Lemat: (zadonie domowe)

 $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, where $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator linious, $M: \mathbb{R}^{n \times m} \to \mathbb{R}^{n \times m}$ operator $M: \mathbb{R}^{n$

- (i)] Joo Vue W1,2 (Rm, Rn) SIVUI2 & J (HVu: Vu) dx
- (ii) $\exists \gamma > 0 \ \forall \alpha, b \in \mathbb{R}^n \ \langle M(a \otimes b) : (a \otimes b) \rangle \gg \frac{1}{\gamma} |\alpha|^2 |b|^2 = |a \otimes b|^2$ (operator M jest dialatrico direktory na macierach regul 1)

Lemat 1: (nierowność oleinik)

D-d: weight $\varepsilon>0$, latherjemy $\Delta f=0$ po pormoteriu przez funkcję: $x\mapsto (\operatorname{dist}(x,\partial\Omega)-\varepsilon)^2 f$ na obszarze $\Omega_\varepsilon=\{x\in\Omega:\operatorname{dist}(x,\partial\Omega)\geqslant\varepsilon\}$

 $\int_{\Omega_{\varepsilon}} \left(\operatorname{dist}(x, \partial \Omega) - \varepsilon \right)^{2} |\nabla f|^{2} = -\int_{\Omega_{\varepsilon}} 2f \cdot \left(\operatorname{dist}(x, \partial \Omega - \varepsilon) - \varepsilon \right) \langle \nabla f, \nabla (\operatorname{dist}) \rangle$ $\leq 2 \cdot \int_{\Omega_{\varepsilon}} |f|^{2} + \frac{1}{2} \int_{\Omega_{\varepsilon}} |\operatorname{dist}(x, \partial \Omega) - \varepsilon|^{2} \cdot |\nabla f|^{2} \cdot |\nabla (\operatorname{dist})|^{2}$ $\int_{\Omega_{\varepsilon}} \left(\operatorname{dist}(x, \partial \Omega) - \varepsilon \right)^{2} |\nabla f|^{2} \cdot |\nabla f|^{2} \cdot |\nabla (\operatorname{dist})|^{2}$

 $\triangle x \mapsto dist(x, \partial \Omega)$ to funkcja ma stażą Lipschitza 1

=> $\int_{\Omega_{\varepsilon}} (\operatorname{dist}(x, \partial \Omega) - \varepsilon)^2 |\nabla f|^2 \leq 4 \cdot \int_{\varepsilon} |f|^2 \leq 4 \cdot \int_{\varepsilon} |f|^2$

Lemat 2: (rulerowność Hardy'ego) [np. A. Kufner "Inequalities ... "] $u: [0, +\infty) \rightarrow \mathbb{R}$, u(0)=0, $u\in AC$

=> . \[\int \left[\left[\text{t} \right]^2 \left\ \left

· \[\left[\frac{u(t)}{t}\right]^2 \left\left4 \cdot \left[\frac{1}{u'(t)}\right]^2 at

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Twierdzenie: (Kondratiev oleinik)
\Omega \subseteq \mathbb{R}^n otwarty, agraniceony, gusia adaisty wiggedem kuli B(0,r), \Omega \subset B(0,r).
 Wtedy YueW1,2 (2, 1Rn)
        \int_{\Omega} |\nabla u|^2 \leq C \left( \int_{\Omega} |sym \nabla u|^2 + \int_{\Omega} |\nabla u|^2 \right)
  i C= C(n, =)
wniosek 1: x tymi sarnymi zatozeniami, co powyzej marny
 Yue W1,2 (2, R7)
           \int |\nabla u|^2 \leq C_{n,\frac{R}{r}} \int |sym\nabla u|^2 + C_{n,\frac{R}{r}} dist (B_r, 3r) \int |u|^2  (*)
 D-a: weamy \varphi \in C_o^{\infty}(\Omega, \mathbb{R}_+) 1. Let \varphi|_{g_t} = 1. when
         \int |\nabla (\varphi u)|^2 \leq 2 \cdot \int |sym\nabla (\varphi u)|^2, czyli
         \int_{B_{r}} |\nabla u|^{2} \leq C \int_{\Omega} |sym\nabla u|^{2} + C \int_{\Omega} |u|^{2}
 uzywając powyższego tw. otnymujemy teap
wniosek 2:(i)Te same resultaty so prawdalwe dla kazdej daiedziny
12, która jest sumą skończonej ilości dziedzin speiniających
 20tozenia tw. ok
 (ii) Poniewaz kazdy abiór dwarty, graniczony o lipochitzawskim
     brzegu może być predstawiony jak pawyzej, to nierdwność (*)
          prawdeiwo tez dua takich zbiorów,
Whiosek 3: (Wosycana nierdoność Koma)
 Vue W1,2 (A, Rn) SIVU - 6kew SVU 12 & Ca Sisym Vul2
D-d: Tauwazmy, ze (K) wyotakzy udawanić dla. pri u o wiasnościach
 • skew \int \nabla u = 0 (be naymienimy u na \tilde{u}(x) = u(x) - (6kew \int \nabla u)x
  · fu = 0 - f(u(y) - (skew for )y) dy
  • S |\nabla u|^2 = 1 gazie \tilde{u} ma wc pozquane)
 Proez sprzeczność: xatóżny, że marny wgo (uk) spetniojący pawyzsze
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wtasnosci t.ze 11 sym Pull_2 -0 -17-

