

# GEOMETRIC FUNCTIONAL ANALYSIS AND APPLICATIONS

## —LECTURE NOTES— GROTHENDIECK'S INEQUALITY

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### 1. GROTHENDIECK'S INEQUALITY

This lecture is about Grothendieck's inequality, the centerpiece of the extraordinary paper “*Résumé de la théorie métrique des produits tensoriels topologiques*” [Gro53]. This result shows a surprising relation between the three fundamental Banach spaces  $\ell_1$ ,  $\ell_2$  and  $\ell_\infty$ . Denote by  $S_p^{n-1} = \{x \in \mathbb{R}^n : \|x\|_p = 1\}$  the unit sphere of  $\ell_p^n = (\mathbb{R}^n, \|\cdot\|_p)$ . The simplest formulation of Grothendieck's inequality is given in terms of the following two quantities on  $\mathbb{R}^{n \times n}$ :

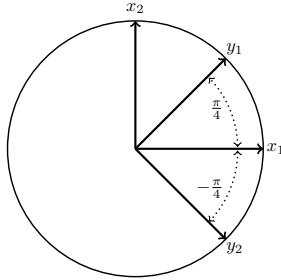
$$\|A\|_{\ell_\infty \rightarrow \ell_1} = \sup \left\{ \sum_{i,j=1}^n A_{ij} a_i b_j : a, b \in B_\infty^n \right\}$$
$$\|A\|_G = \sup \left\{ \sum_{i,j=1}^n A_{ij} \langle x_i, y_j \rangle : d \in \mathbb{N}, x_i, y_j \in B_2^d \right\}.$$

The notation suggests that these quantities are norms, which they are. The first is easily seen to be the operator norm of the linear operator from  $\ell_\infty^n$  to  $\ell_1^n$  given by  $x \mapsto Ax$  (hence the notation). We leave showing that the second is also a norm as an exercise. Let us make a few preliminary observations of these norms. First, by convexity and compactness of  $B_p^n$  and bi-linearity of the arguments, the suprema are attained by vectors  $a, b \in \{-1, 1\}^n$  and  $x_i, y_j \in S_2^{2n-1}$ , respectively, where the second fact follows because there are only  $2n$  vectors appearing in  $\|A\|_G$  (spanning a vector space of dimension at most  $2n$ ). Second,  $\|A\|_G \geq \|A\|_{\ell_\infty \rightarrow \ell_1}$  holds for any matrix  $A$ , since  $B_2^1 = [-1, 1]$ . Third, the last inequality can be strict, as can be seen from the Hadamard matrix  $H = \begin{pmatrix} 1 & 1 \\ 1 & -1 \end{pmatrix}$ . On the one hand,  $\|H\|_{\ell_\infty \rightarrow \ell_1} = 2$  (exercise).

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On the other,  $\|H\|_G \geq 2\sqrt{2}$ , which can be seen by considering the 2-dimensional unit vectors shown in Figure 1.



**Figure 1.** Vectors for Hadamard matrix.

Surprisingly, Grothendieck's inequality shows that these norms are never too far apart, however.

**Theorem 1.1** (Grothendieck's inequality). *There exists an absolute constant  $K \in (1, \infty)$  such that the following holds. For any positive integer  $n$  and matrix  $A \in \mathbb{R}^{n \times n}$ , we have*

$$(1) \quad \|A\|_{\ell_\infty \rightarrow \ell_1} \leq \|A\|_G \leq K \|A\|_{\ell_\infty \rightarrow \ell_1}.$$

There are many equivalent formulations of this result. Its original formulation in [Gro53] was in terms of norms on tensor products of Banach spaces. The form used above is due to Lindenstrauss and Pełczyński [LP68], who revamped Grothendieck's original work in such a way so as to lift it from an obscurity it had unfortunately suffered up until then. We refer to Pisier's survey [Pis12] for more information about its interesting history and ramifications. The *Grothendieck constant*  $K_G$  is the smallest  $K$  for which Theorem 1.1 holds true. Determining its exact value is the only one of six problems posed in [Gro53] that remains open to this day. The Hadamard matrix shows that  $K_G \geq \sqrt{2}$ . The best bounds  $1.6769 \dots \leq K_G < 1.7822 \dots$  were proved by Davie and Reeds [Dav84, Ree91], and Braverman et al. [BMMN13], respectively. In the next section, we give arguably the most elegant proof of Theorem 1.1, due to Krivine [Kri79], who showed that

