

**ON RAMSEY TECHNIQUES IN QUANTITATIVE METRIC GEOMETRY:  
THE MINIMUM DISTORTION NEEDED TO EMBED A BINARY TREE INTO  $\ell_p$**

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ABSTRACT. It is commonly said that a result is typical of the Ramsey theory, if in any finite coloring of some mathematical object one can extract a sub-object (usually having some kind of desired structure), which is monochromatic. In this essay we discuss in detail a clever Ramsey-type argument due to Jiří Matoušek utilized in the context of embedding theory. Namely, to study the smallest constant  $C = C(n)$  for which a complete binary tree of height  $n$  can be  $C$ -embedded into a given uniformly convex Banach space. As a consequence, the quantitative lower bound of  $const \cdot (\log n)^{\min(1/2, 1/p)}$  in the distortion needed to embed this space into  $\ell_p$  (for  $1 < p < \infty$ ) is explained.

1. A GLIMPSE TO RAMSEY-TYPE RESULTS AND BOURGAIN'S WORK ON BINARY TREES

Let us begin with a seemingly banal but enlightening question: How many people should be on a party to ensure that three of them are either mutual acquaintances (each one knows the other two) or mutual strangers (each one does not know either of the other two)? This query is usually known as the problem of friends and strangers. For our purposes, it is convenient to phrase this question in a graph-theoretic language. Denote by  $n$  the number of people at the party and suppose that each person is represented by a vertex of a complete graph (a simple undirected graph in which every pair of distinct vertices is connected by a unique edge)  $K_n$  of order  $n$ . Given two partygoers (or vertices), we paint in red the edge that links them if they know each other and in blue otherwise. Therefore, our problem translates into the following: How big  $n$  must be to assert the existence of a complete subgraph of order 3 in  $K_n$  painted entirely in red or blue?

Ramsey's classical theorem [Ram30] points in the same direction as this question. Colloquially speaking, it states that in any coloring of the edges (using a palette with a finite number of colors) of a sufficiently large complete graph, one will find monochromatic (i.e., of the same color) complete subgraphs. This foundational tool in combinatorics initiated a new perspective that is now framed as part of the Ramsey theory. But what exactly do people mean

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when they refer to a statement as of Ramsey-type? Perhaps the most popular result of this type (although quite naive) is the well-known pigeonhole principle: if  $f : \{1, \dots, n\} \rightarrow \{1, \dots, m\}$  and  $n > m$  then  $f$  can not be injective (if you have fewer pigeon holes than pigeons and you put every pigeon in a pigeon hole, then there must result at least one pigeon hole with more than one pigeon). The typical scenario of the Ramsey theory starts with some mathematical object which is divided into several pieces. The question that arises in this context is how big should be the original object in order to affirm that at least one of the pieces has a given interesting property. Going back to our friends and strangers' example, we wanted to know how big had to be our study set ( $n$  = the number of partygoers) to ensure the existence of a certain structure (three "friends" or three "complete strangers"). By the way... the answer is  $n \geq 6$  and it is an interesting challenge to prove this, but this is another matter.

Summarizing, a statement has essentially a Ramsey-type flavor if it ensures the existence of some kind of rigid substructure in a given set having enough members. Being a bit extreme, Ramsey-type results give certain regularity amid disorder. These techniques have proven to be extremely useful in various contexts alien to it (allowing to solve, for example, long-standing problems in analysis; see [AT06] for a proper treatment on several important applications). Of course, Ramsey theory may be labeled undoubtedly as a part of combinatorics or discrete mathematics, and in general these branches seem to be quite distant, at least at first glance, from embedding theory or metric geometry. The aim of this note is to show how to apply this kind of discrete techniques to study the smallest distortion needed in a particular embedding problem. Before going into details, let us start with a couple of definitions in order to clarify all the notions we deal with.

