

# The Yoneda Lemma

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## Abstract

Some notes on the Yoneda Lemma, starting with the notion of representable functors.

## Covariant Representable Functors

We first define a *prototype* of a covariant representable functor out of a locally small category  $\mathcal{A}$ .

**Definition.** Let  $\mathcal{A}$  be a locally small category, and fix  $A \in \mathcal{A}$ . Define the functor  $H^A = \mathcal{A}(A, -) : \mathcal{A} \rightarrow \mathbf{Set}$  by the following mapping on

1. **objects:** For  $B \in \mathcal{A}$ , define  $H^A(B) = \mathcal{A}(A, B)$ , the hom-set of arrows in  $\mathcal{A}$  from  $A$  to  $B$ .
2. **morphisms:** For  $g : B \rightarrow B'$ , define  $H^A(g) = \mathcal{A}(A, g) : \mathcal{A}(A, B) \rightarrow \mathcal{A}(A, B')$  by  $p \mapsto g \circ p$  for all  $p : A \rightarrow B$ , sending morphisms from  $A$  to  $B$  to morphisms from  $A$  to  $B'$  by post-composition with  $g$ .

From this prototype of a representable functor, we can now define covariant representable functors:

**Definition** (Covariant Representable Functor). Let  $\mathcal{A}$  be a locally small category. A functor  $X : \mathcal{A} \rightarrow \mathbf{Set}$  is representable if  $X$  is naturally isomorphic to  $H^A$  for some  $A \in \mathcal{A}$ . A representation of  $X$  is a choice of an object  $A$  along with a natural isomorphism from  $H^A$  to  $X$ .

Some examples of representable functors:

**Example 1** (group  $G$  regarded as a one object category). Regarding a group  $G$  as a one object category  $\mathcal{G}$ , with object  $*$ ,  $H^* = \mathcal{G}(*, -) : \mathcal{G} \rightarrow \mathbf{Set}$  is a functor which maps

1. **objects:** There is only one object in  $\mathcal{G}$ , and  $H^*(*)$  is the set of mappings from  $*$  to  $*$ , otherwise known as the elements of the group  $G$ . So  $H^*(*) \cong U(G)$  where  $U : \mathbf{Grp} \rightarrow \mathbf{Set}$  is the forgetful functor that returns the underlying set of a group.
2. **morphisms:** Let  $g \in G$ , then  $H^*(g)$  maps any element  $h$  of  $G$  to  $g \circ h$ , which, interpreted in the context of a group is just group multiplication on the left, i.e.  $gh$ .

Since  $\mathcal{G}$  has only one object, there is only one representable functor on it (up to isomorphism), and the representable is the underlying set  $G$  acted on by left multiplication.

**Example 2** ( $H^1 : \mathbf{Set} \rightarrow \mathbf{Set}$ ). Let  $1$  denote the set with just one element. The functor  $1_{\mathbf{Set}}$  is represented by the functor  $H^1 : \mathbf{Set} \rightarrow \mathbf{Set}$ . To see this, let us first see what  $H^1$  does and then show that it is naturally isomorphic to  $1_{\mathbf{Set}}$ .

Let  $B \in \mathbf{Set}$ , then  $H^1(B) = \mathbf{Set}(1, B) = \{b : 1 \rightarrow B\}$  the set of functions from the singleton set to  $B$  that pick out an element of  $B$ . In particular,  $H^1(B) \cong B$ . Let  $p : 1 \rightarrow B$  and  $g : B \rightarrow B'$ , then  $H^1(g) = \mathbf{Set}(1, g) : \mathbf{Set}(1, B) \rightarrow \mathbf{Set}(1, B')$  sends functions  $p$  that pick out an element of  $B$  to functions  $g \circ p$  that pick out an element of  $B'$ .

