# $L_{2}$-lower bounds for a special class of random walks 

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Summary. We investigate the $L_{2}$-speed of convergence to stationarity for a certain class of random walks on a compact connected Lie group. We give a lower bound on the number of steps $k$ necessary such that the $k$-fold convolution power of the original step distribution has an $L_{2}$-density. Our method uses work by Heckman on the asymptotics of multiplicities along a ray of representations. Several examples are presented.

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## 1 Introduction

Given a random walk on a compact group $G$ with step distribution $v$ one is frequently interested in the speed of convergence of this random walk to its stationary distribution (under mild conditions, the normalized Haar measure on $G$ ). In this paper we investigate the distance $\left\|v_{k}-\lambda_{G}\right\|_{2}$ in $L_{2}(G)$ between the $k$-fold convolution power $v_{k}$ of a certain natural probability measure $v$ on a compact Lie group $G$ and normalized Haar measure $\lambda_{G}$. Besides being of interest in its own right, such an $L_{2}$-estimate gives an upper bound on total variation distance and can frequently be derived with more precision than for other types of estimates. This, of course, presupposes that from some $k_{0}$ onward, $v_{k}$ does have an $L_{2}$-density with respect to Haar measure for $k>k_{0}$, even though the original measure $v$, in many cases, is singular.
Given a measure $v$ on $G$, we are therefore faced with the following problems:

- How many steps $k$ does it take for $v_{k}$ to be in $L_{2}(G)$ ?
- If $v_{k}$ is in $L_{2}(G)$, find an estimate for $\left\|v_{k}-\lambda_{G}\right\|_{2}$. In particular, how many steps $k$ does it take for $\left\|v_{k}-\lambda_{G}\right\|_{2}$ to become small?

[^0]We cannot answer these questions in this generality. There are of course examples for which $v_{k}$ never is in $L_{2}(G)$ (trivially, take $v$ to be unit mass at the identity element $e$ ). For many random walk problems we can give a precise answer to the second question (see [3] and references therein for examples on finite groups, and $[7,8]$ for examples on continuous groups, among many other references). Here we will narrow our focus to the first question and a special class of measures on a compact connected Lie group.

We will always assume $G$ to be a compact connected Lie group. We then consider the following class of probability measures on $G$ : For a given closed connected subgroup $K$ of $G$, we take $\nu^{G, K}$ to be the probability measure concentrated on the set

$$
S^{G, K}:=\left\{g k g^{-1}: g \in G, k \in K\right\}
$$

and induced from $\lambda_{G}$, Haar measure on $G$, and $\lambda_{K}$, Haar measure on $K$, via the map

$$
f^{G, K}: G \times K \rightarrow G, \quad f^{G, K}(g, k)=g k g^{-1}
$$

for all $g \in G$ and $k \in K$.
The goal of this paper is to give a general lower bound for the number of steps $k$ necessary such that the $k$-fold convolution power $v_{k}^{G, K}$ of $v^{G, K}$ has an $L_{2}$-density with respect to $\lambda_{G}$. To determine whether $v_{k}^{G, K}$ is in $L_{2}(G)$ for $k$ larger than some $k_{0}$ and, if so, to estimate $k_{0}$ remain open problems.

A precise statement (Theorem 3.1) and proof of our result can be found in Sect. 3.

In proving Theorem 3.1, we will use a special feature of the $L_{2}$-norm, namely, the Plancherel theorem. For a given irreducible representation $\rho$ of $G$, we denote the restriction of $\rho$ from $G$ to $K$ by $\operatorname{res}_{K}^{G}(\rho)$. As will be shown later, the Fourier coefficient $\hat{v}^{G, K}(\chi)$ is equal to the multiplicity of the trivial representation of $K$ occurring in $\operatorname{res}_{K}^{G}(\rho)$. There is a general formula for the multiplicity of an irreducible representation of $K$ in $\operatorname{res}_{K}^{G}(\rho)$ (see Lemma 3.1 in [5]), but it is too complicated to use for our purposes. We therefore resort to the so-called asymptotic multiplicity function as defined by Heckman (1982). This will be introduced in Sect. 2, where we also present its relevant properties. Finally, in Sect. 4 we work out several examples.

## 2 Heckman's asymptotic multiplicity function $M_{\mu}^{G, K}$

Our main tool for the proof of Theorem 3.1 is Heckman's asymptotic multiplicity function $M_{\mu}^{G, K}$ for the restriction of an irreducible representation of a compact connected Lie group $G$ to a closed Lie subgroup $K$. The main reference throughout this section is [5]. Here we introduce $M_{\mu}^{G, K}$ and cite several results from [5]. For background on the representation theory of compact, connected Lie groups see, for example, [2] or [6].

From now on let $G$ be a compact connected Lie group and $K$ be a closed connected subgroup of $G$. We fix maximal tori $T_{K}$ in $K$ and $T_{G}$ in $G$ with $T_{K} \subset T_{G}$. We will use the following notation:

Let $\mathbf{g}, \mathbf{k}, \mathbf{t}_{G}, \mathbf{t}_{K}$ denote the various corresponding Lie algebras and let $\mathbf{g}^{*}, \mathbf{k}^{*}, \mathbf{t}_{G}^{*}, \mathbf{t}_{K}^{*}$ denote their duals. There exists an inner product $\langle\cdot, \cdot\rangle$ on $\mathbf{g}$ which is invariant under the adjoint representation. This inner product induces an isomorphism between $\mathbf{g}$ and $\mathbf{g}^{*}, \mathbf{k}$ and $\mathbf{k}^{*}, \mathbf{t}_{G}$ and $\mathbf{t}_{G}^{*}$, and $\mathbf{t}_{K}$ and $\mathbf{t}_{K}^{*}$. From now on we will identify $\mathbf{g}$ with $\mathbf{g}^{*}$, etc., via $\langle\cdot, \cdot\rangle$. We denote the orthogonal projection from $\mathbf{g}$ to $\mathbf{t}_{K}$ by $q$.

