0}=\mathrm{id}$, so let now $X \neq 0$ and let $\gamma(t)=\exp _{p}(t X)$ is the geodesic with $\dot{\gamma}(0)=X$. Then we have

$$
\left.d \exp _{p}\right|_{X}(Y)=J(1)
$$

where $J$ is the Jacobi field along $\gamma$ with $J(0)=0$ and $\frac{\nabla}{d t} J(0)=Y$. We claim that $J$ has no zeros. To this end, we set $f(t)=\frac{1}{2}\|J(t)\|^{2}$ and calculate

$$
\begin{aligned}
f^{\prime \prime}(t) & =\frac{d}{d t}\left\langle\frac{\nabla}{d t} J(t), J(t)\right\rangle \\
& =\left\langle\frac{\nabla^{2}}{d t^{2}} J(t), J(t)\right\rangle+\left\|\frac{\nabla}{d t} J(t)\right\|^{2} \\
& =\langle R(\dot{\gamma}(t), J(t)) \dot{\gamma}(t), J(t)\rangle+\left\|\frac{\nabla}{d t} J(t)\right\|^{2} \\
& =-K(\operatorname{span}\{\dot{\gamma}(t), J(t)\}) \cdot\left(\|J(t)\|^{2}\|\dot{\gamma}(t)\|^{2}-\langle J(t), \gamma(t)\rangle^{2}\right)+\left\|\frac{\nabla}{d t} J(t)\right\|^{2}
\end{aligned}
$$

Because $K \leq 0$, this is non-negative. Moreover, $f$ satisfies

$$
f(0)=0, \quad f^{\prime}(0)=\left\langle\frac{\nabla}{d t} J(0), J(0)\right\rangle=0, \quad f^{\prime \prime}(0) \geq\|Y\|^{2}>0
$$

In total, this implies that $f(t)>0$ for all $t>0$. Hence $J(t)$ is never zero, so $\left.d \exp _{p}\right|_{X}$ has trivial kernel and is therefore an isomorphism. We conclude that $\exp _{p}$ is a local diffeomorphism.
Define a Riemannian metric $\tilde{g}$ on $T_{p} M$ by $\tilde{g}=\exp _{p}^{*} g$. This turns $\exp _{p}$ into a local isometry. We claim that $\left(T_{p} M, \tilde{g}\right)$ is complete. Since $\exp _{p}$ is a local isometry, the geodesics through $0 \in T_{p} M$ are precisely the straight lines going through zero; indeed, by definition of the exponential map, they are mapped to the geodesics $\gamma(t)=\exp _{p}(t X)$ under $\exp _{p}$, and preimages of geodesics under local isometries are again geodesics. Hence $\left(T_{p} M, \tilde{g}\right)$ is geodesically complete at 0 . By the Hopf-Rinow theorem, $\left(T_{p} M, \tilde{g}\right)$ is complete, as claimed. By Exercise 5.5 and completeness of $(M, g), \exp _{p}$ is a covering map.

Remark 5.7. If $M$ is simply connected, the theorem of Cartan-Hadamard implies that $M$ must be diffeomorphic to $\mathbb{R}^{n}$.

### 5.6 The injectivity radius

Let $(M, g)$ be a Riemannian manifold and let $\gamma:(a, b) \rightarrow M$ be a geodesic. Recall that two points $t_{1}, t_{2} \in(a, b)$ are conjugate if there exists a non-trivial Jacobi field $J$ along $\gamma$ with $J\left(t_{1}\right)=0$ and $J\left(t_{2}\right)=0$.

Lemma 5.8. Let $(M, g)$ be a Riemannian manifold and let $\gamma:[0, r] \rightarrow M$ be a geodesic. Suppose that $t_{1} \in[0, r]$ is conjugate to zero along $\gamma$. Then $\gamma$ is not length minimizing among piecewise $C^{1}$-curves between $\gamma(0)$ and $\gamma(t)$, for any $t>t_{1}$.

The proof of this lemma will use the second variation formula for the energy functional at a geodesic. Recall that if $\gamma:[a, b] \rightarrow M$ is a geodesic and $\left(\gamma_{s}\right)_{s \in(-\varepsilon, \varepsilon)}$ is a variation with fixed endpoints and variational vector field $X(t)=\left.\frac{\partial}{\partial s}\right|_{s=0} \gamma_{s}(t)$, then we have

$$
\begin{equation*}
\left.D^{2} E\right|_{\gamma}(X, X):=\left.\frac{\partial^{2}}{\partial s^{2}}\right|_{s=0} E\left[\gamma_{s}\right]=\int_{a}^{b}\left(\left\|\frac{\nabla}{d t} X(t)\right\|^{2}-\langle R(X(t), \dot{\gamma}(t)) \dot{\gamma}(t), X(t)\rangle\right) d t \tag{5.1}
\end{equation*}
$$

The same formula is true if the variational vector field is piecewise smooth, in the sense that there exists a subdivison $a=t_{0}<t_{1}<\cdots<t_{N}=b$ of $[a, b]$ such that the curves $\gamma_{s}$ are still continuous, but smooth only on the subintervals $\left[t_{j-1}, t_{j}\right]$. In particular, (5.1) defines a quadratic form on the space of piecewise $C^{1}$ vector fields along $\gamma$. Polarizing this quadratic form, we obtain the bilinear form

$$
\left.D^{2} E\right|_{\gamma}(X, Y)=\int_{a}^{b}\left(\left\langle\frac{\nabla}{d t} X(t), \frac{\nabla}{d t} Y(t)\right\rangle^{2}-\langle R(X(t), \dot{\gamma}(t)) \dot{\gamma}(t), Y(t)\rangle\right) d t
$$

defined for two piecewise $C^{1}$ vector fields $X, Y$ along $\gamma$.
Proof. Fix $t_{2}>t_{1}$. We will show that there exists a vector field $Y$ along $\gamma$ with $Y(0)=0$ and $Y\left(t_{2}\right)=0$ such that the second variation $\left.D^{2} E\right|_{\gamma}$ of the energy is negative on $Y$. Then any variation with fixed end points and variational vector field $Y$ will then produce a curve between $\gamma(0)$ and $\gamma\left(t_{2}\right)$ shorter than $\gamma$.
Because 0 and $t_{1}$ are conjugate along $\gamma$, there exists a non-trivial Jacobi field $J$ such that $J(0)=0$ and $J\left(t_{1}\right)=0$. Let $J^{*}$ be the Jacobi field such that $J^{*}(t)=J(t)$ for $t \leq t_{1}$ and $J^{*}(t)=0$ for $t>t_{1}$. Then $J^{*}$ is a piecewise $C^{1}$ vector field. Let moreover $X$ be a piecewise $C^{1}$ vector field such that $X(0)=0$ and $X\left(t_{2}\right)=0$ and $X\left(t_{1}\right)=-\frac{\nabla}{d t} J\left(t_{1}\right)$. Then $X\left(t_{1}\right) \neq 0$, because if we had $\frac{\nabla}{d t} J\left(t_{1}\right)=0$, then $J$ would be trivial. Now for $\varepsilon>0$, set $Y=J^{*}+\varepsilon X$. Then

$$
\begin{equation*}
\left.D^{2} E\right|_{\gamma}(Y, Y)=\left.D^{2} E\right|_{\gamma}\left(J^{*}, J^{*}\right)+\left.2 \varepsilon D^{2} E\right|_{\gamma}\left(J^{*}, X\right)+\left.\varepsilon^{2} D^{*} E\right|_{\gamma}(X, X) \tag{5.2}
\end{equation*}
$$

For the first term, we have

$$
\begin{aligned}
\left.D^{2} E\right|_{\gamma}\left(J^{*}, J^{*}\right) & =\int_{0}^{t_{1}}\left(\left\|\frac{\nabla}{d t} J(t)\right\|^{2}-\langle R(J(t), \dot{\gamma}(t)) \dot{\gamma}(t), J(t)\rangle\right) d t \\
& =\int_{0}^{t_{1}}\left(-\left\langle\frac{\nabla^{2}}{d t^{2}} J(t), J(t)\right\rangle+\langle R(\dot{\gamma}(t), J(t)) \dot{\gamma}(t), J(t)\rangle\right) d t \\
& =0
\end{aligned}
$$

Here we used that $J^{*}$ is non-zero only on $\left[0, t_{1}\right]$, then integrated by parts and then used that $J$ vanishes at $t=0$ and $t=t_{1}$ and satisfies the Jacobi equation. For the next term, we calculate

$$
\begin{aligned}
\left.D^{2} E\right|_{\gamma}\left(J^{*}, X\right)= & \int_{0}^{t_{1}}\left(\left\langle\frac{\nabla}{d t} J(t), \frac{\nabla}{d t} Y(t)\right\rangle-\langle R(J(t), \dot{\gamma}(t)) \dot{\gamma}(t), X(t)\rangle\right) d t \\
= & \left.\left\langle\frac{\nabla}{d t} J(t), X(t)\right\rangle\right|_{t=t_{1}} \\
& +\underbrace{\int_{0}^{t_{1}}\left(-\left\langle\frac{\nabla^{2}}{d t^{2}} J(t), X(t)\right\rangle+\langle R(\dot{\gamma}(t), J(t)) \dot{\gamma}(t), X(t)\rangle\right) d t}_{=0, \text { as before }} \\
= & -\left\|\frac{\nabla}{d t} J\left(t_{1}\right)\right\|^{2}<0,
\end{aligned}
$$

by the definition of $X$. We conclude that the first term (5.2) is zero and the second is negative. Since the second term is linear in $\varepsilon$ and the third is quadratic in $\varepsilon$, we can choose $\varepsilon$ small enough to obtain $\left.D^{2} E\right|_{\gamma}(Y, Y)<0$, as desired.

Theorem 5.9. Let $(M, g)$ be a Riemannian manifold and let $r>0$ be such that $\exp _{p}$ is defined on $B_{r}(0) \subseteq T_{p} M$. Then the restriction of $\exp _{p}$ to $B_{r}(0)$ is injective if and only if it is a diffeomorphism onto its image.

Proof. Clearly, if $\left.\exp _{p}\right|_{B_{r}(0)}$ is a diffeomorphism onto its image, then it is injective.
Conversely, suppose that $\left.\exp _{p}\right|_{B_{r}(0)}$ is not a diffeomorphism onto its image. We need to show that it is not injective. Since $\left.\exp _{p}\right|_{B_{r}(0)}$ is not a diffeomorphism onto its image, it is either not injective (in which case there is nothing to show) or there is a point $X \in B_{r}(0)$ such that $\left.d \exp _{p}\right|_{X}$ is not injective. So let us assume the latter. Since $\left.d \exp _{p}\right|_{0}=\mathrm{id}_{T_{p} M}$, we have $X \neq 0$. Let $\gamma(t)=\exp _{p}(t X)$ be the geodesic with $\dot{\gamma}(0)=X$.
Since $\left.d \exp _{p}\right|_{X}$ is not injective, there exists a non-zero $Y \in T_{X} T_{p} M \cong T_{p} M$ such that $\left.d \exp _{p}\right|_{X}(Y)=0$. On the other hand, we have

$$
\left.d \exp _{p}\right|_{X}(Y)=J(1)
$$

where $J$ is the Jacobi field along $\gamma$ with $J(0)=0$ and $\frac{\nabla}{d t} J(0)=Y$. Hence $t=0$ and $t=1$ are conjugate along $\gamma$.

By Lemma 5.8, $\gamma$ is not minimizing between $\gamma(0)$ and $\gamma(s)$, for any $s>1$. On the other hand, since $B_{r}(p) \subseteq M$ is open, there exists some $s>1$ such that $\gamma(s) \in B_{r}(p)$. Let $\gamma^{\prime}$ be a minimizing geodesic between $p$ and $\gamma(s)$. Since $\gamma^{\prime}$ is shorter than $\gamma$, we have $X^{\prime}:=\dot{\gamma}^{\prime}(0) \in B_{r}(0)$. We obtain that

$$
\exp _{p}(s X)=\gamma(s)=\gamma^{\prime}(1)=\exp _{p}\left(X^{\prime}\right)
$$

Since $\gamma^{\prime}$ is shorter than $\gamma$ as a geodesic between $p$ and $\gamma(s)$, they cannot be reparametrizations of each other, hence $s X \neq X^{\prime}$. We conclude that $\exp _{p}$ is not injective.

