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# Approximating $J$-holomorphic curves by holomorphic ones 

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#### Abstract

Given an almost complex structure $J$ in a cylinder of $\mathbb{R}^{2 p}(p>1)$ together with a compatible symplectic form $\omega$ and given an arbitrary $J$-holomorphic curve $\Sigma$ without boundary in that cylinder, we construct an holomorphic perturbation of $\Sigma$, for the canonical complex structure $J_{0}$ of $\mathbb{R}^{2 p}$, such that the distance between these two curves in $W^{1,2}$ and $L^{\infty}$ norms, in a sub-cylinder, are controled by quantities depending on $J, \omega$ and by the area of $\Sigma$ only. These estimates depend neither on the topology nor on the conformal class of $\Sigma$. They are key tools in the recent proof of the regularity of 1-1 integral currents in [RT].


## 1 Introduction

Let $\omega$ be a smooth symplectic form in $B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)(p>1)-\omega$ is a closed 2-form satisfying $\omega^{p}>0$ - and let $J$ be a smooth compatible almost complex structure : $g(\cdot, \cdot):=\omega(\cdot, J \cdot)$ is symmetric and therefore defines a scalar product in $B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$ that we will denote by $g$. We assume that at the origin $\omega(0)$ coincides with the standard symplectic form of $\mathbb{R}^{2 p}, \omega_{0}=\sum_{i=1}^{p} d x_{2 i-1} \wedge d x_{2 i}$ and that $J(0)$ coincides with the standard almost-complex structure $J_{0}$ satisfying $J_{0} \cdot e_{2 i-1}=e_{2 i}$ for $i=1 \cdots p$ where $e_{k}$ is the canonical basis of $\mathbb{R}^{2 p}$.

We consider a $J$ holomorphic curve $\Psi: \Sigma \rightarrow B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$ ( $\Sigma$ is a smooth Riemann surface and $\Psi$ a smooth $J$-holomorphic map from $\Sigma$ into $\left(B_{2}^{2}(0) \times\right.$ $\left.B_{2}^{2 p-2}(0), J\right)$. we assume that the current $\Psi_{*}[\Sigma]$ satisfies

$$
\begin{equation*}
\operatorname{supp}\left(\partial\left(\Psi_{*}[\Sigma]\right)\right) \subset \partial B_{2}^{2}(0) \times B_{2}^{2 p-2}(0) \tag{1.1}
\end{equation*}
$$

We will adopt the following notation : for any $r<2$

$$
\begin{equation*}
\Sigma_{r}:=\Psi^{-1}\left(B_{r}^{2}(0) \times B_{2}^{2 p-2}(0)\right) \tag{1.2}
\end{equation*}
$$

(Under these notations one has for instance $\Sigma_{2}=\Sigma$ ). We define now the "distortions" of $g(\cdot, J \cdot)$ relative to the canonical flat metric $g_{0}$ in $B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$.

[^0]These are the following quantities :

$$
\begin{align*}
& d_{1}(g):=\sup _{x} \sup _{X \in T_{x} R^{2 p}} \frac{g(X, X)}{g_{0}(X, X)}+\frac{g_{0}(X, X)}{g(X, X)} \\
& d_{2}(g):=\sup _{x} \sup _{X, Y \in T_{x} R^{2 p}} \frac{g(X \wedge Y, X \wedge Y)}{g_{0}(X \wedge Y, X \wedge Y)}+\frac{g_{0}(X \wedge Y, X \wedge Y)}{g(X \wedge Y, X \wedge Y)} \tag{1.3}
\end{align*}
$$

Our main result in this paper is the following.
Theorem 1.1 For any J holomorphic curve $\Psi: \Sigma \rightarrow B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$ satisfying (1.1), there exists a map $\eta: \Sigma \rightarrow \mathbb{R}^{2 p}$, such that $\Psi+\eta$ is $J_{0}$ holomorphic and $\eta$ satisfies

$$
\begin{equation*}
\int_{\Sigma}|\nabla \eta|^{2} \leq 2\left\|J-J_{0}\right\|_{\infty}^{2} \int_{\Sigma} \Psi^{*} \omega \tag{1.4}
\end{equation*}
$$

and

$$
\begin{equation*}
\|\eta\|_{L^{\infty}\left(\Sigma_{1}\right)} \leq K\|\nabla J\|_{\infty} \tag{1.5}
\end{equation*}
$$

where $K$ is a constant depending only on $d_{1}(g), d_{2}(g)$ and $\int_{\Sigma} \Psi^{*} \omega$.
The striking fact in this result is that the constants are independent of the conformal type and the topology of $\Sigma$. These estimates are key tools in the proof of the regularity of $1-1$ integral currents in arbitrary dimension in [RT]. $\eta$ is chosed to be the solution of the following elliptic problem - see Proposition A.3-

$$
\left\{\begin{array}{l}
\bar{\partial} \eta=-\bar{\partial} \Psi \quad \text { in } \mathcal{D}^{\prime}(\Sigma)  \tag{1.6}\\
\forall h \in H_{0}^{+}(\Sigma) \quad \int_{\partial \Sigma} \eta d h=0 \\
\forall \Sigma_{k} \quad \text { connected compo. of } \Sigma, \quad \int_{\partial \Sigma_{k}} \eta=0
\end{array}\right.
$$

where we are representing $\eta$ and $\Psi$ by their canonical complex coordinates in $\left(\mathbb{R}^{2 p}, J_{0}\right)$ and where $H_{0}^{+}(\Sigma)$ denotes the space of $W^{1,2}(\Sigma)$ holomorphic functions on $\Sigma$. Observe that since $\Psi$ is $J$-holomorphic, taking the $\partial$ of the first equation in (1.6) one gets for all $k=1 \cdots 2 p$ (using the real coordinates this time)

$$
\begin{equation*}
\Delta_{\Sigma} \eta^{k}=-*\left(\sum_{l=1}^{2 p} d\left(J_{l}^{k}(\Psi)\right) \wedge d \Psi^{l}\right) \quad \text { in } \mathcal{D}^{\prime}(\Sigma) \tag{1.7}
\end{equation*}
$$

