# Sequential Weak Approximation for Maps of Finite Hessian Energy 

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#### Abstract

Consider the space $W^{2,2}(\Omega ; N)$ of second order Sobolev mappings $v$ from a smooth domain $\Omega \subset \mathbb{R}^{m}$ to a compact Riemannian manifold $N$ whose Hessian energy $\int_{\Omega}\left|\nabla^{2} v\right|^{2} d x$ is finite. Here we are interested in relations between the topology of $N$ and the $W^{2,2}$ strong or weak approximability of a $W^{2,2}$ map by a sequence of smooth maps from $\Omega$ to $N$. We treat in detail $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ where we establish the sequential weak $W^{2,2}$ density of $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right) \cap \mathcal{C}^{\infty}$. The strong $W^{2,2}$ approximability of higher order Sobolev maps has been studied in the recent preprint [BPV] of P. Bousquet, A. Ponce, and J. Van Schaftigen. For an individual map $v \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$, we define a number $L(v)$ which is approximately the total length required to connect the isolated singularities of a strong approximation $u$ of $v$ either to each other or to $\partial \mathbb{B}^{5}$. Then $L(v)=0$ if and only if $v$ admits $W^{2,2}$ strongly approximable by smooth maps. Our critical result, obtained by constructing specific curves connecting the singularities of $u$, is the bound $L(u) \leq c \int_{\mathbb{B}_{5}}\left|\nabla^{2} u\right|^{2} d x$. This allows us to construct, for the given Sobolev map $v \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$, the desired $W^{2,2}$ weakly approximating sequence of smooth maps. To find suitable connecting curves for $u$, one uses the twisting of a u pull-back normal framing of a suitable level surface of $u$.


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## I Introduction

To motivate our specific work on weak sequential approximability of $W^{2,2}$ maps from $\mathbb{B}^{5}$ to $\mathbb{S}^{3}$, we will first describe briefly the background and general problems. Let $(N, g)$ be a compact Riemannian manifold. Via the Nash embedding theorem, one may assume that $N$ is a submanifold of some Euclidian space $\mathbb{R}^{\ell}$ and that the metric $g$ is induced by this inclusion. One then has, for any open subset $\Omega$ of $\mathbb{R}^{m}, k \in \mathbb{N}$, and $p>1$, the nonlinear space of $k$ th order, Sobolev maps

$$
W^{k, p}(\Omega, N)=\left\{u \in W^{k, p}\left(\Omega, \mathbb{R}^{\ell}\right): u(x) \in N \text { for almost every } \mathrm{x} \in \Omega\right\}
$$

where $W^{k, p}\left(\Omega, \mathbb{R}^{\ell}\right)$ denotes the Banach space of $\mathbb{R}^{\ell}$-valued, order $k$, Sobolev functions on $\Omega$ with norm $\|u\|_{W^{k, p}}=\left[\sum_{j=0}^{k}\left(\int_{\Omega}\left|\nabla^{j} u\right|^{p} d x\right)^{2 / p}\right]^{1 / 2}$.

## I. 1 Strong Approximation

A basic question concerning the spaces $W^{k, p}(\Omega, N)$ is the approximability of these maps by a sequence of smooth maps of $\Omega$ into $N$. The issue involves the possible discontinuities in a Sobolev map because any continuous Sobolev map may be approximated strongly in the Sobolev norm. In fact, here ordinary smoothing [A] gives both uniform and $W^{2,2}$ strong approximation by an $\mathbb{R}^{\ell}$-valued smooth Sobolev function whose image lies in a small neighborhood of $N$; then composing this with the nearest-point projection to $N$ gives the desired smooth strong approximation with image in $N$. It was first observed in [SU] that for $n=2$, a $W^{1,2}$ map (which may fail to have a continuous representative) admits strong $W^{1,2}$ approximation by smooth $W^{1,2}$ maps into $N$. However for $n=3$, [SU] also showed that the specific singular Sobolev map $x /|x| \in W^{1,2}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$ is not strongly approximable in $W^{1,2}$ by smooth maps from $\mathbb{B}^{3}$ to $\mathbb{S}^{2}$. For first order Sobolev maps, the general problem of strong $W^{1, p}$ approximability was treated by F. Bethuel in [Be2], which (with [BZ]) shows that:

$$
W^{1, p}\left(\mathbb{B}^{m}, N\right) \text { is the sequential strong } W^{1, p} \text { closure of } \mathcal{C}^{\infty}\left(\mathbb{B}^{m}, N\right) \quad \Longleftrightarrow \quad \Pi_{[p]}(N)=0 .
$$

Here $[p]$ is the greatest integer less than or equal to $p$. F. Hang and F. H. Lin, in [HaL1] and [HaL2], updated these results with some new proofs and corrections, which account for the role played by the topology of the domain in approximability questions. See [HaL2], Th.1.3 for the precise conditions on the domain. There are many other interesting works on strong approximability of first order Sobolev maps by smooth maps, e.g. [Be1], [BCL], [Hj], [BCDH], [BBC], [BZ]. Generalization of the strong approximability
results of $[\mathrm{Be} 2]$, [HaL1], and [HaL2] to higher order Sobolev mappings has been treated by P. Bousquet, A. Ponce, and J. Van Schaftigen in [BPV] which (with [BZ]) shows that

$$
W^{k, p}\left(\mathbb{B}^{m}, N\right) \text { is the sequential strong } W^{k, p} \text { closure of } \mathcal{C}^{\infty}\left(\mathbb{B}^{m}, N\right) \Longleftrightarrow \Pi_{[k p]}(N)=0 .
$$

## I. 2 Sequential Weak Approximation

The space $W^{k, p}(\Omega, N)$ also inherits the weak topology from $W^{k, p}\left(\Omega, \mathbb{R}^{\ell}\right)$. A Sobolev map in $W^{k, p}(\Omega, N)$ that is not $W^{k, p}$ strongly approximable by smooth maps may be $W^{k, p}$ weakly approximable by a sequence of smooth maps. For example, the map $x /|x| \in W^{1,2}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$ is weakly approximable in $W^{1,2}$ by some sequence $u_{i}$ of smooth maps. The well-known construction of such a $u_{i}$ involves changing $x /|x|$ in a thin cylindrical tunnel $U$ of width $1 / i$ extending from the origin $(0,0,0)$ to a point on $\partial \mathbb{B}^{3}$. To prove the weak $W^{1,2}$ weak convergence of $u_{i}$ to $x /|x|$, the key point of the construction is to keep the energies $\int_{\mathbb{R}^{3}}\left|\nabla u_{i}\right|^{2} d x$ bounded independent of $i$.

To find an example of a map $v \in W^{1, p}\left(\mathbb{B}^{m}, N\right)$ which does not have a weakly approximating sequence of smooth maps, we need both $p<m$ and $\Pi_{[p]}(N) \neq 0$. Then, if $p$ is not an integer, we simply choose, as in $[\mathrm{Be} 2]$, any map $v$ which fails to have strong smooth approximations. Assuming for contradiction that this map $v$ did admit some weak approximation by smooth maps $v_{i}$, then, for every point $a \in \mathbb{B}^{m}$, Fubini's theorem and Sobolev embedding (because $p>[p]$ ), would give strong convergence of the restrictions $v_{i} \mid \mathbb{S}_{a}$ to $v \mid \mathbb{S}_{a}$ for almost every $[p]$ dimensional Euclidean sphere $\mathbb{S}_{a}$ centered at $a$ in $\mathbb{B}^{m}$. Then by the smoothness of $v_{i}$ and by $[\mathrm{W}]$, the corresponding homotopy classes $\llbracket v \mid \mathbb{S}_{a} \rrbracket$ would all vanish. But Bethuel showed in $[\mathrm{Be} 1]$ that precisely this local vanishing homotopy condition on $[p]$ spheres would imply that $v$ does admit strong smooth approximation, a contradiction.

For integer $p$ the following question is still open:
For any any compact manifold $N$, any integers $k, m \geq 1$ and any integer $p \geq 2$, is every Sobolev map $v \in W^{k, p}\left(\mathbb{B}^{m}, N\right)$ actually $W^{k, p}$ weakly approximable by a sequence of smooth maps?

This sequential weak density of smooth maps has been verified in the following cases:
(1) $[\mathrm{BBC}],[\mathrm{ABL}]: W^{1, p}\left(\mathbb{B}^{m}, \mathbb{S}^{p}\right)$.
(2) $[\mathrm{Hj}]: W^{1, p}\left(\mathbb{B}^{m}, N\right)$ with $N$ being simply $p-1$ connected (i.e. $\Pi_{j}(N)=0$ for $\left.0 \leq j \leq p-1\right)$.
(3) [Pa]: $W^{1,1}(M, N)$ with $M$ and $N$ being arbitrary smooth manifolds with $\partial N=\emptyset$ (weak convergence has to be understood in a biting sense here)
(4) $[\mathrm{PR}]: W^{1,2}\left(\mathbb{B}^{m}, N\right)$. (See also [Ha] concerning the role of the topology of $M$ in $W^{1,2}(M, N)$.)

See also a presentation of these results in [Ri]. Another case is the main result of the present paper:
Theorem V. Any map in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ may be approximated in the $W^{2,2}$ weak topology by a sequence of smooth maps.

In $\S$ I. 4 below, we will explain how we came to study maps from $\mathbb{B}^{5}$ to $\mathbb{S}^{3}$ and to look for $W^{2,2}$ estimates. But first we review a few of the ideas that were developed to study sequential weak convergence of smooth maps. The space $W^{1,2}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$ was studied extensively in the late eighties and early nineties with many works, e.g. [HL], [BCL], [BZ], [BBC], [GMS1]. The concrete results of these many works has led to some analogous results and many conjectures for more general $k, n, p$, and $N$. To sequentially weakly approximate a map $v \in W^{1,2}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$, one first finds a $W^{1,2}$ strong approximation from the family $\mathcal{R}_{0}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$ of maps $u \in W^{1,2}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$ which are smooth away from some finite set Sing $u$. In particular, we may assume $\int_{\mathbb{B}^{3}}|\nabla u|^{2} d x \leq 2 \int_{\mathbb{B}^{3}}|\nabla v|^{2} d x$. Here the topology of $u$ near a point $a \in \operatorname{Sing} v$ is given by the integer $d(a)=\operatorname{degree}\left[u \mid \partial \mathbb{B}_{\varepsilon}(a)\right]$, which is independent of a.e. small $\varepsilon$. Then to get the desired completely smooth weak approximate, it is necessary to essential cancel the singularities of $u$. One does this by finding a one-chain or "connection" $\Gamma_{u}$ with $\partial \Gamma_{u}$ in $\mathbb{B}^{3}$ being $\sum_{a \in \operatorname{Sing} v} d(a) \llbracket a \rrbracket$ and with the rest of $\partial \gamma_{u}$
lying in $\partial B^{3}$. Then, as with the argument for $x /|x|$, one constructs smooth maps $u_{i}$ by making changes in tunnels of radius $1 / i$ centered along the connection. To keep the $\left|\nabla u_{i}\right|^{2}$ integrals bounded, one needs to find a bound for the total length of the connection $\Gamma_{u}$ that depends only on $v$, and is independent of the approximating $u$. Here one may find a suitable connection by using the coarea formula. This gives a good level curve of $u$ which connects the singularities to each other and to $\partial \mathbb{B}^{3}$ and which has length bounded by $\int_{\mathbb{B}^{3}}|\nabla u|^{2} d x$, which has the independent bound $2 \int_{\mathbb{B}^{3}}|\nabla v|^{2} d x$.

The first part of this argument, the strong $W^{1,2}$ approximation of an arbitrary Sobolev map $v \in$ $W^{1,2}\left(\mathbb{B}^{3}, \mathbb{S} 2\right)$ by a map $u \in \mathcal{R}_{0}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$ has been generalized in $[\mathrm{Be} 2]$ to all $W^{1, p}\left(\mathbb{B}^{m}, N\right)$ and recently in $[\mathrm{BPV}]$ to all $W^{k, p}\left(\mathbb{B}^{m}, N\right)$. Here one gets strong approximation by maps in $\mathcal{R}_{m-[p]-1}\left(\mathbb{B}^{m}, N\right)$ (respectively, $\mathcal{R}_{m-[k p]-1}\left(\mathbb{B}^{m}, N\right)$ which are smooth with singularities lying in finitely many affine planes of dimension $m-[p]-1$ (respectively, $m-[k p]-1$ ).

However, the second part involving canceling the singularities of $u$ has proven very challenging for generalization. One roughly needs an $m-[p]$ (respectively, $m-[k p]-1$ ) dimensional connection which has mass bounded in terms of the energy of $u$ and which the connects the singularity. Even with the connection, one still has to construct the bounded energy, smooth approximate.

## I. 3 Topological Singularity and Bubbling

In this supercritical dimension $m>k p$, we see that studying sequential $W^{k, p}$ weak smooth approximation in $W^{k, p}\left(\mathbb{B}^{m}, N\right)$ leads to questions about the relationship between the possible energy drop, $\int_{\mathbb{B}^{m}}\left|\nabla^{k} u\right|^{p} d x<\liminf _{i \rightarrow \infty} \int_{\mathbb{B}^{m}}\left|\nabla^{k} u_{i}\right|^{p} d x$, of a $W^{k, p}$ weakly convergent sequence $u_{i} \in W^{k, p}\left(\mathbb{B}^{m}, N\right) \cap \mathcal{C}^{\infty}$ and the possible singularities of its weakly convergent limit $u \in W^{k, p}\left(\mathbb{B}^{m}, N\right)$.

For $0 \neq \alpha \in \Pi_{k p}(N)$, we say a point $a \in \mathbb{B}^{m}$ is a type $\alpha$ topological singularity of a $W^{k, p}$ map $u$ if there is an $k p+1$ dimensional affine plane $P$ containing $a$ so the restrictions of $u$ to a.e. small $k p$ sphere $P \cap \partial \mathbb{B}_{\varepsilon}(a)$ induce (i.e. in the sense of [W]) the homotopy class $\alpha$. Following the $W^{k, p}$ strong density of the partially smooth maps $\mathcal{R}_{m-k p-1}\left(\mathbb{B}^{m}, N\right)$ in $W^{k, p}\left(\mathbb{B}^{m}, N\right)$, one expects the topological singularities, with their types as coefficients, to form a chain $S_{u}$ having dimension $m-k p-1$ and having coefficients in the group $\Pi_{k p}(N)$. Recall the criterion of [Be1] that the vanishing of this " $u$ topological singularity" chain( that is the vanishing of such homotopy classes for a.e. such restrictions at every $a \in \mathbb{B}^{m}$ ) is equivalent the $W^{k, p}$ strong approximability of $u$ by smooth maps.

