# A thin-thick Decomposition for Hardy Martingales 

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#### Abstract

We prove thin-thick decompositions, for the class of Hardy martingales and thereby strenghten its square function characterization. We apply the underlying method to several classical martinale inequalities, for which we give new proofs .


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## 1 Introduction

Let $\mathbb{T}^{\mathbb{N}}=\left\{\left(x_{i}\right)_{i=1}^{\infty}\right\}$ denote the countable product of the torus $\mathbb{T}=\left\{e^{i \theta}: \theta \in[0,2 \pi[ \}\right.$,equipped with its normalized Haar measure $\mathbb{P}$. A natural filtration of $\sigma-$ algebras on $\mathbb{T}^{\mathbb{N}}$ is given by the coordinate projections

$$
P_{k}: \mathbb{T}^{\mathbb{N}} \rightarrow \mathbb{T}^{k}, \quad\left(x_{i}\right)_{i=1}^{\infty} \rightarrow\left(x_{i}\right)_{i=1}^{k}
$$

Define $\mathcal{F}_{k}$ to be the $\sigma$ - algebra on $\mathbb{T}^{\mathbb{N}}$ generated by $P_{k}$.
Let $F=\left(F_{k}\right)$ be an $L^{1}\left(\mathbb{T}^{\mathbb{N}}\right)$-bounded martingale on the filtered probability space $\left(\mathbb{T}^{\mathbb{N}},\left(\mathcal{F}_{k}\right), \mathbb{P}\right)$. Conditioned on $\mathcal{F}_{k-1}$ the martingale differnce $\Delta F_{k}=F_{k}-F_{k-1}$ defines

[^0]an element in the Lebesque space of integrable, function of vanishing mean $L_{0}^{1}(\mathbb{T})$. By definition the martingale $F=\left(F_{k}\right)$ belongs to the class of Hardy martingles, if, conditioned on $\mathcal{F}_{k-1}$,
$$
\Delta F_{k}=F_{k}-F_{k-1} \quad \text { defines an element in the Hardy space } H_{0}^{1}(\mathbb{T})
$$

Hardy martingales, introduced by Garling [9], arise throughout Complex and Functional Analysis. For instance in renorming problems for Banach spaces [5, 22], vector valued Littlewood Paley Theory [23], embedding problems [2], isomorphic classification problems [3, 17], factorization problems [19], similarity problems [20], boundary convergence of vector valued analytic functions $[8,10,13,12]$, Jensen measures $[4,1]$.

As pointed out by Garling [9], two robustness properties of Hardy martingales are particularily important for their use in Analysis.

1. The class of Hardy martingales is closed under martingale transforms.
2. For Hardy martingales, their $L^{1}$ norm is determined by square functions. There exist $c, C>0$ so that for any Hardy martingale $F=\left(F_{k}\right)$,

$$
\begin{equation*}
c \mathbb{E}\left|F_{n}\right| \leq \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \leq C \mathbb{E}\left|F_{n}\right| \tag{1}
\end{equation*}
$$

In the present paper we strengthen the square function characterization (1) for Hardy martingales. We prove that every Hardy martingale $F=\left(F_{k}\right)_{k=1}^{n}$ can be written as

$$
F=G+B
$$

where $G=\left(G_{k}\right)_{k=1}^{n}$ and $B=\left(B_{k}\right)_{k=1}^{n}$ are again Hardy martingales so that

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}\right|\right) \leq C \mathbb{E}\left|F_{n}\right| \tag{2}
\end{equation*}
$$

and

$$
\begin{equation*}
\left|\Delta G_{k}\right| \leq A_{0}\left|F_{k-1}\right|, \quad k \leq n \tag{3}
\end{equation*}
$$

The estimate (2) implies of course the right hand side of the square function estimate (1) since the triangle inequality and the Burkholder-Gundy martingale inequality [11] give

$$
\begin{aligned}
\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} & \leq \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}\right|\right) \\
& \leq 2 \mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}\right|\right) .
\end{aligned}
$$

The uniform previsible estimate (3) should be compared with uniform previsible estimates appearing in the classical Davis and Garsia inequality [11, Chapters III and IV]. (See also Section 4.3.) For general martingales the Davis decomposition [11, Chapter III] guarantees only uniform estimates by previsible and increasing functionals such as $\max _{m \leq k-1}\left|F_{m}\right|$. Hence a routine application of the Davis decomposition could yield only

$$
\left|\Delta G_{k}\right| \leq A_{0} \max _{m \leq k-1}\left|F_{m}\right|
$$

The present paper exploits a basic and general iteration principle extracted from the work of J. Bourgain [2]. In its simplest form it yields a comparison theorem between square functions as follows: Assume that $u_{1}, \ldots, u_{n}$ and $v_{1}, \ldots, v_{n}$ are non- negative, integrable functions so that the following set of estimates hold true,

$$
\mathbb{E}\left(\sum_{m=1}^{k-1} u_{m}^{2}+v_{k}^{2}\right)^{1 / 2} \leq \mathbb{E}\left(\sum_{m=1}^{k} u_{m}^{2}\right)^{1 / 2}, \quad k \leq n
$$

Then we have

$$
\mathbb{E}\left(\sum_{m=1}^{n} v_{m}^{2}\right)^{1 / 2} \leq 2 \mathbb{E}\left(\sum_{m=1}^{n} u_{m}^{2}\right)^{1 / 2}
$$

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## 2 Basic Iteration

In this section we review J. Bourgain's iteration method introduced in [2]. It provides upper estimates for the norm in $L^{1}\left(\ell^{2}\right)$. By its generality the iteration method can easily be adapted to a variety of different situations. In this paper we apply it to obtain proofs of four different martingale inequalities.

Consider first the elementary Lemma.
Lemma 2.1 Let $0 \leq s \leq 1$, and $A, B \geq 0$. Then

$$
\begin{equation*}
B s \leq s^{2} A+\left(A^{2}+B^{2}\right)^{1 / 2}-A \tag{4}
\end{equation*}
$$

Proof. Since $0 \leq s \leq 1$, we have $1-s^{2}<\left(1-s^{2}\right)^{1 / 2}$. Multiply by $A>0$, add $B s$ and use the Cauchy-Schwartz inequality. This gives

$$
A\left(1-s^{2}\right)+B s \leq A\left(1-s^{2}\right)^{1 / 2}+B s \leq\left(A^{2}+B^{2}\right)^{1 / 2}
$$

Subtracting $A\left(1-s^{2}\right)$ gives (4).