Recall that the injectivity radius $\operatorname{injrad}(p)$ at a point $p$ in a Riemanian manifold $(M, g)$ is the supremum over all $r>0$ such that $\exp _{p}$ is a diffeomorphism onto its image when restricted to $B_{r}(0) \subset T_{p} M$. By the above theorem, an alternative definition is

$$
\begin{equation*}
\operatorname{injrad}(p)=\sup \left\{r>0\left|\exp _{p}\right|_{B_{r}(0)} \text { is injective }\right\} \tag{5.3}
\end{equation*}
$$

We also have the following characterization.
Lemma 5.10. If $d\left(p, \exp _{p}(X)\right)=\|X\|$ for all $X \in B_{r}(0) \subset T_{p} M$, then $\exp _{p}$ is injective on $B_{r}(0)$.

Proof. Suppose that there exist vectors $X, X^{\prime} \in B_{r}(0)$ such that $\exp _{p}(X)=\exp _{p}\left(X^{\prime}\right)$. We have to show $X=X^{\prime}$. By the assumption of the lemma,

$$
\|X\|=\exp _{p}(p, X)=\exp _{p}\left(X^{\prime}\right)=\left\|X^{\prime}\right\|
$$

Let $\gamma(t)=\exp _{p}(t X)$ and $\gamma^{\prime}(t)=\exp _{p}\left(t X^{\prime}\right)$. Let $s>1$ such that $\gamma(s)$ is still contained $B_{r}(p)$. Then since $\gamma$ and $\gamma^{\prime}$ are both length minimizing between $p$ and $\gamma(1)=\gamma^{\prime}(1)$, the curve

$$
\eta(t)= \begin{cases}\gamma^{\prime}(t) & t \in[0,1] \\ \gamma(t) & t \in[1, s]\end{cases}
$$

is minimizes the length between $p$ and $\gamma(s)$. But since shortest curves are geodesics, $\eta$ must be in fact smooth, hence $\dot{\gamma}(1)=\dot{\gamma}^{\prime}(1)$, which implies $\gamma=\gamma^{\prime}$ and hence $X=X^{\prime}$.

Theorem 5.11. Let $(M, g)$ be a complete Riemannian manifold. Then $\operatorname{injrad}(p)$ is a continuous function of $p \in M$.

Proof. We show that $\operatorname{injrad}(p)$ is both upper and lower semicontinuous in $p$, which implies that injrad is continuous.
(a) We first show that $\operatorname{injrad}(p)$ is upper semicontinuous in $p$, in other words,

$$
\limsup _{k \rightarrow \infty} \operatorname{injrad}\left(p_{k}\right) \leq \operatorname{injrad}(p)
$$

whenever $\left(p_{k}\right)_{k \in \mathbb{N}}$ is a sequence in $M$ converging to $p$. We verify the assumption of Lemma 5.10. Write $r_{k}=\operatorname{injrad}\left(p_{k}\right)$ and $r^{*}=\lim \sup _{k \rightarrow \infty} r_{k}$. For $X \in B_{r^{*}}(0) \subset T_{p} M$,
choose a sequence of vectors $X_{k} \in T_{p_{k}} M$ converging to $X$. Then for $k \in \mathbb{N}$ large enough, $X_{k} \in B_{r_{k}}(0) \subset T_{p_{k}} M$. Therefore, setting $q_{k}=\exp _{p_{k}}\left(X_{k}\right)$, the geodesic $\gamma_{k}(t)=\exp _{p_{k}}\left(t X_{k}\right)$ between $p_{k}$ and $q_{k}$ is minimizing, hence $d\left(p_{k}, q_{k}\right)=\left\|X_{k}\right\|$. Since $X_{k} \rightarrow X$, we have $q_{k} \rightarrow \exp _{p}(X)$, hence by continuity of the distance function,

$$
d\left(p, \exp _{p}(X)\right)=\lim _{k \rightarrow \infty} d\left(p_{k}, q_{k}\right)=\lim _{k \rightarrow \infty}\left\|X_{k}\right\|=\|X\|
$$

As this holds for any $X \in B_{r^{*}}(0)$, Lemma 5.10 implies that $\exp _{p}$ is injective on $B_{r^{*}}(0) \subset$ $T_{p} M$. By (5.3), we therefore obtain $\operatorname{injrad}(p) \geq r^{*}$.
(b) We show that $\operatorname{injrad}(p)$ is lower semicontinuous in $p$, in other words,

$$
\liminf _{k \rightarrow \infty}^{\operatorname{injrad}}\left(p_{k}\right) \geq \operatorname{injrad}(p)
$$

whenever $\left(p_{k}\right)_{k \in \mathbb{N}}$ is a sequence in $M$ converging to $p$. Suppose this is not true. Then, setting $r_{k}=\operatorname{injrad}\left(p_{k}\right)$ and $r=\operatorname{injrad}(p)$, there exists $\varepsilon>0$ such that

$$
\liminf _{k \rightarrow \infty} r_{k}<r-\varepsilon
$$

Therefore, after possibly passing to a subsequence, we have $r_{k}<r-\varepsilon$. By Thm. 5.9. $\exp _{p_{k}}$ is not injective when restricted to $B_{r-\varepsilon}(0) \subset T_{p_{k}} M$, so there exist two distinct vectors $X_{k}, Y_{k} \in T_{p_{k}} M$ such that $\exp _{p_{k}}\left(X_{k}\right)=\exp _{p_{k}}\left(Y_{k}\right)$ and such that $\left\|X_{k}\right\|,\left\|Y_{k}\right\| \leq r-\varepsilon$. By compactness, after passing to subsequences, $X_{k}$ and $Y_{k}$ converge to vectors $X, Y \in T_{p} M$ with $\exp _{p}(X)=\exp _{p}(Y)$ and $\|X\|,\|Y\| \leq r-\varepsilon$. If $X \neq Y$, we can conclude that exp is not injective on $B_{r-\varepsilon}(0) \subset T_{p} M$, a contradiction to $\operatorname{injrad}(p)=r$.
It therefore remains to show that $X \neq Y \in T_{p} M$. To this end, we consider the smooth map

$$
F:=\pi \times \exp : T M \rightarrow M \times M
$$

where $\pi: T M \rightarrow M$ is the bundle projection. We claim that the differential $\left.d F\right|_{X}$ : $T_{X} T M \rightarrow T_{p} M \times T_{\exp (X)} M$ has full rank. To see this, we choose a subspace $H \subset T_{X} T M$ (a space of "horizontal vectors") such that $\left.d \pi\right|_{p}: H \rightarrow T_{p} M$ is a linear isomorphism. Then $T_{X} T M$ splits as a direct sum

$$
T_{X} T M=H \oplus T_{X} T_{p} M
$$

where both summands are isomorphic to $T_{p} M$, the first via $\left.d \pi\right|_{p}$ the second via the canonical isomorphism. With respect to this direct sum decomposition, $d F_{X}$ has the form

$$
\left.d F\right|_{X}=\left(\begin{array}{cc}
\left.d \pi\right|_{p} & 0  \tag{5.4}\\
* & \left.d \exp _{p}\right|_{X}
\end{array}\right)
$$

As by construction, the length of $X$ is less than the injectivity radius of $p,\left.d \exp _{p}\right|_{X}$ has full rank. We obtain that $\left.d F\right|_{X}$ has full rank as well. By the inverse function theorem, $F$ must be a diffeomorphism onto its image when restricted to a neighborhood $U \subset T M$ of $X$; in particular $F$ is injective on this neighborhood. If we now assume that $X=Y$, then
both $\left(X_{k}\right)_{k \in \mathbb{N}}$ and $\left(Y_{k}\right)_{k \in \mathbb{N}}$ converge to $X$. For $k \in \mathbb{N}$ large enough, $X_{k}$ and $Y_{k}$ are both contained in $U$, but we have

$$
F\left(X_{k}\right)=\left(p_{k}, \exp _{p_{k}}\left(X_{k}\right)\right)=\left(p_{k}, \exp _{p_{k}}\left(Y_{k}\right)\right)=F\left(Y_{k}\right),
$$

a contradiction to the fact that $F$ is injective on $U$.
Definition 5.12 (Injectivity radius). We define the (global) injectivity radius of ( $M, g$ ) by

$$
\operatorname{injrad}(M, g)=\inf _{p \in M} \operatorname{injrad}(p)
$$

We generally have $\operatorname{injrad}(M, g) \geq 0$, but the injectivity radius may be zero. However, we have the following lemma.

Corollary 5.13. If the Riemannian manifold $(M, g)$ is compact, then $\operatorname{injrad}(M, g)>0$.
Proof. We have $\operatorname{injrad}(p)>0$ for each $p \in M$. By Thm. 5.11, the injectivity radius is continuous. Hence because $M$ is compect, there exists $p \in M$ such that

$$
0<\operatorname{injrad}(p)=\inf _{p \in M} \operatorname{injrad}(p)=\operatorname{injrad}(M, g)
$$

### 5.7 Closed geodesics

Definition 5.14. Let $(M, g)$ be a Riemannian manifold. A closed geodesic in $M$ is a smooth map $\gamma: S^{1} \rightarrow M$ such that $\gamma$ satisfies the geodesic equation at every point of $S^{1}$.

Theorem 5.15. Let $(M, g)$ be a compact Riemannian manifold and let $c_{0}: S^{1} \rightarrow M$ be a piecewise $C^{1}$ curve. Then there exists a closed geodesic homotopic to $c$ that minimizes the energy among all piecewise $C^{1}$ curves homotopic to $c_{0}$.

For the proof of the theorem, we need the following lemma.
Lemma 5.16. Let $(M, g)$ be a complete Riemannian manifold. Whenever two piecewise $C^{1}$ loops $c_{1}, c_{2}: S^{1} \rightarrow M$ satisfy $d\left(c_{1}(t), c_{2}(t)\right)<\operatorname{injrad}\left(c_{1}(t)\right)$ for all $t \in S^{1}$, then $c_{1}$ and $c_{2}$ are homotopic.

Proof. Let $r_{t}=\operatorname{injrad}\left(c_{1}(t)\right)$. Then the exponential map $\exp _{c_{1}(t)}$ is injective on $B_{r_{t}}(0) \subset$ $T_{c_{1}(t)} M$ and since $d\left(c_{1}(t), c_{2}(t)\right)<r_{t}$, there exists a unique $X(t) \in B_{r_{t}}(0) \subset T_{c_{1}(t)} M$ such that $c_{2}(t)=\exp _{c_{1}(t)}(X(t))$.
We show that $X$ is a piecewise $C^{1}$ vector field along $c_{1}$. To this end, consider the map $F=$ $\pi \times \exp$ as in the proof of Thm. 5.11. by construction, $X$ satisfies $F(X(t))=\left(c_{1}(t), c_{2}(t)\right)$. By the assumption $d\left(c_{1}(t), c_{2}(t)\right)<r_{t}$, the differential $\left.d \exp _{c_{1}(t)}\right|_{X(t)}$ is non-singular for each $t \in S^{1}$, so from (5.4), we get that also the differential $\left.d F\right|_{X(t)}$ is non-singular for each
$t \in S^{1}$. Hence $F$ is a local diffeomorphism. Now if for some $t \in S^{1}, U \subset T M$ is an open neighborhood of $X(t)$ such that $F$ is a diffeomorphism when restricted to $U$, we have

$$
X(t)=\left(\left.F\right|_{U}\right)^{-1}\left(c_{1}(t), c_{2}(t)\right)
$$

Since $c_{1}$ and $c_{2}$ are piecewise $C^{1}$ and $F$ is smooth, we obtain that $X$ is also piecewise $C^{1}$. We can now define a homotopy by

$$
H(s, t)=F(s X(t))=\exp _{c_{1}(t)}(s X(t))
$$

which satisfes $H(0, t)=c_{1}(t), H(1, t)=c_{2}(t)$.
Proof (of Thm. 5.15). Set

$$
E_{0}=\inf \left\{E[c] \mid c \text { homotopic to } c_{0}\right\}
$$

and let $c_{1}, c_{2}, \ldots$ be a sequence of piecewise $C^{1}$ loops homotopic to $c_{0}$ such that $E\left[c_{k}\right] \rightarrow E_{0}$ as $k \rightarrow \infty$. As reparametrization does not change the homotopy class, we may assume that $c_{i}$ are parametrized proportionally to arc length. By the estimate $L\left[c_{k}\right]^{2} \leq 2 E\left[c_{k}\right]$, we obtain that the lengths $L\left[c_{k}\right]$ are bounded uniformly over $k$. We think of the loops $c_{k}$ as maps $[0,1] \rightarrow M$ such that $c_{k}(0)=c_{k}(1)$.
Pick $r \in \mathbb{R}$ satisfying $0<r<\operatorname{injrad}(M, g)$, which is possible by (5.13). Then since the $c_{i}$ are parametrized by arc length and their lengths are uniformly bounded, there exists some $N \in \mathbb{N}$ such that, setting $t_{j}=j / N$, the points $p_{j}^{k}:=c_{k}\left(t_{j}\right)(j=0, \ldots, N)$, satisfy