So we have the parallel functors  $H^1, 1_{\mathbf{Set}} : \mathbf{Set} \rightarrow \mathbf{Set}$  and we know what they do. Now we construct a natural isomorphism  $t : H^1 \Rightarrow 1_{\mathbf{Set}}$ . We already have that  $H^1(B) \cong B$ , so the components of  $t$  are the isomorphisms  $t_B : H^1(B) \rightarrow B$  (and of course  $t_B^{-1} : B \rightarrow H^1(B)$ ). Now we need to check that the naturality square below commutes:

$$\begin{array}{ccc}
 H^1(B) & \xrightarrow{H^1(g)} & H^1(B') \\
 \downarrow t_B & & \downarrow t_{B'} \\
 B & \xrightarrow{1_{\mathbf{Set}}(g) = g} & B'
 \end{array}$$

where  $g : B \rightarrow B'$ .

It is enough to consider an element  $b : 1 \rightarrow B$  from  $H^1(B)$ .  $b$  picks out an element of  $B$ , which we will also identify by  $b(1) = b$ . Going down from  $H^1(B)$ ,  $t_B(b : 1 \rightarrow B)$  gives us this element  $b$ , which is then sent by  $g$  to

some element of  $B'$ , say  $b'$ . On the other hand, going right from  $H^1(B)$ ,  $H^1(g)(b : 1 \rightarrow B) = g \circ b$  which gives us the map  $b' : 1 \rightarrow B'$  that picks out  $g(b(1)) = b'$ . Finally,  $t_{B'}(b')$  is precisely this element  $b'$  of  $B'$ . So in fact the naturality square commutes.

Hence  $1_{\mathbf{Set}}$  is represented by  $H^1$ .

**Example 3** ( $H^1 : \mathbf{Cat} \rightarrow \mathbf{Set}$ ). Similarly to the example above,  $\text{ob} : \mathbf{Cat} \rightarrow \mathbf{Set}$  which sends a small category to its underlying set of objects is represented by  $H^1$  where  $\mathbf{1}$  is the one-object category. This is because when  $\mathcal{B}$  is a category,  $H^1(\mathcal{B}) = \mathbf{Cat}(\mathbf{1}, \mathcal{B})$  which picks out objects of  $\mathcal{B}$  and is isomorphic to  $\text{ob}\mathcal{B}$ . The proof that these functors are naturally isomorphic is essentially the same as the one for  $1_{\mathbf{Set}}$  and  $H^1$  in the example above.

### Adjoints and Representables

Now we establish the claim that any set valued functor with a left adjoint is representable. We first prove the following lemma.

**Lemma 1.** *Let  $\mathcal{A}, \mathcal{B}$  be locally small categories with functors  $F : \mathcal{A} \rightarrow \mathcal{B}, G : \mathcal{B} \rightarrow \mathcal{A}$  such that  $F \dashv G$ . Fix  $A \in \mathcal{A}$ , then the functor*

$$\mathcal{A}(A, G(-)) : \mathcal{B} \rightarrow \mathbf{Set}$$

*that is, the composition  $\mathcal{B} \xrightarrow{G} \mathcal{A} \xrightarrow{H^A} \mathbf{Set}$  is representable.*

*Proof.* Because  $F \dashv G$ , we have the isomorphism  $t_{A,B}^{-1} : \mathcal{A}(A, G(B)) \rightarrow \mathcal{B}(F(A), B)$  for each  $B \in \mathcal{B}$ . Now  $H^{F(A)}$  maps  $B$  to  $\mathcal{B}(F(A), B)$ , and it maps a morphism  $g : B \rightarrow B'$  to  $\mathcal{B}(F(A), g) : \mathcal{B}(F(A), B) \rightarrow \mathcal{B}(F(A), B')$ . So we suspect that the isomorphisms  $t_{A,B}^{-1}$  gives rise to the natural isomorphism  $t^{-1} : \mathcal{A}(A, G(-)) \Rightarrow H^{F(A)}$ . We show that this is in fact the case.