$$K_G \leq \frac{\pi}{2 \ln(1 + \sqrt{2})} = 1.7822 \dots$$

The elegance of Krivine's proof led many researchers to believe that this was in fact the exact value of  $K_G$ . No one could prove this, however, and

it turns out for the good reason that it is false. It was shown relatively recently in [BMMN13] that  $K_G$  is strictly smaller than Krivine's bound by some additive  $\varepsilon > 0$ . Unfortunately, the proof of this fact is based on a long series of calculations in complex analysis in addition to a computer-assisted search for a good partition of the plane into two disjoint sets (giving the so-called tiger partition shown in Figure 2).



**Figure 2.** The tiger partition. Source: <https://web.math.princeton.edu/~naor/>

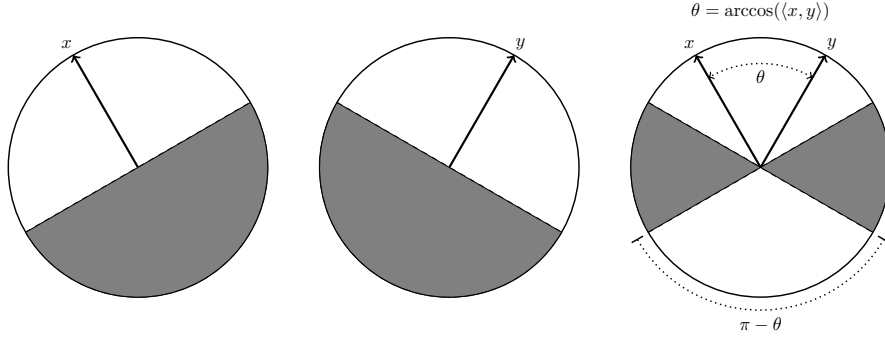
## 2. KRIVINE'S PROOF OF GROTHENDIECK'S INEQUALITY

The first ingredient of Krivine's proof of Theorem 1.1 is the following simple lemma, which was also used in the original proof given in [Gro53], but in a less effective way (giving a larger value of  $K$ ).

**Lemma 2.1** (Grothendieck's identity). *Let  $x, y$  be  $n$ -dimensional real unit vectors and let  $g = (g_1, \dots, g_n) \sim N(0, I_n)$  be an  $n$ -dimensional standard Gaussian vector. Then,*

$$(2) \quad \mathbb{E}[\text{sign}(\langle x, g \rangle) \text{sign}(\langle y, g \rangle)] = \frac{2}{\pi} \arcsin(\langle x, y \rangle).$$

*Proof sketch:* If  $x = y$  or  $x = -y$  then the identity is trivial. Suppose that  $x$  and  $y$  are not parallel and consider the two-dimensional subspace spanned by them. By rotational invariance of the Gaussian distribution, the projection of  $g$  onto this subspace is a two-dimensional standard Gaussian. Observe that  $\text{sign}(\langle x, g \rangle) \text{sign}(\langle y, g \rangle)$  is positive if and only if  $g$  lies above or below both of the half-planes orthogonal to  $x$  and  $y$  respectively (Figure 3).



**Figure 3.** Grothendieck's identity in two dimensions.

Since the direction of  $g$  is uniform on the unit circle, it follows that this happens with probability

$$\frac{2}{2\pi}(\pi - \arccos(\langle x, y \rangle)).$$

Hence, the expectation in (2) equals

$$\frac{1}{\pi}(\pi - \arccos(\langle x, y \rangle)) - \frac{1}{\pi}(\arccos(\langle x, y \rangle)) = 1 - \frac{2}{\pi} \arccos(\langle x, y \rangle),$$

which equals the right-hand side of (2).  $\square$

We will use the Taylor expansions of the sine and hyperbolic sine functions, given by

$$\begin{aligned} \sin(t) &= \sum_{k=0}^{\infty} \alpha_k t^k \\ \sinh(t) &= \sum_{k=0}^{\infty} |\alpha_k| t^k, \end{aligned}$$

where for  $k = 0, 1, \dots$ , we have  $\alpha_{2k} = 0$  and  $\alpha_{2k+1} = (-1)^k / ((2k+1)!)$ . In particular, the Taylor coefficients of the hyperbolic sine functions are given by the absolute values of those of the sine function. Moreover, both of these Taylor series converge on the interval  $[-1, 1]$ .

