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# Non-commutative standard polynomials applied to matrices 

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#### Abstract

The Amitsur-Levitski Theorem tells us that the standard polynomial in $2 n$ non-commuting indeterminates vanishes identically over the matrix algebra $\mathbf{M}_{n}(K)$. For $K=\mathbb{R}$ or $\mathbb{C}$ and $2 \leq r \leq$ $2 n-1$, we investigate how big $\mathcal{S}_{r}\left(A_{1}, \ldots, A_{r}\right)$ can be when $A_{1}, \ldots, A_{r}$ belong to the unit ball. We privilegiate the Frobenius norm, for which the case $r=2$ was solved recently by several authors. Our main result is a closed formula for the expectation of the square norm. We also describe the image of the unit ball when $r=2$ or 3 and $n=2$.


MSC classification : 15A24, 15A27, 15A60

Key words : standard polynomial, random matrices.

## 1 The problem. First results

Let $r \geq 2$ be an integer. The standard polynomial in $r$ non-commuting indeterminates $x_{1}, \ldots, x_{r}$ is defined as usual by

$$
\mathcal{S}_{r}\left(x_{1}, \ldots, x_{r}\right):=\sum\left\{\varepsilon(\sigma) x_{\sigma(1)} x_{\sigma(2)} \cdots x_{\sigma(r)}: \sigma \in \mathfrak{S}_{r}\right\}
$$

where $\mathfrak{S}_{r}$ is the symmetric group in $r$ symbols and $\varepsilon$ is the signature. Each monomial is a word in the letters $x_{j}$, affected by a sign $\pm 1$. Despite its superficial similarity with the determinant of $r \times r$ matrices, $\mathcal{S}_{r}$ is a completely different object: on the one hand, its arguments are non-commuting indeterminates, on the other hand, there are only $r$ indeterminates instead of the $r^{2}$ entries of a matrix. We list here elementary properties of $\mathcal{S}_{r}$ :

[^0]1. $\mathcal{S}_{r}$ is alternating.
2. $\mathcal{S}_{r+1}\left(x_{1}, \ldots, x_{r+1}\right)=\sum_{i}(-1)^{i+1} x_{i} \mathcal{S}_{r}\left(\hat{x}_{i}\right)$, where $\hat{x_{i}}:=\left(x_{1}, \ldots, x_{i-1}, x_{i+1}, \ldots, x_{r+1}\right)$.
3. If $r$ is even, and an $x_{i}$ commutes with all other $x_{j}$ 's, then $\mathcal{S}_{r}\left(x_{1}, \ldots, x_{r}\right)=0$. Mind that this is false if $r$ is odd.

The first polynomial $x_{1} x_{2}-x_{2} x_{1}$ of the list is the commutator. When applied to the elements of an algebra $\mathcal{A}$, it leads us to distinguish between commutative and non-commutative algebras. More generally, the polynomials $\mathcal{S}_{r}$ measure somehow the degree of non-commutatitivity of a given algebra. A classical theorem tells us that for a given matrix $A \in \mathbf{M}_{n}(\mathbb{C})$, the commutator $\mathcal{S}_{2}$ vanishes identically over the algebra $\left\langle A, A^{*}\right\rangle$ (in other words, $A$ is normal) if and only if $A$ is unitarily diagonalizable. It is less known that $\mathcal{S}_{2 \ell}$ vanishes identically over the algebra $\left\langle A, A^{*}\right\rangle$ if and only if $A$ is unitarily blockwise diagonalizable, where the diagonal blocks have at most size $\ell \times \ell$; see Exercise 324 in [10].

In addition, we have the theorem of Amitsur and Levitski [2], of which an elegant proof has been given by Rosset [8].

Theorem 1.1 (Amitsur-Levitski.) Let $K$ be a field (a commutative one, needless to say). The standard polynomial $\mathcal{S}_{2 n}$ of degree $2 n$ vanishes identically over $\mathbf{M}_{n}(K)$. However the standard polynomials of degree less than $2 n$ do not vanish identically.

In the sequel, we focus on the algebra $\mathbf{M}_{n}(K)(K=\mathbb{R}$ or $\mathbb{C})$ of real or complex matrices. A norm over $\mathbf{M}_{n}(K)$ is submultiplicative if it satisfies $\|A B\| \leq\|A\|\|B\|$. The main examples are operator norms

$$
\|A\|:=\sup _{x \in K^{n}, x \neq 0} \frac{|A x|}{|x|},
$$

where $|\cdot|$ is a given norm over $K^{n}$. One often says that $\|\cdot\|$ is induced by $|\cdot|$. In particular, $\|\cdot\|_{2}$ is the norm induced by the standard Euclidian/Hermitian norm. We are also interested in the Frobenius norm

$$
\|A\|_{F}:=\sqrt{\sum_{i, j}\left|a_{i j}\right|^{2}}
$$

which is not induced, because $\left\|I_{n}\right\|_{F}=\sqrt{n}>1$. Nevertheless, it is submultiplicative. A more exotic norm is the numerical radius

$$
h(A):=\sup \left\{\frac{\left|x^{*} A x\right|}{\|x\|_{2}^{2}}: x \in \mathbb{C}^{n} \backslash\{0\}\right\} .
$$

This is not a submultiplicative norm but it satisfies $h\left(A^{k}\right) \leq h(A)^{k}$. The numerical radius is therefore a super-stable norm.

The general question that we address is to find precise bounds of

$$
\frac{\left\|\mathcal{S}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\|}{\prod_{j=1}^{r}\left\|A_{j}\right\|} .
$$

This can be cast into two sub-problems. On the one hand, we are interested in the best constant $C=C(r, n)$ satisfying

$$
\left\|\mathcal{S}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\| \leq C \prod_{j=1}^{r}\left\|A_{j}\right\|, \quad \forall A_{1}, \ldots, A_{r} \in \mathbf{M}_{n}(K)
$$

On the other hand, we may ask what is a typical ratio.
For the first task, we look for the smallest ball containing the image when each argument is taken out of the unit ball of $\mathbf{M}_{n}(K)$. We may even ask for an accurate description of this image. For instance, we shall prove that for $2 \times 2$ matrices (i.e. $n=2$ ) and the Frobenius norm, the image of the unit ball under $\mathcal{S}_{2}$ (the commutator) is the ball of radius $\sqrt{2}$, while the image under $\mathcal{S}_{3}$ is an ellipsoid. In order to tackle the second problem, we shall compute the closed form of

$$
\frac{\mathbb{E}\left(\left\|\mathcal{S}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\|_{F}^{2}\right)}{\mathbb{E}\left(\prod_{j=1}^{r}\left\|A_{j}\right\|_{F}^{2}\right)},
$$

when $A_{1}, \ldots, A_{r}$ are chosen independently and uniformly in the Frobenius unit ball. Strangely enough, our proof makes use of the Amitsur-Levitski Theorem.