We need to check naturality. Let  $g : B \rightarrow B'$ . We need to check that the following naturality square commutes:

$$\begin{array}{ccc} \mathcal{A}(A, G(B)) & \xrightarrow{\mathcal{A}(A, Gg) = H^A(Gg)} & \mathcal{A}(A, G(B')) \\ \downarrow t_{A,B}^{-1} & & \downarrow t_{A,B'}^{-1} \\ \mathcal{B}(F(A), B) & \xrightarrow{H^{F(A)}(g)} & \mathcal{B}(F(A), B') \end{array}$$

It suffices to consider a map  $f : A \rightarrow G(B)$  from  $\mathcal{A}(A, G(B))$  as it travels around the diagram. Going down from  $\mathcal{A}(A, G(B))$ ,  $t_{A,B}^{-1}(f : A \rightarrow G(B))$  is a map  $t_{A,B}^{-1}(f) : F(A) \rightarrow B$ , and then  $H^{F(A)}(g)(t_{A,B}^{-1}(f)) = g \circ t_{A,B}^{-1}$  which is a map from  $F(A)$  to  $B'$ . On the other hand, going right from  $\mathcal{A}(A, G(B))$ ,  $H^A(Gg)(f : A \rightarrow G(B)) = Gg \circ f$  which is a map from  $A$  to  $G(B')$  and then  $t_{A,B'}^{-1}(Gg \circ f)$  is a map from  $F(A)$  to  $B'$ . So the question is whether  $t_{A,B'}^{-1}(Gg \circ f) = g \circ t_{A,B}^{-1}(f)$ , but that is precisely what it means for  $t^{-1}$  to be natural with respect to  $B$  (See [Liu18]), so in fact  $\mathcal{A}(A, G(-)) \cong H^{F(A)}$  and is therefore representable.  $\square$

Now we are ready to prove the main claim of this subsection:

**Theorem 1.** *Any set-valued functor that has a left adjoint is representable.*

*Proof.* Let  $G : \mathcal{A} \rightarrow \mathbf{Set}$  be a functor with left adjoint  $F$ . Let  $1$  denote the set with a single element. For all  $A \in \mathcal{A}$ ,  $G(A)$  is a set and by example 2 above,  $H^1(G(A)) = \mathbf{Set}(1, G(A)) \cong G(A)$  naturally in  $A$  where  $H^1$  is our functor from  $\mathbf{Set}$  to  $\mathbf{Set}$  in example 2 above. So  $G \cong \mathbf{Set}(1, G(-))$  and by the lemma above, this means  $G$  is representable.  $\square$

### Covariant Embedding

**Proposition 1.** *Let  $f : A' \rightarrow A$ , then  $f$  induces a natural transformation  $H^f : H^A \Rightarrow H^{A'}$  with components  $H_B^f : H^A(B) \rightarrow H^{A'}(B)$  so that a map  $p : A \rightarrow B$  in  $H^A(B)$  gets mapped via precomposition with  $f$  to  $p \circ f : A' \rightarrow B$ .*

*Proof.* We need to show that this map  $H^f$  is indeed a natural transformation. Let  $g : B \rightarrow B'$ . This means checking that the naturality square:

$$\begin{array}{ccc} H^A(B) & \xrightarrow{H^A(g)} & H^A(B') \\ \downarrow H_B^f & & \downarrow H_{B'}^f \\ H^{A'}(B) & \xrightarrow{H^{A'}(g)} & H^{A'}(B') \end{array}$$

commutes.

It is sufficient to consider a map  $p : A \rightarrow B$  in  $H^A(B)$  as it travels around the square. Going down, we have first  $H_B^f(p) = p \circ f$ , and then to the right we have  $H^{A'}(g)(p \circ f) = g \circ (p \circ f)$ . Going to the right we have  $H^A(g)(p) = g \circ p$ , and then going down we have  $H_{B'}^f(g \circ p) = (g \circ p) \circ f$ . However, since morphism composition is associative, these two things are equal and so the square indeed commutes.  $\square$

With this natural transformation between covariant representables, we have the following definition:

**Definition.** The *covariant embedding* is the functor  $H^\bullet : \mathcal{A}^{\text{op}} \rightarrow [\mathcal{A}, \mathbf{Set}]$  defined by the following mapping on:

1. **objects:** For object  $A$  in  $\mathcal{A}$ ,  $H^\bullet(A) = H^A$ .
2. **morphisms:** For morphism  $f : A' \rightarrow A$ ,  $H^\bullet(f) = H^f$ .

We can do many of the same things with the dual case.