Recall that the *tensor product* of vectors  $x \in \mathbb{R}^{d_1}$  and  $y \in \mathbb{R}^{d_2}$  is the  $d_1 d_2$ -dimensional vector  $x \otimes y \in \mathbb{R}^{d_1 d_2}$  given by

$$x \otimes y = (x_i y_j)_{(i,j) \in [d_1] \times [d_2]}.$$

For a positive integer  $k$ , denote by  $x^{\otimes k}$  the  $k$ -fold iterated tensor product of  $x$  with itself. We leave the proof of the following simple proposition as an exercise.

**Proposition 2.2.** *For any  $x, y \in \mathbb{R}^d$ , we have  $\langle x^{\otimes k}, y^{\otimes k} \rangle = \langle x, y \rangle^k$ .*

*Proof of Theorem 1.1:* Let

$$c = \sinh^{-1}(1) = \ln(1 + \sqrt{2}).$$

Fix a positive integer  $d$  and two sets of  $d$ -dimensional unit vectors  $x_1, \dots, x_n, y_1, \dots, y_n \in S_2^{d-1}$ . We show that there exist  $\{-1, 1\}$ -valued random variables  $a_1, \dots, a_n, b_1, \dots, b_n$  such that

$$\mathbb{E}[a_i b_j] = \frac{2c}{\pi} \langle x_i, y_j \rangle$$

holds for all  $i, j \in [n]$ . To see why this suffices to prove the theorem, observe that by linearity of expectation,

$$\frac{2c}{\pi} \sum_{i,j=1}^n A_{ij} \langle x_i, y_j \rangle = \mathbb{E} \left[ \sum_{i,j=1}^n A_{ij} a_i b_j \right] \leq \max_{a_i, b_j \in \{-1, 1\}} \sum_{i,j=1}^n A_{ij} a_i b_j.$$

This shows that  $K_G \leq \pi/(2c)$ .

To obtain the random signs, define two new sequences of vectors:

$$u_i = \bigoplus_{k=1}^{\infty} \sqrt{|\alpha_k|} c^{k/2} x_i^{\otimes k}$$

$$v_j = \bigoplus_{k=1}^{\infty} \text{sign}(\alpha_k) \sqrt{|\alpha_k|} c^{k/2} y_j^{\otimes k}.$$

Using the Taylor expansions of  $\sin$  and  $\sinh$  and Proposition 2.2 it is easy to verify that these are unit vectors and that

$$\langle u_i, v_j \rangle = \sin(c \langle x_i, y_j \rangle).$$

Observe that these are infinite-dimensional. However, since there are only  $2n$  of them, they span a space of dimension at most  $2n$ , and it follows that there exist unit vectors  $u'_1, \dots, u'_n, v'_1, \dots, v'_n \in S_2^{2n-1}$  such that  $\langle u'_i, v'_j \rangle = \langle u_i, v_j \rangle$  for all  $i, j \in [n]$ . Let  $g = (g_1, \dots, g_{2n})$  be a random vector of independent standard normal random variables. Define

$$a_i = \text{sign}(\langle u'_i, g \rangle) \quad \text{and} \quad b_j = \text{sign}(\langle v'_j, g \rangle).$$

Then, by Lemma 2.1,

$$\begin{aligned} \frac{\pi}{2} \mathbb{E}[a_i b_j] &= \arcsin(\langle u'_i, v'_j \rangle) \\ &= \arcsin(\sin(c \langle x_i, y_j \rangle)) \\ &= c \langle x_i, y_j \rangle. \end{aligned}$$

This proves the theorem.  $\square$

### 3. GROTHENDIECK FACTORIZATION

In this section and the next, given a matrix  $A \in \mathbb{R}^{m \times n}$  and normed vector spaces  $X = (\mathbb{R}^n, \|\cdot\|_X)$ ,  $Y = (\mathbb{R}^m, \|\cdot\|_Y)$ , we shall write  $\|A\|_{X \rightarrow Y}$  for the operator norm of the linear operator  $X \rightarrow Y$  given by  $x \mapsto Ax$ .