When using a submultiplicative norm, the trivial bound

$$
\left\|\mathcal{S}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\| \leq r!\prod_{j=1}^{r}\left\|A_{j}\right\|, \quad \forall A_{1}, \ldots, A_{r} \in \mathbf{M}_{n}(K)
$$

suggests to work with the normalized polynomial

$$
\mathcal{T}_{r}:=\frac{1}{r!} \mathcal{S}_{r}
$$

which now satisfies

$$
\left\|\mathcal{T}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\| \leq \prod_{j=1}^{r}\left\|A_{j}\right\|, \quad \forall A_{1}, \ldots, A_{r} \in \mathbf{M}_{n}(K)
$$

However this inequality ignores the cancellations that are likely to occur because of the signs $\varepsilon(\sigma)$ in the definition of $\mathcal{T}_{r}$. For instance, the left-hand side vanishes whenever $r \geq 2 n$. For this reason, we are interested in the norm $\tau(r, n)$ of $\mathcal{T}_{r}$, defined by

$$
\tau(r, n):=\sup \left\{\frac{\left\|\mathcal{T}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\|}{\prod_{j=1}^{r}\left\|A_{j}\right\|}: A_{1}, \ldots, A_{r} \in \mathbf{M}_{n}(K) \backslash\left\{0_{n}\right\}\right\} .
$$

Alternatively,

$$
\tau(r, n):=\sup \left\{\left\|\mathcal{T}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\|: A_{1}, \ldots, A_{r} \in \mathbf{M}_{n}(K),\left\|A_{1}\right\|, \ldots,\left\|A_{r}\right\| \leq 1\right\}=\frac{C(r, n)}{r!}
$$

Our definition above depends on the chosen norm on $\mathbf{M}_{n}(K)$, and our notation should indicate this dependance. In this sense, the Frobenius norm and the operator norm $\|\cdot\|_{2}$ yield the numbers $\tau_{F}(r, n)$ and $\tau_{2}(r, n)$, respectively.

As said above, we always have $\tau(r, n) \leq 1$. However this bound is very poor as for instance $\tau(2 n, n)=0$. Besides, one trivially has $\tau(1, n)=1$. The first non-trivial case comes when $r=2$, where $\mathcal{S}_{2}$ is the commutator. When $n=1$, clearly $\tau(2,1)=0$. But for $n \geq 2$, the result depends on the norm we are considering. For instance, we know that

$$
\tau_{F}(2, n)=\frac{\sqrt{2}}{2}
$$

the case $n=2$ being due to Böttcher and Wenzel [3], and the case $n=3$ to László [6]. The equality for every $n$ was conjectured in [3] and proved by [9], and independently by [7] for $K=\mathbb{R}$ and [1] for $K=\mathbb{C}$. See also [4]. The situation is significantly different with the standard operator norm, induced by the Hermitian norm. It is known ([4], Example 5.2) that

$$
\tau_{2}(2, n)=1, \quad \forall n \geq 2
$$

All the subtlety in the upcoming analysis comes from cancellations. We shall prove several inequalities that hold true for every submultiplicative norm. The simplest one, $\tau(r+s, n) \leq \tau(r, n) \tau(s, n)$, is not sharp. But it suggests to extend our study to operators in infinite dimension. An interesting class in this respect is that of Hilbert-Schmidt operators, whose norm generalizes the Frobenius norm. We thus define the upper bound

$$
\tau_{F}(r):=\sup _{n \geq 1} \tau_{F}(r, n)=\lim _{n \rightarrow+\infty} \tau_{F}(r, n) .
$$

Again, one has $\tau_{F}(r+s) \leq \tau_{F}(r) \tau_{F}(s)$. Since Theorem 1.1 is lost as $n \rightarrow+\infty$, we have $\tau_{F}(r)>0$ for every $r$, and it becomes interesting to compute the rate of cancellation

$$
\rho_{F}:=\lim _{r \rightarrow+\infty} \tau_{F}(r)^{1 / r}=\inf _{r \geq 1} \tau_{F}(r)^{1 / r} .
$$

Because of Böttcher-Wenzel's inequality, we have $\tau_{F}(2)=\sqrt{2} / 2$ and $\rho_{F} \leq 2^{-1 / 4}$. One of our results from below is the improved bound

$$
\rho_{F} \leq \tau_{F}(2 k+1)^{1 / 2 k}, \quad \forall k \geq 1
$$

## 2 The commutator in terms of the numerical radius

For the following result concerning the numerical radius $h$, we benefited of a fruitful disussion with Piotr Migdal.

Theorem 2.1 Let $n \geq 2$ be given. Then

$$
\begin{equation*}
h([A, B]) \leq 4 h(A) h(B), \quad \forall A, B \in \mathbf{M}_{n}(\mathbb{C}) \tag{1}
\end{equation*}
$$

The constant 4 is the smallest possible.
Proof If $M \in \mathbf{M}_{n}(\mathbb{C})$, we define the real and imaginary parts of $M$ by

$$
\mathfrak{R} M=\frac{1}{2}\left(M+M^{*}\right) \in \mathbb{H}_{n} \quad \Im M=\frac{1}{2 \mathrm{i}}\left(M-M^{*}\right) .
$$

Then

$$
\begin{aligned}
h(M) & =\sup _{x} \sup _{\varphi} \frac{\mathfrak{R}\left(e^{\mathrm{i} \varphi} x^{*} M x\right)}{\|x\|_{2}^{2}}=\sup _{x} \sup _{\varphi} \frac{x^{*} \mathfrak{R}\left(e^{\mathrm{i} \varphi} M\right) x}{\|x\|_{2}^{2}} \\
& =\sup _{\varphi} \sup _{x} \frac{x^{*} \mathfrak{R}\left(e^{\mathrm{i} \varphi} M\right) x}{\|x\|_{2}^{2}}=\sup _{\varphi \in \mathbb{R} / 2 \pi \mathbb{Z}}\left\|\mathfrak{R}\left(e^{-\mathrm{i} \varphi} M\right)\right\|_{2}
\end{aligned}
$$

where the supremum is actually a maximum, because $\varphi \mapsto\left\|\Re\left(e^{-\mathrm{i} \varphi} M\right)\right\|_{2}$ is continuous over the compact set $\mathbb{R} / 2 \pi \mathbb{Z}$.

Let $A, B \in \mathbf{M}_{n}(\mathbb{C})$ be given. We write $M=[A, B]$ and chose a $\varphi$ with $h(M)=\left\|\Re\left(e^{-\mathrm{i} \varphi} M\right)\right\|_{2}$. Let us denote $X=\mathfrak{R}\left(e^{-\mathrm{i} \varphi} A\right), Y=\mathfrak{I}\left(e^{-\mathrm{i} \varphi} A\right), Z=\mathfrak{R} B$ and $T=\mathfrak{I} B$. From

$$
e^{-\mathrm{i} \varphi} M=[X+\mathrm{i} Y, Z+\mathrm{i} T]=[X, Z]+[T, Y]+\mathrm{i}([X, T]+[Y, Z])
$$

and the fact that the commutator of Hermitian matrices is skew-Hermitian, we derive

$$
\mathfrak{R}\left(e^{-\mathrm{i} \varphi} M\right)=\mathrm{i}([X, T]+[Y, Z]) .
$$

We infer

$$
h([A, B])=\|[X, T]+[Y, Z]\|_{2} \leq\|[X, T]\|_{2}+\|[Y, Z]\|_{2} \leq 2\left(\|X\|_{2} \cdot\|T\|_{2}+\|Y\|_{2} \cdot\|Z\|_{2}\right) .
$$

This proves immediately (1).
The constant 4 is attained for the choice

$$
A=\left(\begin{array}{ll}
0 & 1 \\
0 & 0
\end{array}\right) \oplus I_{n-2}, \quad B=\left(\begin{array}{ll}
0 & 0 \\
1 & 0
\end{array}\right) \oplus I_{n-2},
$$

for which

$$
[A, B]=\left(\begin{array}{cc}
1 & 0 \\
0 & -1
\end{array}\right) \oplus I_{n-2}
$$

We have

$$
h(A)=h(B)=\frac{1}{2}, \quad h([A, B])=1 .
$$

This completes the proof.

Inequality (1) is of little interest; a similar proof yields the same optimal factor 4 if one replace the commutator by $A B+B A$ :

$$
h(A B+B A) \leq 4 h(A) h(B) .
$$

Consequently the numerical radius does not detect the possible cancellations, in contrast to the Frobenius norm.