Given two metric spaces  $(M, d_M)$ ,  $(N, d_N)$ , and a mapping  $f : M \rightarrow N$ , we denote the Lipschitz constant of  $f$  by  $\|f\|_{\text{Lip}} := \sup\{\frac{d_N(f(x), f(y))}{d_M(x, y)} : x \neq y\}$ . If  $f$  is injective then the (bi-Lipschitz) distortion of  $f$  is defined as  $\text{dist}(f) = \|f\|_{\text{Lip}} \cdot \|f^{-1}\|_{\text{Lip}}$ . Informally, the distortion is a measure of the amount by which a function warps distances. Note that a function with distortion 1 does not necessarily preserve mutual distances but it may re-scale them in the same ratio. We write  $M \xrightarrow{C} N$  if there exist an embedding  $f : M \rightarrow N$  with  $\text{dist}(f) \leq C$  (such an embedding is called a  $C$ -embedding or a  $C$ -isomorphism). The smallest distortion with which  $M$  embeds into  $N$  is denoted  $c_N(M)$ , namely,

$$c_N(M) = \inf\{C : M \xrightarrow{C} N\}.$$

We say that  $f : M \hookrightarrow N$  is non-contracting if  $d_M(x, y) \leq d_N(f(x), f(y))$  for every  $x, y \in M$  (i.e.,  $\|f^{-1}\|_{\text{Lip}} \leq 1$ ). In this working we focus on the case where the target space  $N$  is a Banach

space  $(X, \|\cdot\|)$ , so we can compute  $c_X(M)$  (by re-scaling if necessary) as  $\inf\{\|f\|_{\text{Lip}} : f : M \hookrightarrow X \text{ non-contracting}\}$ . If  $X = \ell_p$  for some  $p \geq 1$  we use the shorter notation  $c_p(M) = c_{\ell_p}(M)$ . The parameter  $c_2(M)$  is usually known as the Euclidean distortion of  $X$ .

Lipschitz (or uniform and coarse) embeddings of metric spaces into Banach spaces with “good geometrical properties” have found many significant applications, specially in computer science and topology. The advantages of low distortion embeddings are based on the fact that for spaces with “good properties” one can apply several geometric tools which are generally not available for typical metric spaces. The most significant accomplishments throughout these lines were obtained in the design of algorithms (the information obtained from concrete geometric representations of finite spaces is used to obtain efficient approximation algorithms and data structures). In this context, the spaces with “good geometrical features” are mostly separable Hilbert spaces (or certain classical Banach spaces such as  $L_p$  spaces).

The bi-Lipschitz structure of arbitrary trees and its applications to different context have been studied extensively during the last years. We refer to [Dre84, Mat90, Bar98, JLPS02, LS03, Dra03, FRT03, BS05, NPS<sup>+</sup>06] and the references therein for a detailed treatment. Recall that a (graph-theoretical) tree is an undirected graph  $T = (V, E)$  in which any two vertices are connected by exactly one path. In other words, any connected graph without simple cycles is a tree. The present essay is devoted to the study of the Euclidean (and  $L_p$ ) distortion of complete binary trees.

Just to be in tune, we denote by  $B_n$  the complete rooted binary tree of height (or depth)  $n$ . This is a graph defined as follows:  $B_0$  is a single vertex (the root), and  $B_{n+1}$  arises by taking one vertex (the root) and connecting it to the roots of two disjoint copies of  $B_n$ . We also consider  $k$ -ary trees of height  $h$  (each non-leaf vertex has  $k$  successors), which we denote by  $T_{k,h}$ . These spaces are metric space endowed with the path-metric: the distance between two vertices is the number of edges in the path connecting them (i.e., we consider the graph-theoretic distance on the vertex set, with edges of unit length).

A famous result in embedding theory due to Bourgain [Bou86] states the following.

**Theorem 1.1.** *Let  $1 < p < \infty$ , for any embedding  $f : B_n \hookrightarrow \ell_p$  we have  $\text{dist}(f) \geq c \log(n)^{\min(1/2, 1/p)}$ , where  $c$  is a constant depending only on  $p$ .*

In other words, he showed that  $c_p(B_n) = \Omega_p(\log(n)^{\min(1/2, 1/p)})$ . Among Bourgain’s contributions we find a noteworthy characterization (in terms of their metric structure) of a linear property of Banach spaces. Namely, he showed that a Banach space  $X$  is superreflexive (see

definition below) if and only if  $\lim_{m \rightarrow \infty} c_X(B_n) = \infty$ . He also established the following interesting dichotomy: For a Banach space  $X$  either  $c_X(B_n) = 1$  for all  $n$ , or there exists  $\alpha > 0$  such that  $c_X(B_n) = \Omega((\log n)^\alpha)$ . Bourgain used this result to solve a question posed by Gromov, showing that the hyperbolic plane does not admit a bi-Lipschitz Euclidean embedding. The arguments involved in his work are based on the use of some technical probabilistic tools (diadic Walsh-Paley martingales). We highlight that Bourgain derived Theorem 1.1 as a particular case of a much more general result involving structural properties of Banach spaces. We recall some classic definitions from Banach space theory in order to state all this.