Since $\int_{\Sigma}|\nabla \psi|^{2}=2 \int_{\Sigma} \Psi^{*} \omega$ which is one of the variable of the problem one is led to a first order formulation of Wente's Problem : Let $u$ be a function on $\Sigma$ satisfying

$$
\left\{\begin{array}{l}
\bar{\partial} u=f \quad \text { in } \mathcal{D}^{\prime}(\Sigma)  \tag{1.8}\\
\forall h \in H_{0}^{+}(\Sigma) \quad \int_{\partial \Sigma} u d h=0 \quad \\
\forall \Sigma_{k} \quad \text { connected compo. of } \Sigma, \quad \int_{\partial \Sigma_{k}} u=0
\end{array}\right.
$$

where $f$ is a $L^{2} \bar{\partial}$ exact $(0,1)$ form $f=\bar{\partial} \phi$ satisfying

$$
\begin{equation*}
* \partial f=d a \wedge d b \tag{1.9}
\end{equation*}
$$

where $a$ and $b$ are $W^{1,2}$ functions in $\Sigma$. Assuming $f$ is $L^{2}(\Sigma)$ perpendicular to $\bar{\partial} H_{0}^{-}(\Sigma) \oplus \bar{\partial} V$, where $H_{0}^{-}(\Sigma)$ is the space of anti-holomorphic functions in $\Sigma$ and $V$ is the finite dimensional space of harmonic functions in $\Sigma$ which are constant on each connected component of $\partial \Sigma$, then one easily verifies, see the appendix, that the harmonic extension $\tilde{u}$ is perpendicular to $H_{0}^{+}(\Sigma) \oplus H_{0}^{-}(\Sigma) \oplus V$ and therefore is equal to 0 . Thus $u$ satisfies

$$
\left\{\begin{array}{l}
* \Delta u=d a \wedge d b \quad \text { in } \mathcal{D}^{\prime}(\Sigma)  \tag{1.10}\\
u=0 \quad \text { on } \partial \Sigma
\end{array}\right.
$$

and from P.Topping's result [To] one has

$$
\begin{equation*}
\|u\|_{L^{\infty}(\Sigma)} \leq \frac{1}{2 \pi}\|\nabla a\|_{L^{2}(\Sigma)}\|\nabla b\|_{L^{2}(\Sigma)} \tag{1.11}
\end{equation*}
$$

(see more on the second order Wente Problem in [Ge] and [He]). Therefore if one would know that $\Psi$ is perpendicular to $H_{0}^{-}(\Sigma) \oplus V$ we would directly have obtained

$$
\begin{equation*}
\|\eta\|_{L^{\infty}(\Sigma)} \leq \frac{4 p}{\pi} \int_{\Sigma} \Psi^{*} \omega\|\nabla J\|_{\infty} \tag{1.12}
\end{equation*}
$$

Of course there is no reason for $\Psi$ to satisfy this assumption and the difficulty comes then from the $L^{2}$ projection of $\Psi$ over $H_{0}^{-}(\Sigma) \oplus V$. A solution $\eta$ to the problem (1.8) and (1.9) can even not be bounded in $L^{\infty}$ on the whole $\Sigma$. Take for instance $\Sigma=D^{2}$ and

$$
f=\bar{\partial}\left(\sum_{n=1}^{\infty} \frac{1}{n \log n} e^{-i n \theta}\right)
$$

Therefore there is a real need to restrict to a subdomain of $\Sigma$ as we do in (1.5). In this sense our result is optimal.

In the proof below we were influenced by the proofs in [Ch] and [To] .

## 2 Proof of Theorem 1.1.

Before to prove Theorem 1.1 we need an intermediate result.
Lemma 2.1 Let $\Psi: \Sigma \rightarrow B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$ be a $J$-holomorphic curve satisfying (1.1). For any smooth function $u$ whose average on each connected component of $\Sigma$ is zero, or any function $u$ in $C_{0}^{\infty}\left(\Sigma_{2}\right)$, the following inequality holds

$$
\begin{equation*}
\left(\int_{\Sigma_{1}}|u|^{2}\right)^{\frac{1}{2}} \leq K \int_{\Sigma}|\nabla u| \tag{2.13}
\end{equation*}
$$

where $\Sigma_{1}$ is defined in (1.2), the metric on $\Sigma$ is the pull-back by $\Psi$ of $g(\cdot, \cdot)=$ $\omega(\cdot, J \cdot)$ and $K$ is a constant depending only on $d_{1}(g), d_{2}(g)$ and $\int \Psi^{*} \omega$.

Proof of Lemma 2.1. We present the proof in the case where the average of $u$ vanishes on each connected component of $\Sigma$ (the other case $u \in C_{0}^{\infty}(\Sigma)$ being more easy). Let $\Sigma^{k}$ be a connected component of $\Sigma$ intersecting $\Sigma_{1}$. We divide $\Sigma^{k}$ into 2 subsurfaces $\Sigma^{k,+}$ (res. $\Sigma^{k,-}$ ) being the subset of $\Sigma^{k}$ where $u$ is positive (resp. negative). Using the coarea formula (see [Fe]) we have

$$
\begin{equation*}
\int_{\Sigma^{k,+}}|\nabla u|=\int_{0}^{+\infty} \mathcal{H}^{1}\left(u^{-1}(s) \cap \Sigma^{k}\right) d s \tag{2.14}
\end{equation*}
$$

Since $u$ is smooth and $\Sigma^{k}$ is connected and since 0 is a value of $u$ in $\Sigma^{k}$, for every regular value $s \in \mathbb{R}^{+}$of $u 2$ cases may happen.

Case 1:

$$
\exists r \in[1,2] \quad \text { such that } \quad \partial\left\{x \in \Sigma_{r}^{k} ; u(x) \geq s\right\}=u^{-1}(s) \cap \Sigma_{r}^{k}
$$

In that case, since $\Sigma_{r}$ is an area minimizing surface in $\mathbb{R}^{2 p}$ for the metric $g(\cdot, \cdot)=\omega(\cdot, J \cdot)$, we have

$$
\begin{align*}
\left(\mathcal{H}^{1}\left(u^{-1}(s) \cap \Sigma_{r}^{k}\right)\right)^{2} & \geq K_{0}^{-1} \mathcal{H}^{2}\left(u^{-1}([s,+\infty)) \cap \Sigma_{r}^{k}\right)  \tag{2.15}\\
& \geq K_{0}^{-1} \mathcal{H}^{2}\left(u^{-1}([s,+\infty)) \cap \Sigma_{1}^{k}\right)
\end{align*}
$$

where $K_{0}$ is the isoperimetric constant of $\left(\mathbb{R}^{2 p}, g\right)$.
Case 2:

$$
\forall r \in[1,2] \quad \partial\left\{x \in \Sigma_{r}^{k} ; u(x) \geq s\right\} \neq u^{-1}(s) \cap \Sigma_{r}^{k}
$$

This means that, in such a case, $\forall r \in[1,2] u^{-1}(s) \cap \partial \Sigma_{r}^{k} \neq \emptyset$. Since the distance for $g$ in $\mathbb{R}^{2 p}$ between $\partial \Sigma_{1}^{k}$ and $\partial \Sigma^{k}$ is larger than $K_{1}>0$, where $K_{1}$ only depends on $g$, we get

$$
\begin{equation*}
\mathcal{H}^{1}\left(u^{-1}(s) \cap \Sigma_{2}^{k}\right) \geq K_{1} \tag{2.16}
\end{equation*}
$$