Also for $0 \neq \alpha \in \Pi_{k p}(N)$, the restrictions of $u_{i}$ to generic affine $k p$ planes can, as $i \rightarrow \infty$ have $\left|\nabla^{k}\right|^{p}$ energy concentration at an isolated point $b$ with an associated topological change corresponding to a type beta "bubble". Putting such points together with their bubble types as coefficients should give a
" $u_{i}$ bubbled" chain $B_{u_{i}}$ that has dimension $m-k p$, that has coefficient group $\Pi_{k p}(N)$, and that is carried by the $\left|\nabla^{k}(\cdot)\right|^{p}$ energy concentration set of the sequence.

Using these vague definitions, one has the vague general conjecture:
Relative to $\partial \mathbb{B}^{m}$, the boundary of the $u_{i}$ bubbled chain $B_{u_{i}}$ equals the $u$ topological singularity chain $S_{u}$.
The vagueness here concerns the precise definition of chain and boundary operation, and how one precisely obtains the bubbled chain $B_{u_{i}}$ from the sequence $u_{i}$ and the topological singular chain $S_{u}$ from $u$. From the cases we know, it is clear there is no single answer; it depends on the Sobolev space $W^{k, p}\left(\mathbb{B}^{m}, N\right)$, in particular the group $\Pi_{k p}(N)$.

In the special case $W^{1,2}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$, the relevant homotopy group is $\Pi_{2}\left(\mathbb{S}^{2}\right) \simeq \mathbb{Z}$, and [BBC] and [GMS1] show that this 1 chain is precisely an integer-multiplicity 1 dimensional rectifiable current of finite mass (but possibly infinite boundary mass). The special case was essentially generalized to $k=1, N=\mathbb{S}^{p}$ in [GMS2] and [ABO]. Here, the bubbled chain, now of dimension $m-p$, is again a rectifiable current.

The paper [HR1] treated $W^{1,3}\left(\mathbb{B}^{3}, \mathbb{S}^{2}\right)$. The relevant homotopy group is $\Pi_{3}\left(\mathbb{S}^{2}\right)$, which is again isomorphic to $\mathbb{Z}$. Here the bubbled 1 chain was shown to be possibly of infinite mass, and the notion of a "scan" was invented to describe precisely compactness and boundary properties. The paper [HR2] has able to handle bubbling in weak limits of smooth maps that corresponds to any nonzero homotopy
class in the infinite nontorsion part of $\Pi_{p}(N)$. In this situation, the homotopy class of a map $w$ on the sphere $\mathbb{S}^{m-1}$ can again be described using a differential $m-1$ form $\Phi_{w}$ on $\mathbb{S}^{m-1}$. The form is derived by a special algebro-combinatoric construction (depending on the rational homotopy class) involving a family of $w$ pullbacks of forms on $N$ and their " $d^{-1}$ integrals". For example, in case $w: \mathbb{S}^{3} \rightarrow \mathbb{S}^{2}$, $\Phi_{w}=w^{\#} \omega_{\mathbb{S}^{2}} \wedge d^{*} \Delta^{-1} w^{\#} \omega_{\mathbb{S}^{2}}$. In general, this representation by a finite family of differential forms allows useful energy estimates involving certain Gauss integrals. For a weakly convergent sequence of smooth maps, the bubbled chain, which cannot usually be represented as a finite mass current, can be understood precisely as a rectifiable scan whose boundary is given by the topological singularities of the limit Sobolev map. Though we have a somewhat satisfactory description of bubbling and topological singularity in all nontorsion cases, the question of sequential weak density in these cases are still not resolved, even for the case $W^{1,3}\left(\mathbb{B}^{4}, \mathbb{S}^{2}\right)$.

Unfortunately representations of a homotopy class by differential forms are not available for torsion classes. In particular, if the relevant homotopy group of $N$ is completely torsion, then one requires other techniques to get energy estimates needed for questions about weak limits of smooth maps. The first such case is $W^{1,2}\left(\mathbb{B}^{3}, \mathbb{R} P^{2}\right)$, and was treated in $[\mathrm{PR}]$. Here $\Pi_{2}\left(\mathbb{R} \mathbb{P}^{2}\right) \simeq \mathbb{Z}_{2}$, and, a main result, is that smooth maps are $W^{1,2}$ sequentially weakly dense because $p=2$.

## I. $4 W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$

The present paper started with the modest goal of understanding analytic estimates for maps of $w: \mathbb{S}^{4} \rightarrow \mathbb{S}^{3}$ so as to understand weak convergence and sequential weak density for smooth maps from $\mathbb{B}^{5}$ to $\mathbb{S}^{3}$. Here, the appropriate homotopy group is $\Pi_{4}\left(\mathbb{S}^{3}\right)$, which is isomorphic to $\mathbb{Z}_{2}$. But geometric descriptions of this homotopy class of $v$ are not very simple. As discussed in Sections IV. 2 and IV. 3 below, they involve considering, for a smooth approximation $u$ of $v$, the total twisting of a $u$-pullback normal framing upon circulation around a generic fiber $u^{-1}\{y\}$. The twisting of the normal frame leads to an element of $\Pi_{1}(\mathbb{S O}(3)) \simeq \mathbb{Z}_{2}$. To analytically compute such a twisting involves integration of a derivative of a pull-back framing, hence a second derivative of the original map. So it is natural for this homotopy group to try to look for estimates in terms of the Hessian energy.

A representative of the single nonzero element in $\Pi_{4}\left(\mathbb{S}^{4}, \mathbb{S}^{3}\right)$ is the suspension of the Hopf map, $\mathbb{S H}: \mathbb{S}^{5} \rightarrow \mathbb{S}^{3}$, described explicitly in the next section. In Section II below, we slightly adapt [BPV], Th. 5 by defining the subfamily

$$
\begin{equation*}
\mathcal{R}=\left\{u \in \mathcal{R}_{0}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right): u \equiv \mathbb{S} \mathbb{H}\left(\frac{x-a}{|x-a|}\right) \text { on } \mathbb{B}_{\delta_{0}}(a) \backslash\{a\} \text { for all } a \in \operatorname{Sing} u \text { and some } \delta_{0}>0\right\} \tag{I.1}
\end{equation*}
$$

and then proving:
Lemma III. 2 The family $\mathcal{R}$ is $W^{2,2}$ strongly dense in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$.

## I. 5 Connection Length

Given a finite subset $A$ of $\mathbb{B}^{5}$, one may define $\mathbb{Z}_{2}$ connection for $A$ (relative to $\partial \mathbb{B}^{5}$ ) as a finite disjoint union $\Gamma$ of finite length arcs embedded in $\overline{\mathbb{B}^{5}}$ whose union of endpoints is precisely $A \cup\left(\Gamma \cap \partial \mathbb{B}^{5}\right)$. Thus, each point of $A$ is joined by a unique arc in $\Gamma$ to either another point of $A$ or to a point of $\partial \mathbb{B}^{5}$.

It will simplify some constructions to use a minimal $\mathbb{Z}_{2}$ connection for $A$, that is, one having least length. It is not difficult to verify the existence and structure of a minimal $\mathbb{Z}_{2}$ connection for $A$. It simply consists of the disjoint union of finitely many closed intervals in $\mathbb{B}^{5}$ and finitely many radially pointing intervals having one endpoint in $\partial \mathbb{B}^{5}$. In $\S I I I .3$, we show how individual maps in $\mathcal{R}$ can be weakly approximated by smooth maps by proving:

Theorem III. 1 (Singularity Cancellation) If $u \in \mathcal{R}, \Gamma$ is a minimal $\mathbb{Z}_{2}$ connection for Singv, and $\varepsilon>0$, then there exists a smooth $u_{\varepsilon} \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right) \cap \mathcal{C}^{\infty}$ so that $u_{\varepsilon}(x)=u(x)$ whenever $\operatorname{dist}(x, \Gamma)>\varepsilon$ and

$$
\int_{\mathbb{B}^{5}}\left|\nabla^{2} u_{\varepsilon}\right|^{2} d x \leq \varepsilon+\int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x+c_{\mathbb{S H}} \mathcal{H}^{1}(\Gamma)
$$

where $c_{\mathbb{S H}}=\int_{\mathbb{S}^{4}}\left|\nabla_{\text {tan }}^{2}(\mathbb{S H})\right|^{2} d \mathcal{H}^{4}<\infty$.
See Remark III. 1 concerning this constant.
The core of our work, however, involves proving:
Theorem IV. 2 (Length Bound) For any $u \in \mathcal{R}$, Singu has a $\mathbb{Z}_{2}$ connection $\Gamma$ satisfying

$$
\mathcal{H}^{1}(\Gamma) \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
$$

for some absolute constant $c$.
Combining this length bound with Lemma III. 2 and Theorem III.1, we readily establish, in Section V , that any Sobolev map in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ has a $W^{2,2}$ weak approximation by a sequence of smooth maps.

We prove the length bound in Section IV by finding a suitable connection $\Gamma$ through three applications of the coarea formula. For a regular value $p \in \mathbb{S}^{3}$ for $u$, the fiber $\Sigma=u^{-1}\{p\}$ is a smooth surface with cone point singularities at $\operatorname{Sing} u$. By the coarea formula, we may choose this $p$ so that

$$
\begin{equation*}
\int_{u^{-1}\{p\}} \frac{|\nabla u|^{4}+\left|\nabla^{2} u\right|^{2}}{J_{3} u} d \mathcal{H}^{2} \tag{I.2}
\end{equation*}
$$

Then we need to choose connectiong curves on $\Sigma$. To do this we choose an orthonormal frame $\tilde{\tau}_{1}, \tilde{\tau}_{2}, \tilde{\tau}_{3}$ of the normal bundle of the surface $\Sigma=u^{-1}\{p\}$ by ortho-normalizing the $v$ pull-backs of a basis of $\operatorname{Tan}\left(\mathbb{S}^{3}, p\right)$. Inequality (I.2) gives that

$$
\int_{\Sigma}\left|\nabla \tilde{\tau}_{j}\right| d \mathcal{H}^{2} \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x .
$$

We show how a a.e. oriented 2 plane in $\mathbb{R}^{5}$ determines at every point $x \in \Sigma$, with a finite exceptional set $b_{1}, \ldots, b_{j}$, an orthogonal basis of $\operatorname{Nor}(\Sigma, x)$, thought of as a reference normal framing. There is a unique $\gamma(x) \in \mathbb{S O}(3) \simeq \mathbb{R P}^{3}$ and one gets some curves on $\Sigma$, with total length bounded by a multiple of $c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x$ by choosing $\gamma^{-1}(E)$ where $E$ is a suitable great $\mathbb{R P}^{2} \subset \mathbb{S O}(3)$. The curves starting at the some $a_{i}$ may end in either another $a_{k}$ or in $\partial \mathbb{B}^{5}$ or (unfortunately) in a point $b_{\ell}$ where the reference framing degenerates. More argument, including another use of the coarea formula is required in sections IV.8, IV. 9 to find additional curves of controlled length connecting $b_{\ell}$ to another $b_{m}$ or to $\partial \mathbb{B}^{5}$. Putting all these curves together gives a $\mathbb{Z}_{2}$ connection for Sing $u$ satisfying the desired length bound.

## II Preliminaries

We will let $c$ denote an absolute constant whose value may change from statement to statement and which is usually easily estimable. Here for $0 \leq k \leq m$ and various $k$ dimensional subsets $A$ of $\mathbb{R}^{m}$,

$$
\int_{A} f d \mathcal{H}^{k}=\int_{A} f(y) d \mathcal{H}^{k} y
$$

will denote integration with respect to $k$ dimensional Hausdorff measure. However, in top dimension where $\mathcal{H}^{m}$ coincides with Lebesgue measure, we will use the use the standard notations $\int_{A} f d x=\int_{A} f(x) d x$.

Lemma II. 1 For each positive integer $m$, there is a positive constant $c_{m}$ so that

$$
\|v\|_{W^{2,2}\left(\mathbb{B}^{m}, N\right)}^{2} \leq c_{m}\left[(\operatorname{diam} N)^{2}+\int_{\mathbb{B}^{m}}\left|\nabla^{2} v\right|^{2} d x\right]
$$

for any compact Riemannian submanifold $N$ of $\mathbb{R}^{\ell}$ and $v \in W^{2,2}\left(\mathbb{B}^{m}, N\right)$.
Proof. Here $\|v\|_{W^{2,2}\left(\mathbb{B}^{m}, N\right)}^{2}=\int_{\mathbb{B}^{m}}\left(|v|^{2}+|\nabla v|^{2}+\left|\nabla^{2} v\right|^{2}\right) d x$. We clearly have the estimate

$$
\int_{\mathbb{B}^{m}}|v|^{2} d x \leq \mathcal{H}^{m}\left(\mathbb{B}^{m}\right)(\operatorname{diam} N)^{2}
$$

Moreover, by the Poincaré inequality,

$$
\begin{aligned}
\int_{\mathbb{B}^{m}}|\nabla v|^{2} d x & =\sum_{i=1}^{m} \int_{\mathbb{B}^{m}}\left|\frac{\partial v}{\partial x_{i}}\right|^{2} d x \leq \sum_{i=1}^{m} 2 \int_{\mathbb{B}^{m}}\left|\frac{\partial v}{\partial x_{i}}-\left(\frac{\partial v}{\partial x_{i}}\right)_{a v g}\right|^{2} d x+2 \int_{\mathbb{B}^{m}}\left|\left(\frac{\partial v}{\partial x_{i}}\right)_{a v g}\right|^{2} d x \\
& \leq 2 m \mathbf{C}_{\mathbb{B}^{m}} \int_{\mathbb{B}^{m}}\left|\nabla^{2} v\right|^{2} d x+\sum_{i=1}^{m} 2 \mathcal{H}^{m}\left(\mathbb{B}^{m}\right)\left|\left(\frac{\partial v}{\partial x_{i}}\right)_{a v g}\right|^{2}
\end{aligned}
$$

It only remains to bound $\left(\frac{\partial v}{\partial x_{i}}\right)_{\text {avg }}$. We will do the case $i=1$, the cases $i \geq 2$ being similar. By Fubini's theorem and the absolutely continuity of $v$ on a.e. line in the $(1,0, \ldots, 0)$ direction,

$$
\begin{aligned}
& \mathcal{H}^{m}\left(\mathbb{B}^{m}\right)\left|\left(\frac{\partial v}{\partial x_{1}}\right)_{a v g}\right|=\left|\int_{\mathbb{B}^{m}} \frac{\partial v}{\partial x_{1}} d x\right|=\left|\int_{\mathbb{B}^{m-1}} \int_{-\sqrt{1-|y|^{2}}}^{\sqrt{1-|y|^{2}}} \frac{\partial v}{\partial x_{1}}\left(t, y_{1}, \ldots, y_{m-1}\right) d t d y\right| \\
& \leq \int_{\mathbb{B}^{m-1}}\left|v\left(\sqrt{1-|y|^{2}}, y_{1}, \ldots, y_{m-1}\right)-v\left(-\sqrt{1-|y|^{2}}, y_{1}, \ldots, y_{m-1}\right)\right| d y \leq \mathcal{H}^{m-1}\left(\mathbb{B}^{m-1}\right) \operatorname{diam} N
\end{aligned}
$$