Let $(\Omega, \mathbb{P})$ be a probability space and write $\mathbb{E}$ to denote expectation in $(\Omega, \mathbb{P})$.
Theorem 2.2 Let $n \in \mathbb{N}$. Let $u_{1}, \ldots, u_{n} \in L^{1}(\Omega)$, and form the partial sums

$$
Z_{k}=\sum_{m=1}^{k} u_{m}, \quad 1 \leq k \leq n .
$$

Assume that $v_{1}, \ldots, v_{n}$, and $w_{1}, \ldots, w_{n}$ be non-negative in $L^{1}(\Omega)$, so that the following estimates hold

$$
\begin{equation*}
\mathbb{E}\left(\left|Z_{k-1}\right|^{2}+v_{k}^{2}\right)^{1 / 2}+\mathbb{E} w_{k} \leq \mathbb{E}\left|Z_{k}\right| \quad \text { for } 1 \leq k \leq n \tag{5}
\end{equation*}
$$

Then

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n} v_{k}^{2}\right)^{1 / 2}+\mathbb{E} \sum_{k=1}^{n} w_{k} \leq 2\left(\mathbb{E}\left|Z_{n}\right|\right)^{1 / 2}\left(\mathbb{E} \max _{k \leq n}\left|Z_{k}\right|\right)^{1 / 2} \tag{6}
\end{equation*}
$$

Proof. Let $0 \leq \epsilon \leq 1$ be defined by

$$
\begin{equation*}
\epsilon^{2}=\left(\mathbb{E}\left|Z_{n}\right|\right)\left(\mathbb{E} \max _{k \leq n}\left|Z_{k}\right|\right)^{-1} \tag{7}
\end{equation*}
$$

Choose next non negative $s_{k} \in L^{\infty}$ so that $\sum_{k=1}^{n} s_{k}^{2} \leq \epsilon^{2}$. Apply Lemma 2.1 with

$$
A=\left|Z_{k-1}\right|, B=v_{k} \text { and } s=s_{k}
$$

This yields the point-wise estimates

$$
\begin{equation*}
v_{k} s_{k} \leq s_{k}^{2}\left|Z_{k-1}\right|+\left(\left|Z_{k-1}\right|^{2}+v_{k}^{2}\right)^{1 / 2}-\left|Z_{k-1}\right| \tag{8}
\end{equation*}
$$

Integrating the point-wise estimates (8) gives

$$
\begin{equation*}
\mathbb{E}\left(v_{k} s_{k}\right) \leq \mathbb{E}\left(s_{k}^{2}\left|Z_{k-1}\right|\right)+\mathbb{E}\left(\left|Z_{k-1}\right|^{2}+v_{k}^{2}\right)^{1 / 2}-\mathbb{E}\left|Z_{k-1}\right|^{2} \tag{9}
\end{equation*}
$$

Next apply the hypothesis (5) to the central term $\mathbb{E}\left(\left|Z_{k-1}\right|^{2}+v_{k}^{2}\right)^{1 / 2}$ appearing in the integrated estimates (9). This gives

$$
\begin{equation*}
\mathbb{E}\left(v_{k} s_{k}\right) \leq \mathbb{E}\left(s_{k}^{2}\left|Z_{k-1}\right|\right)+\mathbb{E}\left|Z_{k}\right|-\mathbb{E}\left|Z_{k-1}\right|-\mathbb{E} w_{k} \tag{10}
\end{equation*}
$$

Taking the sum over $k \leq n$ and exploiting the telescoping nature of the right hand side of (10) yields,

$$
\begin{align*}
\mathbb{E}\left(\sum_{k=1}^{n} v_{k} s_{k}\right)+\sum_{k=1}^{n} \mathbb{E} w_{k} & \leq \mathbb{E}\left|Z_{n}\right|+\mathbb{E}\left(\sum_{k=1}^{n} s_{k}^{2}\left|Z_{k-1}\right|\right)  \tag{11}\\
& \leq \mathbb{E}\left|Z_{n}\right|+\epsilon^{2} \mathbb{E} \max _{k \leq n}\left|Z_{k-1}\right|
\end{align*}
$$

Since (11) holds for every choice of $s_{k} \in L^{\infty}$ such that $\sum_{k=1}^{n} s_{k}^{2} \leq \epsilon^{2}$, we may take the supremum and obtain, by duality, the square function estimate

$$
\epsilon \mathbb{E}\left(\sum_{k=1}^{n} v_{k}^{2}\right)^{1 / 2}+\sum_{k=1}^{n} \mathbb{E} w_{k} \leq \mathbb{E}\left|Z_{n}\right|+\epsilon^{2} \mathbb{E} \max _{k \leq n}\left|Z_{k-1}\right|
$$

It remains to divide by $0 \leq \epsilon \leq 1$ and take into account (7). This gives

$$
\begin{align*}
\mathbb{E}\left(\sum_{k=1}^{n} v_{k}^{2}\right)^{1 / 2}+\sum_{k=1}^{n} \mathbb{E} w_{k} & \leq \epsilon^{-1} \mathbb{E}\left|Z_{n}\right|+\epsilon \mathbb{E} \max _{k \leq n}\left|Z_{k-1}\right|  \tag{12}\\
& =2\left(\mathbb{E}\left|Z_{n}\right|\right)^{1 / 2}\left(\mathbb{E} \max _{k \leq n}\left|Z_{k}\right|\right)^{1 / 2}
\end{align*}
$$

Theorem 2.2 gives estimates between plain integrals; in particular martingale structures are neither part of its hypothesis nor of its conclusion. Nevertheless in Section 3 we employ Theorem 2.2 to prove an inequality for Hardy martingales. We use it to estimate the $L^{1}$ norm of perturbed square functions by the $L^{1}$ norm of the martingale itself. In Section 4 we discuss classical martingale inequalties involving different forms of square functions. There we will use a version of Theorem 2.2 that is suitably adapted to estimating quadratic expressions.

## 3 Decomposing Hardy Martingales

In this section we state and prove the main theorems of this paper. In the first paragraphs we collect probabilistic results used later in the proof. We record here a stochastic proof of Bourgain's complex convexity inequality. This underlines the probabilistic nature of Theorem 3.3.

Hardy Spaces, Brownian Motion and Complex Convexity. Let $\mathbb{T}=\left\{e^{i \theta}: \theta \in\right.$ $\left[0,2 \pi[ \}\right.$, equipped with its normalized Haar measure $d m$. For $h \in L^{p}(\mathbb{T})$ we say that $h$ belongs to the Hardy space $H^{p}(\mathbb{T})$ if the harmonic extension of $h$ to the unit disk is analytic. If moreover $\int_{\mathbb{T}} h d m=0$ we write $h \in H_{0}^{p}(\mathbb{T})$. Recall J. Bourgain's complex convexity inequality [2]: There exists $\alpha_{0}>0$ so that

$$
\begin{equation*}
\int_{\mathbb{T}}\left(|z|^{2}+\alpha_{0}^{2}|h|^{2}\right)^{1 / 2} d m \leq \int_{\mathbb{T}}|z+h| d m, \quad z \in \mathbb{C}, \quad h \in H_{0}^{1}(\mathbb{T}) \tag{13}
\end{equation*}
$$

