

Last time: Hopf-Rinow:

If M is connected and geodesically complete, then $\forall x, y \in M$
 \exists a length-minimizing geodesic from x to y .

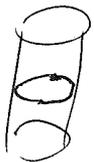
Cor: If M is geodesically complete and $B_r = \{y \in M \mid d(x, y) < r\}$
 $\overline{B}_r(x) = \{y \in M \mid d(x, y) \leq r\}$, then $B_r(x) = \exp_x B_r(0)$, $\overline{B}_r(x) = \exp_x \overline{B}_r(0)$.

In particular, $\overline{B}_r(x)$ is compact.

Cor: M is complete (Cauchy sequences converge) $\Leftrightarrow M$ is geodesically complete.

Pf: Exercise.

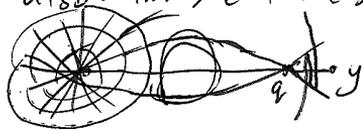
Today Next: Deeper into: when is a geodesic minimal/not minimal?
We know: As long as $\ell(\gamma) < \text{inrad}(0)$, γ is minimizing.
When $\ell(\gamma) \geq \text{inrad}$, can construct counterexamples:



cylinder, γ goes halfway around.

More generally, if M has a geodesic loop, ~~the~~

But also: imagine the case where geodesics curve:



- exp has a singularity at q .
- three geodesics from x to y .
- one of them probably isn't minimal.

How can we analyze this?

Calculus of Variations:

For $p, q \in M$, let $\Omega_{p,q} = \{\text{piecewise-smooth paths from } p \text{ to } q\}$ with the C^1 topology. γ is close to λ if $\gamma(t)$ is close to $\lambda(t)$, $\gamma'(t)$ close to $\lambda'(t)$. Then $\ell: \Omega_{p,q} \rightarrow \mathbb{R}$ is continuous. We want to treat this like a manifold.

Let the "tangent space"

Let $T_\gamma \Omega = \{\text{piecewise-smooth vector fields on } \gamma \text{ with } V(0) = V(1) = 0\}$

A variation of γ is a path $\tilde{\alpha}: (-\epsilon, \epsilon) \rightarrow \Omega_{p,q}$ s.t.

- ① $\tilde{\alpha}(0) = \gamma$.
- ② \exists partition $0 = t_0 < t_1 < \dots < t_n = 1$ s.t. $\tilde{\alpha}(u, t) = \tilde{\alpha}_u(t)$ is smooth on each $(-\epsilon, \epsilon) \times [t_i, t_{i+1}]$.

Then $\frac{\partial \tilde{\alpha}}{\partial u}$ is defined and $\frac{\partial \tilde{\alpha}}{\partial u} \Big|_{u=0} \in T_\gamma \Omega$.

Conversely, $\forall W \in T_\gamma \Omega$, \exists a variation $\tilde{\alpha}$ with $\frac{\partial \tilde{\alpha}}{\partial u} = W$.

Let $E: \Omega_{p,q} \rightarrow \mathbb{R}$, $E(\gamma) = \frac{1}{2} \int_0^1 \|\gamma'(t)\|^2 dt$. Then:

Thm: γ is geodesic $\Leftrightarrow \gamma$ is a critical point of E (i.e., $\frac{d}{du} E(\bar{\alpha}_u) = 0$ for any variation)

Pf: First Variation Formula: Let $\bar{\alpha}$ be a variation of γ ^{discont at t_i 's.}
 Calculate $\frac{d}{du} [E(\bar{\alpha}_u)]_{u=0}$. $E(\bar{\alpha}_u) = \frac{1}{2} \int_0^1 \|\frac{\partial \bar{\alpha}}{\partial t}\|^2 dt = \frac{1}{2} \int_0^1 \langle \frac{\partial \bar{\alpha}}{\partial t} | \frac{\partial \bar{\alpha}}{\partial t} \rangle dt$

$$\frac{d}{du} [E(\bar{\alpha}_u)] = \frac{d}{du} \left[\frac{1}{2} \int_0^1 \langle \frac{\partial \bar{\alpha}}{\partial t} | \frac{\partial \bar{\alpha}}{\partial t} \rangle dt \right] = \int_0^1 \langle D_u \frac{\partial \bar{\alpha}}{\partial t} | \frac{\partial \bar{\alpha}}{\partial t} \rangle dt$$