Let $R_{G}$ be the root system of $G$ (corresponding to $\mathbf{t}_{G}$ ) and $R_{K}$ the root system of $K$ (corresponding to $\mathbf{t}_{K}$ ). Furthermore, let $Q_{G}$ be the sublattice of $\mathbf{t}_{G}$ generated by $R_{G}$ and $W_{G}$ the Weyl group of $G$. We define $Q_{K}$ and $W_{K}$ analogously. We choose sets of positive roots $R_{G}^{+}$and $R_{K}^{+}$in the following way. Consider the so-called parabolic root system $R_{H}=\left\{\alpha \in R_{G}: q(\alpha)=0\right\}$; here our notation follows Heckman [5]. Choose a set of positive roots $R_{H}^{+} \subset R_{H}$. Choose $H_{0} \in \mathbf{t}_{K}$ such that $\alpha\left(H_{0}\right) \neq 0$ for all $\alpha \in R_{G} \backslash R_{H}$. It can then be shown that $R_{K}^{+}:=\left\{\alpha \in R_{K}: \alpha\left(H_{0}\right)>0\right\}$ is a set of positive roots for $R_{K}$, and $R_{G}^{+}:=R_{H}^{+} \cup\left\{\alpha \in R_{G}: \alpha\left(H_{0}\right)>0\right\}$ is a set of positive roots for $R_{G}$.

Corresponding to $R_{G}^{+}$and $R_{K}^{+}$we have $C_{G}^{+}$and $C_{K}^{+}$, the fundamental Weyl chambers. We denote the set of integer lattice points in $C_{G}^{+}$by $P_{G}^{+}$and the set of integer lattice points in $C_{K}^{+}$by $P_{K}^{+}$. Recall that $P_{G}^{+}$is in one-to-one correspondence with the irreducibles of $G$ and $P_{K}^{+}$is in one-to-one correspondence with the irreducibles of $K$. Take $\mu \in P_{G}^{+}$and consider the corresponding irreducible representation $\rho_{\mu}$ of $G$. The restriction of $\rho_{\mu}$ from $G$ to $K$ decomposes into

$$
\begin{equation*}
\operatorname{res}_{K}^{G}\left(\rho_{\mu}\right)=\bigoplus_{\sigma \in P_{K}^{+}} m_{\mu}^{G, K}(\sigma) \pi_{\sigma} \tag{1}
\end{equation*}
$$

where $m_{\mu}^{G, K}: P_{K}^{+} \rightarrow \mathbf{N}_{0}$ is the multiplicity function and $\pi_{\sigma}$ denotes the irreducible representation of $K$ corresponding to $\sigma$. As pointed out in the introductory Sect. 1, there exists a formula for $m_{\mu}^{G, K}(\sigma)$, but it is too complicated to use for our purposes. We will use the so-called asymptotic multiplicity function $M_{\mu}^{G, K}$, as defined by Heckman [5], instead. Let $A=q\left(R_{G}^{+} \backslash R_{H}^{+}\right) \backslash R_{K}^{+}$. We treat $A$ as a multiset; that is, we allow each element $\alpha \in A$ to occur with a multiplicity $m_{\alpha}$ in $A$. (The multiplicities arise from different elements in $R_{G}^{+} \backslash R_{H}^{+}$having the same orthogonal projection onto $\mathbf{t}_{k}$.) Assume that $\mathbf{g}$ and $\mathbf{k}$ have no simple ideals in common and that $\operatorname{rank}(A \backslash\{\alpha\})=\operatorname{rank}(A)$ for all $\alpha \in A$. ( $A$ consists of lattice points; by the rank of a lattice we mean the dimension of the subspace spanned by the lattice points.)
Assuming these conditions, Heckman defines the function

$$
M_{\mu}^{G, K}: \mathbf{t}_{K} \rightarrow \mathbf{R}
$$

(see $[5,(3.16)]$ ), which is called the asymptotic multiplicity function in light of the following theorem. Recall that by the support of a function we mean the closure of the set of points on which the function is unequal to zero.
Theorem 2.1 [5] There exists a constant $C_{G, K}>0$ such that for $\mu \in P_{G}^{+}$and $\sigma \in q\left(\mu+Q_{G}\right) \cap P_{K}^{+}$

$$
\begin{equation*}
\left|m_{\mu}^{G, K}(\sigma)-M_{\mu}^{G, K}(\sigma)\right| \leqq C_{G, K}(1+|\mu|)^{s-1} \tag{2}
\end{equation*}
$$

where $s=\operatorname{card}\left(R_{G}^{+}\right)-\operatorname{card}\left(R_{K}^{+}\right)-\operatorname{rank}(A)$ and $|\mu|$ denotes the Euclidean norm of $\mu$.

The function $M_{\mu}^{G, K}$ has compact support and is piecewise polynomial on $\mathbf{t}_{K}$ and satisfies the homogeneity relation

$$
\begin{equation*}
M_{r \mu}^{G, K}(r \sigma)=r^{s} M_{\mu}^{G, K}(\sigma) \tag{3}
\end{equation*}
$$

for all $r>0, \mu \in \mathbf{t}_{G}$ and $\sigma \in \mathbf{t}_{K}$.
The homogeneity property (3) of $M_{\mu}^{G, K}$ will be crucial here. We also need to understand the support of $M_{\mu}^{G, K}$, denoted by $\operatorname{supp}\left(M_{\mu}^{G, K}\right)$. It can be seen from the exact definition of $M_{\mu}^{G, K}$ (see $\left.[5,(3.16)]\right)$ that $M_{\mu}^{G, K}$ is always zero in case $\mu$ lies on a wall of the fundamental Weyl chamber $C_{G}^{+}$. We will need the following results from [5] (see Lemmas 7.2 and 7.3 and Corollary 7.4 therein).
Lemma 2.2 [5] For $\mu \in C_{G}^{+}$and $\sigma_{1}, \sigma_{2} \in C_{K}^{+}$we have