Let us denote $K_{2}=\int_{\Sigma} \Psi^{*} \omega=\mathcal{H}^{2}(\Sigma)$, where the Hausdorff distance in $\Sigma$ is computed acording to the pull-back metric by $\Psi$ of $g(\cdot, \cdot)=\omega(\cdot, J \cdot)$. We then have in that case

$$
\begin{gather*}
\left(\mathcal{H}^{1}\left(u^{-1}(s) \cap \Sigma_{2}^{k}\right)\right)^{2} \geq K_{1}^{2} \geq K_{1}^{2} K_{2}^{-1} \mathcal{H}^{2}(\Sigma)  \tag{2.17}\\
\geq K_{1}^{2} K_{2}^{-1} \mathcal{H}^{2}\left(u^{-1}([s,+\infty)) \cap \Sigma_{1}^{k}\right)
\end{gather*}
$$

Combining (2.14), (2.15) and (2.17), we obtain the existence of $K$ depending only of $d_{1}(g), d_{2}(g)$ and $\int_{\Sigma} \Psi^{*} \omega$ such that

$$
\begin{equation*}
\int_{\Sigma^{k,+}}|\nabla u| \geq K^{-1} \int_{0}^{+\infty} d s\left[\mathcal{H}^{2}\left(u^{-1}([s,+\infty)) \cap \Sigma_{1}^{k}\right)\right]^{\frac{1}{2}} \tag{2.18}
\end{equation*}
$$

Observe that the right-hand-side of this last inequality is a multiple of the Lorentz $L^{2,1}-$ norm of $u$ in $\Sigma_{1}^{k,+}$. We claim that the $L^{2}-$ weak norm of $u^{+}=\max \{u, 0\}$, $L^{2, \infty}$ on $\Sigma_{1}^{k}$ can be bounded by $\|u\|_{L^{2}\left(\Sigma_{1}^{k,+}\right)}$

$$
\begin{equation*}
\|u\|_{L^{2, \infty}\left(\Sigma_{1}^{k,+}\right)}=\sup _{s \geq 0} s\left[\mathcal{H}^{2}\left(u^{-1}([s,+\infty)) \cap \Sigma_{1}^{k}\right)\right]^{\frac{1}{2}} \leq K_{3}\|u\|_{L^{2}\left(\Sigma_{1}^{k,+}\right)} \tag{2.19}
\end{equation*}
$$

where $K_{3}$ only depends on $d_{1}(g), d_{2}(g)$ and $\int_{\Sigma} \Psi^{*} \omega$. Indeed, we consider in $\Sigma^{k}$ the pseudo-distance $d_{g}$ which is given by the distance in $\left(B_{2}^{2}(0) \times B_{2}^{2 p-2}(0), g\right)$ - Since $\Sigma^{k}$ is not necessarily embedded, it may happens that $d_{g}(x, y)=0$ and $x \neq y$. For this pseudo-distance in $\Sigma^{k}$, we consider the balls $B_{r}^{d_{g}}(x):=\Psi^{-1}\left(B_{r}^{2 p}(x)\right) \cap \Sigma^{k}$. Since the current $\Psi_{*}\left[\Sigma_{1}^{k}\right]$ is area minimizing in $\left(B_{2}^{2}(0) \times B_{2}^{2 p-2}(0), g\right)-$ it is calibrated by $\omega$-, using the monotonicity formula, we obtain that for every $x \in \Sigma_{1}^{k}$ and $r<1 / 2$

$$
\pi r^{2} \leq \mathcal{H}^{2}\left(B_{r}^{d_{g}}(x)\right) \leq r^{2} \int_{\Sigma} \Psi^{*} \omega=r^{2} K_{2}
$$

Therefore these balls satisfy the doubling property

$$
4 \mathcal{H}^{2}\left(B_{r}^{d_{g}}(x)\right) \pi^{-1} K_{2} \geq \mathcal{H}^{2}\left(B_{2 r}^{d_{g}}(x)\right)
$$

We then adapt to our case the proof of the covering lemma page 9 of [St] for $m$ being the 2 Hausdorff measure restricted to $\Sigma_{2}^{k}$ and the balls being balls for the pseudodistance $d_{g}$ to get the corresponding statement to that lemma. We can now obtain (2.19) by following the first part of the proof of Theorem 1 page 5 of [St], taking for the covering of pseudo-balls $B_{j}^{d_{g}}$ given by the covering lemma but considering this time the metric $\Psi^{*} g$ on $\Sigma^{k}$. From (2.19) we deduce

$$
\begin{align*}
& \|u\|_{L^{2}\left(\Sigma_{1}^{k,+}\right)} \int_{0}^{+\infty} d s\left[\mathcal{H}^{2}\left(u^{-1}([s,+\infty)) \cap \Sigma_{1}^{k}\right)\right]^{\frac{1}{2}} \geq  \tag{2.20}\\
& \quad K_{3}^{-1} \int_{0}^{+\infty} s d s\left[\mathcal{H}^{2}\left(u^{-1}([s,+\infty)) \cap \Sigma_{1}^{k}\right)\right]=\|u\|_{L^{2}\left(\Sigma_{1}^{k,+}\right)}^{2}
\end{align*}
$$

Combining now (2.18) and (2.20) we obtain the desired inequality (2.13) for $\Sigma^{k}$. instead of $\Sigma .=\cup_{k} \Sigma^{k}$. Observing that the number of components $\Sigma^{k}$ having some non empty intersection with $\Sigma_{1}$ is bounded by $\int_{\Sigma} \Psi^{*} \omega$ times a constant depending only of $d_{1}(g), d_{2}(g)$ (this is a consequence of the monotonicity formula coming from fact that $\Sigma^{k}$ are area minimizing), then we get (2.13) for $\Sigma$. this time and Lemma 2.1 is proved.

