

• Recall: let $\gamma: [0,1] \rightarrow M$ be a geodesic. Then
 $J \in \mathcal{J}(\gamma) \iff \exists$ a variation $\Pi(s,t)$ of γ s.t.
 $\gamma_s(t) = \Pi(s,t)$ is a geodesic $\forall s$ & $J = \partial_s \Pi(0,t)$.

2) Jacobi equation $D_t^2 J + R(J, \dot{\gamma}) \dot{\gamma} = 0$

3) Conjugate points For any $t \in (0,1]$, $\gamma(t)$ is called conjugate to p along γ if \exp_p is singular at $v_t = tv$, where $v = \dot{\gamma}(0)$.

CHARACTERIZATION OF CONJUGATE POINTS

Prop 21.1: let $\gamma: [0,1] \rightarrow M$ be a geodesic s.t. $\gamma(0) = p$ & $\gamma(1) = q$. Then q is conjugate to p along $\gamma \iff \exists$ a $J \in \mathcal{J}(\gamma)$ s.t. $J(p) = J(q) = 0$ ($\iff \text{Null}_r \neq \emptyset$)
 $J \neq 0$

Pf: let $r = \exp_p tv$. Then $q \in \text{Conj}_r(p) \iff$

$\exists w \in T_v T_p M \cong T_p M$ s.t. $(d \exp_p)_v(w) = 0$.

Also note that $J \in \mathcal{J}(\gamma)$ w/ $J(0) = 0$, $D_t J(0) = w$

$\iff J_s(t) = (d \exp_p)_{tv}(tw)$. This is because

$$J(t) = \frac{d}{ds} \Big|_{s=0} \exp_p^t(v + sw) = (d \exp_p)_{P+tv}(tw)$$

The proposition then follows since $J(1) = (d \exp_p)_v(w)$.

Prop 21.2: If $\gamma: [0,1] \rightarrow M$ is a geodesic from p to q , w/ some $t_0 \in (0,1)$ s.t. $\gamma(t_0) \in \text{Conj}_r P$.

Then $\exists X \in T_r \Omega(p,q)$ s.t. $I_r(X,X) < 0$.

In particular, γ is not minimizing.

Pf: $\exists J \in \mathcal{J}(r|_{[0,t_0]})$ s.t. $J(0) = 0, J(t_0) = 0$.

Let

$$Y(t) := \begin{cases} J(t), & 0 < t \leq t_0 \\ 0, & t \in [t_0, 1] \end{cases}$$

Let W be a proper normal v.f. along γ s.t.

$$W(t_0) = \Delta_{t_0} \mathcal{D}_{t_0} V$$

Note $\Delta_{t_0} \mathcal{D}_{t_0} V = -\mathcal{D}_{t_0} J(t_0) \neq 0$ since otherwise

J would be trivial.

For $\epsilon \ll 1$, consider $X_\epsilon = V + \epsilon W$. Then

$$I(X_\epsilon, X_\epsilon) = I(V, V) + 2\epsilon I(V, W) + \epsilon^2 I(W, W)$$

V satisfies Jacobi- eq^n on $[0, t_0], [t_0, 1]$ so

$$I(V, V) = -\langle \Delta_{t_0} \mathcal{D}_{t_0} V, V(t_0) \rangle = 0$$

$$I(V, W) = -|W(t_0)|^2$$

$\therefore I(X_\epsilon, X_\epsilon) = -\epsilon^2 |W(t_0)|^2 < 0$

So,

(3)

$$I(X_\varepsilon, X_\varepsilon) = -2\varepsilon |W(t_0)|^2 + \varepsilon^2 I(W, W)$$

$$= -\varepsilon (2|W(t_0)|^2 - \varepsilon I(W, W))$$

Since $|W(t_0)|^2 > 0$, $\exists \varepsilon \ll 1$ s.t. $\varepsilon I(W, W) < 2|W(t_0)|^2$. Done!

There is a far reaching generalization.

Defⁿ: 1) The multiplicity of a conjugate pt $q \in \text{Conj}_r P$ is the dimension of the sp. of Jacobi fields vanishing at p & q . In other words, if $q = \exp_p v$, then multiplicity

$$\nu_r(q) = \dim \ker (d\exp_p)_v$$

2) The index of a geodesic r is

$$\lambda(r) := \# \{ X \in T_r \Omega \mid I_r(X, X) < 0 \}$$

Th^m 21.3 (Morse) The index $\lambda(r)$ equals the number of points $r(t)$, $0 < t < 1$ s.t. $r(t) \in \text{Conj}_r P$ & each $r(t)$ is counted w/ multiplicity. The index $\lambda(r)$ is always finite.

JACOBI COMPARISON THEOREM

(4)

Lemma 21.4 Sp's. $u, v \in C^2(0, T)$, $u \in C^0[0, T]$, & $u > 0$. Sp's $u > 0$

$$\begin{cases} \ddot{u}(t) + a(t)u(t) = 0 \\ \ddot{v}(t) + a(t)v(t) \geq 0 \\ u(0) = v(0) = 0, \dot{u}(0) = \dot{v}(0) > 0 \end{cases}$$

for some $a \in C^0[0, T]$. Then $v(t) \geq u(t)$ on $[0, T]$.

Pf: Consider $f(t) = v(t)/u(t)$.

L'Hospital $\Rightarrow \lim_{t \rightarrow 0^+} f(t) = 1$.

Claim $f' \geq 0$.

Pf: $f'(t) = \frac{\dot{v}u - \dot{u}v}{u^2}$.

Now $\dot{v}u - \dot{u}v(0) = 0$.