~~Let $du = \frac{\partial \bar{\alpha}}{\partial u}$, $d_t = \frac{\partial \bar{\alpha}}{\partial t}$~~

Torsion trick: $\tau(\frac{\partial \bar{\alpha}}{\partial u}, \frac{\partial \bar{\alpha}}{\partial t}) = 0 = D_u d_t - D_t d_u$

$$\frac{d}{du} [E(\bar{\alpha}_u)] = \int_0^1 \langle D_t d_u | d_t \rangle dt. \text{ Integ by parts:}$$

$$\langle D_t d_u | d_t \rangle = \frac{d}{dt} \langle d_u | d_t \rangle - \langle d_u | D_t d_t \rangle,$$

but d_t is discontinuous at the t_i 's. So

$$\int_0^1 \langle D_t d_u | d_t \rangle dt = \sum_i \int_{t_i^-}^{t_i^+} \langle d_u | d_t \rangle dt - \int_0^1 \langle d_u | D_t d_t \rangle dt$$

$$= \sum_i \langle d_u | d_t \rangle \Big|_{t_i^-}^{t_i^+} - \int_0^1 \langle d_u | D_t d_t \rangle dt.$$

Let $W = d_u =$ variation field, $V = d_t =$ velocity, $A = D_t V$
 Write $V(t_i^+) = \lim_{t \rightarrow t_i^+} V(t)$, $\Delta_{t_i} V = V(t_i^+) - V(t_i^-)$, $A = D_t V$.

+ two measures of acceleration

$$\text{Then } \frac{d}{du} E(\bar{\alpha}_u) = \sum_i \left[\langle W(t_{i+1}) | V(t_{i+1}) \rangle - \langle W(t_i) | V(t_i) \rangle \right] - \int_0^1 \langle W | A \rangle dt$$

$$= \sum_i \langle W(t_i) | -\Delta_{t_i} V \rangle - \int_0^1 \langle W | A \rangle dt = \sum_i \langle W | \Delta_{t_i} V \rangle - \int_0^1 \langle W | A \rangle dt$$

" = ~~$-\int_0^1 \langle W | dK(t) \rangle$ where K is~~ This is the FVF -
 it says that $E(\bar{\alpha}_u)$ is continuously differentiable and gives a formula for derivative.

Pf of Thm: If γ is a geodesic then $D_t V = 0$, $\Delta_{t_i} V = 0 \Rightarrow \frac{d}{du} E(\bar{\alpha}_u) = 0$.

Conversely, if γ is a crit pt of energy, then

$$-\int_0^1 \langle W | D_t V \rangle dt - \sum_i \langle W | \Delta_{t_i} V \rangle = 0 \quad \forall W \Rightarrow D_t V = \Delta_{t_i} V = 0.$$

so γ' is continuous, $D_t \gamma' = 0 \Rightarrow \gamma$ is a geod.

What sort of critical point is it?

Second Variation Formula: If γ is a geodesic, $W_1, W_2 \in T_x \Omega$, and $\alpha: (-\varepsilon, \varepsilon)^2 \rightarrow \Omega$ is s.t. $\alpha(0,0) = \gamma$, $\frac{\partial \alpha}{\partial u_i} = W_i$, then

$E(\alpha_{u_1, u_2})$ is smooth and

$$H(E)(W_1, W_2) = \frac{\partial^2 E}{\partial u_1 \partial u_2} (0,0) = - \sum \langle W_2 | \Delta_+ D_+ W_1 \rangle + \int_0^1 \langle W_2 | D_+^2 W_1 - R(V, W_1) V \rangle dt$$

$$H(E)(W_1, W_2) = \frac{\partial^2 E}{\partial u_1 \partial u_2} (0,0) = - \sum \langle W_2 | \Delta_+ D_+ W_1 \rangle - \int_0^1 \langle W_2 | D_+^2 W_1 - R(V, W_1) V \rangle dt$$

where $\Delta_+ D_+ W_1(t) = D_+ W_1(t^+) - D_+ W_1(t^-)$. ~~So, it's not~~

Pr: Differentiate $\frac{\partial E}{\partial u_2} = - \sum \langle \partial_{u_2} | \Delta_+ \partial_+ \rangle - \int_0^1 \langle \partial_{u_2} | D_+ \partial_+ \rangle dt$.