## A Formula for the Suspension of the Hopf Map

Let $\mathbb{H}: \mathbb{S}^{3} \rightarrow \mathbb{S}^{2}$ denote the standard Hopf map [HR]:

$$
\mathbb{H}\left(x_{1}, x_{2}, x_{3}, x_{4}\right)=\left(2 x_{1} x_{2}+2 x_{3} x_{4}, 2 x_{1} x_{4}-2 x_{2} x_{3}, x_{1}^{2}+x_{3}^{2}-x_{2}^{2}-x_{4}^{2}\right)
$$

and $\mathbb{S H}: \mathbb{S}^{4} \rightarrow \mathbb{S}^{3}$ be its suspension:

$$
\mathbb{S H}\left(x_{0}, x_{1}, \cdots, x_{4}\right)=\left(x_{0}, \sqrt{1-x_{0}^{2}} \cdot \mathbb{H}\left(\frac{x_{1}}{\sqrt{x_{1}^{2}+\cdots+x_{4}^{2}}}, \ldots, \frac{x_{4}}{\sqrt{x_{1}^{2}+\cdots+x_{4}^{2}}}\right)\right)
$$

The latter map generates the nonzero element of $\Pi_{4}\left(\mathbb{S}^{3}\right) \simeq \mathbb{Z}_{2}$. Also, its homogeneous degree 0 extension

$$
\mathbb{S H}(x /|x|) \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)
$$

In particular, $\int_{\mathbb{B}^{5}}\left|\nabla^{2}(\mathbb{S H}(x /|x|))\right|^{2} d x=c_{\mathbb{S H}} \quad$ where

$$
\begin{equation*}
c_{\mathbb{S H}}=\int_{\mathbb{S}^{4}}\left|\nabla_{\text {tan }}^{2}(\mathbb{S H})\right|^{2} d \mathcal{H}^{4}<\infty \tag{II.3}
\end{equation*}
$$

While the explicit formula for a suspension of the Hopf map is handy for simplifying proofs, the constant $c_{\mathbb{S H}}$, which occurs in the conclusion of Theorem III. 1 can, by Remark III.1, be replaced by a more natural constant.

## III A Strongly Dense Family with Isolated Singularities

Let $\mathcal{R}$ denote the class of $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ maps that are smooth except for finitely many suspension Hopf singularities. That is,

$$
\begin{align*}
u \in \mathcal{R} & \Longleftrightarrow \\
u \in \mathcal{C}^{\infty}\left(\mathbb{B}^{5} \backslash\left\{a_{1}, \ldots, a_{m}\right\}, \mathbb{S}^{3}\right) \quad \text { and } \quad u(x) & =\mathbb{S H}\left(\frac{x-a_{i}}{\left|x-a_{i}\right|}\right) \quad \text { on } \quad \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash\left\{a_{i}\right\} \tag{III.4}
\end{align*}
$$

for some finite subset $\left\{a_{1}, \ldots, a_{m}\right\}$ of $\mathbb{B}^{5}$ and some positive $\left.\delta_{0}<\min _{i}\left\{1-\left|a_{i}\right|, \min _{j \neq i}\left|a_{i}-a_{j}\right| / 2\right\}\right\}$.

## III. 1 Strong Approximation by Maps in $\mathcal{R}$

Lemma III. $2 \mathcal{R}$ is $W^{2,2}$ strongly dense in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$.
Proof. Theorem 5 of [BPV] gives the $W^{2,2}$ strongly density of the family $\mathcal{R}_{0}^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ of maps $v \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ which are smooth except for a finite singular set $\left\{a_{1}, \ldots, a_{m}\right\}$ and which satisfy

$$
\limsup _{x \rightarrow a_{i}}\left(\left|x-a_{i}\right||\nabla v(x)|+\left|x-a_{i}\right|^{2}\left|\nabla^{2} v(x)\right|\right)<\infty
$$

for $i=1, \ldots, m$. Thus, it suffices to show:
For each $v \in \mathcal{R}_{0}^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ and $\varepsilon>0$, there is a map $u \in \mathcal{R}$ so that $\|u-v\|_{W^{2,2}}^{2}<\varepsilon$.
Assuming Sing $v=\left\{a_{1}, \ldots, a_{m}\right\}$, we will obtain $u$ by modifying $v$ near each point $a_{i}$. First fix a positive $\eta<\frac{1}{2} \min \left\{\min _{i \neq j}\left|a_{i}-a_{j}\right|, \min _{k}\left(1-\left|a_{k}\right|\right)\right\}$ so that

$$
\begin{equation*}
L=\max _{i} \sup _{0<\left|x-a_{i}\right|<\eta}\left(\left|x-a_{i}\right||\nabla v(x)|+\left|x-a_{i}\right|^{2}\left|\nabla^{2} v(x)\right|\right)<\infty \tag{III.5}
\end{equation*}
$$

We will proceed in two stages: First we will find a positive $\delta<\eta$ depending only on $L$ and then define a $\operatorname{map} w \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ so that

$$
\begin{equation*}
w \equiv v \text { on } \mathbb{B}^{5} \backslash \cup_{i=1}^{m} \mathbb{B}_{\delta}\left(a_{i}\right), \tag{III.6}
\end{equation*}
$$

and, on each ball $\mathbb{B}_{\delta / 2}\left(a_{i}\right), w$ is degree-zero homogeneous about $a_{i}$, i.e.

$$
w(x)=w\left(a_{i}+\frac{x-a_{i}}{\left|x-a_{i}\right|}\right) \quad \text { for } \quad 0<\left|x-a_{i}\right|<\frac{1}{2} \delta .
$$

Second, we find a positive $\delta_{0} \ll \frac{1}{2} \delta$, depending on $w \mid \cup_{i=1}^{m} \partial \mathbb{B}_{\delta / 2}\left(a_{i}\right)$, and a map $u \in \mathcal{R}$ with $u \equiv w$ on $\mathbb{B}^{5} \backslash \cup_{i=1}^{m} \mathbb{B}_{\delta_{0}}\left(a_{i}\right)$ and, on each ball $\mathbb{B}_{\delta_{0}}\left(a_{i}\right), u \equiv \mathbb{S H}\left(\frac{x-a_{i}}{\left|x-a_{i}\right|}\right)$.

For the first step, we first fix a smooth monotone increasing $\lambda:[0, \infty) \rightarrow\left[\frac{1}{2}, \infty\right)$ so that

$$
\lambda(t)= \begin{cases}1 / 2 & \text { for } \quad 0 \leq t \leq \frac{1}{2} \\ t & \text { for } \quad t \geq 1\end{cases}
$$

Consider the unscaled situation of a map $V \in \mathcal{C}^{\infty}\left(\overline{\mathbb{B}^{5}} \backslash \mathbb{B}_{\frac{1}{2}}(0), \mathbb{S}^{3}\right)$ with $|\nabla V|+\left|\nabla^{2} V\right| \leq L$. Then we define the reparameterized map

$$
W(x)=V(\lambda(|x|) x)
$$

and see that, with respect to the radial variable $\rho=|x|$,

$$
\frac{\partial W}{\partial \rho} \equiv \frac{\partial V}{\partial \rho} \quad \text { on } \quad \partial \mathbb{B}^{5}, \quad \frac{\partial W}{\partial \rho} \equiv 0 \quad \text { on } \quad \overline{\mathbb{B}_{\frac{1}{2}(0)}} \backslash\{0\}
$$

Moreover, using explicit pointwise bounds for $\left|\lambda^{\prime}\right|$ and $\left|\lambda^{\prime \prime}\right|$, we readily find an explicit constant $C$ so that

$$
\begin{gathered}
|\nabla W(x)|+\left|\nabla^{2} W(x)\right| \leq C L \quad \text { for } \quad \frac{1}{2} \leq|x| \leq 1 \\
|x||\nabla W(x)|+|x|^{2}\left|\nabla^{2} W(x)\right| \leq C L \quad \text { for } \quad 0<|x|<\frac{1}{2}
\end{gathered}
$$

Now we return to the original scale by defining $w$ to satisfy (III.6) and to have, for each point $x \in \mathbb{B}_{\delta}\left(a_{i}\right)$,

$$
w(x)=W\left(\frac{x-a_{i}}{\delta}\right) \quad \text { where } \quad V(x)=v\left(a_{i}+\delta x\right) .
$$

Then $w$ belongs to $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ and satisfies the estimate

$$
\max _{i} \sup _{0<\left|x-a_{i}\right|<\delta}\left(\left|x-a_{i}\right||\nabla w(x)|+\left|x-a_{i}\right|^{2}\left|\nabla^{2} w(x)\right|\right) \leq C L
$$

hence,

$$
\begin{aligned}
\|w-v\|_{W^{2,2}}^{2} & =\sum_{i=1}^{m} \int_{\mathbb{B}_{\delta}\left(a_{i}\right)}\left(|w-v|^{2}+|\nabla w-\nabla v|^{2}+\left|\nabla^{2} w-\nabla^{2} v\right|^{2}\right) d x \\
& \leq 2 \sum_{i=1}^{m} \int_{\mathbb{B}_{\delta}\left(a_{i}\right)}\left(|w|^{2}+|v|^{2}+|\nabla w|^{2}+\left.\nabla v\right|^{2}+\left|\nabla^{2} w\right|^{2}+\left|\nabla^{2} v\right|^{2}\right) d x \leq c(1+L)^{2} \delta
\end{aligned}
$$

So we easily choose $\delta$ so that $\|w-v\|_{W^{2,2}}^{2}<\frac{1}{4} \varepsilon$.
For the second step we note that any continuous homotopy between smooth maps of smooth manifolds can be made smooth; hence :

A smooth map $\phi: \mathbb{S}^{4} \rightarrow \mathbb{S}^{3}$ is smoothly homotopic $\begin{cases}\text { either to a constant } & \text { in case } \llbracket \phi \rrbracket=0 \in \Pi_{4}\left(\mathbb{S}^{4}, \mathbb{S}^{3}\right) \\ \text { or to } \llbracket \mathbb{S} \mathbb{H} \rrbracket & \left.\text { in case } \llbracket \phi \rrbracket \neq 0 \in \Pi_{4}\left(\mathbb{S}^{4}, \mathbb{S}^{3}\right)\right) .\end{cases}$
For each $i=1, \ldots, m$, we apply this to the map $\phi_{i}(x)=w\left(a_{i}+\frac{1}{2} \delta x\right)$ to obtain a smooth homotopy $h_{i}:[0,1] \times \mathbb{S}^{4} \rightarrow \mathbb{S}^{3}$ which connects $\phi_{i}$ to $\mathbb{S} H$. Reparameterizing the time variable near 0 and 1 , we may assume

$$
h_{i}(t, y)= \begin{cases}\phi_{i}(y) & \text { for } t \text { near } 0 \\ (\mathbb{S H})(y) & \text { for } t \text { near } 1\end{cases}
$$

By smoothness, $K=\sup _{i}\left\|h_{i}\right\|_{W^{2,2}}<\infty$, and we will, for some $\delta_{0} \ll \frac{1}{2} \delta$, define the map $u$ by

$$
\begin{gathered}
u \equiv w \quad \text { on } \mathbb{B}^{5} \backslash \cup_{i=1}^{m} \mathbb{B}_{\delta_{0}}\left(a_{i}\right), \\
u(x)=h_{i}\left(2-2 \frac{\left|x-a_{i}\right|}{\delta_{0}}, \frac{x-a_{i}}{\delta_{0}}\right) \text { for } x \in \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash \mathbb{B}_{\frac{1}{2} \delta_{0}}\left(a_{i}\right), \\
u(x)=\mathbb{S} \mathbb{H}\left(\frac{x-a_{i}}{\left|x-a_{i}\right|}\right) \text { for } x \in \mathbb{B}_{\frac{1}{2} \delta_{0}}\left(a_{i}\right) \backslash\{0\},
\end{gathered}
$$

for $i=1, \ldots, m$. One readily checks that $u \in \mathcal{R}$. Moreover, as in Step 1, we find that

$$
\|u-w\|_{W^{2,2}}^{2}=\sum_{i=1}^{m} \int_{\mathbb{B}_{\delta}\left(a_{i}\right)}\left(|u-w|^{2}+|\nabla u-\nabla w|^{2}+\left|\nabla^{2} u-\nabla^{2} w\right|^{2}\right) d x \leq c(1+K)^{4} \delta_{0}
$$

So we easily choose $\delta_{0}$ small enough so that $\|u-w\|_{W^{2,2}}^{2}<\frac{1}{4} \varepsilon$ and obtain the desired estimate

$$
\|u-v\|_{W^{2,2}}^{2} \leq 2\|u-w\|_{W^{2,2}}^{2}+2\|w-v\|_{W^{2,2}}^{2}<\varepsilon
$$

## III. 2 Insertion of an $\mathbb{S H}$ Bubble into a Map from $\mathbb{B}^{4}$ to $\mathbb{S}^{3}$

Arguing as in the proof of Lemma III.2, we first fix a monotone increasing smooth function $\mu$ on $[0, \infty)$ so that

$$
\mu(t)= \begin{cases}0 & \text { for } \quad 0 \leq t \leq \frac{1}{2} \\ t \quad \text { for } t \geq 1\end{cases}
$$

$\left|\mu^{\prime}\right| \leq 3$, and $\left|\mu^{\prime \prime}\right| \leq 16$. We readily prove the following:
Lemma III. 3 (Initial Reparameterization) There an absolute constant $C$ so that, for any smooth $f: \mathbb{B}^{4} \rightarrow \mathbb{S}^{3}$ and $0<\sigma<1$, the map

$$
f_{\sigma}: \mathbb{B}^{4} \rightarrow \mathbb{S}^{3}, \quad f_{\sigma}(y)=f\left(\mu\left(\sigma^{-1}|y|\right)|y|^{-1} \sigma y\right) \quad \text { for } y \in \mathbb{B}^{4}
$$

coincides with $f$ on $\mathbb{B}^{4} \backslash \mathbb{B}_{\sigma}^{4}$, is identically equal to $f(0)$ on $\mathbb{B}_{\sigma / 2}^{4}$, and satisfies

$$
\sup _{\mathbb{B}_{\sigma}^{4}}\left|\nabla f_{\sigma}\right| \leq C \sup _{\mathbb{B}_{\sigma}^{4}}\left|\nabla f_{\sigma}\right|, \quad \sup _{\mathbb{B}_{\sigma}^{4}}\left|\nabla^{2} f_{\sigma}\right| \leq C \sigma^{-1} \sup _{\mathbb{B}_{\sigma}^{4}}\left|\nabla^{2} f\right|
$$