M. Schmuckenschläger informed me that the Bourgain's proof [2] of (13) gives $\alpha_{0}^{2}=1 / 27$.

Let $\left(B_{t}\right)$ denote complex 2D-Brownian motion on Wiener space, and $\left(\left(\mathcal{F}_{t}\right), \mathbb{P}\right)$, the associated filtered probability space. Put

$$
\tau=\inf \left\{t>0:\left|B_{t}\right|>1\right\}
$$

With the following proposition we verify Bourgain's complex convexity inequality. The proof uses Ito's formula and the Cauchy-Riemann equations.
Proposition 3.1 Let $z \in \mathbb{C}, h \in H_{0}^{1}(\mathbb{T})$ and let $\rho \leq \tau$ be a stopping time. Then for $\alpha^{2} \leq 1 / 6$

$$
\begin{equation*}
\mathbb{E}\left(|z|^{2}+\alpha^{2}\left|h\left(B_{\rho}\right)\right|^{2}\right)^{1 / 2} \leq \mathbb{E}\left|z+h\left(B_{\rho}\right)\right| . \tag{14}
\end{equation*}
$$

Proof. We may put $|z|=1$. By Ito's formula [7] we have the identities

$$
\mathbb{E}\left(1+\alpha^{2}\left|h\left(B_{\rho}\right)\right|^{2}\right)^{1 / 2}=1+\frac{1}{2} \mathbb{E} \int_{0}^{\rho} \Delta\left(\left(1+\alpha^{2}\left|h\left(B_{s}\right)\right|^{2}\right)^{1 / 2}\right) d s
$$

and

$$
\mathbb{E}\left(\left|1+h\left(B_{\rho}\right)\right|\right)=1+\frac{1}{2} \mathbb{E} \int_{0}^{\rho} \Delta\left(\left|1+h\left(B_{s}\right)\right|\right) d s
$$

We calculate the Laplacians and evaluate the integrands on the right hand side as follows

$$
\Delta(|1+h(z)|)=\frac{\left|h^{\prime}(z)\right|^{2}}{|1+h(z)|}
$$

and

$$
\Delta\left(\left(1+\alpha^{2}|h(z)|^{2}\right)^{1 / 2}\right)=\alpha^{2}\left|h^{\prime}(z)\right|^{2}\left(2+\alpha^{2}|h(z)|^{2}\right)\left(1+\alpha^{2}|h(z)|^{2}\right)^{-3 / 2}
$$

An elementary calculation shows that for $\alpha^{2} \leq 1 / 6$,

$$
\alpha^{2}|1+w|\left(2+\alpha^{2}|w|^{2}\right) \leq\left(1+\alpha^{2}|w|^{2}\right)^{3 / 2}, \quad w \in \mathbb{C} .
$$

Hence for $\alpha^{2} \leq 1 / 6$,

$$
\begin{equation*}
\frac{\alpha^{2}\left(2+\alpha^{2}\left|h\left(B_{s}\right)\right|^{2}\right)}{\left(1+\alpha^{2}\left|h\left(B_{s}\right)\right|^{2}\right)^{3 / 2}} \leq \frac{1}{\left|1+h\left(B_{s}\right)\right|} \tag{15}
\end{equation*}
$$

Multiplying both sides of (15) by $\left|h^{\prime}\left(B_{s}\right)\right|^{2}$ and integrating gives

$$
\mathbb{E} \int_{0}^{\rho} \Delta\left(\left(1+\alpha^{2}\left|h\left(B_{s}\right)\right|^{2}\right)^{1 / 2}\right) d s \leq \mathbb{E} \int_{0}^{\rho} \Delta\left(\left|1+h\left(B_{s}\right)\right|\right) d s
$$

## Remarks.

1. The above proof applies, mutatis mutandis, to Conformal Martingales on Wiener Space. Let $X, Y$ be real-valued and integrable on Wiener space, $\left(\left(\mathcal{F}_{t}\right), \mathbb{P}\right)$. Assume $X, Y$ have identical quadratic variation, and vanishing co-variance process,

$$
\langle X\rangle_{t}-\langle Y\rangle_{t}=\langle X, Y\rangle_{t}=0, \quad t \geq 0
$$

The proof of Proposition 3.1 shows that for $Z=X+i Y, w \in \mathbb{Z}$ and $\alpha^{2}<1 / 6$,

$$
\begin{equation*}
\mathbb{E}\left(|w|^{2}+\alpha^{2}|Z|^{2}\right)^{1 / 2} \leq \mathbb{E}|w+Z| \tag{16}
\end{equation*}
$$

2. A short analytic proof of (13) was obtained by M. Schmuckenschläger who based his agrument on Green's identity in the following form:

$$
\partial_{r} \int_{0}^{2 \pi} \varphi\left(r e^{i t}\right) d t=r^{-1} \iint_{D_{r}} \Delta \varphi(z) d A(z)
$$

where $D_{r}=\{z \in \mathcal{C}:|z| \leq r\}, \Delta$ denotes the Laplacian and $d A(z)$ the area measure. Thus Green's formula replaces the use of Brownian Motion Ito's lemma.

Hardy Martingales. Let $\mathbb{T}^{\mathbb{N}}=\left\{\left(x_{i}\right)_{i=1}^{\infty}\right\}$ denote the countable product of the torus $\mathbb{T}$ equipped with its product Haar measure.

Let $n \in \mathbb{N}$, and denote by $\mathcal{F}_{n}$ the the $\sigma$-algebra on $\mathbb{T}^{\mathbb{N}}$ generated by the cylinder sets

$$
\left\{\left(A_{1}, \ldots, A_{n}, \mathbb{T}, \ldots, \mathbb{T}, \ldots,\right)\right\}
$$

where $A_{i}, i \leq n$ are measurable subsets of $\mathbb{T}$. Thus $\left(\mathcal{F}_{n}\right)$ is an increasing sequence of $\sigma$-algebras canonically linked to the product structure of $\mathbb{T}^{\mathbb{N}}$. Subsequently we let $\mathbb{E}_{n}$ denote the conditional expectation with respect to the $\sigma$-algebra $\mathcal{F}_{n}$. Let $F=\left(F_{n}\right)$ be an $\left(\mathcal{F}_{n}\right)$ martingale in $L^{1}\left(\mathbb{T}^{\mathbb{N}}\right)$. Denote its difference sequence by

$$
\Delta F_{n}=F_{n}-F_{n-1}
$$

By definition $F=\left(F_{n}\right)$ is a Hardy martingale if for almost all $\left(x_{1}, \ldots, x_{n-1}\right) \in \mathbb{T}^{n-1}$ fixed, the function

$$
y \rightarrow \Delta F_{n}\left(x_{1}, \ldots, x_{n-1}, y\right)
$$

defines an element in $H_{0}^{1}(\mathbb{T})$.
As shown by J. Bourgain [2], the complex convexity inequality (13) combined with Theorem 2.2 yields the following square function estimate for Hardy martingales

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \leq 2 \alpha_{0}^{-1}\left(\mathbb{E}\left|F_{n}\right|\right)^{1 / 2}\left(\mathbb{E} \max _{k \leq n}\left|F_{k}\right|\right)^{1 / 2} \tag{17}
\end{equation*}
$$

The B. Davis martingale inequality [11, p.37]

$$
\begin{equation*}
\mathbb{E} \max _{k \leq n}\left|F_{k}\right| \leq \sqrt{10} \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \tag{18}
\end{equation*}
$$

and (17) imply that

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \leq C_{0} \mathbb{E}\left|F_{n}\right|, \tag{19}
\end{equation*}
$$

with $C_{0}=4 \times \alpha_{0}^{-2} \times \sqrt{10}$. The converse is a consequence of (18). With a different constant and by a different method, the estimate (19) was abtained by B. Garling [9].