$$
\begin{equation*}
M_{\mu}^{G, K}\left(\frac{1}{2} \sigma_{1}+\frac{1}{2} \sigma_{2}\right) \geqslant 2^{-s} \min \left\{M_{\mu}^{G, K}\left(\sigma_{1}\right), M_{\mu}^{G, K}\left(\sigma_{2}\right)\right\}, \tag{4}
\end{equation*}
$$

where $s$ is defined as in Theorem 2.1.
Lemma 2.3 [5] For $\mu$ in the intersection of $P_{G}^{+}$and the interior of $C_{G}^{+}$we have: (a)

$$
\begin{equation*}
\left\{\operatorname{supp}\left(m_{\mu}^{G, K}\right) \cap P_{K}^{+}\right\} \subset\left\{\operatorname{supp}\left(M_{\mu}^{G, K}\right) \cap P_{K}^{+}\right\} \tag{5}
\end{equation*}
$$

(b) The set $\operatorname{supp}\left(M_{\mu}^{G, K}\right) \cap C_{K}^{+}$is a convex polytope.

## 3 Statement and Proof of Results

Let $G$ be a compact connected Lie group, $K$ a closed connected subgroup and $v^{G, K}$ the measure defined in Sect. 1. We will use the notation introduced in Sect. 2 for the remainder of this chapter. Also, recall that $A=q\left(R_{G}^{+} \backslash R_{H}^{+}\right) \backslash$ $R_{K}^{+}$is a multiset.
Theorem 3.1 Suppose that $\mathbf{g}$ and $\mathbf{k}$ have no simple ideals in common and that $\operatorname{rank}(A \backslash\{\alpha\})=\operatorname{rank}(A)$ for all $\alpha \in A$. If there is at least one $\mu \in P_{G}^{+} \cap$ (interior of $\left.C_{G}^{+}\right)$for which $M_{\mu}^{G, K}(0) \neq 0$ and $0 \in q\left(\mu+Q_{G}\right)$, then it takes at least

$$
k=\frac{\operatorname{card}\left(R_{G}^{+}\right)+1}{\operatorname{card}\left(R_{K}^{+}\right)+\operatorname{rank}(A)}
$$

steps for the $k$-fold convolution power $v_{k}^{G, K}$ of $v^{G, K}$ to have an $L_{2}$-density with respect to Haar measure $\lambda_{G}$.
Proof. The measure $v^{G, K}$ is conjugacy invariant, i.e., $v^{G, K}(U)=v^{G, K}\left(g U g^{-1}\right)$ for all $g \in G$ and all measurable subsets $U \subseteq G$. Therefore, by Schur's lemma, the Fourier transform

$$
\hat{v}^{G, K}\left(\rho_{i}\right):=\int_{G} \rho_{i}(g) d v^{G, K}(g)
$$

is a scalar for each irreducible representation $\rho_{i}$ of $G$ and equal to $\left(1 / d_{i}\right) \hat{v}^{G, K}\left(\chi_{i}\right) I_{d_{i}}$ (where $d_{i}$ denotes the dimension of $\rho_{i}$, and $\chi_{i}$ denotes the corresponding character). Thus, by the Plancherel theorem, the measure $v_{k}^{G, K}$ has an $L_{2}$-density with respect to Haar measure $\lambda_{G}$ if and only if

$$
\begin{equation*}
\sum_{i=0}^{\infty}\left|\hat{v}_{k}^{G, K}\left(\chi_{i}\right)\right|^{2}=\sum_{i=0}^{\infty}\left|\frac{\hat{v}^{G, K}\left(\chi_{i}\right)}{d_{i}}\right|^{2 k} d_{i}^{2}<\infty . \tag{6}
\end{equation*}
$$

We first compute $\hat{v}^{G, K}(\chi)$ for a fixed irreducible character $\chi$ (corresponding to $\rho$ ) of $G$. From the definition of $\nu^{G, K}$ we see that

$$
\hat{\vartheta}^{G, K}(\chi)=\int_{K} \chi(k) d \lambda_{K}(k) .
$$

But $\operatorname{res}_{K}^{G}(\rho)=\oplus_{\sigma \in P_{k}^{\star}} m^{G, K}(\sigma) \pi_{\sigma}($ recall (1)), so that

$$
\hat{\nu}^{G, K}(\chi)=\sum_{\sigma \in P_{k}^{+}} m^{G, K}(\sigma) \int_{K} \chi_{\sigma} d \lambda_{K},
$$

where the $\chi_{\sigma}$ on the right-hand side are irreducible characters of $K$. By the orthonormality property of the irreducible characters of a compact Lie group, we clearly get

$$
\begin{equation*}
\hat{\hat{v}}^{G, K}(\chi)=m^{G, K}(0) . \tag{7}
\end{equation*}
$$

From now on we use the points in $P_{G}^{+}$(the highest weights) to index the irreducibles of $G$. We will analyze

$$
\sum_{\mu \in P_{G}^{ \pm}}\left(\frac{m_{\mu}^{G, K}(0)}{d_{\mu}}\right)^{2 k} d_{\mu}^{2}
$$

by considering a particular ray of representations, i.e., we will pick an appropriate $\mu \in P_{G}^{+}$and show that

$$
\begin{equation*}
\sum_{r=1}^{\infty}\left(\frac{m_{r \mu}^{G} K}{d_{r \mu}}(0)\right)^{2 k} d_{r \mu}^{2}=\infty \quad \text { for } k<\frac{\operatorname{card}\left(R_{G}^{+}\right)+1}{\operatorname{card}\left(R_{K}^{+}\right)+\operatorname{rank}(A)} \quad \text { with } k \in \mathbf{N}_{0} . \tag{8}
\end{equation*}
$$