$$
d\left(p_{j-1}^{k}, p_{j}^{k}\right) \leq \frac{r}{3}
$$

for any $j=1, \ldots, N$ and any $k \in \mathbb{N}$ (observe that $p_{0}^{k}=p_{N}^{k}$ since the $c_{i}$ are loops). We obtain $N$ sequences $\left(p_{1}^{k}\right)_{i \in \mathbb{N}}, \ldots,\left(p_{N}^{k}\right)_{k \in \mathbb{N}}$ in $M$. Since with $M$ also the $N$-fold product $M^{N}$ is compact, after passing to a subsequence, we may achieve that for each $j=0, \ldots, N$, the sequence $\left(p_{j}^{k}\right)_{i \in \mathbb{N}}$ converges to some point $p_{j} \in M$, where $p_{0}=p_{N}$.
By continuity, we also have

$$
d\left(p_{j-1}, p_{j}\right) \leq \frac{r}{3}<\operatorname{injrad}(M, g)
$$

for each $j$, so there exists a unique minimizing geodesic between $p_{j-1}$ and $p_{j}$. Let $c: S^{1} \rightarrow$ $M$ be the piecewise geodesic loop such that $c\left(t_{j}\right)=p_{j}$ and such that on the subintervals [ $\left.t_{j-1}, t_{j}\right]$ of $[0,1](j=1, \ldots, N), c$ is a the unique minimizing geodesic between $p_{j-1}$ and $p_{j}$. Let $k_{0} \in \mathbb{N}$ be so large that $d\left(p_{j}^{k}, p_{j}\right) \leq r / 3$ for all $k \geq k_{0}$. Then for any $k \geq k_{0}$ and any $t \in S^{1}$, we have

$$
d\left(c(t), c_{k}(t)\right) \leq d\left(c(t), p_{j}\right)+d\left(p_{j}, p_{j}^{k}\right)+d\left(p_{j}^{k}, c_{k}(t)\right) \leq \frac{r}{3}+\frac{r}{3}+\frac{r}{3}=r<\operatorname{injrad}(M, g) .
$$

where $j$ is such that $t \in\left[t_{j-1}, t_{j}\right]$. From Lemma 5.16, we obtain that $c$ and $c_{k}$ are homotopic, hence $c$ is also homotopic to $c_{0}$. Moreover, for each $j=1, \ldots, N$ and each $k \in \mathbb{N}$, we get

$$
\begin{aligned}
L\left[c \mid\left[t_{j-1, t_{j}}\right]\right. & =d\left(p_{j-1}, p_{j}\right) \leq d\left(p_{j-1}, p_{j-1}^{k}\right)+d\left(p_{j-1}^{k}, p_{j}^{k}\right)+d\left(p_{j}^{k}, p_{j}\right) \\
& \leq d\left(p_{j-1}, p_{j-1}^{k}\right)+L\left[\left.c_{k}\right|_{\left[t_{j-1}, t_{j}\right]}\right]+d\left(p_{j}^{k}, p_{j}\right) .
\end{aligned}
$$

Taking the sum over $j$, we get

$$
\begin{aligned}
L[c] & \leq L\left[c_{k}\right]+2 \sum_{j=1}^{n} d\left(p_{j}^{k}, p_{j}\right) \\
& \leq \sqrt{2 E\left[c_{k}\right]}+2 \sum_{j=1}^{n} d\left(p_{j}^{k}, p_{j}\right) \quad \xrightarrow{k \rightarrow \infty} \sqrt{2 E_{0}} .
\end{aligned}
$$

Let $\gamma$ be the reparametrization of $c$ proportionally to arc length, which is again homotopic to $c_{0}$. Then since $\gamma$ is parametrized proportionally to arc length, we have

$$
E[\gamma]=\frac{1}{2} L[\gamma]^{2}=\frac{1}{2} L[c]^{2} \leq E_{0}
$$

On the other hand, since $E_{0}$ is is infimum of all energies of loops homotopic to $c_{0}$, we must have $E[\gamma]=E_{0}$. Hence $\gamma$ realizes the infinimum of the energy among all piecewise $C^{1}$ curves homotopic to $c_{0}$. It follows that all variations $\left(\gamma_{s}\right)_{s \in(-\varepsilon, \varepsilon)}$ of $\gamma$ must satisfy $\left.\frac{d}{d s}\right|_{s=0} E\left[\gamma_{s}\right]=0$, so it follows from Thm. 5.3.1 that $\gamma$ is a geodesic (and in particular smooth, not only piecewise smooth).

### 5.8 Synge's theorem

Let $M$ be a manifold. For a point $p \in M$, denote by $\operatorname{Fr}_{p}(M)$ the set of vector space bases of $T_{p} M$. If $n$ the dimension of the manifold, there is a right action of $\mathrm{GL}(n, \mathbb{R})$ on $\operatorname{Fr}_{p}(M)$, given by

$$
\left(E_{1}, \ldots, E_{n}\right) \cdot\left(\begin{array}{ccc}
a_{11} & \ldots & a_{1 n} \\
\vdots & \ddots & \vdots \\
a_{n 1} & \ldots & a_{n n}
\end{array}\right)=\left(\sum_{i=1}^{n} a_{i 1} E_{i}, \ldots, \sum_{i=1}^{n} a_{i n} E_{i}\right)
$$

which is free and transitive. Hence the choice of a basis in $T_{p} M$ gives a bijection to $\mathrm{GL}(n, \mathbb{R}) . \operatorname{Fr}_{p}(M)$ is then given the unique manifold structure making this bijection to the open set $\mathrm{GL}(n, \mathbb{R}) \subset \mathbb{R}^{n \times n}$ is a diffeomorphism (this is independent of the choice of basis). The manifolds $\operatorname{Fr}_{p}(M)$ fit together to the frame bundle

$$
\operatorname{Fr}(M)=\coprod_{p \in M} \operatorname{Fr}_{p}(M) .
$$

There is then a unique manifold structure on $\operatorname{Fr}(M)$ such that the footpoint projection $\pi: \operatorname{Fr}(M) \rightarrow M$ is a surjective submersion (this is constructed similarly to the smooth
structure on $T M)$. In fact, this shows that $\operatorname{Fr}(M)$ is even a fiber bundle with typical fiber $\operatorname{GL}(n, \mathbb{R})$ (in fact, it is even a principal bundle).
$\mathrm{GL}(n, \mathbb{R})$ has two different connected components: The matrices with positive and negative determinant. Since $\operatorname{Fr}_{p}(M)$ is diffeomorphic to $\operatorname{GL}(n, \mathbb{R})$ for every $p \in M$, this shows that also each $\operatorname{Fr}_{p}(M)$ has two connected components. We then have the following lemma.

Lemma 5.17. If $M$ is connected, then $\operatorname{Fr}(M)$ has at most two connected components.
Proof. This follows at once from the long exact sequence for homotopy groups, applied to the fibration

$$
\mathrm{GL}(n, \mathbb{R}) \longrightarrow \operatorname{Fr}(M) \longrightarrow M
$$

Here we have that

$$
\cdots \longrightarrow \pi_{1}(M) \longrightarrow \underbrace{\pi_{0}(\mathrm{GL}(n, \mathbb{R}))}_{\mathbb{Z}_{2}} \longrightarrow \pi_{0}(\operatorname{Fr}(M)) \longrightarrow \underbrace{\pi_{0}(M)}_{=0}
$$

is a short exact sequence of pointed sets. Hence since $M$ is connected, $\pi_{0}(\operatorname{GL}(n, \mathbb{R})) \cong \mathbb{Z}_{2}$ surjects onto $\pi_{0}(\operatorname{Fr}(M))$.
An explicit argument is the following. Fix a base point $E_{0} \in \operatorname{Fr}(M)$. Denote by $p_{0}$ the foot point of $E_{0}$. Because $M$ is connected (hence path-connected, as $M$ is a manifold), given any other frame $E \in \operatorname{Fr}(M)$, say with foot point $p$, there exists a continuous path $c:[0,1] \rightarrow M$ with $c(0)=p_{0}$ and $c(1)=p$. Now, because $\operatorname{Fr}(M)$ is a fiber bundle, it has the path-lifting property, which implies that we can lift $c$ to a path $\bar{c}:[0,1] \rightarrow \operatorname{Fr}(M)$, satisfying $\widehat{c}(0)=E_{0}$ and $\pi(\bar{c}(t))=c(t)$ for all $t$. In particular, $c(1)$ and $E$ are two points in the same fiber $\operatorname{Fr}_{p_{0}}(M)$. If these two points lie in the same component of $\operatorname{Fr}_{p_{0}}(M)$, then we connect them by a path in $\operatorname{Fr}_{p}(M)$ and, by concatenation, obtain a path connecting $E_{0}$ and $E$.
Now, if $E$ and $E^{\prime}$ are two points in $\operatorname{Fr}(M)$, we can connect the foot points of both with $p_{0}$ through paths $c$ and $c^{\prime}$, and lift these to $\operatorname{Fr}(M)$, obtaining two elements $c(1), c^{\prime}(1) \in$ $\operatorname{Fr}_{p_{0}}(M)$. Now since $\operatorname{Fr}_{p_{0}}(M)$ has two connected components, at least two of the three elements $E_{0}, c(1), c^{\prime}(1)$ must lie in the same connected component. This shows that given two frames $E$ and $E^{\prime}$, either one of them lies in the same path component of $E_{0}$ or they both lie in the same path component. Hence $\pi_{0}(\operatorname{Fr}(M))$ has at most two elements.

Definition 5.18 (Orientability). A connected manifold $M$ is orientable if the frame bundle $\operatorname{Fr}(M)$ has two different connected components. An orientation of an orientable connected manifold $M$ is a choice of one of these connected components. It is denoted by $\mathrm{Fr}^{+}(M)$ and its elements are called positively oriented bases.
A (possibly non-connected) manifold is called orientable if each connected component is orientable, and an orientation of such a manifold is the choice of an orientation for each connected component.

For an oriented manifold $M$, the $\mathrm{GL}(n, \mathbb{R})$-action on $\operatorname{Fr}(M)$ restricts to an action of $\mathrm{GL}_{n}^{+}(\mathbb{R})$ (the group of matrices with positive determinant) on $\mathrm{Fr}^{+}(M)$.

Lemma 5.19. Let $(M, g)$ be a Riemannian manifold. For a piecewise smooth loop $c$ : $S^{1} \rightarrow M$, denote by $P_{c}$ the parallel transport around $c$.
(a) If $M$ is oriented, then every piecewise smooth loop $c: S^{1} \rightarrow M$ has $\operatorname{det}\left(P_{c}\right)=1$.
(b) If $M$ is not orientable, then there exists a piecewise smooth loop $c: S^{1} \rightarrow M$ such that $\operatorname{det}\left(P_{c}\right)=-1$.