We next state the main theorem of the present paper. It provides a thin-thick decomposition for Hardy martingales and strengthens the square function characterization (19).

Theorem 3.2 Let $A_{0}=4 \alpha_{0}^{-1}$ and $C_{1}=4 \alpha_{0}^{-1} \sqrt{10} \times A_{0}$. Every Hardy martingale $F=$ $\left(F_{k}\right)_{k=1}^{n}$ can be decomposed as

$$
\begin{equation*}
F=G+B \tag{20}
\end{equation*}
$$

where $G=\left(G_{k}\right)_{k=1}^{n}$ and $B=\left(B_{k}\right)_{k=1}^{n}$ are again Hardy martingales so that the following holds:

1. Integral bounds:

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}\right|\right) \leq C_{1} \mathbb{E}\left|F_{n}\right| \tag{21}
\end{equation*}
$$

2. Previsible uniform estimates:

$$
\begin{equation*}
\left|\Delta G_{k}\right| \leq A_{0}\left|F_{k-1}\right|, \quad k \leq n \tag{22}
\end{equation*}
$$

Comments. We emphasize several points in which the decomposition for Hardy martingales given above is distinct from the classical Davis and Garsia inequality [11, Theorems III.3.5 and IV.4.3], holding for general martingales. We refer also to Section 4 where we give an alternative proof of the classical Davis and Garsia inequality based on the iteration method.

1. The right hand side of (21) involves just the $L^{1}$ norm $\mathbb{E}\left|F_{n}\right|$ and not the square function $\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2}$.
2. The decomposition (20) of $F_{k}$ as

$$
F_{k}=G_{k}+B_{k},
$$

yields analytic martingale differences $\Delta G_{k}$ and $\Delta B_{k}$ in the following sense. For $\left(x_{1}, \ldots, x_{k-1}\right) \in \mathbb{T}^{k-1}$ fixed the martingale difference

$$
y \rightarrow \Delta G_{k}\left(x_{1}, \ldots, x_{k-1}, y\right)
$$

defines an element in $H_{0}^{\infty}(\mathbb{T})$. Hence the decomposing martingales $G=\left(G_{k}\right)_{k=1}^{n}$ and $B=\left(B_{k}\right)_{k=1}^{n}$ are in fact Hardy martingales.
3. The right hand side of the previsible estimate (22) involves just the value of the martingale at time $k-1$, and not the entire history of the martingale up to time $k-1$. This fact reflects J.Bourgain's complex convexity inequality (13) and, apparently, does not follow from (19).

We obtain Theorem 3.2 from the basic iteration theorem using as input the following thin-thick decomposition in $H_{0}^{1}(\mathbb{T})$.

Theorem 3.3 Let $A_{0}=4 \alpha_{0}^{-1}$. To $h \in H_{0}^{1}(\mathbb{T})$ and $z \in \mathbb{C}$, put

$$
\rho=\inf \left\{t<\tau:\left|h\left(B_{t}\right)\right|>2 \alpha_{0}^{-1}|z|\right\}, \quad \text { and } \quad g\left(e^{i \theta}\right)=\mathbb{E}\left(h\left(B_{\rho}\right) \mid B_{\tau}=e^{i \theta}\right)
$$

Then $g \in H_{0}^{\infty}(\mathbb{T})$ satisfies the integral bounds

$$
\left(|z|^{2}+A_{0}^{-2} \int_{\mathbb{T}}|g|^{2} d m\right)^{1 / 2}+A_{0}^{-1} \int_{\mathbb{T}}|h-g| d m \leq \int_{\mathbb{T}}|z+h| d m
$$

and the uniform estimate

$$
|g| \leq A_{0}|z|
$$

## Comments.

1. In the course of proving the decomposition Theorem 3.3 we use stopping time arguments on the holomorphic martingale $h\left(B_{t}\right), t \leq \tau$ together with J. Bourgain's complex convexity inequality (13).
2. We gave a proof of the complex convexity inequality (14) using Ito's formula and Cauchy Riemann equations. Hence the thin-thick decomposition of Theorem 3.3 has natural counterparts in pure stochastic settings.

In Lemma 3.4 we separate the stopping time argument from the rest of the proof. We use below the following observation of Varopoulos. Let $\rho \leq \tau$ be a stopping time and let $h \in H_{0}^{1}(\mathbb{T})$. Then taking the expectation of $h\left(B_{\rho}\right)$ conditioned to $\left\{B_{\tau}=e^{i \theta}\right\}$ gives again an element in $H_{0}^{1}(\mathbb{T})$. Thus

$$
\theta \rightarrow \mathbb{E}\left(h\left(B_{\rho}\right) \mid B_{\tau}=e^{i \theta}\right)
$$

is in $H_{0}^{1}(\mathbb{T})$. See [21].
Lemma 3.4 Let $h \in H_{0}^{1}(\mathbb{T})$ and $M>0$. Put

$$
\rho=\inf \left\{t<\tau:\left|h\left(B_{t}\right)\right|>2 M\right\}, \quad \text { and } \quad g\left(e^{i \theta}\right)=\mathbb{E}\left(h\left(B_{\rho}\right) \mid B_{\tau}=e^{i \theta}\right)
$$

Then $g \in H_{0}^{\infty}(\mathbb{T})$ satisfies the integral estimate

$$
\begin{equation*}
\left(M^{2}+\frac{1}{12} \int_{\mathbb{T}}|g|^{2} d m\right)^{1 / 2}+\frac{1}{4} \int_{\mathbb{T}}|h-g| d m \leq \int_{\mathbb{T}}\left(M^{2}+|h|^{2}\right)^{1 / 2} d m \tag{23}
\end{equation*}
$$

and the uniform bound

$$
\begin{equation*}
|g| \leq 2 M \tag{24}
\end{equation*}
$$

Proof. By homogeneity assume $M=1$. Put

$$
X=h\left(B_{\tau}\right), \quad X_{0}=h\left(B_{\rho}\right), \quad X_{1}=X-X_{0}
$$

and

$$
A=\{\rho<\tau\}, \quad B=\Omega \backslash A
$$

Note first that $\mathbb{E} X_{0}=\mathbb{E} X_{1}=0$, and

$$
\begin{equation*}
\left|X_{0}\right| \leq 2, \quad \operatorname{supp}\left(X_{1}\right) \subseteq A, \quad \mathbb{E}\left|X_{1}\right| \leq 2 \mathbb{E}\left(1_{A}|X|\right) \tag{25}
\end{equation*}
$$

Moreover by inspection,

$$
\mathbb{E}\left(1_{A}\left|X_{0}\right|\right) \geq 2 \mathbb{P}(A)
$$

We will prove next that

$$
\mathbb{E}\left(1+|X|^{2}\right)^{1 / 2} \geq\left(1+\frac{1}{12} \mathbb{E}\left|X_{0}\right|^{2}\right)^{1 / 2}+\frac{1}{4} \mathbb{E}\left|X_{1}\right|
$$