The modulus of (uniform) convexity  $\delta_X(\varepsilon)$  of a Banach space  $X$  endowed with norm  $\|\cdot\|$  is defined as

$$\delta_X(\varepsilon) := \inf \left\{ 1 - \left\| \frac{x+y}{2} \right\| \mid \|x\| = \|y\| = 1 \text{ and } \|x-y\| \geq \varepsilon \right\},$$

for  $\varepsilon \in (0, 2]$ . The space  $X$  is said to be uniformly convex of type  $q \geq 2$  if  $\delta_X(\varepsilon) \geq c\varepsilon^q$  for some  $c > 0$ . Put simply, the modulus of convexity measures how deep inside (in the unit ball of  $X$ ) must lie the midpoint of a line segment with extremes in the sphere of  $X$  in terms of the length of the segment. Intuitively, if a space has a “big” modulus of convexity then the center of a line segment included in the unit ball must lie very deep inside the ball (i.e., has small norm) unless the segment is short. If the function  $\delta_X(\cdot)$  is never zero, we say that  $X$  is uniformly convex (or uniformly rotund). Spaces with this property are common examples of reflexive Banach spaces (this is a consequence of the classical Milman-Pettis theorem [Mil38, Pet39]). Since the converse does not hold, this justifies the name given to those spaces that are isomorphic to uniformly convex spaces; that is, superreflexive Banach space.

It is well-known that, for  $1 < p < \infty$ , the  $\ell_p$  space (or any  $L_p$ -space) is uniformly convex. The asymptotic behavior of its moduli (as computed by Hanner [Han56]) is given by

$$(1) \quad \delta_p(\varepsilon) = \begin{cases} \frac{(p-1)\varepsilon^2}{8} + o(\varepsilon^2) & \text{if } 1 < p \leq 2, \\ \frac{\varepsilon^p}{p2^p} + o(\varepsilon^p) & \text{if } 2 \leq p < \infty. \end{cases}$$

In particular,  $\delta_p(\varepsilon) \geq c\varepsilon^{\max(2,p)}$  where  $c = c(p)$ .

Now that we have the definition of uniform convexity in mind, we are able to state Bourgain's embedding theorem on binary trees.

**Theorem 1.2.** *Let  $X$  be a uniformly convex Banach space whose modulus of uniform convexity satisfies  $\delta_X(\varepsilon) \geq c\varepsilon^q$  for some  $q \geq 2$  and  $c > 0$  (i.e.,  $X$  uniformly convex of type  $q \geq 2$ ). Then*

the minimum distortion necessary for embedding  $B_n$  into  $X$  is at least  $c_1 (\log n)^{1/q}$  for some  $c_1 = c_1(c, q) > 0$ .

Observe that Theorem 1.1 becomes a direct consequence of this theorem since, by Equation (1), any  $L^p$ -space ( $1 < p < \infty$ ) is uniformly convex of type  $q = \max(2, p)$ . It should be noted that Bourgain's bound in Theorem 1.1 is optimal, as proven by Bourgain himself in his seminal work for the Euclidean case ( $p = 2$ ) and by Matoušek [Mat99] for every  $1 < p < \infty$ . Thus,  $c_p(B_n) = \Theta(\log(n)^{\min(1/2, 1/p)})$ .

Several proofs of Theorem 1.2 have been published over the years (e.g., [Bou86, Mat99, LS03, LNP09, MN13, Klo14]). This note aims to present an elementary proof (due to Matoušek in [Mat99]), where a shrewd use of a Ramsey-type result is displayed.