Proof of Theorem 1.1. Using local conformal coordinates $\xi_{1} \xi_{2}$ in $\Sigma$, we have for all $k=1 \cdots 2 p$

$$
\frac{\partial \Psi^{k}}{\partial \xi_{1}}=-\sum_{l=1}^{2 p} J_{l}^{k}(\Psi) \frac{\partial \Psi^{l}}{\partial \xi_{2}} \quad \text { and } \quad \frac{\partial \Psi^{k}}{\partial \xi_{2}}=\sum_{l=1}^{2 p} J_{l}^{k}(\Psi) \frac{\partial \Psi^{l}}{\partial \xi_{1}}
$$

Taking respectively the $\xi_{1}$ derivative and the $\xi_{2}$ derivative of these two equations we obtain

$$
\begin{equation*}
\forall k=1 \cdots 2 p \quad *\left(\partial \bar{\partial} \Psi^{k}\right)=\Delta_{\Sigma} \Psi^{k}=*\left(\sum_{l=1}^{2 p} d\left(J_{l}^{k}(\Psi)\right) \wedge d \Psi^{l}\right) \tag{2.21}
\end{equation*}
$$

Since $\Psi+\eta$ is $J_{0}$-holomorphic, using the canonical complex coordinates in $\mathbb{R}^{2 p}$, we have $\bar{\partial}(\Psi+\eta)=0$ from which we deduce $\Delta_{\Sigma}(\Psi+\eta)=0$ and therefore this yields

$$
\begin{equation*}
\forall k=1 \cdots 2 p \quad \Delta_{\Sigma} \eta^{k}=-*\left(\sum_{l=1}^{2 p} d\left(J_{l}^{k}(\Psi)\right) \wedge d \Psi^{l}\right) \tag{2.22}
\end{equation*}
$$

Since $\Psi$ is an isometry for the induced metric, we then deduce from (2.22) that

$$
\begin{equation*}
\forall k=1 \cdots 2 p \quad\left\|\Delta_{\Sigma} \eta^{k}\right\|_{L^{\infty}(\Sigma)} \leq 4 p\|\nabla J\|_{\infty} \int_{\Sigma} \Psi^{*} \omega \tag{2.23}
\end{equation*}
$$

Let $\chi(t)$ be a smooth cut-off function equal to 1 in $[0,1]$ and equal to zero for $t \geq 2$ with $\left\|\chi^{l}\right\|_{\infty} \leq K_{l}$. We define in $B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$ the cut-off function - that we also denote $\chi-\chi(x):=\chi\left(x_{1}^{2}+x_{2}^{2}\right)$. For any function $\phi$ in $B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$ we denote by $\nabla^{C} \phi$ the tangent vector field to $\Psi(\Sigma)$ obtained by taking the orthogonal projection of the gradient of $\phi$ for the metric $g(\cdot, \cdot)=\omega(\cdot, J \cdot)$. For any vector field $Y$ in $B_{2}^{2}(0) \times B_{2}^{2 p-2}(0)$ we denote by $\operatorname{div}^{\Sigma} Y$ the divergence along $\Psi(\Sigma)$ of that vector-field (taking normal coordinates $\left(y_{1}, \cdots, y_{2 p}\right)$ for $g$ in a neighborhood of $x_{0} \in \operatorname{supp} \Psi_{*}[\Sigma]$ we have $\operatorname{div}^{\Sigma} Y\left(x_{0}\right)=\sum_{l=1}^{2 p} \nabla^{\Sigma} Y_{l} \cdot \frac{\partial}{\partial y_{l}}\left(x_{0}\right)$. It is a classical fact that, for a vector field $Y$ normal to $\Psi(\Sigma)$ one has $\operatorname{div}^{\Sigma} Y=H \cdot Y$ where $H$ is the mean curvature vector of $\Psi(\Sigma)$ which is zero in our case. Therefore we have in particular $\Delta_{\Sigma \chi}:=\operatorname{div}^{\Sigma} \nabla^{\Sigma} \chi\left(x_{0}\right)=\operatorname{div}^{\Sigma} \nabla \chi\left(x_{0}\right)=\sum_{l=1}^{2 p} \nabla^{\Sigma}\left(\frac{\partial \chi}{\partial y_{l}}\right) \cdot \frac{\partial}{\partial y_{l}}\left(x_{0}\right)$, still using the normal coordinates in $\left(\mathbb{R}^{2 p}, g\right)$ about $x_{0}$. Since $\left|\nabla \frac{\partial \chi}{\partial y_{l}}\right|(x) \leq\|\chi\|_{C^{2}}$, we then deduce that there exists a constant $K$ independent of the variables of our problem such that

$$
\begin{equation*}
\left|\Delta_{\Sigma} \chi\right|_{\infty} \leq K \tag{2.24}
\end{equation*}
$$

Finally we have, using (2.23) and (2.24)

$$
\begin{equation*}
\left|\Delta_{\Sigma}\left(\chi \eta^{k}\right)\right| \leq K 1_{\Sigma_{\sqrt{2}}}\left[\left|\eta^{k}\right|+\left|\nabla \eta^{k}\right|+\|\nabla J\|_{\infty} \int_{\Sigma} \Psi^{*} \omega\right] \tag{2.25}
\end{equation*}
$$

where $K$ only depends on $p$ and where $\mathbf{1}_{\Sigma_{\sqrt{2}}}$ is the characteristic function equal to 1 on $\Sigma_{\sqrt{2}}$ and 0 outside. Using (2.25) and Lemma 2.1 ( for $\Sigma_{\sqrt{2}}$ instead of $\Sigma_{1}$ ) having chosed $\eta^{k}$ with average 0 on each connected component of $\Sigma$ - we finally have

$$
\begin{equation*}
\int_{\Sigma_{\sqrt{2}}}\left|\Delta_{\Sigma}\left(\chi \eta^{k}\right)\right|^{2} \leq K\|\nabla J\|_{\infty}^{2} \tag{2.26}
\end{equation*}
$$

where $K$ only depend on $d_{1}(g), d_{2}(g)$ and $\int_{\Sigma} \Psi^{*} \omega$.
We denote by $G_{a}$ the Green Function of $\Delta_{\Sigma}$ on $\Sigma_{\sqrt{2}}$ for the zero boundary condition on $\partial \Sigma_{\sqrt{2}}$ (recall that each connected component of $\Sigma_{\sqrt{2}}$ has a boundary since it is an area minimizing surface and therefore posses a Green function - see [FK]). Precisely $G_{a}$ solves

$$
\left\{\begin{array}{l}
\Delta_{\Sigma} G_{a}=\delta_{a} \quad \text { in } \Sigma_{\sqrt{2}}  \tag{2.27}\\
G_{a}=0 \quad \text { on } \partial \Sigma_{\sqrt{2}},
\end{array}\right.
$$

where $\delta_{a}$ denotes the Dirac mass at $a$. From the strong maximum principle $G_{a}>0$ on the connected component of $\Sigma_{\sqrt{2}}$ containing $a$ whereas $G_{a} \equiv 0$ elsewhere. Since $\operatorname{supp}\left(\chi \eta^{k}\right) \subset \Sigma_{\sqrt{2}}$, we have

$$
\begin{equation*}
\forall a \in \Sigma_{\sqrt{2}} \quad \chi \eta^{k}(a)=\int_{\Sigma_{\sqrt{2}}} G_{a}(x) \Delta_{\Sigma}\left(\chi \eta^{k}\right)(x) d x \tag{2.28}
\end{equation*}
$$