## Contravariant Representable Functors

Again, we start with a definition of the *prototypical* contravariant representable functor:

**Definition.** Let  $\mathcal{A}$  be a locally small category with object  $A$ . Define the functor  $H_A : \mathcal{A}(-, A) : \mathcal{A}^{\text{op}} \rightarrow \mathbf{Set}$  by the following mapping on

1. **objects:** For object  $B$  in  $\mathcal{A}$ , define  $H_A(B) = \mathcal{A}(B, A)$ .
2. **morphisms:** For morphism  $g : B' \rightarrow B$ , define  $H_A(g) = \mathcal{A}(g, A) : \mathcal{A}(B, A) \rightarrow \mathcal{A}(B', A)$  by  $p : B \rightarrow A \mapsto p \circ g : B' \rightarrow B \rightarrow A$ .

Similar to the covariant case, any functor  $F : \mathcal{A}^{\text{op}} \rightarrow \mathbf{Set}$  that is naturally isomorphic to a *prototypical* contravariant representable functor is called contravariantly representable.

**Example 4.** The functor  $\mathcal{P} : \mathbf{Set}^{\text{op}} \rightarrow \mathbf{Set}$  which maps sets to their powersets and maps functions  $g : B' \rightarrow B$  to  $\mathcal{P}(g) = g^{-1}U$  for all  $U \in \mathcal{P}(B)$  where  $g^{-1}U = \{x' \in B' \mid g(x') \in U\}$  is naturally isomorphic to  $H_2 : \mathbf{Set}^{\text{op}} \rightarrow \mathbf{Set}$  where 2 denotes the set with two elements.

To show this, we first need to realize that a subset of a set  $B$  is just a boolean mapping from the set to 2 ( $f(b) = 1$  means  $b$  is in that subset). So  $H_2(B) = \mathbf{Set}(B, 2) \cong \mathcal{P}(B)$ . Define  $t_B : H_2(B) \rightarrow \mathcal{P}(B)$  with this isomorphism. We show that the  $t_B$ 's are natural in  $B$  and therefore define

the components of a natural transformation  $t : H_2 \Rightarrow \mathcal{P}$ . Let  $B, B'$  be sets, and let  $g$  be a map from  $B'$  to  $B$ . To do this, we show that the following naturality square commutes:

$$\begin{array}{ccc}
 H_2(B) & \xrightarrow{H_2(g)} & H_2(B') \\
 \downarrow t_B & & \downarrow t_{B'} \\
 \mathcal{P}(B) & \xrightarrow{\mathcal{P}(g)} & \mathcal{P}(B')
 \end{array}$$

Consider a map  $u : B \rightarrow 2$  that picks out an associated subset  $U \subseteq B$ .  $t_B(u)$  gives precisely this subset  $U$ , and  $\mathcal{P}(g)(U)$  gives the subset  $U'$  of  $B'$  that maps along  $g$  into  $U$ . On the other hand,  $H_2(g)(u)$  precomposes  $g$  with  $u$  to give the mapping  $u \circ g : B' \rightarrow B \rightarrow 2$  which picks out the subset  $U'$  of  $B'$  that, when mapped along  $g$  gives back  $U$ . And  $t_{B'}(u \circ g)$  gives this  $U'$ . So the diagram commutes.

Hence,  $\mathcal{P}$  is represented by  $H_2$ .

### Contravariant Embedding

Similar to the covariant case, the map  $f : A \rightarrow A'$  induces a natural transformation  $H_f : H_A \Rightarrow H_{A'}$  with components  $H_f^B : H_A(B) \rightarrow H_{A'}(B)$  such that a map  $p : B \rightarrow A \mapsto f \circ p : B \rightarrow A \rightarrow A'$ .

This gives rise to the following contravariant embedding (which we will call the Yoneda Embedding)

**Definition** (Yoneda Embedding). Let  $\mathcal{A}$  be a locally small category. The Yoneda Embedding is the functor  $H_\bullet : \mathcal{A} \rightarrow [\mathcal{A}^{\text{op}}, \mathbf{Set}]$  defined by the following mapping on:

1. **objects:** For object  $A$  in  $\mathcal{A}$ ,  $H_\bullet(A) = H_A$ .
2. **morphisms:** For morphism  $f : A \rightarrow A'$ ,  $H_\bullet(f) = H_f$ .