Proof. We think of $c$ as a map $c:[0,1] \rightarrow M$ such that $c(0)=c(1)$. We know that $P_{c}: T_{c(0)} M \rightarrow T_{c(1)} M$ is an orthogonal transformation. Hence $\operatorname{det}\left(P_{c}\right)= \pm 1$.
(a) Suppose that $M$ is orientable. Let $E=\left(E_{1}, \ldots, E_{n}\right) \in \operatorname{Fr}_{c(0)}^{+}(M)$ be a positively oriented basis of of $T_{c(0)} M$ and let $E(t)=\left(E_{1}(t), \ldots, E_{n}(t)\right) \in \operatorname{Fr}_{c(t)}(M)$ be the corresponding parallel transported basis along $c$. Then $E(t)$ is a continuous path in $\mathrm{Fr}^{+}(M)$, hence $E(t)$ must be positively oriented for every $t \in[0,1]$. In particular, for $t=1$, we have $E(1)=\left(P_{c} E_{1}, \ldots, P_{c} E_{n}\right) \in \operatorname{Fr}_{c(1)}^{+}$, so

$$
\left(P_{c} E_{1}, \ldots, P_{c} E_{n}\right)=\left(E_{1}, \ldots, E_{n}\right) \cdot A
$$

for some $A \in \mathrm{GL}^{+}(\mathbb{R})$. It follows from the definition of the action that $A$ is just a matrix representation of $P_{c}$ with respect to the basis $E$. Hence

$$
\operatorname{det}\left(P_{c}\right)=\operatorname{det}(A)>0
$$

(b) Suppose that $M$ is not orientable. Then $\operatorname{Fr}(M)$ is connected (hence path-connected). So given $p \in M$ and any two bases $E, E^{\prime} \in \operatorname{Fr}_{p}(M)$, there exists a smooth path $\bar{c}$ in $\operatorname{Fr}(M)$ with $\bar{c}(0)=E$ and $\bar{c}(1)=E^{\prime}$. Since $E$ and $E^{\prime}$ lie in the same fiber, its foot point curve $c$ is a closed curve. Let $E(t)$ be the frame obtained by parallel transport of $E$ along $c$. This gives another smooth path in $\operatorname{Fr}(M)$, which lies in the same fiber as $\bar{c}(t)$ for every $t \in[0,1]$. Hence for each $t \in[0,1]$, there exists a unique $A(t) \in \operatorname{GL}(n, \mathbb{R})$ such that $E(t)=\bar{c}(t) \cdot A(t)$. Since both $E(t)$ and $\bar{c}(t)$ are smooth in $t$, the matrix $A(t)$ must depend smoothly on $t$ also. Since $E(0)=E=\bar{c}(0)$, we have $A(0)=\mathrm{id}$, so $\operatorname{det}(A(t))>0$ for each $t \in[0,1]$. We obtain that

$$
\left(P_{c} E_{1}, \ldots, P_{c}\left(E_{n}\right)\right)=E(1)=\bar{c}(1) \cdot A(1)=E^{\prime} \cdot A(1)
$$

Now if $E^{\prime}$ does not lie in the same connected component as $E$, we have $E^{\prime}=E \cdot B$ for a matrix $B$ with $\operatorname{det}(B)<0$. We therefore have

$$
\operatorname{det}\left(P_{c}\right)=\operatorname{det}(B A(1))=\operatorname{det}(B) \operatorname{det}(A(1))<0 .
$$

Lemma 5.20. Let $(M, g)$ be a Riemannian manifold and let $c, c^{\prime}: S^{1} \rightarrow M$ be two piecewise smooth loops that are homotopic. Then the parallel transports $P_{c}$ and $P_{c^{\prime}}$ around $c$, respectively $c^{\prime}$, satisfy $\operatorname{det}\left(P_{c}\right)=\operatorname{det}\left(P_{c^{\prime}}\right)$.

Remark 5.21. The point is here that the homotopy is only required to be continuous.

Proof. Let $c: S^{1} \rightarrow M$ be a loop (which we think of as path $c:[0,1] \rightarrow M$ with $c(0)=c(1))$ and let $E \in \operatorname{Fr}_{c(0)}(M)$ be a basis of $T_{c(0)} M$. Let moreover $E(t)$ be the parallel transport of $E$ around $c$. As seen in the proof of Lemma 5.19, we have $\operatorname{det}\left(P_{c}\right)=1$ if and only if $E(1)$ lies in the same connected component as $E$. Let now $c^{\prime}$ be another loop and let $H$ be a homotopy between $c$ and $c^{\prime}$. Since $\operatorname{Fr}(M)$ is a fiber bundle, we can lift $H$ to a map $\bar{H}:[0,1] \times[0,1] \rightarrow \operatorname{Fr}(M)$ such that $H(0, t)=E(t)$ for all $t \in[0,1]$. Write $E^{\prime}=H(1,0)$ and let $E^{\prime}(t)$ be the parallel transport of $E^{\prime}$ along $c^{\prime}$. Then as in the proof of Lemma 5.19, $E^{\prime}(t)=H(1, t) \cdot A(t)$ for a smooth map $A:[0,1] \rightarrow \operatorname{GL}(n, \mathbb{R})$. Now, if $E(1)$ lies in the same connected component as $E$ if and only if $H(s, 1)$ and $H(s, 0)$ lie in the same component of $\operatorname{Fr}_{H(s, 0)}(M)$ for every $s \in[0,1]$, if and only if $E^{\prime}(1)$ lies in the same connected component as $E^{\prime}$.

Theorem 5.22 (Synge). Let $(M, g)$ be a compact Riemannian manifold with positive sectional curvature.
(a) If $M$ is even-dimensional and oriented, then it is simply connected.
(b) If $M$ is odd-dimensional, then it is orientable.

The proof is based on the following.
Linear Algebra Lemma 5.23. Let $V$ be an oriented Euclidean vector space and let $P$ be an orthogonal transformation of $V$. If $V$ is odd-dimensional, assume that $\operatorname{det}(P)=1$. If $V$ is even-dimensional, assume that $\operatorname{det}(P)=-1$. Then $P$ fixes a one-dimensional subspace.

Proof. As an orthogonal transformation, the eigenvalues of $P$ all lie on the complex unit circle. Since $P$ is real, the spectrum is symmetric with respect to the real axis, hence if $\lambda$ is an eigenvalue, then so is $\bar{\lambda}$. Let $E \subset V$ be the direct sum of eigenspaces to eigenvalues with non-zero imaginary part. Then $E$ is an even-dimensional invariant subspace, since all eigenvalues of $\left.P\right|_{E}$ come in complex conjugate pairs. As $\lambda \bar{\lambda}=1$, we have $\operatorname{det}\left(\left.P\right|_{E}\right)=1$. On the orthogonal complement $V^{\prime}$ of $E, P$ has the eigenvalues +1 and -1 . We have to show that $e=\operatorname{dim}\{X \mid P X=X\}$ is not zero. We have

$$
\operatorname{det}(P)=\operatorname{det}\left(\left.P\right|_{V^{\prime}}\right) \operatorname{det}\left(\left.P\right|_{E}\right)=\operatorname{det}\left(\left.P\right|_{V^{\prime}}\right)=(-1)^{\operatorname{dim}\left(V^{\prime}\right)-e}=(-1)^{\operatorname{dim}(V)-e}
$$

since $V^{\prime}$ has the same parity as $V$. Now observe that the assumptions imply that $e$ must always be odd, in particular not zero.

Proof (of Thm. 5.22). (a) Assume that $M$ is even-dimensional and suppose that $c: S^{1} \rightarrow$ $M$ defines an non-trivial element of $\pi_{1}(M)$. By Thm. 5.15, there exists a closed geodesic $\gamma$ homotopic to $c$ that minimizes the energy in its homotopy class. We may parametrize $\gamma$ by arc length. The parallel transport $P_{\gamma}$ around $\gamma$ satisfies

$$
P_{\gamma} \dot{\gamma}(0)=\dot{\gamma}(0),
$$

hence it preserves the orthogonal complement $V=\dot{\gamma}(0)^{\perp} \subset T_{\gamma(0)} M$. Since $M$ is evendimensional, $V$ is odd-dimensional. Hence $\left.P_{\gamma}\right|_{V}$ is orthogonal transformation of an odddimensional vector space. By Lemma 5.19(a), we have $\operatorname{det}\left(P_{\gamma}\right)=1$. By Lemma 5.23, $\left.P_{\gamma}\right|_{V}$ fixes a line, hence there exists $X \perp \dot{\gamma}(0)$ with $\|X\|=1$ and $P_{\gamma} X=X$. Let $X(t)$ be the parallel vector field around $\gamma$ corresponding to this eigenvector (the point is here that $X$ closes up continuously after going around $\gamma)$. Let $\left(\gamma_{s}\right)_{s \in(-\varepsilon, \varepsilon)}$ be a variation with variational vector field $X$. Then since $X$ is parallel, we get

$$
\begin{aligned}
\frac{\partial^{2}}{\partial s^{2}} E\left[\gamma_{s}\right] & =\int_{0}^{1}\left(\left\|\frac{\nabla}{d t} X(t)\right\|^{2}-\langle R(X(t), \dot{\gamma}(t)) \dot{\gamma}(t), X(t)\rangle\right) d t \\
& \left.=-\int_{0}^{1} R(X(t), \dot{\gamma}(t)) \dot{\gamma}(t), X(t)\right\rangle d t \\
& =-\int_{0}^{1} K(\operatorname{span}\{X(t), \dot{\gamma}(t)\}) d t<0
\end{aligned}
$$

Here we use that as $X \perp \dot{\gamma}(0)$, we also have $X(t) \perp \dot{\gamma}(t)$ for all other $t$, hence $X(t)$ and $\dot{\gamma}(t)$ span a plane in $T_{\gamma(t)} M$ and we can identify $R(X(t), \dot{\gamma}(t)) \dot{\gamma}(t), X(t)$ with the sectional curvature of this plane. We obtain that for $|s|$ small, $\gamma_{s}$ is a curve homotopic to $\gamma$ such that $E\left[\gamma_{s}\right]<E[\gamma]$, a contradiction to the assumption that $\gamma$ is energy minimizing in its homotopy class. Hence every element of $\pi_{1}(M)$ must be trivial.
(b) Suppose $M$ is not orientable. Then by Lemma 5.19(b), there exists a piecewise smooth loop $c: S^{1} \rightarrow M$ such that $\operatorname{det}\left(P_{c}\right)=-1$. $c$ must define a non-trivial element of $\pi_{1}(M)$, because if $c$ is homotopic to a constant loop, then by Lemma 5.20, we have $\operatorname{det}\left(P_{c}\right)=$ $\operatorname{det}(\mathrm{id})=1$ (using that parallel transport around constant loops is the identity). Let now $\gamma$ be an energy-minimizing geodesic homotopic to $c$ (Thm. 5.15). By Lemma 5.20, we also have $\operatorname{det}\left(P_{\gamma}\right)=-1$. Since $M$ is odd-dimensional, the orthogonal complement $V=\dot{\gamma}(0)^{\perp}$ is an even-dimensional invariant subspace for $P_{\gamma}$, and we still have $\operatorname{det}\left(\left.P_{\gamma}\right|_{V}\right)=-1$. Hence by Lemma $5.23,\left.P_{\gamma}\right|_{V}$ fixes a line. As before, we derive a contradiction to the fact that $\gamma$ minimizes the energy in its homotopy class. Hence there cannot be a piecewise smooth loop $c: S^{1} \rightarrow M$ with $\operatorname{det}\left(P_{c}\right)=-1$, so $M$ must be orientable.

Remark 5.24. The necessity of the assumptions of Synge's theorem can be seen via the following examples.
(a) The odd-dimensional spheres can be realized as $S^{2 n-1} \subset \mathbb{C}^{n}$. For any $p \in \mathbb{N}$ and $q_{1}, \ldots, q_{n}$ coprime integers to $p$, there is an action of the cyclic group $\mathbb{Z} / p \mathbb{Z}$ on $S^{2 n-1}$, where the generator of $\mathbb{Z} / p \mathbb{Z}$ acts via

$$
\left(z_{1}, \ldots, z_{n}\right) \longmapsto\left(e^{2 \pi q_{1} / p} z_{1}, \ldots, e^{2 \pi q_{n} / p} z_{n}\right) .
$$

This is a free and orientation preserving action by isometries, hence taking the quotient by this action, we obtain a new Riemannian manifold, the so-called lens space $L\left(p ; q_{1}, \ldots, q_{n}\right)$. The corresponding Riemannian manifold still has constant positive sectional curvature and non-trivial fundamental group. This shows that the manifold in Thm. 5.22 must indeed be even-dimensional for the conclusion of (a) to hold.
(b) The real projective spaces $\mathbb{R} P^{n}$ are non-orientable if $n$ is even, but have positive sectional curvature. This shows that the conclusion (b) of Synge's theorem needs the assumption that the dimensional of $M$ is odd.

## 6 Lie groups and homogeneous spaces

### 6.1 Lie groups and their Lie algebras

Definition 6.1. A Lie group is a group $G$ together with a manifold structure on $G$ such that the group multiplication $m: G \times G \rightarrow G$ and the inversion map $i: G \rightarrow G$ are smooth. A homomorphism between Lie groups $G$ and $H$ is a smooth group homomorphism $\varphi: G \rightarrow H$.

Example 6.2. Any countable group is a Lie group when endowed with the discrete topology. (It cannot be uncountable because then as a topological space with the discrete topology, it would not be second-countable.)

