# SPECTRAL GAP FOR KAC'S MODEL OF BOLTZMANN EQUATION 

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#### Abstract

We consider a random walk on $S^{n-1}$, the standard sphere of dimension $n-1$, generated by random rotations on randomly selected coordinate planes $i, j$ with $1 \leq i<j \leq n$. This dynamic was used by Marc Kac as a model for the spatially homogeneous Boltzmann equation. We prove that the spectral gap on $S^{n-1}$ is $n^{-1}$ up to a constant independent of $n$.


1. Introduction. We consider a random walk on the standard sphere $S^{n-1}$ generated by random rotations on randomly selected coordinate planes $i, j$ with $1 \leq i<j \leq n$. This dynamics was used by Kac ([5], [6]) as a model for the spatially homogeneous Boltzmann equation. Kac's idea was developed later on by, for example, [8], [3], [9] and [1]. The same walk was used by Hastings on the orthogonal group ([4]).

More precisely, let $R_{i, j}^{\theta}$ be a clockwise rotation by $\theta \in[0,2 \pi)$ in the coordinate plane $i, j$. Explicitly, $R_{i, j}^{\theta}$ is given by

$$
R_{i, j}^{\theta}=\left(\begin{array}{cccccc}
1 & 0 & & & \cdots & \\
& & & & & \\
0 & \ddots & & & & \\
& & c & & s & \\
\vdots & & & \ddots & & \\
& & -s & & c & \\
& & & & \ddots & \\
& & & & & \\
0 & & & \cdots & 0 & 1
\end{array}\right)
$$

where all the diagonal entries are 1 except for the $(i, i)$ and $(j, j)$ entries that are $c=\cos (\theta)$, and all the off-diagonal entries are 0 except for the $(i, j)$ and $(j, i)$ entries that are equal to $s=\sin (\theta)$ and $-s$, respectively.

We consider the random walk on $S^{n-1}(1)$, the ( $n-1$ )-dimensional sphere of radius 1, generated by repeatedly multiplying by $R_{i, j}^{\theta}$ for $1 \leq i<j \leq n$ chosen uniformly and $\theta$ chosen uniformly in $[0,2 \pi)$. Then the generator of the dynamics is defined by

$$
\mathscr{L}_{n} f(x)=\frac{1}{\binom{n}{2}} \sum_{1 \leq i<j \leq n} \int_{0}^{2 \pi}\left(f\left(R_{i, j}^{\theta} x\right)-f(x)\right) \frac{d \theta}{2 \pi}
$$

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for $x \in S^{n-1}(1)$. Let $P_{t}$ denote the corresponding semigroup. Let $S_{n-1}$ denote the uniform probability measure on $S^{n-1}(1)$. One can check that $S_{n-1}$ is invariant and reversible with respect to the generator $\mathscr{L}_{n}$. The Dirichlet form is given by

$$
\mathscr{D}_{n}(f)=-\int f \mathscr{L}_{n} f d S_{n-1}=\frac{1}{\binom{n}{2}} \sum_{1 \leq i<j \leq n} D_{i, j}(f),
$$

where

$$
D_{i, j}(f)=\frac{1}{2} \int_{0}^{2 \pi} \int\left(f\left(R_{i, j}^{\theta} x\right)-f(x)\right)^{2} d S_{n-1}(x) \frac{d \theta}{2 \pi} .
$$

With the generator $\mathscr{L}_{n}$, we define a Markov process in the standard way. Let $f_{0}(x)$ be the initial density on the sphere. Then the density $f_{t}(x)=P_{t} f_{0}(x)$ of the process at time $t$ satisfies Kac's master equation: $\partial_{t} f_{t}(x)=\mathscr{L}_{n} f_{t}(x)$. If we assume that the initial distribution $f_{0}(x)$ is of product form, Kac proved that this property is approximately preserved in the limit $n \rightarrow \infty$. In modern terminology, Kac proved the "propagation of chaos." Once propagation of chaos is proved, it is straightforward to show that the marginal density of a particle satisfies the following analog of a Boltzmann equation:

$$
\begin{array}{r}
\frac{\partial g_{t}(x)}{\partial t}=C \iint_{0}^{2 \pi}\left(g_{t}(x \cos \theta+y \sin \theta) g_{t}(-x \sin \theta+y \cos \theta)\right.  \tag{1.1}\\
\\
\left.-g_{t}(x) g_{t}(y)\right) d \theta d y .
\end{array}
$$

Clearly, the spectral properties of the collision operator on the right hand side of (1.1) is of critical importance to understand this equation. Since this collision operator is generated by the process with generator $\mathscr{L}_{n}$, a very basic property is the size of the spectral gap for $\mathscr{L}_{n}$. It turns out this is very difficult and Kac conjectured it to be of order $1 / n$.

Since Kac conjectured it more than four decades ago, the only result is the recent work of Diaconis and Saloff-Coste [2]. Using comparisons techniques, they proved that the spectral gap of $\mathscr{L}_{n}$ is bounded below by $c / n^{3}$ where $c$ is a constant independent of $n$. Using a test function [e.g., $f(x)=x_{1}$ ], one gets an upper bound of the form $C / n$.

The goal of this paper is to prove Kac's conjecture by supplying a lower bound of the form $c / n$ to the spectral gap of $\mathscr{L}_{n}$.

The paper is organized as follows. In Section 2, we state our main result (Theorem 2.1) and outline its proof. We use the martingale method developed by Lu and Yau [7] to reduce our problem to estimating the variance of a function conditioned on one coordinate (Proposition 2.1). The rest of the paper is devoted to estimate this term. As in [7], a critical step of this approach is an estimate of a covariance term (cf. Lemma 3.1). We follow [7] by using a substitution lemma (see Section 5, Case 2), which has its origin from the study of interacting particle systems. Our major difficulties in using this approach, however, is in certain region of rare events (Section 5, Case 1). For this region, we need new arguments for performing various cut-offs. Since this part of the
arguments is complicated, we recommend the reader to focus on the so-called "normal case" in the first reading, although the estimates of rare events are technically the key part of this paper.

Notice that the standard logarithmic Sobolev inequality does not hold for this model.

For any $\varepsilon>0$, one can find a set $A_{\varepsilon}$ of probability $\varepsilon$. Choosing $f=1_{\left\{A_{\varepsilon}\right\}}$, the indicator function of $A_{\varepsilon}$, we get that the entropy of $f$ is equal to

$$
\int f \log \frac{f}{\int f d S_{n-1}} d S_{n-1}=-\varepsilon \log \varepsilon
$$

and that $\mathscr{D}_{n}(\sqrt{f}) \leq \varepsilon$. Hence, the logarithmic Sobolev inequality is wrong for this model.

## 2. Main result.

ThEOREM 2.1 (Spectral gap on the sphere). There exists a constant $C>0$ such that for all function $f \in L^{2}\left(S_{n-1}\right)$

$$
E_{S_{n-1}}[f ; f] \leq C n \mathscr{D}_{n}(f)
$$

$E_{S_{n-1}^{r}}[f ; g]$ denotes the covariance of $f$ and $g$ with respect to $S_{n-1}^{r}$, the uniform measure on the $(n-1)$-dimensional sphere of radius $r$. When $r=1$, we omit to mention the radius.

This result means that the spectral gap is bounded below by $1 / C n$. Hence, this identifies the order in $n$ of the spectral gap on $S^{n-1}$.

This also implies that the rate of convergence to equilibrium of our process in $L^{2}$ with respect to the uniform measure on $S^{n-1}$ is of order $\exp (-t / C n)$.

Proof of Theorem 2.1. For all integer $l \geq 2$, let $a_{l}$ be the smallest constant such that

$$
\begin{equation*}
E_{S_{l-1}}[h ; h] \leq a_{l} l \mathscr{D}_{l}(h) \tag{2.1}
\end{equation*}
$$

for all function $h \in L^{2}\left(S_{l-1}\right)$. We will use this induction hypothesis to set up a recursive equation for $a_{n}$ and to prove that $a_{n}$ is bounded by a constant independent of $n$.

