## Submanifolds and differential forms in Carnot groups

After M. Gromov and M. Rumin

## Carnot manifolds

Definition. Let $M$ be a manifold, $H \subset T M$ a subbundle. Assume that iterated Lie brackets of sections of $H$ generate TM. Call these data a Carnot manifold.
Choose euclidean metrics on fibers of $H$. Minimizing lengths of horizontal curves defines a Carnot metric.

Problem. How far can Carnot manifolds be from Riemannian metrics.

## Example : Heisenberg group

Heis $^{3}=3 \times 3$ unipotent real matrices, $H=$ kernel of left-invariant 1-form $d z-y d x$.


Choose left-invariant metric $d x^{2}+d y^{2}$. Then dilations $\delta_{\varepsilon}(x, y, z) \longrightarrow\left(\varepsilon x, \varepsilon y, \varepsilon^{2} z\right)$ multiply distance by $\varepsilon$.
$\Longrightarrow$ Hausdorff dimension $=4$.

## Carnot groups

Definition. A Carnot group is a Lie group $G$ equipped with one-parameter group of automorphisms $\delta_{\varepsilon}$ such that
$V^{l}=\left\{v \in \operatorname{Lie}(G) \mid \delta_{\varepsilon} v=\varepsilon v\right\}$ generates $\operatorname{Lie}(G)$.
Take $\mathrm{H}=$ left-translated $V^{l}$. Then left-invariant Carnot metrics are $\delta_{\varepsilon}$-homogeneous.

Define $V^{i+1}=\left[V^{i}, V^{l}\right]$. Then Hausdorff dimension $=\sum i \operatorname{dim}\left(V^{i}\right)$.

## Equiregular Carnot manifolds

Definition. Given $H \subset T M$ and $x \in M$, let $H^{i}(x)$
$=$ subspace of $T_{x} M$ generated by values at $x$ of $i$-th order iterated brackets of sections of $H$. Say $H$ is equiregular if $\operatorname{dim}\left(H^{i}\right)$ is constant.

Example. $M=\mathbb{R}^{3}, H$ generated by $\partial_{x}, \partial_{y}+\mathrm{x}^{2} \partial_{\mathrm{z}}$, is not equiregular.

## Tangent cones of equiregular Carnot manifolds

Theorem (Nagel-Stein-Wainger, Mitchell). An equiregular Carnot manifold is asymptotic to a Carnot group $G_{x}$ at each point $x \in M$. In particular, Hausdorff dimension $=\sum i\left(\operatorname{dim}\left(H^{i}\right)-\operatorname{dim}\left(H^{i-1}\right)\right)$.

Example. In dimension 3, equiregular $\Leftrightarrow$ contact. Then $G_{x}=$ Heis $^{3}$. In dimension 5, if $\operatorname{codim}(H)=1$, equiregular $\Leftrightarrow$ contact (then $G_{x}=$ Heis $^{5}$ ) or $H=$ $\operatorname{ker}(\alpha)$ with $d \alpha$ of rank 2 (then $G_{x}=$ Heis $^{5} \times \mathbb{R}^{2}$ ).

## BiLipschitz equivalence

Theorem. Two Carnot groups are biLipschitz homeomorphic (resp. quasiconformally homeomorphic) if and only if they are isomorphic.

Theorem (Mostow-Margulis). If $f: M \rightarrow M^{\prime}$ is a quasiconformal homeomorphism, then for all $x \in M, G_{f(x)}^{\prime}$ is isomorphic to $G_{x}$.

## Hölder equivalence

Theorem (Rashevsky, Chow,..). A Carnot manifold is $\alpha$-Hölder-homeomorphic to a Riemannian manifold, $\alpha \geqslant 1 / r$ if $H^{r}=T M$.

Remark. A Carnot manifold of dimension $n$ and Haudorff dimension $d$ is not $\alpha$-Hölderhomeomorphic to a Riemannian metric if $\alpha>n / d$.

Question. What is the best $\alpha, \alpha(M, H)$ ?
Example. $1 / 2 \leqslant \alpha\left(\right.$ Heis $\left.^{3}\right) \leqslant 3 / 4$.

## The case of $\operatorname{Heis}^{3}(1 / 2)$

Theorem. $\alpha\left(\right.$ Heis $\left.^{3}\right) \leqslant 2 /$ 3. i.e. Heis $^{3}$ is not $\alpha$-Hölder homeomorphic to $\mathbb{R}^{3}$ for $\alpha>2 / 3$.

Lemma. Every topological surface in $\mathrm{Heis}^{3}$ has Hausdorff dimension $\geqslant 3$.

Theorem follows : $f \in$ C $^{\alpha}: \mathbb{R}^{3} \rightarrow$ Heis $^{3} \Rightarrow$

$$
3 \leqslant \operatorname{dim}_{\text {Hau }} f(S) \leqslant \operatorname{dim}_{\text {Hau }} S / \alpha=2 / \alpha
$$

## The case of $\mathrm{Heis}^{3}$ (2/2)

## Proof of Lemma.

1. topdim $(S) \geqslant 2 \Rightarrow \exists$ continuous curve $c$ such that every neighboring curve intersects $S$.
2. Can take $c$ smooth, embedded and horizontal.
3. Insert $c$ in a smooth submersion $p:$ Heis ${ }^{3} \rightarrow \mathbb{R}^{2}$ with horizontal fibers.
4. Tube generated by $\varepsilon$-ball has volume $\leqslant \mathrm{C} \tau \varepsilon^{3}$.
5. Cover $S$ with $\varepsilon_{j}$-balls. Corresponding tubes cover a fixed open set.
6. $\Sigma_{j} \varepsilon_{j}^{3} \geqslant \operatorname{Vol}(\cup T u b e s) / \mathrm{C}$ is bounded away from 0 . Therefore $\operatorname{dim}_{H a u} S \geqslant 3$.