$$\frac{\partial^2 E}{\partial u_1 \partial u_2} = - \sum \langle D_{u_1} \partial_{u_2} | \Delta_+ \partial_+ \rangle - \sum \langle \partial_{u_2} | D_{u_1} \Delta_+ \partial_+ \rangle - \int_0^1 \langle D_{u_1} \partial_{u_2} | D_+ \partial_+ \rangle - \langle \partial_{u_2} | D_{u_1} D_+ \partial_+ \rangle dt$$

$$\begin{aligned} \text{At } (0,0), \frac{\partial^2 E}{\partial u_1 \partial u_2} (0,0) &= - \sum \langle W_2 | D_{u_1} \Delta_+ \frac{\partial \alpha}{\partial u_1} \rangle - \int_0^1 \langle W_2 | D_{u_1} D_+ \frac{\partial \alpha}{\partial u_1} \rangle dt \\ &= - \sum \langle W_2 | \Delta_+ D_{u_1} \frac{\partial \alpha}{\partial u_1} \rangle - \int_0^1 \langle W_2 | D_+ D_{u_1} \frac{\partial \alpha}{\partial u_1} - R(V, W_1) V \rangle dt \\ &= - \sum \langle W_2 | \Delta_+ D_+ \frac{\partial \alpha}{\partial u_1} \rangle - \int_0^1 \langle W_2 | D_+ D_+ \frac{\partial \alpha}{\partial u_1} - R(V, W_1) V \rangle dt \\ &= - \sum \langle W_2 | \Delta_+ D_+ W_1 \rangle - \int_0^1 \langle W_2 | D_+^2 W_1 - R(V, W_1) V \rangle dt \end{aligned}$$

Note: Since E is smooth, this has to be symmetric in V_1, V_2 - it is, but that's not obvious.

How do we study this? Remember the theory in \mathbb{R}^n - if $f: \mathbb{R}^n \rightarrow \mathbb{R}$, $D_0 f = 0$, then $H(f) = \left(\frac{\partial^2 f}{\partial x_i \partial x_j} \right)$ is a

symmetric matrix, s.t. if $V_1, V_2 \in \mathbb{R}^n$ then $V_1^T H(f) V_2 = \frac{\partial^2}{\partial u_1 \partial u_2} f(u_1 V_1 + u_2 V_2) = V_1^T H(f) V_2$

So if $Q(V) = \frac{1}{2} V^T H_f V = \frac{1}{2} V^2 f(0,0)$, then

$$f(x) = Q(x) + \|x\|^3$$

Alt: So if $\beta: (-\varepsilon, \varepsilon) \rightarrow \Omega$ is a variation with $\frac{\partial \beta}{\partial u} = W$, then

$$\frac{d}{du} E(\beta_u) = 0, \quad \frac{\partial^2}{\partial u^2} E(\beta_u) = H(E)(W, W) \Rightarrow$$

$$E(\beta_u) = \frac{1}{2} H(E)(W, W) u^2 + O(u^3) = \frac{1}{2} \langle W | D_+^2 W - R(V, W) V \rangle$$

This is a quadratic form - how does it behave?

2025-03-10

Last time: Second Variation Formula.