Step 1. Martingale decomposition. Let $x=\left(x_{1}, \ldots, x_{n}\right)^{t} \in S^{n-1}(1)$. For $1 \leq j \leq n$, let $f_{1, \ldots, j}$ be the expectation of $f$ conditioned on $x_{1}, \ldots, x_{j}: f_{1, \ldots, j}$ $\left(x_{1}, \ldots, x_{j}\right)=E_{S_{n-1}}\left[f \mid x_{1}, \ldots, x_{j}\right]$. For any integer $M<n$ fixed, we have

$$
\begin{align*}
E_{S_{n-1}}[f ; f]= & E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid x_{1}, \ldots, x_{M}\right]\right] \\
& +\sum_{i=0}^{M-1} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, i+1} ; f_{1, \ldots, i+1} \mid x_{1}, \ldots, x_{i}\right]\right] \tag{2.2}
\end{align*}
$$

where $E_{S_{n-1}}[f ; g \mid \mathscr{F}]$ denotes the covariance of $f$ and $g$ with respect to the measure $S_{n-1}$ conditioned on $\mathscr{F}$ :

$$
E_{S_{n-1}}[f ; g \mid \mathscr{F}]=E_{S_{n-1}}[f g \mid \mathscr{F}]-E_{S_{n-1}}[f \mid \mathscr{F}] E_{S_{n-1}}[g \mid \mathscr{F}]
$$

Step 2. Induction. Notice that $S_{n-1}$ conditioned on $x_{1}, \ldots, x_{M}$ is the uniform measure on $S^{n-M-1}\left(\sqrt{1-\sum_{j=1}^{M} x_{j}^{2}}\right)$, the $(n-M-1)$-dimensional sphere of radius $\sqrt{1-\sum_{j=1}^{M} x_{j}^{2}}$. Hence, we can use (2.1) to bound the first term on the right-hand side of (2.2) by

$$
a_{n-M}(n-M) A v_{j, l=M+1}^{n} D_{j, l}(f),
$$

where $A v_{j, l=M+1}^{n}$ denotes the average over $j, l \in\{M+1, \ldots, n\}$.
STEP 3. Variance on one coordinate. All the terms of the sum on the righthand side of (2.2) are of the same form: $E_{S_{n-1}}\left[f_{1, \ldots, i+1} ; f_{1, \ldots, i+1} \mid x_{1}, \ldots, x_{i}\right]$ is the variance, with respect to the uniform measure

$$
\mu=S_{n-i-1}^{\sqrt{1-\sum_{j=1}^{i} x_{j}^{2}}},
$$

of $E_{\mu}\left[f \mid x_{i+1}\right]$, where $x_{1}, \ldots, x_{i}$ are fixed.
We will use the following proposition to control these terms.
Proposition 2.1. For all $k>F>0$ large enough, there exist a finite constant $C>0, \varepsilon_{F}>0$ and $C_{F}>0$, two finite constants depending only on $F, \varepsilon_{k, n}>0$ a finite constant depending only on $k$ and $n$ and $C_{k, F}>0$, a finite constant depending only on $k$ and $F$, such that

$$
\begin{align*}
E_{S_{n-1}}\left[f_{1} ; f_{1}\right] \leq & C_{F} \frac{\varepsilon_{k, n}}{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid x_{1}\right]\right]+C_{k, F} \mathscr{D}_{n}(f) \\
& +C A v_{j=2}^{n} D_{1, j}(f)+\varepsilon_{F} A v_{j=2}^{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, j} ; f_{1, j} \mid x_{1}\right]\right],  \tag{2.3}\\
& \lim _{F \rightarrow \infty} \varepsilon_{F}=0 \quad \text { and } \quad \lim _{k \rightarrow \infty} \lim _{n \rightarrow \infty} \varepsilon_{k, n}=0,
\end{align*}
$$

where $A v_{j=2}^{n}$ denotes the average over $2 \leq j \leq n$.
Step 4. Conclusion. Suppose we have $\varepsilon_{F} / n$ instead of $\varepsilon_{F}$ in (2.3). By the Schwarz inequality, $E_{S_{n-1}}\left[f_{1, j} ; f_{1, j} \mid x_{1}\right] \leq E_{S_{n-1}}\left[f ; f \mid x_{1}\right]$. Choosing $M=1$ in (2.2) and using the results of Steps 2 and 3, we obtain that

$$
\begin{aligned}
E_{S_{n-1}}[f ; f] \leq & \left(1+\frac{C_{F} \varepsilon_{k, n}+\varepsilon_{F}}{n}\right) a_{n-1}(n-1) A v_{j, l=2}^{n} D_{j, l}(f) \\
& +C_{k, F} \mathscr{D}_{n}(f)+C A v_{j=2}^{n} D_{1, j}(f) .
\end{aligned}
$$

Since we can do the same replacing $x_{1}$ by $x_{i}$ in (2.2) and average over $i \in$ $\{1, \ldots, n\}$, we get that

$$
E_{S_{n-1}}[f ; f] \leq\left(\left(1+\frac{C_{F} \varepsilon_{k, n}+\varepsilon_{F}}{n}\right) a_{n-1}(n-1)+C_{k, F}^{\prime}\right) \mathscr{D}_{n}(f) .
$$

From the definition (2.1) of $a_{n}$, this proves that $a_{n}$ is less than $a_{n-1}-\frac{1}{n}[(1-$ $\left.C_{F} \varepsilon_{k, n}-\varepsilon_{F}\right) a_{n-1}-C_{k, F}^{\prime}$ ], which is enough to conclude that $a_{n}$ is bounded by a constant independent of $n$.

In our case, we do not have a factor $n^{-1}$ in front of $\varepsilon_{F}$. However, since in the last term on the right-hand side of (2.3) we have the variance of $f_{1, j}$ (and not $f$ ), we will see that it is enough.

By Proposition 2.1, we know that

$$
\begin{aligned}
& E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, i+1} ; f_{1, \ldots, i+1} \mid x_{1}, \ldots, x_{i}\right]\right] \\
& \quad \leq C A v_{j=i+1}^{n} D_{i, j}(f)+C_{k, F} A v_{j, l=i+1}^{n} D_{j, l}(f) \\
& \quad+C_{F} \frac{\varepsilon_{k, n-i}}{n-i} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid x_{1}, \ldots, x_{i+1}\right]\right] \\
& \quad+\varepsilon_{F} A v_{j=i+2}^{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, i+1, j} ; f_{1, \ldots, i+1, j} \mid x_{1}, \ldots, x_{i+1}\right]\right]
\end{aligned}
$$

for any $0 \leq i \leq M-1$.
Since we could have chosen in (2.2) any other set of size $M$ instead of $x_{1}, \ldots, x_{M}$ and since we will average over all possible choices, we can simply assume that $j=i+2$ in the last term of the above expression. But this is exactly $E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, i+2} ; f_{1, \ldots, i+2} \mid x_{1}, \ldots, x_{i+1}\right]\right]$. Thus,

$$
\begin{aligned}
& \sum_{i=0}^{M-1} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, i+1} ; f_{1, \ldots, i+1} \mid x_{1}, \ldots, x_{i}\right]\right] \\
& \quad \leq \sum_{i=0}^{M-1} C_{F} \frac{\varepsilon_{k, n-i}}{n-i} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid x_{1}, \ldots, x_{i+1}\right]\right] \\
& \quad+\sum_{i=0}^{M-1} C A v_{j=i+1}^{n} D_{i, j}(f)+C_{k, F} A v_{j, l=i+1}^{n} D_{j, l}(f) \\
& \quad+\varepsilon_{F} \sum_{i=1}^{M} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, i+1} ; f_{1, \ldots, i+1} \mid x_{1}, \ldots, x_{i}\right]\right] .
\end{aligned}
$$

Notice that the sum in the last term of the above expression is the same than the one we need to estimate except that it is over $i \in\{1, \ldots, M\}$ and that it is multiplied by $\varepsilon_{F}$ which is very small. Hence, instead of having one term for each $i$, we have only one boundary term:

$$
\begin{aligned}
& \left(1-\varepsilon_{F}\right) \sum_{i=0}^{M-1} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, i+1} ; f_{1, \ldots, i+1} \mid x_{1}, \ldots, x_{i}\right]\right] \\
& \leq \\
& \quad C_{F} \sum_{i=0}^{M-1} \frac{\varepsilon_{k, n-i}}{n-i} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid x_{1}, \ldots, x_{i+1}\right]\right] \\
& \quad+\sum_{i=0}^{M-1} C A v_{j=i+1}^{n} D_{i, j}(f)+C_{k, F} A v_{j, l=i+1}^{n} D_{j, l}(f) \\
& \quad+\varepsilon_{F} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, \ldots, M+1} ; f_{1, \ldots, M+1} \mid x_{1}, \ldots, x_{M}\right]\right] .
\end{aligned}
$$