## Results to be covered

a. Two proofs of isoperimetric inequality.
b. An existence result for horizontal submanifolds.
c. A Carnot version of de Rham theorem.
d. Applications to Hölder equivalence.

## Contents

1. Hausdorff dimension of hypersurfaces and the isoperimetric inequality
2. Hausdorff dimension of higher codimensional submanifolds
3. From submanifolds to differential forms

## Isoperimetric inequality

Theorem. Let $K$ be a compact subset in an equiregular Carnot manifold of Haudorff dimension $d$. There exist constants $c$ and $C$ such that for every domain $D$ in $K$,

$$
\mathcal{H}^{d}(D) \leqslant c \Rightarrow \mathcal{H}^{d}(D) \leqslant C \mathcal{H}^{d-1}(\partial D)^{d / d-1} .
$$

Corollary. $\alpha(M) \leqslant(n-1) /(d-1)$.

## Proof of Carnot isoperimetric inequality (1/4)

Flow tube estimates. Let $X$ be a smooth horizontal vector field, B an $\varepsilon$-ball, $T$ the tube swept by $B$ in time $\tau$ under the flow of X . Then

$$
\mathcal{H}^{d}(T) \leqslant \operatorname{const}(X, K) \tau / \varepsilon \mathcal{H}^{d}(B) .
$$

For the tube $T(S)$ swept by a hypersurface $S$,

$$
\mathcal{H}^{d}(T(S)) \leqslant \operatorname{const}(X, K) \tau \mathcal{H}^{d-l}(S) .
$$

Choose smooth horizontal vector fields $X_{l}, \ldots, X_{k}$ such that the «iterated orbit» of any point $m \in K$ under them in time $\tau$ contains $B(m, \tau)$ and is contained in $B(m, \lambda \tau), \lambda=\operatorname{const}(K)$.

## Proof of Carnot isoperimetric inequality (2/4)

Local isoperimetric inequality. For every ball $B$ of radius $R \leqslant \operatorname{const}(K)$, such that $B^{\prime}=\lambda B \subset K$, and for every subset $D \subset K$ with $\mathcal{H}^{d}(D) \leqslant \mathcal{H}^{d}(B) / 2$,

$$
\mathcal{H}^{d}(D \cap B) \leqslant \operatorname{const}(K) R \mathcal{H}^{d-I}\left(\partial D \cap B^{\prime}\right) .
$$

Indeed, one of the fields $X_{j}$ moves a proportion const $(K)$ of the measure of $D \cap B$ outside $D \cap B$ in time $\tau=2 R$. Thus the $X_{j}$-tube in time $2 R$ of $\partial D \cap B$, contains const $(K) \mathcal{H}^{d}(D \cap B)$.

## Proof of Carnot isoperimetric inequality (3/4)

Covering lemma. If $\mathcal{H}^{d}(D) \leqslant \operatorname{const}(K)$, there exists a collection of disjoint balls $B_{j}$ such that

- $D$ is covered by concentric balls $2 B_{j}$.
- $\mathcal{H}^{d}\left(D \cap \lambda^{-1} B_{j}\right) \geqslant \lambda^{d} \mathcal{H}^{d}\left(\lambda^{-2} B_{j}\right) / 2$.
- $\mathcal{H}^{d}\left(D \cap B_{j}\right) \leqslant \lambda^{d} \mathcal{H}^{d}\left(\lambda^{-1} B_{j}\right) / 2$.

Indeed, given $m \in D$, let $B(m)$ be the last of the balls $B\left(m, \lambda^{-i}\right)$ to satisfy $\mathcal{H}^{d}(D \cap B) \leqslant \lambda^{d} \mathcal{H}^{d}\left(\lambda^{-l} B\right) / 2$.
Then let $B_{0}$ be the largest $B(m), B_{l}$ the largest which is disjoint from $B_{0}, \ldots$

# Proof of Carnot isoperimetric inequality (4/4) 

End of proof. Local isoperimetric ineq. in $\lambda^{-1} B_{j} \Rightarrow$ $\mathcal{H}^{d}\left(D \cap \lambda^{-1} B_{j}\right) \leqslant \operatorname{const}(K) R_{j} \mathcal{H}^{d-1}\left(\partial D \cap B_{j}\right)$.
Since
$\mathcal{H}^{d}\left(D \cap \lambda^{-1} B_{j}\right) \geqslant \lambda^{d} \mathcal{H}^{d}\left(\lambda^{-2} B_{j}\right) / 2 \geqslant \operatorname{const}(K) R_{j}^{d}$,
one gets
$\mathcal{H}^{d}\left(D \cap \lambda^{-1} B_{j}\right) \leqslant \operatorname{const}(K) \mathcal{H}^{d-1}\left(\partial D \cap B_{j}\right)^{d / d-1}$.
Finally,
$\mathcal{H}^{d}\left(D \cap 2 B_{j}\right) \leqslant \mathcal{H}^{d}\left(2 B_{j}\right) \leqslant \operatorname{const}(K) \mathcal{H}^{d}\left(B_{j}\right)$
$\leqslant \operatorname{const}(K) \mathcal{H}^{d}\left(D \cap \lambda^{-1} B_{j}\right)$.
So one can sum up and estimate $\mathcal{H}^{d}(D)$.