For $0 \leq s_{1} \leq s_{2} \leq+\infty$, we denote

$$
\mathcal{G}_{a}^{s_{1}, s_{2}}:=\left\{x \in \Sigma_{\sqrt{2}} ; s_{1} \leq G_{a}(x) \leq s_{2}\right\} .
$$

Using the coarea formula (see [Fe]), we have

$$
\begin{equation*}
\int_{\mathcal{G}_{a}^{s_{1}, s_{2}}}\left|\nabla G_{a}\right|^{2}=\int_{s_{1}}^{s_{2}} d s \int_{G_{a}^{-1}(s)}\left|\nabla G_{a}\right|(x) d \mathcal{H}^{1} \tag{2.29}
\end{equation*}
$$

Using the fact that for regular values $s$ of $G_{a}$, for $x \in G_{a}^{-1}(s)\left|\nabla G_{a}\right|(x)=$ $-\frac{\partial G_{a}}{\partial \nu}(x)$ where $\nu$ is the outward unit normal to $\mathcal{G}_{a}^{s, \infty}$ and the fact that

$$
\begin{equation*}
\int_{G_{a}^{-1}(s)}-\frac{\partial G_{a}}{\partial \nu}(x) d \mathcal{H}^{1}=\int_{\mathcal{G}_{a}^{s, \infty}} \Delta_{\Sigma} G_{a}=1 \tag{2.30}
\end{equation*}
$$

we finally obtain

$$
\begin{equation*}
\int_{\mathcal{G}_{a}^{s_{1}, s_{2}}}\left|\nabla G_{a}\right|^{2}=s_{2}-s_{1} \tag{2.31}
\end{equation*}
$$

Let $\delta>0$, we deduce from (2.31)

$$
\begin{align*}
& \frac{1}{\delta}=\int_{s=1}^{+\infty} s^{-2-\delta} \int_{\mathcal{G}_{a}^{0, s}}\left|\nabla G_{a}\right|^{2} \\
& =\frac{1}{1+\delta}+\frac{1}{1+\delta} \int_{1}^{+\infty} s^{-1-\delta} \int_{G_{a}^{-1}(s)}\left|\nabla G_{a}\right|  \tag{2.32}\\
& =\frac{1}{1+\delta}+\frac{1}{1+\delta} \frac{1}{\left(\frac{1}{2}-\frac{\delta}{2}\right)^{2}} \int_{\mathcal{G}_{a}^{1, \infty}}\left|\nabla G_{a}^{\frac{1}{2}-\frac{\delta}{2}}\right|^{2}
\end{align*}
$$

Thus, taking $\delta=\frac{1}{2}$, we have

$$
\begin{equation*}
\int_{\mathcal{G}_{a}^{1, \infty}}\left|\nabla G_{a}^{\frac{1}{4}}\right|^{2} \leq 48 \tag{2.33}
\end{equation*}
$$

Let $f$ be a smooth function equal to $t$ on $\left[0, \frac{1}{2}\right]$ and equal to $t^{\frac{1}{4}}$ on $[1,+\infty]$. Since $f\left(G_{a}\right)=0$ on $\partial \Sigma_{\sqrt{2}}$, we can use one by one the arguments of Lemma 2.1 to obtain

$$
\begin{align*}
& {\left[\int_{\Sigma_{\sqrt{2}}}\left|f\left(G_{a}\right)\right|^{8}\right]^{\frac{3}{8}}\left[\int_{\Sigma_{\sqrt{2}}}\left|\nabla f\left(G_{a}\right)\right|^{\frac{8}{5}}\right]^{\frac{5}{8}} \geq} \\
& \int_{\Sigma_{\sqrt{2}}}\left|f\left(G_{a}\right)\right|^{3}\left|\nabla f\left(G_{a}\right)\right| \geq \frac{1}{4} \int_{\Sigma_{\sqrt{2}}}\left|\nabla f^{4}\left(G_{a}\right)\right| \geq \\
& \int_{0}^{+\infty} \mathcal{H}^{1}\left(f^{4}\left(G_{a}\right)^{-1}(s)\right) d s \geq K \int_{0}^{+\infty} d s\left[\left|x ; f^{4}\left(G_{a}\right)(x) \geq s\right|\right]^{\frac{1}{2}}  \tag{2.34}\\
& =K\left\|f\left(G_{a}\right)^{4}\right\|_{L^{2,1}\left(\Sigma_{\sqrt{2}}\right)} \geq K\left[\int_{\Sigma_{\sqrt{2}}} f\left(G_{a}\right)^{8}\right]^{\frac{1}{2}}
\end{align*}
$$

Combining (2.33 and (2.34) we obtain that

$$
\begin{equation*}
\int_{\Sigma_{\mathcal{G}_{a}^{1,+\infty}}}\left|G_{a}\right|^{2} \leq K \tag{2.35}
\end{equation*}
$$

where $K$ has the usual dependence in $d_{1}(g), d_{2}(g)$ and $\int_{\Sigma} \Psi^{*} \omega$. Using the coarea formula again (2.28) becomes

$$
\begin{equation*}
\chi \eta^{k}(a)=\int_{0}^{+\infty} s d s \int_{G_{a}^{-1}(s)} \frac{\Delta_{\Sigma}\left(\chi \eta^{k}\right)}{\left|\nabla G_{a}\right|} \tag{2.36}
\end{equation*}
$$

Since $G_{a}$ is harmonic aside from $a$ the zeros of $\nabla G_{a}$ are isolated points and then for every $s \in \mathbb{R}_{*}^{+} G_{a}^{-1}(s)$ is a union of finitely many smooth closed curves aside eventually from isolated points. Therefore, since also $\chi \eta^{k}$ is smooth, we have that $s \rightarrow \int_{\mathcal{G}_{a}^{s, \infty}} \Delta_{\Sigma}\left(\chi \eta^{k}\right)$ is continuous everywhere and smooth aside from finitely many $s$ corresponding to the values of the finitely many critical points of $G_{a}$. Moreover, aside from these points, it's derivative is the function $s \rightarrow-\int_{G_{a}^{-1}(s)} \frac{\Delta_{\Sigma}\left(\chi \eta^{k}\right)}{\left|\nabla G_{a}\right|}$. For all these reasons we have a $B V$ function without jump points and without Cantor parts in the derivative and the following holds in a distributional sense

$$
\begin{equation*}
\frac{d}{d s}\left[\int_{\mathcal{G}_{a}^{s,+\infty}} \Delta_{\Sigma}\left(\chi \eta^{k}\right)\right]=-\int_{G_{a}^{-1}(s)} \frac{\Delta_{\Sigma}\left(\chi \eta^{k}\right)}{\left|\nabla G_{a}\right|} \quad \text { in } \mathcal{D}^{\prime}\left(\mathbb{R}_{+}^{*}\right) \tag{2.37}
\end{equation*}
$$