Therefore, we "gained" a factor $M^{-1}$. Using the Schwarz inequality to replace $f_{1, \ldots, M+1}$ by $f$ in the above formula and using induction (2.1) for each variance,
we get from (2.2) that $E_{S_{n-1}}[f ; f]$ is bounded by

$$
\begin{aligned}
& \frac{1}{1-\varepsilon_{F}} \sum_{i=0}^{M-1} C A v_{j=i+1}^{n} D_{i, j}(f)+C_{k, F} A v_{j, l=i+1}^{n} D_{j, l}(f) \\
& +\frac{C_{F}}{1-\varepsilon_{F}} \sum_{i=0}^{M-1} \varepsilon_{k, n-i} a_{n-i-1} A v_{j, l=i+2}^{n} D_{j, l}(f) \\
& \quad+\frac{1}{1-\varepsilon_{F}} a_{n-M}(n-M) A v_{j, l=M+1}^{n} D_{j, l}(f) .
\end{aligned}
$$

As we mentioned before, we could have chosen in (2.2) any other set of size $M$ instead of $x_{1}, \ldots, x_{M}$. Averaging over all possible choices, we obtain that $E_{S_{n-1}}[f ; f]$ is bounded above by

$$
\frac{1}{1-\varepsilon_{F}}\left(\left(C_{F} \sum_{i=0}^{M-1} \varepsilon_{k, n-i}+(n-M)\right) A_{n-1}+M C_{k, F}^{\prime}\right) \mathscr{D}_{n}(f)
$$

where $A_{n-1}=\operatorname{Sup}\left(a_{1}, \ldots, a_{n-1}\right)$. Hence, from the definition (2.1) of $a_{n}$, choosing $M=\left\lfloor\frac{n}{2}\right\rfloor$, the integer part of $\frac{n}{2}$, we get

$$
a_{n} \leq \frac{1}{1-\varepsilon_{F}}\left(\left(\frac{C_{F}}{n} \sum_{i=0}^{\left\lfloor\frac{n}{2}\right\rfloor-1} \varepsilon_{k, n-i}+\frac{3}{5}\right) A_{n-1}+\frac{1}{2} C_{k, F}^{\prime}\right) .
$$

This is enough to conclude the proof of the theorem.
3. Proof of Proposition 2.1. It is well known that the first marginal $\nu_{n-1}$ of $S_{n-1}$ has density

$$
d \nu_{n-1}\left(x_{1}\right)=C_{n-1}\left(1-x_{1}^{2}\right)^{\frac{n-3}{2}} d x_{1}
$$

where

$$
C_{n-1}=\mathscr{B}\left(\frac{1}{2}, \frac{n-1}{2}\right)^{-1}=\frac{\Gamma(n / 2)}{\Gamma(1 / 2) \Gamma((n-1) / 2)}
$$

is a normalizing constant (notice it is of order $\sqrt{n}$ ). We have

$$
E_{\nu_{n-1}}\left[f_{1} ; f_{1}\right]=\iint\left(f_{1}\left(x_{1}\right)-f_{1}\left(y_{1}\right)\right)^{2} 1_{\left\{x_{1}^{2} \geq y_{1}^{2}\right\}} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right) .
$$

Lemma 3.1 below gives us a formula for $f_{1}\left(x_{1}\right)-f_{1}\left(y_{1}\right)$. Instead of using it directly, it is more convenient to use it to compute $f_{1}\left(x_{1}\right)-f_{1}\left(w_{1}\right)$ and $f_{1}\left(w_{1}\right)-f_{1}\left(y_{1}\right)$ and then average over $w_{1} \in\left[\left|x_{1}\right| / 2,\left|x_{1}\right|\right]$.

Lemma 3.1. Fix $x_{1}^{2} \geq w_{1}^{2}$. Let $w^{(j,+)}$ (resp., $\left.w^{(j,-)}\right)$ be obtained from $x$ by changing values at 1 and $j: w_{1}^{(j,+)}=w_{1}$ and $w_{j}^{(j,+)}=\sqrt{x_{j}^{2}+x_{1}^{2}-w_{1}^{2}}$ (resp.,
$w_{1}^{(j,-)}=w_{1}$ and $\left.w_{j}^{(j,-)}=-\sqrt{x_{j}^{2}+x_{1}^{2}-w_{1}^{2}}\right)$. We have

$$
\begin{aligned}
f_{1}\left(x_{1}\right)-f_{1}\left(w_{1}\right)= & \frac{1}{2} E_{S_{n-1}}\left[A v_{j=2}^{n}\left(f(x)-f\left(w^{(j,+)}\right)\right) \mid x_{1}\right] \\
& +\frac{1}{2} E_{S_{n-1}}\left[A v_{j=2}^{n}\left(f(x)-f\left(w^{(j,-)}\right)\right) \mid x_{1}\right] \\
& +E_{S_{n-1}}\left[f(w) ; A v_{j=2}^{n} G_{x_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]
\end{aligned}
$$

where

$$
\begin{equation*}
G_{x_{1}, w_{1}}\left(w_{j}\right)=1_{\left\{w_{j}^{2} \geq x_{1}^{2}-w_{1}^{2}\right\}} \frac{\left|w_{j}\right|}{\sqrt{w_{1}^{2}+w_{j}^{2}-x_{1}^{2}}}\left(\frac{1-w_{1}^{2}}{1-x_{1}^{2}}\right)^{\frac{n-3}{2}} \tag{3.2}
\end{equation*}
$$

From now on, all the bounds are made up to a multiplicative constant. $E_{\nu_{n-1}}\left[f_{1} ; f_{1}\right]$ is bounded by

$$
\begin{align*}
& \iiint_{\left|x_{1}\right| / 2}^{\left|x_{1}\right|}\left(f_{1}\left(x_{1}\right)-f_{1}\left(w_{1}\right)\right)^{2} \frac{d w_{1}}{\left|x_{1}\right|} 1_{\left\{x_{1}^{2} \geq y_{1}^{2}\right\}} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right)  \tag{3.3}\\
& \quad+\iiint_{\left|x_{1}\right| / 2}^{\left|x_{1}\right|}\left(f_{1}\left(w_{1}\right)-f_{1}\left(y_{1}\right)\right)^{2} \frac{d w_{1}}{\left|x_{1}\right|} 1_{\left\{x_{1}^{2} \geq y_{1}^{2}\right\}} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right) \tag{3.4}
\end{align*}
$$

Since $x_{1}^{2} \geq w_{1}^{2}$, we use Lemma 3.1 to bound (3.3) by

$$
\begin{align*}
& \int A v_{j=2}^{n} E_{S_{n-1}}\left[f(x)-f\left(w^{(j,+)}\right) \mid x_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} \int_{0}^{\left|x_{1}\right|} d \nu_{n-1}\left(y_{1}\right) d \nu_{n-1}\left(x_{1}\right) \\
& \quad+\int A v_{j=2}^{n} E_{S_{n-1}}\left[f(x)-f\left(w^{(j,-)}\right) \mid x_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} \int_{0}^{\left|x_{1}\right|} d \nu_{n-1}\left(y_{1}\right) d \nu_{n-1}\left(x_{1}\right)  \tag{3.5}\\
& \quad+\iint E_{S_{n-1}}\left[f(w) ; A v_{j=2}^{n} G_{x_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right)
\end{align*}
$$

where the integration in $x_{1}$ and $w_{1}$ is only for $\left|x_{1}\right| \geq w_{1} \geq\left|x_{1}\right| / 2$.
Let us now turn to (3.4). We apply Lemma 3.1 again. Notice that we will not get the same formula whether $w_{1}^{2} \geq y_{1}^{2}$ or $w_{1}^{2} \leq y_{1}^{2}$. (3.4) is bounded by

$$
\begin{align*}
& \int A v_{j=2}^{n} E_{S_{n-1}}\left[f(w)-f\left(y^{(j,+)}\right) \mid w_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right) \\
& \quad+\int A v_{j=2}^{n} E_{S_{n-1}}\left[f(w)-f\left(y^{(j,-)}\right) \mid w_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right)  \tag{3.6}\\
& \quad+\int E_{S_{n-1}}\left[f(y) ; A v_{j=2}^{n} G_{w_{1}, y_{1}}\left(y_{j}\right) \mid y_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right)
\end{align*}
$$

where the integration is above $2 w_{1} \geq\left|x_{1}\right| \geq w_{1} \geq\left|y_{1}\right|$, plus

$$
\begin{align*}
& \int A v_{j=2}^{n} E_{S_{n-1}}\left[f(y)-f\left(w^{(j,+)}\right) \mid y_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right) \\
& \quad+\int A v_{j=2}^{n} E_{S_{n-1}}\left[f(y)-f\left(w^{(j,-)}\right) \mid y_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right)  \tag{3.7}\\
& \quad+\int E_{S_{n-1}}\left[f(w) ; A v_{j=2}^{n} G_{y_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) d \nu_{n-1}\left(y_{1}\right)
\end{align*}
$$

where the integration is above $\left|x_{1}\right| \geq\left|y_{1}\right| \geq w_{1} \geq\left|x_{1}\right| / 2$.
Claim 1. The first and the second terms of (3.5), (3.6) and (3.7) are bounded by $C A v_{j=2}^{n} D_{1, j}(f)$, where $C$ is a constant independent of $n$.