In particular,

$$
\begin{equation*}
\int_{\mathbb{B}_{\sigma}^{4}}\left|\nabla^{2} f_{\sigma}\right|^{2} d x \leq C^{2} \mathcal{H}^{4}\left(\mathbb{B}^{4}\right) \sup _{\mathbb{B}_{\sigma}^{4}}\left|\nabla^{2} f\right|^{2} \sigma^{2} \tag{III.7}
\end{equation*}
$$

## Construction of an $\mathbb{S H}$ Bubble

Recalling that $\mathbb{S H}(0,1,0,0,0)=(0,0,0,1)$, we will first slightly modify $\mathbb{S H}$ to be constant near ( $0,1,0,0,1$ ). Consider the spherical coordinate parameterization,

$$
\Upsilon:[0, \pi] \times \mathbb{S}^{3} \rightarrow \mathbb{S}^{4}, \quad \Upsilon(\rho, \omega)=\left((\sin \rho) \omega_{1}, \cos \rho,(\sin \rho) \omega_{2},(\sin \rho) \omega_{3},(\sin \rho) \omega_{4}\right)
$$

Arguing again as in the proofs of Lemma III. 2 and Lemma III.3, we let

$$
M_{\rho_{0}}(\rho, \omega)=\left(\mu\left(\rho_{0}^{-1} \rho\right) \rho_{0} \rho, \omega\right) \quad \text { for } \quad 0 \leq \rho \leq \rho_{0} \ll 1 \quad \text { and } \quad \omega \in \mathbb{S}^{3}
$$

and define $\Phi_{\rho_{0}}: \mathbb{S}^{4} \rightarrow \mathbb{S}^{4}$ by

$$
\Phi_{\rho_{0}}(y)= \begin{cases}\Upsilon \circ M_{\rho_{0}} \circ \Upsilon^{-1}\{y\} & \text { for } y \in \Upsilon\left(\left[0, \rho_{0}\right] \times \mathbb{S}^{4}\right) \\ \mathrm{y} & \text { otherwise }\end{cases}
$$

Then $\Phi_{\rho_{0}}$ is surjective, and maps the entire spherical cap

$$
\Omega_{\rho_{0} / 2}=\Upsilon\left(\left[0, \rho_{0} / 2\right) \times \mathbb{S}^{4}\right)=\mathbb{S}^{4} \cap \mathbb{B}_{2 \sin \left(\rho_{0} / 4\right)}^{5}((0,1,0,0,0))
$$

to its center point $(0,1,0,0,0)$.
We now consider the composition $\mathbb{S H} \circ \Phi_{\rho_{0}}$ The homotopy class is unchanged

$$
\begin{equation*}
\llbracket \mathbb{S H} \circ \Phi_{\rho_{0}} \rrbracket=\llbracket \mathbb{S H} \rrbracket \neq 0 \in \Pi_{4}\left(\mathbb{S}^{3}\right) \tag{III.8}
\end{equation*}
$$

Noting that $\rho_{0} \frac{\partial^{2} M_{\rho_{0}}}{\partial \rho^{2}}$ is bounded independent of $\rho_{0}$ and has support in $\Upsilon\left(\left[0, \rho_{0}\right] \times \mathbb{S}^{3}\right)$, we readily verify, as in (III.7), that

$$
\begin{equation*}
\int_{\mathbb{S}^{4}}\left|\nabla_{t a n}^{2}\left(\mathbb{S H} \circ \Phi_{\rho_{0}}\right)\right|^{2} d \mathcal{H}^{4}=\int_{\mathbb{S}^{4} \backslash \Omega_{\rho_{0}}}\left|\nabla_{\text {tan }}^{2}(\mathbb{S H})\right|^{2} d \mathcal{H}^{4}+\int_{\Omega_{\rho_{0}}}\left|\nabla_{\text {tan }}^{2}\left(\mathbb{S H} \circ \Phi_{\rho_{0}}\right)\right|^{2} d \mathcal{H}^{4} \rightarrow \quad c_{\mathbb{S H}}+0 \tag{III.9}
\end{equation*}
$$

as $\rho_{0} \rightarrow 0$.

Since the stereographic projection

$$
\Pi: \mathbb{S}^{4} \backslash\{(0,1,0,0,0)\} \rightarrow \mathbb{R}^{4}, \quad \Pi\left(x_{0}, x_{1}, x_{2}, x_{3}, x_{4}\right)=\left(\frac{x_{0}}{1-x_{1}}, \frac{x_{2}}{1-x_{1}}, \frac{x_{3}}{1-x_{1}}, \frac{x_{4}}{1-x_{1}}\right)
$$

is conformal, we get the conformal diffeomorphism

$$
\Lambda_{\rho_{0}}: \overline{\mathbb{B}^{4}} \rightarrow \mathbb{S}^{4} \backslash \Omega_{\rho_{0} / 2}, \quad \Lambda_{\rho_{0}}(y)=\Pi^{-1}\left[\left(\frac{\sin \left(\rho_{0} / 2\right)}{1-\cos \left(\rho_{0} / 2\right)}\right) y\right]
$$

We see that

$$
\mathbb{S H} \circ \Phi_{\rho_{0}} \circ \Lambda_{\rho_{0}}: \overline{\mathbb{B}^{4}} \rightarrow \mathbb{S}^{3}
$$

is a smooth surjection which sends $\partial \mathbb{B}^{4}$ identically to $\mathbb{S H}(0,1,0,0,0)=(0,0,0,1)$.
We wish to have a similar map that has boundary values being a a possibly different constant $\xi \in \mathbb{S}^{3}$. To get a suitable formula, it will be handy to recall that $\mathbb{S}^{3}$, being identified with the unit quaternions,

$$
\left\{x_{1}+x_{2} \mathbf{i}+x_{3} \mathbf{j}+x_{4} \mathbf{k}: x_{1}^{2}+x_{2}^{2}+x_{3}^{2}+x_{4}^{2}=1\right\}
$$

has a product $\star$ and, in particular, that

$$
(0,0,0,-1) \star(0,0,0,1)=(-\mathbf{k}) \star \mathbf{k}=\mathbf{1}=(1,0,0,0)
$$

So now we define, for every $\rho_{0}>0$ and $\xi \in \mathbb{S}^{3}$, the bubble

$$
\begin{equation*}
\mathcal{B}_{\rho_{0}, \xi}: \mathbb{B}^{4} \rightarrow \mathbb{S}^{3}, \quad \mathcal{B}_{\rho_{0}, \xi} \equiv \xi \star(-\mathbf{k}) \star \mathbb{S H} \circ \Phi_{\rho_{0}} \circ \Lambda_{\rho_{0}} \tag{III.10}
\end{equation*}
$$

which is identically equal to $\xi$ on $\partial \mathbb{B}^{4}$. By the conformal invariance of the Hessian energy and (III.9),

$$
\begin{equation*}
\int_{\mathbb{B}^{4}}\left|\nabla^{2} \mathcal{B}_{\rho_{0}, \xi}\right|^{2} d y=\int_{\mathbb{S}^{4}}\left|\nabla_{\text {tan }}^{2}\left(\mathbb{S H} \circ \Phi_{\rho_{0}}\right)\right|^{2} d \mathcal{H}^{4} \rightarrow \int_{\mathbb{S}^{4}}\left|\nabla_{\tan }^{2}(\mathbb{S H})\right|^{2} d \mathcal{H}^{4}=c_{\mathbb{S H}} \quad \text { as } \rho_{0} \rightarrow 0 \tag{III.11}
\end{equation*}
$$

Now, for a smooth map $f: \mathbb{B}^{4} \rightarrow \mathbb{S}^{3}, 0<\sigma<1$, and $0<\rho_{0} \ll 1$, we define the "bubbled" map $f_{\sigma, \rho_{0}}: \mathbb{B}^{4} \rightarrow \mathbb{S}^{3}$,

$$
f_{\sigma, \rho_{0}}(y)= \begin{cases}f_{\sigma}(y) & \text { for } \sigma / 2<|y|<1  \tag{III.12}\\ \mathcal{B}_{\rho_{0}, f(0)}(2 y / \sigma) & \text { for }|y| \leq \sigma / 2\end{cases}
$$

Note that $f_{\sigma, \rho_{0}}$ is continuous because both expressions equal $f(0)$ on $\partial \mathbb{B}_{\sigma / 2}^{4}$. Moreover, all the positive order derivatives of both expressions vanish here because the smooth map $f_{\sigma}$ is constant on $\mathbb{B}_{\sigma / 2}^{4}$ while the smooth reparameterization $\Phi_{\rho_{0}}$ is constant on $\Omega_{\rho_{0} / 2}$. So the map $f_{\sigma, \rho_{0}}$ is, in fact, smooth. Moreover, since the Hessian energy is invariant under change of scale,

$$
\begin{align*}
\int_{\mathbb{B}^{4}}\left|\nabla^{2} f_{\sigma, \rho_{0}}\right|^{2} d y & =\int_{\mathbb{B}^{4} \backslash \mathbb{B}_{\sigma}^{4} / 2}\left|\nabla^{2} f_{\sigma}\right|^{2} d y+\int_{\mathbb{B}_{\sigma / 2}^{4}}\left|\nabla^{2}\left[\mathcal{B}_{\rho_{0}, f(0)}\left(\frac{2}{\sigma}(\cdot)\right)\right]\right|^{2} d y \\
& =\int_{\mathbb{B}^{4} \backslash \mathbb{R}^{4}}\left|\nabla^{2} f\right|^{2} d y+\int_{\mathbb{B}_{\sigma}^{4} \backslash \mathbb{B}_{\sigma / 2}^{4} /}\left|\nabla^{2} f_{\sigma}\right|^{2} d y+\int_{\mathbb{B}^{4}}\left|\nabla^{2} \mathcal{B}_{\rho_{0}, f(0)}\right|^{2} d y  \tag{III.13}\\
& \rightarrow \int_{\mathbb{B}^{4}}\left|\nabla^{2} f\right|^{2} d y+0+\int_{\mathbb{B}^{4}}\left|\nabla^{2} \mathcal{B}_{\rho_{0}, f(0)}\right|^{2} d y \quad \text { as } \sigma \rightarrow 0 .
\end{align*}
$$

Note that the middle equation also gives, with (III.7) the bound

$$
\begin{equation*}
\int_{\mathbb{B}^{4}}\left|\nabla^{2} f_{\sigma, \rho_{0}}\right|^{2} d y \leq\left(1+C^{2}\right) \sup _{\mathbb{B}^{4}}\left|\nabla^{2} f\right|^{2}+\int_{\mathbb{B}^{4}}\left|\nabla^{2} \mathcal{B}_{\rho_{0}, f(0)}\right|^{2} d y \tag{III.14}
\end{equation*}
$$

independent of $\sigma$.

## III. 3 Singularity Cancellation of a Map in $\mathcal{R}$

Theorem III. 1 If $u \in \mathcal{R}, \Gamma$ is a minimal $\mathbb{Z}_{2}$ connection for Singv, and $\varepsilon>0$, then there exists a smooth $u_{\varepsilon} \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right) \cap \mathcal{C}^{\infty}$ so that $u_{\varepsilon}(x)=u(x)$ whenever $\operatorname{dist}(x, \Gamma)>\varepsilon$ and

$$
\int_{\mathbb{B}^{5}}\left|\nabla^{2} u_{\varepsilon}\right|^{2} d x \leq \varepsilon+\int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x+c_{\mathbb{S H}} \mathcal{H}^{1}(\Gamma)
$$

Proof. Note that, by slightly rescaling near $\partial \mathbb{B}^{5}$, we may assume that $u$ extends smoothly to a neighborhood of $\overline{\mathbb{B}^{5}}$.

First, using (III.11), we fix a positive $\rho_{0}$ to be small enough so that,

$$
\begin{equation*}
\left.\left|c_{\mathbb{S H}}-\int_{\mathbb{B}^{4}}\right| \nabla^{2} \mathcal{B}_{\rho_{0}, \xi}\right|^{2} d y \left\lvert\,<\frac{\varepsilon}{4\left(1+\mathcal{H}^{1}(\Gamma)\right)}\right. \tag{III.15}
\end{equation*}
$$

for all $\xi \in \mathbb{S}^{3}$. Also we recall that a minimal $\mathbb{Z}_{2}$ connection for $u$ is the union of a finite family $\mathcal{I}$ of disjoint closed intervals $I=\left[a_{I}, b_{I}\right]$ where

$$
a_{I} \in \operatorname{Sing} u \quad \text { and } \quad b_{I} \in \begin{cases}\text { either } & \operatorname{Sing} u  \tag{III.16}\\ \text { or } & \partial \mathbb{B}^{5} \text { with } I \perp \partial \mathbb{B}^{5} .\end{cases}
$$

Second, we fix a positive $\delta_{0}$ so that:
(1) $\delta_{0}<\frac{1}{2} \min _{a \in \operatorname{Sing} u}\left\{1-|a|, \min _{a \neq \tilde{a} \in \operatorname{Sing} u}|a-\tilde{a}|\right\}$
(2) $\delta_{0}<\frac{1}{2} \min \{|x-\tilde{x}|: x \in I, \tilde{x} \in \tilde{I}, I \neq \tilde{I} \in \mathcal{I}\}$.
(3) $u \in \mathcal{C}^{\infty}\left(\mathbb{B}_{1+\delta_{0}}^{5} \backslash \operatorname{Sing} u, \mathbb{S}^{3}\right)$.
(4) $\delta_{0}<\left(1+c_{\mathbb{S H}}\right)^{-1}(1+\operatorname{card}(\operatorname{Sing} u))^{-1} \varepsilon / 5$

Our main step in constructing $u_{\varepsilon}$ will be to use, for each $I \in \mathcal{I}$, the bubble insertion of $\S$ III. 2 in each cross-section of a pinched cylindrical region $V_{I}$ of radius $\delta_{0} / 9$. Near the singular endpoints of $I, V_{I}$ is pinched to be a round cone with opening angle $2 \arctan \left(\frac{1}{9}\right)$.