To this end we consider separately the contribution of the sets $A$ and $B$ to $\mathbb{E}\left(1+|X|^{2}\right)^{1 / 2}$ and verify the following two estimates

$$
\mathbb{E}\left(1_{A}\left(1+|X|^{2}\right)^{1 / 2}\right) \geq \mathbb{P}(A)+\frac{1}{4} \mathbb{E}\left|X_{1}\right|
$$

and

$$
\mathbb{E}\left(1_{B}\left(1+|X|^{2}\right)^{1 / 2}\right) \geq \mathbb{P}(B)+\frac{1}{12} \mathbb{E}\left|X_{0}\right|^{2}
$$

Let $\mathcal{F}_{\rho}$ denote the stopping time $\sigma$-algebra generated by $\rho$. We may then rewrite

$$
X_{0}=\mathbb{E}\left(X \mid \mathcal{F}_{\rho}\right)
$$

For $\omega \in A$, we have $\left|X_{0}(\omega)\right| \geq 21_{A}(\omega)$. Recall that $A=\{\rho<\tau\}$, hence $A$ is $\mathcal{F}_{\rho}$ measurable, and

$$
\begin{equation*}
\mathbb{E}\left(1_{A}|X|\right) \geq \mathbb{E}\left(\left|1_{A} \mathbb{E}\left(X \mid \mathcal{F}_{\rho}\right)\right|\right) \geq 2 \mathbb{P}(A) \tag{26}
\end{equation*}
$$

Using (26) and (25) we get

$$
\begin{align*}
\mathbb{E}\left(1_{A}\left(1+|X|^{2}\right)^{1 / 2}\right) & \geq \mathbb{E}\left(1_{A}|X|\right) \\
& \geq \frac{1}{2} \mathbb{E}\left(1_{A}|X|\right)+\mathbb{P}(A) \geq \frac{1}{4} \mathbb{E}\left|X_{1}\right|+\mathbb{P}(A) \tag{27}
\end{align*}
$$

Next for $\omega \in B,|X(\omega)| \leq 2$. Recall next the elementary estimate $(1+x)^{1 / 2} \geq 1+x / 3$ for $0 \leq x \leq 1$. Hence

$$
\left(1+|X(\omega)|^{2}\right)^{1 / 2} \geq\left(1+\frac{1}{4}|X(\omega)|^{2}\right)^{1 / 2} \geq 1+\frac{1}{12}|X(\omega)|^{2}, \quad \omega \in B
$$

Next take expectations and use $\mathbb{E}\left|X^{2}\right| \geq \mathbb{E}\left|X_{0}^{2}\right|$ to obtain

$$
\begin{equation*}
\mathbb{E}\left(1_{B}\left(1+|X|^{2}\right)^{1 / 2}\right) \geq \mathbb{E}\left(1_{B}\left(1+\frac{1}{12}|X|^{2}\right)\right) \geq \mathbb{P}(B)+\frac{1}{12} \mathbb{E}\left|X_{0}\right|^{2} \tag{28}
\end{equation*}
$$

Add the estimates (27)and (28). This gives,

$$
\begin{align*}
\mathbb{E}\left(1+|X|^{2}\right)^{1 / 2} & \geq \mathbb{P}(B)+\frac{1}{12} \mathbb{E}\left|X_{0}\right|^{2}+\mathbb{P}(A)+\frac{1}{4} \mathbb{E}\left|X_{1}\right|  \tag{29}\\
& \geq\left(1+\frac{1}{12} \mathbb{E}\left|X_{0}\right|^{2}\right)^{1 / 2}+\frac{1}{4} \mathbb{E}\left|X_{1}\right| .
\end{align*}
$$

Finally we use the above bounds for $X, X_{1}, X_{0}$ on Wiener space to get estimates for

$$
g\left(e^{i \theta}\right)=\mathbb{E}\left(X_{0} \mid B_{\tau}=e^{i \theta}\right) .
$$

By a well known observation of Varopoulos [21] $g \in H_{0}^{1}(\mathbb{T})$. Moreover, since $g$ is obtained by conditional expectation from $X_{0}$ we get

$$
|g| \leq 2, \quad \int_{\mathbb{T}}|g|^{2} d m \leq \mathbb{E}\left|X_{0}\right|^{2}, \quad \text { and } \quad \int_{\mathbb{T}}|h-g| d m \leq \mathbb{E}\left|X_{1}\right|
$$

Since $X=h\left(B_{\tau}\right)$,

$$
\int_{\mathbb{T}}\left(1+|h|^{2}\right)^{1 / 2} d m=\mathbb{E}\left(1+|X|^{2}\right)^{1 / 2}
$$

Combining with (29) gives

$$
\begin{align*}
\int_{\mathbb{T}}\left(1+|h|^{2}\right)^{1 / 2} d m & \geq\left(1+\frac{1}{12} \mathbb{E}\left|X_{0}\right|^{2}\right)^{1 / 2}+\frac{1}{4} \mathbb{E}\left|X_{1}\right| \\
& \geq\left(1+\frac{1}{12} \int_{\mathbb{T}}|g|^{2} d m\right)^{1 / 2}+\frac{1}{4} \int_{\mathbb{T}}|h-g| d m \tag{30}
\end{align*}
$$

We next merge the conclusion of Lemma 3.4 with the complex convexity estimate (13).

Proof of Theorem 3.3. Apply Lemma 3.4 to $\alpha_{0} h$ and $M=|z|$. This gives $g \in H^{\infty}(\mathbb{T})$ so that

$$
|g| \leq 2 \alpha_{0}^{-1}|z|,
$$

and

$$
\begin{equation*}
\left(|z|^{2}+12 \alpha_{0}^{2} \int_{\mathbb{T}}|g|^{2} d m\right)^{1 / 2}+4 \alpha_{0} \int_{\mathbb{T}}|h-g| d m \leq \int_{\mathbb{T}}\left(|z|^{2}+\alpha_{0}^{2}|h|^{2}\right)^{1 / 2} d m \tag{31}
\end{equation*}
$$

It remains to invoke (13), asserting that the right hand side of (31) is bounded by

$$
\int_{\mathbb{T}}|z+h| d m
$$

Finally we give the details of the proof of Theorem 3.2. We show how to apply Theorem 3.3 to obtain the thin-thick decomposition for Hardy martingales.