We now make use of the asymptotic multiplicity function $M^{G, K}(\cdot)$, whose existence is guaranteed by the conditions we impose in Theorem 3.1 (see [5]). For a fixed $\mu \in P_{G}^{+} \cap\left(\right.$ interior of $\left.C_{G}^{+}\right)$for which $M_{\mu}^{G, K}(0) \neq 0$ and $0 \in q\left(\mu+Q_{G}\right)$, it follows from Theorem 2.1 that

$$
m_{r \mu}^{G, K}(0)=r^{s} M_{\mu}^{G . K}(0)+O\left(r^{s-1}\right)
$$

for all $r>0$; here $s=\operatorname{card}\left(R_{G}^{+}\right)-\operatorname{card}\left(R_{K}^{+}\right)-\operatorname{rank}(A)$. On the other hand, the dimension $d_{\mu}$ for $\mu \in P_{G}^{+} \cap$ (interior of $\left.C_{G}^{+}\right)$is a polynomial of degree exactly $\operatorname{card}\left(R_{G}^{+}\right)$in the components of $\mu$. This can easily be seen with the use of Weyl's dimension polynomial:

$$
d_{\mu}=\prod_{\alpha \in R_{G}^{+}} \frac{\langle\alpha, \mu+\psi\rangle}{\langle\alpha, \psi\rangle},
$$

where $\psi=\frac{1}{2} \sum_{\alpha \in R_{G}^{+}} \alpha$. We thus see that

$$
\left(\frac{m_{r \mu}^{G, K}(0)}{d_{r \mu}}\right)^{2 k} d_{r \mu}^{2} \asymp r^{2\left(\operatorname{card}\left(R_{G}^{+}\right)-k\left(\operatorname{card}\left(R_{k}^{+}\right)+\operatorname{rank}(A)\right)\right)}
$$

for large $r$ and fixed $\mu \in P_{G}^{+} \cap$ (interior of $C_{G}^{+}$). From this (8), and hence also the statement of Theorem 3.1, follow directly.

## 4 Examples

Here we present several examples illustrating the use of Theorem 3.1. In each case, $G$ is a subgroup of the unitary group $U(N)$ and the corresponding Lie algebra $\mathbf{g}$ is therefore a subalgebra of $\mathbf{u}(N)$, the Lie algebra of skew-Hermitian $N \times N$ matrices. An inner product on $\mathbf{g}$ which is invariant under the adjoint representation can be taken to be $\langle A, B\rangle:=-(2 \pi)^{-2} \operatorname{tr}(A B)$ for $A, B \in \mathbf{g}$. In order to show that there exists at least one $\mu \in P_{G}^{+} \cap$ (interior of $C_{G}^{+}$) for which $M_{\mu}^{G, K}(0) \neq 0$, we will make use of several so-called branching theorems. They describe simply, for specific $G$ and $K$ and for a given irreducible $\rho$ of $G$, how $\operatorname{res}_{K}^{G} \rho$ decomposes into irreducibles of $K$. References are, for example, $[1,4,9]$. Inductive use of these branching laws is justified by the transitivity of restriction:

$$
\operatorname{res}_{H}^{G}(\rho)=\operatorname{res}_{H}^{K}\left(\operatorname{res}_{K}^{G}(\rho)\right) \text { for subgroups } H \subset K \subset G \text {. }
$$

We can easily check in all examples discussed here that $\mathbf{g}$ and $\mathbf{k}$ have no ideals other than $\{0\}$ in common, i.e., that for each nonzero $B \in \mathbf{k}$ there is always $A \in \mathbf{g}$ such that $[A, B]=A B-B A \notin \mathbf{k}$. From now on we will use the following notation: $P_{G}^{+} \cdot 0:=P_{G}^{+} \cap$ (interior of $C_{G}^{+}$).

Example 1 (Random rotations) $G=S O(N)$ for $N \geqq 4, K=S O(2) \cong S^{1} . K$ is embedded in $G$ via

$$
\left(\begin{array}{ccccc}
\cos 2 \pi t & -\sin 2 \pi t & 0 & \cdots & 0 \\
\sin 2 \pi t & \cos 2 \pi t & 0 & \cdots & 0 \\
0 & 0 & 1 & & \vdots \\
\vdots & \vdots & & \ddots & 0 \\
0 & 0 & \cdots & 0 & 1
\end{array}\right) \text { with } t \in \mathbf{R} / \mathbf{Z}
$$

Consider

$$
S O(2) \cong S^{1} \cong\left\{\left(\begin{array}{cc}
\cos 2 \pi t & -\sin 2 \pi t \\
\sin 2 \pi t & \cos 2 \pi t
\end{array}\right): t \in \mathbf{R} / \mathbf{Z}\right\}
$$

We take the standard choice of maximal torus $T_{G}$, namely the subgroup $S O(2) \times \cdots \times S O(2) \times 1$ (with $n$ factors of $S O(2)$ ) for $N=2 n+1$ and the
subgroup $S O(2) \times \cdots \times S O(2)$ (with $n$ factors of $S O(2)$ ) for $N=2 n$. The set of positive roots of $S O(N)$ (for $N \geqq 4$ ) is

$$
R_{\mathrm{SO}(N)}^{+}= \begin{cases}\left\{e_{j} \pm e_{i}: 1 \leqq i<j \leqq n\right\} \cup\left\{e_{i}: 1 \leqq i \leqq n\right\} & \text { for } N=2 n+1 \\ \left\{e_{j} \pm e_{i}: 1 \leqq i<j \leqq n\right\} & \text { for } N=2 n\end{cases}
$$

Therefore,

$$
\operatorname{card} R_{S O(N)}^{+}= \begin{cases}n^{2} & \text { for } N=2 n+1 \\ n^{2}-n & \text { for } N=2 n\end{cases}
$$