Also $(\dot{v}u - \dot{u}v)' = \ddot{v}u + a v u \geq 0$.

So $\dot{v}u - \dot{u}v \geq 0$ on $[0, T]$.

Hence $f' \geq 0$.

Defⁿ: We say that a Riemannian mtd (M, g) has sectional curvature bounded below (resp. above) by $K \in \mathbb{R}$, and write this as $\text{sec}_g \geq K$ (resp. $\text{sec}_g \leq K$) if $\forall p \in M, \forall$

2-dim planes $\Pi \subset T_p M$ we have ⑤

$$\sec(\Pi) \geq K \quad (\text{resp. } \sec(\Pi) \leq K)$$

Th^m 21.5 (Jacobi field comparison) Sp^s (M, g) s.t
 $\sec g \leq K$. If γ is a unit speed geodesic
 & $J \in J^\perp(\gamma)$ s.t $J(0) = 0$, then

$$|J(t)| \geq \begin{cases} t |D_t J(0)|, & 0 \leq t \text{ if } K = 0 \\ R \sin \frac{t}{R} \cdot |D_t J(0)|, & 0 \leq t \leq \pi R, \\ & K = 1/R^2 \\ R \sinh \frac{t}{R} |D_t J(0)|, & t \geq 0, \\ & K = -1/R^2. \end{cases}$$

Pf. Note $|J(t)|$ is smooth whenever $J(t) \neq 0$.

$$\frac{d}{dt} |J(t)| = \frac{\langle D_t J, J \rangle}{|J|}$$

$$\frac{d^2}{dt^2} |J(t)|^2 = \frac{\langle D_t^2 J, J \rangle}{|J|} + \frac{|D_t J|^2}{|J|}$$

$$- \frac{\langle D_t J, J \rangle^2}{|J|^3}$$

Cauchy Schwartz $\Rightarrow |D_t J|^2 |J|^2 \geq \langle D_t J, J \rangle^2$

Jacobi eq $\Rightarrow \langle D_t^2 J, J \rangle = -R_m(J, \dot{\gamma}, \dot{\gamma}, J)$

⑥

So
$$\frac{d^2}{dt^2} |J| \geq - \frac{\text{Rm}(J, \dot{r}, \dot{r}, J)}{|J|}$$

Now, $\langle J, \dot{r} \rangle = 0$. Also $|\dot{r}|^2 = 1$. So

$$\begin{aligned} \text{Rm}(J, \dot{r}, \dot{r}, J) &= \text{Sec}(J \wedge \dot{r}) |J|^2 \\ &\leq K |J|^2 \end{aligned}$$

So
$$\boxed{\frac{d^2}{dt^2} |J| \geq -K |J|}$$

Recall that if $u(t) = \begin{cases} R \sin \frac{t}{R} & , K = 1/R^2 \\ t & , K = 0 \\ R \sinh t/R & K = -1/R^2 \end{cases}$

Then $\ddot{u} + Ku = 0$. To apply Sturm comparison, we need $|J|'(0) = 1$ since

$\dot{u}(0) = 1$. W.l.o.g, assume $|D_t J(0)| = 1$.

If $D_t J(0) = W$, then near $t=0$ in normal

coordinate $J(t) = tW + o(t)$. So

$$\begin{aligned} \frac{d}{dt} |J(t)| \Big|_{t=0} &= \lim_{t \rightarrow 0} \frac{|J(t)| - |J(0)|}{t} \\ &= \lim_{t \rightarrow 0} |W|_{g(t)} = |W|_{g(0)} = |D_t J(0)| \\ &= 1 \end{aligned}$$

Then Sturm comparison $\Rightarrow |J(t)| > u(t)$ $\textcircled{7}$
 as long as $u(t) > 0$. This proves the theorem

Cor 21.6: (Conjugate pt Comparison). S_p^1
 $\text{sec}_g \leq K$. Then

1) $K \leq 0 \Rightarrow$ there is no conjugate pt
 along any geodesic. i.e. $\exp_p: T_p M \rightarrow M$ is
 a local diffeo.

2) $K = 1/R^2$, then the first conjugate pt.
 occurs at a dist $\geq \pi R$.

Pf: 1) $K \leq 0 \Rightarrow |J(t)| > 0 \quad \forall t > 0$ by Th^m 21.6.

2) $K = 1/R^2 > 0$, then $|J(t)| \geq R \sin \frac{t}{R} \cdot |D_t J(0)|$.

The first zero of $\sin t/R$ is at $t = \pi R$.

So $|J(t)| > 0 \quad \forall t < \pi R$.

Rk: This result is sharp. $M = S_R^n$, then
 the first conjugate pt occurs exactly at a
 distance of πR .

Cor 21.7 (Metric Comparison). Again if $\text{sec}_g \leq K$
 Then in any normal neighbourhood.

$$g(V, V) \geq g_K(V, V),$$

where g_K is the metric $dr^2 + A_K(r) g_{S^{n-1}}$, where

A_K is as in the previous lecture. ⑧

Pf: Decompose $V = V^T + V^\perp$, where V^T is tangent to a geodesic sphere, V^\perp tangent to radial geodesics. Then

$$g(V, V) = g(V^T, V^T) + g(V^\perp, V^\perp).$$

As before $g(V^\perp, V^\perp) = g_K(V^\perp, V^\perp)$.

Also $V^T = J(1)$ for some J s.t. $J = 0$ at $t = 0$. So Th^m $\Rightarrow g(V^\perp, V^\perp) \geq g_K(V^\perp, V^\perp)$.

$$D_t J(0) = V^T.$$