Proof of Theorem 3.2. Fix $k \leq n$ and $\left(x_{1}, \ldots, x_{k-1}\right) \in \mathbb{T}^{k-1}$. By assumtion the martingale difference

$$
h(y)=\Delta F_{k}\left(x_{1}, \ldots, x_{k-1}, y\right)
$$

defines an element in $H_{0}^{1}(\mathbb{T})$. Put

$$
z=F_{k-1}\left(x_{1}, \ldots, x_{k-1}\right)
$$

and apply Theorem 3.3 to $h$ and $z$. This gives a decomposition

$$
h=g+b,
$$

with $g \in H_{0}^{\infty}(\mathbb{T})$, and $b \in H_{0}^{1}(\mathbb{T})$, so that

$$
|g| \leq A_{0}|z|
$$

and

$$
\left(|z|^{2}+A_{0}^{-2} \int_{\mathbb{T}}|g|^{2} d m\right)^{1 / 2}+A_{0}^{-1} \int_{\mathbb{T}}|b| d m \leq \int_{\mathbb{T}}|z+h| d m
$$

Define next with $\left(x_{1}, \ldots, x_{k-1}\right) \in \mathbb{T}^{k-1}$ fixed above

$$
\Delta G_{k}\left(x_{1}, \ldots, x_{k-1}, y\right)=g(y), \quad \text { and } \quad \Delta B_{k}\left(x_{1}, \ldots, x_{k-1}, y\right)=b(y)
$$

Then we get the identity $\Delta F_{k}=\Delta G_{k}+\Delta B_{k}$ and the estimates

$$
\left|\Delta G_{k}\right| \leq A_{0}\left|F_{k-1}\right|
$$

together with

$$
\left(\left|F_{k-1}\right|^{2}+A_{0}^{-2} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+A_{0}^{-1} \mathbb{E}_{k-1}\left|\Delta B_{k}\right| \leq \mathbb{E}_{k-1}\left|F_{k}\right|
$$

Taking expectations gives

$$
\mathbb{E}\left(\left|F_{k-1}\right|^{2}+A_{0}^{-2} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+A_{0}^{-1} \mathbb{E}\left|\Delta B_{k}\right| \leq \mathbb{E}\left|F_{k}\right|
$$

Now apply Theorem 2.2 with

$$
u_{k}=\Delta F_{k}, \quad v_{k}=\left(\mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2} / A_{0} \quad \text { and } \quad w_{k}=\left|\Delta B_{k}\right| / A_{0}, \quad k \leq n
$$

This gives the estimate

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}\right|\right) \leq 2 A_{0}\left(\mathbb{E}\left|F_{n}\right|\right)^{1 / 2}\left(\mathbb{E} \sup _{k \leq n}\left|F_{k}\right|\right)^{1 / 2} \tag{32}
\end{equation*}
$$

Next use the inequalities of B. Davis (18) and Bourgain/Garling (19)

$$
\begin{equation*}
\frac{1}{\sqrt{10}} \mathbb{E} \sup _{k \leq n}\left|F_{k}\right| \leq \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \leq C \mathbb{E}\left|F_{n}\right| \tag{33}
\end{equation*}
$$

where $C=4 \alpha_{0}^{-2} \times \sqrt{10}$. Inserting (33) into (32) gives (22).

## 4 Further Applications

We continue with applications of the iteration principle to classical martingale inequalities. We deduce the previsible projection theorem, the comparison theorem between square functions and conditional square functions, and prove the Davis and Garsia inequality.

We start with a variant of Theorem 2.2 that is adapted to bounding quadratic expressions. Let $(\Omega, \mathbb{P})$ be probability space and denote by $\mathbb{E}$ the expectation in $(\Omega, \mathbb{P})$.

Theorem 4.1 Let $n \in \mathbb{N}$. Let $u_{1}, \ldots, u_{n}$ be non-negative in $L^{1}(\Omega)$, and

$$
M_{k}=\left(\sum_{m=1}^{k} u_{m}^{2}\right)^{1 / 2} \quad \text { for } 1 \leq k \leq n
$$

Assume that $v_{1}, \ldots, v_{n}$, and $w_{1}, \ldots, w_{n}$ be non-negative in $L^{1}(\Omega)$, so that the following estimates hold

$$
\begin{equation*}
\mathbb{E}\left(M_{k-1}^{2}+v_{k}^{2}\right)^{1 / 2}+\mathbb{E} w_{k} \leq \mathbb{E} M_{k} \quad \text { for } 1 \leq k \leq n \tag{34}
\end{equation*}
$$

Then

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n} v_{k}^{2}\right)^{1 / 2}+\mathbb{E} \sum_{k=1}^{n} w_{k} \leq 2 \mathbb{E}\left(\sum_{k=1}^{n} u_{k}^{2}\right)^{1 / 2} \tag{35}
\end{equation*}
$$

Proof. Choose non negative $s_{k} \in L^{\infty}$ so that $\sum_{k=1}^{n} s_{k}^{2} \leq 1$. Apply Lemma 2.1 with

$$
A=M_{k-1}, B=v_{k} \text { and } s=s_{k} .
$$

This yields the pointwise estimates

$$
\begin{equation*}
v_{k} s_{k} \leq s_{k}^{2} M_{k-1}+\left(M_{k-1}^{2}+v_{k}^{2}\right)^{1 / 2}-M_{k-1} \tag{36}
\end{equation*}
$$

Integrating the point-wise estimates (36) gives

$$
\begin{equation*}
\mathbb{E}\left(v_{k} s_{k}\right) \leq \mathbb{E}\left(s_{k}^{2} M_{k-1}\right)+\mathbb{E}\left(M_{k-1}^{2}+v_{k}^{2}\right)^{1 / 2}-\mathbb{E} M_{k-1} \tag{37}
\end{equation*}
$$

Next apply the hypothesis (34) to the central term $\mathbb{E}\left(M_{k-1}^{2}+v_{k}^{2}\right)^{1 / 2}$ appearing in the integrated estimates (37). This gives

$$
\begin{equation*}
\mathbb{E}\left(v_{k} s_{k}\right) \leq \mathbb{E}\left(s_{k}^{2} M_{k-1}\right)+\mathbb{E} M_{k}-\mathbb{E} M_{k-1}-\mathbb{E} w_{k} \tag{38}
\end{equation*}
$$

Taking the sum over $k \leq n$ and exploiting the telescoping nature of the right hand side of (38) yields,

$$
\begin{align*}
\mathbb{E}\left(\sum_{k=1}^{n} v_{k} s_{k}\right)+\sum_{k=1}^{n} \mathbb{E} w_{k} & \leq \mathbb{E} M_{n}+\mathbb{E}\left(\sum_{k=1}^{n} s_{k}^{2} M_{k-1}\right)  \tag{39}\\
& \leq \mathbb{E} M_{n}+\mathbb{E} \max _{k \leq n} M_{k-1}
\end{align*}
$$

Since (39) holds for every choice of $s_{k} \in L^{\infty}$ such that $\sum_{k=1}^{n} s_{k}^{2} \leq 1$, we may take the supremum and obtain, by duality, the square function estimate

$$
\mathbb{E}\left(\sum_{k=1}^{n} v_{k}^{2}\right)^{1 / 2}+\sum_{k=1}^{n} \mathbb{E} w_{k} \leq \mathbb{E} M_{n}+\mathbb{E} \max _{k \leq n} M_{k-1}
$$

It remains to use that clearly $M_{n}=\max _{k \leq n} M_{k}$.

### 4.1 Previsible Projections

Let $\left(\Omega,\left(\mathcal{F}_{k}\right), \mathbb{P}\right)$, be filterd probability space. Integration in $(\Omega, \mathbb{P})$ is written as $\mathbb{E}$. Conditional expectation with respect to $\mathcal{F}_{k}$ is denoted by $\mathbb{E}_{k}$. Let $\left(F_{k}\right)$ be a martingale in $\left(\Omega,\left(\mathcal{F}_{k}\right), \mathbb{P}\right)$, and $\Delta F_{k}=F_{k}-F_{k-1}$.