Claim 2. The third terms of (3.5), (3.6) and (3.7) are bounded by

$$
\begin{align*}
& C_{k, F} A v_{i, j=2}^{n} D_{i, j}(f)+\varepsilon_{F} A v_{j=2}^{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, j} ; f_{1, j} \mid x_{1}\right]\right] \\
& \quad+C_{F} \frac{\varepsilon_{k, n}}{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid x_{1}\right]\right], \tag{3.8}
\end{align*}
$$

where the constants $C_{k, F}, \varepsilon_{F}, C_{F}$ and $\varepsilon_{k, n}$ are like in Proposition 2.1.
Claim 1 (resp., Claim 2) is proved in Section 4 (resp., Sections 5 and 6). This concludes the proof of the proposition.
4. Proof of Claim 1. Let's look at the first term of (3.5).

Since $E_{S_{n-1}}\left[\sqrt{x_{1}^{2}+x_{j}^{2}-w_{1}^{2}} \mid x_{1}\right] \leq \sqrt{x_{1}^{2}-w_{1}^{2}}+O(1 / \sqrt{n})$, by the Schwarz inequality, $E_{S_{n-1}}\left[f(x)-f\left(w^{(j,+)}\right) \mid x_{1}\right]^{2}$ is bounded by

$$
E_{S_{n-1}}\left[\left.\left(f(x)-f\left(w^{(j,+)}\right)\right)^{2} \frac{\sqrt{x_{1}^{2}-w_{1}^{2}}+O(1 / \sqrt{n})}{\sqrt{x_{1}^{2}+x_{j}^{2}-w_{1}^{2}}} \right\rvert\, x_{1}\right] .
$$

Moreover, since $C_{n-1}$ is of order $\sqrt{n}$, we have

$$
\frac{\sqrt{x_{1}^{2}-w_{1}^{2}}+O(1 / \sqrt{n})}{\left|x_{1}\right|} \int_{0}^{\left|x_{1}\right|} d \nu_{n-1}\left(y_{1}\right)=O(1) .
$$

Thus, the first term of (3.5) is bounded by

$$
A v_{j=2}^{n} E_{S_{n-1}}\left[\int_{\left|x_{1}\right| / 2}^{\left|x_{1}\right|}\left(f(x)-f\left(w^{(j,+)}\right)\right)^{2} \frac{d w_{1}}{\sqrt{x_{1}^{2}+x_{j}^{2}-w_{1}^{2}}}\right] .
$$

Let's make the following change of variable: $w_{1}=x_{1} \cos \theta+x_{j} \sin \theta$. Since $d w_{1}=\left(-x_{1} \sin \theta+x_{j} \cos \theta\right) d \theta= \pm \sqrt{x_{1}^{2}+x_{j}^{2}-w_{1}^{2}} d \theta$, we get that the first
term of (3.5) is bounded by

$$
A v_{j=2}^{n} E_{S_{n-1}}\left[\int_{0}^{2 \pi}\left(f(x)-f\left(R_{1, j}^{\theta} x\right)\right)^{2} d \theta\right]=4 \pi A v_{j=2}^{n} D_{1, j}(f)
$$

Using the same argument, we prove that the first term of (3.6) is bounded by

$$
A v_{j=2}^{n} E_{S_{n-1}}\left[\int_{-w_{1}}^{w_{1}}\left(f(w)-f\left(y^{(j,+)}\right)\right)^{2} A\left(w_{1}, y_{1}\right) \frac{d y_{1}}{\sqrt{w_{1}^{2}+w_{j}^{2}-y_{1}^{2}}}\right]
$$

where $A\left(w_{1}, y_{1}\right)$ is equal to

$$
\begin{aligned}
\int_{w_{1}}^{2 w_{1}} & \frac{\sqrt{w_{1}^{2}-y_{1}^{2}}+O(1 / \sqrt{n})}{x_{1}} d \nu_{n-1}\left(x_{1}\right)\left(\frac{1-y_{1}^{2}}{1-w_{1}^{2}}\right)^{\frac{n-3}{2}} \\
\leq & \left(\frac{1}{1-w_{1}^{2}}\right)^{\frac{n-3}{2}} \int_{w_{1}}^{2 w_{1}} \frac{\sqrt{w_{1}^{2}-y_{1}^{2}}}{x_{1}} d \nu_{n-1}\left(x_{1}\right)+O(1) \\
\leq & \frac{1}{w_{1}}\left(1-w_{1}^{2}\right)^{-\frac{n-3}{2}} \int_{w_{1}}^{2 w_{1}} x_{1} d \nu_{n-1}\left(x_{1}\right) 1_{\left\{w_{1} \geq 1 / \sqrt{n}\right\}} \\
& +C_{n-1} \int_{w_{1}}^{2 w_{1}} d x_{1} 1_{\left\{w_{1} \leq 1 / \sqrt{n}\right\}}+O(1)
\end{aligned}
$$

which is of order 1 . In the same way, since

$$
\int_{\left|y_{1}\right| \leq\left|x_{1}\right| \leq 2\left|y_{1}\right|} \frac{\sqrt{y_{1}^{2}-w_{1}^{2}}+O(1 / \sqrt{n})}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right)=O(1)
$$

the first term of (3.7) is bounded by

$$
A v_{j=2}^{n} E_{S_{n-1}}\left[\int_{\left|y_{1}\right| / 2}^{\left|y_{1}\right|}\left(f(y)-f\left(w^{(j,+)}\right)\right)^{2} \frac{d w_{1}}{\sqrt{y_{1}^{2}+y_{j}^{2}-w_{1}^{2}}}\right]
$$

Making a change of variable, we conclude that the first term of (3.5), (3.6) and (3.7) are bounded by $C A v_{j=2}^{n} D_{1, j}(f)$.

We deal with the second term of (3.5), (3.6) and (3.7) in the same way.
5. Proof of Claim 2. We first deal with the third term of (3.5). The terms of (3.6) and (3.7) are treated in section 6.

Let us fix $F>0$. We divide the proof into two cases:
Case 1. $x_{1}^{2} \geq F n^{-1}$.
Case 2. $x_{1}^{2} \leq F n^{-1}$.
Notice that if $x_{1}^{2}$ is too large (as in Case 1 ), $G_{x_{1}, w_{1}}$ is very large and it may be difficult to control the third term of (3.5). However, since we integrate $x_{1}$
with respect to $\nu_{n-1}, x_{1}$ is typically of order $n^{-1}$ and thus Case 1 is unlikely to happen if $F$ is large. Case 2 is the "normal" case.