## 2. MATOUŠEK'S PROOF OF THEOREM 1.2

Matoušek's argument has a geometric ingredient and a combinatorial one. The former is the simplest and relates uniform convexity to embeddings of some special trees. Consider the four-vertices tree with one root  $v_0$  which has one son  $v_1$  and two grandchildren  $v_2, v'_2$ . We denote by  $S$  this tree (with edges of unit length). We say that a subset  $F = \{x_0, x_1, x_2, x'_2\}$  of a metric space  $(M, d_M)$  is an  $\delta$ -fork if there exist a function  $f : S \rightarrow F$  mapping  $v_i$  to  $x_i$  (for  $i = 0, 1, 2$ ) and  $v'_2$  to  $x'_2$ , such that the restricted functions  $f|_{\{v_0, v_1, v_2\}} : \{v_0, v_1, v_2\} \rightarrow \{x_0, x_1, x_2\}$  and  $f|_{\{v_0, v_1, v'_2\}} : \{v_0, v_1, v'_2\} \rightarrow \{x_0, x_1, x'_2\}$  are  $(1 + \delta)$ -isomorphisms. Qualitatively, for small  $\delta$ , the mutual distances between elements of the sets  $\{x_0, x_1, x_2\}$  and  $\{x_0, x_1, x'_2\}$  are similar to those of  $\{0, 1, 2\} \subset \mathbb{R}$ . It should be noted that in this definition, no information about the distance between the vertices  $v_2$  and  $v'_2$  is inherited by  $F$ . We call the points  $x_2$  and  $x'_2$  the *tips* of  $F$ . The name "fork" (which is obviously given by mnemonic purposes) comes by understanding how this object should look like in the Euclidean space  $\mathbb{R}^3$  for a small  $\delta$ . The following lemma states that if a fork  $F$  in a uniformly convex Banach space has a rigid structure (i.e.  $\delta$  is small) then its tips are very close to each other.

**Lemma 2.1.** (*Fork Lemma*) *Let  $X$  be a uniformly convex Banach space whose modulus of uniform convexity satisfies  $\delta_X(\varepsilon) \geq c\varepsilon^q$  for some  $q \geq 2$  and  $c > 0$ , and let  $F = \{x_0, x_1, x_2, x'_2\} \subset X$  be an  $\delta$ -fork. Then  $\|x_2 - x'_2\| = O(\delta^{1/q})\|x_0 - x_1\|$ .*

*Proof.* (of Lemma 2.1) By translating and re-scaling if necessary, we may presume that  $x_0 = 0$  and  $\|x_1\| = 1$ .

Set

$$z := x_1 + \frac{x_2 - x_1}{\|x_2 - x_1\|}.$$

Obvious computations show  $\|z - x_1\| = 1$ ,  $\|x_2 - x_1\| \leq 1 + 2\delta$ ,  $\|z - x_2\| \leq 2\delta$  and  $\|z\| \geq 2 - 2\delta$ . Put  $u = z - 2x_1$ . Observe that  $x = x_1$  and  $y := x_1 + u$  lie on the unit sphere of  $X$ , and for the midpoint

$$\frac{x + y}{2} = x + \frac{u}{2} = \frac{z}{2}$$

we have

$$\left\| \frac{x + y}{2} \right\| \geq 1 - \delta.$$

Using the uniform convexity condition we obtain  $\|y - x\| = \|u\| = O(\delta^{1/q})$ , thus

$$\|x_2 - 2x_1\| \leq \|x_2 - z\| + \underbrace{\|z - 2x_1\|}_u \leq 2\delta + O(\delta^{1/q}) = O(\delta^{1/q}),$$

for  $\delta$  small. Note that the constant of proportionality in the last  $O(\cdot)$  notation depends only on  $c$  and  $q$ . Analogously (by symmetry), we also get  $\|x'_2 - 2x_1\| = O(\delta^{1/q})$ , hence  $\|x_2 - x'_2\| = O(\delta^{1/q})$ , concluding the proof.  $\square$

For our purposes it will be useful to compute the smallest distortion needed to embed complete  $k$ -ary trees into uniformly convex spaces instead of dealing with complete binary trees. Any complete  $k$ -ary tree can be 2-embedded into a complete binary tree of height large enough. This is stated in the following lemma. Recall that the level of a vertex of  $T_{k,h}$  is just its distance from the root.