We prove next square function estimates for the sequence of previsible projections $\mathbb{E}_{k-1}\left(\left|\Delta F_{k}\right|\right)$. With different methods the following result was obtained in $[16,2,6]$ and [15, Section 5.6].

## Proposition 4.2

$$
\mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}^{2}\left(\left|\Delta F_{k}\right|\right)\right)^{1 / 2} \leq 2 \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2}
$$

Proof. Let $u:[0,1] \rightarrow \mathbb{C}$ be integrable and $M>0$. We verify next the following elementary inequality,

$$
\begin{equation*}
\left(M^{2}+\left(\int_{0}^{1}|u(t)| d t\right)^{2}\right)^{1 / 2} \leq \int_{0}^{1}\left(M^{2}+|u(t)|^{2}\right)^{1 / 2} d t \tag{40}
\end{equation*}
$$

By normalization we may choose $M=1$. Fix $a, b \in \mathbb{R}$ with $a^{2}+b^{2}=1$ so that

$$
\left(1+\left(\int_{0}^{1}|u(t)| d t\right)^{2}\right)^{1 / 2}=a+b \int_{0}^{1}|u(t)| d t
$$

Now estimate simply as follows

$$
\begin{aligned}
a+b \int_{0}^{1}|u(t)| d t & =\int_{0}^{1} a+b|u(t)| d t \\
& \leq\left(a^{2}+b^{2}\right)^{1 / 2} \int_{0}^{1}\left(1+|u(t)|^{2}\right)^{1 / 2} d t
\end{aligned}
$$

Since $a^{2}+b^{2}=1$ the estimate (40) is verified.
By the Theorem 4.1 the proof of Proposition 4.2 is now immediate. Fix $k \leq n$, and form the square function

$$
M_{k}=\left(\sum_{m=1}^{k}\left|\Delta F_{m}\right|^{2}\right)^{1 / 2}
$$

An immediate application of (40) is,

$$
\left(M_{k-1}^{2}+\mathbb{E}_{k-1}\left(\left|\Delta F_{k}\right|^{2}\right)\right)^{1 / 2} \leq \mathbb{E}_{k-1} M_{k}
$$

Taking expectations gives

$$
\mathbb{E}\left(M_{k-1}^{2}+\mathbb{E}_{k-1}\left(\left|\Delta F_{k}\right|^{2}\right)\right)^{1 / 2} \leq \mathbb{E} M_{k}
$$

Now apply Theorem 4.1 with

$$
u_{k}=\left|\Delta F_{k}\right|, \quad v_{k}=\left(\mathbb{E}_{k-1}\left(\left|\Delta F_{k}\right|^{2}\right)\right)^{1 / 2} \quad \text { and } \quad w_{k}=0
$$

to get the conclusion.

### 4.2 Burkholder-Gundy Inequality

We prove the Burkholder-Gundy estimate, see [11, Theorem III.4.3] or [15, Section 5.6], comparing the martingale square function to the conditioned square functions.

Let $\left(F_{k}\right)$ be an integrable martingale in a filtered probability space $\left(\Omega,\left(\mathcal{F}_{k}\right), \mathbb{P}\right)$, with differences $\Delta F_{k}=F_{k}-F_{k-1}$.

## Proposition 4.3

$$
\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \leq 2 \mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left(\left|\Delta F_{k}\right|^{2}\right)\right)^{1 / 2}
$$

Proof. Let $u: \mathbb{T} \rightarrow \mathbb{C}$ integrable and fix $M>0$. By Minkowski's inequality,

$$
\begin{equation*}
\int_{0}^{1}\left(M^{2}+|u(t)|^{2}\right)^{1 / 2} d t \leq\left(M^{2}+\int_{0}^{1}|u(t)|^{2} d t\right)^{1 / 2} \tag{41}
\end{equation*}
$$

By Theorem 4.1 we reduced Proposition 4.3 to (41). Indeed, fix $k \leq n$ and form the conditioned square function

$$
M_{k}=\left(\sum_{m=1}^{k} \mathbb{E}_{m-1}\left(\left|\Delta F_{m}\right|^{2}\right)\right)^{1 / 2}
$$

By (41),

$$
\mathbb{E}_{k-1}\left(M_{k-1}^{2}+\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \leq \mathbb{E}_{k-1} M_{k}
$$

Taking expectations gives

$$
\mathbb{E}\left(M_{k-1}^{2}+\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \leq \mathbb{E} M_{k}
$$

Use Theorem 4.1 with

$$
u_{k}=\left(\mathbb{E}_{k-1}\left(\left|\Delta F_{m}\right|^{2}\right)\right)^{1 / 2}, \quad v_{k}=\left|\Delta F_{k}\right|, \quad \text { and } \quad w_{k}=0
$$

### 4.3 Davis and Garsia Inequality

Let $\left(\Omega,\left(\mathcal{F}_{k}\right), \mathbb{P}\right)$ be a filtered probability space.
The martingale transform techniques of Garsia [11, Theorem IV.1.2], applied to the original Davis decomposition [11, Theorem III.3.5] of a martingale $F=\left(F_{k}\right)_{k=1}^{n}$ into a previsible part $G=\left(G_{k}\right)_{k=1}^{n}$ and $B=\left(B_{k}\right)_{k=1}^{n}$ gives the inequality

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}\right|\right) \leq C \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \tag{42}
\end{equation*}
$$

Thus the inequality (42) is a consequence of separate theorems due to Davis and Garsia respectively.

We proceed by giving a new proof of (42) based on Theorem 4.1 and a martingale thin-thick decomposition.

Theorem 4.4 Every martingale $F=\left(F_{k}\right)_{k=1}^{n}$ in $L^{1}$ admits a decomposition as

$$
F=G+B
$$

where $G=\left(G_{k}\right)_{k=1}^{n}$ and $B=\left(B_{k}\right)_{k=1}^{n}$ are martingales so that the following holds:

1. Integral bounds:

$$
\begin{equation*}
\mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}\right|\right) \leq 8 \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} \tag{43}
\end{equation*}
$$

2. Previsible uniform estimates:

$$
\begin{equation*}
\left|\Delta G_{k}\right|^{2} \leq 2 \sum_{m=1}^{k-1}\left|\Delta F_{m}\right|^{2}, \quad k \leq n \tag{44}
\end{equation*}
$$

Comments. Following are two remarks relating to the inequality (43) and to the nature of the uniform previsible estimates(44).

