

$$\begin{aligned}
W(s_0, t_0) = V(0,0) &= \frac{1}{\pi r^2} \int_{B(0,r)} V \\
&= \frac{1}{\pi r^2} \int_{B(s_0, t_0), r} W + \frac{b}{4\pi r^2} \int_{B(0,r)} (s^2 + t^2) ds dt \\
&= \frac{b}{4\pi r^2} \int_0^r \int_0^{2\pi} \rho^2 \rho d\rho d\theta + \frac{1}{\pi r^2} \int_{B(s_0, t_0), r} W \\
&= \frac{b}{4\pi r^2} 2\pi \cdot \frac{1}{4} r^4 + \frac{1}{\pi r^2} \int_{B(s_0, t_0), r} W \\
&= \frac{br^2}{8} + \frac{1}{\pi r^2} \int_{B(s_0, t_0), r} W. \quad \square
\end{aligned}$$

Based on these lemmas, we have the following "optimal" estimation:

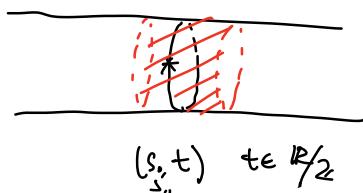
Prop Suppose  $\xi : \mathbb{R} \times \mathbb{S}^1 \rightarrow \mathbb{R}^{2n}$  satisfies  $D\xi = 0$ , then  $\|\xi(s_0, t)\| \in \mathbb{R}_{\geq 0}$ , we have

$$\|\xi(s_0, t_0)\|^2 \leq \frac{8a}{\pi} \int_{B(s_0, t_0), 1} \|\xi(s, t)\|^2 ds dt$$

for some  $a \geq 1$ .

Here we can take the radius 1 smaller (to fit into  $\mathbb{R} \times \mathbb{S}^1$  if needed) then the constant  $\frac{8a}{\pi}$  will be changed or rescaled accordingly.

Note that this implies the desired exponential decay of  $\|\xi(s_0, t)\|$ .



$$\begin{aligned}
&\int_{s_0-\varepsilon}^{s_0+\varepsilon} \int_0^1 \|\xi(s, t)\|^2 dt ds \\
&\leq c \int_{s_0-\varepsilon}^{s_0+\varepsilon} e^{-\delta s} ds \\
&= \frac{c}{-\delta} (e^{-\delta(s_0+\varepsilon)} - e^{-\delta(s_0-\varepsilon)}) \\
&= C' e^{-\delta s_0} \cdot O(\varepsilon).
\end{aligned}$$

apply  $\int_0^1 \|\xi(s, t)\|^2 dt \leq ce^{-\delta|s|}$  (uniformly)  
to a NBH of  $s_0$

Within the red shaded region, for any  $(s_0, t_0)$ ,  $\exists$  NBF  $B((s_0, t_0), r)$   $\subset$  red shaded region, so by prop above,

$$\begin{aligned} \|\zeta(s, t)\|^2 &\leq C \int_{B((s_0, t_0), r)} \|\zeta(s, t)\|^2 ds dt \\ &\leq C'' e^{-\delta s_0} \end{aligned}$$

depending on  $\Sigma$ .

where  $C'' = C''(\delta, \Sigma)$ , independent of  $s_0 \in \mathbb{R}$ . Take  $\Sigma$  as a conformal width, we get  $\|\zeta(s_0, t)\| \leq \sqrt{C''} e^{-\frac{\delta}{2}s_0}$  for  $s_0 \in \mathbb{R}$ . DUE.

Pf of prop above: The only trouble is that the conclusion of Lemma 2 do NOT fit into the hypothesis of Lemma 2. Here is a trick: denote  $w(s, t) = \|\zeta(s, t)\|^2$

Consider  $f: [0, 1] \rightarrow \mathbb{R}$  defined by

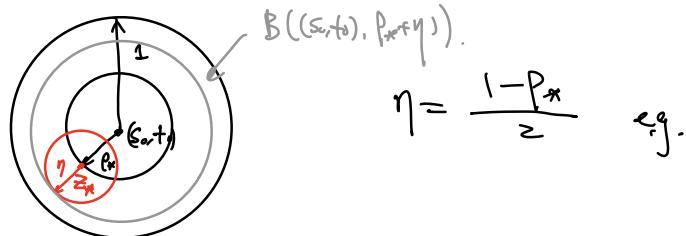
$$p \mapsto ((-\bar{p})^2 \sup_{B((s_0, t_0), p)} w)$$

↑ This decreases when  $p \uparrow$     ↑ This increases when  $p \uparrow$

Then  $f$  is continuous with  $f(0) = w(s_0, t_0)$  and  $f(1) = 0$ .

$$\begin{aligned} \Rightarrow \exists p_* \in [0, 1] \text{ s.t. } \max_{p \in [0, 1]} f = f(p_*) \\ = ((-\bar{p}_*)^2 \sup_{B((s_0, t_0), p_*)} w) = (-\bar{p}_*)^2 w(z_*) \end{aligned}$$

for some  $z_* \in B((s_0, t_0), p_*)$ . Now choose  $\eta \in (0, 1)$  so that we have the following picture:



$$\begin{aligned} \sup_{B(z_*, \eta)} w &\leq \sup_{B(s_*, t_0), p_* + \eta} w = \frac{f(p_* + \eta)}{(1 - p_* - \eta)^2} = \frac{4 f(p_* + \eta)}{(1 - p_*)^2} \\ &\leq \frac{4 f(p_*)}{(1 - p_*)^2} \leq 4 w(z_*) \end{aligned}$$

By Lemma 1 (applied to  $B(z_*, \eta)$ ), we get

$$\Delta w \geq -\alpha w \geq \underbrace{-\alpha \cdot 4w(z_*)}_{= -b} \quad \text{for } B(z_*, r), r \leq \eta$$

Then Lemma 2 applies, and we get

$$\begin{aligned} w(z_*) &\leq \frac{\alpha \cdot 4w(z_*) r^2}{\epsilon} + \frac{1}{\pi r^2} \int_{B(z_*, r)} w \\ &\stackrel{\text{by C. w is concave}}{\leq} \frac{\alpha w(z_*) r^2}{2} + \frac{1}{\pi r^2} \int_{B((s_*, t_0), 2)} w \end{aligned}$$

Now, choose  $r = \eta/\sqrt{\alpha}$ , then

$$\begin{aligned} w(z_*) &\leq \frac{w(z_*) \eta^2}{2} + \frac{\alpha}{\pi \eta^2} \int_{B((s_*, t_0), 1)} w \\ &\leq \frac{w(z_*)}{2} + \frac{\alpha}{\pi \eta^2} \int_{B((s_*, t_0), 1)} w \end{aligned}$$

$$\Rightarrow w(z_*) \leq \frac{2\alpha}{\pi \eta^2} \int_{B((s_*, t_0), 1)} w$$

$$\Leftrightarrow \eta^2 w(z_*) \leq \frac{2\alpha}{\pi} \int_{B((s_*, t_0), 1)} w$$

$$\text{Then } w(s_*, t_0) = f(w) \leq f(p_*) = (1 - p_*)^2 w(z_*)$$

$$= 4\eta^2 w(z_*) \leq \frac{8\alpha}{\pi} \int_{B((s_*, t_0), 1)} w. \quad \square$$