Example 6.3. $\mathbb{R}^{n}$ with its usual smooth structure becomes a Lie group with respect to addition of vectors. Its quotient $T^{n}=\mathbb{R}^{n} / \mathbb{Z}^{n}$, the $n$-dimensional torus, is also a Lie group. In fact, every connected abelian Lie group is of the form $T^{n} \times \mathbb{R}^{m}$, for numbers $n, m \in \mathbb{N}_{0}$.

Example 6.4. It is a general (non-trivial) fact that the isometry group $\operatorname{Isom}(M, g)$ of a semi-Riemannian manifold $(M, g)$ is a Lie group.

Example 6.5. If $V$ is a real or complex or quaternionic vector space, then the general linear group $\mathrm{GL}(V)$ is a Lie group with the manifold structure coming from viewing it as an open subset of $\operatorname{End}(V)$. For any $n \in \mathbb{N}$, we thus obtain Lie groups GL $(n, \mathbb{R})$, GL $(n, \mathbb{C})$ and $\mathrm{GL}(n, \mathbb{H})$. There are canonical inclusions $\mathrm{GL}(n, \mathbb{C}) \subset \mathrm{GL}(2 n, \mathbb{R})$ and $\mathrm{GL}(n, \mathbb{H}) \subset$ $\mathrm{GL}(2 n, \mathbb{C}) \subset \mathrm{GL}(4 n, \mathbb{R})$, which for $n=1$ are given by

$$
a+b i \longmapsto\left(\begin{array}{cc}
a & b \\
-b & a
\end{array}\right), \quad z+w j \longmapsto\left(\begin{array}{cc}
z & w \\
-\bar{w} & \bar{z}
\end{array}\right) .
$$

The most important theorem for generating examples of Lie groups is the following. A proof can be found in any textbook on Lie groups.

Theorem 6.6. If $G$ is a Lie group and $H \subset G$ is a closed subgroup, then it is in fact a submanifold and a Lie group with the induced smooth structure.

Example 6.7. It follows that any closed subgroup $G \subset \mathrm{GL}(V)$ is a Lie group. We have the following concrete examples.
(a) The special linear group $\mathrm{SL}(V)=\operatorname{det}^{-1}(1) \subset \mathrm{GL}(V)$. We also use the notations $\operatorname{SL}(n, \mathbb{R}), \mathrm{SL}(n, \mathbb{C})$ and $\mathrm{SL}(n, \mathbb{H})$. In the quaternionic case, one has to take the real determinant, coming from the inclusion $\mathrm{GL}(n, \mathbb{H}) \subset \mathrm{GL}(4 n, \mathbb{R})$.
(b) The orthogonal group $\mathrm{O}(n)=\left\{A \in \mathrm{GL}(n, \mathbb{R}) \mid A A^{t}=\mathrm{id}\right\}$.
(c) The special orthogonal group $\mathrm{SO}(n)=\mathrm{O}(n) \cap \mathrm{SL}(n, \mathbb{R})$.
(d) The unitary group $\mathrm{U}(n)=\left\{A \in \mathrm{GL}(n, \mathbb{C}) \mid A A^{*}=\mathrm{id}\right\}$. Here $A^{*}=\bar{A}^{t}$ denotes the transpose, followed by complex conjugation.
(e) The special unitary group $\mathrm{SU}(n)=\mathrm{U}(n) \cap \mathrm{SL}(n, \mathbb{C})$.
(f) The unitary groups are not to be confused with the complex orthogonal groups $\mathrm{O}(n, \mathbb{C})=$ $\left\{A \in \mathrm{GL}(n, \mathbb{C}) \mid A A^{t}=\mathrm{id}\right\}$ and $\mathrm{SO}(n, \mathbb{C})=\mathrm{O}(n, \mathbb{C}) \cap \mathrm{SL}(n, \mathbb{C}) . \mathrm{U}(n)$ and $\mathrm{SU}(n)$ are compact, while these are not.
(g) The (compact) symplectic group $\operatorname{Sp}(n)=\left\{A \in \mathrm{GL}(n, \mathbb{H}) \mid A A^{\dagger}=\mathrm{id}\right\}$. Here $A^{\dagger}$ denotes transpose followed by quaternionic conjugation.

Given a Lie group $G$, we write

$$
\lambda_{g}(h)=g h, \quad \rho_{g}(h)=h g
$$

for the actions of $G$ on itself by left and right multiplication. It follows from the axioms of a Lie group, that $\lambda_{g}$ and $\rho_{g}$ are diffeomorphisms for every $g \in G$.

Definition 6.8 (Left-invariant vector fields). A vector field $\tilde{X}$ on a Lie group $G$ is called left invariant if for all $g \in G$, we have

$$
d \lambda_{g}(\tilde{X})=\tilde{X} \circ \lambda_{g}
$$

Lemma 6.9. For two left-invariant vector fields $\tilde{X}, \tilde{Y}$ on a Lie group $G$, the Lie bracket $[\tilde{X}, \tilde{Y}]$ is again left invariant.

Proof. Observe here that left-invariance of a vector field $\tilde{X}$ on $G$ can be reformulated as $\left(\lambda_{g}\right)_{*} \tilde{X}=\tilde{X}$. Therefore the lemma follows from the fact that the Lie bracket of vector fields is natural, in the sense that for any diffeomorphism $f: M \rightarrow N$ between manifolds and any two vector fields $\tilde{X}, \tilde{Y}$ on $M$, we have $f_{*}[\tilde{X}, \tilde{Y}]=\left[f_{*} \tilde{X}, f_{*} \tilde{Y}\right]$, where $f_{*} \tilde{X}=d f(\tilde{X}) \circ f^{-1}$ is the pushforward of $X$ by $f$.

For any manifold $M$, the Lie bracket on vector fields satisfies the so-called Jacobi identity

$$
\begin{equation*}
[[\tilde{X}, \tilde{Y}], \tilde{Z}]+[[\tilde{Y}, \tilde{Z}], \tilde{X}]+[[\tilde{Z}, \tilde{X}], \tilde{Y}]=0 \tag{6.1}
\end{equation*}
$$

Abstractly, a vectorspace $V$ together with a skew-symmetric bracket $[\cdot, \cdot]: V \times V \rightarrow V$ satisfying $(\sqrt{6.1})$ is called a Lie algebra. By Lemma 6.9 , the space of left invariant vector fields $\mathcal{X}_{\lambda}(G)$ is a Lie subalgebra of the Lie algebra $\mathcal{X}(G)$ of all vector fields on $G$.
There is an alternative description of the Lie algebra $\mathcal{X}_{\lambda}(G)$ of left invariant vector fields for a Lie group $G$ that we discuss now.

Lemma 6.10. Evaluation at $e \in G$ gives a vector space isomorphism between the space of left invariant vector fields on $G$ and $T_{e} G$.

Proof. For any tangent vector $X \in T_{e} G$, there is a left invariant vector field $\tilde{X}$ with $\left.\tilde{X}\right|_{e}=X$, which is given by

$$
\left.\tilde{X}\right|_{g}=d \lambda_{g}(X)
$$

Conversely, every left invariant vector field $\tilde{X}$ is determined by its value at $e \in G$, as $\left.\tilde{X}\right|_{g}=\left.\left(\tilde{X} \circ \lambda_{g}\right)\right|_{e}=d \lambda_{g}\left(\left.\tilde{X}\right|_{e}\right)$.

From now on, we set

$$
\mathfrak{g}:=T_{e} G,
$$

which by the above Lemma is isomorphic to the Lie algebra of left invariant vector fields on $G$. To obtain a description of the Lie bracket of $\mathcal{X}_{\lambda}(G)$ in terms of $\mathfrak{g}$, consider the conjugation action

$$
\alpha: G \times G \longrightarrow G, \quad(g, h) \longmapsto g h g^{-1}
$$

of $G$ on itself. Differentiating $\alpha$ with respect to the second variable at the unit element $e \in G$, we obtain an action

$$
\operatorname{Ad}: G \times \mathfrak{g} \longrightarrow \mathfrak{g}
$$

of $G$ on $\mathfrak{g}$. This action is called the adjoint action of $G$ on $\mathfrak{g}$.
Example 6.11. If $G \subset \mathrm{GL}(V)$ is a closed subgroup, the adjoint action is just given by $\operatorname{Ad}_{g}(X)=g X g^{-1}$. The tangent space at an arbitrary $g \in G$ is related to $\mathfrak{g}$ by

$$
T_{g} G=\left\{X g \mid X \in T_{e} G\right\}=\left\{g X \mid X \in T_{e} G\right\}
$$

The equality of the two descriptions above follows from the invariant of $\mathfrak{g}$ under the adjoint action.

Further differentiating Ad with respect to the first variable, we obtain a map

$$
\mathrm{ad}: \mathfrak{g} \times \mathfrak{g} \longrightarrow \mathfrak{g}
$$

Lemma 6.12. Let $X, Y \in \mathfrak{g}$ and let $\tilde{X}$ and $\tilde{Y}$ be the corresponding left invariant vector fields. Then

$$
\operatorname{ad}_{X}(Y)=\left.[\tilde{X}, \tilde{Y}]\right|_{e}
$$

Proof. We show that $\operatorname{ad}_{X}(Y)$ and $\left.[\tilde{X}, \tilde{Y}]\right|_{e}$ coincide as derivations on $\mathfrak{g}=T_{e} G$. To this end, let $\xi, \eta:(-\varepsilon, \varepsilon) \rightarrow G$ be smooth curves with $\xi(0)=\eta(0)=e$ and $\dot{\xi}(0)=X$, $\dot{\eta}(0)=Y$. Then

$$
\operatorname{ad}_{X}(Y)=\left.\frac{\partial}{\partial t}\right|_{t=0} \operatorname{Ad}_{\xi(t)}(Y)
$$

On the other hand, $\sigma(s)=\xi(t) \eta(s) \xi(t)^{-1}$ is a curve such that $\dot{\sigma}(0)=\operatorname{Ad}_{\xi(t)}(Y)$. Hence for $f \in C^{\infty}(G)$, we have

$$
\partial_{\operatorname{Ad}_{\xi(t)}(Y)} f(e)=\left.\frac{\partial}{\partial s}\right|_{s=0} f\left(\alpha_{\xi(t)}(\eta(s))\right) .
$$

We therefore get

$$
\partial_{\operatorname{ad}_{X}(Y)} f(e)=\left.\frac{\partial}{\partial t}\right|_{t=0} \partial_{\operatorname{Ad}_{\xi(t)}(Y)} f(e)=\left.\frac{\partial^{2}}{\partial t \partial s}\right|_{t=s=0} f\left(\alpha_{\xi(t)}(\eta(s))\right)
$$

Exchanging the differentiation variables and using the chain rule, we get

$$
\begin{aligned}
\left.\frac{\partial^{2}}{\partial t \partial s}\right|_{t=s=0} f\left(\alpha_{\xi(t)}(\eta(s))\right) & =\left.\frac{\partial^{2}}{\partial s \partial t}\right|_{s=t=0} f\left(\xi(t) \eta(s) \xi(t)^{-1}\right) \\
& =\underbrace{\left.\frac{\partial^{2}}{\partial s \partial t}\right|_{s=t=0} f(\xi(t) \eta(s))}_{(1)}+\underbrace{\left.\frac{\partial^{2}}{\partial s \partial t}\right|_{s=t=0} f\left(\eta(s) \xi(t)^{-1}\right)}_{(2)}
\end{aligned}
$$

We have

$$
\left.\frac{\partial}{\partial s}\right|_{s=0} \xi(t) \eta(s)=\left.\frac{\partial}{\partial s}\right|_{s=0} \lambda_{\xi(t)}(\eta(s))=\left.d \lambda_{\xi(t)}\right|_{e}\left(\left.Y\right|_{e}\right)=\left.\tilde{Y}\right|_{\xi(t)}
$$

hence swapping derivatives again, we get

$$
(1)=\left.\frac{\partial^{2}}{\partial t \partial s}\right|_{t=s=0} f(\xi(t) \eta(s))=\left.\frac{\partial}{\partial t}\right|_{t=0} \partial_{\tilde{Y}} f(\xi(t))=\partial_{\tilde{X}} \partial_{\tilde{Y}} f(e)
$$

To deal with the term (2), we observe that differentiating the constant curve $t \mapsto \xi(t) \xi(t)^{-1}$ using the chain rule, we obtain that $t \mapsto \xi(0)^{-1}$ represents the tangent vector $-\dot{\xi}(0)=-X$. Hence

$$
\left.\frac{\partial}{\partial t}\right|_{t=0} \eta(s) \xi(t)^{-1}=\left.\frac{\partial}{\partial t}\right|_{t=0} \lambda_{\eta(s)}\left(\xi(t)^{-1}\right)=-\left.d \lambda_{\eta(s)}\right|_{e}\left(\left.X\right|_{e}\right)=-\left.\tilde{X}\right|_{\eta(s)}
$$

and

$$
(2)=-\left.\frac{\partial}{\partial s}\right|_{s=0} \partial_{\tilde{X}} f(\eta(s))=-\partial_{\tilde{Y}} \partial_{\tilde{X}} f(e) .
$$

Putting everything together, we obtain

$$
\partial_{\mathrm{ad}_{X}(Y)} f(e)=\partial_{\tilde{X}} \partial_{\tilde{Y}} f(e)-\partial_{\tilde{Y}} \partial_{\tilde{X}} f(e)=\partial_{[\tilde{X}, \tilde{Y}]} f(e),
$$

as claimed.
Definition 6.13 (Lie algebra). Let $G$ be a Lie group. The Lie algebra of $G$ is its tangent space at the identity element $\mathfrak{g}=T_{e} G$, together with the Lie bracket $[X, Y]=$ $\operatorname{ad}_{X}(Y)$.