 $\|u_k\|_{W^{1,2}} \le C$, wife $u_k \frac{1}{w^{1/2}} u$. widad, ze sym $\nabla u = 0$ $0 = \int u_k \rightarrow \int u = 0$ $0 = \text{skew } \int \nabla u_k = \text{skew } \int \nabla u$, A $cayli \quad u = 0$

Uzywając (*) dostajemy $1 = \int |\nabla u_k|^2 \leq C_{\Omega} \left(\int_{\Omega} |sym \nabla u_k|^2 + \int_{\Omega} |u_k|^2 \right)$ sprzecaność.

Dowood tw. OK: Kauwarmy, re wystarrzy wrięć R=1 i r<1 i pokazać nierawność ze datą C=C(n,r) (rad. domawe)

Krok 1: u = V + W, gdzie $\Delta V = \Delta u w \Omega$ } + $\begin{bmatrix} \Delta w = 0 & w \Omega \\ V = 0 & na & \partial \Omega \end{bmatrix}$ + $\begin{bmatrix} \Delta w = 0 & w \Omega \\ w = u & na & \partial \Omega \end{bmatrix}$ $\Delta u = 2 \operatorname{div} \left(\operatorname{sym} \nabla u - \frac{1}{2} \operatorname{tr} \left(\operatorname{sym} \nabla u \right) \operatorname{Id} \right)$ Tahviejoza tradniejoza część

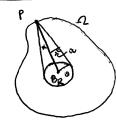
 $\int (\Delta v)v = \int (\Delta u)v$ $\int |\nabla v|^2 = 2 \int (\nabla v: - u - v) \leq 2 ||\nabla v||_{L_2} ||sym\nabla u - \frac{1}{2}tr(sym\nabla u) \cdot Id||_{L_2}$ $= > ||\nabla v||_{L_2} \leq C_n ||sym\nabla u||_{L_2}$

 $\frac{\text{krok 2:}}{\int |\nabla (\text{sym} \nabla w)|^2 \, dist^2 (x, 3n)} \leq C_n \int |\text{sym} \nabla w|^2$

 $\begin{bmatrix} x_{od} \cdot d_{om} : \left[\nabla^2 x w^k \right]_{is} = \partial_i \left[x_{sym} \nabla w \right]_{ks} + \partial_s \left[x_{sym} \nabla w \right]_{kl} - \partial_l \left[x_{sym} \nabla w \right]_{is} \end{bmatrix}$

Stad $\int_{\Omega} |\nabla^2 \omega|^2 \, dist(x, \partial \Omega) \leq C_n \int_{\Omega} |sym \nabla \omega|^2$

Krok 3:



Weàmy $\psi \in C^1(\Omega, \mathbb{R})$. Stosujerny nieralność Hardy'ego via promieniu [0, P] ($P \in \partial \Omega$)

θ: 1 , 10'l ≤ ½ ,

$$\int_{0}^{10} |O\psi|^{2} d|x| \leq 4 \cdot \int_{0}^{10} \left| \frac{2 |O\psi|}{3 |A|} \right|^{2} \left| |P| - |x| \right|^{2} \leq \left(\frac{4 i s t}{r} (x_{1} \circ \Omega_{1}) \right)^{2} \leq \left(\frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{1}) \right)^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{1}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \left| \frac{1 |x_{1} - P|}{4 i s t} (x_{2} \circ \Omega_{2}) \right|^{2} \right|^{2} \left| \frac{1 |x_{1} - P|}{4$$

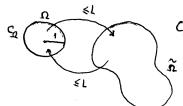
Twierdaenie (FJH): 3 ca Vue W12 (a, 18n) 3 Qe so(n)

$$\int_{\Omega} |\nabla u - Q|^2 \leqslant C_{\Omega} \int_{\Omega} |\operatorname{dist}^2(\nabla u, \mathfrak{so}(n))|^2,$$

stata Ca jest niezmiennicza względem jednokładności.

oraz uniform for the uniform bilipschitz images of a unit ball,

t-zn



Cà ratery od state Li Co.