When considering polynomials of higher degree, the same proof provides the inequality

$$
h\left(\mathcal{S}_{r}\left(A_{1}, \ldots, A_{r}\right)\right) \leq 2^{r-1} r!\prod_{j=1}^{r} h\left(A_{j}\right)
$$

which seems to be very far from optimal.

## 3 General inequalities

We assume for the remainder that the norm is submultiplicative:

$$
\|A B\| \leq\|A\| \cdot\|B\| .
$$

### 3.1 Two formulæ about $\mathcal{S}_{r}$

It is well-known that

$$
\mathcal{S}_{r}\left(x_{1}, \ldots, x_{r}\right)=\sum_{i=1}^{r}(-1)^{i-1} x_{i} \mathcal{S}_{r-1}\left(\hat{x}_{i}\right),
$$

where $\hat{x}_{i}$ is obtained from $x$ by deleting $x_{i}$. The following formula generalizes the one above.
Proposition 3.1 Let $r=r_{1}+\cdots+r_{\ell}$ be a partition into positive integers ( $k \mapsto r_{k}$ need not to be monotonous). Denote by $\mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right)$ the set of ordered partitions of $[[1, r]]=\{1, \ldots, r\}$ into subsets $I_{1}, \ldots, I_{\ell}$ such that $\left|I_{k}\right|=r_{k}$. If $I=\left(I_{1}, \ldots, I_{\ell}\right) \in \mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right)$, and $I_{k}=\left\{i_{k, 1}<\cdots<i_{k, r_{k}}\right\}$, let us denote $\alpha(I)$ the signature of the permutation $\rho_{I}$ defined by

$$
\rho_{I}\left(j+r_{1}+\cdots+r_{k-1}\right)=i_{k, j}, \quad 1 \leq j \leq r_{k}, 1 \leq k \leq \ell .
$$

Then

$$
\begin{equation*}
\mathcal{S}_{r}\left(x_{1}, \ldots, x_{r}\right)=\sum_{I \in \mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right)} \alpha(I) \mathcal{S}_{r_{1}}\left(X_{I_{1}}\right) \cdots \mathcal{S}_{r_{\ell}}\left(X_{I_{\ell}}\right), \tag{2}
\end{equation*}
$$

where $X_{I_{k}}=\left(x_{k, 1}, \ldots, x_{k, r(k)}\right)$.

Proof Every $\sigma \in \mathfrak{S}_{r}$ can be factorized as

$$
\sigma=\left(\sigma_{1} \times \cdots \times \sigma_{\ell}\right) \circ \rho_{I}
$$

with $I \in \mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right)$ and $\sigma_{k} \in \mathfrak{S}_{r_{k}}$. For this, take $I_{1}=\sigma\left(\left\{1, \ldots, r_{1}\right\}\right)$, etc... This decomposition is unique; actually, one has

$$
\left|\mathfrak{S}_{r}\right|=r!=r_{1}!\cdots r_{\ell}!\binom{r}{r_{1}}\binom{r-r_{1}}{r_{2}} \cdots\binom{r_{\ell}}{r_{\ell}}=\left|\mathfrak{S}_{r_{1}} \times \cdots \times \mathfrak{S}_{r_{\ell}}\right| \times \operatorname{card} \mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right) .
$$

The signature of $\sigma$ is obviously the product of all the signatures of $\sigma_{1}, \ldots, \sigma_{\ell}, \rho_{I}$. Therefore the righthand side of (2) contains exactly once the monomial $x_{\sigma(1)} \cdots x_{\sigma(r)}$, with the sign

$$
\alpha(I) \varepsilon\left(\sigma_{1}\right) \cdots \varepsilon\left(\sigma_{\ell}\right)=\varepsilon(\sigma) .
$$

Hence both sides are equal to each other. This proves the proposition.
Let $1 \leq k<m \leq \ell$ be given, and denote $\varsigma$ the transposition $(k, m)$. The ordered partition $I^{\varsigma}$ is defined by $I_{k}^{\varsigma}=I_{m}, I_{m}^{\varsigma}=I_{k}$ and $I_{j}^{\varsigma}=I_{j}$ otherwise; mind that $r_{k}$ and $r_{m}$ have been flipped. We have $\alpha\left(I^{\varsigma}\right)=(-1)^{r_{k} r_{m}} \alpha(I)$. Hence we derive from (2) the following identities.

Proposition 3.2 Let $r=r_{1}+\cdots+r_{\ell}$. Then,

$$
\sum_{I \in \mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right)} \alpha(I) \mathcal{S}_{\ell}\left(\mathcal{S}_{r_{1}}\left(X_{I_{1}}\right), \ldots, \mathcal{S}_{r_{\ell}}\left(X_{I_{\ell}}\right)\right)=\left\{\begin{array}{lr}
\ell!\mathcal{S}_{r}(X), & \text { if every } r_{k} \text { is odd }  \tag{3}\\
0, & \text { otherwise } .
\end{array}\right.
$$

The case $r=3=2+1$ (hence $\ell=2$ ) of ( 3 ) is the Jacobi identity for the commutator.
Proof Let $F(X)$ denote the left-hand side. The transposition $i \leftrightarrow j$ induces an involution $S$ over $\mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right)$ and we have $\alpha(S I)=-\alpha(I)$. Therefore

$$
F\left(x_{1}, \ldots, x_{i-1}, x_{j}, x_{i+1}, \ldots, x_{j-1}, x_{i}, x_{j+1}, \ldots, x_{r}\right)=-F(X)
$$

Since $F$ is a homogenenous polynomial, linear in each of the indeterminates, we deduce that $F$ equals a multiple of $\mathcal{S}_{r}$.

In order to determine the constant factor, we may focus on the monomial $X^{\uparrow}=x_{1} x_{2} \cdots x_{r}$. This monomial occurs in the sum each time the interval $\left[1, r \rrbracket\right.$ is split into consecutive intervals $I_{v(1)}, \ldots$ of respective lengths $r_{v(1)}$, where $v \in \mathfrak{S}_{\ell}$ is arbitrary. It is accompanied by the $\operatorname{sign} \alpha\left(I_{v(1)}, \ldots\right) \varepsilon(v)$. If all the $r_{k}$ are odd, then $\alpha\left(I_{v(1)}, \ldots\right) \varepsilon(v)=+1$ for every $v$ and all the terms have a positive sign, whence the factor $\ell$ !.

Suppose on the contrary that some $r_{k}$ is even, say $r_{1}$, and let us denote $\varsigma$ the transposition $1 \leftrightarrow 2$. Then $\mathfrak{S}_{\ell}$ is the disjoint union of $\mathfrak{A}_{\ell}$ and $\varsigma \mathfrak{A}_{\ell}$. If $v \in \mathfrak{A}_{\ell}$, then

$$
\alpha\left(I_{\varsigma v(1)}, \ldots\right)=\alpha\left(I_{v(1)}, \ldots\right),
$$

while $\varepsilon(\varsigma v)=-\varepsilon(v)$. Therefore half of the occurences of $X^{\uparrow}$ have a positive sign, and half of them have a negative sign, whence the second formula and the proposition.