If γ is a geodesic, $W_1, W_2 \in T_x \Omega$, $\alpha: (-\epsilon, \epsilon)^2 \rightarrow \Omega$ is a 2-parameter variation such that $\alpha_{(0,0)} = \gamma$, $\frac{\partial \alpha}{\partial u_i} \Big|_{(0,0)} = W_i$. Then $V = \gamma'$, then

$$H(E) \Big|_{(0,0)} \Rightarrow \frac{\delta^2 E}{\delta u_i \delta u_j} \Big|_{(0,0)} = - \sum_+ \langle W_2 | D_+ D_+ W_1 \rangle - \int_0^1 \langle W_2 | D_+^2 W_1 - R(V, W_1)V \rangle dt$$

Also call this $H(E)(W_1, W_2)$ (Hessian of the energy functional)

If $\bar{\alpha}: (-\epsilon, \epsilon) \rightarrow \Omega$ is a variation of a geodesic γ w/ $\frac{\partial \bar{\alpha}}{\partial u} = W$, then $\frac{d}{du} E(\bar{\alpha}_u) = 0$, $\frac{d^2}{du^2} E(\bar{\alpha}_u) = H(E)(W, W)$.

$$E(\bar{\alpha}_u) = \frac{1}{2} H(E)(W, W) u^2 + O(u^3) -$$

How does $H(E)(W, W)$ behave?

$H(E)$ is symmetric bilinear form, so $Q(W) = H(E)(W, W)$ is a quadratic form. In \mathbb{R}^n , same thing if it is symmetric bilinear, then $Q(v) = f(v, v)$ is a quadratic form. So recall how these work in \mathbb{R}^n : if $f(v, w)$ is symmetric bilinear, then $f(v_i, w_j) = v^i w^j M_{ij}$ or $f(v, w) = v^T M w$ for some matrix. If f symmetric, so $M^T = M$. And $Q(v) = v^T M v$ is a quadratic form.

Let $e_1, \dots, e_n \in \mathbb{R}^n$ are orthonormal basis of eigenvectors, $M e_i = \lambda_i e_i$. Then

$$Q(\sum x_i e_i) = (\sum x_i e_i)^T M (\sum x_i e_i) = \sum x_i^2 \lambda_i$$

That is, up to rotation, Q depends on the eigenvalues of M .

$$\text{When } W \text{ is smooth, } H(E)(W, W) = \int_0^1 \langle W | -D_+^2 W + R(V, W)V \rangle dt$$

$$= \langle W | \left(-\frac{d}{dt} D_+^2 + R(V, W) \right) M(W) \rangle$$

where $M(W) = -D_+^2 W + R(V, W)V$. It is a linear operator on $T_x \Omega$.

Typically, some positive eigenvalues, some negative, some zero - today, were interested in the zero eigenvalues.

Jacobi fields: If γ is a geodesic, $v = \gamma'$, W is smooth, $D_+^2 W = R(V, W)V$, then we call W a Jacobi field. (Note: W need not be zero at the endpoints)

Thm: W is a Jacobi field if and only if W is the variation field of a variation through geodesics: (a variation $\alpha: (-\epsilon, \epsilon) \times [0, 1] \rightarrow M$ s.t. α_u is a geodesic for all u).

Pf: (⇐) Suppose γ_u is a geod for all u . Then the claim is ~~to show~~
~~is Jacobi~~: Then:

$$D_+^2 \frac{dx}{du} = D_+ D_+ \frac{dx}{du} = D_+ D_u \frac{dx}{dt} = D_u D_+ \frac{dx}{dt} + R(\frac{dx}{dt}, \frac{dx}{du}) \frac{dx}{dt}$$

$D_+^2 W = R(V, W)V \Rightarrow W$ is Jacobi.
 (⇒) $D_+^2 W = R(V, W)V$ is a 2nd-order system, so solutions are determined by $W(0), D_+ W(0) \Rightarrow \dim \{ \text{Jacobi fields} \} = 2n$.

Claim: ~~dim~~ { variation fields of vars through geod } = $2n$.

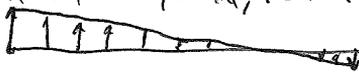
Let U be a VNN of $\gamma(0)$, let $\varepsilon > 0$ s.t. $\gamma(\varepsilon) \in U$.

