Proof. (1) The linear map $f\colon E \to E$ is an isometry iff

$$f(u) \cdot f(v) = u \cdot v,$$

for all $u, v \in E$, iff

$$f^*(f(u)) \cdot v = f(u) \cdot f(v) = u \cdot v$$

for all $u, v \in E$, which implies

$$(f^*(f(u)) - u) \cdot v = 0$$

for all $u, v \in E$. Since the inner product is positive definite, we must have

$$f^*(f(u)) - u = 0$$

for all $u \in E$, that is,

$$f^* \circ f = \mathrm{id}.$$

But an endomorphism f of a finite-dimensional vector space that has a left inverse is an isomorphism, so $f \circ f^* = \mathrm{id}$. The converse is established by doing the above steps backward.

(2) If $(e_1, \ldots, e_n)$ is an orthonormal basis for E, let $A = (a_{i\,j})$ be the matrix of f, and let $B = (b_{i\,j})$ be the matrix of f^*. Since f^* is characterized by

$$f^*(u) \cdot v = u \cdot f(v)$$

for all $u, v \in E$, using the fact that if $w = w_1 e_1 + \cdots + w_n e_n$ we have $w_k = w \cdot e_k$ for all k, $1 \leq k \leq n$, letting $u = e_i$ and $v = e_j$, we get

$$b_{j\,i} = f^*(e_i) \cdot e_j = e_i \cdot f(e_j) = a_{i\,j},$$

for all i, j, $1 \leq i, j \leq n$. Thus, $B = A^\top$. Now if X and Y are arbitrary matrices over the basis $(e_1, \ldots, e_n)$, denoting as usual the jth column of X by X^j, and similarly for Y, a simple calculation shows that

$$X^\top Y = (X^i \cdot Y^j)_{1 \leq i,j \leq n}.$$

Then it is immediately verified that if $X = Y = A$, then

$$A^\top A = A\, A^\top = I_n$$

iff the column vectors $(A^1, \ldots, A^n)$ form an orthonormal basis. Thus, from (1), we see that (2) is clear (also because the rows of A are the columns of $A^\top$). $\square$

Proposition 12.14 shows that the inverse of an isometry f is its adjoint f^*. Recall that the set of all real $n \times n$ matrices is denoted by $\mathrm{M}_n(\mathbb{R})$. Proposition 12.14 also motivates the following definition.

Definition 12.6. A real $n \times n$ matrix is an *orthogonal matrix* if

$$A\, A^\top = A^\top A = I_n.$$