Using a Taylor expansion of the smooth function $\chi \eta^{k}$ at $a$ it is not difficult to justify the following integration by parts

$$
\begin{equation*}
\int_{0}^{+\infty} s d s \int_{G_{a}^{-1}(s)} \frac{\Delta_{\Sigma}\left(\chi \eta^{k}\right)}{\left|\nabla G_{a}\right|}=\int_{0}^{+\infty} \int_{\mathcal{G}_{a}^{s,+\infty}} \Delta_{\Sigma}\left(\chi \eta^{k}\right) \tag{2.38}
\end{equation*}
$$

We then have, using also (2.26)

$$
\begin{align*}
& \left|\chi \eta^{k}\right|(a) \leq \int_{0}^{+\infty} d s\left[\mathcal{H}^{2}\left(\mathcal{G}_{a}^{s,+\infty}\right)\right]^{\frac{1}{2}}\left[\int_{\Sigma_{\sqrt{2}}}\left|\Delta_{\Sigma}\left(\chi \eta^{k}\right)\right|^{2}\right]^{\frac{1}{2}} \\
& \quad \leq K\|\nabla J\|_{\infty} \int_{0}^{+\infty} d s\left[\mathcal{H}^{2}\left(\mathcal{G}_{a}^{s,+\infty}\right)\right]^{\frac{1}{2}}  \tag{2.39}\\
& \quad \leq K\|\nabla J\|_{\infty} \int_{0}^{+\infty} d s \mathcal{H}^{1}\left(G_{a}^{-1}(s)\right)
\end{align*}
$$

where we have used the fact that, for $s>0, G_{a}^{-1}(s)$ is contained in the interior of $\Sigma_{\sqrt{2}}$, is the boundary of $\mathcal{G}_{a}^{s,+\infty}$ and the fact that, $\Sigma_{\sqrt{2}}$ being an area minimizing surface, it inerhits the isoperimetric constant of the ambiant space $\left(\mathbb{R}^{2 p}, g\right)$ depending only on $d_{1}(g)$ and $d_{2}(g)$. We have, using (2.31)

$$
\begin{align*}
\int_{0}^{+\infty} & d s \mathcal{H}^{1}\left(G_{a}^{-1}(s)\right)=\int_{\mathcal{G}_{a}^{0,1}}\left|\nabla G_{a}\right|+\int_{1}^{+\infty} d s \mathcal{H}^{1}\left(G_{a}^{-1}(s)\right) \\
& \leq K+\int_{1}^{+\infty}\left[\int_{G_{a}^{-1}(s)}\left|\nabla G_{a}\right|\right]^{\frac{1}{2}}\left[\int_{G_{a}^{-1}(s)} \frac{1}{\left|\nabla G_{a}\right|}\right]^{\frac{1}{2}} \\
& \leq K+\int_{1}^{+\infty}\left[\int_{G_{a}^{-1}(s)} \frac{\partial G_{a}}{\partial \nu}\right]^{\frac{1}{2}}\left[\int_{G_{a}^{-1}(s)} \frac{1}{\left|\nabla G_{a}\right|}\right]^{\frac{1}{2}}  \tag{2.40}\\
& \leq K+\int_{1}^{+\infty} \frac{1}{s}\left[\int_{G_{a}^{-1}(s)} \frac{s^{2}}{\left|\nabla G_{a}\right|}\right]^{\frac{1}{2}} \\
& \leq K+K\left[\int_{\mathcal{G}_{a}^{1,+\infty}} G_{a}^{2}\right]^{\frac{1}{2}} \leq K
\end{align*}
$$

where $K$ is controlled by the usual quantities. Combining (2.39) and (2.40) we obtain (1.5) and Theorem 1.1 is proved.

## A Appendix

Definition A. 1 A Riemann surface $\Sigma$ is said to be finite if each connected component $\Sigma^{k}$ of $\Sigma$ is an open subset of a closed Riemann surface $\tilde{\Sigma}^{k}$ and $\partial \Sigma^{k}$ is a non-empty finite union of closed regular curves embedded in $\tilde{\Sigma}^{k}$.
We have the following classical proposition (see for instance [FK]).
Proposition A. 1 Let $\Sigma$ be a finite Riemann surface, then $\Sigma$ is hyperbolic (admits a Green function) and for every $\phi \in W^{\frac{1}{2}, 2}(\partial S i g m a, \mathbb{C})$, there exists a unique $u \in W^{1,2}(\Sigma, \mathbb{C})$ such that

$$
\left\{\begin{array}{l}
\Delta u=0 \quad \text { in } \Sigma \\
u=\phi \quad \text { on } \partial \Sigma
\end{array}\right.
$$

Observe that spaces and equations above are independant of the metric chosen compatible with the complex structure on $\Sigma$. We consider the following Hermitian scalar product on $L^{2}(\Sigma, \mathbb{C})$

$$
\begin{equation*}
<\omega_{1}, \omega_{2}>:=\int_{\Sigma} \omega_{1} \wedge * \bar{\omega}_{2} \tag{A.1}
\end{equation*}
$$

and the following antihermitian sesquilinear form on $L^{2}(\Sigma, \mathbb{C})$

$$
\begin{equation*}
\left(\omega_{1}, \omega_{2}\right):=\int_{\Sigma} \omega_{1} \wedge \bar{\omega}_{2} \tag{A.2}
\end{equation*}
$$

(recall that if $\xi$ are local complex coordinates in $\Sigma * d \xi=i d \xi$ and $* d \bar{\xi}=-i d \bar{\xi}$ ). Recall that $H_{ \pm}^{0}(\Sigma)$ denote the sets of holomorphic and antiholomorphic functions in $W^{1,2}(\Sigma, \mathbb{C})$. Let $\partial H_{+}^{0}(\Sigma)$ and $\bar{\partial} H_{-}^{0}(\Sigma)$ be the sets of exact holomorphic and antiholomorphic 1-forms. Let $\Gamma_{k}$ for $k=1 \cdots q$ be the connected components of $\Sigma$. Denote $\mathcal{H}^{0}(\Sigma)$ the set of harmonic functions in $W^{1,2}(\Sigma, \mathbb{C})$. Let $v_{i}$ be the solution of

$$
\begin{cases}\Delta v_{i}=0 & \text { in } \Sigma  \tag{A.3}\\ v_{i}=\delta_{i k} & \text { on } \Gamma_{k} \quad \text { for } k=1 \cdots q\end{cases}
$$

( $\delta_{i k}$ are the Kronecker Symbols). Finally we introduce the following notation

$$
\begin{equation*}
V:=\operatorname{Vect}_{\mathbb{C}}\left\{v_{1}, \cdots, v_{q}\right\} \tag{A.4}
\end{equation*}
$$

The following proposition holds.
Proposition A. 2 Let $\Sigma$ be a finite Riemann surface. Then the following orthogonal decomposition of $d \mathcal{H}^{0}(\Sigma)$ for $<\cdot, \cdot>$ holds

$$
\begin{equation*}
d \mathcal{H}^{0}(\Sigma)=\partial H_{+}^{0}(\Sigma) \oplus \bar{\partial} H_{-}^{0}(\Sigma) \oplus d V \tag{A.5}
\end{equation*}
$$

Remark A.l Observe that the above decomposition (A.5) corresponds to a Sylvester decomposition of $d \mathcal{H}^{0}(\Sigma)$ for the Hermitian form $i^{-1}(\cdot, \cdot)$. Precisely on $\partial H_{+}^{0}(\Sigma)$ the sesquilinear form $i^{-1}(\cdot, \cdot)$ is definite positive, on $\partial H_{-}^{0}(\Sigma), i^{-1}(\cdot, \cdot)$ is definite negative and, on $d V,(\cdot, \cdot)$ is identically zero.