For $v_1 \in T_{\gamma(0)} M, v_2 \in T_{\gamma(\varepsilon)} M$, let λ_1, λ_2 be curves s.t. $\lambda_1(0) = \gamma(0), \lambda_1'(0) = v_1$.
 Let $\gamma_u = \gamma, \lambda_1(u), \lambda_2(u) = \text{geod s.t. } \gamma_u(0) = \lambda_1(u), \gamma_u(\varepsilon) = \lambda_2(u)$.

If u is suff small, this extends to $[0, 1]$ and depends smoothly on u .
 γ_u is a ~~var~~ Jacobi field with $\frac{dx}{du}(0) = \lambda_1' = v_1, \frac{dx}{du}(\varepsilon) = \lambda_2' = v_2$.

That is, this is an injective map $T_{\gamma(0)} M \times T_{\gamma(\varepsilon)} M \rightarrow \{ \text{Jacobi fields} \}$.
 That is, the natural map $\{ \text{Jacobi fields} \} \rightarrow T_{\gamma(0)} M \times T_{\gamma(\varepsilon)} M$ is surjective. Both dim $2n$, so it's an isomorphism, and every Jacobi field arises this way. //

This link is powerful - you can describe nearby geodesics using Jacobi fields.
 Ex: $M = \mathbb{R}^n, W \in V(\gamma)$ Jacobi $\Leftrightarrow D_+^2 W = R(V, W)V \Rightarrow W''(t) = 0 \forall t$
 $\Rightarrow W = X + tY$ for $X, Y \in \mathbb{R}^n$.

So:  Move the endpoints of a geodesic, the change in the geodesic is Jacobi = linear.

$E = M \times S^2$. Calculate R : ~~$R(X, Y)Z$~~ if X, Y orthon, then
 $R(X, Y)Y = X$
 $\langle R(X, Y)Y | Y \rangle = 0 \Rightarrow R(X, Y)X = -Y$

So if γ is equator, $N = \text{northward}, E = \text{eastward} = \gamma'$ and
 $W = fN + gE$, then N, E are parallel, so
 $D_+^2 W = f''N + g''E$

~~$R(V, W)V = R(E, fN + gE)E = fR(E, N)E = f(-N)$~~
 ~~$D_+^2 W = R(V, W)V$~~ Jacobi $\Leftrightarrow f'' = -f \Rightarrow f = \cos(t) + d \sin(t)$
 $g'' = 0 \Rightarrow g = at + bt$.

If $f=0, W = (a+bt)E$ — tangential Jacobi field, corresponds to reparameterizing γ .

If $g=0, W = (c \cos(t) + d \sin(t))N$ is orthogonal to γ — normal Jacobi field

normal - any perturbation of a geodesic repeats with period 2π .

Properties: ① The Jacobi fields form a 2-dim subspace of $V(\gamma)$

② Any Jacobi field decomposes as $J = J^\perp + J^\parallel$ where J^\perp, J^\parallel are Jacobi, J^\perp is normal to γ , J^\parallel is parallel, and $J^\parallel(t) = (a+bt)\gamma'$. (Exercise)

③ If $p \in M$, $V, W \in T_p M$, $\gamma(t) = \exp_p(tV)$, and $J \in V(\gamma)$ is a Jacobi field with $J(0) = 0$, $D_t J(0) = W$, then

$$J(t) = \left(\frac{d}{dt} \exp_p \right)_{\exp_p(tV)} (W) = \frac{d}{du} [\exp_p(V+uW)] \Big|_0.$$

pt: Let $\alpha_u(t) = \exp_p(V+uW)t$ - this is a variation through geodesics with one endpoint fixed. Let $K = \frac{\partial \alpha}{\partial u} \Big|_{u=0}$ - this is a Jacobi field. Let $K = \frac{\partial \alpha}{\partial u} \Big|_{u=0}$. Then K is Jacobi and

$$K(t) = \frac{d}{du} \Big|_{u=0} \exp_p(Vt + uW) = (D \exp_p)_{\exp_p(tV)} (W)$$

Further, $K(0) = 0$, $D_t K(0) = D_t \frac{\partial \alpha}{\partial u} \Big|_{(0,0)} = D_u \frac{\partial \alpha}{\partial t} \Big|_{(0,0)} = D_u [V+uW] \Big|_{(0,0)} = W$.