While it is not hard to interpret the  $\ell_\infty \rightarrow \ell_1$  norm, one may wonder what it means for a matrix  $A$  to satisfy  $\|A\|_G \leq 1$ . The answer turns out to be that  $A$  can be “factored through a Hilbert space”, meaning that there exist matrices  $B \in \mathbb{R}^{n \times m}$  and  $C \in \mathbb{R}^{m \times n}$  such that  $A$  can be decomposed as  $A = BC$  and such that  $\|B\|_{\ell_2 \rightarrow \ell_1} \|C\|_{\ell_\infty \rightarrow \ell_2} \leq 1$ . This is a result of the following lemma, which we prove in this section.

**Lemma 3.1** (Grothendieck). *Let  $A \in \mathbb{R}^{n \times n}$  be a matrix without zero rows or columns. Then,  $\|A\|_G \leq C$  if and only if there exist positive unit vectors  $u, v \in \mathbb{R}_{>0} \cap S_2^{n-1}$  such that for any  $x, y \in \mathbb{R}^n$ ,*

$$(3) \quad |\langle Ax, y \rangle| \leq C \|x \circ u\|_2 \|y \circ v\|_2,$$

where  $\circ$  denotes the entry-wise product.

*Proof:* We prove the “only if” direction and leave the “if” direction as an exercise. Let  $M = A/\|A\|_G$ , so that  $\|M\|_G \leq 1$ . Then, by the AMGM inequality, it holds that for arbitrary vectors  $x_i, y_j$  of the same dimension, we have

$$(4) \quad \left| \sum_{i,j=1}^n M_{ij} \langle x_i, y_j \rangle \right| \leq \max_{i,j \in [n]} \|x_i\| \|y_j\| \leq \frac{1}{2} \max_{i,j \in [n]} (\|x_i\|^2 + \|y_j\|^2).$$

Define the set  $K \subseteq \mathbb{R}^{n \times n}$  by

$$K = \left\{ \left( \|x_i\|^2 + \|y_j\|^2 - 2 \left| \sum_{k,\ell=1}^n M_{k\ell} \langle x_k, y_\ell \rangle \right| \right)_{i,j=1}^n : d \in \mathbb{N}, x_i, y_j \in \mathbb{R}^d \right\}.$$

We show that  $K$  is a convex cone. For every  $t \in \mathbb{R}_+$  and matrix  $Q \in K$  given by vectors  $x_i, y_j$ , the vectors  $x'_i = \sqrt{t}x_i$  and  $y'_j = \sqrt{t}y_j$  similarly define  $tQ$ , and so  $K$  is a cone. We now show that  $K$  is convex. Let

$Q, Q' \in K$  be specified by  $x_i, y_j$  and  $x'_i, y'_j$  respectively. Then, for any  $\lambda \in [0, 1]$ , the vectors  $(\sqrt{\lambda}x_i, \sqrt{1-\lambda}x'_i), (\sqrt{\lambda}y_j, \sqrt{1-\lambda}y'_j)$  can easily be seen to define  $\lambda Q + (1-\lambda)Q'$ , which thus also belongs to  $K$ .