Case 1*. $x_{1}^{2} \geq F^{-1}$.
We will prove that in this case the third term of (3.5) is bounded above by

$$
\begin{equation*}
\varepsilon_{F} A v_{j=2}^{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, j} ; f_{1, j} \mid w_{1}\right]\right], \tag{5.1}
\end{equation*}
$$

where $f_{1, j}\left(w_{1}, w_{j}\right)=E_{S_{n-1}}\left[f(w) \mid w_{1}, w_{j}\right]$ and $\varepsilon_{F}$ goes to 0 as $F$ goes to $\infty$.
Recall definition (3.2) of $G_{x_{1}, w_{1}}$ and the one of $\nu_{n-1}$. We can rewrite the third term of (3.5) as

$$
\begin{aligned}
& A v_{j=2}^{n} \iint_{w_{1} \leq\left|x_{1}\right| \leq 2 w_{1}} E_{S_{n-1}}\left[f(w) ; \left.\frac{\left|w_{j}\right|}{\sqrt{w_{1}^{2}+w_{j}^{2}-x_{1}^{2}}} 1_{\left\{w_{j}^{2} \geq x_{1}^{2}-w_{1}^{2}\right\}} \right\rvert\, w_{1}\right]^{2} \\
& \quad \times 1_{\left\{x_{1}^{2} \geq F n^{-1}\right\}}\left(\frac{1-w_{1}^{2}}{1-x_{1}^{2}}\right)^{\frac{n-3}{2}} \frac{d x_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(w_{1}\right)
\end{aligned}
$$

and replace $f$ by $f_{1, j}$ in the above covariance. Using the Schwarz inequality, one can bound the covariance term by

$$
\begin{aligned}
& E_{S_{n-1}}\left[\left.\left(f_{1, j}-f_{1}\right)^{2} \frac{1}{\left|w_{j}\right|^{\gamma}\left(w_{1}^{2}+w_{j}^{2}-x_{1}^{2}\right)^{3 / 4}} 1_{\left\{w_{j}^{2} \geq x_{1}^{2}-w_{1}^{2}\right\}} \right\rvert\, w_{1}\right] \\
& \quad \times E_{S_{n-1}}\left[\left.\frac{\left|w_{j}\right|^{2+\gamma}}{\left(w_{1}^{2}+w_{j}^{2}-x_{1}^{2}\right)^{1 / 4}} 1_{\left\{w_{j}^{2} \geq x_{1}^{2}-w_{1}^{2}\right\}} \right\rvert\, w_{1}\right]
\end{aligned}
$$

for any $\gamma$. Making the change of variable $x_{j}^{2}=w_{1}^{2}+w_{j}^{2}-x_{1}^{2}$, we obtain that the second expectation is equal to

$$
E_{S_{n-1}}\left[\left.\left|x_{j}\right|^{1 / 2}\left(x_{1}^{2}+x_{j}^{2}-w_{1}^{2}\right)^{\frac{1+\gamma}{2}} \right\rvert\, x_{1}\right]\left(\frac{1-x_{1}^{2}}{1-w_{1}^{2}}\right)^{\frac{n-3}{2}}
$$

Choosing $\gamma=1 / 2$, we bound the third term of (3.5) by

$$
\begin{aligned}
n^{-1 / 4} A v_{j=2}^{n} E_{S_{n-1}}\left[E _ { S _ { n - 1 } } \left[\left(f_{1, j}-f_{1}\right)^{2}\right.\right. & \frac{1}{\left|w_{j}\right|^{1 / 2}} \int \frac{\left(x_{1}^{2}-w_{1}^{2}\right)^{3 / 4}+O\left(n^{-3 / 4}\right)}{\left(w_{1}^{2}+w_{j}^{2}-x_{1}^{2}\right)^{3 / 4}} \\
& \left.\left.\left.\times 1_{\left\{w_{j}^{2}+w_{1}^{2} \geq x_{1}^{2} \geq w_{1}^{2}\right\}} 1_{\left\{x_{1}^{2} \geq F n^{-1}\right\}} \frac{d x_{1}}{\left|x_{1}\right|} \right\rvert\, w_{1}\right]\right] .
\end{aligned}
$$

We need to estimate

$$
\int_{w_{1}}^{\sqrt{w_{1}^{2}+w_{j}^{2}}} \frac{\left(x_{1}^{2}-w_{1}^{2}\right)^{3 / 4}+O\left(n^{-3 / 4}\right)}{x_{1}^{2}} \frac{x_{1}}{\left(w_{1}^{2}+w_{j}^{2}-x_{1}^{2}\right)^{3 / 4}} 1_{\left\{x_{1}^{2} \geq F n^{-1}\right\}} d x_{1} .
$$

Since $x_{1}^{2} \geq F n^{-1}$, the above integral is less than

$$
\left(\frac{n}{F}\right)^{1 / 4} \int_{w_{1}}^{\sqrt{w_{1}^{2}+w_{j}^{2}}} \frac{x_{1}}{\left(w_{1}^{2}+w_{j}^{2}-x_{1}^{2}\right)^{3 / 4}} d x_{1}=\left(\frac{n}{F}\right)^{1 / 4}\left|w_{j}\right|^{1 / 2} .
$$

Hence, the third term of (3.5) is bounded above by (5.1) with $\varepsilon_{F}=O\left(F^{-1 / 4}\right)$.
Case 2* ("normal" case) $x_{1}^{2} \leq F n^{-1}$. Let us introduce some notation. Fix a positive integer $k$ independent of $n$ ( $k$ will be chosen larger than $F$ ).

Divide $\{2, \ldots, n\}$ into $L$ sets $A_{\alpha}$ of size $k$. If $k$ does not divide $n-1$, then the set $A_{L}$ has size $l \in\{1, \ldots, k-1\}$.

For $j \in A_{\alpha}$, we consider the expectation of $G_{x_{1}, w_{1}}\left(w_{j}\right)$ conditioned on $\left(w_{i}\right)_{i \notin A_{\alpha}}$. Notice this depends only on $\bar{w}_{\alpha}^{2}=1-\sum_{i \notin A_{\alpha}} w_{i}^{2}=\sum_{i \in A_{\alpha}} w_{i}^{2}$. Let's denote it by

$$
\hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right)=E_{S_{n-1}}\left[G_{x_{1}, w_{1}}\left(w_{j}\right) \mid\left(w_{i}\right)_{i \notin A_{\alpha}}\right] .
$$

The third term of (3.5) is bounded above by

$$
\begin{aligned}
& \iint_{\left|x_{1}\right| / 2}^{\left|x_{1}\right|} E_{S_{n-1}}\left[f ; A v_{\alpha} A v_{j \in A_{\alpha}} G_{x_{1}, w_{1}}\left(w_{j}\right)-\hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right) \mid w_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d v_{n-1}\left(x_{1}\right) \\
& \quad+\iint_{\left|x_{1}\right| / 2}^{\left|x_{1}\right|} E_{S_{n-1}}\left[f(w) ; A v_{\alpha=1}^{L} \hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right) \mid w_{1}\right]^{2} \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) \\
& \quad=B_{1}+B_{2}
\end{aligned}
$$

Lemma 5.1.

$$
B_{1} \leq C_{k, F} A v_{\alpha=1}^{L} A v_{i, j \in A_{\alpha}} D_{i, j}(f)
$$

where $C_{k, F}$ is a constant depending only on $k$ and $F$.
Lemma 5.2.

$$
B_{2} \leq C_{F} \frac{\varepsilon_{k, n}}{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid w_{1}\right]\right]
$$

where $C_{F}$ and $\varepsilon_{k, n}$ are as in Proposition 2.1.
Therefore, assuming Lemma 5.1 and 5.2 and recalling the result (5.1) obtained in Case 1, we proved that the third term of (3.5) is bounded above by

$$
\begin{aligned}
& C_{k, F} A v_{\alpha=1}^{L} A v_{i, j \in A_{\alpha}} D_{i, j}(f)+C_{F} \frac{\varepsilon_{k, n}}{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid w_{1}\right]\right] \\
& \quad+\varepsilon_{F} A v_{j=2}^{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f_{1, j} ; f_{1, j} \mid x_{1}\right]\right] .
\end{aligned}
$$

Since the choice of the sets $A_{\alpha}$ is arbitrary, we average over all possible choices and we get (3.8).

