A: Perturbation bound analysis

1.

$$||XY||_F^2 = \sum_{i=1}^k ||Xy_i||_2^2 \le ||X||_2 \sum_{i=1}^k ||y_i||_2^2 = ||X||_2 ||Y||_F^2$$
(1)

Apply this to $X = L^{-1}$ and $Y = A = LL^{\top}$ to find

$$||L^{-1}LL^{\top}||_F = ||L^{\top}||_F = ||L||_F \le ||L^{-1}||_2 ||A||_F$$
 (2)

$$||L^{-1}||_2^{-1}||L||_F \le ||A||_F \tag{3}$$

This is the first inequality we wanted to show. For the second, we use the previous identity on $||A||_F$ followed by the original identity on $||A^{-1}||_2 ||L||_F$ to find

$$||A||_F ||A^{-1}||_2 \ge ||L^{-1}||_2^{-1} ||L||_F ||A^{-1}||_2$$
(4)

$$\geq \|L^{-1}\|_{2}^{-1}\|A^{-1}L\|_{F} \tag{5}$$

$$= \|L^{-1}\|_{2}^{-1}\|(L^{-1})^{\top}L^{-1}L\|_{F} = \|L^{-1}\|_{2}^{-1}\|L^{-1}\|_{F}$$
 (6)

2. Expanding the square, applying triange inequality, and using the original inequality

$$E = -A + (A + E) = LG^{\top} + GL^{\top} + GG^{\top}$$
 (7)

$$||E||_F \le 2||LG^\top||_F + ||GG^\top||_F \le 2||L||_2||G||_F + ||G||_F^2$$
 (8)

Applyin the quadratic formula to solve in terms of $||G||_F$ and selecting solution by non-negativity gives

$$||G||_F \ge -||L||_2 + \sqrt{||L||_2^2 + ||E||_F}$$
 (9)

$$\frac{\|G\|_F}{\|L\|_2} \ge \sqrt{1 + \|E\|_F / \|L\|_2^2} - 1 \tag{10}$$

Noting that $||A||_2 = ||LL^{\top}||_2 \ge ||L||_2^2$ by sub-multiplicativity of spectral norm, we have

$$\frac{\|G\|_F}{\|L\|_2} = \frac{\|E\|_F / \|A\|_2}{1 + \sqrt{1 + \|E\|_F / \|A\|_2}}$$
(11)

The second inequality with $\kappa(A)$ comes from applying sub-multiplicativity of Frobenius norm instead to get

$$||E||_F \le 2||L||_F||G||_F + ||G||_F^2 \tag{12}$$

$$\frac{\|G\|_F}{\|L\|_F} \ge \sqrt{1 + \|E\|_F / \|L\|_F^2} - 1 \tag{13}$$

and noting by the second inequality in problem (1) applied to $\kappa(A)$ and the first inequality in problem (1)

$$\kappa(A)\|A\|_F \ge \|L\|_F \|L^{-1}\|_2 \|A\|_F \ge \|L\|_F^2 \tag{14}$$

B: Orthogonally invariant norms