**Lemma 2.2.** *Let  $T_{k,h}$  be a complete  $k$ -ary tree of height  $h$ . Then  $T_{k,h}$  can be 2-embedded into the complete binary tree  $B_n$  for height  $n = 2h \lceil \log_2 k \rceil$ .*

*Proof.* Note that it is sufficient to demonstrate this for powers of 2 (i.e.,  $k = 2^s$ ). We obviously map the root of  $T_{2^s,h}$  into the root of  $B_{2hs}$ . We now follow an inductive procedure. If a vertex  $v$  of  $T_{2^s,h}$  has already been mapped to a vertex  $u$  at some level  $l$  of  $B_{2hs}$ , we map the  $2^s$  successors of  $v$  to  $2^s$  vertices above  $u$  at level  $l + 2s$  whose mutual distances are all between  $2s$  and  $4s$ . Indeed, without loss of generality we can assume that  $l = 0$ , now note that  $B_{2s}$  is constructed by gluing to each leaf of  $B_s$  another disjoint copy of  $B_s$ . For each of these copies we select a leaf and map the successors of  $v$  to them.  $\square$

Given a rooted tree  $T$ , we denote by  $SP(T)$  the set all pairs of vertices  $\{x, y\}$  of  $T$  such that  $x$  lies in between the way from  $y$  to the root. The following Ramsey-type result, whose proof is simple and short, can be regarded as the cornerstone towards the proof of Theorem 1.2.

**Lemma 2.3.** *Suppose that each of the pairs of the set  $SP(T_{k,h})$  is painted with a color from a palette of  $r$  colors. If  $k \geq r^{(h+1)^2}$ , then there exist a subtree  $T' \subset T_{k,h}$  which is a copy of the complete binary tree  $B_h$ , such that the color of any pair  $\{x, y\} \in SP(T')$  depends exclusively on the levels of  $x$  and  $y$ .*

*Proof.* We start proving the following simple claim: Suppose that all the leaves of  $T_{k,h}$  (i.e., vertices at level  $h$ ) are colored by  $r'$  colors and  $k > r'$  then there exist a copy of  $B_h$  in  $T_{k,h}$  such that all its leaves have the same color. The case  $h = 0$  is trivial. For  $h \geq 1$ , consider all the  $k$  subtrees isomorphic to  $T_{k,h-1}$  connected to the root of  $T_{k,h}$ . By inductive hypothesis we can pick a copy of  $B_{h-1}$  with monochromatic leaves. Since  $k > r'$  by the pigeonhole principle, two of this copies have the same color of leaves. If we connect this copies to the root we get the copy of  $B_h$  with the desired property.

Going back to our problem... Label each leaf  $z \in T_{k,h}$  by a vector having the colors of the pairs  $\{x, y\} \in SP(T_{k,h})$  lying on the path from  $z$  to the root (we write the coordinates of the vectors using a predetermined order common for all leaves). We want show the existence of subtree  $T' \subset T_{k,h}$ , which is a copy of  $B_h$ , such that the color of the pair  $\{x, y\} \in SP(T')$  depends only on the levels of  $x$  and  $y$ . This can be rephrased into finding a copy of  $B_h$  in  $T_{k,h}$  whose all leaves are labeled with the same vector. Note that each of this vector have  $\binom{h+1}{2} < (h+1)^2$  coordinates; hence, the leaves of  $T_{k,h}$  are colored with  $r' < r^{(h+1)^2}$  possible colors. The result now follows from our preliminary claim.  $\square$

The following lemma states that if a copy of the metric space  $P_h = \{0, 1, \dots, h\} \subset \mathbb{R}$  is embedded with a constant-bounded distortion into a given metric space, and  $h$  is large enough, then we can find a 3-term arithmetic progression such that the restriction of our embedding to this set has distortion near 1.

**Lemma 2.4.** *(Path embedding Lemma) For any given constants  $\alpha > 0$  and  $\beta \in (0, 1)$  there exists a constant  $C = C(\alpha, \beta)$  with the following property: for every non-contracting mapping  $f$  defined in the metric space  $P_h = \{0, 1, \dots, h\} \subset \mathbb{R}$  into some metric space  $(M, d_M)$  with  $h \geq 2^{CK^\alpha}$ , for  $K = \|f\|_{\text{Lip}}$ , there exists an arithmetic progression  $Z = \{x, x+a, x+2a\} \subset P_h$  such that the restriction of  $f$  onto  $Z$  is a  $(1+\varepsilon)$ -isomorphism with*

$$\varepsilon = \beta \left( \frac{d_M(f(x), f(x+a))}{a} \right)^{-\alpha}.$$

The proof of the lemma is a bit cumbersome. Maybe should put it aside on a first read.