$$\hookrightarrow J = K, \quad J(t) = (D \exp_p)_{\exp_p(tV)} (W)$$

Ex: Polar coords on \mathbb{R}^2 : Let $V_\theta = (\cos \theta, \sin \theta)$, $N_\theta = (-\sin \theta, \cos \theta)$, consider

$\alpha(r, \theta) = \exp_p(rV_\theta)$. Then α is a variation through geodesics, $\frac{\partial \alpha}{\partial \theta} \Big|_{\theta=0}$ is a Jacobi field. By above, by above,

$J(0) = 0$, $D_t J(0) = \frac{\partial \alpha}{\partial \theta} \Big|_{(0,0)} = N_0$ - but we solved this equation,

$\frac{\partial \alpha}{\partial \theta} = J(t) = f N_\theta$. So if we think of α as a chart, $\frac{\partial \alpha}{\partial r} = V_\theta$, $\frac{\partial \alpha}{\partial \theta} = f N_\theta$, $\frac{\partial \alpha}{\partial r}, \frac{\partial \alpha}{\partial \theta}$ are orthogonal so we can

write the metric as $dg^2 = dr^2 + f^2 r^2 d\theta^2$.

Like arc on the sphere, $\alpha(r, \theta) = \exp_p(rV_\theta)$, $J = \frac{\partial \alpha}{\partial \theta}$, $J(0) = 0$, $D_t J(0) = N_0$. Since $J(0) \perp \gamma'(0)$, $D_t J(0) \perp \gamma''(0)$, $J'(0) = 0$, $J = f \frac{\partial \alpha}{\partial \theta}$ so J is orthogonal to γ . By Jacobi eq,

$J(t) = \sin(t) \cdot N$, for some normal field where N is o.n to γ' , so metric is $dg^2 = dr^2 + (\sin r)^2 d\theta^2$.

Last time: Jacobi fields:

① A field $J \in \mathcal{V}(M)$ is Jacobi if $D_t^2 J = 0$

Let γ a geodesic, $V = \gamma'$. A field $J \in \mathcal{V}(\gamma)$ is Jacobi if $D_t^2 J = R(\gamma', J)V$ $\forall t$.

- ① These form a $2n$ -dim subset of $\mathcal{V}(M)$. (J determined by $J(0), D_t J(0)$)
- ② J is Jacobi $\Leftrightarrow J$ is variation field of a variation through geodesics.

Today: Use for minimizing geodesics.

③ We can use Jacobi fields to study $D \exp_p$ - let $p \in M, V, W \in T_p M$.
~~for $u \in (-\epsilon, \epsilon)$, let~~ Let $\gamma_u(t) = \exp_p(t(V + uW))$ be geodesic in dir of V .
 let α be variation $J_u(t) = \gamma_u'(t) = \exp_p'(t)(V + uW)$
 This is a variation through geodesics, so $J = \frac{\partial \alpha}{\partial u}$ is Jacobi.
~~Here the Jacobi field w/ $J(0) = \frac{\partial}{\partial u} [\alpha_u(0)]_{u=0} = 0$~~

$$D_t J \Big|_{(0,0)} = D_t \frac{\partial}{\partial u} \Big|_{(0,0)} = D_t \frac{\partial}{\partial u} \Big|_{(0,0)} [\alpha_u'](0) = \frac{d}{du} [V + uW] = W$$

Then, on one hand, $\frac{\partial \alpha}{\partial u} \Big|_{u=0} = \frac{d}{du} \Big|_{u=0} \exp_p(t(V + uW)) = (D \exp_p)_{tV} (tW)$ $D \exp_p$

α is a var through geodesics - so $\frac{\partial \alpha}{\partial u}$ is Jacobi. Specifically, if $J = \frac{\partial \alpha}{\partial u} \Big|_{u=0}$, then J is the Jacobi field with

$$J(0) = (D \exp_p)_0(0) = 0$$

$$D_t J \Big|_0 = D_t \frac{\partial}{\partial u} \Big|_{(0,0)} = D_t \frac{\partial}{\partial u} \Big|_{(0,0)} [\alpha_u'](0) \Big|_{u=0} = \frac{d}{du} (V + uW) = W$$

Useful to define: In prob

Prop: If $p \in M, V, W \in T_p M, J$ is a Jacobi field on γ_V with $J(0) = D_t J \Big|_0 = W$, then $(D \exp_p)_V(W) = J(1)$.