Proof of Lemma 5.1. We can bound the square of the covariance in $B_{1}$ by

$$
A v_{\alpha=1}^{L} E_{S_{n-1}}\left[f(w) ; A v_{j \in A_{\alpha}} G_{x_{1}, w_{1}}\left(w_{j}\right)-\hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right) \mid w_{1}\right]^{2} .
$$

By definition of $\hat{G}_{x_{1}, w_{1}}$, the expectation of $G_{x_{1}, w_{1}}\left(w_{j}\right)-\hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right)$ conditioned on $\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}$ is equal to 0 . Hence, by the Schwarz inequality, the above expression is bounded above by

$$
A v_{\alpha=1}^{L} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f(w) ; A v_{j \in A_{\alpha}} G_{x_{1}, w_{1}}\left(w_{j}\right) \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right]^{2} \mid w_{1}\right] .
$$

Using the Schwarz inequality again, the above covariance term is less than

$$
\begin{aligned}
& E_{S_{n-1}}\left[\left(f(w)-E_{S_{n-1}}\left[f \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right]\right)^{2} A v_{j \in A_{\alpha}} G_{x_{1}, w_{1}}\left(w_{j}\right) \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right] \\
& \quad \times E_{S_{n-1}}\left[G_{x_{1}, w_{1}}\left(w_{j}\right) \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right] .
\end{aligned}
$$

The expectation on the right-hand side is $\hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right)$. Let's compute it. We need $\bar{w}_{\alpha}^{2} \geq x_{1}^{2}-w_{1}^{2}$. (Otherwise, it is equal to 0 .) $\hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right)$ is equal to

$$
\begin{aligned}
& \int G_{x_{1}, w_{1}}\left(w_{j}\right) d S_{k-1}^{\bar{w}_{\alpha}}\left(w_{j}\right) \\
& \quad=\int G_{x_{1}, w_{1}}\left(\bar{w}_{\alpha} z\right) d \nu_{k-1}(z) \\
& \quad=\left(\frac{1-w_{1}^{2}}{1-x_{1}^{2}}\right)^{\frac{n-3}{2}} \int \frac{\left|\bar{w}_{\alpha} z\right|}{\sqrt{\bar{w}_{\alpha}^{2} z^{2}+w_{1}^{2}-x_{1}^{2}}} 1_{\left\{\bar{w}_{\alpha}^{2} z^{2} \geq x_{1}^{2}-w_{1}^{2}\right\}} d \nu_{k-1}(z)
\end{aligned}
$$

Making the change of variable $\bar{w}_{\alpha}^{2} z^{2}+w_{1}^{2}-x_{1}^{2}=\left(\bar{w}_{\alpha}^{2}+w_{1}^{2}-x_{1}^{2}\right) a^{2}$, we obtain

$$
\begin{equation*}
\hat{G}_{x_{1}, w_{1}}\left(\bar{w}_{\alpha}^{2}\right)=\left(\frac{1-w_{1}^{2}}{1-x_{1}^{2}}\right)^{\frac{n-3}{2}} 1_{\left\{\bar{w}_{\alpha}^{2} \geq x_{1}^{2}-w_{1}^{2}\right\}}\left(\frac{\bar{w}_{\alpha}^{2}-\left(x_{1}^{2}-w_{1}^{2}\right)}{\bar{w}_{\alpha}^{2}}\right)^{\frac{k-2}{2}} . \tag{5.2}
\end{equation*}
$$

Since $x_{1}^{2} \leq F n^{-1}$, this term is bounded by a constant $C_{F}$ depending only on $F$. Hence, $B_{1}$ is bounded above by $C_{F}$ times

$$
\begin{aligned}
A v_{\alpha} A v_{j \in A_{\alpha}} \iint_{\left|x_{1}\right| / 2}^{\left|x_{1}\right|} E_{S_{n-1}}\left[E_{S_{n-1}}[ \right. & \left(f(w)-E_{S_{n-1}}\left[f(w) \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right]\right)^{2} \\
& \left.\left.\times G_{x_{1}, w_{1}}\left(w_{j}\right) \mid\left(w_{k}\right)_{k \notin A_{\alpha}}\right] \mid w_{1}\right] \frac{d w_{1}}{\left|x_{1}\right|} d \nu_{n-1}\left(x_{1}\right) .
\end{aligned}
$$

Let's first integrate in $x_{1}$. Recall the definition of $G_{x_{1}, w_{1}}\left(w_{j}\right)$. Since

$$
\begin{aligned}
& \int_{w_{1}}^{2 w_{1}}\left(\frac{1-w_{1}^{2}}{1-x_{1}^{2}}\right)^{\frac{n-3}{2}}\left(1+\frac{x_{1}^{2}-w_{1}^{2}}{w_{1}^{2}+w_{j}^{2}-x_{1}^{2}}\right)^{1 / 2} 1_{\left\{w_{j}^{2} \geq x_{1}^{2}-w_{1}^{2}\right\}} \frac{d \nu_{n-1}\left(x_{1}\right)}{x_{1}} \\
& \quad \leq C_{n-1}\left(1-w_{1}^{2}\right)^{\frac{n-3}{2}}\left(\int_{w_{1}}^{2 w_{1}} \frac{d x_{1}}{x_{1}}+\int_{w_{1}}^{\sqrt{w_{1}^{2}+w_{j}^{2}}} \frac{d x_{1}}{\sqrt{w_{1}^{2}+w_{j}^{2}-x_{1}^{2}}}\right) \\
& \quad \leq C_{n-1}\left(1-w_{1}^{2}\right)^{\frac{n-3}{2}}\left(\log 2+2 \frac{w_{1}}{\left|w_{j}\right|}\left(\sqrt{1+\frac{w_{j}^{2}}{w_{1}^{2}}}-1\right)\right)
\end{aligned}
$$

is $O(1) C_{n-1}\left(1-w_{1}^{2}\right)^{\frac{n-3}{2}}$, we proved that $B_{1}$ is bounded above by

$$
\begin{aligned}
& C_{F} A v_{\alpha=1}^{L} \int E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right] \mid w_{1}\right] d \nu_{n-1}\left(w_{1}\right) \\
& \quad=C_{F} A v_{\alpha=1}^{L} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right]\right] .
\end{aligned}
$$

Using induction (2.1) in order to bound the variance of $f$, we obtain

$$
\begin{aligned}
B_{1} & \leq C_{k, F} A v_{\alpha=1}^{L} A v_{i, j \in A_{\alpha}} E_{S_{n-1}}\left[D_{i, j}\left(f \mid\left(w_{\ell}\right)_{\ell \notin A_{\alpha}}\right)\right] \\
& \leq C_{k, F} A v_{\alpha=1}^{L} A v_{i, j \in A_{\alpha}} D_{i, j}(f),
\end{aligned}
$$

where $C_{k, F}$ is a constant depending only on $k$ and $F$.
Proof of Lemma 5.2. Recalling (5.2), we can rewrite $B_{2}$ as

$$
\begin{align*}
\iint_{w_{1}}^{2 w_{1}} E_{S_{n-1}}\left[f ; A v_{\alpha=1}^{L} h\left(\bar{w}_{\alpha}^{2}\right) \mid w_{1}\right]^{2}\left(\frac{1-w_{1}^{2}}{1-x_{1}^{2}}\right)^{\frac{n-3}{2}} \frac{d x_{1}}{x_{1}} d \nu_{n-1}\left(w_{1}\right)  \tag{5.3}\\
\text { where } h(a)=\left(\frac{a-\left(x_{1}^{2}-w_{1}^{2}\right)}{a}\right)^{\frac{k-2}{2}} 1_{\left\{a \geq x_{1}^{2}-w_{1}^{2}\right\}} .
\end{align*}
$$

Let $r_{\alpha}^{2}=E_{S_{n-1}}\left[\bar{w}_{\alpha}^{2} \mid w_{1}\right]=\frac{\left|A_{\alpha}\right|}{n-1}\left(1-w_{1}^{2}\right)$. Since this is a constant with respect to the uniform measure conditioned on $w_{1}$, we can replace $h\left(\bar{w}_{\alpha}^{2}\right)$ by $h\left(\bar{w}_{\alpha}^{2}\right)-h\left(r_{\alpha}^{2}\right)$ in (5.3).