Lie groups are typically denoted by capital roman letters such as $G, H, K$, while the corresponding Lie algebras are denoted by the corresponding fraktur letters $\mathfrak{g}, \mathfrak{h}, \mathfrak{k}$. If $\varphi$ : $G \rightarrow H$ is a Lie group homomorphism, its differential induces a Lie algebra homomorphism $\varphi_{*}=\left.d \varphi\right|_{e}: \mathfrak{g} \rightarrow \mathfrak{h}$.

Example 6.14. The Lie bracket of the Lie algebra of an abelian Lie group is zero.
Example 6.15. The Lie algebra of $\mathrm{GL}(V)$ is the space $\operatorname{gl}(V)=\operatorname{End}(V)$ of vector space endomorphisms of $V$, with the commutator Lie bracket

$$
[X, Y]=X Y-Y X
$$

Matrix Lie groups from Example 6.7 are the following, all with the bracket induced by the one of $\operatorname{gl}(V)$ :
(a) $\mathfrak{s l}(V)=\{X \in \operatorname{gl}(V) \mid \operatorname{tr}(X)=0\}$.
(b) $\mathfrak{o}(n)=\mathfrak{s o}(n)=\left\{X \in \operatorname{gl}(n, \mathbb{R}) \mid X^{t}=-X\right\}$.
(c) $\mathfrak{u}(n)=\left\{X \in \mathfrak{g l}(n, \mathbb{C}) \mid X^{*}=-X\right\}$.
(d) $\mathfrak{s u}(n)=\left\{X \in \mathfrak{g l}(n, \mathbb{C}) \mid X^{*}=-X, \operatorname{tr}(X)=0\right\}$.
(e) $\mathfrak{o}(n, \mathbb{C})=\mathfrak{s o}(n, \mathbb{C})=\left\{X \in \mathfrak{g l}(n, \mathbb{C}) \mid X^{t}=-X\right\}$.
(f) $\mathfrak{s p}(n)=\left\{X \in \mathfrak{g l}(n, \mathbb{H}) \mid X^{\dagger}=-X\right\}$.

It is an exercise to check that the commutator bracket indeed restricts to each of these subspaces.

### 6.2 Differential geometry of Lie groups

Definition 6.16 (Invariant metrics). Let $G$ be a Lie group. A semi-Riemannian metric $\beta$ on $G$ is called left invariant, if $\lambda_{g}^{*} \beta=\beta$ for all $h \in G$, and bi-invariant if $\lambda_{g}^{*} \beta=$ $\rho_{g}^{*} \beta=\beta$ for all $h \in G$.

Lemma 6.17. Let $G$ be a Lie group with Lie algebra $\mathfrak{g}$.
(a) Restriction at the unit element e provides an isomorphism between the space of left invariant semi-Riemannian metrics on $G$ and the space of non-degenerate inner products on $\mathfrak{g}$ (of the same signature).
(b) This isomorphism further refines to one between the space of bi-invariant semi-Riemannian metrics on $G$ and the space of Ad-invariant, non-degenerate inner products on $\mathfrak{g}$.

Proof. (a) Any left-invariant semi-Riemannian metric $\beta$ is determined by $\beta_{0}:=\left.\beta\right|_{e}$ because of the formula

$$
\begin{equation*}
\left.\beta\right|_{g}\left(\left.X\right|_{g},\left.Y\right|_{g}\right)=\beta_{0}\left(\left.d \lambda_{g^{-1}}\right|_{g}\left(\left.X\right|_{g}\right),\left.d \lambda_{g^{-1}}\right|_{g}\left(\left.Y\right|_{g}\right)\right), \quad X, Y \in T_{g} G \tag{6.2}
\end{equation*}
$$

This shows that the restriction map is injective. On the other hand, given a nondegenerate inner product $b$ on $\mathfrak{g}=T_{e} G$, it defines a semi-Riemannian metric on $G$ by replacing $\left.\beta\right|_{e}$ by $b$ in the above formula. Therefore, the restriction map is surjective.
(b) Let $\beta_{0}$ be an Ad-invariant, non-degenerate inner product on $\mathfrak{g}$ and let $\beta$ be the corresponding left-invariant metric given by (6.2). Then for vector fields $X, Y \in T_{g} G$, we have

$$
\begin{aligned}
\left.\beta\right|_{g}(X, Y) & =\beta_{0}\left(\left.d \lambda_{g^{-1}}\right|_{g}(X),\left.d \lambda_{g^{-1}}\right|_{g}(Y)\right) \\
& =\beta_{0}\left(\operatorname{Ad}_{h^{-1}} d \lambda_{g^{-1}}(X), \operatorname{Ad}_{h^{-1}} d \lambda_{g^{-1}}(Y)\right) \\
& =\beta_{0}\left(\left.\left.d \alpha_{h^{-1}}\right|_{e} d \lambda_{g^{-1}}\right|_{g}(X),\left.\left.d \alpha_{h^{-1}}\right|_{e} d \lambda_{g^{-1}}\right|_{g}(Y)\right) \\
& =\beta_{0}\left(\left.\left.d \lambda_{h^{-1}}\right|_{h} d \rho_{h}\right|_{e} d \lambda_{g^{-1}}(X),\left.\left.d \lambda_{h^{-1}}\right|_{h} d \rho_{h}\right|_{e} d \lambda_{g^{-1}}(Y)\right) \\
& =\beta_{0}\left(\left.\left.d \lambda_{(g h)^{-1}}\right|_{g h} d \rho_{h}\right|_{g}(X),\left.\left.d \lambda_{(g h)^{-1}}\right|_{g h} d \rho_{h}\right|_{g}(Y)\right) \\
& =\beta_{g h}\left(\left.d \rho_{h}\right|_{g}(X),\left.d \rho_{h}\right|_{g}(Y)\right),
\end{aligned}
$$

where we used that the left and right actions commute, together with the product rule. So $\beta$ is also right invariant, hence bi-invariant. Conversely, if $\beta$ is bi-invariant, then we have for $\beta_{0}:=\left.\beta\right|_{e}$ that

$$
\begin{aligned}
\beta_{0}\left(\operatorname{Ad}_{g}(X), \operatorname{Ad}_{g}(Y)\right) & =\left.g\right|_{e}\left(\left.d \alpha_{g}\right|_{e}(X),\left.d \alpha_{g}\right|_{e}(Y)\right) \\
& =\left.\beta\right|_{e}\left(\left.\left.d \lambda_{g}\right|_{g^{-1}} d \rho_{g}\right|_{e}(X),\left.\left.d \lambda_{g}\right|_{g^{-1}} d \rho_{g}\right|_{e}(Y)\right) \\
& =\left.\beta\right|_{g^{-1}}\left(\left.d \rho_{g}\right|_{e}(X),\left.d \rho_{g}\right|_{e}(Y)\right) \\
& =\left.\beta\right|_{e}(X, Y) \\
& =\beta_{0}(X, Y)
\end{aligned}
$$

for all $X, Y \in \mathfrak{g}$.
Theorem 6.18. Every compact Lie group admits a bi-invariant Riemannian metric.
Proof. We use that any compact Lie group has a finite right invariant measure, i.e., a measure $\mu$ with $\mu(G)<\infty$ and such that

$$
\int_{G} \rho_{g}^{*} f(h) d \mu(h)=\int_{G} f(h) d \mu(h)
$$

for all $f \in C^{\infty}(G)$ and all $g \in G$ (this can be obtained, for example, by extending a density at $e \in G$ by right invariance to all of $G$ ). Now given any positive definite inner product $\beta_{0}$ on $G$, we define

$$
\beta(X, Y)=\int_{G} \beta_{0}\left(\operatorname{Ad}_{h}(X), \operatorname{Ad}_{h}(Y)\right) d \mu(h), \quad X, Y \in \mathfrak{g}
$$

Then

$$
\beta\left(\operatorname{Ad}_{g}(X), \operatorname{Ad}_{g}(Y)\right)=\int_{G} \beta_{0}\left(\operatorname{Ad}_{h g}(X), \operatorname{Ad}_{h g}(Y)\right) d \mu(h)
$$

which coincides with $\beta(X, Y)$ by right invariance of $\mu$.

Example 6.19. Ad-invariant, non-degenerate inner products on $\mathfrak{g l}(n, \mathbb{R})$ and $\mathfrak{g l}(n, \mathbb{C})$ are given by

$$
\beta(X, Y)=-\operatorname{tr}(X Y), \quad \text { respectively } \quad \beta(X, Y)=-\operatorname{Re} \operatorname{tr}(X Y),
$$

inducing a semi-Riemannian metric on $\mathrm{GL}(n, \mathbb{R})$ and $\mathrm{GL}(n, \mathbb{C})$. These inner products are positive definite on $\mathfrak{s o}(n) \subset \mathfrak{g l}(n, \mathbb{R})$ and $\mathfrak{u}(n) \subset \mathfrak{g l}(n, \mathbb{C})$, hence induce bi-invariant Riemannian metrics $\mathrm{O}(n), \mathrm{SO}(n)$ and $\mathrm{U}(n)$.

Lemma 6.20. Let $G$ be a Lie group with Lie algebra $\mathfrak{g}$. Then any Ad-invariant, nondegenerate inner product $\beta$ on $\mathfrak{g}$ satisfies

$$
\beta([X, Y], Z)=\beta(X,[Y, Z]), \quad X, Y, Z \in \mathfrak{g} .
$$

Proof. Let $\xi:(-\varepsilon, \varepsilon) \rightarrow G$ be a path with $\dot{\xi}(0)=X$. Then for $Y, Z \in \mathfrak{g}$, the number $\operatorname{Ad}_{\xi(t)}^{*} \beta(Y, Z)$ is independent of $t$. Hence, using the chain rule and Lemma 6.12, we get

$$
\begin{aligned}
0 & =\left.\frac{d}{d t}\right|_{t=0} \beta\left(\operatorname{Ad}_{\xi(t)}(Y), \operatorname{Ad}_{\xi(t)}(Z)\right) \\
& =\beta\left(\left.\frac{d}{d t}\right|_{t=0} \operatorname{Ad}_{\xi(t)}(Y), Z\right)+\beta\left(Y,\left.\frac{d}{d t}\right|_{t=0} \operatorname{Ad}_{\xi(t)}(Z)\right) \\
& =\beta\left(\operatorname{ad}_{X}(Y), Z\right)+\beta\left(Y, \operatorname{ad}_{X}(Z)\right) \\
& =\beta([X, Y], Z)+\beta(Y,[X, Z]),
\end{aligned}
$$

which implies the claim.
Lemma 6.21. Let $G$ be a Lie group and let $\beta$ be a bi-invariant semi-Riemannian metric on $G$, with Levi-Civita connection $\nabla$. Then for left invariant vector fields $\tilde{X}$, $\tilde{Y}$, we have

$$
\nabla_{\tilde{X}} \tilde{Y}=\frac{1}{2}[\tilde{X}, \tilde{Y}] .
$$

Proof. By the Koszul formula, we have

$$
\begin{align*}
2 \beta\left(\nabla_{X} Y, Z\right)= & \partial_{X} \beta(Y, Z)+\partial_{Y} \beta(X, Z)-\partial_{Z} \beta(X, Y)  \tag{6.3}\\
& +\beta([X, Y], Z)-\beta([X, Z], Y)-\beta([Y, Z], X)
\end{align*}
$$