To describe the explicit construction, we need some notation. With $I=\left[a_{I}, b_{I}\right] \in \mathcal{I}$ as above in (III.16), let

$$
|I|=\left|b_{I}-a_{I}\right|, \quad \mathbf{e}_{I}=\left(b_{I}-a_{I}\right) /|I| \in \mathbb{S}^{4}, \quad \Pi_{I}: \mathbb{R}^{5} \rightarrow \mathbb{R}, \quad \Pi_{I}(x)=x \cdot \mathbf{e}_{I}-a_{I} \cdot \mathbf{e}_{I},
$$

and $B_{I}(t, r)$ be the open ball in the 4 dimensional affine plane $\Pi_{I}^{-1}\{t\}$ with center $a_{I}+t \mathbf{e}_{I}$ and radius $r$. We now define $V_{I}$ to be the pinched cylindrical region

$$
V_{I}=\bigcup_{0<t<|I|} B_{I}\left(t, r_{I}(t)\right),
$$

by using a fixed smooth function $\nu:[0, \infty) \rightarrow[0,1]$ with

$$
\nu(t)= \begin{cases}t & \text { for } 0 \leq t \leq \frac{1}{2} \\ 1 & \text { for } 1 \leq t,\end{cases}
$$

to define the smooth radius function

$$
r_{I}(t)= \begin{cases}\left(\delta_{0} / 9\right) t & \text { for } 0 \leq t \leq \frac{1}{2} \delta_{0} \\ \left(\delta_{0} / 9\right) \nu\left(t / \delta_{0}\right) & \text { for } \frac{1}{2} \delta_{0} \leq t \leq \delta_{0} \\ \delta_{0} / 9 & \text { for } \delta_{0} \leq t \leq|I|-\delta_{0} \\ \left(\delta_{0} / 9\right) \nu\left((|I|-t) / \delta_{0}\right) & \text { in case } b_{I} \in \operatorname{Sing} u \text { and }|I|-\delta_{0} \leq t \leq|I|-\frac{1}{2} \delta_{0} \\ \left(\delta_{0} / 9\right)(|I|-t) & \text { in case } b_{I} \in \operatorname{Sing} u \text { and }|I|-\frac{1}{2} \delta_{0} \leq t \leq|I| \\ \delta_{0} / 9 & \text { in case } b_{I} \in \partial \mathbb{B}^{5} \text { and }|I|-\delta_{0} \leq t \leq|I| .\end{cases}
$$

Thus $\partial V_{I}$ is a smooth hypersurface except for the conepoint(s) $a_{I}$ (and $b_{I}$ in case $b_{I} \in \operatorname{Sing} u$ ).
For convenience, we fix an orthonormal basis $\mathbf{e}_{1}^{I}, \ldots, \mathbf{e}_{4}^{I}$ for the orthogonal complement of $\mathbb{R} \mathbf{e}_{I}$. For each $t \in \mathbb{R}$, we will use the affine similarity

$$
A_{I, t}: \mathbb{R}^{4} \rightarrow \mathbb{R}^{5}, \quad A_{I, t}\left(y_{1}, \ldots, y_{4}\right)=a_{I}+t \mathbf{e}_{I}+r_{I}(t)\left[y_{1} \mathbf{e}_{1}^{I}+\cdots+y_{4} \mathbf{e}_{4}^{I}\right]
$$

so that $A_{I, t}\left(\mathbb{B}^{4}\right)=B_{I}\left(t, r_{I}(t)\right)$.
For $0<\sigma<1$, we recall (III.12) and define the smooth reparameterized map

$$
v_{\sigma}(x)= \begin{cases}u(x) & \text { for } x \in \mathbb{B}^{5} \backslash \bigcup_{I \in \mathcal{I}} V_{I} \cup\left\{a_{I}\right\} \cup\left\{b_{I}\right\} \\ \left(u \circ A_{I, t}\right)_{\sigma, \rho_{0}}\left(A_{I, t}^{-1}(x)\right) & \text { for } x \in B_{I}\left(t, r_{I}(t)\right)\end{cases}
$$

Observe that $v_{\sigma}$ actually coincides with $u(x)$ outside the " $\sigma$ thin" set $\bigcup_{I \in \mathcal{I}} V_{I}^{\sigma} \cup\left\{a_{I}\right\} \cup\left\{b_{I}\right\}$ where

$$
V_{I}^{\sigma}=\bigcup_{0<t<|I|} B_{I}\left(t, \sigma r_{I}(t)\right)
$$

The explicit formulas given above and in the earlier parts of $\S$ III. 3 show the qualitative smoothness of $v_{\sigma}$ on $\mathbb{B}^{5} \backslash \operatorname{Sing} u$. Our next goal is to verify that

$$
\begin{equation*}
\limsup _{\sigma \rightarrow 0} \sum_{I \in \mathcal{I}} \int_{V_{I}^{\sigma}}\left|\nabla^{2} v_{\sigma}\right|^{2} d x<c_{\mathbb{S H}} \mathcal{H}(\Gamma)+\frac{\varepsilon}{2} . \tag{III.17}
\end{equation*}
$$

We define

$$
J_{I}=\left\{t: \frac{1}{2} \delta_{0} \leq t \leq\left\{\begin{array}{ll}
|I|-\frac{1}{2} \delta_{0} & \text { in case } b_{I} \in \operatorname{Sing} u \\
|I| & \text { in case } b_{I} \in \partial \mathbb{B}^{5}
\end{array}\right\}\right.
$$

and note that on $J_{I}$, the scaling factor $r_{I}(t)$ satisfies $\frac{1}{18} \delta \leq r_{I}(t) \leq \frac{1}{9} \delta_{0}$ while $\left|r_{I}^{\prime}(t)\right|$ and $\left|r_{I}^{\prime \prime}(t)\right|$ are bounded. We will use the corresponding truncated sets

$$
W_{I} \equiv V_{I} \cap \Pi_{I}^{-1}\left(J_{I}\right)=\bigcup_{t \in J_{I}} B_{I}\left(t, r_{I}(t)\right), \quad W_{I}^{\sigma} \equiv V_{I}^{\sigma} \cap \Pi_{I}^{-1}\left(J_{I}\right)=\bigcup_{t \in J_{I}} B_{I}\left(t, \sigma r_{I}(t)\right)
$$

We have the pointwise bound

$$
\begin{equation*}
L=\sup _{W_{I}}\left(|\nabla u|^{2}+\left|\nabla^{2} u\right|^{2}\right)<\infty \tag{III.18}
\end{equation*}
$$

hence, by (III.14),

$$
\sup _{t \in J_{I}} \sup _{0<\sigma<1} \int_{\mathbb{B}^{4}}\left|\nabla^{2}\left(u \circ A_{I, t}\right)_{\sigma, \rho_{0}}\right|^{2} d y<\infty
$$

Note that the orthogonality of the five vectors $\mathbf{e}_{I}, \mathbf{e}_{1}^{I}, \cdots, \mathbf{e}_{4}^{I}$ lead to the decomposition of the squared Hessian norm into pure second partial derivatives

$$
\left|\nabla^{2}(\cdot)\right|^{2}=\left|\nabla_{\mathbf{e}_{I}, \mathbf{e}_{I}}(\cdot)\right|^{2}+\mid\left(\left.\nabla_{\mathbf{e}_{1}^{I}, \mathbf{e}_{1}^{I}}(\cdot)\right|^{2}+\cdots+\mid\left(\left.\nabla_{\mathbf{e}_{4}^{I}, \mathbf{e}_{4}^{I}}(\cdot)\right|^{2}\right.\right.
$$

which we will abbreviate as $\left|\nabla_{\mathbf{e}_{I}}^{2}(\cdot)\right|^{2}+\left|\nabla_{\mathbf{e}_{I}^{\perp}}^{2}(\cdot)\right|^{2}$.
It follows from Fubini's Theorem, the conformal invariance of the 4 dimensional Hessian energy, (III.13), dominated convergence, and (III.15) that

$$
\begin{align*}
\int_{W_{I}^{\sigma}}\left|\nabla_{\mathbf{e}_{I}^{\perp}}^{2} v_{\sigma}\right|^{2} d x & =\int_{t \in J_{I}} \int_{B_{I}\left(t, r_{I}(t)\right)}\left|\nabla_{\mathbf{e}_{I}^{\perp}}^{2} v_{\sigma}\right|^{2} d \mathcal{H}^{4} d t \\
& =\int_{t \in J_{I}} \int_{\mathbb{B}^{4}}\left|\nabla^{2}\left(u \circ A_{I, t}\right)_{\sigma, \rho_{0}}\right|^{2} d y d t  \tag{III.19}\\
& \rightarrow \int_{t \in J_{I}}\left[0+\int_{\mathbb{B}^{4}}\left|\nabla^{2} \mathcal{B}_{\rho_{0}, u\left(a_{I}+t \mathbf{e}_{I}\right)}\right|^{2} d y\right] d t \leq c_{\mathbb{S H}}|I|+\frac{\varepsilon|I|}{4\left(1+\mathcal{H}^{1}(\Gamma)\right)}
\end{align*}
$$

as $\sigma \rightarrow 0$. Thus

$$
\begin{equation*}
\limsup _{\sigma \rightarrow 0} \sum_{I \in \mathcal{I}} \int_{W_{I}^{\sigma}}\left|\nabla_{\mathbf{e}_{I}^{\perp}}^{2} v_{\sigma}\right|^{2} d x \leq \sum_{I \in \mathcal{I}}\left[c_{\mathbb{S H H}}|I|+\frac{\varepsilon|I|}{4\left(1+\mathcal{H}^{1}(\Gamma)\right)}\right] \leq \quad c_{\mathbb{S H}} \mathcal{H}^{1}(\Gamma)+\varepsilon / 4 . \tag{III.20}
\end{equation*}
$$

To get the full squared Hessian integral $\int_{W_{I}^{\sigma}}\left|\nabla^{2} v_{\sigma}\right|^{2} d x$, we also need to consider $\int_{W_{I}^{\sigma}}\left|\nabla_{\mathbf{e}_{I}}^{2} v_{\sigma}\right|^{2} d x$, which involves computing $\frac{\partial^{2}}{\partial t^{2}}$ of various terms. To estimate the last integral, it again suffices by Fubini's theorem, Lemma III.3, (III.12), and changing variables to consider

$$
\begin{equation*}
\int_{t \in J_{I}}\left[\int_{\mathbb{B}_{\sigma}^{4} \backslash \mathbb{B}_{\sigma / 2}^{4}}\left|\frac{\partial^{2}}{\partial t^{2}}\left(u \circ A_{I, t}\right)\right|^{2} d y d t+\int_{\mathbb{B}_{\sigma / 2}^{4}}\left|\frac{\partial^{2}}{\partial t^{2}}\left[\mathcal{B}_{\rho_{0}, u\left(a_{I}+t \mathbf{e}_{I}\right)}\left(\frac{2}{\sigma}(\cdot)\right)\right]\right|^{2} d y\right] d t . \tag{III.21}
\end{equation*}
$$

The chain rule and the bounds of $\left|r^{\prime}\right|$ and $\left|r^{\prime \prime}\right|$ on $J_{I}$ give the pointwise bound

$$
\left|\frac{\partial^{2}}{\partial t^{2}}\left(u \circ A_{I, t}\right)\right|=\left|\frac{\partial^{2}}{\partial t^{2}}\left[u\left(a_{I}+t \mathbf{e}_{I}+r_{I}(t) y\right)\right]\right| \leq c L,
$$

and definition (III.10) gives the bound

$$
\left|\frac{\partial^{2}}{\partial t^{2}} \mathcal{B}_{\rho_{0}, u\left(a_{I}+t \mathbf{e}_{I}\right)}\right|=\left|\frac{\partial^{2}}{\partial t^{2}}\left[u\left(a_{I}+t \mathbf{e}_{I}\right) \star(-\mathbf{k}) \star \mathbb{S H} \circ \Phi_{\rho_{0}} \circ \Lambda_{\rho_{0}}\right]\right| \leq L .
$$

Integrating implies that (III.21) is bounded by $(c+1) L|I| \mathcal{H}^{4}\left(\mathbb{B}_{\sigma}^{4}\right)$, and we deduce that

$$
\begin{equation*}
\lim _{\sigma \rightarrow 0} \int_{W_{I}^{\sigma}}\left|\nabla_{\mathbf{e}_{I}}^{2} v_{\sigma}\right|^{2} d x=0 \tag{III.22}
\end{equation*}
$$

Next we consider the conical end(s) $V_{I}^{\sigma} \backslash W_{I}^{\sigma}$. By our choice of $\delta_{0}, u$ is degree- 0 homogeneous about $a_{I}$ on the region $\mathbb{B}_{\delta_{0}}^{5}\left(a_{I}\right)$. It follows that all of the normalized bubbled functions $\left(u \circ A_{I, t}\right)_{\sigma, \rho_{0}}$ coincide for $0<t \leq \sigma / 2$. Thus, in the one conical end $V_{I}^{\sigma} \cap \Pi_{I}^{-1}\left(0, \delta_{0} / 2\right], v_{\sigma}$ is also degree- 0 homogeneous about $a_{I}$. So we can easily estimate the Hessian integral there by using spherical coordinates about $a_{I}$. Note that radial projection of the 4 dimensional Euclidean ball $V_{I}^{\sigma} \cap \Pi^{-1}\left\{\delta_{0} / 2\right\}$ onto the small spherical cap $V_{I}^{\sigma} \cap \partial \mathbb{B}_{\delta_{0} / 2}^{5}$ is a smooth diffeomorphism with easily computed $\mathcal{C}^{2}$ bounds on it and its inverse. In particular, we see that, for $\sigma$ sufficiently small,

$$
E_{\sigma} \equiv \int_{V_{I}^{\sigma} \cap \partial \mathbb{B}_{\delta_{0} / 2}^{5}\left(a_{I}\right)}\left|\nabla_{t a n}^{2} v_{\sigma}\right|^{2} d \mathcal{H}^{4} \leq 2 \int_{\mathbb{B}_{\sigma}^{4}}\left|\nabla^{2}\left(u \circ A_{I, \delta_{0} / 2}\right)_{\sigma, \rho_{0}}\right|^{2} d y<2+2 c_{\mathbb{S H}} .
$$

By our initial choice (4) of $\delta_{0}$ we find that, for such $\sigma$,

$$
\int_{V_{I}^{\sigma} \cap \Pi_{I}^{-1}\left(0, \delta_{0} / 2\right]}\left|\nabla^{2} v_{\sigma}\right|^{2} d x \leq\left(\delta_{0} / 2\right) E_{\sigma} \leq(1+\operatorname{card}(\operatorname{Sing} u))^{-1} \varepsilon / 5
$$

In case $b_{I} \in \operatorname{Sing} u$, we make a similar estimate near $b_{I}$. In any case, we now have

$$
\limsup _{\sigma \rightarrow 0} \sum_{I \in \mathcal{I}} \int_{V_{I}^{\sigma} \backslash W_{I}^{\sigma}}\left|\nabla^{2} v_{\sigma}\right|^{2} d x \leq \varepsilon / 5
$$

which together with (III.19) and (III.22), gives the desired Hessian integral estimate (III.17) for $v_{\sigma}$.
Now using (III.17), we are ready to fix a positive $\sigma_{0}<1$ so that

$$
\begin{equation*}
\sum_{I \in \mathcal{I}} \int_{V_{I}^{\sigma_{0}}}\left|\nabla^{2} v_{\sigma_{0}}\right|^{2} d x \leq c_{\mathbb{S H}} \mathcal{H}^{1}(\Gamma)+\varepsilon / 2 \tag{III.23}
\end{equation*}
$$

The final step will be to modify $v_{\sigma_{0}}$ to get $u_{\varepsilon}$. The map $v_{\sigma_{0}}$ is smooth on $\overline{\mathbb{B}^{5}} \backslash \operatorname{Sing} u$ and is degree- 0 homogeneous about each point $a \in \operatorname{Sing} u$, in the ball $\mathbb{B}_{\delta_{0} / 2}^{5}(a)$.