## Sobolev meets Poincaré

Isoperimetric inequality is equivalent to Sobolev inequality for compactly supported $u$,

$$
\|u\|_{d / d-1} \leqslant \text { const. }\|d u\|_{I}
$$

Local isoperimetric inequality is equivalent to (weak) (1,1)-Poincaré inequality, for arbitrary $u$ defined on a ball $\lambda \mathrm{B}$ of radius $R$,

$$
\operatorname{Inf}_{c \in R} \int_{B}|u-c| \leqslant \text { const. } R \int_{\lambda B}|d u|
$$

Carnot case : replace $d u$ with $d^{H} u=d u_{\mid H}$, the horizontal differential.

## Proof of Isoperimetric $\Leftrightarrow$ Sobolev

1. Isoperimetric $\Leftrightarrow$ Sobolev for characteristic functions $l_{D}$ of domains $D$.
2. Every nonnegative compactly supported function $u$ is a sum of characteristic functions, $u=\int_{0}^{\infty} 1_{\{u>t\}} d t$.
3. Coarea formula

$$
\int_{0}^{\infty} \mathcal{H}^{d}(\{u=t\}) d t=\left\|d^{H} u\right\|_{1} .
$$

## Proof of Local Isoperimetric $\Leftrightarrow$ Poincaré

1. Up to replacing $u$ with $u-c$, $\mathcal{H}^{d}(\{u>0\} \cap B), \mathcal{H}^{d}(\{u<0\} \cap B) \leqslant \mathcal{H}^{d}(B) / 2$.
2. $u=u_{+}-u_{-}$where $u_{+}=\max ^{\{ }\{u, 0\}$.
3. $\int_{B} u_{+}=\int_{B} \int_{0}^{\infty} 1_{\{u>t\}} d t=\int_{0}^{\infty} \mathcal{H}^{d}(\{u>t\} \cap B) d t$.
4. Local isoperimetric inequality implies $\int_{B} u_{+} \leqslant$const. $\int_{0}^{\infty} \mathcal{H}^{d}(\{u=t\} \cap \lambda B) d t$.
5. Coarea $\Rightarrow \int_{B}|u| \leqslant$ const. $\int_{\lambda B}\left|d^{H} u\right|$.

## Hausdorff dimension of higher codimensional submanifolds

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## Topological dimension

Theorem (Alexandrov). A subset $V \subset M^{n}$ has topological dimension $n-k \Leftrightarrow$ there are $k-1$-cycles in $M V$ which do not bound chains of small diameter in $M V$.

Corollary. If topdim $(V) \geqslant n-k$, there exists a $k$ dimensional polyhedron $P$ and a continuous map $f: P \rightarrow M$ such that any $f^{\prime} C^{0}$-close to $f$ hits $V$. Call this $f$ transverse to $V$.

## Folded maps

Definition. $P$ polyhedron. A map $f: P \rightarrow M$ is folded if $P$ is covered with subpolyhedra $P_{j}$ such that $f$ is a smooth immersion on simplices of $P_{j}$ and a homeomorphism of $P_{j}$ onto a smooth submanifold with boundary.

Terminology. Say a Carnot manifold is $k$-rich if given a $C^{0} \operatorname{map} f: P \rightarrow M$, where $\operatorname{dim}(P)=k$, there exists a nearby horizontal folded map $F: P \times \mathbb{R}^{q} \rightarrow M$ which is an immersion on $P_{j}$ and a submersion on $P_{j} \times \mathbb{R}^{q}$.

## $k$-wealth $\Rightarrow$ lower bound on Hausdorff dimension

Lemma. Assume $M^{n}$ is $k$-rich. Then for every $n-k$ dimensional subset $V \subset M$,

$$
\operatorname{dim}_{\text {Hau }}(V)-\operatorname{dim}(V) \geqslant \operatorname{dim}_{\text {Hau }}(M)-\operatorname{dim}(M) .
$$

It follows that $\alpha(M) \leqslant(n-k) /(d-k)$.
Indeed, given $F: P \times \mathbb{R}^{g} \rightarrow M$ which is close to a transversal to $V$, pick $\mathbb{R}^{n-k} \subset \mathbb{R}^{q}$ on which $F$ is a diffeo. $F$ defines $\tau$-tubes. Tubes generated by $\varepsilon$ balls have volume $\leqslant \tau^{k} \varepsilon^{d-k}$. Cover $V$ with $\varepsilon_{j}$-balls. Then $\sum_{j} \varepsilon_{j}^{d-k} \geqslant \tau^{k} \operatorname{Vol}(\cup T u b e s)$ is bounded away from 0 .

## Results

Theorem (Gromov). Let $\operatorname{dim} M=n$. Assume $h-k \geqslant(n-h) k$. Then a generic $h$-dimensional distribution $H$ on $M$ is $k$-rich. A contact structure on $M^{2 m+1}$ is $k$-rich for all $k \leqslant m$.

## Proof.

1. Linear algebra : existence of regular isotropic subspaces in $H$.
2. Analysis : microflexibility of regular horizontal submanifolds (Nash).
3. Topology : local to global (Smale).

## Isotropic subspaces

Notation. Let $H=\operatorname{ker}(\boldsymbol{\vartheta})$, where $\vartheta$ is $\mathbb{R}^{n-h}$-valued. If $V \subset M$ is horizontal, then $d \vartheta_{I T V}=0$.