*Proof.* (of Lemma 2.4) We define, for  $a \in \{1, \dots, h\}$  the number

$$K(a) := \max \left\{ \frac{d_M(f(x), f(y))}{|x - y|} : x, y \in P_h, |x - y| = a \right\}.$$

By the triangle inequality  $K(a) \geq K(2a)$  for every  $a$ .

We also define an decreasing sequence of numbers  $x_0 > x_1 > x_2 > \dots$  by setting  $x_0 = K$  and  $x_{j+1} = \frac{x_j}{\left(1 + \frac{\beta}{4x_j^\alpha}\right)}$ . We denote by  $t$  the first index with  $x_t \leq 1$ . It can be seen that  $t = O(K^\alpha)$ , and therefore we can assume that  $2^t \leq h$  (by picking  $C$  large enough). Observe that in the sequence  $K(2^0) \geq K(2^1) \geq K(2^2) \geq \dots \geq K(2^t)$ , there must be two consecutive values, say  $K(2^i)$  and  $K(2^{i+1})$ , belonging to the same interval  $[x_{j+1}, x_j]$ . Thus,

$$1 \leq \frac{K(2^i)}{K(2^{i+1})} \leq 1 + \eta,$$

where  $\eta = \frac{\beta}{4K(2^i)^\alpha}$ . We consider the number  $a := 2^i$  and we fix the points  $x, x + 2a \in P_h$  such that  $K(2a) = K(2^i)$  is attained. This means that,  $d_M(f(x), f(x + 2a)) = 2aK(2a)$ . We therefore have

$$d_M(f(x), f(x + a)) \leq aK(a) \leq a(1 + \eta)K(2a),$$

and also

$$d_M(f(x + a), f(x + 2a)) \leq a(1 + \eta)K(2a).$$

In addition, we have

$$\begin{aligned} d_M(f(x), f(x + a)) &\geq d_M(f(x), f(x + 2a)) - d_M(f(x + a), f(x + 2a)) \\ &\geq 2aK(2a) - a(1 + \eta)K(2a) \\ &= a(1 - \eta)K(2a). \end{aligned}$$

From the equations above, the result easily follows.  $\square$

We are now able to display Matoušek's proof of Theorem 1.2. First we sketch the main steps of his argument. We pick  $k, h$  adequate natural numbers such that  $T_{k,h} \xrightarrow{2} B_n$  (according to Lemma 2.2) and consider a non-contracting mapping  $f : T_{k,h} \rightarrow X$  such that  $\|f\|_{\text{Lip}}$  is smaller than our expected bound (i.e.,  $\|f\|_{\text{Lip}} = c_1(\log n)^{1/q}$ , for  $c_1$  small enough), we will get to an absurdity. Using cunningly Lemma 2.3 we are able to find a complete binary tree inside  $T_{k,h}$  for which  $f$  embeds "identically" every path between a root to a leaf (this is the key point and is based heavily on mixing combinatorics with distortion). This fact, together with Lemma 2.4, allow us to find a 0-fork in  $T_{k,h}$  (for some  $a \in \mathbb{N}$ ) mapped by  $f$  to an  $\delta$ -fork in  $X$  for  $\delta$  small. But, according to Lemma 2.1, this can not happen: the tips of the 0-fork in  $T_{k,h}$  are far apart.



A rigorous and detailed proof is the following.

*Proof.* (of Theorem 1.2) First we declare the parameters involved in the proof, their values will be fixed later. Let  $\beta > 0$  be small enough (depending on  $q$  and  $c$ ), suppose  $n$  is large and let  $k, h$  be natural numbers (depending on  $n$ ). Fix  $f : T_{k,h} \rightarrow X$  a non-contracting mapping with  $\|f\|_{\text{Lip}} = K = c_1(\log n)^{1/q}$  for  $c_1$  small, we will get a contraction.