For each such $a$, consider the normalized map given by rescaling $v_{\sigma_{0}} \mid \partial \mathbb{B}_{\delta_{0} / 2}^{5}(a)$, namely,

$$
g_{a}: \mathbb{S}^{4} \rightarrow \mathbb{S}^{3}, \quad g_{a}(x)=v_{\sigma_{0}}\left[a+\left(\delta_{0} / 2\right) x\right]
$$

We claim that, in $\Pi_{4}\left(\mathbb{S}^{3}\right) \simeq \mathbb{Z}_{2}$, the homotopy class $\llbracket g_{a} \rrbracket$ is zero. To see this, suppose that $a=a_{I}$ and first note that the restriction of the original map $u \mid \partial \mathbb{B}_{\delta_{0} / 2}^{5}(a)$ gives the nonzero class $\llbracket \mathbb{S} \mathbb{H} \rrbracket \in \Pi_{4}\left(\mathbb{S}^{3}\right)$ by the definition of $\mathcal{R}$. Second, we slightly reparameterized $u \mid \partial \mathbb{B}_{\delta_{0} / 2}^{5}(a)$ near the point $a+\left(\delta_{0} / 2\right) \mathbf{e}_{I}$ to have constant value $\xi_{a_{I}}=(\mathbb{S H})\left(\mathbf{e}_{I}\right)$ in a small spherical cap of radius $\sigma_{0} \delta_{0} / 2$. The resulting reparameterized map $\tilde{u}_{a}$ still induces the nonzero homotopy class in $\Pi_{4}\left(\mathbb{S}^{3}\right)$. Third, in forming the map $v_{\sigma} \mid \partial \mathbb{B}_{\delta_{0} / 2}^{5}(a)$, we inserted a bubble in the small cap of constancy of $\tilde{u}_{a}$. This insertion gives the resulting sum in $\Pi_{4}\left(\mathbb{S}^{3}\right)$ :

$$
\llbracket g_{a} \rrbracket=\llbracket \tilde{u}_{a} \rrbracket+\llbracket \xi_{a_{I}} \star \mathbb{S H} \circ \Phi_{\rho_{0}} \rrbracket=\llbracket \mathbb{S H} \rrbracket+\llbracket \mathbb{S H} \circ \Phi_{\rho_{0}} \rrbracket=2 \llbracket \mathbb{S H} \rrbracket=0
$$

by (III.8). The same is true in case $a$ is a second endpoint $b_{I}$.
Now, as in the proof of Lemma III.2, $g_{a}$ is homotopic to a constant, and we may we may fix a smooth homotopy $h_{a}:[0,1] \times \mathbb{S}^{4} \rightarrow \mathbb{S}^{3}$ so that

$$
h_{a}(t, y)= \begin{cases}g_{a}(y) & \text { for } t \text { near } 0 \\ (1,0,0,0) & \text { for } t \text { near } 1 \\ . & \end{cases}
$$

Thus the map

$$
H_{a}: \overline{\mathbb{B}^{5}} \rightarrow \mathbb{S}^{3}, \quad H_{a}(x)=h_{a}(1-|x|, x /|x|) \text { for } 0<|x| \leq 1, \quad H_{a}(0)=(1,0,0,0)
$$

is smooth. Moreover, for $0<\tau \leq \delta_{0} / 2$,

$$
w_{\tau}: \bigcup_{a \in \operatorname{Sing} u} \mathbb{B}_{\tau}^{5}(a) \rightarrow \mathbb{S}^{3}, \quad w_{\tau}(x)=H_{a}\left(\frac{x-a}{\tau}\right) \text { for } x \in \mathbb{B}_{\tau}^{5}(a),
$$

satisfies

$$
\int_{\mathbb{B}_{\tau}^{5}(a)}\left|\nabla^{2} w_{\tau}\right|^{2} d x=\tau \int_{\mathbb{B}^{5}}\left|\nabla H_{a}\right|^{2} d x
$$

and we can fix a positive $\tau_{0} \leq \delta_{0} / 2$ so that

$$
\begin{equation*}
\sum_{a \in \operatorname{Sing} u} \int_{\mathbb{B}_{\tau_{0}}^{5}(a)}\left|\nabla^{2} w_{\tau_{0}}\right|^{2} d x<\varepsilon / 2 . \tag{III.24}
\end{equation*}
$$

Finally we define the desired map $u_{\varepsilon}: \mathbb{B}^{5} \rightarrow \mathbb{S}^{3}$ by :

$$
u_{\varepsilon}(x)= \begin{cases}v_{\sigma_{0}}(x) & \text { for } x \in \cup_{I \in \mathcal{I}} V_{I}^{\sigma_{0}} \backslash \cup_{a \in \operatorname{Sing} u} \mathbb{B}_{\tau_{0}}^{5}(a) \\ w_{\tau_{0}}(x) & \text { for } x \in \cup_{a \in \operatorname{Sing} u \mathbb{B}_{\tau_{0}}^{5}(a)}^{u(x)} \\ \text { otherwise } .\end{cases}
$$

We easily verify that $u_{\varepsilon}$ is smooth and coincides with $u$ outside an $\varepsilon$ neighborhood of $\Gamma$ because $\sigma_{0} \delta_{0} / 9<\varepsilon$ and $\tau_{0} \leq \delta_{0} / 2<\varepsilon$. Moreover, by (III.23) and (III.24),

$$
\begin{aligned}
\int_{\mathbb{B}^{5}}\left|\nabla^{2} u_{\varepsilon}\right|^{2} d x & \leq \sum_{I \in \mathcal{I}} \int_{V_{I}^{\sigma_{0}}}\left|\nabla^{2} v_{\sigma_{0}}\right|^{2} d x+\sum_{a \in \operatorname{Sing} u} \int_{\mathbb{B}_{\tau_{0}}^{5}(a)}\left|\nabla^{2} w_{\tau_{0}}\right|^{2} d x+\int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \\
& \leq c_{\mathbb{S H}} \mathcal{H}^{1}(\Gamma)+\frac{\varepsilon}{2}+\frac{\varepsilon}{2}+\int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
\end{aligned}
$$

Corollary III. 1 If $u$ and $u_{\varepsilon}$ are as in Theorem III.1, then $u_{\varepsilon}$ approaches $u, W^{2,2}$ weakly as $\varepsilon \rightarrow 0$.
Proof. One has the strong $L^{2}$ convergence $\lim _{\varepsilon \rightarrow 0}\left\|u_{\varepsilon}-u\right\|_{L^{2}}=0$, because the $u_{\varepsilon}$ are uniformly bounded (by 1) and approach $u$ pointwise on $\mathbb{B}^{5} \backslash \operatorname{Sing} u$. Moreover, for any sequence $1 \geq \varepsilon_{i} \downarrow 0$, we have by Theorem III. 1 and Lemma II.1, the bound

$$
\sup _{i}\left\|u_{\varepsilon_{i}}\right\|_{W^{2,2}}^{2}<c_{m}\left(4+\int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x+c_{\mathbb{S H}} \mathcal{H}^{1}(\Gamma)\right)<\infty
$$

By the weak ${ }^{*}(=$ weak $)$ compactness of the closed ball in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{R}^{\ell}\right)$, the sequence $u_{\varepsilon_{i}}$ contains a subequence $u_{\varepsilon_{i^{\prime}}}$ that is $W^{2,2}$ weakly convergent to some $w \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{R}^{\ell}\right)$. But, $w$, being by Rellich's theorem, the strong $L^{2}$ limit of the $u_{\varepsilon_{i^{\prime}}}$, must necessarily be the original map $u$. Since any subsequence of $u_{\varepsilon}$ subconverges to the same limit $u$ and since the weak* (=weak) $W^{2,2}$ topology on bounded sets is metrizable, the original family $u_{\varepsilon}$ converges $W^{2,2}$ weakly to $u$.

Remark III. 1 In Theorem III.1, one may replace $c_{\mathbb{S H}}$ by the optimal constant

$$
\tilde{c}_{\mathbb{S H}}=\inf \left\{\int_{\mathbb{S}^{4}}\left|\nabla_{\tan }^{2} \omega\right|^{2} d \mathcal{H}^{4}: \omega \in \mathcal{C}^{\infty}\left(\mathbb{S}^{4}, \mathbb{S}^{3}\right) \text { and } \llbracket \omega \rrbracket=\llbracket \mathbb{S H} \rrbracket\right\}
$$

Here, for any $\omega$ as above, we can first $W^{2,2}$ strongly approximate $u$ by a map which equals $\omega(x-a) /|x-a|$ in $\mathbb{B}_{\delta_{1}}(a)$ for all $a \in \operatorname{Sing} u$ and some $0<\delta_{1} \ll \delta_{0}$. Then we repeat the proofs with $\mathbb{S H}$ replaced by $\omega$.

## IV Connecting Singularities with Controlled Length

Suppose $u \in \mathcal{R}$ with $\operatorname{Sing} u=\left\{a_{1}, a_{2}, \ldots, a_{m}\right\}$ as above. Our goal in this section is to connect the singular points $a_{i}$, together in pairs or to $\partial \mathbb{B}^{5}$, by some union of curves whose total length is bounded by an absolute constant multiple of the Hessian energy, that is,

$$
c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
$$

This is therefore a bound on the length of a minimal connection for $\operatorname{Sing} u$, which will allow us, in Theorem V. 3 below, to combine Lemma III. 2 and Theorem III. 1 to obtain the desired sequential weak density of $\mathcal{C}^{\infty}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$.

Using the surjectivity of the suspension of the Hopf map, we readily verify that each regular value $p \in \mathbb{S}^{3} \backslash\{(-1,0,0,0),(1,0,0,0)\}$ of $u$ gives a level surface

$$
\Sigma=u^{-1}\{p\}
$$

which necessarily contains all the singular points $a_{i}$ of $u$. Note that $\Sigma=u^{-1}\{p\}$ is smoothly embedded away from the $a_{i}$ with standard orientation $\omega_{\Sigma} \equiv * u^{\#} \omega_{\mathbb{S}^{3}} /\left|u^{\#} \omega_{\mathbb{S}^{3}}\right|$, induced from $u$. Concerning the behavior near $a_{i}$, the punctured neighborhood

$$
\Sigma \cap \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash\left\{a_{i}\right\}
$$

is simply a truncated cone whose boundary

$$
\Gamma_{i}=\Sigma \cap \partial \mathbb{B}_{\delta_{0}}\left(a_{i}\right)
$$

is a planar circle in the 3 -sphere $\partial \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \cap\left(\left\{\delta p_{0}\right\} \times \mathbb{R}^{4}\right)$ where $p=\left(p_{0}, p_{1}, p_{2}, p_{3}\right)$.
We will eventually choose the desired "connecting" curves all to lie on one such level surface $\Sigma$.

## IV. 1 Estimates for Choosing the Level Surface $\Sigma=u^{-1}\{p\}$

We first recall the 3 Jacobian $J_{3} u=\left\|\wedge_{3} D u\right\|$ and apply the coarea formula [Fe], $\S 3.2 .12$ with

$$
g=\frac{|\nabla u|^{4}+\left|\nabla^{2} u\right|^{2}}{J_{3} u}
$$

to obtain the relation

$$
\begin{equation*}
\int_{\mathbb{S}^{3}} \int_{u^{-1}\{p\}} \frac{|\nabla u|^{4}+\left|\nabla^{2} u\right|^{2}}{J_{3} u} d \mathcal{H}^{2} d \mathcal{H}^{3} p=\int_{\mathbb{B}^{5}}\left(|\nabla u|^{4}+\left|\nabla^{2} u\right|^{2}\right) d x . \tag{IV.25}
\end{equation*}
$$

Moreover, since $\|u\|_{L^{\infty}}=1$, we also have (see $[\mathrm{MR}]$ ) the integral inequality

$$
\begin{equation*}
\int_{\mathbb{B}^{5}}|\nabla u|^{4} \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \tag{IV.26}
\end{equation*}
$$

In case $u$ is constant on $\partial \mathbb{B}^{5}$, we may verify this by computing

$$
\begin{aligned}
\int_{\mathbb{B}^{5}}|\nabla u|^{4} & =\int_{\mathbb{B}^{5}}(\nabla u \cdot \nabla u)|\nabla u|^{2} d x \\
& =\int_{\mathbb{B}^{5}}\left[\operatorname{div}\left(u \nabla u|\nabla u|^{2}\right)-u \cdot \Delta u|\nabla u|^{2}-u \nabla u \cdot \nabla\left(|\nabla u|^{2}\right)\right] d x \\
& \leq 0+5 \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right||\nabla u|^{2} d x+2 \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right||\nabla u|^{2} d x \\
& \leq \frac{1}{2} \int_{\mathbb{B}^{5}}|\nabla u|^{4} d x+\frac{49}{2} \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x .
\end{aligned}
$$

In the general case, we write $u=\sum_{i=1}^{\infty} \lambda_{i} u$ where $\left\{\lambda_{i}\right\}$ is a partition of unity adapted to a family of Whitney cubes for $\mathbb{B}^{5}$. See $[\mathrm{MR}]$. (The above inequality is true even with the constraint $\|u\|_{B M O} \leq 1$ in place of $\|u\|_{L^{\infty}} \leq 1$ [MR].)

By (IV.25) and (IV.26) we may now choose a regular value $p \in \mathbb{S}^{3}$ of $u$ so that

$$
\begin{equation*}
\int_{u^{-1}\{p\}} \frac{|\nabla u|^{4}+\left|\nabla^{2} u\right|^{2}}{J_{3} u} d \mathcal{H}^{2} \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \tag{IV.27}
\end{equation*}
$$

By increasing $c$ we will also insist that $\left|p_{0}\right|$ is small, say, $\left|p_{0}\right|<1 / 100$. This smallness will be useful in guaranteeing that each tangent plane $\operatorname{Tan}(\Sigma, x)$, for $x \in \Sigma \cap \cup_{i=1}^{m} \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash\left\{a_{i}\right\}$, is close to $\{0\} \times \mathbb{R}^{4}$.

