

$$\int_{\|z\| > \sqrt{1/2} \eta} z^i p_z(z) dz$$

$$u^{1/2} z \xrightarrow{z \mapsto z u A}$$

$$z = 2u^{-1/2} p + 2H$$

$$= \mathbb{E} \left[z^i \mathbb{1}[\|z\| > \sqrt{1/2} \eta] \right] \quad \text{condition on } p$$

$$= \mathbb{E} \left[\mathbb{1}_{\|2u^{-1/2} p + 2H\| > \sqrt{1/2} \eta} \right]$$

$$\leq \|2u^{-1/2} p\| + \|2H\|$$

$$= \int f_{p,H}(p, h) dp dh$$

$$\Rightarrow \|2H\| > \sqrt{1/2} \eta / 2$$

$$\text{or } \|2u^{-1/2} p\| > \sqrt{1/2} \eta / 2$$