Today: Use to study minimizing geodesics:

Def: Let $\gamma: \mathbb{R} \rightarrow M$ is a geodesic, $\gamma(0) = p, \gamma(1) = q$, we say that q is conjugate to p along γ if \exists a Jacobi field W on γ st $W(p) = 0, W(q) = 0$, but $W \neq 0$. The order of conjugacy of q is $\text{ord}_p(q) = \dim \{ W \in \mathcal{V}(\gamma) \mid W \text{ is Jacobi, } W(p) = 0, W(q) = 0 \}$.

- If p and q are not conjugate along γ , then any Jacobi field is determined by $W(p), W(q)$ (because $W \mapsto (W(p), W(q))$ is a bij.)
- If p and q are conjugate, ~~then along~~ ~~then~~ along some geod γ_V , ~~and~~ q is a singular point of \exp_p with ~~with~~ - indeed, $D \exp_p(tV) \Big|_{(0,0)}$ has rank $n - \text{ord}_p(q)$.
- So conjugate pts are rare - set of q st. p cony to q along some geod has measure zero.

Ex: $M = S^2$, $\gamma(0) = p$, ~~Can show (ex) that X is not~~ Let $V = \dot{\gamma}(t)$, $N = \text{unit field to } V$

Last time, calculated that Jacobi fields are like

$$J(t) = (a+bt)V + (c \cos(t) + d \sin(t))N$$

So if $J(0) = 0$ ~~$J(t) = 0$ then $a = b = 0$~~
 then $a = c = 0$. $J(t) = b t V + d \sin(t) N$ so $J(t) = 0 \Rightarrow b = 0$,
 $t = k\pi$. γ has conjugate pts spaced π apart:

Corresponds to singularities of exp: ~~For $M = S^2$~~ sends
 circle

each ~~point~~ of radius $k\pi$ to either p or $-p$. — singularities.
 More generally, if $M = S^n$, then $\gamma(0)$ is conj to $\gamma(k\pi)$ with
 order $n-1$.

Note: Before first conj pt, γ is length-minimizing — after, it's not.
 This is a general phenom:

Then If γ is a length-minimizing geodesic, ^{from p to q} then the interior of γ
 contains no points conjugate to ~~$\gamma(0)$~~ p .

Pf: ~~Let~~ Suppose $\gamma(0) = p$, $\gamma(1) = q$. Suppose $t_0 \in (0, 1)$, p conj to
 $\gamma(t_0)$. Claim: $\exists Z \in T_{\gamma(t_0)}\Omega$ st. $H(E)(Z, Z) < 0$.

Let $q = \gamma(t_0)$, let X a nonzero Jacobi field s.t. $X(0) = 0$, $X(t_0) = 0$.
 Let $Y(t) = \begin{cases} X(t) & 0 \leq t \leq t_0 \\ 0 & t > t_0 \end{cases}$ Then, by 2VF, for any $W \in T_{\gamma(t_0)}\Omega$,

$$H(W, Y) = -\int_0^{t_0} \langle W | \Delta_t D_t Y \rangle - \int_0^{t_0} \langle W | D_t^2 Y - R(Y', Y)\gamma' \rangle dt$$

$$= -\langle W(t_0) | \Delta_t D_t Y(t_0) \rangle$$

$$= \langle W(t_0) | D_t X(t_0) \rangle. \text{ Since } X \neq 0, D_t X(t_0) \neq 0.$$

just depends on $W(t_0)$.