Definition. Let $m \in M$. A subspace $S \subset H_{m}$ is isotropic if $d \vartheta_{\text {IS }}=0$.

Examples. 1-dimensional subspaces are always isotropic. If $H$ is a contact structure on $M^{2 m+1}$, isotropic subspaces have dimension $\leqslant m$.

## Linearizing horizontality

Goal. Apply inverse function theorem to horizontal submanifold equation.

Write $E(V)=\vartheta_{I T V}$. Then $V$ is horizontal $\Leftrightarrow E(V)=0$.
$X$ vectorfield along $V \subset M$. Then

$$
D_{V} E(X)=\left(d\left(\iota_{X} \vartheta\right)+\iota_{X}(d \vartheta)\right)_{\mid T V} .
$$

## Regular subspaces

Definition. Assume $H=\operatorname{ker}(\vartheta)$, where $\vartheta$ is $\mathbb{R}^{n-h}-$ valued. Say $S \subset H_{m}$ is regular if
$\left.H_{m} \rightarrow \operatorname{Hom}\left(S, \mathbb{R}^{n-h}\right), X \rightarrow \iota_{X}(d \vartheta)\right)_{\mid S}$ is onto.

Examples. In contact manifolds, all horizontal subspaces are regular.
All 1-dimensional subspaces are regular $\Leftrightarrow H$ satisfies the strong bracket generating hypothesis. This is very rare.

## Generic case

Proposition. If $S \subset H_{m}$ is isotropic and regular, then $h-k \geqslant(n-h) k$, where $h=\operatorname{dim} H, k=\operatorname{dim} S$.
Conversely, if $h-k \geqslant(n-h) k$, a generic $h$-dimensional distribution admits regular isotropic $k$-planes, away from a small subset.

Indeed, regular isotropic $k$-planes are the smooth points of the variety of isotropic $k$-planes. Their existence is a Zariski open condition on a 2 -form $\omega$. Assumption allows to construct at least one such 2-form. The map $\vartheta \rightarrow d \vartheta_{\mid k e r(\vartheta)}$ is transverse to the set of bad $\omega$.

## Algebraic inverses

Proposition. If $T V C H$ is regular, $D_{V} E$ admits an algebraic right inverse.
Indeed, if $M_{m}: T_{m} * V \rightarrow H_{m}$ is a right inverse of $X \rightarrow$ $\left.\iota_{X}(d \vartheta)\right)_{\mid T V}, \beta \rightarrow M(\beta), \Omega^{l}(V) \rightarrow C^{\infty}(H)$ is a right inverse of $D_{V} E$.

Remark. For $f: V \rightarrow \mathbb{R}^{q}$, the first order linear operator $L(f)=A f+\sum_{i} B_{i} \partial_{i} f \in \mathbb{R}^{q^{\prime}}$ is algebraicly invertible for generic $A$ and $B_{i}$ if $q \gg q$.
Indeed, to solve $L(f)=g$, it suffices to solve $B_{i} f=0$ and $\left(A-\sum_{i} \partial_{i} B_{i}\right) f=g$.

## Nash implicit function theorem

Theorem (Nash). Let $F, G$ be bundles over $V$. Assume $E: C^{\infty}(F) \rightarrow C^{\infty}(G)$ is a differential operator whose linearization $D_{f} E$ admits a differential right inverse $M_{f}$, which is defined for $f$ in a subset $A$ of $C^{\infty}(F)$ defined by an open differential relation. Let $s$ be large enough.
Then for each $f \in A$, there exists a right inverse $E_{f}^{-1}$ of $E$, defined on a $C^{s}$-neighborhood of $E(f)$ in $C^{\infty}(G)$. Furthermore, $E_{f}^{-1}$ depends smoothly on parameters, and is local : $E_{f}^{-1}(g)(v)$ depends on $g_{I B(v, l)}$ only.

## Approximate solutions.

Corollary. Any germ $f_{0}$ that solves

$$
E\left(f_{0}\right)(m)=o\left(\left|m-m_{0}\right|^{s}\right)
$$

can be deformed to a true local solution $f_{1}: E\left(f_{1}\right)=0$.

Indeed, choose $g \in C^{\infty}(G)$ such that $g=-E\left(f_{0}\right)$ near $m_{0}$, but $g$ is $C^{s}$-small. Set $f_{t}=E_{f}^{-1}\left(E\left(f_{0}\right)+t g\right)$.

In other words, it suffices to construct solutions up to order $s$ ( $s=2$ is enough for the horizontal manifold problem). This implies local existence.

## Microflexibility (1/2)

Definition. Say an equation is (micro)flexible if given compact sets $K^{\prime} \subset K \subset V$, a solution $f$ defined on a neighborhood of $K$, and a deformation $f_{v}, t \in$ [ 0,1 , of its restriction to $K^{\prime}$, the deformation extends to a neighborhood of $K$ (for a while, i.e. for $t \in[0, \varepsilon]$ ). It should also work for families $f_{p}$ parametrized by a polyhedron $P$.

Example. Inequations are always microflexible.

## Microflexibility (2/2)

Corollary. If for $f \in A, D_{f} E$ admits a differential right inverse, then $A \cap\{E=0\}$ is microflexible.