Proof of Proposition A.2. First of all we construct a particular basis of the de Rham Group $H^{1}(\Sigma, \mathbb{R})$ by taking Poincaré-Lefschetz duals of some chosed basis of $H_{1}(\Sigma, \partial \Sigma)$. Since $\partial \Sigma$ is non-empty and has a finite topology it is homeomorphic (see [Ma]) to the disk $D^{2}$ to which $q-1$ disjoint subdisks, $D_{1}, \cdots, D_{q-1}$, that we may assume to be included in $D_{-}^{2}:=D^{2} \cap\{(x, y) ; x \leq 0\}$, have been removed, to which $2 p$ other disjoint subdisks $d_{1}, d_{2} \cdots d_{2 p}$, that we may assume to be included in $D_{+}^{2}:=D^{2} \cap\{(x, y) ; x \geq 0\}$, have also been removed and to which, finally, $p$ Handels $h_{l}=S^{1} \times[0,1] l=1 \cdots p$, have been glued by identifying the two connected components of $\partial h_{i}$ with respectively $d_{2 i-1}$ and $d_{2 i}$. We now chose the following basis for $H_{1}(\Sigma, \partial \Sigma)$. First for each $l=1 \cdots p$ we chose $\gamma_{l}$ to be $\partial d_{2 l-1}$ and $\delta_{l} \subset D_{+}^{2}$ to be a closed curve in $\left(D_{+}^{2} \backslash \cup_{l} d_{l}\right) \cup \bar{h}_{l}$
made of the meridian $\{(0,1)\} \times[0,1]$ and a curve in $\left(D_{+}^{2} \backslash \cup_{l} d_{l}\right)$ connecting the two ends of this meridian. We can assume that the $\delta_{l}$ do not intersect each-other. We then complete the famillies $\left(\gamma_{l}\right)_{l=1 \cdots p}$ and $\left(\delta_{l}\right)_{l=1 \cdots p}$ by a collection of $q-1$ curves $\eta_{l}$ in $D_{-}^{2}$, each curve $\eta_{l}$ connecting the segment $\partial D_{l}$ with the boundary $\partial D^{2} .\left(\gamma_{l}\right)_{l=1 \cdots p},\left(\delta_{l}\right)_{l=1 \cdots p}$ and $\left(\eta_{l}\right)_{l=1 \cdots q-1}$ form a basis of $H_{1}(\Sigma, \partial \Sigma)$. If we add this time the familly of circles $\left(\partial D_{l}\right)_{l=1 \cdots q-1}$ to $\left(\gamma_{l}\right)_{l=1 \cdots p},\left(\delta_{l}\right)_{l=1 \cdots p}$ we get a basis of $H_{1}(\Sigma)$. Consider one curve $c$ taken among the two first types $c=\gamma_{l}$ or $c=\delta_{l}$. Since the intersection number of $c$ with the $\eta_{l}$ is zero, by the standard construction method (see [BT]), one gets the existence of a representant $\alpha_{c}$ of the Lefschetz-Poincaré dual of $c$ in $H^{1}(\Sigma, \partial \Sigma)$ (see the relative to the boundary de Rham cohomology pages 78-79 of [BT], corresponding here also to the compactly supported de Rham cohomology) which is compactly supported in $\Sigma$ :

$$
\begin{equation*}
\exists \alpha_{c} \in C_{0}^{\infty}\left(\wedge^{1} \Sigma\right) \cap \operatorname{Ker} d \quad \text { s. t. } \forall \phi \in C^{\infty}\left(\wedge^{1} \Sigma\right) \int_{\Sigma} \alpha_{c} \wedge \phi=\int_{c} \phi . \tag{A.6}
\end{equation*}
$$

Among the representants of the class given by the Lefschetz-Poincaré we choose the Coulomb Gauge minimizing the following problem

$$
\min \left\{\begin{array}{cc}
\alpha \in C^{\infty}(\Sigma) \operatorname{Ker} d \quad \iota_{\partial \Sigma}^{*} * \alpha=0  \tag{A.7}\\
\int_{\Sigma}\left|d^{*} \alpha\right|^{2} & \forall \phi \in C^{\infty}\left(\wedge^{1} \Sigma\right) \int_{\Sigma} \alpha_{c} \wedge \phi=\int_{c} \phi \quad
\end{array}\right\}
$$

where $\iota_{\partial \Sigma}$ is the canonical embedding of $\partial \Sigma$ in $\bar{\Sigma}$. The minimizer $\alpha_{c}^{0}$ solves then

$$
\left\{\begin{array}{l}
d \alpha_{c}^{0}=0 \quad \text { in } \Sigma  \tag{A.8}\\
d^{*} \alpha_{c}^{0} \quad \text { in } \Sigma \\
\iota_{\partial \Sigma}^{*} * \alpha_{c}^{0} \\
\forall \phi \in C^{\infty}\left(\wedge^{1} \Sigma\right) \cap \operatorname{Ker} d \quad \int_{\Sigma} \alpha_{c}^{0} \wedge \phi=\int_{c} \phi
\end{array}\right.
$$

(the uniqueness of $\alpha_{c}^{0}$ comes from the following fact : if $\beta$ solves $d \beta=0$ in $\Sigma$, $d^{*} \beta=0$ in $\Sigma, \iota_{\partial \Sigma}^{*} \beta=0$ and $\int_{\Sigma} \beta \wedge \phi=0$ for any $\phi \in C^{\infty}\left(\wedge^{1} \Sigma\right) \cap \operatorname{Ker} d$ then $\beta=d h$ where $h$ solves $\Delta h=0$ in $\Sigma$ and $\frac{\partial h}{\partial \nu}=0$ which clearly implies that $h$ is constant and therefore that $\beta=0$ ). Take now $f \in \mathcal{H}^{0}(\Sigma)$ and assume that

$$
\begin{equation*}
\forall k=1, \cdots, q \quad \int_{\Gamma_{k}} * d f=0 \tag{A.9}
\end{equation*}
$$