Also, $S O(2)$ has no roots, so that card $R_{S O(2)}^{+}=0$.
We now describe the Lie algebras involved in this example. The Lie algebra g of $S O(N)$ consists of the skew-symmetric real $N \times N$ matrices. The Lie algebra $\mathbf{t}_{G}$ of the maximal torus $T_{G}$ can be seen to be the block diagonal matrices with $i$ th block equal to $2 \pi\left(\begin{array}{cc}0 & -t_{i} \\ t_{i} & 0\end{array}\right)$ :

$$
\mathbf{t}_{G}=\left\{2 \pi\left(\begin{array}{ccccc}
0 & -t_{1} & 0 & \cdots & 0 \\
t_{1} & 0 & & & \vdots \\
0 & & \ddots & & 0 \\
\vdots & & & 0 & -t_{n} \\
0 & \cdots & 0 & t_{n} & 0
\end{array}\right): t_{i} \in \mathbf{R} \text { for } 1 \leqq i \leqq n\right\} \cong \mathbf{R}^{n}
$$

for $N=2 n$ and similarly (with an additional bottom row and last column both consisting entirely of zeroes) for $N=2 n+1$. We also have

$$
\mathbf{k}=\mathbf{t}_{K}=\left\{2 \pi\left(\begin{array}{ccccc}
0 & -t & 0 & \cdots & 0 \\
t & 0 & 0 & \cdots & 0 \\
0 & 0 & 0 & & \vdots \\
\vdots & \vdots & & \ddots & \vdots \\
0 & 0 & \cdots & \cdots & 0
\end{array}\right): t \in \mathbf{R}\right\} \cong \mathbf{R} .
$$

We can easily verify that $\langle A, B\rangle=-(2 \pi)^{-2} \operatorname{tr}(A B)=2 \sum_{i=1}^{n} t_{i} s_{i}$ for all $A, B \in \mathbf{t}_{G} \cong \mathbf{R}^{n}$, where $A=\left(t_{1}, \ldots, t_{n}\right)$ and $B=\left(s_{1}, \ldots, s_{n}\right)$. Therefore the orthogonal projection $q: \mathbf{t}_{G} \rightarrow \mathbf{t}_{K}$ is given by projection onto the first component: $q(\vec{x})=\left(x_{1}, 0, \ldots, 0\right)$ for all $\vec{x} \in \mathbf{R}^{n} \cong \mathbf{t}_{G}$. From this it follows that

$$
R_{S O(N)}^{+} \backslash R_{H}^{+}= \begin{cases}\left\{e_{i} \pm e_{1}: 1<i \leqq n\right\} \cup\left\{e_{1}\right\} & \text { for } N=2 n+1, \\ \left\{e_{i} \pm e_{1}: 1<i \leqq n\right\} & \text { for } N=2 n,\end{cases}
$$

and that $A=q\left(R_{G}^{+} \backslash R_{H}^{+}\right) \backslash R_{K}^{+}$consists of the element $(1,0, \ldots, 0)$, with multiplicity $n$ in case $N=2 n+1$ and with multiplicity $n-1$ in case $N=2 n$, and the element $(-1,0, \ldots, 0)$ with multiplicity $n-1$ in either case. Thus $\operatorname{rank}(A \backslash\{\alpha\})=\operatorname{rank}(A)=1$ for all $\alpha \in A$ (since we assume $n \geqq 2$ in either case). Furthermore, it is easy to see that $(0, \ldots, 0) \in q\left(\mu+Q_{G}\right)$ for all $\mu \in P_{G}^{+}$ (recall that $Q_{G}$ is the sublattice of $\mathbf{t}_{G}$ generated by the roots $R_{G}$ ).

We next prove that $\mathbf{g}$ and $\mathbf{k}$ have no ideals in common. Indeed, for any

$$
B=2 \pi\left(\begin{array}{ccccc}
0 & -b & 0 & \cdots & 0 \\
b & 0 & 0 & \cdots & 0 \\
0 & 0 & 0 & & \vdots \\
\vdots & \vdots & & \ddots & \vdots \\
0 & 0 & \cdots & \cdots & 0
\end{array}\right) \in \mathbf{k}
$$

with $b \neq 0$ we can take

$$
A=\left(\begin{array}{cccccc}
0 & 0 & 0 & 0 & \cdots & 0 \\
0 & 0 & -a & 0 & \cdots & 0 \\
0 & a & 0 & \cdots & \cdots & 0 \\
0 & 0 & \vdots & \ddots & & \vdots \\
\vdots & \vdots & \vdots & & \ddots & \vdots \\
0 & 0 & 0 & \cdots & \cdots & 0
\end{array}\right) \in \mathbf{g}
$$

for any $a \neq 0$ and verify that $[A, B] \notin \mathbf{k}$.
Now choose $\mu$ in $P_{G}^{+, 0}$ with $\mu_{1}=1$. The following branching theorem makes it clear that $\operatorname{res}_{S O(2)}^{S O(N)}\left(\rho_{\mu}\right)$ always contains the following irreducible representations of $S O(2)$ : the representation of index 0 (i.e., the trivial representation), the representation of index 1 , and the representation of index -1 .

Theorem 4.1 Let $N \geqq 3$. Identify $S O(N-1)$ with the subgroup of $S O(N)$ of all elements of the form $\binom{B 0}{0}$. We then have
(a) $\operatorname{res}_{\operatorname{SO}(2 n)}^{S O(2 n+1)}\left(\rho_{\mu}\right)=\oplus \pi_{\bar{\mu}}$ where the sum is over all $\bar{\mu}$ with $\left|\bar{\mu}_{1}\right| \leqq \mu_{1} \leqq \bar{\mu}_{2} \leqq$ $\cdots \leqq \bar{\mu}_{n} \leqq \mu_{n}$, and
(b) $\operatorname{res}_{\operatorname{SO}(2 n-1)}^{S O(2 n)}\left(\rho_{\mu}\right)=\oplus \pi_{\bar{\mu}}$ where the sum is over all $\vec{\mu}$ with $\left|\mu_{1}\right| \leqq \bar{\mu}_{1} \leqq \mu_{2} \leqq$ $\cdots \leqq \bar{\mu}_{n-1} \leqq \mu_{n}$.