Indeed, given solutions $f$ on $K$ and $f_{t}$ on $K^{\prime}$, extend $f_{t}$ arbitrarily to $f^{\prime}{ }_{t}$ defined on $K$. For $t$ small, one can set $e_{t}=E_{f^{\prime} t}^{-1}(0)$. Locality $\Rightarrow e_{t}=f_{t}$ near $K^{\prime}$.

Remark. (Micro)flexibility means that restriction of solutions from $K$ to $K^{\prime}$ is a fibration (submersion).

## h-principle

Definition (Gromov). Given an equation of order $r$, there is a notion of nonholonomic solution, $« r$-jet of a solution».
Example. For horizontal immersions $V \rightarrow(M, H)$, a nonholonomic solution is a continuous map $f: V \rightarrow$ $M$ together with an isotropic injective linear map $T_{m} V \rightarrow H_{f(m)}$.
Say an equation satisfies the $C^{\underline{0}}$ h-principle if every nonholonomic solution can be $C^{0}$-approximated by solutions (and also familywise).

## h-principle as a homotopy theory

h-principle localizes near a compact subset $K$, and has a relative version for a pair ( $K, K^{\prime}$ ).

Proposition. h-principle for $K^{\prime}+$ h-principle for $\left(K, K^{\prime}\right) \Rightarrow \mathrm{h}$-principle for $K$.

Theorem (Smale). h-principle for $K^{\prime}+$ h-principle for $K+$ diff. invariance + flexibility $\Rightarrow \mathrm{h}$-principle for ( $K, K^{\prime}$ ).

## Microflexibility versus flexibility

Corollary. Flexibility + local existence $\Rightarrow$ global existence (h-principle).

Theorem (Gromov). Microflexibility on $V=W \times \mathbb{R} \Rightarrow$ flexibility on $W$.
Microflexibility implies h-principle for folded solutions.

## Smooth horizontal immersions

Definition. $S \subset H$ is superregular if $S \subset S^{\prime}, S^{\prime}$ is regular isotropic and $\operatorname{dim} S^{\prime}=\operatorname{dim} S+1$.

Theorem (Gromov). Let $\operatorname{dim} M=n$. Assume $h-k \geqslant$ $(n-h) k$. For a generic $h$-dimensional distribution $H$ on $M$ the h-principle holds for $k$ - 1 -dimensional superregular horizontal immersions.

Theorem (Duchamp). In a contact manifold $M^{2 m+1}$, the h-principle holds for $k$-dimensional horizontal immersions for all $k \leqslant m$.

# Regularity and calculus of variations 

Remark. The space of regular horizontal immersions $V \rightarrow(M, H)$ is a smooth manifold. Therefore, one can write EulerLagrange equations for the extremals of functionals on such immersions.

Example. Variational Hamiltonian Legendrian surfaces in $S^{5}$.

## Back to the Hölder equivalence problem

Let ( $M^{n}, H^{h}$ ) be a Carnot manifold of Hausdorff dimension $d$. Then from existence of horizontal (folded) submanifolds, one gets the following upper bounds for $\alpha=\alpha(M, H)$, the best possible exponent for a Hölder homeomorphism $\mathbb{R}^{n} \rightarrow M$.

1. $\alpha \leqslant(n-1) /(d-1)$ in general.
2. $\alpha \leqslant(n-k) /(d-k)$ for generic $H$, if $h-k \geqslant(n-h) k$.
3. $\alpha \leqslant(m+1) /(m+2)$ for contact $H, n=2 m+1$.

## From submanifolds to differential forms

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## Horizontal forms

Remark. Let $p: M \rightarrow \mathbb{R}^{q}$ be a submersion with horizontal fibers. Then $p^{*} v o l$ is a horizontal form, i.e. its wedge product with a form that vanishes on $H$ is zero. Thus $k$-wealth implies abundance of horizontal $n$ - $k$-forms.

Notation. Let $\Theta^{*}$ denote the ideal of forms that vanish on $H$ and $A^{*}$ its annihilator,

$$
A^{*}=\left\{\eta \mid \eta \wedge \vartheta=0 \forall \vartheta \in \Theta^{*}\right\} .
$$

Elements of $A^{*}$ are called horizontal forms.

## Existence of horizontal forms (1/2)

Proposition. Every closed $n$ - 1 -form is cohomologous to a horizontal form.

Proof (Heisenberg group case). Let $\vartheta$ be the contact form, $\omega$ a $n$ - $l$-form. Since $\mathrm{d} \vartheta_{I H}$ is symplectic, there is a unique $n$ - 3 -form $\beta$ on $H$ such that $(d \vartheta)_{\mid H} \wedge \beta-\omega_{\mid H}=0$. Extend $\beta$ arbitrarily. Then $\omega+d(\vartheta \wedge \beta)$ is horizontal.

## Existence of horizontal forms (2/2)

Proof (general case). Consider the operators $d^{H}: \Theta^{1} \rightarrow \Omega^{2} / \Theta^{2}$ and $d_{H}: A^{n-2} \rightarrow \Omega^{n-1} / A^{n-1}$ induced by the exterior differential. Both are order zero, and adjoints of each other, since, for $\vartheta \in \Theta^{*}$ and $\eta \in$ $A^{*}$,

$$
\left(d_{H} \vartheta\right) \wedge \eta \pm \vartheta \wedge d^{H} \eta=d(\vartheta \wedge \eta)=0
$$

Bracket generating $\Rightarrow d^{H}$ is injective, so $d_{H}$ is surjective. Given a closed $n$ - 1 -form $\omega$, there exists $\eta \in A^{n-2}$ such that $d_{H} \eta=-\omega \bmod A^{n-1}$, i.e. $\omega+d \eta$ is horizontal.