Additionally, it follows from (4) that  $K$  is disjoint from the open convex cone  $\mathbb{R}_{<0}^{n \times n}$  of matrices with strictly negative entries. It thus follows from the Hahn–Banach separation theorem that there is a nonzero matrix  $L \in \mathbb{R}^{n \times n}$  such that  $\langle L, Q \rangle \geq 0$  for all  $Q \in K$  and  $\langle L, N \rangle < 0$  for all  $N \in \mathbb{R}_{<0}^{n \times n}$ . The second inequality implies that  $L$  is entry-wise non-negative. Indeed, suppose that  $L_{ij} \leq -\varepsilon$  for some  $\varepsilon > 0$  and let  $\delta = \max_{k,l} |L_{kl}|$ . Consider the negative matrix  $N$  given by  $N_{ij} = -1$  and  $N_{kl} = -\varepsilon/(\delta n^2)$  for all  $(k, l) \neq (i, j)$ . Then,

$$\langle L, N \rangle \geq \varepsilon - \varepsilon(n^2 - 1)/n^2 > 0,$$

a contradiction.

Let  $P = L / \sum_{ij} L_{ij}$ , so that  $P$  defines a probability distribution on  $[n]^2$ . Then, for any  $Q \in K$ ,

$$\begin{aligned} 0 \leq \langle P, Q \rangle &= \sum_{i,j=1}^n P_{ij} (\|x_i\|^2 + \|y_j\|^2) - 2 \left| \sum_{k,\ell=1}^n M_{k\ell} \langle x_k, y_\ell \rangle \right| \\ &= \sum_{i=1}^n \sigma_i \|x_i\|^2 + \sum_{j=1}^n \mu_j \|y_j\|^2 - 2 \left| \sum_{k,\ell=1}^n M_{k\ell} \langle x_k, y_\ell \rangle \right|, \end{aligned}$$

where  $\sigma_i = P_{i1} + \dots + P_{in}$  and  $\mu_j = P_{1j} + \dots + P_{nj}$ . Rearranging the inequality above, it follows that for every  $\lambda > 0$ , we have

$$\begin{aligned} 2 \left| \sum_{k,\ell=1}^n M_{k\ell} \langle x_k, y_\ell \rangle \right| &= 2 \left| \sum_{k,\ell=1}^n M_{k\ell} \langle \lambda x_k, \lambda^{-1} y_\ell \rangle \right| \\ (5) \quad &\leq \lambda^2 \sum_{i=1}^n \sigma_i \|x_i\|_2^2 + \lambda^{-2} \sum_{j=1}^n \mu_j \|y_j\|_2^2. \end{aligned}$$

Setting

$$\lambda = \left( \frac{\sum_{j=1}^n \mu_j \|y_j\|_2^2}{\sum_{i=1}^n \sigma_i \|x_i\|_2^2} \right)^{1/4}$$

in (5), we find that

$$2 \left| \sum_{k,\ell=1}^n M_{k\ell} \langle x_k, y_\ell \rangle \right| \leq 2 \left( \sum_{i=1}^n \sigma_i \|x_i\|_2^2 \right)^{1/2} \left( \sum_{j=1}^n \mu_j \|y_j\|_2^2 \right)^{1/2}.$$

In particular, by letting  $u_i = \sqrt{\sigma_i}$ ,  $v_i = \sqrt{\mu_i}$  for every  $i \in [n]$ , the above shows that if  $x_k, y_\ell \in \mathbb{R}$ , then

$$(6) \quad |\langle Mx, y \rangle| \leq \|x \circ u\|_2 \|y \circ v\|_2.$$

The assumption that  $M$  has no zero rows or columns shows that  $u$  and  $v$  have strictly positive entries. To see this, first observe that  $u$  and  $v$  have at least one non-zero entry because they have unit  $\ell_2$ -norm. Let  $i \in [n]$  be arbitrary, let  $j \in [n]$  be such that  $M_{ij} \neq 0$  (as per the assumption on  $M$ ) and let  $k \in [n]$  such that  $v_k \neq 0$ . Setting  $x = e_i$  and  $y = \text{sign}(M_{ij})e_j + \text{sign}(M_{ik})e_k$  in (6) shows that

$$0 < |M_{ij}| \leq |M_{ij}| + |M_{ik}| = |\langle Mx, y \rangle| \leq u_i \sqrt{v_j^2 + v_k^2} \leq u_i v_j.$$

In particular,  $u_i > 0$  for each  $i \in [n]$ . The same argument shows that  $v$  has strictly positive entries as well.  $\square$

Combining Lemma 3.1 with Theorem 1.1 (Grothendieck's inequality) gives the following factorization result. For  $x \in \mathbb{R}^n$ , denote by  $\text{Diag}(x)$  the matrix whose diagonal is  $x$  and whose off-diagonals are all zero.

