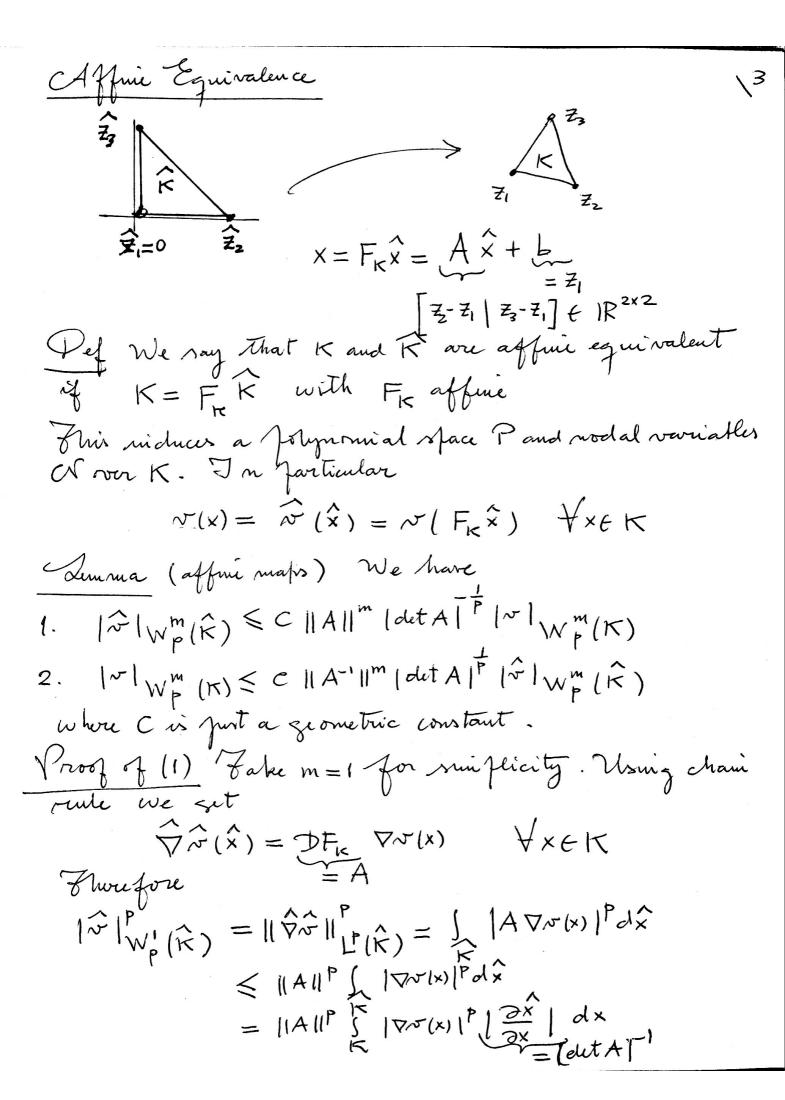
```
\Rightarrow \quad \Rightarrow \quad \Rightarrow \quad \Rightarrow \quad \Rightarrow \quad \forall |\alpha| = m
                                                                                                                                                                                                                                                                                                                                                                                                                                                         2
                  \Rightarrow |u-Q^m u|_{W_p(\Omega)} = |u|_{W_p(\Omega)}.
                                                                                                    3. 0 \le k \le m: Let |\alpha| = k and recall
                               \mathcal{D}^{\times}(u-Q^{m}u)=\mathcal{D}^{\times}u-\mathcal{D}^{\times}Q^{m}u
                                                                                                                                                   = Du - Qm-k Du (Projerty 5 of Lecture 20
        Affly Step 2 to This expression. This proves the
Corollary (Princare megnality) Let UE Wp (2). Thun
                                                                                        114-11 11 (2) = d | 11 W/ (2)
                where u = \frac{1}{|x|} \int u(x) dx.
                                                                         u - \overline{u} = (u - \underline{\alpha'u}) + (\underline{\alpha'u} - \overline{u})
                                                                                                                                                            =\int\limits_{B}u(y)\,\varphi(y)\,dy
        as well as ||\nabla ||_{L^{p}(\Omega)} \leq ||\nabla ||_{L^{p}(\Omega)} \leq ||\nabla ||_{L^{p}(\Omega)} \leq |\nabla ||_{L^{p}(\Omega)} \leq |\nabla ||\nabla ||_{L^{p}(\Omega)} \leq |\nabla ||_{L^{p}(\Omega)} \leq |\nabla ||\nabla ||_{L^{p}(\Omega)} \leq |\nabla ||\nabla ||_{L^{p}(\Omega)} \leq |\nabla ||_{L^{p}(\Omega)} \leq |\nabla ||\nabla 
                                                                                                                                                                                                                                                                                                                               (check)
        The fore
                                 || n-n || [P(2) ≤ || n-Q'u|| [P(2) + ||Q'u-u|| [P(2)

≤ || n-Q'u|| [P(2)

≤ || d || n| || W'<sub>P</sub>(2)
```



= ||A|| | dut A| | || P~ || [P(K) Limark  $|\hat{x}| = \int d\hat{x} = \frac{1}{|\det A|} \int dx = \frac{|K|}{|\det A|}$  $\Rightarrow$   $|det A| = \frac{|K|}{|R|} \approx |K|$ . It remains to estimate 1/All and 1/A-1/1. Definitions 1. We dente hk = diam (K) JK diameter of largest ball contained in K The ratio hx >1 is a measure of distorsion of the 2. CA requere of mesher [Fig is shafe-regular (or snon-dequerate) if there exists  $\sigma > 1$  such that hk < o YKE Fj, Yj A regume of mester {7;} is quari-uni form if  $\frac{h_{\kappa}}{h_{\kappa}} \leq \overline{\sigma} \quad \forall \; \kappa, \kappa' \in \overline{\sigma}; \; \forall j$ Lemma (bounds for 1/All and 1/A'11) We have 11 A 11 5 hre 2  $|A^{-1}|| \leq \frac{h}{h}$ Where  $\hat{h} = h\hat{k}$ ,  $\hat{\rho} = \hat{g}\hat{k}$  -Proof Recall  $\frac{1}{|A||} = \sup_{\hat{z} \neq 0} \frac{||A\hat{z}||}{||\hat{z}||} = \max_{||\hat{z}|| = \hat{\rho}} \frac{||A\hat{z}||}{|\hat{p}|}$ 

 $A\hat{z} = A(\hat{x}-\hat{y}) = F_k\hat{x} - F_k\hat{y} = x-y$ => 11 A211 € 11x-y11 € hK  $||A|| \leq \frac{h_K}{\rho}$ Remark Suffore KEF; and &; is shape regular Hem 12 | Wm (k) € C | | A | | m | det A | -1/P | w | (K) < c (hk) m (K) P [~ [Wm(K) |K|>Chk |N |Wm |K)

|K|>Chk |N |Wm |K)

|K|>Chk |N |Wm |K)

|K| | Wp |K) sob (Wp) = m- h.

 $\forall \hat{\mathbf{w}} \in \mathbb{R}(\kappa)$ 

 $= (I - \hat{\pi})(\hat{v} - \hat{w})$   $|\hat{v} - \hat{\pi}\hat{\kappa}|_{W_{q}^{m}(\hat{K})} = |(I - \hat{\pi})(\hat{v} - \hat{w})|_{W_{q}^{m}(\hat{K})}$   $\leq ||I - \hat{\pi}||_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}, W_{p}^{m}, W_{q}^{m}}|_{W_{p}^{m}, W_{q}^{m}, W_{q}^$