**Proposition 2.**  $H_\bullet$  is injective on isomorphism classes of objects.

*Proof.* Let  $A, A'$  be objects in  $\mathcal{A}$  such that  $H_A \cong H_{A'}$ . We need to show  $A \cong A'$ , that is, find maps  $f : A \rightarrow A'$ ,  $g : A' \rightarrow A$  that are mutually inverse. Since  $H_A \cong H_{A'}$  that means there are maps (natural transformations)  $\alpha :$

$H_A \Rightarrow H_{A'}$  and  $\beta : H_{A'} \Rightarrow H_A$  such that  $\alpha \circ \beta = 1_{H_{A'}}$  and  $\beta \circ \alpha = 1_{H_A}$ . We need to use  $\alpha$  and  $\beta$  to construct the  $f$  and  $g$  we need.

First let's consider the components of  $\alpha$ . Let  $B$  be an object in  $\mathcal{A}$ . Then  $\alpha_B$  is a map from  $H_A(B) \rightarrow H_{A'}(B)$ . Letting  $B = A$ , we have  $\alpha_A : H_A(A) \rightarrow H_{A'}(A)$ . Now, we don't know what morphisms there are in  $H_A(A)$ , but we certainly know that  $1_A$  exists. And applying  $\alpha_A$  to  $1_A$ , we get a map  $\alpha_A(1_A) : A \rightarrow A'$ .

Similarly, considering  $\beta_{A'}$  applied to  $(1_{A'})$ , we get a map  $\beta_{A'}(1_{A'}) : A' \rightarrow A$ .

So now we have our maps between  $A$  and  $A'$ . We need to show that they are mutually inverse.

Naturality of  $\alpha$  in  $B$  means that for every  $p : B \rightarrow B'$  the following naturality square holds (note the contravariance):

$$\begin{array}{ccc}
 & \xleftarrow{- \circ p} & \\
 H_A(B) & & H_A(B') \\
 \alpha_B \downarrow & & \downarrow \alpha_{B'} \\
 H_{A'}(B) & \xleftarrow{- \circ p} & H_{A'}(B')
 \end{array}$$

In particular, if  $x : B' \rightarrow A$  is a map  $H_A(B')$ , then  $\alpha_B(x \circ p) = \alpha_{B'}(x) \circ p$ .

Again, what we need is a specialization of this general phenomenon. Letting  $x = 1_A$ , which means making  $B = A'$  and  $B' = A$ , our  $p$  becomes a map from  $A' \rightarrow A$  and by naturality above we have  $\alpha_{A'}(1_A \circ p) = \alpha_A(1_A) \circ p$ . Now  $p$  is a map from  $A' \rightarrow A$ , so letting  $p = \beta_{A'}(1_{A'})$  we have that  $\alpha_A(1_A) \circ \beta_{A'}(1_{A'}) = \alpha_{A'}(1_A \circ \beta_{A'}(1_{A'})) = \alpha_{A'}(\beta_{A'}(1_{A'}))$ . But since  $\alpha_{A'}$  and  $\beta_{A'}$  are mutually inverse, this just means  $\alpha_A(1_A) \circ \beta_{A'}(1_{A'}) = 1_{A'}$ , which is precisely what we wanted.

Similarly, we can show using the naturality of  $\beta$  and specializing to  $1_{A'}$  that  $\beta_{A'}(1_{A'}) \circ \alpha_A(1_A) = 1_A$ .