Indeed, let us assume that $\mu=\left(1, \mu_{2}, \ldots, \mu_{n}\right)$. In case $N=2 n+1$, we see from Theorem 4.1(a) that $\operatorname{res}_{S O(N-1)}^{S O(N)}\left(\rho_{\mu}\right)$ contains the representation of highest weight $\left(1, \mu_{2}, \ldots, \mu_{n}\right)$ (among others). In case $N=2 n$, we see from Theorem 4.1 (b) that $\operatorname{res}_{S O_{(N-1)}}^{S O_{(N)}}\left(\rho_{\mu}\right)$ contains the representation of highest weight $\left(1, \mu_{2}, \ldots, \mu_{n-1}\right)$ (among others). From this we see that $\operatorname{res}_{S O(3)}^{S O(N)}\left(\rho_{\mu}\right)$ always contains the irreducible representation of index 1 . This representation, further restricted to $S O(2)$, yields the irreducible representations of $S O(2)$ of indices $-1,0$, and 1 (again by Theorem 4.1(a)).

We now show that $M_{\mu}^{S O(N), S O(2)}(0) \neq 0$. By Lemma 2.3(a), $\{-1,0,1\} \subset \operatorname{supp}\left(M_{\mu}^{G, K}\right)$. Since, by Lemma $2.3(\mathrm{~b}), \operatorname{supp}\left(M_{\mu}^{G, K}\right) \cap C_{K}^{+}$is a convex polytope, i.e., for this example, a closed interval, and since $M_{\mu}^{S O(N), S O(2)}$ is a piecewise polynomial nonnegative function (recall Theorem 2.1; the nonnegativity of $M_{\mu}^{G, K}$ on $C_{K}^{+}$is a direct consequence of Theorem 6.4
in [5]), we can conclude with the use of Lemma 2.2 that $M_{4}^{S O(N), S O(2)}(0) \neq 0$. It now follows from Theorem 3.1 that it takes at least

$$
k= \begin{cases}n^{2}+1 & \text { for } N=2 n+1 \\ n^{2}-n+1 & \text { for } N=2 n\end{cases}
$$

steps for $v_{k}^{S O(N), S O(2)}$ to have an $L_{2}$-density with respect to Haar measure $\lambda_{\text {SO }(N)}$.

Remark 4.2 If we slightly change the definition of the measure $v^{S O(N), S O(2)}$ by changing Haar measure on $S O(2)$ to the probability measure on $S O(2)$ with density proportional to $(\sin \pi t)^{N-2}$, the result is quite different from that in Example 1: The $L_{2}$-norm of the $k$ th convolution power of the new measure is close to 1 after $k=\frac{1}{2} n \log n+c n$ steps for $c \geqq c_{0}$, where $c_{0}$ is some universal positive constant, and for both $N=2 n$ and $N=2 n+1$. See [7] for more details.

Example 2(a) (Random complex reflections) $G=U(N)$ with $N \geqq 3$, $K=U(1) \cong S^{1} . K$ is embedded in $G$ via

$$
\left(\begin{array}{cccc}
e^{i 2 \pi t} & & & 0 \\
& 1 & & \\
& & \ddots & \\
0 & & & 1
\end{array}\right) \quad \text { with } t \in \mathbf{R} / \mathbf{Z}
$$

We take the standard choice of maximal torus $T_{G}$, namely the subgroup of diagonal matrices of $U(N)$. The set of positive roots is

$$
R_{U(N)}^{+}=\left\{e_{j}-e_{i}: 1 \leqq i<j \leqq N\right\} .
$$

Therefore, card $R_{U(N)}^{+}=\frac{1}{2}\left(N^{2}-N\right)$. Furthermore,

$$
\mathbf{t}_{G}=\left\{\operatorname{diag}\left(i 2 \pi t_{1}, \ldots, i 2 \pi t_{N}\right): t_{k} \in \mathbf{R} \text { for } 1 \leqq k \leqq N\right\} \cong \mathbf{R}^{N}
$$

and

$$
\mathbf{k}=\mathbf{t}_{K}=\{\operatorname{diag}(i 2 \pi t, 0, \ldots, 0): t \in \mathbf{R}\} \cong \mathbf{R}
$$

We can easily verify that our choice of inner product $\langle\cdot, \cdot\rangle$ on $\mathbf{g}$, restricted to $\mathbf{t}_{G} \cong \mathbf{R}^{N}$, is the standard Euclidian inner product. As in Example 1, the orthogonal projection $q: \mathbf{t}_{G} \rightarrow \mathbf{t}_{K}$ is projection onto the first component. From this it follows that $R_{U(N)}^{+} \backslash R_{H}^{+}=\left\{e_{k}-e_{1}: 1<k \leqq N\right\}$ and that $A$ consists of the element ( $-1,0, \ldots, 0$ ) with multiplicity $N-1$.

Now choose $\mu \in P_{G}^{+, 0}$ with $\mu_{1} \leqq-1$ and $\mu_{N} \geqq 1$. The following branching theorem makes it clear that $\operatorname{res}_{U(1)}^{U(N)}\left(\rho_{\mu}\right)$ always contains the following irreducible representations of $U(1)$ : the representation of index 0 (i.e., the trivial representation), the representation of index 1 , and the representation of index -1 .