### 3.2 Submultiplicativity of $\tau(\cdot, n)$

The identity (2) allows us to derive a bound for $\tau(r, n)$ in terms of $\tau(s, n)$ and $\tau(r-s, n)$. If $A_{1}, \ldots, A_{r}$ are in the unit ball, then each product in the sum above is bounded by

$$
s!(r-s)!\tau(s, n) \tau(r-s, n) \prod_{j=1}^{r}\left\|A_{j}\right\|
$$

Since there are $r!/(s!(r-s)!)$ terms in the sum, we immediately obtain

$$
\left\|\mathcal{T}_{r}\left(A_{1}, \ldots, A_{r}\right)\right\| \leq \tau(s, n) \tau(r-s, n) \prod_{j=1}^{r}\left\|A_{j}\right\|
$$

from which we derive the following estimate.
Proposition 3.3 If the norm is submultiplicative, then

$$
\tau(r, n) \leq \tau(s, n) \tau(r-s, n), \quad \forall 1 \leq s<r .
$$

In particular, $\tau_{F}(r) \leq \tau_{F}(s) \tau_{F}(r-s)$. It is well known that for such a submultiplicative sequence, the sequence $u_{r}:=\tau_{F}(r)^{1 / r}$ converges to its lower bound. We call this limit the rate of cancellation and denote it by

$$
\rho_{F}=\lim _{r \rightarrow+\infty} \tau_{F}(r)^{1 / r}=\inf _{r} \tau_{F}(r)^{1 / r} .
$$

Because of $\tau(r, n) \leq 1$, we infer the next statement.
Corollary 3.1 As a function of its first argument $r, \tau(r, n)$ is non-increasing.

### 3.3 Improved submultiplicativity

The formula (2) has the drawback that it still involves the product of matrices, for which we have no gain in norm, since we cannot improve $\|A B\| \leq\|A\|\|B\|$ in general. To go further, we use (3), which involves operators $\mathcal{T}_{\ell}$ but no single matrix product. It can be recast as

$$
\sum_{I \in \mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right)} \alpha(I) \mathcal{T}_{\ell}\left(\mathcal{T}_{r_{1}}\left(X_{I_{1}}\right), \ldots, \mathcal{T}_{r_{\ell}}\left(X_{I_{\ell}}\right)\right)=\left\{\begin{array}{lr}
\operatorname{card} \mathcal{P}\left(r_{1}, \ldots, r_{\ell}\right) \cdot \mathcal{T}_{r}(X), & \text { if every } r_{k} \text { is odd }  \tag{4}\\
0, & \text { otherwise }
\end{array}\right.
$$

For instance, we have

$$
\begin{aligned}
8 \mathcal{T}_{4}(A, B, C, D)= & {\left[A, \mathcal{T}_{3}(B, C, D)\right]+\left[B, \mathcal{T}_{3}(A, D, C)\right] } \\
& +\left[C, \mathcal{T}_{3}(A, B, D)\right]+\left[D, \mathcal{T}_{3}(A, C, B)\right]
\end{aligned}
$$

an identity which immediately gives

$$
\tau(4, n) \leq \tau(3, n) \tau(2, n)
$$

The latter inequality is tighter than $\tau(4, n) \leq \tau(2, n)^{2}$ given by Proposition 3.3, since $r \mapsto \tau(r, n)$ is non-increasing.

More generally, we have

$$
\begin{equation*}
4 r \mathcal{T}_{2 r}\left(A_{1}, \ldots, A_{2 r}\right)=\sum_{i=1}^{2 r}(-1)^{i+1}\left[A_{i}, \mathcal{T}_{2 r-1}\left(\hat{A}_{i}\right)\right] \tag{5}
\end{equation*}
$$

with the classical notation $\hat{A}_{i}$ for the list $A_{1}, \ldots, A_{i-1}, A_{i+1}, \ldots, A_{r}$ in which $A_{i}$ has been omitted. We deduce immediately

$$
\tau(2 r, n) \leq \tau(2 r-1, n) \tau(2, n)
$$

Using again submultiplicativity, this yields

$$
\tau(2 r, n) \leq \tau(2, n) \tau(3, n) \tau(2 r-4, n)
$$

By induction, we infer

$$
\tau(4 k, n) \leq \tau(2, n)^{k} \tau(3, n)^{k}, \quad \tau(4 k+2, n) \leq \tau(2, n)^{k+1} \tau(3, n)^{k}
$$

where submultiplicativity alone only grants $\tau(2 \ell, n) \leq \tau(2, n)^{\ell}$.
More generally, (4) yields the inequality

$$
\begin{equation*}
\tau(r, n) \leq \tau(\ell, n) \tau\left(r_{1}, n\right) \cdots \tau\left(r_{\ell}, n\right) \tag{6}
\end{equation*}
$$

This improves the submultiplicativity in the following way: let us define a new sequence $\theta$ by shifting the first argument

$$
\theta(s, n):=\tau(s+1, n)
$$

Then (6) becomes

$$
\begin{equation*}
\theta(s, n) \leq \theta\left(s_{0}, n\right) \theta\left(s_{1}, n\right) \cdots \theta\left(s_{\ell}, n\right) \tag{7}
\end{equation*}
$$

for $s=s_{0}+\cdots+s_{\ell}$, whenever $s_{1}, \ldots, s_{\ell}$ are even ( $s_{0}$ may be odd). This is exactly submultiplicativity, up to the restriction on parity. In particular, the sequence $\mu(k, n):=\theta(2 k, n)$ is submultiplicative.

Likewise, let us denote $\theta(s)=\tau_{F}(s+1)$. Clearly, $\tau_{F}(r)^{1 / r}$ and $\theta(s)^{1 / s}$ have the same limit, which must be equal to the infimum of the $\theta(2 k)^{1 / 2 k}$. Combined, this delivers the following result.

Proposition 3.4 We have

$$
\rho_{F} \leq \tau_{F}(2 k+1)^{1 / 2 k}, \quad \forall k \in \mathbb{N}
$$

The above bound improves, for odd arguments, the one we had before, namely $\tau(r)^{1 / r}$.

## 4 The Frobenius norm

The Frobenius norm, which it is the one studied in [3], has several advantages for our study. First of all, it enjoys better bounds than either the operator norm, or the numerical radius: the limit $n \rightarrow+\infty$ seems non trivial. Next, it is a smooth, regular norm, and it is possible to use differential calculus when studying $r$-uplets which realize the norm of $\mathcal{T}$. At last, we have a duality principle, based on the inner product of two matrices

$$
\|M\|_{F}=\sup \left\{\Re \operatorname{Tr}\left(M^{*} N\right):\|N\|_{F} \leq 1\right\}
$$

whence

$$
\|[A, B]\|_{F}=\sup \left\{\Re \operatorname{Tr}([A, B] C): C \in B_{F}\right\},
$$

where $B_{F}$ denotes the unit ball for the Frobenius norm. Since $3 \operatorname{Tr}([A, B] C)=\operatorname{Tr} \mathcal{S}_{3}(A, B, C)$, we also have (say that $K=\mathbb{R}$ )

$$
\tau_{F}(2, n)=\sup \left\{\operatorname{Tr} \mathcal{T}_{3}(A, B, C): A, B, C \in B_{F}\right\}
$$

We warn the reader that this identity extends only to the even numbers $r$ :

$$
\tau_{F}(2 s, n)=\sup \left\{\operatorname{Tr} \mathcal{T}_{2 s+1}\left(A_{1}, \ldots, A_{2 s+1}\right): A_{1}, \ldots, A_{2 s+1} \in B_{F}\right\}
$$

while

$$
\operatorname{Tr} \mathcal{T}_{2 s}\left(A_{1}, \ldots, A_{2 s}\right) \equiv 0
$$

The latter identity expresses the fact that $\mathcal{T}_{2 s}\left(A_{1}, \ldots, A_{2 s}\right)$ can be written as a sum of commutators, an idea developed in Section 3.3. The vanishing of these traces is used in the proof by Rosset [8] of the Amitsur-Levitski Theorem.