Let  $r = \left\lceil \frac{2K^{q+1}}{\beta} \right\rceil$ , and suppose  $k \geq r^{(h+1)^2}$ . We label the pairs in  $SP(T_{k,h})$  according to the distortion of their distance by  $f$ ; that is to say, each pair  $\{x, y\} \in SP(T_{k,h})$  is colored with the number

$$\left\lfloor \frac{K^q \|f(x) - f(y)\|}{\beta d_{T_{k,h}}(x, y)} \right\rfloor \in \{0, 1, \dots, r-1\},$$

where  $d_{T_{k,h}}$  stands for the path-metric in  $T_{k,h}$ . By our Ramsey-type result, Lemma 2.3, we can find a subtree  $T'$ , which is a copy of  $B_h$ , inside  $T_{k,h}$  such that the color of each pair  $\{x, y\} \in SP(T')$  depends exclusively on the levels of  $x$  and  $y$ . This is the core of Matoušek's argument: we manage to find a binary tree on which the mutual distances induced by  $f$  only depend on the position of the vertices.

Fix  $P$  a path from a root to a leaf in  $T'$  (note that this path, is isometric to  $P_h = \{0, \dots, h\} \subset \mathbb{R}$ ). If  $h$  is big enough, say  $h = 2^{CK^q}$  where  $C = C(q, \beta)$  is as in Lemma 2.4, we can pick three vertices  $y_0, y_1, y_2$  of  $P$  whose levels form an arithmetic progression with common difference  $a$  (i.e., this vertices are at levels  $l, l+a, l+2a$ , respectively), such that the restriction of  $f$  to this triple becomes a  $(1+\delta)$  isomorphism for

$$\delta = \beta \left( \frac{\|f(y_0) - f(y_1)\|}{a} \right)^{-q}.$$

Let  $y'_2$  be a vertex at  $T'$  at the same level as  $y_2$  (i.e,  $l+2a$ ) and at distant  $2a$  from  $y_2$  (note that this also implies that  $y'_2$  is at distant  $a$  and  $2a$  from  $y_1$  and  $y_0$ , respectively). By the level dependence of the colors we have that the pairs  $\{y_i, y_2\}$  and  $\{y_i, y'_2\}$  in  $SP(T')$  are equally labeled ( $i = 0, 1$ ). Precisely, for  $i = 0, 1$  we have

$$(2) \quad \left\lfloor \frac{K^q \|f(y_i) - f(y_2)\|}{\beta d_{T_{k,h}}(y_i, y_2)} \right\rfloor = \left\lfloor \frac{K^q \|f(y_i) - f(y'_2)\|}{\beta d_{T_{k,h}}(y_i, y'_2)} \right\rfloor.$$

This implies that the restriction of  $f$  to the triple  $\{y_0, y_1, y'_2\}$  is a  $(1+2\delta)$ -isomorphism (a priori we can not ensure to be a  $(1+\delta)$  isomorphism since the equality in Equation (2) is given only for the integer parts). Therefore, the set  $\{f(y_0), f(y_1), f(y_2), f(y'_2)\}$  is a  $3\delta$ -fork in  $X$ . By Lemma 2.1, we obtain

$$2a \leq \|f(y_2) - f(y'_2)\| = O(\delta^{1/q} a) = O(\beta^{1/q}) \|f(y_0) - f(y_1)\| = O(\beta^{1/q} a).$$

Recall that the constant of proportionality in the last  $O(\cdot)$  notation depends only on  $c$  and  $q$  (and not on  $\beta$ ). Thus, by choosing  $\beta$  small enough we have a contradiction.

We have made several assumptions... It is time to see how to choose properly the parameters involved. We had  $h = 2^{CK^q}$ , hence if  $c_1$  in the expression  $K = c_1(\log n)^{1/q}$  is small enough, we can ensure that  $h < n^{1/4}$ . On the other hand, we had  $k = r^{(h+1)^2}$ , thus  $\log_2 k = (h+1)^2 \log_2 r = O(\sqrt{n}(\log \log n))$ , therefore

$$(3) \quad h \log_2 k = O(n^{5/6}) < n,$$

for  $n$  large enough. Equation (3) and Lemma 2.2 ensures that the tree  $T_{k,h}$  with which we have dealt can be embedded with distortion at most 2 into the complete binary  $B_n$ . This completes the proof.  $\square$

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