Theorem 4.3 Let $N \geqq 2$. Identify $U(N-1)$ with the subgroup of $U(N)$ of all elements of the form $\left(\begin{array}{c}B \\ 0\end{array} 1\right.$

$$
\operatorname{res}_{U(N-1)}^{U(N)}\left(\rho_{\mu}\right)=\oplus \pi_{\bar{\mu}},
$$

where the sum is over all $\bar{\mu}$ with $\mu_{1} \leqq \bar{\mu}_{1} \leqq \mu_{2} \leqq \cdots \leqq \bar{\mu}_{N-1} \leqq \mu_{N}$.
For example, let us choose $\mu=\left(-1,1, \mu_{3}, \ldots, \mu_{N}\right)$. From Theorem 4.3 we see that $\operatorname{res}_{U(N-1)}^{U(N)}\left(\rho_{\mu}\right)$ contains the representation of index $\left(-1,1, \mu_{3}, \ldots, \mu_{N-1}\right)$ (among others). Therefore, $\operatorname{res}_{U(2)}^{U(N)}\left(\rho_{\mu}\right)$ contains the representation of index ( $-1,1$ ), which, further restricted to $U(1)$, yields exactly the representations of indices 0,1 , and -1 .

We can apply the same reasoning as used in Example 1 to show that $M_{\mu}^{U(N), U(1)}(0) \neq 0$. The rest of the conditions of Theorem 3.1 are easily checked. It follows that it takes at least $k=\frac{1}{2}\left(N^{2}-N\right)+1$ steps for $v_{k}^{U(N), U(1)}$ to have an $L_{2}$-density with respect to Haar measure $\lambda_{U(N)}$.

Example $2(b) G=U(N)$ with $N \geqq 3, K=U(1) \cong S^{1} . K$ is embedded in $G$ via

$$
\left(\begin{array}{ccccc}
e^{i 2 \pi t} & & & 0 & \\
& e^{i 2 \pi t} & & & \\
& & 1 & & \\
& & & \ddots & \\
0 & & & & 1
\end{array}\right)
$$

with $t \subset \mathbf{R} / \mathbf{Z}$. The projection $q: \mathbf{t}_{G} \rightarrow \mathbf{t}_{\mathrm{K}}$ is the orthogonal projection from $\mathbf{R}^{N}$ onto the one dimensional subspace of $\mathbf{R}^{N}$ spanned by $(1,1,0, \ldots, 0)$. From this it follows that

$$
R_{U(N)}^{+} \backslash R_{H}^{+}=\left\{e_{i}-e_{1}: 3 \leqq i \leqq N\right\} \cup\left\{e_{i}-e_{2}: 3 \leqq i \leqq N\right\}
$$

and that $A$ consists of the element $\left(-\frac{1}{2},-\frac{1}{2}, 0, \ldots, 0\right)$ with multiplicity $2 N-4$.

Now choose $\mu \in P_{U(M)}^{+, 0}$ for which $\mu_{1}=-1, \mu_{2}=0$, and $\mu_{3}=1$. We claim that for such a $\mu$ we have: $m_{\mu}^{U(N), U(1)}(x) \neq 0$ for $x=-1,0,1$. Indeed, $\mu$ and any vector resulting from permuting the elements in $\mu$ are weights of $\rho_{\mu}$. Thus we see that $\chi_{\rho_{\mu}}\left(\operatorname{diag}\left(e^{i 2 \pi t}, e^{i 2 \pi t}, 1, \ldots, 1\right)\right.$ ) (which is a sum of powers of $\left.e^{i 2 \pi t}\right)$ must contain the terms $e^{i 2 \pi t}, e^{-i 2 \pi t}$, and 1 with positive coefficients. Now the same arguments as before apply to prove that $M_{\mu}^{U(N), U(1)}(0) \neq 0$. The rest of the conditions of Theorem 3.1 are easily checked. Therefore, as for Example $2(\mathrm{a})$, it takes at least $k=\frac{1}{2}\left(N^{2}-N\right)+1$ steps for $v_{k}^{U(N), U(1)}$ to have an $L_{2^{-}}$ density with respect to Haar measure $\lambda_{U(N)}$.

Example $3 G=U(N)$ with $N \geqq 5, K=T^{2} \cong S^{1} \times S^{1} . K$ is embedded in $G$ via

$$
\left(\begin{array}{ccccc}
e^{i 2 \pi t_{1}} & & & 0 & \\
& e^{i 2 \pi t_{2}} & & & \\
& & 1 & & \\
& & & \ddots & \\
0 & & & & 1
\end{array}\right)
$$

with $t_{1}, t_{2} \in \mathbf{R} / \mathbf{Z}$. The projection $q: \mathbf{t}_{G} \rightarrow \mathbf{t}_{K}$ is the orthogonal projection from $\mathbf{R}^{N}$ onto the two dimensional subspace of $\mathbf{R}^{N}$ spanned by $(1,0, \ldots, 0)$ and $(0,1,0, \ldots, 0)$. Here we have

$$
R_{U(N)}^{+} \backslash R_{H}^{+}=\left\{e_{i}-e_{1}: 2 \leqq i \leqq N\right\} \cup\left\{e_{i}-e_{2}: 3 \leqq i \leqq N\right\}
$$

and $A$ consists of the element $(-1,1,0, \ldots, 0)$ appearing with multiplicity 1 and the elements $(-1,0, \ldots, 0)$ and $(0,-1,0, \ldots, 0)$, each appearing with multiplicity $N-2$. Note that rank $A=2$ in this case.

Now choose $\mu \in P_{U(N)}^{+, 0}$ for which $\mu_{1}<-1, \mu_{2}=-1, \mu_{3}=0, \mu_{4}=1$, and $\mu_{5}>1$. From the branching theorem for $U(N)$ (Theorem 4.3) we can see that $\operatorname{res}_{U(2)}^{U(N)}\left(\rho_{\mu}\right)$ contains the following irreducibles of $U(2)$ (among others): the irreducible of highest weight ( 0,0 ) (i.e., the trivial representation), the irreducible of highest weight $(-1,-1)$, and the irreducible of highest weight $(1,1)$. Since $T^{2}$ is a maximal torus of $U(2)$, it follows that $m_{\mu}^{U(N), T^{2}}(x) \neq 0$ for $x=(0,0),(-1,-1),(1,1)$. We can thus prove in the same manner as before that $M_{\mu}^{U(N), T^{2}}(0) \neq 0$.

