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We are given  $T : \mathbb{K}^n \rightarrow \mathbb{K}^m$ , where

$$(Tx)(i) = \sum_{j=1}^n k_{ij}x_j,$$

where  $i = 1, 2, \dots, m$ . Let  $a_i$  denote the  $i$ th row of  $T$ . Then we have  $\langle Tx, y \rangle = \sum_{j=1}^m (Tx)(i)y_j$ . Expanding the entire thing, we have

$$\langle Tx, y \rangle = \sum_{1 \leq i \leq m, 1 \leq j \leq n} k_{ij}x_j\bar{y}_i.$$

We can write this as

$$\sum_{j=1}^n x_j \overline{k_{1j}y_1 + \dots + k_{mj}y_m} = \langle x, \bar{T}^T y \rangle!$$

Therefore from uniqueness of adjoint we must have  $T^* = \bar{T}^T$ .

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