Tx S prì otycena

 $\Pi(x) = \nabla_{tan} \vec{n}(x)$ shape genator

 $\Pi(x) \tau \in T_x S$, $\Pi(x) : T_x S \times T_x S \rightarrow \mathbb{R}$, $\forall \tau, \eta \in T_x S$ $\Pi(x) (\tau, \eta) = \langle \gamma, \partial_{\tau} \vec{n} \rangle$ $\pi : S^h \rightarrow S$, $\pi(x) = x$

 $E^{h}(u^{h}) = \frac{1}{h} \int_{S^{h}} W(\nabla u^{h}) ; u^{h} \in W^{1/2}(S^{h}, \mathbb{R}^{3})$

W(RF) = W(F)

W(Id) = 0

W(F) > cdist2 (F, 50(3))

 $J^{h}(u^{h}) = E^{h}(u^{h}) - \frac{1}{h} \int_{Sh} f^{h}(u^{h} - id) dx \qquad ; \quad f^{h} : S^{h} \rightarrow \mathbb{R}^{3}$

 $f^{h}(x+t\vec{n}) = h^{\alpha} \det (Id + t\Pi(x))^{-1}f(x)$

Twierdzenie:

1 Inf Jh & [-ChB, O], gozie B= 2x-2

(2) Jesli $\frac{1}{h^{\beta}} J^h(u^h) \leqslant C$ to weedy $E^h(u^h) \leqslant Ch^{\beta}$

Jesti zacozymy, co następuje na f(x) = g(x) + x:

• $\int_{S} g(x) = 0$ • $\int_{S} \langle g(x), Ax \rangle = 0$ $\forall A \in \mathbb{R}^{3 \times 3}$

 $\int_{5} x = 0$

Fakt: Te warunki implikują

$$\forall Q \in SO(3) : \int_{S} \langle f(x), Qx \rangle = \int_{S} \langle x, Qx \rangle \leq \int_{S} |x|^{2} = \int_{S} \langle f(x), x \rangle \qquad (**)$$

Twierdzenie: Niech $u \in W^{1/2}(S^h, \mathbb{R}^3)$. Zotóżmy, ze $\frac{1}{h^2} E^h(u) << 1$. wtedy $\exists R \in W^{1/2}(S, \mathbb{R}^{3\times 3})$ $\forall t.2e R(x) \in SO(3)$ due $p.\omega. x \in S$, $\exists R \in SO(3)$ speiniające:

(i)
$$\int |\nabla u - R\pi|^2 \le C \int dist^2 (\nabla u, 50(3))$$

 Sh

(ii)
$$\int |\nabla R|^2 \leq \frac{c}{h^3} \int dist^2 (\nabla u, \infty(3))$$

(iii)
$$\|Q^{T}R - Id\|_{L_{p}(S)}^{2} \le \frac{c}{h^{3}} \int dist^{2} (\nabla u_{1} \cdot SO(3))$$
 $A_{p>1}$

Dowdd: 1. Dla keedego xe S definiujemy "dysk" $D_{x,h} = S \cap B(x,h)$, $B_{x,h} = \Pi^{-1}(D_{x,h})$ mamy $\int |\nabla u| - R_{x,h} |^2 \leq C \int dist^2(\nabla u, so(3))$, addie C isolated as C isolated C isolated C.

gotale C jest state niexaleans od h i od n.