## Second proof of isoperimetric inequality

Goal. $\mathcal{H}^{d}(D) \leqslant C \mathcal{H}^{d-1}(\partial D)^{d / d-1}$ (Carnot group case).

1. Choose horizontal representative of generator of $H^{n-1}\left(G\{e\} /\left\langle\delta_{2}\right\rangle, \mathbb{Z}\right)$, lift it to $G \backslash\{e\}$. Get horizontal form $\omega_{e}$ such that $\left|\omega_{e}(g)\right| \leqslant$ const. $|g|^{1-d}$. Left translate it at each $g \in G$.
2. $\mathcal{H}^{d}(D)=\int_{D}\left(\int_{\partial D} \omega_{g}\right) d g \leqslant \int_{D \times \partial D} d\left(g, g^{\prime}\right)^{1-d} d g d g^{\prime}$ $=\left(\int_{\partial D}\left(\int_{D} d\left(g, g^{\prime}\right)^{I-d} d g\right) d g^{\prime}\right.$.
3. If $B$ is ball centered at $g^{\prime}$ with $\mathcal{H}^{d}(D)=\mathcal{H}^{d}(B)$,

$$
\int_{D} d\left(g, g^{\prime}\right)^{1-d} d g \leqslant \int_{B} d\left(g, g^{\prime}\right)^{1-d} d g=\mathcal{H}^{d}(D)^{1 / d} .
$$

## More horizontal forms, contact case

Notation. Let $I^{*}=\{\alpha \wedge \vartheta+\beta \wedge \mathrm{d} \vartheta\}$ denote the differential ideal generated by forms that vanish on $H$ and $J^{*}$ its annihilator,

$$
J^{*}=\left\{\eta / \eta \wedge \vartheta=0 \forall \vartheta \in I^{*}\right\} .
$$

Theorem (Rumin). $M^{2 m+1}$ contact manifold.
There exists a second order differential operator $D: \Omega^{m} / I^{m} \rightarrow J^{m+1}$ such that the complex
$0 \rightarrow \Omega^{l} / I^{I} \rightarrow \ldots \rightarrow \Omega^{m} / I^{m} \rightarrow J^{m+1} \rightarrow \ldots \rightarrow J^{2 m+1} \rightarrow 0$
is homotopy equivalent to the de Rham complex.

## Rumin's second order operator

Proof (case Heis ${ }^{\mathbf{3}}$ ). $\omega$ a $l$-form $\bmod I^{1}$. Let $\beta$ be the unique function such that $(d \omega+\beta d \vartheta)_{\mid H}=0$. Set $D \omega=d(\omega+\beta \wedge \vartheta)$. Then $d^{H} \mathrm{D}=\mathrm{D} d_{H}=0$.
Locally, $D \omega=0 \Leftrightarrow \omega+\beta \vartheta$ is exact $\Leftrightarrow \omega$ is $d_{H}$-exact.
Also, locally, a 2-form $\eta$ is closed $\Leftrightarrow \eta=d(\omega+\beta d \vartheta)$ in which case $(\omega+\beta \vartheta)_{\mid H}=0$, thus $\eta=D \omega$.

Corollary. There exist small open subsets in $M$ with closed non exact horizontal $q$-forms for all $q \geqslant m+1$.

## Weights of differential forms

Definition. Say a $q$-form $\omega$ on a Carnot manifold has weight $\geqslant w$ if its vanishes on all $q$-vectors of $H_{i l} \otimes \ldots \otimes H_{i q}$ whenever $i_{1}+\ldots+i_{q}<w$.
Examples. On a Carnot group, the dual basis of $V^{i}$ has weight $i$, and weight adds up under wedge product.
A $q$-form $\omega$ on a Carnot group has weight $\geqslant w \Leftrightarrow$ the $\mathrm{L}^{\infty}$ norm $\left\|\delta_{\varepsilon}{ }^{*} \omega\right\|_{\infty} \leqslant$ const. $\varepsilon^{w}$.
A $q$-form is horizontal $\Leftrightarrow$ it has weight $\geqslant d-n+q$.
Goal. Show that the minimal weight of forms needed to represent a cohomology class is a Hölder covariant.

## Alexander-Spanier cochains (1/4)

Definition (Alexander-Spanier). A straight $q$ cochain is a function on $q+1$-tuples of points of diameter $<\delta$. Set $|c|_{\varepsilon}=\sup$ of $c$ on $q+1$-tuples of points of diameter $<\varepsilon$.

Properties. If $\delta$ is small enough, straight cochains compute cohomology. There are straight chains too, dual to cochains.

## Alexander-Spanier cochains (2/4)

Proposition. On a Riemannian manifold, straight cocycles representing nonzero classes of degree $q$ satisfy $|c|_{\varepsilon} \geqslant$ const. $\varepsilon^{q}$.

Indeed, fix a cycle $c^{\prime}$ such that $c\left(c^{\prime}\right)$ is nonzero. Subdivide $c^{\prime}$ into const. $\varepsilon^{-q}$ simplices of diameter $\leqslant \varepsilon$. Then $c\left(c^{\prime}\right) \leqslant$ const. $\varepsilon^{-q}|c|_{\varepsilon}$.