S_2 : Let $U \in T_{\gamma(t_0)}\Omega$ a smooth field w/ $U(t_0) = -D_t X(t_0)$,
 let $Z = Y + \epsilon U$. Then

$$H(Z, Z) = H(Y, Y) + 2\epsilon H(Y, U) + \epsilon^2 H(U, U)$$

$$= 0 - 2\epsilon \langle U(t_0) | D_t X(t_0) \rangle + \epsilon^2 H(U, U)$$

$$= -2\epsilon \|D_t X(t_0)\|^2 + \epsilon^2 H(U, U) < 0 \text{ when } \epsilon \text{ small.}$$

So Y is not a local minimum. //

A little odd, but here's a pic: 
 — doesn't change length much, but creates a corner

(Try this on S^2).

Further, curvature implies existence of conj pts.

Def: $\forall p \in M$, if $E_1, \dots, E_n \in T_p M$ is an o.n. basis,
 $U_1, U_2 \in T_p M$, let

$$\text{Ric}(U_1, U_2) = \sum \langle R(E_i, U_1)U_2 | E_i \rangle.$$

This is the Ricci curvature of M , a symm. bilinear form.

In particular, if X is a unit vector, we can take

$X = E_1, E_2, \dots, E_n$ a o.n. basis, then

$$\text{Ric}(X, X) = \sum \langle R(E_i, X)X | E_i \rangle = \sum_{k=2}^n K(X, E_k).$$

- measures "average sectional curvature".

Thm (Bonnet-Myers): Suppose M is an m -manifold $r > 0$,
 and $\forall U \in TM$ s.t. $\|U\|=1$, then $\text{Ric}(U, U) \geq \frac{m-1}{r^2}$.

(~~is~~ for instance, if $K(X, X) \geq \frac{1}{r^2} \forall X, Y$). Then
 any geodesic of length $\geq \pi r$ is not minimizing.

In particular, if M is complete, then $\text{diam}(M) \leq \pi r$.

Pf: Let $\gamma: [0, L] \rightarrow M$ a geodesic of length $L > \pi r$.

let E_0, \dots, E_{n-1} parallel orthonormal fields on γ s.t.

$$E_0 = \frac{\gamma'}{\|\gamma'\|}. \text{ Let } W_i = \sin(\pi t) E_i.$$

Claim: $H(W_i, W_i) < 0$ for some i :

We have:

$$H(W_i, W_i) = \int_0^L \langle W_i | R(\gamma', W_i) \gamma' \rangle dt$$

$$= \int_0^L \sum_{j=1}^{n-1} \sin^2(\pi t) \langle R(E_j, \gamma') \gamma' | E_j \rangle dt$$

$$\text{So } \sum_i H(W_i, W_i) = \int_0^L \sum_{j=1}^{n-1} \sin^2(\pi t) L^2 \text{Ric}(\gamma', \gamma') dt$$

$$= \int_0^L \sin^2(\pi t) L^2 \text{Ric}(\gamma', \gamma') dt$$

$$H(W_i, W_i) = - \int_0^L \langle W_i | D_t^2 W_i - R(\gamma', W_i) \gamma' \rangle dt$$

$$= \int_0^L \pi^2 \sin^2(\pi t) dt + \int_0^L \langle W_i | R(\gamma', W_i) \gamma' \rangle dt$$

$$= \frac{\pi^2}{2} + \int_0^L \sin^2(\pi t) L^2 \langle R(E_j, E_j) E_j | E_j \rangle dt$$

$$= \frac{\pi^2}{2} - \int_0^L L^2 \sin^2(\pi t) K(E_j, E_j) dt$$

$$\sum_{i=2}^m H(W_i, W_i) = (m-1) \frac{\pi^2}{2} - \int_0^L L^2 \sin^2(\pi t) \text{Ric}(E_1, E_1) dt$$

$$\leq (m-1) \frac{\pi^2}{2} - L^2 \frac{\pi^2}{2} \cdot \frac{m-1}{r^2} \text{ if } L > \pi r,$$

this is < 0 , $\Rightarrow \gamma$ is not minimizing.

Cor: If M is complete, then $\text{diam}(M) \leq \frac{\pi}{r}$.