Thus  $A \cong A'$ . □

## The Yoneda Lemma

**Theorem 2** (The Yoneda Lemma). *Let  $\mathcal{A}$  be a locally small category. Then  $[\mathcal{A}^{op}, \mathbf{Set}](H_A, X) \cong X(A)$  naturally in  $A \in \mathcal{A}$  and  $X \in [\mathcal{A}^{op}, \mathbf{Set}]$ .*

*Proof.* First let's give a quick outline of the proof:

1. Produce a mapping  $t_{A,X} : [\mathcal{A}^{\text{op}}, \mathbf{Set}](H_A, X) \rightarrow XA$ .
2. Produce a mapping  $t_{A,X}^{-1} : XA \rightarrow [\mathcal{A}^{\text{op}}, \mathbf{Set}](H_A, X)$ .
3. Show that  $t, t^{-1}$  are mutually inverse.
4. Show that  $t$  is natural in  $A$ .
5. Show that  $t$  is natural in  $X$ .

We're not going to do these steps in order, instead we'll do these steps the way I did it when I came up with the proof, so you'll see my motivation for each successive step.

Let's begin with step 1. Let  $\alpha : H_A \Rightarrow X$  be a natural transformation. Looking at  $\alpha$ 's components,  $\alpha_B : H_A(B) \rightarrow XB$  sends a map  $g : B \rightarrow A$  to the element of  $XB$ ,  $\alpha_B(g)$ .  $t_{A,X}$  needs to map  $\alpha$  to one specific element of  $XA$ . Consider the special case where  $B = A$ . Then we have the component  $\alpha_A : H_A(A) \rightarrow XA$ . Since the only map we are certain exists in  $H_A(A)$  is the identity map  $1_A$ , this suggests we need to define  $t_{A,X}(\alpha) = \alpha_A(1_A)$ .

To check that this mapping is the correct one, let's first check that  $t_{A,X}$  is natural in  $X$ . Let  $F : X \Rightarrow X'$  be a natural transformation.  $t_{A,X}$  natural in  $X$  means that the following naturality square holds:

$$\begin{array}{ccc}
 [\mathcal{A}^{\text{op}}, \mathbf{Set}](H_A, X) & \xrightarrow{F \circ -} & [\mathcal{A}^{\text{op}}, \mathbf{Set}](H_A, X') \\
 \downarrow t_{A,X} & & \downarrow t_{A,X'} \\
 XA & \xrightarrow{F_A} & X'A
 \end{array}$$

Let  $\alpha : H_A \Rightarrow X$  be a natural transformation. Then going down first and then to the right via  $F_A$  we have  $F_A(t_{A,X}(\alpha)) = F_A(\alpha_A(1_A))$ . On the other hand going right first via  $F \circ -$  and then down we have  $t_{A,X'}(F \circ \alpha) = (F \circ \alpha)_A(1_A)$ . And by compositionality,  $(F \circ \alpha)_A(1_A) = F_A \circ \alpha_A(1_A) = F_A(\alpha_A(1_A))$ . So  $t_{A,X}$  is indeed natural in  $X$ .

Now let us check that  $t_{A,X}$  is natural in  $A$ . We won't succeed yet but this will give us a hint as to how we should define  $t_{A,X}^{-1}$ . Let  $f$  be a map from  $A$  to  $A'$ . We need to check that the following naturality square commutes:



$$\begin{array}{ccc}
[\mathcal{A}^{\text{op}}, \mathbf{Set}](H_A, X) & \xleftarrow{- \circ H_f} & [\mathcal{A}^{\text{op}}, \mathbf{Set}](H_{A'}, X) \\
\downarrow t_{A,X} & & \downarrow t_{A',X} \\
XA & \xleftarrow{Xf} & XA'
\end{array}$$

Let  $\alpha' : H_{A'} \Rightarrow X$  be a natural transformation. Then going down first and then left via  $Xf$  we have  $Xf(t_{A',X}(\alpha')) = Xf(\alpha'_{A'}(1_{A'}))$ . On the other hand, going to the left first via  $- \circ H_f$  and then down, we have  $t_{A,X}(\alpha' \circ H_f) = (\alpha'_A \circ H_f^A)(1_A) = \alpha'_A(f)$  (Because  $H_f^A(1_A) = f \circ 1_A = f$ ). So we need to have the equality

$$Xf(\alpha'_{A'}(1_{A'})) = \alpha'_A(f)$$

Which we can't prove just yet. However, this does give us a hint as to how we should define  $t_{A,X}^{-1}$ . Notice that  $\alpha'_{A'}(1_{A'})$  is an element of  $XA'$  and that for every  $g : B \rightarrow A' \in H_{A'}(B)$ ,  $g \mapsto Xg(\alpha'_{A'}(1_{A'}))$  defines a mapping from  $H_{A'}(B)$  to  $XB$ , which is beginning to look like the components of a natural transformation  $H_{A'} \Rightarrow X$ .