## IV. 2 A Pull-back Normal Framing for $\Sigma=u^{-1}\{p\}$

Suppose again that $p=\left(p_{0}, p_{1}, p_{2}, p_{3}\right) \in \mathbb{S}^{3} \backslash\{(-1,0,0,0),(1,0,0,0)\}$ is a regular value of $u$. Then

$$
\eta_{1}=\left(-\sqrt{1-p_{0}^{2}}, \frac{p_{0} p_{1}}{\sqrt{1-p_{0}^{2}}}, \frac{p_{0} p_{2}}{\sqrt{1-p_{0}^{2}}}, \frac{p_{0} p_{3}}{\sqrt{1-p_{0}^{2}}}\right)
$$

is the unit vector tangent at $p$ to the geodesic that runs from $(1,0,0,0)$ through $p$ to $(-1,0,0,0)$. We may choose two other vectors

$$
\eta_{2}, \eta_{3} \in \operatorname{Tan}\left(\left\{p_{0}\right\} \times \sqrt{1-p_{0}^{2}} \mathbb{S}^{2}, p\right) \subset \operatorname{Tan}\left(\mathbb{S}^{3}, p\right)
$$

so that $\eta_{1}, \eta_{2}, \eta_{3}$ becomes an orthonormal basis for $\operatorname{Tan}\left(\mathbb{S}^{3}, p\right)$. Since $p$ is a regular value for $u$, these three vectors lift to three unique smooth linearly independent normal vectorfields $\tau_{1}, \tau_{2}, \tau_{3}$ along $\Sigma=u^{-1}\{p\}$. That is, at each point $x \in \Sigma$,

$$
\tau_{j}(x) \perp \Sigma \text { at } x \text { and } D u(x)\left[\tau_{j}(x)\right]=\eta_{j}
$$

for $j=1,2,3$.
Near each singularity $a_{i}$ the lifted vectorfields $\tau_{1}, \tau_{2}, \tau_{3}$ are also orthonormal. In fact, for any point $x \in \Sigma \cap \mathbb{B}_{\delta_{0}}\left(a_{i}\right), \frac{x_{0}-a_{i 0}}{\left|x-a_{i}\right|}=p_{0}$, and

$$
\begin{equation*}
\tau_{1}(x)=\left(-\sqrt{1-p_{0}^{2}}, \frac{p_{0}}{\sqrt{1-p_{0}^{2}}} \frac{x_{1}-a_{i 1}}{\left|x-a_{i}\right|}, \frac{p_{0}}{\sqrt{1-p_{0}^{2}}} \frac{x_{2}-a_{i 2}}{\left|x-a_{i}\right|}, \frac{p_{0}}{\sqrt{1-p_{0}^{2}}} \frac{x_{3}-a_{i 3}}{\left|x-a_{i}\right|}\right) . \tag{IV.28}
\end{equation*}
$$

Also $\tau_{1}(x), \tau_{2}(x), \tau_{3}(x)$ are orthonormal for such $x$ because the Hopf map is horizontally orthogonal and the lifts $\tau_{2}(x), \tau_{3}(x)$ are tangent to the 3 sphere $\left\{p_{0}\right\} \times \sqrt{1-p_{0}^{2}} \mathbb{S}^{3}$.

On the remainder of the surface $\Sigma \backslash \cup_{i=1}^{m} \mathbb{B}_{\delta_{0}}\left(a_{i}\right)$, the linearly independent vectorfields $\tau_{1}, \tau_{2}, \tau_{3}$ are not necessarily orthonormal, and we use their Gram-Schmidt orthonormalizations

$$
\begin{aligned}
& \tilde{\tau}_{1}=\frac{\tau_{1}}{\left|\tau_{1}\right|} \\
& \tilde{\tau}_{2}=\frac{\tau_{2}-\left(\tilde{\tau}_{1} \cdot \tau_{2}\right) \tilde{\tau}_{1}}{\left|\tau_{2}-\left(\tilde{\tau}_{1} \cdot \tau_{2}\right) \tilde{\tau}_{1}\right|}=\frac{\tau_{2}-\left(\tilde{\tau}_{1} \cdot \tau_{2}\right) \tilde{\tau}_{1}}{\left|\tilde{\tau}_{1} \wedge \tau_{2}\right|} \\
& \tilde{\tau}_{3}=\frac{\tau_{3}-\left(\tilde{\tau}_{1} \cdot \tau_{3}\right) \tilde{\tau}_{1}-\left(\tilde{\tau}_{2} \cdot \tau_{3}\right) \tilde{\tau}_{2}}{\left|\tau_{3}-\left(\tilde{\tau}_{1} \cdot \tau_{3}\right) \tilde{\tau}_{1}-\left(\tilde{\tau}_{2} \cdot \tau_{3}\right) \tilde{\tau}_{2}\right|}=\frac{\tau_{3}-\left(\tilde{\tau}_{1} \cdot \tau_{3}\right) \tilde{\tau}_{1}-\left(\tilde{\tau}_{2} \cdot \tau_{3}\right) \tilde{\tau}_{2}}{\left|\tilde{\tau}_{1} \wedge \tilde{\tau}_{2} \wedge \tau_{3}\right|}
\end{aligned}
$$

which provide an orthonormal framing for the unit normal bundle of $\Sigma$.
We need to estimate the total variation of these orthonormalizations. Noting that $\left|\nabla\left(\frac{\tau}{|\tau|}\right)\right| \leq 2 \frac{|\nabla \tau|}{|\tau|}$ for any differentiable $\tau$, we see that

$$
\begin{aligned}
\left|\nabla \tilde{\tau}_{1}\right| & \leq 2 \frac{\left|\nabla \tau_{1}\right|}{\left|\tau_{1}\right|} \leq 2 \frac{\left|\nabla \tau_{1}\right|\left|\tau_{1}\right|\left|\tau_{2}\right|\left|\tau_{3}\right|}{\left|\tau_{1}\right|\left|\tau_{1} \wedge \tau_{2} \wedge \tau_{3}\right|}=2 \frac{\left|\tau_{2}\right|\left|\tau_{3}\right|\left|\nabla \tau_{1}\right|}{\left|\tau_{1} \wedge \tau_{2} \wedge \tau_{3}\right|} \\
\left|\nabla \tilde{\tau}_{2}\right| & =2\left[\frac{\tau_{2}-\left(\tilde{\tau}_{1} \cdot \tau_{2}\right) \tilde{\tau}_{1}}{\left|\tilde{\tau}_{1} \wedge \tau_{2}\right|}\right] \leq 2\left[\frac{2\left|\nabla \tau_{2}\right|+2\left|\tau_{2}\right|\left|\nabla \tilde{\tau}_{1}\right|}{\left|\tau_{1} \wedge \tau_{2}\right|\left|\tau_{1}\right|^{-1}}\right] \\
& \leq 8\left[\frac{\left|\tau_{1}\right|\left|\nabla \tau_{2}\right|+\left|\tau_{2}\right|\left|\nabla \tau_{1}\right|}{\left|\tau_{1} \wedge \tau_{2}\right|} \cdot \frac{\left|\tau_{1} \wedge \tau_{2}\right|\left|\tau_{3}\right|}{\left|\tau_{1} \wedge \tau_{2} \wedge \tau_{3}\right|}\right]=8\left[\frac{\left|\tau_{2}\right|\left|\tau_{3}\right|\left|\nabla \tau_{1}\right|+\left|\tau_{1}\right|\left|\tau_{3}\right|\left|\nabla \tau_{2}\right|}{\left|\tau_{1} \wedge \tau_{2} \wedge \tau_{3}\right|}\right] \\
\left|\nabla \tilde{\tau}_{3}\right| & \leq 2\left[\frac{3\left|\nabla \tau_{3}\right|+2\left|\tau_{3}\right|\left|\nabla \tilde{\tau}_{1}\right|+2\left|\tau_{3}\right|\left|\nabla \tilde{\tau}_{2}\right|}{\left|\tilde{\tau}_{1} \wedge \tilde{\tau}_{2} \wedge \tau_{3}\right|}\right] \\
& \leq 32\left[\frac{\left|\nabla \tau_{3}\right|+\left|\tau_{3}\right|\left|\tau_{1}\right|^{-1}\left|\nabla \tau_{1}\right|+\left|\tau_{3}\right|\left(\frac{\left|\tau_{1}\right|\left|\nabla \tau_{2}\right|+\left|\tau_{2}\right|\left|\nabla \tau_{1}\right|}{\left|\tau_{1} \wedge \tau_{2}\right|}\right)}{\left|\frac{\tau_{1}}{\left|\tau_{1}\right|} \wedge\left(\frac{\tau_{2}}{\left.| | \tau_{1}\right|^{-1} \tau_{1} \wedge \tau_{2} \mid}\right) \wedge \tau_{3}\right|}\right] \\
& \leq 32\left[\frac{\left|\tau_{1}\right|\left|\tau_{2}\right|\left|\nabla \tau_{3}\right|+\left|\tau_{2}\right|\left|\tau_{3}\right|\left|\nabla \tau_{1}\right|+\left|\tau_{1}\right|\left|\tau_{3}\right|\left|\nabla \tau_{2}\right|}{\left|\tau_{1} \wedge \tau_{2} \wedge \tau_{3}\right|}\right]
\end{aligned}
$$

Inasmuch as

$$
\left|\tau_{j}\right| \leq|\nabla u|, \quad\left|\nabla \tau_{j}\right| \leq\left|\nabla^{2} u\right|, \quad\left|\tau_{1} \wedge \tau_{2} \wedge \tau_{3}\right|=J_{3} u
$$

we deduce the general pointwise estimate

$$
\left|\nabla \tilde{\tau}_{j}\right| \leq c \frac{|\nabla u|^{2}\left|\nabla^{2} u\right|}{\left|J_{3} u\right|} \leq c \frac{|\nabla u|^{4}+\left|\nabla^{2} u\right|^{2}}{\left|J_{3} u\right|}
$$

which we may integrate using (IV.27) to obtain the variation estimate along $\Sigma=u^{-1}\{p\}$,

$$
\begin{equation*}
\int_{\Sigma}\left|\nabla \tilde{\tau}_{j}\right| d \mathcal{H}^{2} \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \tag{IV.29}
\end{equation*}
$$

## IV. 3 Twisting of the Normal Frame $\tilde{\tau}_{1}, \tilde{\tau}_{2}, \tilde{\tau}_{3}$ About Each Singularity $a_{i}$

First we recall from[MS], $\S 5-6$ that the Grassmannian

$$
\tilde{G}_{2}\left(\mathbb{R}^{5}\right)
$$

of oriented 2 planes through the origin in $\mathbb{R}^{5}$ is a compact smooth manifold of dimension 6 . It may be identified with the set of simple unit 2 vectors in $\mathbb{R}^{5}$,

$$
\left\{v \wedge w \in \wedge_{2} \mathbb{R}^{5}: v \in \mathbb{S}^{4}, w \in \mathbb{S}^{4}, v \cdot w=0\right\}
$$

We will use the distance $|\underset{\tilde{G}}{P}-Q|$ on $\tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ given by this embedding into $\wedge_{2} \mathbb{R}^{5} \approx \mathbb{R}^{10}$.
For a fixed plane $P \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$, the set of nontransverse 2 planes

$$
\mathcal{Q}_{P}=\left\{Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): P \cap Q \neq\{0\}\right\}
$$

is a (Schubert) subvariety of dimension $1+3=4$ because every $Q \in \mathcal{Q}_{P} \backslash\{P\}$ equals $v \wedge w$ for some $w \in \mathbb{S}^{4} \cap P$ and some $v \in \mathbb{S}^{4} \cap w^{\perp}$. These subvarieties are all orthogonally isomorphic and, in particular, have the same finite 4 dimensional Hausdorff measure. Also

$$
Y_{P}=\left\{Q \in \mathcal{Q}_{P}: P^{\perp} \cap Q \neq\{0\}\right\}
$$

is a closed subvariety of dimension 3 , and $\mathcal{Q}_{P} \backslash Y_{P}$ is a smooth submanifold.
Then, near each singularity $a_{i}$, the set of 2 planes nontransverse to the cone $\Sigma \cap \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash\left\{a_{i}\right\}$,

$$
W=\bigcup_{x \in \Sigma \cap \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash\left\{a_{i}\right\}} \mathcal{Q}_{\operatorname{Tan}(\Sigma, x)}=\bigcup_{x \in \Gamma_{i}} \mathcal{Q}_{\operatorname{Tan}(\Sigma, x)},
$$

has dimension only $1+4=5<6=\operatorname{dim} \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$. Note also its location, that $W$ is, by the smallness of $\left|p_{0}\right|$, contained in the tubular neighborhood

$$
V \equiv\left\{Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): \operatorname{dist}\left(Q, \tilde{G}_{2}\left(\{0\} \times \mathbb{R}^{4}\right)<1 / 50\right\}\right.
$$

of the 4 dimensional subgrassmannian $\tilde{G}_{2}\left(\{0\} \times \mathbb{R}^{4}\right)$.
We now describe explicitly how the framing $\tilde{\tau}_{1}(x), \tilde{\tau}_{2}(x), \tilde{\tau}_{3}(x)$ twists once as $x$ goes around each circle $\Gamma_{i}$. The problem is that the vectors $\tilde{\tau}_{j}(x)$ lie in the normal space $\operatorname{Nor}(\Sigma, x)$ which also varies with $x$. To measure the rotation of the frame $\tilde{\tau}_{1}(x), \tilde{\tau}_{2}(x), \tilde{\tau}_{3}(x)$, as $x$ traverses the circle $\Gamma_{i}$, it is necessary to use some reference frame for $\operatorname{Nor}(\Sigma, x)$.

We can induce such a frame from some fixed unit vectors in $\mathbb{R}^{5}$ as follows: Consider a fixed $Q \in$ $\tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash W$, and suppose $Q=v \wedge w$ with $v, w$ being an orthonormal basis for $Q$. For each $x \in \Gamma_{i}$, the orthogonal projections of $v, w$ onto $\operatorname{Nor}(\Sigma, x)$ are linearly independent; let $\sigma_{1}(x), \sigma_{2}(x)$ be their GramSchmidt orthonormalizations. We then get $\sigma_{3}(x)$ by using the map $u$ to pull-back the orientation of $\mathbb{S}^{3}$ to $\operatorname{Nor}(\Sigma, x)$ so that the resulting orienting 3 vector is $\sigma_{1}(x) \wedge \sigma_{2}(x) \wedge \sigma_{3}(x)$ for a unique unit vector $\sigma_{3}(x) \in \operatorname{Nor}(\Sigma, x)$ orthogonal to $\sigma_{1}(x), \sigma_{2}(x)$. We view

$$
\sigma_{1}(x), \sigma_{2}(x), \sigma_{3}(x)
$$

as the reference frame determined by the fixed vectors $v, w$. For each $x \in \Gamma_{i}$, there is then a unique rotation $\gamma(x) \in \mathbb{S O}(3)$ so that

$$
\gamma(x)\left[\sigma_{j}(x)\right]=\tilde{\tau}_{j}(x) \quad \text { for } \quad j=1,2,3 .
$$

In the next paragraph we will check that $\gamma: \Gamma_{i} \rightarrow \mathbb{S O}(3)$ is a single geodesic circle in $\mathbb{S O}(3)$. The twisting of the frame $\tilde{\tau}_{1}, \tilde{\tau}_{2}, \tilde{\tau}_{3}$ around the circle $\Gamma_{i}$ is reflected in the fact that such a circle induces the nonzero element in $\Pi_{1}(\mathbb{S O}(3)) \simeq \mathbb{Z}_{2}$.