### 4.1 Average estimate

Let us endow $\mathbf{M}_{n}(\mathbb{R})$ with the usual probability measure, where the entries $a_{i j}$ are Gaussian independent variables:

$$
\mathrm{d} \mu(A)=\frac{1}{V_{n}} e^{-\|A\|^{2}} \mathrm{~d} a_{11} \cdots \mathrm{~d} a_{n n}, \quad\|A\|^{2}=\operatorname{Tr}\left(A^{T} A\right)
$$

Here $V_{n}$ is a normalizing factor. For instance, we have

$$
\mathbb{E}\left(\|A\|^{2}\right)=n^{2} \frac{\int x^{2} e^{-x^{2}} \mathrm{~d} x}{\int e^{-x^{2}} \mathrm{~d} x}=: n^{2} m_{2}
$$

where $m_{2}=\frac{1}{2}$ is the second moment of the Gaussian.
We wish to calculate the expectation of $\left\|\mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right\|^{2}$ when $A^{1}, \ldots, A^{\ell}$ are independent matrices. This amounts to calculating the average of $\left\|\mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right\|^{2}$ when $A^{1}, \ldots, A^{\ell}$ all have unit norm.

Lemma 4.1 As a function of the size $n$ of the matrices, the expression

$$
n^{2 \ell} \mathbb{E}\left[\left\|\mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right\|^{2}\right]
$$

is a polynomial.
Proof Denoting $A^{\pi}=A^{\pi(1)} \cdots A^{\pi(\ell)}$, we have

$$
\begin{aligned}
\mathbb{E}\left[\left\|\mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right\|^{2}\right] & =\mathbb{E}\left[\operatorname{Tr} \mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)^{T} \mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right] \\
& =\sum_{\pi \in \mathfrak{G}_{\ell}} \mathbb{E}\left[\varepsilon(\pi) \operatorname{Tr}\left(A^{\pi}\right)^{T} \mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right] \\
& =\sum_{\pi \in \mathfrak{G}_{\ell}} \mathbb{E}\left[\varepsilon(\pi) \operatorname{Tr}\left(B^{\mathrm{id}}\right)^{T} \mathcal{S}_{\ell}\left(B^{\pi^{-1}(1)}, \ldots, B^{\pi^{-1}(\ell)}\right)\right] \\
& =\ell!\mathbb{E}\left[\operatorname{Tr}\left(B^{\mathrm{id}}\right)^{T} \mathcal{S}_{\ell}\left(B^{1}, \ldots, B^{\ell}\right)\right] \\
& =\ell!\sum_{\pi \in \mathfrak{S}_{\ell}} \varepsilon(\pi) \mathbb{E}\left[\operatorname{Tr}\left(B^{\mathrm{id}}\right)^{T} B^{\pi}\right] .
\end{aligned}
$$

Given $\pi \in \mathfrak{S}_{\ell}$, we have

$$
\operatorname{Tr}\left(A^{\mathrm{id}}\right)^{T} A^{\pi}=a_{\alpha_{\ell-1} \alpha_{\ell}}^{\ell} \cdots a_{\alpha_{1} \alpha_{2}}^{2} a_{\beta_{1} \alpha_{1}}^{1} a_{\beta_{1} \beta_{2}}^{\pi(1)} \cdots a_{\beta_{\ell} \alpha_{\ell}}^{\pi(\ell)},
$$

with Einstein's convention of summation over repeated indices. We stress that $\beta_{1}$ plays the role of an $\alpha_{0}$, and $\alpha_{\ell}$ plays the role of a $\beta_{\ell+1}$. When taking the expectation of a given monomial, we obtain either $\left(m_{2}\right)^{\ell}$ or 0 , according to whether every entry shows up with a square, or not. A non-zero contribution happens when

$$
\left(\beta_{k}, \beta_{k+1}\right)=\left(\alpha_{\pi(k)-1}, \alpha_{\pi(k)}\right),
$$

or equivalently if

$$
\begin{equation*}
\alpha_{\pi(k)-1}=\alpha_{\pi(k-1)}=\beta_{k} \tag{8}
\end{equation*}
$$

for every $k=1, \ldots, \ell+1$. Hereabove we have to extend $\pi$ by

$$
\begin{equation*}
\pi(0)=0, \quad \pi(\ell+1)=\ell+1 . \tag{9}
\end{equation*}
$$

Let $G^{\pi}$ be the graph whose vertices are the indices $0 \leq j \leq \ell$ for the $\alpha^{\prime} s$, and the indices $1 \leq k \leq$ $\ell+1$ for the $\beta^{\prime} s$. Thus $G^{\pi}$ has $2(\ell+1)$ vertices. The edges correspond to every equality of the form either $j=\pi(k-1)$ or $j=\pi(k)-1$. This includes the edge between the vertices $j=0$ and $k=1$, and the edge between the vertices $j=\ell$ and $k=\ell+1$. Notice that $j$ and $k$ may be connected by two edges, in case $\pi(k)-1=\pi(k-1)=j$.

Given the permutation $\pi$, many among the monomials

$$
a_{\alpha_{\ell-1} \alpha_{\ell}}^{\ell} \cdots a_{\alpha_{1} \alpha_{2}}^{2} a_{\beta_{1} \alpha_{1}}^{1} a_{\beta 1 \beta 2}^{\pi(1)} \cdots a_{\beta_{\ell} \alpha_{\ell}}^{\pi(\ell)}
$$



Figure 1: The graph $G^{\pi}$ when $\ell=3$. The $\alpha$-indices, from 0 to 3 , are outer; the $\beta$-indices, from 1 to 4, are inner. Left: the cycle (123). Right: the transposition (12). In both cases, the graph has two connected components. For the identity, it should have four of them.
have zero expectation. The remaining ones have expectation $m_{2}^{\ell}$; they are parametrized by the maps

$$
G^{\pi} \xrightarrow{(\alpha, \beta)} \llbracket 1, n \rrbracket
$$

that are constant on each connected component. The number of such maps $(\alpha, \beta)$ is $n^{N(\pi)}$, where $N(\pi)$ is the number of connected components of $G^{\pi}$. Therefore, we obtain

$$
\mathbb{E}\left[\operatorname{Tr}\left(A^{\mathrm{id}}\right)^{T} A^{\pi}\right]=n^{N(\pi)} m_{2}^{\ell}
$$

and

$$
\mathbb{E}\left[\left\|\mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right\|^{2}\right]=\ell!m_{2}^{\ell} \sum_{\pi \in \mathfrak{S}_{\ell}} \varepsilon(\pi) n^{N(\pi)}=: \ell!P_{\ell}(n) m_{2}^{\ell},
$$

for some $P_{\ell} \in \mathbb{Z}[X]$. We infer

$$
\begin{equation*}
\mathbb{E}\left[\left\|\mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right\|^{2}\right]=\frac{\ell!P_{\ell}(n)}{n^{2 \ell}} \mathbb{E}\left[\left\|A^{1}\right\|^{2} \cdots\left\|A^{\ell}\right\|^{2}\right] \tag{10}
\end{equation*}
$$

We are now going to express the polynomial $P_{\ell}$ in closed form. To begin with, we note that always $N(\pi) \geq 1$, and therefore $P_{\ell}(0)=0$. Actually, the quantity $N(\pi)$ can further be restricted.