2. Niech
$$\Theta \in C_0^{\infty}([0,1], \mathbb{R})$$
. Due kazdego $\times \in S$ definityjemy
$$\gamma_{\times}(z) = \frac{\Theta(1\pi z - \times 1/h)}{\int \Theta(1\pi y - \times 1/h) dy}$$
Sh

$$x_{auw2}y_{y}$$
, z_{e} : (a) $\int_{Sh} \gamma_{x} dx = 1$

(c)
$$\|\gamma_{\times}\|_{L^{\infty}} \leq \frac{c}{h^3}$$

Definition $\tilde{R}(x) = \int \gamma_x(x) \nabla u(x) dx \in W^{1,2}(S, \mathbb{R}^{3x^3})$. Harry nast oscatavania

(a)
$$|\tilde{R}(x) - R_{x,h}|^2 = |\int_{\gamma_x(x)} (\nabla u(x) - R_{x,h})|^2 \le ||\gamma_x||_{L^{\infty}} \cdot \int_{\gamma_x(x)} |\nabla u(x) - R_{x,h}|^2 \le ||\gamma_$$

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(B) |\nabla \tilde{R}(x)|^2 = |\int_x \nabla_x \chi_x(x) \nabla u(x) dx|^2 = |\int_x (\nabla_x \chi_x) (\nabla u - R_{x,h}) dx|^2 \le 
                            \leq \int |\nabla_{x} \gamma_{x}|^{2} \int |\nabla u - R_{x,h}|^{2} \leq \frac{c}{h^{5}} \int dist^{2} (\nabla u_{x} so(3)) dz.
B_{x,h} \qquad B_{x,h} \qquad B_{x,h}
   (Y) \forall x' \in D_{x,h} \quad |\nabla \widetilde{R}(x')|^2 \leq \frac{c}{h^5} \int dist^2 (\nabla u_i So(3))
           \forall x'' \in D_{x,h} \quad |\widetilde{R}(x'') - \widetilde{R}(x)|^2 \leq Ch^2 \|\nabla \widetilde{R}\|_{L^{\infty}(D_{x,h})}^2 \leq \frac{c}{h^3} \int_{2B_{x,h}} dist^2 (\nabla u_i so(3))
              \int |\nabla u - \widetilde{R} \pi|^2 \leq C \left( \int |\nabla u - R_{x,h}|^2 + \int |R_{x,h} - \widetilde{R}(x)|^2 dx + \int |\widetilde{R}(x) - \widetilde{R} \pi z|^2 dz \right)
                       (6)+(n)+(h(3)
                                      < C ∫ dist2 (∇u, so(3)).
  Twierdainy, ze S mozna pokryć rodziną dysków {Dx,h Ji=1 tak ze
                   pokryciowa \{28x_i, h\}_{i=1}^N jest niezabezna od h.
   Licaba
(kazdy punkt stedzi
                                           Zotem \int |\nabla u - \tilde{R} \pi|^2 \leq C \int dist^2 (\nabla u, 50(3))

sh Sh
 w co najwyzej tylu
   abiorach)
          ten sam sposob (B) implikuje \int_{1}^{1} |\nabla \tilde{R}|^{2} \leq \frac{C}{h^{3}} \int dist^{2} (\nabla u, 50(3))
  Tauwazmy, se dist<sup>2</sup> (\tilde{R}(x), so(3)) \leq \frac{c}{h^3} \int dist^2 << 1
                                               R(x) = \Re_{50(3)} \tilde{R}(x) \in 50(3)
                                                                                                                           ( R) R(x)
  Mozemy definiować
   \int |\nabla u - R\pi|^2 \leq C \left( \int |\nabla u - \widetilde{R}\pi|^2 + \int |R\pi - \widetilde{R}\pi|^2 \right) \leq C \int dist^2 \left( \nabla u, So(3) \right)
Sh \qquad Sh \qquad Sh \qquad Sh
                                                                         \operatorname{dist}^{2}\left(\widetilde{R}, 50(3)\right) \leq C\left(1\widetilde{R}\pi - \nabla u\right)^{2} + \operatorname{dist}^{2}\left(\nabla u, 50(3)\right)
                    \int |\nabla R|^2 \le C \int |\nabla \widetilde{R}|^2 \le \frac{C}{h^3} \int dist^2 (\nabla u, 50(3))
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Marry

Hamy $\forall p \geqslant 1$ $C ||R - Q||_{L_{p}(S)}^{2} \leqslant C (||R - \int_{R} ||^{2}_{L_{p}(S)} + ||\int_{R} ||^{2}_{L_{p}(S)}|) \leqslant \frac{c}{h^{3}} \int_{S} dist^{2} (\nabla_{H_{1}} so(3))$ $\leq C \int_{S} dist^{2} (\int_{S} ||S_{R} - R(S)||^{2} dx$