**Corollary 3.2.** *For any matrix  $A \in \mathbb{R}^{n \times n}$ , there exist  $B, C \in \mathbb{R}^{n \times n}$  such that  $A = BC$  and  $\|B\|_{\ell_2 \rightarrow \ell_1} \|C\|_{\ell_\infty \rightarrow \ell_2} \leq K_G \|A\|_{\ell_\infty \rightarrow \ell_1}$ .*

*Proof:* Let  $u, v \in \mathbb{R}^n$  be as in Lemma 3.1. Since  $u, v$  are Euclidean unit vectors, it follows that  $\|\text{Diag}(u)\|_{\ell_\infty \rightarrow \ell_2} = \|\text{Diag}(v)\|_{\ell_2 \rightarrow \ell_1} \leq 1$ . Define  $M = \text{Diag}(v)^{-1} A \text{Diag}(u)^{-1}$ . Then, it follows from Lemma 3.1 and Theorem 1.1 that for any  $x, y \in \mathbb{R}^n$ , we have

$$\begin{aligned} |\langle Mx, y \rangle| &\leq \|A\|_G \|(\text{Diag}(u)^{-1}x) \circ u\|_2 \|(\text{Diag}(v)^{-1}y) \circ v\|_2 \\ &\leq K_G \|A\|_{\ell_\infty \rightarrow \ell_1} \|x\|_2 \|y\|_2. \end{aligned}$$

In particular, this shows that  $\|M\|_{\ell_2 \rightarrow \ell_2} \leq K_G \|A\|_{\ell_\infty \rightarrow \ell_1}$ . Setting  $B = \text{Diag}(v)M$  and  $C = \text{Diag}(u)$  then gives the result since

$$\|B\|_{\ell_2 \rightarrow \ell_1} \leq \|\text{Diag}(v)\|_{\ell_2 \rightarrow \ell_1} \|M\|_{\ell_2 \rightarrow \ell_2}.$$

$\square$

#### 4. AN APPLICATION TO GEOMETRIC FUNCTIONAL ANALYSIS

We end with a first application of Grothendieck's inequality. A finite-dimensional normed space  $X$  *embeds* into normed space  $Y$  with *distortion*  $C$  if there is a subspace  $Z \subseteq Y$  with the same dimension as  $X$  such that  $d(X, Z) \leq C$ , where  $d$  is the Banach–Mazur distance.



**Corollary 4.1.** *Let  $n \leq k$  be positive integers and let  $X = (\mathbb{R}^n, \|\cdot\|_X)$  be a normed space. Suppose that  $X$  and its dual  $X^*$  embed into  $\ell_1^k$  with distortion  $C_1, C_2$ , respectively. Then,  $d(X, \ell_2^n) \leq K_G C_1 C_2$ .*

A famous result of Dvoretzky, which we will see later in this course, implies that a converse of Corollary 4.1 also holds. In particular, there is a constant  $C$  such that if  $d(X, \ell_2^n) \leq C'$ , then both  $X$  and  $X^*$  embed into  $\ell_1^{2n}$  with distortion at most  $CC'$ . A more basic result due to Khitchine, which we will also see later, shows that this holds for  $\ell_1^{2n}$ .

*Proof:* Let  $S_1, S_2 \subseteq \ell_1^k$  be subspaces such that  $d(X, S_1) \leq C_1$  and  $d(X^*, S_2) \leq C_2$ . Then, there exist  $A_1, B_1, A_2, B_2 \in \mathbb{R}^{k \times n}$  such that  $A_1^\top B_1 = A_2^\top B_2 = I_n$  and such that

$$\|A_1^\top\|_{S_1 \rightarrow X} \|B_1\|_{X \rightarrow S_1} \leq C_1 \quad \text{and} \quad \|A_2^\top\|_{S_2 \rightarrow X^*} \|B_2\|_{X^* \rightarrow S_2} \leq C_2.$$