Assume that $\frac{n-1}{k} \in \mathbb{N}$. Thus, $r_{\alpha}^{2}=\frac{k}{n-1}\left(1-w_{1}^{2}\right)$ does not depend on $\alpha$. Let's denote it by $r^{2}$. We will use the Taylor expansion to estimate $h\left(\bar{w}_{\alpha}^{2}\right)-h\left(r^{2}\right)$ when $\left|\bar{w}_{\alpha}^{2}-r^{2}\right| \leq \frac{k^{1-\varepsilon}}{n-1}$. Moreover, since $\sum_{\alpha=1}^{L}\left(\bar{w}_{\alpha}^{2}-r^{2}\right)=0$,

$$
\begin{align*}
& A v_{\alpha=1}^{L}\left(h\left(\bar{w}_{\alpha}^{2}\right)-h\left(r^{2}\right)\right) \\
& =\frac{1}{L} \sum_{\alpha=1}^{L}\left(h\left(\bar{w}_{\alpha}^{2}\right)-h\left(r^{2}\right)-h^{\prime}\left(r^{2}\right)\left(\bar{w}_{\alpha}^{2}-r^{2}\right)\right) 1_{\left\{\left|\bar{w}_{\alpha}^{2}-r^{2}\right|>\frac{k^{1-\varepsilon}}{n-1}\right\}}  \tag{5.4}\\
& \quad+\frac{1}{L} \sum_{\alpha=1}^{L} h^{\prime \prime}\left(c_{\alpha}\right)\left(\bar{w}_{\alpha}^{2}-r^{2}\right)^{2} 1_{\left\{\left|\bar{w}_{\alpha}^{2}-r^{2}\right| \leq \frac{k^{1-\varepsilon}}{n-1}\right\}},
\end{align*}
$$

where $c_{\alpha} \in\left[r^{2}, \bar{w}_{\alpha}^{2}\right]$.

We split the covariance appearing in (5.3) into two parts, considering each of the above terms separately.

Let's look at the part corresponding to the first term of (5.4):

$$
E_{S_{n-1}}\left[f ; \left.A v_{\alpha}\left(h\left(\bar{w}_{\alpha}^{2}\right)-h\left(r^{2}\right)-h^{\prime}\left(r^{2}\right)\left(\bar{w}_{\alpha}^{2}-r^{2}\right)\right) 1_{\left\{\left|\bar{w}_{\alpha}^{2}-r^{2}\right|>\frac{k^{1-\varepsilon}}{n-1}\right\}} \right\rvert\, w_{1}\right]^{2} .
$$

From the Schwarz inequality, it is bounded by

$$
\begin{aligned}
& E_{S_{n-1}}\left[\left.\left(A v_{\alpha}\left(h\left(\bar{w}_{\alpha}^{2}\right)-h\left(r^{2}\right)-h^{\prime}\left(r^{2}\right)\left(\bar{w}_{\alpha}^{2}-r^{2}\right)\right) 1_{\left\{\left|\bar{w}_{\alpha}^{2}-r^{2}\right| \frac{k-1-\varepsilon}{n-1}\right\}}\right)^{2} \right\rvert\, w_{1}\right] \\
& \quad \times E_{S_{n-1}}\left[f ; f \mid w_{1}\right] .
\end{aligned}
$$

We need to estimate the expectation on the left-hand side. Developing the square and using Chebyshev's inequality, we get that it is bounded by

$$
\begin{aligned}
& \frac{1}{L}\left(\|h\|_{\infty}^{2}\left(\frac{n-1}{k^{1-\varepsilon}}\right)^{2}+h^{\prime}\left(r^{2}\right)^{2}\right)\left(\frac{n-1}{k^{1-\varepsilon}}\right)^{2} E_{S_{n-1}}\left[\left|\bar{w}_{\alpha}^{2}-r^{2}\right|^{4} \mid w_{1}\right] \\
& \quad+\left(\|h\|_{\infty}^{2}\left(\frac{n-1}{k^{1-\varepsilon}}\right)^{2}+\|h\|_{\infty}\left|h^{\prime}\left(r^{2}\right)\right|\left(\frac{n-1}{k^{1-\varepsilon}}\right)+h^{\prime}\left(r^{2}\right)^{2}\right)\left(\frac{n-1}{k^{1-\varepsilon}}\right)^{2} \\
& \quad \times E_{S_{n-1}}\left[\left(\bar{w}_{\alpha}^{2}-r^{2}\right)^{2}\left(\bar{w}_{\beta}^{2}-r^{2}\right)^{2} \mid w_{1}\right] .
\end{aligned}
$$

An easy but wearisome computation shows that

$$
E_{S_{n-1}}\left[\left(\bar{w}_{\alpha}^{2}-r^{2}\right)^{2}\left(\bar{w}_{\beta}^{2}-r^{2}\right)^{2} \mid w_{1}\right]= \begin{cases}O\left(k^{2} / n^{5}\right), & \text { if } \alpha \neq \beta  \tag{5.5}\\ O\left(k^{2} / n^{4}\right), & \text { otherwise. }\end{cases}
$$

Since $\|h\|_{\infty} \leq 1$ and $h^{\prime}\left(r^{2}\right) \leq O\left(\frac{F n}{k}\right)$ (because $\left.x_{1}^{2} \leq F / n\right)$, we obtain that the above formula is of order $F^{2} k^{4 \varepsilon-1} / n$. We now have to multiply by

$$
\left(\frac{1-w_{1}^{2}}{1-x_{1}^{2}}\right)^{\frac{n-3}{2}} \frac{1}{\left|x_{1}\right|} \leq \frac{C_{F}}{\left|x_{1}\right|}
$$

and to integrate in $x_{1}$ and $w_{1}$ for $w_{1} \leq\left|x_{1}\right| \leq 2 w_{1}$. Thus, the part of (5.3) corresponding to the first term of (5.4) is bounded by

$$
\begin{equation*}
\frac{C_{F} k^{4 \varepsilon-1}}{n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid w_{1}\right]\right] . \tag{5.6}
\end{equation*}
$$

Let's turn to the part corresponding to the second term of (5.4): By the Schwarz inequality,

$$
E_{S_{n-1}}\left[f(w) ; \left.\frac{1}{L} \sum_{\alpha=1}^{L} h^{\prime \prime}\left(c_{\alpha}\right)\left(\bar{w}_{\alpha}^{2}-r^{2}\right)^{2} 1_{\left\{\left|\bar{w}_{\alpha}^{2}-r^{2}\right| \leq \frac{k_{1}-\varepsilon}{n-1}\right\}} \right\rvert\, w_{1}\right]^{2}
$$

is bounded above by

$$
E_{S_{n-1}}\left[f ; f \mid w_{1}\right] E_{S_{n-1}}\left[\left.\left(A v_{\alpha} h^{\prime \prime}\left(c_{\alpha}\right)\left(\bar{w}_{\alpha}^{2}-r^{2}\right)^{2} 1_{\left\{\left|\bar{w}_{\alpha}^{2}-r^{2}\right| \leq \frac{1^{-\varepsilon}}{n-1}\right\}}\right)^{2} \right\rvert\, w_{1}\right] .
$$

Since $\left|\bar{w}_{\alpha}^{2}-r^{2}\right| \leq \frac{k^{1-\varepsilon}}{n-1}$, we have $c_{\alpha} \geq O(k / n)$. Hence, we get that $h^{\prime \prime}\left(c_{\alpha}\right)$ is of order $F^{2} n^{2} / k^{2}$ and thus, using (5.5),

$$
\begin{aligned}
& E_{S_{n-1}}\left[\left.\left(A v_{\alpha=1}^{L} h^{\prime \prime}\left(c_{\alpha}\right)\left(\bar{w}_{\alpha}^{2}-r^{2}\right)^{2} 1_{\left\{\left|\bar{w}_{\alpha}^{2}-r^{2}\right| \leq \frac{k^{1-\varepsilon}}{n-1}\right\}}\right)^{2} \right\rvert\, w_{1}\right] \\
& \quad \leq C_{F} \frac{n^{4}}{k^{4}} E_{S_{n-1}}\left[\left(A v_{\alpha=1}^{L}\left(\bar{w}_{\alpha}^{2}-r^{2}\right)^{2}\right)^{2} \mid w_{1}\right]=O\left(\frac{C_{F}}{k n}\right)
\end{aligned}
$$

where $C_{F}$ depends only on $F$.
Thus, we proved that the part of (5.3) corresponding to the last term of (5.4) is bounded by

$$
\begin{equation*}
\frac{C_{F}}{k n} E_{S_{n-1}}\left[E_{S_{n-1}}\left[f ; f \mid w_{1}\right]\right] \tag{5.7}
\end{equation*}
$$

Recall the bounds (5.6) and (5.7) we obtained. This proves Lemma 5.2 when $\frac{n-1}{k} \in \mathbb{N}$ with $\varepsilon_{k, n}=k^{-1}+k^{4 \varepsilon-1}$, which go to 0 as $k$ goes to $\infty$ for $\varepsilon<1 / 4$.