Proposition 4.1 For every $\pi \in \mathfrak{S}_{\ell}$, we have $1 \leq N(\pi) \leq \ell+1$ and

$$
N(\pi) \equiv \ell+1 \quad \bmod 2
$$

In addition,

$$
(N(\pi)=\ell+1) \Longleftrightarrow(\pi=\mathrm{id}) .
$$

Proof The edges of $\pi$ always link an $\alpha$-index $j$ to a $\beta$-index $k$. In addition, every vertex has valence 2. Therefore a connected component is an even cycle in which the $j$ 's and the $k$ 's alternate. We may therefore construct a graph $J^{\pi}$, whose vertices are the indices $j \in[0, \ell]$ and there is an edge between $j$ and $j^{\prime}$ if $\left\{j, j^{\prime}\right\}=\{S \pi k, \pi S k\}$ for some $k$, where $S$ is the shift $k \mapsto k-1$ over $[11, \ell+1]$. For completeness, we define $S(0)=\ell+1$, so that $S$ is a permutation of $[0, \ell+1]$. This amounts to saying that $J^{\pi}$ is the graph associated with the permutation $\rho:=\pi S \pi^{-1} S^{-1}$ in $[0, \ell]$ (because of (9), $\ell+1$ is a fixed point of $\rho$ ). For instance, the examples displayed in Figure 1 yield $\rho=(031)$ (left) or $\rho=(021)$ (right); in both cases, the resulting $J^{\pi}$ consists of a three-node cycle and an isolated vertex.

Every connected component $\left(j_{1}, k_{1}, j_{2}, k_{2}, \ldots\right)$ of $G^{\pi}$ corresponds to a connected component $\left(j_{1}, j_{2}, \ldots\right)$ of $J^{\pi}$. Thus $N(\pi)$ is nothing but the number of orbits of $\rho$.

Because $\rho$ is a commutator, it is an even permutation of $[[0, \ell]]$. The number $N_{\text {even }}$ of its cycles of even length (these are odd permutations !) is thus even. Counting the elements modulo 2 , we deduce that $N_{\text {odd }} \equiv \ell+1$. Hence $N(\pi)=N_{\text {even }}+N_{\text {odd }} \equiv \ell+1$.

If $\pi$ is the identity, then $\rho$ is the identity too and $N(\pi)=\ell+1$. Conversely, if $N(\pi)=\ell+1$, we have $\rho=\mathrm{id}$, that is $\pi(k-1)=\pi(k)-1$ for every $k \in[1, \ell+1]$. With (9), we deduce that $\pi$ is the identity.

Corollary 4.1 The monic polynomial $P_{\ell}$ is odd if $\ell$ is even, and it is even if $\ell$ is odd. It has the form $P_{\ell}(X)=X^{\ell+1}+$ l.o.t, without constant term.

Finally, we invoke the theorem of Amitsur and Levistki. If $2 n \leq \ell$, we have $P_{\ell}(n)=0$, thus $X-n$ divides $P_{\ell}(X)$. Because of the parity, we infer that $X^{2}-n^{2}$ divides $P_{\ell}$. Hence

$$
P_{\ell}(X)=Q_{\ell}(X)\left(X^{2}-1\right)\left(X^{2}-4\right) \cdots\left(X^{2}-r^{2}\right), \quad r=\left\lfloor\frac{\ell}{2}\right\rfloor .
$$

By the corollary, we know that $Q_{\ell}$ is a monic polynomial of degree $\ell+1-2 r$. If $\ell$ is even, then $Q_{\ell}$ is odd, of degree 1 , hence equals $X$. If $\ell$ is odd, $Q_{\ell}$ is even of degree 2 , vanishes at 0 and is therefore equal to $X^{2}$. Summarizing these thoughts, we obtain the desired relation.

Theorem 4.1 Let $A^{j}$ be i.i.d. Gaussians. Then,

$$
\mathbb{E}\left[\left\|\mathcal{S}_{\ell}\left(A^{1}, \ldots, A^{\ell}\right)\right\|^{2}\right]=\frac{\ell!P_{\ell}(n)}{n^{2 \ell}} \mathbb{E}\left[\left\|A^{1}\right\|^{2} \cdots\left\|A^{\ell}\right\|^{2}\right]
$$

with

$$
\begin{aligned}
P_{2 k}(X) & =X\left(X^{2}-1^{2}\right) \cdots\left(X^{2}-k^{2}\right) \\
P_{2 k+1}(X) & =X^{2}\left(X^{2}-1^{2}\right) \cdots\left(X^{2}-k^{2}\right) .
\end{aligned}
$$

### 4.2 Asymptotic properties

We focus on the even case, $\ell=2 k$ which behaves a little nicer than the odd one, even if their asymptotics are quite similar.

Let us denote the ratio given by Theorem 4.1 by

$$
\omega(k ; n)=\frac{(2 k)!P_{2 k}(n)}{n^{4 k}}
$$

First fix $n$ and vary $k$ from 1 to $n-1$. We have

$$
\omega(1 ; n)=\frac{2}{n}\left(1-\frac{1}{n^{2}}\right)
$$

a formula already known to Böttcher \& Wenzel [3]. Then

$$
\frac{\omega(k ; n)}{\omega(k-1 ; n)}=\frac{2 k(2 k-1)}{n^{4}}\left(n^{2}-k^{2}\right)
$$

Denoting $t=\frac{k}{n}$, this reads

$$
\frac{\omega(k ; n)}{\omega(k-1 ; n)}=4 t\left(t-\frac{1}{2 n}\right)\left(1-t^{2}\right)<4 t^{2}\left(1-t^{2}\right) \leq 1
$$

Therefore the sequence $k \mapsto \omega(k ; n)$ is strictly decreasing. It has a critical point for $t_{n} \sim \frac{\sqrt{2}}{2}$ (that is $k_{n} \sim \frac{n \sqrt{2}}{2}$ ). The decay is faster for small values of $k$, and also for $k$ approaching $n$.

We next investigate the behaviour of $\omega(k ; n)$ as $n \rightarrow+\infty$, while $k / n \rightarrow t \in(0,1)$. We start from

$$
\omega(k ; n)=\frac{(2 k)!(n+k)!}{n^{4 k}(n-k-1)!} .
$$

The Stirling formula yields

$$
\begin{aligned}
\omega(k ; n) \sim & 2 n^{-4 k}\left(\frac{2 k}{e}\right)^{2 k}\left(\frac{n+k}{e}\right)^{n+k}\left(\frac{e}{n-k-1}\right)^{n-k-1} \sqrt{\pi k \frac{n+k}{n-k-1}} \\
& =2\left(\frac{4 k^{2}(n+k)(n-k-1)}{e^{4} n^{4}}\right)^{k}\left(\frac{n+k}{n-k-1}\right)^{n} \frac{n-k-1}{e} \sqrt{\pi k \frac{n+k}{n-k-1}} .
\end{aligned}
$$

Hence

$$
\log \omega(k ; n) \sim d k
$$

where

$$
d=d(t):=\log \left(4 t^{2}\left(1-t^{2}\right)\right)-4+\frac{1}{t} \log \frac{1+t}{1-t} .
$$

A simple calculation gives that $\tau$ is increasing over $(0, x)$ and decreasing over $(x, 1)$, where $x \approx 0.95 \in$ $(0,1)$ is the unique root of

$$
\begin{equation*}
4 t=\log \frac{1+t}{1-t} \tag{11}
\end{equation*}
$$

Then

$$
\max d(t)=d(x)=\log 4 x^{2}\left(1-x^{2}\right)<0
$$

In conclusion, $n \mapsto \omega(\lfloor t n\rfloor ; n)$ decays exponentially fast, with a rate not larger than $4 x^{2}\left(1-x^{2}\right)$, a number strictly less than one.