The rest of the conditions of Theorem 3.1 are easily checked. We can now conclude that it takes at least $k=\frac{1}{4}\left(N^{2}-N\right)+\frac{1}{2}$ steps for $v_{k}^{U(N), T^{2}}$ to have an $L_{2}$-density with respect to Haar measure $\lambda_{U(N)}$.
Example $4 G=S p(n)$ with $n \geqq 2, K=U(1) \cong S^{1}$. $K$ is embedded in $G$ via

$$
\left(\begin{array}{llll}
z & & 0 & \\
& 1 & & \\
& & \ddots & \\
0 & & & 1
\end{array}\right) \in \operatorname{Gl}(n, \mathbf{H}), \quad z \in U(1)
$$

We now view $S p(n)$ as a group of $2 n$-dimensional complex matrices via its natural representation. The standard choice of maximal torus $T_{G}$ is the subgroup of diagonal matrices. The set of positive roots is

$$
R_{S p(n)}^{+}=\left\{e_{j} \pm e_{i}: 1 \leqq i<j \leqq n\right\} \cup\left\{2 e_{i}: 1 \leqq i \leqq n\right\} .
$$

Therefore, $\operatorname{card}\left(R_{S p(n)}^{+}\right)=n^{2}$. Furthermore,
$\mathbf{t}_{G}=\left\{\operatorname{diag}\left(i 2 \pi t_{1}, \ldots, i 2 \pi t_{n},-i 2 \pi t_{1}, \ldots,-i 2 \pi t_{n}\right): t_{k} \in \mathbf{R}\right.$ for $\left.1 \leqq k \leqq n\right\} \cong \mathbf{R}^{n}$ and

$$
\mathbf{k}=\mathbf{t}_{K}=\{\operatorname{diag}(i 2 \pi t, 0, \ldots, 0,-i 2 \pi t, 0, \ldots, 0): t \in \mathbf{R}\} \cong \mathbf{R}
$$

Thus the projection $q: \mathbf{t}_{G} \rightarrow \mathbf{t}_{K}$ is given by projection onto the first quaternionic component. It follows that

$$
R_{S p(n)}^{+} \backslash R_{H}^{+}=\left\{e_{k} \pm e_{1}: 2 \leqq k \leqq n\right\} \cup\left\{2 e_{1}\right\}
$$

and that $A$ consists of the elements $( \pm 1,0, \ldots, 0)$, each with multiplicity $n-1$, and the element $(2,0, \ldots, 0)$ with multiplicity 1 . Therefore $\operatorname{rank}(A)=1$.

We now show that there exists $\mu \in P_{G}^{+}, 0$ for which $\operatorname{res}_{U(1)}^{S p(n)}\left(\rho_{\mu}\right)$ contains the following irreducible representations of $U(1)$ : the representation of index 0 , the representation of index 1 , and the representation of index -1 .

Choose $\mu \in P_{G}^{+, 0}$ for which $\mu_{1}=1$. The following branching theorem, used inductively, makes it clear that $\operatorname{res}_{S_{p(1)}}^{S_{p(n)}^{(n)}}\left(\rho_{\mu}\right)$ always contains the following representations of $S p(1)$ : the representation of index 0 and the representation of index 1 (i.e., the natural representation).

Theorem 4.4 Identify $\operatorname{Sp}(n-1)$ with the subgroup of $S p(n)$ of all elements of the form $\binom{B 0}{0}$. We then have

$$
\operatorname{res}_{S_{p(n-1)}}^{S_{p(n)}}\left(\rho_{\mu}\right)=\bigoplus N_{\mu \bar{\mu}} \pi_{\bar{\mu}}
$$

where the sum is over all $\bar{\mu}=\left(\bar{\mu}_{1}, \ldots, \bar{\mu}_{n-1}\right)$ with $0 \leqq \bar{\mu}_{1} \leqq \cdots \leqq \bar{\mu}_{n-1}$, and the multiplicity $N_{\mu \bar{\mu}}$ is the number of sequences $p_{1}, \ldots, p_{n}$ of integers satisfying

$$
0 \leqq p_{1} \leqq \mu_{1} \leqq p_{2} \leqq \cdots \leqq p_{n} \leqq \mu_{n}
$$

and

$$
p_{1} \leqq \bar{\mu}_{1} \leqq p_{2} \leqq \cdots \leqq \bar{\mu}_{n-1} \leqq p_{n}
$$

Indeed, let us assume that $\mu=\left(1, \mu_{2}, \ldots, \mu_{n}\right)$. From Theorem 4.4 we see that res $_{S_{p}(n-1)}^{S p(n)}\left(\rho_{\mu}\right)$ contains the representations of indices $\left(1, \mu_{2}, \ldots, \mu_{n-1}\right)$ and $\left(0, \mu_{2}, \ldots, \mu_{n-1}\right)$ (among others). It follows that $\operatorname{res}_{S_{p(1)}}^{S p(n)}\left(\rho_{\mu}\right)$ contains the representations of indices 0 and 1 (among others).

We now restrict the representation of index 0 and the representation of index 1 of $S p(1)$ further to the maximal torus of $S p(1)$ (i.e., to the subgroup of diagonal matrices of the form diag $\left(e^{i 2 \pi t}, e^{-i 2 \pi t}\right)$ with $\left.t \in \mathbf{R} / \mathbf{Z}\right)$. This maximal torus is our subgroup $K=U(1)$ and we now can see that the representations of index $-1,0$, and 1 occur in $\operatorname{res}_{U(1)}^{S p(n)}\left(\rho_{\mu}\right)$. As before, we conclude that $M_{\mu}^{S p(n), U(1)}(0) \neq 0$. The rest of the conditions of Theorem 3.1 are easily checked. It thus follows that it takes at least $k=n^{2}+1$ steps for $v_{k}^{S p(n), U(1)}$ to have an $L_{2}$-density with respect to Haar measure $\lambda_{S p(n)}$.

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