Then we claim that $* d f$ is exact in $\Sigma$.. For any $c \in\left\{\gamma_{l}\right\} \cup\left\{\delta_{l}\right\}$ we have

$$
\begin{equation*}
\int_{\Sigma} * d f \wedge \alpha_{c}^{0}=-\int_{\Sigma} d f \wedge * \alpha_{c}^{0}=\int_{\Sigma} f \wedge d * \alpha_{c}^{0}-\int_{\partial \Sigma} f * \alpha_{c}^{0}=0 \tag{A.10}
\end{equation*}
$$

Combining (A.9) and (A.10) we get that $* d f$ is null-cohomologic and is therefore exact which proves the claim. Let then $h$ such that $d h=* f$, we have

$$
f=\frac{1}{2}(f+i h)+\frac{1}{2}(f-i h) \in H_{+}^{0}(\Sigma) \oplus H_{-}^{0}(\Sigma) .
$$

Thus, the codimension of $d H_{+}^{0}(\Sigma) \oplus d H_{-}^{0}(\Sigma)$ in $\mathcal{H}^{0}(\Sigma)$ is at most $q-1$ (because we have to substract the relation $\left.0=\int_{\Sigma} d * d f=\sum_{k=1}^{q} \int_{\Gamma_{k}} * d f\right)$. Let $v_{j}$ one of the function introduced in (A.3) and let $f \in H_{+}^{0}(\Sigma)$, then we have

$$
\begin{align*}
& <d v_{j}, d f>=\int_{\Sigma} d v_{j} \wedge * d \bar{f}=\int_{\Sigma} d v_{j} \wedge * d \Re f-i \int_{\Sigma} d v_{j} \wedge d \Im f \\
& =\int_{\Sigma} d v_{j} \wedge d \Im f+i \int_{\Sigma} d v_{j} \wedge d \Re f=\int_{\Gamma_{j}} d \Im f+i \int_{\Gamma_{j}} d \Re f=0 \tag{A.11}
\end{align*}
$$

Thus, we have that $d V$ is perpendicular to $d H_{+}^{0}(\Sigma)$ and a similar argument shows that it is also perpendicular to $d H_{-}^{0}(\Sigma)$. Thus $d V \perp\left(d H_{+}^{0} \oplus d H_{-}^{0}\right)$. It is also straightforward to check that the dimension of $d V$ is $q-1$. Therefore $d \mathcal{H}^{0}=$ $d V \oplus d H_{+}^{0} \oplus d H_{-}^{0}$ and Proposition A. 2 is proved.

Proposition A. 3 Let $\Sigma$ be a finite Riemann surface whose connected components are denoted by $\Sigma_{k}, k=1 \cdots n$. Let $\psi \in W^{1,2}(\Sigma, \mathbb{C})$, there exists a unique complex valued function $\eta \in W^{1,2}(\Omega, \mathbb{C})$

$$
\left\{\begin{array}{l}
\bar{\partial} \eta=\bar{\partial} \psi \quad \text { in } \Sigma  \tag{A.12}\\
\tilde{\eta} \in H_{-}^{0}(\Sigma) \oplus V \\
\forall \Sigma_{k} \quad \text { connected compo. of } \Sigma, \quad \int_{\partial \Sigma_{k}} \eta=0
\end{array}\right.
$$

where $\tilde{\eta}$ is the harmonic extension of the restriction of $\eta$ to $\partial \Sigma$ inside $\Sigma$. Moreover we have

$$
\begin{equation*}
\int_{\Sigma}|\nabla \eta|^{2} \leq 2 \int_{\Sigma}|\bar{\partial} \psi|^{2} \tag{A.13}
\end{equation*}
$$

Proof of Proposition A.3. Let $\tilde{\psi}$ be the harmonic extension of $\psi$ restricted to $\partial \Sigma$ inside $\Sigma$. From Proposition A.2, $d \tilde{\psi}$ admits a unique decomposition $d \tilde{\psi}=$ $d \psi_{+}+d \psi_{-}+d \psi_{V}$ where $d \psi_{ \pm} \in H_{ \pm}^{0}(\Sigma)$ and $d \psi_{V} \in d V$. We chose $\eta$ such that $d \eta=d \psi-d \psi_{+}$with constant adjusted in such a way that $\forall k=1 \cdots n \quad \int_{\partial \Sigma_{k}} \eta=$ 0 where $\tilde{\eta}$ is the harmonic extension of $\eta$ restricted to $\partial \Sigma$ inside $\Sigma . \eta$ clearly solves (A.12). The uniqueness is given by the fact that a solution to

$$
\left\{\begin{array}{l}
\bar{\partial} \delta=0 \quad \text { in } \Sigma  \tag{A.14}\\
\tilde{\delta} \in H_{-}^{0}(\Sigma) \oplus V
\end{array}\right.
$$

is constant on each connected component of $\Sigma$. This is a direct consequence of Proposition A. 2 since $\bar{\partial} \delta=0$ is equivalent to $\tilde{\eta}=\eta \in H_{+}^{0}(\Sigma)$ and $d H_{+}^{0}(\Sigma) \cap$ $d H_{-}^{0}(\Sigma) \oplus d V=\{0\}$.

Integration by parts gives

$$
\begin{align*}
& \int_{\Sigma}\left|\frac{\partial \eta}{\partial z}\right|^{2}-\left|\frac{\partial \eta}{\partial \bar{z}}\right|^{2} d z \wedge d \bar{z}=\int_{\Sigma} d \eta \wedge d \bar{\eta} \\
& \quad=\int_{\partial \Sigma} \eta d \bar{\eta}=\int_{\partial \Sigma} \eta_{-}+\eta_{V} d\left(\bar{\eta}_{-}+\bar{\eta}_{V}\right) \\
& \quad=\int_{\partial \Sigma} \eta_{-} d \bar{\eta}_{-}=\int_{\Sigma} d \eta_{-} \wedge d \bar{\eta}_{-}  \tag{A.15}\\
& \quad=-\int_{\Sigma}\left|\frac{\partial \eta_{-}}{\partial \bar{z}}\right|^{2} d z \wedge d \bar{z} \leq 0
\end{align*}
$$

Therefore we have

$$
\int_{\Sigma}\left|\frac{\partial \eta}{\partial z}\right|^{2} d z \wedge d \bar{z} \leq \int_{\Sigma}\left|\frac{\partial \eta}{\partial \bar{z}}\right|^{2} d z \wedge d \bar{z}=\int_{\Sigma}\left|\frac{\partial \psi}{\partial \bar{z}}\right|^{2} d z \wedge d \bar{z}
$$

and Proposition A. 3 follows.

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