For all vector fields $X, Y, Z$ on $G$. If $\tilde{X}, \tilde{Y} \in \mathcal{X}_{\lambda}(G)$ are left invariant vector fields corresponding to $X, Y \in \mathfrak{g}$, then

$$
\left.\beta\right|_{g}\left(\left.\tilde{X}\right|_{g},\left.\tilde{Y}\right|_{g}\right)=\left.\beta\right|_{g}\left(\left.d \lambda_{g}\right|_{e} X,\left.d \lambda_{g}\right|_{e} Y\right)=\left.\beta\right|_{e}(X, Y)
$$

so $\left.\beta\right|_{g}\left(\left.\tilde{X}\right|_{g},\left.\tilde{Y}\right|_{g}\right.$ is a constant function of $g$. We obtain that if $\tilde{X}, \tilde{Y}, \tilde{Z}$ are left invariant vector fields, then the first three terms of (6.3) vanish. We therefore get

$$
\begin{aligned}
2 \beta\left(\nabla_{\tilde{X}} \tilde{Y}, \tilde{Z}\right) & =\beta([\tilde{X}, \tilde{Y}], \tilde{Z})-\beta([\tilde{X}, \tilde{Z}], \tilde{Y})-\beta([\tilde{Y}, \tilde{Z}], \tilde{X}) \\
& =\beta([\tilde{X}, \tilde{Y}], \tilde{Z})+\beta([\tilde{Z}, \tilde{X}], \tilde{Y})+\beta([\tilde{Z}, \tilde{Y}], \tilde{X}) \\
& =\beta([\tilde{X}, \tilde{Y}], \tilde{Z})+\beta(\tilde{Z},[\tilde{X}, \tilde{Y}])+\beta(\tilde{Z},[\tilde{Y}, \tilde{X}]) \\
& =\beta([\tilde{X}, \tilde{Y}], \tilde{Z}) .
\end{aligned}
$$

where we used Lemma 6.20. Since $\beta$ is non-degenerate and each tangent space is spanned by the values of left invariant vector fields, this implies the result.

Theorem 6.22. Let $G$ be a Lie group with a bi-invariant semi-Riemannian metric. Then for left invariant vector fields $\tilde{X}, \tilde{Y}, \tilde{Z}$, we have

$$
R(\tilde{X}, \tilde{Y}) \tilde{Z}=-\frac{1}{4}[[\tilde{X}, \tilde{Y}], \tilde{Z}] .
$$

Moreover, we have $\nabla R=0$, hence $G$ is a locally symmetric space.
Proof. We calculate

$$
\begin{aligned}
R(\tilde{X}, \tilde{Y}) \tilde{Z} & =\nabla_{\tilde{X}} \nabla_{\tilde{Y}} \tilde{Z}-\nabla_{\tilde{Y}} \nabla_{\tilde{X}} \tilde{Z}-\nabla_{[\tilde{X}, \tilde{Y}]} \tilde{Z} \\
& =\frac{1}{4}[\tilde{X},[\tilde{Y}, \tilde{Z}]]-\frac{1}{4}[\tilde{Y},[\tilde{X}, \tilde{Z}]]-\frac{1}{2}[[\tilde{X}, \tilde{Y}], \tilde{Z}] \\
& =\frac{1}{4}[\tilde{X},[\tilde{Y}, \tilde{Z}]]+\frac{1}{4}[\tilde{Y},[\tilde{Z}, \tilde{X}]]+\frac{1}{4}[\tilde{Z},[\tilde{X}, \tilde{Y}]]-\frac{1}{4}[[\tilde{X}, \tilde{Y}], \tilde{Z}] .
\end{aligned}
$$

The first three terms vanish by the Jacobi identity (6.1).
To see that $\nabla R=0$, calculate

$$
\begin{aligned}
\left(\nabla_{\tilde{X}} R\right)(\tilde{Y}, \tilde{Z}) \tilde{W} & =\nabla_{\tilde{X}}\{R(\tilde{Y}, \tilde{Z}) \tilde{W}\}-R\left(\nabla_{\tilde{X}} \tilde{Y}, \tilde{Z}\right) \tilde{W}-R\left(\tilde{Y}, \nabla_{\tilde{X}} \tilde{Z}\right) \tilde{W}-R(\tilde{Y}, \tilde{Z}) \nabla_{\tilde{X}} \tilde{W} \\
& =\frac{1}{8}(-[\tilde{X},[[\tilde{Y}, \tilde{Z}], \tilde{W}]]+\underbrace{[[[\tilde{X}, \tilde{Y}], \tilde{Z}], \tilde{W}]+[[\tilde{Y},[\tilde{X}, \tilde{Z}]], \tilde{W}]}_{=-[[\tilde{Y}, \tilde{Z}], \tilde{X}], \tilde{W}]}+[[\tilde{Y}, \tilde{Z}],[\tilde{X}, \tilde{W}]]) \\
& =-\frac{1}{8}([[\tilde{W},[\tilde{Y}, \tilde{Z}]], \tilde{X}]+[[[\tilde{Y}, \tilde{Z}], \tilde{X}], \tilde{W}]+[[\tilde{X}, \tilde{W}],[\tilde{Y}, \tilde{Z}]])=0,
\end{aligned}
$$

by the Jacobi identity for the three vector fields $\tilde{X}, \tilde{W}$ and $[\tilde{Y}, \tilde{Z}]$.
Corollary 6.23. Let $\beta$ be a bi-invariant semi-Riemannian metric on a Lie group $G$. Then the sectional curvature of a non-degenerate 2-plane $E \subset \mathfrak{g}$ spanned by $X, Y \in \mathfrak{g}$ is given by

$$
K(E)=\frac{1}{4} \frac{\beta([X, Y],[X, Y])}{\beta(X, X) \beta(Y, Y)-\beta(X, Y)^{2}} .
$$

In particular, a Riemannian (i.e., positive definite) bi-invariant metric on a Lie group has non-negative sectional curvature.

Proof. By Lemma 6.20, we have

$$
\begin{aligned}
K(E)\left(\beta(X, X) \beta(Y, Y)-\beta(X, Y)^{2}\right) & =\beta(R(X, Y) Y, X) \\
& =-\frac{1}{4} \beta([[X, Y], Y], X) \\
& =-\frac{1}{4} \beta([X, Y],[Y, X]) \\
& =\frac{1}{4} \beta([X, Y],[X, Y]) .
\end{aligned}
$$

### 6.3 The exponential map

Theorem 6.24. Let $G$ be a Lie group with Lie algebra $\mathfrak{g}$. For each $X \in \mathfrak{g}$, there exists a unique Lie group homomorphism $\gamma: \mathbb{R} \rightarrow G$ such that $\dot{\gamma}(0)=X$.
Proof. Let $\tilde{X}$ be the left-invariant vector field corresponding to $X$.
We start with showing uniqueness. Let $\gamma: \mathbb{R} \rightarrow G$ be a group homomorphism with $\dot{\gamma}(0)=X$. Then differentiating the equation $\gamma(t+s)=\gamma(t) \gamma(s)$ at $s=0$ shows that $\gamma$ satisfies the ordinary differential equation

$$
\begin{equation*}
\dot{\gamma}(t)=\left.d \lambda_{\gamma(t)}\right|_{e} \dot{\gamma}(0)=\left.\tilde{X}\right|_{\gamma(t)} . \tag{6.4}
\end{equation*}
$$

By uniqueness of solutions to ordinary differential equations, there is at most one solution to this equation with $\gamma(0)=e$.
To show existence, let $\gamma:(-a, \varepsilon) \rightarrow G$ be the solution to the ordinary differential equation (6.4) with initial condition $\gamma(0)=e$, where $a>0$ is chosen maximal. Suppose that $a<\infty$. Then for $0<s<\varepsilon$, set $\tilde{\gamma}(t)=\gamma(s)^{-1} \gamma(t+s)=\lambda_{\gamma(s)^{-1}}(\gamma(t+s))$. Then $\tilde{\gamma}(0)=e$ and since $\tilde{X}$ is left invariant,

$$
\dot{\tilde{\gamma}}(t)=\left.d \lambda_{\gamma(s)^{-1}}\right|_{\gamma(t+s)}\left(\left.\tilde{X}\right|_{\gamma(t+s)}\right)=\left.\tilde{X}\right|_{\gamma(s)^{-1} \gamma(t+s)}=\left.\tilde{X}\right|_{\tilde{\gamma}(t)} .
$$

So $\tilde{\gamma}$ satisfies the same ordinary differential equation (6.4) as $\gamma$, with the same initial condition. However, $\tilde{\gamma}$ is defined on the interval $(-a-s, \varepsilon-s)$, a contradiction to the assumption that $a$ is maximal. We obtain that $\gamma$ is defined for all negative times. Similarly, one shows that $\gamma$ is defined for all positive times.
We now show that $\gamma$ is a group homomorphism. Observe that for each $s \in \mathbb{R}$, the path $\tilde{\gamma}(t):=\gamma(t+s)$ satisfies (6.4) with the initial condition $\tilde{\gamma}(0)=\gamma(s)$. But the path $\tilde{\tilde{\gamma}}(t):=\gamma(t) \gamma(s)$ also satisfies (6.4) with the same initial condition. Hence $\tilde{\tilde{\gamma}}=\tilde{\gamma}$, so $\gamma(t+s)=\gamma(t) \gamma(s)$ for all $s, t \in \mathbb{R}$.

By the above lemma, we can make the following definition.
Definition 6.25 (Exponential map). Let $G$ be a Lie group with Lie algebra $\mathfrak{g}$. The exponential map of $G$ is the map

$$
\exp : \mathfrak{g} \longrightarrow G
$$

with the property that $\exp (X)=\gamma(1)$, where $\gamma: \mathbb{R} \rightarrow G$ is the unique Lie group homomorphism with $\dot{\gamma}(0)=X$.

Example 6.26. If $G \subset \mathrm{GL}(V)$ is a closed subgroup, then the exponential map of $G$ is given by the usual matrix exponential,

$$
\exp (g)=\sum_{n=0}^{\infty} \frac{g^{n}}{n!}
$$

Theorem 6.27. Let $G$ be a Lie group and let $\beta$ be a bi-invariant semi-Riemannian metric on $G$. Then each Lie group homomorphism $\gamma: \mathbb{R} \rightarrow G$ such that $\dot{\gamma}(0)=X$ is a geodesic for $\beta$. In particular, the Lie group exponential map coincides with the semi-Riemannian exponential map at the unit element.

Proof. Let $\gamma(t)=\exp (t X)$ and let $\tilde{X}$ be the left invariant vector field corresponding to $X$. By definition, $\gamma$ is an integral curve to $\tilde{X}$, so the result follows from the fact that

$$
\frac{\nabla}{d t} \dot{\gamma}(t)=\left.\nabla_{\tilde{X}} \tilde{X}\right|_{\gamma(t)}=\left.\frac{1}{2}[\tilde{X}, \tilde{X}]\right|_{\gamma(t)}=0 .
$$

Here we used Lemma 6.21 and the fact that the Lie bracket is skew-symmetric.

### 6.4 Symmetric spaces

Definition 6.28 (Symmetric space). Let $(M, g)$ be a connected semi-Riemannian manifold. A (global) geodesic reflection at $p \in M$ is an isometry $\sigma_{p}: M \rightarrow M$ such that $\sigma_{p}(p)=p$ and such that $\left.d \sigma_{p}\right|_{p}=-\mathrm{id}_{T_{p} M} .(M, g)$ is called symmetric space if for every $p \in M$, there exists a global geodesic reflection at $p$.

Symmetric spaces are closely related to homogeneous spaces. Recall that an action of a Lie group $G$ on a manifold $M$ is a smooth map $G \times M \rightarrow M,(g, p) \mapsto g \cdot p$, satisfying

$$
g \cdot(h \cdot p)=g h \cdot p \quad \text { and } \quad e \cdot p=p, \quad g, h \in G, \quad p \in M
$$

Such an action is called transitive if for any two points $p, q \in M$, there exists $g \in G$ such that $g \cdot p=q$. It is called free if the map $G \times M \rightarrow M \times M$ is injective, and it is called proper if the same map is proper (i.e., inverse images of compact sets are compact). The quotient manifold theorem states that if a Lie group $G$ acts freely and properly on a manifold $M$, then the orbit space $M / G$ is a topological manifold of $\operatorname{dimension} \operatorname{dim}(M)-\operatorname{dim}(G)$ and has a unique smooth structure turning the projection map $M \rightarrow M / G$ into a surjective submersion.