## 5 The law of distribution of the commutator $(n=2)$

We continue our investigation for the Frobenius norm. We already know that

$$
\|[A, M]\|_{F} \leq \sqrt{2}\|A\|_{F}\|M\|_{F}
$$

where the constant $\sqrt{2}$ is optimal [3]. As noted by several authors, we may always restrict to the hyperplane $H$ of zero-trace matrices, because on the one hand $\left[A+t I_{n}, M\right]=[A, M]=\left[A, M+s I_{n}\right]$ for every $s, t \in \mathbb{R}$, and on the other hand the projection $A \mapsto A-\frac{1}{n}(\operatorname{Tr} A) I_{n}$ diminishes the Frobenius norm. We denote by $B=B_{H}$ the unit ball in $H$ and ask two questions:

- What is the range of the map $(A, M) \mapsto \frac{\sqrt{2}}{2}[A, M]$ over $B_{H} \times B_{H}$ ? We already know that it is contained in $B_{H}$.
- What is the distribution law of $[A, M]$ when $A$ and $M$ are chosen uniformly and independently in $B_{H}$ ?

We solve these questions for the case $n=2$. The following assertion is immediate
Proposition 5.1 The linear map

$$
\left(\begin{array}{cc}
a & b \\
c & -a
\end{array}\right) \mapsto\left(\begin{array}{c}
a \sqrt{2} \\
b \\
c
\end{array}\right)
$$

is an isometry between $H$ and the standard Euclidean space $\mathbb{R}^{3}$.
Its inverse $L: \mathbb{R}^{3} \rightarrow H$ satisfies

$$
L(x \times y)=\frac{\sqrt{2}}{2}[L x, L y]^{T}
$$

Therefore we have the commutative diagram

where $L$ is an isometry, and

$$
F:\left(\begin{array}{l}
a \\
b \\
c
\end{array}\right) \mapsto\left(\begin{array}{l}
a \\
c \\
b
\end{array}\right)
$$

is an isometry in $\mathbb{R}^{3}$. Because the diagram's bottom line is onto $B_{3}$, we already see that

$$
(A, M) \in B_{H} \times B_{H} \mapsto \frac{\sqrt{2}}{2}[A, M] \in B_{H}
$$

is surjective, too.
Let us denote $\mathrm{d} v$ the pushforward of $\mathrm{d} A \otimes \mathrm{~d} M$, and $\mathrm{d} \mu$ that of $\mathrm{d} x \otimes \mathrm{~d} y$. Because of the equivariance $R(x \times y)=(R x) \times(R y)$ under every rotation $R$, we know that $\mathrm{d} \mu$ is rotationally invariant. Therefore

$$
\begin{aligned}
\int_{B_{H}} f(Z) \mathrm{d} v(Z) & :=\iint_{B_{H} \times B_{H}} f\left(\frac{\sqrt{2}}{2}[A, M]\right) \mathrm{d} A \mathrm{~d} M \\
& =\iint_{B_{3} \times B_{3}} f\left(\frac{\sqrt{2}}{2}[L x, L y]\right) \mathrm{d} x \mathrm{~d} y \\
& =\iint_{B_{3} \times B_{3}} f(L F(x \times y)) \mathrm{d} x \mathrm{~d} y=\int_{B_{3}}(f \circ L \circ F)(z) \mathrm{d} \mu(z) \\
& =\int_{B_{3}}(f \circ L)(F z) \mathrm{d} \mu(z)=\int_{B_{3}}(f \circ L)(z) \mathrm{d} \mu(z) .
\end{aligned}
$$

This shows that the distribution of $(A, M) \mapsto \frac{\sqrt{2}}{2}[A, M]$ over $B_{H} \times B_{H}$ is exactly the same as the distribution of $(x, y) \mapsto x \times y$ over the unit ball $B_{3}$, up to the identification provided by the isometry $L$.

Proposition 5.2 The map $(x, y) \mapsto x \times y$ from $B_{3} \times B_{3}$ is onto $B_{3}$. The pushforward $\mathrm{d} \mu$ of $\mathrm{d} x \otimes \mathrm{~d} y$ is radial, with density

$$
h(\rho) \mathrm{d} \rho \mathrm{~d} \omega
$$

where $\mathrm{d} \omega$ is the normalized area over $S^{2}$, and

$$
h(\rho)=9 \rho^{2}\left(\frac{\sqrt{1-\rho^{2}}}{\rho}+2 \arctan \sqrt{\frac{1+\rho}{1-\rho}}-\pi\right) .
$$

This instantly transfers to the commutator setting.
Corollary 5.1 The image of $B_{H} \times B_{H}$ under the commutator is $\sqrt{2} B_{H}$. The pushforward $\mathrm{d} v$ of $\mathrm{d} A \otimes$ $\mathrm{d} M$ under the map $(A, M) \mapsto \frac{\sqrt{2}}{2}[A, M]$ is radial, with distribution determined by

$$
\int_{B_{H}} \phi\left(\|Z\|_{F}\right) \mathrm{d} v(Z)=\int_{0}^{1} h(\rho) \phi(\rho) \mathrm{d} \rho, \quad \forall \phi \in C([0,1])
$$

with $h$ as in Proposition 5.2.
Proof We only have to calculate the density $h$. Because it is radial, we only need to consider radial functions $f(z)=\phi(|z|)$; we have

$$
\int_{0}^{1} \phi(\rho) h(\rho) \mathrm{d} \rho=f f \phi(|x \times y|) \mathrm{d} x \mathrm{~d} y
$$

where $f$ denotes the normalized integral over $B_{3}$. Using again the rotational invariance, we have

$$
\begin{aligned}
\int_{0}^{1} \phi(\rho) h(\rho) \mathrm{d} \rho & =3 \int_{0}^{1} r^{2} d r f \phi\left(r\left|\vec{e}_{1} \times y\right|\right) \mathrm{d} y=9 \int_{0}^{1} \int_{0}^{1} r^{2} s^{2} \mathrm{~d} r \mathrm{~d} s \int_{S^{2}} \phi\left(r s\left|\vec{e}_{1} \times e\right|\right) \mathrm{d} \omega(e) \\
& =\frac{9}{2} \int_{0}^{1} \int_{0}^{1} r^{2} s^{2} \mathrm{~d} r \mathrm{~d} s \int_{0}^{\pi} \phi(r s \sin \theta) \sin \theta \mathrm{d} \theta \\
& =\frac{9}{2} \int_{0}^{1} \int_{0}^{1} r^{2} s^{2} \mathrm{~d} r \mathrm{~d} s \int_{-1}^{1} \phi\left(r s \sqrt{1-c^{2}}\right) \mathrm{d} c \\
& =9 \int_{0}^{1} \int_{0}^{1} r^{2} s^{2} \mathrm{~d} r \mathrm{~d} s \int_{0}^{1} \phi\left(r s \sqrt{1-c^{2}}\right) \mathrm{d} c
\end{aligned}
$$

Denoting $\rho:=r s \sqrt{1-c^{2}}$, we have

$$
\rho \leq r s, \quad|\mathrm{~d} r \mathrm{~d} s \mathrm{~d} \rho|=\frac{r s}{\rho} \sqrt{r^{2} s^{2}-\rho^{2}}|\mathrm{~d} r \mathrm{~d} s \mathrm{~d} c|,
$$

hence

$$
\int_{0}^{1} \phi(\rho) h(\rho) \mathrm{d} \rho=9 \int_{0}^{1} \int_{0}^{1} r s \mathrm{~d} r \mathrm{~d} s \int_{0}^{r s} \phi(\rho) \frac{\rho \mathrm{d} \rho}{\sqrt{r^{2} s^{2}-\rho^{2}}} .
$$

We infer

$$
h(\rho)=9 \rho \iint_{0<r, s<1, r s>\rho} \frac{r s \mathrm{~d} r \mathrm{~d} s}{\sqrt{r^{2} s^{2}-\rho^{2}}} .
$$