1. The lower estimate (43) is sharp in the following sense. Any martingale decomposition of $F=\left(F_{k}\right)_{k=1}^{n}$ as

$$
F_{k}=G_{k}^{\prime}+B_{k}^{\prime}
$$

gives rise to a reciprocal upper estimate. By the triangle inequality and the conditional square function estimate Theorem 4.3,

$$
\begin{aligned}
\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta F_{k}\right|^{2}\right)^{1 / 2} & \leq \mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta G_{k}^{\prime}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}^{\prime}\right|\right) \\
& \leq 2 \mathbb{E}\left(\sum_{k=1}^{n} \mathbb{E}_{k-1}\left|\Delta G_{k}^{\prime}\right|^{2}\right)^{1 / 2}+\mathbb{E}\left(\sum_{k=1}^{n}\left|\Delta B_{k}^{\prime}\right|\right) .
\end{aligned}
$$

2. The right hand side of the previsible uniform estimates (44) depends not only on the value of the martingale of $F$ at time $k-1$ but also on its history up to time $k-1$. To wit (44) involves

$$
\left|\Delta F_{1}\right|, \ldots,\left|\Delta F_{k-1}\right|
$$

This aspect contrasts the uniform previsible estimates in the thin-thick decomposition for Hardy martingales (22).
We prove Theorem 4.4 by feeding Theorem 4.1 with a thin-thick decomposition for $L^{1}(\Omega)$. It uses just truncation and is a simplified version of Lemma 3.4.

Lemma 4.5 To each $h \in L^{1}(\Omega)$ satisfying $\mathbb{E} h=0$ and $M>0$ put

$$
\begin{equation*}
g=1_{D} h-\mathbb{E}\left(1_{D} h\right) \quad \text { where } \quad D=\{|h| \leq 2 M\} . \tag{45}
\end{equation*}
$$

Then

$$
|g| \leq 2 M
$$

and

$$
\left(M^{2}+\frac{1}{12} \mathbb{E}|g|^{2}\right)^{1 / 2}+\frac{1}{4} \mathbb{E}|h-g| \leq \mathbb{E}\left(M^{2}+|h|^{2}\right)^{1 / 2}
$$

Proof. By rescaling we may put $M=1$. Let $A$ denote the complement of $D$, thus $A=\{|h|>2\}$. To $x \in A$, we have $|h(x)| \geq 21_{A}(x)$. Hence

$$
\mathbb{E}\left(1_{A}|h|\right) \geq 2 \mathbb{P}(A)
$$

and

$$
\begin{equation*}
\mathbb{E}\left(1_{A}\left(1+|h|^{2}\right)^{1 / 2}\right) \geq \mathbb{E}\left(1_{A}|h|\right) \geq \frac{1}{2} \mathbb{E}\left(1_{A}|h|\right)+\mathbb{P}(A) \tag{46}
\end{equation*}
$$

Next for $x \in D,|h(x)| \leq 2$. Hence

$$
\left(1+|h(x)|^{2}\right)^{1 / 2} \geq\left(1+\frac{1}{4}|h(x)|^{2}\right)^{1 / 2} \geq 1+\frac{1}{12}|h(x)|^{2}, \quad x \in D
$$

Taking expectations gives

$$
\mathbb{E}\left(1_{D}\left(1+|h|^{2}\right)^{1 / 2}\right) \geq \mathbb{E}\left(1_{D}\left(1+\frac{1}{12}|h|^{2}\right)\right)
$$

Next recall that in (45) we defined $g=1_{D} h-\mathbb{E}\left(1_{D} h\right)$. Hence $\mathbb{E}\left(1_{D}|h|^{2}\right) \geq \mathbb{E}|g|^{2}$, and

$$
\begin{equation*}
\mathbb{E}\left(1_{D}\left(1+|h|^{2}\right)^{1 / 2}\right) \geq \mathbb{P}(D)+\frac{1}{12} \mathbb{E}|g|^{2} \tag{47}
\end{equation*}
$$

Adding (46) and (47) gives

$$
\begin{equation*}
\mathbb{E}\left(1+|h|^{2}\right)^{1 / 2} \geq \mathbb{P}(D)+\frac{1}{12} \mathbb{E}\left|g^{2}\right|+\mathbb{P}(A)+\frac{1}{2} \mathbb{E}\left(1_{A}|h|\right) \tag{48}
\end{equation*}
$$

Note that $\mathbb{E} h=0$ implies $\mathbb{E}\left(1_{A} h\right)=-\mathbb{E}\left(1_{D} h\right)$ and

$$
h-g=h-1_{D} h+\mathbb{E}\left(1_{D} h\right)=1_{A} h-\mathbb{E}\left(1_{A} h\right) .
$$

Moreover

$$
\begin{equation*}
2 \mathbb{E}\left(1_{A}|h|\right) \geq \mathbb{E}\left|1_{A} h-\mathbb{E}\left(1_{A} h\right)\right| . \tag{49}
\end{equation*}
$$

Inserting (49) into (48) gives the result

$$
\begin{align*}
\mathbb{E}\left(1+|h|^{2}\right)^{1 / 2} & \geq \mathbb{P}(A)+\mathbb{P}(D)+\frac{1}{12} \mathbb{E}\left|g^{2}\right|+\frac{1}{4} \mathbb{E}|h-g|  \tag{50}\\
& \geq\left(1+\frac{1}{12} \mathbb{E}|g|^{2}\right)^{1 / 2}+\frac{1}{4} \mathbb{E}|h-g|
\end{align*}
$$

Proof of Theorem 4.4. Let $k \leq n$ and put

$$
M_{k-1}=\left(\sum_{m=1}^{k-1}\left|\Delta F_{m}\right|^{2}\right)^{1 / 2} .
$$

Lemma 4.5 gives a decomposition of $\Delta F_{k}$ as follows. Put

$$
D_{k}=\left\{\left|\Delta F_{k}\right| \leq 2 M_{k-1}\right\}, \quad \text { and } \quad \Delta G_{k}=1_{D_{k}} \Delta F_{k}-\mathbb{E}_{k-1}\left(1_{D_{k}} \Delta F_{k}\right)
$$

Define $\Delta B_{k}$ by the decomposition

$$
\Delta F_{k}=\Delta G_{k}+\Delta B_{k}
$$

Then $\Delta G_{k}, \Delta B_{k}$ are $\mathcal{F}_{k}$ measurable, and

$$
\mathbb{E}_{k-1}\left(\Delta G_{k}\right)=\mathbb{E}_{k-1}\left(\Delta B_{k}\right)=0
$$

By construction

$$
\left|\Delta G_{k}\right| \leq 4 M_{k-1}
$$

By Lemma 4.5

$$
\begin{equation*}
\left(M_{k-1}^{2}+\frac{1}{12} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\frac{1}{4} \mathbb{E}_{k-1}\left(\left|\Delta B_{k}\right|\right) \leq \mathbb{E}_{k-1} M_{k} \tag{51}
\end{equation*}
$$

Take expectations of (51) to obtain

$$
\begin{equation*}
\mathbb{E}\left(M_{k-1}^{2}+\frac{1}{12} \mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2}+\frac{1}{4} \mathbb{E}\left(\left|\Delta B_{k}\right|\right) \leq \mathbb{E} M_{k} \tag{52}
\end{equation*}
$$

Now apply Theorem 4.1 with

$$
u_{k}=\left|\Delta F_{k}\right|, \quad v_{k}=\left(\mathbb{E}_{k-1}\left|\Delta G_{k}\right|^{2}\right)^{1 / 2} / 4, \quad \text { and } \quad w_{k}=\left|\Delta B_{k}\right| / 4, \quad k \leq n
$$

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