With that let us define our mapping  $t_{A,X}^{-1} : XA \rightarrow [\mathcal{A}^{\text{op}}, \mathbf{Set}](H_A, X)$ . Let  $x$  be an element of  $XA$ . We define  $t_{A,X}^{-1}(x) = (X(f : B \rightarrow A)(x))_{B \in \mathcal{A}}$ . So for each  $B$ , we have a family of morphisms  $H_A(B) \rightarrow XB$  given by  $f \mapsto Xf(x)$ . Now we need to check that this family of morphisms does indeed form a natural transformation  $H_A \Rightarrow X$ .

Let  $k : B \rightarrow B'$ . We need to check that the following naturality square commutes:

$$\begin{array}{ccc}
H_A(B) & \xleftarrow{- \circ k} & H_A(B') \\
\downarrow X(- : B \rightarrow A)(x) & & \downarrow X(-' : B' \rightarrow A)(x) \\
XB & \xleftarrow{Xk} & XB'
\end{array}$$

Let  $p : B' \rightarrow A$ . Then going left and down we first have  $p \circ k : B \rightarrow A$  which then becomes  $X(p \circ k)(x)$ . On the other hand, going down first and then left we have  $Xk(Xp(x))$ . These expressions are equal by the (co)functoriality of  $X$ . So  $t_{A,X}^{-1}(x)$  does indeed yield a natural transformation.

Now we need to check that  $t_{A,X}$  and  $t_{A,X}^{-1}$  are in fact mutually inverse. Let  $x \in XA$ . Then  $t_{A,X}(t_{A,X}^{-1}(x)) = t_{A,X}(X(-)(x)) = (X(-)(x))_A(1_A) = X1_A(x) = 1_{XA}(x) = x$ . So  $t_{A,X} \circ t_{A,X}^{-1}$  does indeed equal  $1_{XA}$ . The other direction is a little bit harder:

Let  $\alpha$  be a natural transformation from  $H_A \Rightarrow X$ .  $t_{A,X}^{-1}(t_{A,X}(\alpha)) = t_{A,X}^{-1}(\alpha_A(1_A)) = X(-)(\alpha_A(1_A))$ . Let  $f : B \rightarrow A$ . For  $X(-)(\alpha_A(1_A)) = \alpha$ , we need to have  $Xf(\alpha_A(1_A)) = \alpha_B(f)$  for every  $f$ . The only tool we have at our disposal is naturality, either naturality of  $X(-)(x)$  which we just established, or the naturality of  $\alpha$ . When I first went about trying to prove this I thought we ought to use the naturality of  $X(-)(x)$ , however it turns out that the correct thing to do is use the naturality of  $\alpha$ . (Thank you [Lei14]!) Let's write out the naturality square for  $\alpha$  with  $f$ :

$$\begin{array}{ccc}
 H_A(B) & \xleftarrow{- \circ f} & H_A(A) \\
 \alpha_B \downarrow & & \downarrow \alpha_A \\
 XB & \xleftarrow{Xf} & XA
 \end{array}$$

Considering the image of  $1_A$  as it moves around the square, we have  $\alpha_B(1_A \circ f) = \alpha_B(f) = Xf(\alpha_A(1_A))$ , which is exactly what we needed.

So  $t$  and  $t^{-1}$  are mutually inverse, and in fact this last step is also what we needed to prove that  $t_{A,X}$  is natural in  $A$ , so we are done.  $\square$

## References

- [Lei14] Tom Leinster. *Basic Category Theory*. Cambridge Studies in Advanced Mathematics. Cambridge University Press, Cambridge, United Kingdom, 2014.
- [Liu18] Stephen Liu. Adjoints, 2018. <https://ssyl55.github.io/files/adjoints.pdf>.