Definition 6.29 (Homogeneous space). A homogeneous space is a manifold $M$ together with a transitive action of a Lie group $G$.

If $G$ is a Lie group and $K$ is a closed subgroup of $G$, then the action of $K$ on $G$ by multiplication is always free and proper, so the quotient space $G / K$ is a smooth manifold with a free and transitive action of $G$.

Conversely, given a homogenous space $M$, we can pick a point $p \in M$, and denote the corresponding stabilizer subgroup by

$$
K:=K_{p}:=\{g \in G \mid g \cdot p=p\} \subseteq G .
$$

Then the smooth map $G \rightarrow M, g \mapsto g \cdot p$ descends to a diffeomorphism $G / K \rightarrow M$.
Theorem 6.30. Every symmetric space is homogenous.
Proof. Let $(M, g)$ be a semi-Riemannian symmetric space. Then

$$
G:=\operatorname{Isom}(M, g) .
$$

is a Lie group, see Example 6.4. We claim that $G$ acts transitively on $M$. To see this, we use that, given $p, q \in M$, there exists a broken geodesic connecting $p$ and $q$, i.e., a continuous path $c:[0, r] \rightarrow M$ together with a time partition $0=t_{0}<t_{1}<\cdots<t_{N}=r$ such that $c$ is a geodesic on each of the subintervals $\left[t_{j-1}, t_{j}\right]$ (in the case that $M$ is Riemannian and complete, $p$ and $q$ can even be connected by a geodesic, but we do not want to make this assumption). For $j=1, \ldots, N$, let $\sigma_{j} \in G$ be the geodesic reflection at $c\left(\frac{t_{j-1}+t_{j}}{2}\right)$. Then $\sigma_{j}$ exchanges $c\left(t_{j-1}\right)$ and $c\left(t_{j}\right)$, hence the composition $\sigma_{N} \circ \cdots \circ \sigma_{1} \in G$ sends $p$ to $q$.

Fundamental Example 6.31. Let $G$ be a Lie group and let $\sigma: G \rightarrow G$ be an involutive automorphism of $G$, i.e., a smooth map such that $\sigma(g h)=\sigma(g) \sigma(h)$ and $\sigma(\sigma(g))=g$. Let

$$
K \subseteq \operatorname{Fix}(\sigma)
$$

be an open subgroup of the fixed point set of $\sigma$ (i.e., a disjoint union of connected components). Moreover, define $\tau: G \rightarrow G$ by $\tau(g)=\sigma\left(g^{-1}\right)$ and let

$$
M=\operatorname{Fix}(\tau)_{0}
$$

be the identity component of the fixed point set of $\tau$.
A $G$-action on $M$ is defined by the formula

$$
g \bullet p=g p \sigma(g)^{-1} .
$$

There is a smooth map $\pi: G \rightarrow M$ defined by $\pi(g)=g \sigma(g)^{-1}$. One can check that the image of this map is open and closed in $M$, hence all of $M$ since $M$ is connected. As $\sigma$ fixes $K$, we have $\pi(g)=\pi(g k)$ for $k \in K$, hence $\pi$ descends to a surjective map $G / K \rightarrow M$. It is injective if and only if $K=\operatorname{Fix}(\sigma)$. Indeed, if

$$
g \sigma(g)^{-1}=h \sigma(h)^{-1} \quad \Longleftrightarrow \quad g h^{-1}=\sigma\left(g h^{-1}\right)
$$

hence $g h^{-1} \in \operatorname{Fix}(\sigma)$. Conversely, if $g \in \operatorname{Fix}(\sigma) \backslash K$, then $\pi(g)=\pi(e)$, so the quotient map is not injective. We obtain that if $K=\operatorname{Fix}(\sigma)$, then $\pi$ descends to a diffeomorphism
between $M$ and the homogeneous space $G / K$, while in general, it descends to a covering map with fiber $\operatorname{Fix}(\sigma) / K$.
Assume that $G$ carries a bi-invariant semi-Riemannian metric $\beta$ for which $\sigma$ (and hence also $\tau$ ) are isometries, and such that $\beta$ is non-degenerate when restricted to $M$. Then $M$ is a totally geodesic semi-Riemannian submanifold of $(G, \beta)$. We claim that for $p \in M$, a geodesic symmetry at $p$ is given by $\sigma_{p}:=\lambda_{p} \circ i \circ \lambda_{p^{-1}}$, where $i$ is the inversion map of $G$. On elements of $M$, this boils down to

$$
\sigma_{p}(q)=p q^{-1} p, \quad q \in M
$$

Indeed, $\sigma_{p}$ clearly fixes $p$, is an isometry (since left translations and $\tau$ are), preserves $M$ by the calculation

$$
\tau\left(p q^{-1} p\right)=\sigma\left(p^{-1} q p^{-1}\right)=\sigma\left(p^{-1}\right) \sigma(q) \sigma\left(p^{-1}\right)=p q^{-1} p
$$

and satisfies

$$
\left.d \sigma_{p}\right|_{p}=\left.\left.d \lambda_{p}\right|_{e} \underbrace{\left.d i\right|_{e}}_{-1} d \lambda_{p^{-1}}\right|_{p}=-\left.\left.d \lambda_{p}\right|_{e} d \lambda_{p^{-1}}\right|_{p}=-\left.d\left(\lambda_{p} \circ \lambda_{p^{-1}}\right)\right|_{p}=-\mathrm{id}_{T_{p} M}
$$

Since $\left.d \tau\right|_{e}=-\left.d \sigma\right|_{e}$, we obtain a $\beta$-orthogonal direct sum decomposition

$$
\mathfrak{g}=\mathfrak{k} \oplus \mathfrak{m}
$$

of the Lie algebra $\mathfrak{g}$ of $G$ into the Lie algebra $\mathfrak{k}=\left\{X \in \mathfrak{g}|d \sigma|_{e}(X)=X\right\}$ of $K$ and the tangent space $\mathfrak{m}=T_{e} M$ to $M$ at $e$. Since $M$ is totally geodesic, the its curvature tensor is just the restriction of the curvature tensor of $G$ to $M$, in other words,

$$
R^{M}(X, Y) Z=-\frac{1}{4}[[X, Y], Z], \quad X, Y, Z \in \mathfrak{m}
$$

Special Case 6.32 (Complex projective space). Set $G=\mathrm{U}(n+1)$ and $\sigma$ be the automorphism of $G$ given by conjugation with the matrix

$$
\left(\begin{array}{cccc}
-1 & & &  \tag{6.5}\\
& 1 & & \\
& & \ddots & \\
& & & 1
\end{array}\right) .
$$

Then $K:=\operatorname{Fix}(\sigma)=\mathrm{U}(1) \times \mathrm{U}(n) \subset \mathrm{U}(n+1)$ and $M \cong \mathrm{U}(n+1) /(\mathrm{U}(1) \times \mathrm{U}(n)) . M$ is diffeomorphic to $\mathbb{C} P^{n}$, via the map that sends a matrix $U \in \mathrm{U}(n+1)$ onto the first row vector. We have

$$
\mathfrak{m}=\left\{\widehat{x} \mid x \in \mathbb{C}^{n}\right\}
$$

where for $z \in \mathbb{C}^{n}$, we set

$$
\widehat{x}:=\left(\begin{array}{cc}
0 & -\bar{x}^{t} \\
x & 0
\end{array}\right) \in \mathfrak{u}(n+1) \subset \operatorname{Mat}(n+1, \mathbb{C})
$$

Consider the bi-invariant semi-Riemannian metric corresponding to the bilinear form

$$
\beta(X, Y)=-\frac{1}{8} \cdot \operatorname{Re} \operatorname{tr}(X Y)
$$

on $\mathfrak{u}(n+1)$ (the conventional factor of $\frac{1}{8}$ is there to make the results look nice later on). Then the restriction $g=\left.\beta\right|_{\mathfrak{m}}$ of this metric is in terms of these elements given by

$$
g(\widehat{x}, \widehat{y})=-\frac{1}{8} \cdot \operatorname{Re} \operatorname{tr}\left(\begin{array}{cc}
-\bar{x}^{t} y & 0 \\
0 & -x \bar{y}^{t}
\end{array}\right)=\frac{1}{4} \cdot \operatorname{Re}\langle x, y\rangle .
$$

To determine the curvature, we calculate

$$
[\widehat{x}, \widehat{y}]=\left(\begin{array}{cc}
-2 i \operatorname{Im}\langle x, y\rangle & 0 \\
0 & -\left(x \bar{y}^{t}-y \bar{x}^{t}\right)
\end{array}\right),
$$

where the brackets denote the standard Hermitean form on $\mathbb{C}^{n}$, which we take to be anti-linear in the first component. Hence

$$
\begin{aligned}
4 R(\widehat{x}, \widehat{y}) \widehat{z} & =-[[\widehat{x}, \widehat{y}], \widehat{z}] \\
& =-\left(\begin{array}{cc}
0 & 2 i \operatorname{Im}\langle x, y\rangle \cdot \bar{z}^{t} \\
-\left(x \bar{y}^{t}-y \bar{x}^{t}\right) z & 0
\end{array}\right)+\left(\begin{array}{cc}
0 & \bar{z}^{t}\left(x \bar{y}^{t}-y \bar{x}^{t}\right) \\
-2 i \operatorname{Im}\langle x, y\rangle \cdot z & 0
\end{array}\right) \\
& =[\langle y, z\rangle \cdot x-\langle x, z\rangle \cdot y-2 i \operatorname{Im}\langle x, y\rangle \cdot z]
\end{aligned}
$$

This can be written in a more invariant form (not using the Hermitean scalar product but the bilinear form $\beta$ ) as follows. Denote

$$
j=\left(\begin{array}{llll}
i & & & \\
& 1 & & \\
& & \ddots & \\
& & & 1
\end{array}\right) \in \mathrm{U}(n+1)
$$

and write $J=\operatorname{Ad}_{j}$. We have $J(\widehat{x})=\widehat{i x}$, hence $J$ is an endomorphism of $\mathfrak{m}$ that satisfies $J^{2}=-\mathrm{id}$ and leaves $g$ invariant. In other words, $J$ is a complex structure for the vector space $\mathfrak{m}$. Using $J$, we can express $\langle$,$\rangle through g$. The formula is

$$
\langle x, y\rangle=4 g(\widehat{x}, \widehat{y})+4 i g(J \widehat{x}, \widehat{y})
$$

so

$$
\begin{aligned}
{[\langle y, z\rangle \cdot x] } & =4 g(\widehat{y}, \widehat{z}) \widehat{x}+4 g(J \widehat{y}, \widehat{z}) J \widehat{x} \\
{[\langle x, z\rangle \cdot y] } & =4 g(\widehat{x}, \widehat{z}) \widehat{y}+4 g(J \widehat{x}, \widehat{z}) J \widehat{y} \\
{[2 i \operatorname{Im}\langle x, y\rangle \cdot z] } & =8 g(J \widehat{x}, \widehat{y}) J \widehat{z} .
\end{aligned}
$$

Putting together, we obtain

$$
R^{M}(X, Y) Z=g(Y, Z) X+g(J Y, Z) J X-g(X, Z) Y-g(J X, Z) J Y-2 g(J X, Y) J Z
$$

If $X$ and $Y$ are orthonormal, spanning a plane $E \subset \mathfrak{m}$, we get for the sectional curvature

$$
K^{M}(E)=1+3 g(J X, Y)^{2} .
$$

Hence the sectional curvature lies between 1 and 4. The maximal value of 4 is taken on 2-planes $E$ that are invariant under $J$ (hence spanned by $X$ and $Y=J X$ ).

Special Case 6.33 (Sphere). Let $G=\mathrm{SO}(n+1)$ and let $\sigma$ be conjugation by the special matrix 6.5). For $K=\{1\} \times \operatorname{SO}(n) \subset \operatorname{Fix}(\sigma)$, the quotient $G / K$ is identified with $S^{n}$, while for $K=\operatorname{Fix}(\sigma)=(\mathrm{O}(1) \times O(n)) \cap \mathrm{SO}(n+1)$, the quotient is identified with $\mathbb{R} P^{n}$. The manifold $M$ from Example 6.31 is $\mathbb{R} P^{n}$ in both cases.