We integrate first with respect to $s$, which varies from $\rho / r$ to 1 . From

$$
\mathrm{d} \sqrt{r^{2} s^{2}-\rho^{2}}=\frac{r^{2} s \mathrm{~d} s}{\sqrt{r^{2} s^{2}-\rho^{2}}}
$$

we deduce

$$
h(\rho)=9 \rho \int_{\rho}^{1} \frac{\mathrm{~d} r}{r}\left[\sqrt{r^{2} s^{2}-\rho^{2}}\right]_{\rho / r}^{1}=9 \rho \int_{\rho}^{1} \sqrt{r^{2}-\rho^{2}} \frac{\mathrm{~d} r}{r} .
$$

Let us parametrize

$$
r=\rho \frac{a^{2}+1}{a^{2}-1}, \quad \sqrt{r^{2}-\rho^{2}}=\rho \frac{2 a}{a^{2}-1}, \quad a>\sqrt{\frac{1+\rho}{1-\rho}} .
$$

We obtain

$$
h(\rho)=9 \rho^{2} \int_{\sqrt{\frac{1+\rho}{1-\rho}}}^{+\infty} \frac{4 a^{2}}{a^{2}-1}\left(\frac{\mathrm{~d} a}{a^{2}-1}-\frac{\mathrm{d} a}{a^{2}+1}\right)=9 \rho^{2}\left[-\frac{2 a}{a^{2}-1}-2 \arctan a\right]_{\sqrt{\frac{1+\rho}{1-\rho}}}^{+\infty},
$$

which is the required formula.

Let us compare the distribution $\mathrm{d} v$ with the uniform distribution $\mathrm{d} M=3 \rho^{2} \mathrm{~d} \rho \mathrm{~d} \omega$ over $B_{H}$. We have $\mathrm{d} v=g(\rho) \mathrm{d} M$, where

$$
g(\rho)=3\left(\frac{\sqrt{1-\rho^{2}}}{\rho}+2 \arctan \sqrt{\frac{1+\rho}{1-\rho}}-\pi\right)
$$

Clearly, $g(0)=+\infty, g(1)=0$ and $g^{\prime}(\rho)=-3 \rho^{-2} \sqrt{1-\rho^{2}}<0$. Therefore $g$ is monotonous decreasing. Large commutators (with norms $\approx \sqrt{2}$ ) are rare while small ones are likely. This phenomenon becomes stronger for larger matrix sizes $n$. On the one hand, the average ratio for $\|[A, B]\|_{F}^{2} /\|A\|_{F}\|B\|_{F}$ is $\frac{2}{n}\left(1-\frac{1}{n^{2}}\right)$ (see [3] or Paragraph 4.1). On the other hand, when $n \geq 3$, very few trace-less matrices of norms $\sqrt{2}$ can be written as $[A, B]$ with $\|A\|_{F}=\|B\|_{F}=1$; see Section 4 in [4], or [5].

## 6 The law of distribution of $\mathcal{S}_{3}$ over $M_{2}(\mathbb{R})$

The situation changes significantly when passing from $r=2$ (the commutator) to $r=3$. On the one hand, the addition of $t I_{n}$ becomes harmful:

$$
\mathcal{S}_{3}\left(A+t I_{n}, B, C\right)=\mathcal{S}_{3}(A, B, C)+t[B, C] .
$$

Therefore we may not restrict to zero-trace matrices; incidentally, the trace of $\mathcal{S}_{3}(A, B, C)$ itself does not vanish in general.

By direct inspection, one may verify the formula

$$
\mathcal{S}_{3}(A, B, C)=\left(\begin{array}{ll}
W & X  \tag{12}\\
Y & Z
\end{array}\right)
$$

with

$$
\begin{aligned}
W & =\left|\begin{array}{ccc}
a_{11}-a_{22} & 2 b_{11}-b_{22} & 2 c_{11}-c_{22} \\
a_{12} & b_{12} & c_{12} \\
a_{21} & b_{21} & c_{21}
\end{array}\right|, \\
Y & =\left|\begin{array}{ccc}
a_{22} & b_{22} & c_{22} \\
a_{21} & b_{21} & c_{21} \\
a_{11} & b_{11} & c_{11}
\end{array}\right|, \quad Z=-\left|\begin{array}{ccc}
a_{11} & b_{11} & c_{11} \\
a_{12} & b_{12} & c_{12} \\
a_{22} & b_{22} & c_{22}
\end{array}\right|,
\end{aligned}
$$

We interpret these formulæ in terms of the mixed product in $\mathbb{R}^{4}$. If $a, b, c \in \mathbb{R}^{4}$, we denote $a \times b \times c$ the vector defined by

$$
(a \times b \times c) \cdot x=\operatorname{det}(a, b, c, x), \quad \forall x \in \mathbb{R}^{4}
$$

Then, identifying

$$
A \sim a=\left(\begin{array}{l}
a_{11} \\
a_{12} \\
a_{21} \\
a_{22}
\end{array}\right), \quad B \sim b=\left(\begin{array}{l}
b_{11} \\
b_{12} \\
b_{21} \\
b_{22}
\end{array}\right), \quad C \sim c=\left(\begin{array}{l}
c_{11} \\
c_{12} \\
c_{21} \\
c_{22}
\end{array}\right)
$$

we have

$$
W=2 f_{4}+f_{1}, \quad X=-f_{3}, \quad Y=-f_{2}, \quad Z=2 f_{1}+f_{4}, \quad f:=a \times b \times c .
$$

Observe that the image of $B_{4} \times B_{4} \times B_{4}$ by the mixed product is $B_{4}$ itself. Therefore the image of $B_{F} \times B_{F}$ is given by the inequality

$$
\left(\frac{2 Z-W}{3}\right)^{2}+\left(\frac{2 W-Z}{3}\right)^{2}+X^{2}+Y^{2} \leq 1
$$

This is an ellipsoid centered at the origin, whose main semi-axis have lengths $1,1,3$ and 3 . We deduce the optimal inequality

$$
\left\|\mathcal{S}_{3}(A, B, C)\right\|_{F}^{2} \leq 9\|A\|_{F}^{2}\|B\|_{F}^{2}\|C\|_{F}^{2}, \quad \forall A, B ; C \in \mathbf{M}_{2}(\mathbb{R})
$$

The equality holds precisely when $a, b, c$ form an orthogonal basis of the orthogonal complement of the vector

$$
\left(\begin{array}{l}
1 \\
0 \\
0 \\
1
\end{array}\right)
$$

in other words when $A, B$ and $C$ are mutually orthogonal and trace-less. The factor 9 above must be compared with the average ratio given by Theorem 4.1,

$$
\frac{3!P_{3}(2)}{2^{6}}=\frac{9}{8}
$$

We remark that this average ratio is larger than the inner radius of the ellipsoid.
When $A, B, C$ are drawn uniformly and independently from $B_{F}$, the law of $\mathcal{S}_{3}(A, B, C)$ is the pushforward of the law of $a \times b \times c\left(a, b, c\right.$ chosen uniformly and independently in $\left.B_{4}\right)$ under the linear map $f \mapsto(W, X, Y, Z)$ declared previously. If $R \in \mathbf{S O}_{4}$, we have $(R a) \times(R b) \times(R b)=R(a \times b \times c)$, while the distribution of $(R a, R b, R c)$ is the same as that of $(a, b, c)$. Therefore the law of $a \times b \times c$ is radial.

Another consequence of (12) is a statement of the annihilating case.
Corollary 6.1 For $A, B, C \in \mathbf{M}_{2}(\mathbb{R})$, the following statements are equivalent:

- We have $\mathcal{S}_{3}(A, B, C)=0_{2}$.
- There exists a $D \in \mathbf{M}_{2}(\mathbb{R}) \backslash\left\{0_{2}\right\}$ such that

$$
\operatorname{Tr}(A D)=\operatorname{Tr}(B D)=\operatorname{Tr}(C D)=0
$$

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