We can thus write the identity (which should be thought of as a linear map from  $X$  to itself) as

$$(7) \quad (A_1^\top B_1)(A_2^\top B_2)^\top = A_1^\top B_1 B_2^\top A_2 = I_n.$$

Note that

$$\begin{aligned} \|B_1\|_{X \rightarrow \ell_1} &= \|B_1\|_{X \rightarrow S_1} \\ \|B_2^\top\|_{\ell_\infty \rightarrow X} &= \|B_2\|_{X^* \rightarrow \ell_1} = \|B_2\|_{X^* \rightarrow S_2}. \end{aligned}$$

Since operator norms are sub-multiplicative, the matrix appearing in the middle of (7),  $M = B_1 B_2^\top \in \mathbb{R}^{k \times k}$ , therefore satisfies

$$\|M\|_{\ell_\infty \rightarrow \ell_1} \leq \|B_1\|_{X \rightarrow \ell_1} \|B_2^\top\|_{\ell_\infty \rightarrow X} = \|B_1\|_{X \rightarrow S_1} \|B_2\|_{X^* \rightarrow S_2}.$$

It follows from Corollary 3.2 that there exist  $M_1, M_2 \in \mathbb{R}^{k \times k}$  with which we can factor  $M$  as  $M = M_1^\top M_2$  and which satisfy the norm bounds

$$\|M_1^\top\|_{\ell_2 \rightarrow \ell_1} \|M_2\|_{\ell_\infty \rightarrow \ell_2} \leq K_G \|M\|_{\ell_\infty \rightarrow \ell_1}.$$

Using this factorization of  $M$ , we can rewrite the factorization (7) as

$$(8) \quad I_n = A_1^\top M_1^\top M_2 A_2.$$

The image of  $M_2 A_2$  is an  $n$ -dimensional subspace of  $\mathbb{R}^k$ . Therefore, there is an isometry from  $\ell_2^n$  to  $\ell_2^k$  given by a matrix  $D \in \mathbb{R}^{k \times n}$  such that the right-hand side of (7) equals  $(A_1^\top M_1^\top D)(D^\top M_2 A_2)$ . This gives a factorization of the identity operator on  $X$ . In particular, since  $S_2^*$  is

a quotient of  $\ell_\infty^n$ , we get that

$$\begin{aligned}
 d(X, \ell_2^n) &\leq \|A_1^\top M_1^\top D\|_{\ell_2 \rightarrow X} \|D^\top M_2 A_2\|_{X \rightarrow \ell_2} \\
 &\leq \|A_1^\top\|_{S_1 \rightarrow X} \|M_1^\top\|_{\ell_2 \rightarrow S_1} \|M_2\|_{S_2^* \rightarrow \ell_2} \|A_2\|_{X \rightarrow S_2^*} \\
 &\leq \|A_1^\top\|_{S_1 \rightarrow X} \|M_1^\top\|_{\ell_2 \rightarrow \ell_1} \|M_2\|_{\ell_\infty \rightarrow \ell_2} \|A_2\|_{X \rightarrow S_2^*} \\
 &\leq K_G \|A_1^\top\|_{S_1 \rightarrow X} \|M\|_{\ell_\infty \rightarrow \ell_1} \|A_2^\top\|_{X^* \rightarrow S_2} \\
 &\leq K_G \|A_1^\top\|_{S_1 \rightarrow X} \|B_1\|_{X \rightarrow S_1} \|A_2^\top\|_{S_2 \rightarrow X^*} \|B_2\|_{X^* \rightarrow S_2} \\
 &\leq K_G C_1 C_2.
 \end{aligned}$$

□

## 5. EXERCISES

*Exercise 5.1.* Show that the quantities  $\|A\|_{\ell_\infty \rightarrow \ell_1}$  and  $\|A\|_G$  are norms.

*Exercise 5.2.* Let  $H = \begin{pmatrix} 1 & 1 \\ 1 & -1 \end{pmatrix}$ . Show that  $\|H\|_{\ell_\infty \rightarrow \ell_1} = 2$ .

*Exercise 5.3.* Prove Proposition 2.2.

*Exercise 5.4.* Prove the “if” direction in Lemma 3.1.

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