If $\frac{n-1}{k} \notin \mathbb{N}$, we treat the terms corresponding to the set $A_{L}$ separately. Since we have a factor $L^{-2}=O\left(k^{2} / n^{2}\right)$ in front of them, we prove Lemma 5.2 with $\varepsilon_{k, n}=k^{-1}+k^{4 \varepsilon-1}+k^{2} / n$.
6. Proof of the third terms of (3.6) and (3.7). Let's turn to the third term of (3.6). It is equal to twice

$$
\int E_{S_{n-1}}\left[f(y) ; A v_{j=2}^{n} G_{w_{1}, y_{1}}\left(y_{j}\right) \mid y_{1}\right]^{2} \int_{w_{1}}^{2 w_{1}} \frac{d \nu_{n-1}\left(x_{1}\right)}{x_{1}} d w_{1} d \nu_{n-1}\left(y_{1}\right)
$$

where the integration in $w_{1}$ is over $w_{1} \geq\left|y_{1}\right|$. Since

$$
\int_{w_{1}}^{2 w_{1}} \frac{d \nu_{n-1}\left(x_{1}\right)}{x_{1}} \leq C \frac{\left(1-w_{1}^{2}\right)^{\frac{n-3}{2}}}{w_{1}}
$$

we can bound the third term of (3.6) by

$$
\iint_{w_{1} \geq\left|y_{1}\right|} E_{S_{n-1}}\left[f(y) ; A v_{j=2}^{n} G_{w_{1}, y_{1}}\left(y_{j}\right) \mid y_{1}\right]^{2} \frac{d y_{1}}{w_{1}} d \nu_{n-1}\left(w_{1}\right)
$$

in Case 1. Notice that in this case, we did not use the fact that $\left|x_{1}\right| \leq 2 w_{1}$ when treating the third term of (3.5). Hence, we can conclude in the same way.

In Case 2, we used that $\left|x_{1}\right| \leq 2 w_{1}$, so we have to be careful. But it works in the same way because we can use in Lemma 5.1 that

$$
\begin{aligned}
& \int_{\left|y_{1}\right|}^{\sqrt{y_{1}^{2}+y_{j}^{2}}} \int_{w_{1}}^{2 w_{1}} \frac{d \nu_{n-1}\left(x_{1}\right)}{x_{1}}\left(1+\frac{w_{1}^{2}-y_{1}^{2}}{y_{1}^{2}+y_{j}^{2}-w_{1}^{2}}\right)^{1 / 2} d w_{1} \\
& \quad \leq \iint_{x_{1} / 2}^{x_{1}} d w_{1} \frac{d \nu_{n-1}\left(x_{1}\right)}{x_{1}}+\int_{\left|y_{1}\right|}^{\sqrt{y_{j}^{2}+y_{1}^{2}}} \frac{d w_{1}}{\sqrt{y_{1}^{2}+y_{j}^{2}-w_{1}^{2}}}
\end{aligned}
$$

is of order 1, and in Lemma 5.2 that

$$
\iint_{w_{1}}^{2 w_{1}} \frac{d \nu_{n-1}\left(x_{1}\right)}{x_{1}} d w_{1}=O(1)
$$

We claim that the third term of (3.7) is bounded by the third term of (3.5). Notice that it can be rewritten as

$$
2 \int E_{S_{n-1}}\left[f(w) ; A v_{j=2}^{n} G_{y_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]^{2} \int_{\left|y_{1}\right|}^{1} \frac{d \nu_{n-1}\left(x_{1}\right)}{x_{1}} d w_{1} d \nu_{n-1}\left(y_{1}\right)
$$

where the integration in $w_{1}$ is over $\left|y_{1}\right| \geq w_{1} \geq\left|y_{1}\right| / 2$. The above expression is bounded by

$$
\iint_{\left|y_{1}\right| / 2}^{\left|y_{1}\right|} E_{S_{n-1}}\left[f(w) ; A v_{j=2}^{n} G_{y_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]^{2} \frac{d w_{1}}{\left|y_{1}\right|} d \nu_{n-1}\left(y_{1}\right)
$$

which is equal to the third term of (3.5).
7. Proof of Lemma 3.1. We can rewrite $f_{1}\left(x_{1}\right)-f_{1}\left(w_{1}\right)$ as

$$
\begin{align*}
& \frac{1}{2} E_{S_{n-1}}\left[\left(f(x)-f\left(w^{(j,+)}\right)\right) \mid x_{1}\right]+\frac{1}{2} E_{S_{n-1}}\left[\left(f(x)-f\left(w^{(j,-)}\right)\right) \mid x_{1}\right]  \tag{7.1}\\
& \quad+\frac{1}{2} E_{S_{n-1}}\left[f\left(w^{(j,+)}\right) \mid x_{1}\right]+\frac{1}{2} E_{S_{n-1}}\left[f\left(w^{(j,-)}\right) \mid x_{1}\right]-f_{1}\left(w_{1}\right)
\end{align*}
$$

Let's compute $E_{S_{n-1}}\left[f\left(w^{(j,+)}\right) \mid x_{1}\right]$. It is equal to

$$
\int_{-\sqrt{1-x_{1}^{2}}}^{\sqrt{1-x_{1}^{2}}} E_{S_{n-3}^{\sqrt{1-x_{1}^{2}-x_{j}^{2}}}}\left[f\left(w^{(j,+)}\right)\right] C_{n-2} \frac{\left(1-x_{1}^{2}-x_{j}^{2}\right)^{\frac{n-4}{2}}}{\left(1-x_{1}^{2}\right)^{\frac{n-3}{2}}} d x_{j} .
$$

In the above formula, we first integrate in $\left(x_{i}\right)_{i \neq 1, j}$ and then in $x_{j}$. This means we integrate $\left(x_{i}\right)_{i \neq 1, j}$ with respect to the uniform measure on the $(n-3)$ dimensional sphere of radius $\sqrt{1-x_{1}^{2}-x_{j}^{2}}$ and then integrate in $x_{j}$. Making the change of variable $w_{j}=\sqrt{x_{1}^{2}+x_{j}^{2}-w_{1}^{2}}$, we obtain that the above integral is equal to

$$
2 \int E S_{S_{n-3}^{\sqrt{1-w_{1}^{2}-w_{j}^{2}}}}[f(w)] \frac{w_{j}}{\sqrt{w_{1}^{2}+w_{j}^{2}-x_{1}^{2}}} C_{n-2} \frac{\left(1-w_{1}^{2}-w_{j}^{2}\right)^{\frac{n-4}{2}}}{\left(1-x_{1}^{2}\right)^{\frac{n-3}{2}}} d w_{j}
$$

where the integration in $w_{j}$ is from $\sqrt{x_{1}^{2}-w_{1}^{2}}$ to $\sqrt{1-w_{1}^{2}}$. Hence, it is equal to

$$
2 E_{S_{n-1}}\left[f(w) G_{x_{1}, w_{1}}\left(w_{j}\right) 1_{\left\{w_{j} \geq 0\right\}} \mid w_{1}\right]
$$

where $G_{x_{1}, w_{1}}$ is given by (3.2). Let's turn to $E_{S_{n-1}}\left[f\left(w^{(j,-)}\right) \mid x_{1}\right]$. Making the change of variable $w_{j}=-\sqrt{x_{1}^{2}+x_{j}^{2}-w_{1}^{2}}$, we easily prove that

$$
E_{S_{n-1}}\left[f\left(w^{(j,-)}\right) \mid x_{1}\right]=2 E_{S_{n-1}}\left[f(w) G_{x_{1}, w_{1}}\left(w_{j}\right) 1_{\left\{w_{j} \leq 0\right\}} \mid w_{1}\right] .
$$

Eventually, we obtain that

$$
\begin{aligned}
& \frac{1}{2} E_{S_{n-1}}\left[f\left(w^{(j,+)}\right) \mid x_{1}\right]+\frac{1}{2} E_{S_{n-1}}\left[f\left(w^{(j,-)}\right) \mid x_{1}\right] \\
& \quad=E_{S_{n-1}}\left[f(w) G_{x_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]
\end{aligned}
$$

Choosing $f=1$, we deduce $E_{S_{n-1}}\left[G_{x_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]=1$, and thus the above expression is equal to

$$
E_{S_{n-1}}\left[f(w) ; G_{x_{1}, w_{1}}\left(w_{j}\right) \mid w_{1}\right]+f_{1}\left(w_{1}\right)
$$

Recalling (7.1) and averaging over $2 \leq j \leq n$, we get (3.1).
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