## Alexander-Spanier cochains (3/4)

Proposition. Let $\omega$ be a closed form of weight $\geqslant w$ on some open set $U$. Then $\forall \varepsilon,[\omega]$ can be represented by a straight cocycle $c_{\varepsilon}$ such that

$$
\left|c_{\varepsilon}\right|_{\varepsilon} \leqslant \text { const. } \varepsilon^{w} .
$$

Indeed, assume M is a Carnot group. Equip it with an invariant Riemannian metric $g$ and its dilates $\delta_{\varepsilon}{ }^{*} g$. Fill in straight simplices of unit size with geodesic singular simplices. For each straight chain $\sigma$, this gives a family $\sigma_{\varepsilon}$. Set $c_{\varepsilon}(\sigma)=\int_{\sigma \varepsilon} \omega$. Then $\left|c_{\varepsilon}\right| \leqslant$ const. $\varepsilon^{w}$.

## Alexander-Spanier cochains (4/4)

Corollary (Gromov). Define $W_{q}(M)$ as the largest $w$ such that there exists an open set $U \subset M$ and a nonzero class in $H^{q}(U, \mathbb{R})$ which can be represented by a form of weight $\geqslant w$. If there exists a $\alpha$ Hölder homeomorphism $\mathbb{R}^{n} \rightarrow M$, then $\alpha \leqslant q / W_{q}$.

Examples. For all Carnot manifolds, $W_{n-l}(M) \leqslant d-1$. For contact $M^{2 m+1}$, Rumin's theorem applies with $q=m+1, W_{q}(M) \leqslant m+2$. One recovers the bound given by h-principle for horizontal $m$-manifolds.

## Rumin's complex in general

Goal. Produce a retraction $r$ of the de Rham complex onto a subcomplex consisting of forms of high weight.
Retraction means $r=1-d B-B d$. Removing low weight components $\Leftrightarrow B$ inverts $d$ on low weights.
Notation. $\Omega^{q, w}=\{q$-forms of weight $\geqslant w\}$. Properties. $\Omega^{*, w} \wedge \Omega^{*, w^{\prime}} \subset \Omega^{*, w+w^{\prime}} . d \Omega^{*, w} \subset \Omega^{*, w}$. $d_{0}: \Omega^{*, w} / \Omega^{*, w+1} \rightarrow \Omega^{*, w} / \Omega^{*, w+1}$ is algebraic, $d_{0}=$ Lie algebra differential on tangent cone.

## Equihomological Carnot manifolds

Definition. Say an equiregular Carnot manifold is equihomological if dimensions of cohomology groups of tangent Lie algebras are constant.

A choice of complements
$V^{k}$ of $H^{k-1}$ in $H^{k}$,
$F$ of $\operatorname{ker} d_{0}$ in $\Lambda^{*} T^{*} M$ and
$E$ of $\mathrm{im} d_{0}$ in ker $d_{0}$,
determines an inverse $d_{0}{ }^{-1}$. Set $r=1-d d_{0}{ }^{-1}-d_{0}{ }^{-1} d$.

## Rumin's complex

Theorem (Rumin). Assume $M$ is equihomological. The iterates $r^{j}$ stabilize to a projector $p$ of $\Omega^{*} M$, with image $\mathcal{E}=\operatorname{ker} d_{0}{ }^{-1} \cap \operatorname{ker}\left(d_{0}^{-1} d\right)$ and kernel $\mathcal{F}=\operatorname{im} d_{0}{ }^{-1}+i m\left(d d_{0}{ }^{-1}\right)$. Both are subcomplexes. $p$ is a differential operator. Furthermore

$$
\mathcal{E}=\{\eta \in E+F \mid d \eta \in E+F\} .
$$

In particular, $\mathcal{E}^{l}$ identifies with $\Omega^{I /} \Theta^{1}$.

Corollary. Assume that, in degree $q, E+F \subset \Omega^{q, w}$. Then $W_{q}(M) \geqslant w$. It follows that $\alpha(M) \leqslant q / w$.

## Graduation and duality

Let $\mathcal{G}$ be a Carnot Lie algebra, $\mathcal{G}=V^{l} \oplus \ldots \oplus V^{r}$. Let $\Lambda^{q, w}=\oplus_{i l+2 i 2+\ldots+r i r=w} \Lambda^{i l} V^{l *} \otimes \ldots \otimes \Lambda^{i r} V^{r *}$.
For adapted metric, use Hodge $*: \Lambda^{q, w} \rightarrow \Lambda^{n-q, d-w}$.

Im $d_{0}$ criterion. If $\operatorname{im} d_{0}^{q-1} \supset \oplus_{w^{\prime}<w} \Lambda^{q, w^{\prime}}$ then $W_{q}(G) \geqslant w$.
$\operatorname{Ker} \boldsymbol{d}_{0}$ criterion. If $\operatorname{ker} d_{0}^{q} \subset \oplus_{w^{\prime} \leqslant w} \Lambda^{q, w^{\prime}}$ then $W_{n-q}(G) \geqslant d-w$.

## Examples

Degree $\boldsymbol{n}$-1. ker $d_{0}{ }^{l}=V^{1 *}=\Lambda^{1, l} \Rightarrow W_{n-l}(G) \geqslant d-1$.
Contact. $\Lambda^{q} \mathcal{G}^{*}=\Lambda^{q} V^{l *} \oplus V^{2 *} \otimes \Lambda^{q-l} V^{l *}$.

$$
d_{0}(\eta+\vartheta \wedge \beta)=d \vartheta \wedge \beta+\vartheta \wedge 0
$$

$d_{0}{ }^{q}$ vanishes on $\Lambda^{q} V^{1 *}$, is injective on $V^{2 *} \otimes \Lambda^{q-l} V^{1 *}$ if $q \geqslant m+1$. Thus $\operatorname{ker}_{0}{ }^{q}=\Lambda^{q, q} \Rightarrow W_{n-q}(G) \geqslant d-q$.

Rank 2 distributions. im $d_{0}{ }^{I} \supset \Lambda^{2,2} \Rightarrow W_{n-2}(G) \geqslant 2$.
Genericly $(n>4)$, im $d_{0}{ }^{l} \supset \Lambda^{2,2} \oplus \Lambda^{2,3} \Rightarrow W_{n-2}(G) \geqslant 3$.

## Regular isotropic planes

Remark. If ( $G, V^{l}$ ) admits a regular isotropic horizontal $k$-plane $S$, then $\operatorname{ker} d_{0}{ }^{k} \subset \Lambda^{k, k}$. Therefore $W_{k}(G) \geqslant d-k$.

Indeed, if $\omega \in \operatorname{ker} d_{0}{ }^{k} \cap \Lambda^{k,>k}$, then $\omega=\sum_{i=1}{ }^{n-h} a_{i} \vartheta_{i} \wedge \eta_{i}$ where $\vartheta_{i} \in \Lambda^{l,>1}$. If $X \in V^{l}$, since $S$ is isotropic, $\left(\iota_{X} d \omega\right)_{\mid S}=\sum_{i=l}^{n-h} a_{i}\left(\iota_{X} d \vartheta_{i}\right)_{\mid S} \wedge \eta_{i / S}$. Choose $X$ such that all $\left(\iota_{X} d \vartheta_{i}\right)_{\mid S}$ vanish but one, which is $\left(\iota_{X} d \vartheta_{i 0}\right)_{S}={ }_{S} \eta_{i 0 / S}$. Conclude that $\omega=0$.

## Quaternionic Heisenberg group

$\mathcal{G}=V^{1} \oplus V^{2}$ where $V^{1}=\mathbb{H}^{n}$ and $V^{2}=\mathfrak{F} m \mathbb{H},[u, v]=$ $\mathfrak{I m}\langle u, v\rangle$. Then $\operatorname{Aut}\left(\mathcal{G}, V^{l}\right) \supset \operatorname{Sp}(n) \operatorname{Sp}(1)$ and $\Lambda^{2, *}=\Lambda^{2,2} \oplus \Lambda^{2,3} \oplus \Lambda^{2,4}$ is a decomposition into irreducible summands. Therefore $\mathrm{ker} d_{0}^{2}=\Lambda^{2,2}$, which implies $W_{n-2}(G) \geqslant d-2=4 n+4$.

Remark. Isotropic subspaces $S$ exist in each dimension $k \leqslant n$. They form a unique orbit $\mathbb{R}^{k} \subset \mathbb{R}^{n}$ $\subset \mathbb{H}^{n}$, entirely regular. Therefore horizontal submanifolds of dimension $<n$ obey h-principle.

## Rumin's retraction in the contact case (1/2)

Let $H=\operatorname{ker} \vartheta$, where $\vartheta$ is a contact form, $\operatorname{dim}=2 m+1$.
Choose $V^{2}=\operatorname{ker} d \vartheta$. Then

$$
d_{0}(\eta+\vartheta \wedge \beta)=d \vartheta \wedge \beta+\vartheta \wedge 0=L \beta
$$

Choose, for $k \leqslant m$,

$$
\begin{gathered}
E^{k}=\left\{\eta \in \Omega^{k} \mid \vartheta \wedge L^{m-k+1} \eta=\vartheta \wedge L^{m-k} d \eta=0\right\} \\
F^{k}=\left\{\vartheta \wedge \eta \mid \eta \in \Omega^{k-1}\right\}
\end{gathered}
$$

and for $k \geqslant m+1$,

$$
\begin{gathered}
E^{k}=\{\eta=d \vartheta \wedge \beta \mid d \vartheta \wedge \beta=0\}, \\
F^{k}=\left\{\vartheta \wedge L^{m-k+1} \eta \mid \eta \in \Omega^{*}\right\}
\end{gathered}
$$

## Rumin's retraction in the contact case (2/2)

$q$-forms on $H$ can be uniquely written $\eta=\eta_{0}+L \eta_{1}$ $+\ldots+L^{m^{\prime}} \eta_{m}$, where $\eta_{i}$ are primitive and $m^{\prime}=m$ or $m-1$ depending wether $q$ is even or odd. Define

$$
\begin{gathered}
L^{-1} \eta=\eta_{l}+\ldots+L^{m^{\prime}-1} \eta_{m^{\prime}} . \text { Then, for } \omega=\eta+\vartheta \wedge \beta \\
p \omega=r \omega=\eta_{0}-\vartheta \wedge\left(L^{-1} d \eta+\beta-\beta_{m}\right)
\end{gathered}
$$

Therefore, $p^{-1 \circ}{ }^{\circ} p$ coincides with the second order operator $D$.

## Conclusion

As far as the Hölder equivalence problem is concerned, the algebraic approach using differential forms seems to give better results than horizontal submanifolds : not all closed currents are laminated.
Possibility of improvement : produce retraction onto a subcomplex on which $d_{0}$ vanishes.
New (metric-analytic ?) idea needed for Hölder equivalence problem for $\mathrm{Heis}^{3}$.

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