In the special case $v=(1,0,0,0)$, the normalized orthogonal projection of $v$ onto $\operatorname{Nor}(\Sigma, x)$ is, by (IV.4), simply

$$
\sigma_{1}(x)=\tilde{\tau}_{1}(x)
$$

So in this case, each orthogonal matrix $\gamma(x)$ is a rotation about the first axis, and one checks that, as $x$ traverses the circle $\Gamma_{i}$ once, these rotations complete a single geodesic circle in $\mathbb{S O}(3)$. For another choice of $v$, the geodesic circle $\gamma: \Gamma_{i} \rightarrow \mathbb{S O}(3)$ involves a circle of rotations about a different axis combined with a single orthogonal change of coordinates.

## IV. 4 A Reference Normal Framing for $\Sigma=u^{-1}\{p\}$

The above calculations near the $a_{i}$ suggest comparing on the whole surface $u^{-1}\{p\}$ the pull-back normal framing $\tilde{\tau}_{1}(x), \tilde{\tau}_{2}(x), \tilde{\tau}_{3}(x)$ with some reference normal framing $\sigma_{1}(x), \sigma_{2}(x), \sigma_{3}(x)$ induced by two fixed vectors $v, w$. Unfortunately, there may not exist fixed vectors $v, w$ so that the corresponding reference framing $\sigma_{1}, \sigma_{2}, \sigma_{3}$ is defined everywhere on $\Sigma$. In this section we show that any orthonormal basis $v, w$ of almost every oriented 2 plane $Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ gives a reference framing on $\Sigma$ which is well-defined and smooth except at finitely many discontinuities

$$
b_{1}, b_{2}, \ldots, b_{n}
$$

We will then need to connect the original singularities $a_{i}$ to the $b_{j}$ (or to $\partial \mathbb{B}^{5}$ ) and, in §IV.6, choose other curves to connect the $b_{j}$ to each other (or to $\partial \mathbb{B}^{5}$ ), with all curves having total length bounded by a multiple of $\int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x$.

To find a suitable $Q=v \wedge w$, we will first rule out the exceptional planes that contain some nonzero vector normal to $\Sigma$ at some point $x \in \Sigma$. The really exceptional 2 planes that lie completely in some normal space

$$
X=\cup_{x \in \Sigma} X_{x} \quad \text { where } \quad X_{x}=\left\{Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): Q \subset \operatorname{Nor}(\Sigma, x)\right\}
$$

Then $X$ has dimension at most $2+2=4<6=\operatorname{dim} \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ because $\operatorname{dim} \Sigma=2$ and $\operatorname{dim} \tilde{G}_{2}\left(\mathbb{R}^{3}\right)=2$. The remaining set of exceptional planes

$$
Y=\cup_{x \in \Sigma} Y_{x} \quad \text { where } \quad Y_{x}=\left\{Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): \operatorname{dim}(Q \cap \operatorname{Nor}(\Sigma, x))=1\right\}
$$

has dimension at most $2+2+1=5<6=\operatorname{dim} \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ because

$$
Y_{x}=\left\{e \wedge w: e \in \mathbb{S}^{4} \cap \operatorname{Nor}(\Sigma, x) \text { and } w \in \mathbb{S}^{4} \cap \operatorname{Tan}(\Sigma, x)\right\}
$$

In terms of our previous notation, $Y_{\operatorname{Tan}(\Sigma, x)}=X_{x} \cup Y_{x}$.
Any unit vector $e \notin \operatorname{Nor}(\Sigma, x)$ has a nonzero orthogonal projection

$$
e_{T}(x)
$$

onto $\operatorname{Tan}(\Sigma, x)$.
Normalizing

$$
\tilde{e}_{T}(x)=\frac{e_{T}(x)}{\left|e_{T}(x)\right|}
$$

we find a unique unit vector $e_{\Sigma}(x) \in \operatorname{Tan}(\Sigma, x)$ orthogonal to $e_{T}(x)$ so that $\tilde{e}_{T}(x) \wedge e_{\Sigma}(x)$ is the standard orientation of $\operatorname{Tan}(\Sigma, x)$. Then

$$
e \cdot e_{\Sigma}(x)=\left(e-e_{T}(x)\right) \cdot e_{\Sigma}(x)+e_{T}(x) \cdot e_{\Sigma}(x)=0+0
$$

because $e-e_{T}(x) \in \operatorname{Nor}(\Sigma, x)$. Thus,

$$
\tilde{e}_{T}(x), e_{\Sigma}(x), \tilde{\tau}_{1}(x), \tilde{\tau}_{2}(x), \tilde{\tau}_{3}(x)
$$

is an orthonormal basis for $\mathbb{R}^{5}$.
Away from the 4 dimensional unit normal bundle

$$
\mathcal{N}_{\Sigma}=\left\{(x, e): x \in \Sigma, e \in \mathbb{S}^{4} \cap \operatorname{Nor}(\Sigma, x)\right\}
$$

we now define the basic map

$$
\Phi:\left(\Sigma \times \mathbb{S}^{4}\right) \backslash \mathcal{N}_{\Sigma} \rightarrow G_{2}\left(\mathbb{R}^{5}\right), \quad \Phi(x, e)=e \wedge e_{\Sigma}(x)
$$

to parameterize the planes nontransverse to $\Sigma$ in $\tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash Y$. Incidentally, these do include the 2 dimensional family of tangent planes

$$
Z=\left\{Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): Q=\operatorname{Tan}(\Sigma, x) \text { for some } x \in \Sigma\right\}
$$

In terms of the notation at the beginning of this section, for any 2 plane $Q \notin Y$,

$$
Q \in \mathcal{Q}_{\operatorname{Tan}(\Sigma, x)} \Longleftrightarrow Q=\Phi(x, e) \text { for some } e \in \mathbb{S}^{4} \backslash \operatorname{Nor}(\Sigma, x)
$$

Note that $\Phi(x,-e)=\Phi(x, e)$, and, in fact,

$$
\Phi\left(x, e^{\prime}\right)=\Phi(x, e) \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash Y \quad \Longleftrightarrow \quad e^{\prime}= \pm e
$$

It is also easy to describe the behavior of $\Phi$ at the singular set $\mathcal{N}_{\Sigma}$. A 2 plane $Q$ belongs to $Y$, that is, $Q=v \wedge w$ for some $v \in \operatorname{Nor}(\Sigma, x) \cap \mathbb{S}^{4}$ and $w \in \operatorname{Tan}(\Sigma, x) \cap \mathbb{S}^{4}$, if and only if $Q=\lim _{n \rightarrow \infty} \Phi\left(x_{n}, v_{n}\right)$ for some sequence $\left(x_{n}, v_{n}\right) \in\left(\Sigma \times \mathbb{S}^{4}\right) \backslash \mathcal{N}_{\Sigma}$ approaching $(x, v)$. The map $\Phi$ essentially "blows-up" the 4 dimensional $\mathcal{N}_{\Sigma}$ to the 5 dimensional $Y$, and, in particular, any smooth curve in $\tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ transverse to $Y$ lifts by $\Phi$ to a pair of antipodal curves in $\Sigma \times \mathbb{S}^{4}$ extending continuously transversally across $\mathcal{N}_{\Sigma}$.

We now choose and fix $Q \in G^{2}\left(\mathbb{R}^{5}\right)$ so that neither $Q$ nor $-Q$ belong to the 5 dimensional exceptional set $X \cup Y \cup Z$ and both are regular values of $\Phi$. We may also insist that $Q$ is close to the 3 dimensional Schubert cycle

$$
H=\left\{(1,0, \ldots, 0) \wedge\left(0, v_{1}, v_{2}, v_{3}, v_{4}\right): v_{1}^{2}+\cdots+v_{4}^{2}=1\right\}
$$

say $\operatorname{dist}(Q, H)<1 / 100$. This will guarantee that $Q$ is well separated from the open region $V$ that contains $W$.

Since

$$
\operatorname{dim}\left(\Sigma \times \mathbb{S}^{4}\right)=6=\operatorname{dim} \tilde{G}_{2}\left(\mathbb{R}^{5}\right)
$$

$\Phi^{-1}\{Q,-Q\}$ is a finite set, say

$$
\Phi^{-1}\{Q,-Q\}=\left\{\left(b_{1}, e_{1}\right),\left(b_{1},-e_{1}\right),\left(b_{2}, e_{2}\right),\left(b_{2},-e_{2}\right), \ldots,\left(b_{n}, e_{n}\right),\left(b_{n},-e_{n}\right)\right\}
$$

We now see that the reference framing $\sigma_{1}(x), \sigma_{2}(x), \sigma_{3}(x)$ of $\operatorname{Nor}(\Sigma, x)$ corresponding to any fixed orthonormal basis $v, w$ of $Q$ fails to exist precisely at the points $b_{1}, b_{2}, \ldots, b_{n}$. As before, we now have the smooth mapping

$$
\gamma: \Sigma \backslash\left\{a_{1}, \ldots, a_{m}, b_{1}, \ldots, b_{n}\right\} \rightarrow \mathbb{S O}(3),
$$

which is defined by the condition $\gamma(x)\left[\sigma_{j}(x)\right]=\tilde{\tau}_{j}(x)$ for $j=1,2,3$ or, in column-vector notation,

$$
\gamma=\left[\sigma_{1} \sigma_{2} \sigma_{3}\right]^{-1}\left[\tilde{\tau}_{1} \tilde{\tau}_{2} \tilde{\tau}_{3}\right]
$$

## IV. 5 Asymptotic Behavior of $\gamma$ Near the Singularities $a_{i}$ and $b_{j}$

As discussed in $\S 3.1$, the map $u$, the surface $\Sigma=u^{-1}\{p\}$, the frames $\tilde{\tau}_{1}, \tilde{\tau}_{2}, \tilde{\tau}_{3}$ and $\sigma_{1}, \sigma_{2}, \sigma_{3}$, and the rotation field $\gamma$ are all precisely known near a singularity $a_{i}$ in the cone neighborhood $\Sigma \cap \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash\left\{a_{i}\right\}$. In particular, $\gamma$ is homogeneous of degree 0 on $\Sigma \cap \mathbb{B}_{\delta_{0}}\left(a_{i}\right) \backslash\left\{a_{i}\right\}$; on its boundary $\gamma \mid \Gamma_{i}$ is a constant-speed geodesic circle.

At each $b_{j}$, the frame $\tilde{\tau}_{1}, \tilde{\tau}_{2}, \tilde{\tau}_{3}$ is smooth, but the frame $\sigma_{1}, \sigma_{2}, \sigma_{3}$, and hence the rotation $\gamma$, has an essential discontinuity. Nevertheless, we may deduce some of the asymptotic behavior at $b_{j}$ because $\pm Q$ were chosen to be regular values of $\Phi$. In fact, we'll verify:
The tangent map $\gamma_{j}$ of $\gamma$ at $b_{j}$,

$$
\gamma_{j}: \operatorname{Tan}\left(\Sigma, b_{j}\right) \cap \mathbb{B}_{1}(0) \rightarrow \mathbb{S O}(3), \quad \gamma_{j}(x)=\lim _{r \rightarrow 0} \gamma\left[\exp _{b_{j}}^{\Sigma}(r x)\right],
$$

exists and is the homogeneous degree 0 extension of some reparameterization of a geodesic circle in $\mathbb{S O}(3)$. In particular, for small positive $\delta, \gamma \mid\left(\Sigma \cap \partial \mathbb{B}_{\delta}\left(b_{j}\right)\right)$ is an embedded circle inducing the nonzero element of $\Pi_{1}(\mathbb{S O}(3)) \simeq \mathbb{Z}_{2}$.

To check this, we use, as above, the more convenient orthonormal basis $\left\{e_{j}, e_{j \Sigma}\right\}$ for $Q$; that is,

$$
e_{j \Sigma}=e_{j \Sigma}\left(b_{j}\right) \in \operatorname{Tan}\left(\Sigma, b_{j}\right) \quad \text { and } \quad Q=e_{j} \wedge e_{j \Sigma}=\Phi\left(b_{j}, \pm e_{j}\right)
$$

Then, for $x \in \Sigma$, let

$$
e_{j}^{N}(x), \quad e_{j \Sigma}^{N}(x)
$$

denote the orthogonal projections of the fixed vectors $e_{j}, e_{j \Sigma}$ onto $\operatorname{Nor}(\Sigma, x)$, and

$$
\hat{e}_{j}^{N}(x)
$$

denote the cross-product of $e_{j \Sigma}^{N}(x)$ and $e_{j}^{N}(x)$ in $\operatorname{Nor}(\Sigma, x)$. These three vectorfields are smooth near $b_{j}$ with

$$
e_{j}^{N}\left(b_{j}\right) \neq 0, \quad e_{j \Sigma}^{N}\left(b_{j}\right)=0, \quad \hat{e}_{j}^{N}\left(b_{j}\right)=0
$$

Here our insistence that $\pm Q \notin Z$ guarantees that $Q$ is not tangent to $\Sigma$ at $b_{j}$. Let $g_{j}$ denote the orthogonal projection of $\mathbb{R}^{5}$ onto the 2 plane

$$
P_{j}=\operatorname{Nor}\left(\Sigma, b_{j}\right) \cap\left[e_{j}^{N}\left(b_{j}\right)\right]^{\perp}
$$

Then $G_{j}(x)=g_{j} \circ e_{j}^{N}(x)$ defines a smooth map from a $\Sigma$ neighborhood of $b_{j}$ to $P_{j}$, which has, by the regularity of $\Phi$ at $\left(b_{j}, \tilde{e}_{j}\right)$, a simple, nondegenerate zero at $b_{j}$ (of degree $\pm 1$ ). It follows that as $x$ circulates $\Sigma \cap \partial \mathbb{B}_{\delta}\left(b_{j}\right)$ once, for $\delta$ small, $G_{j}(x)$ and similarly $g_{j} \circ \hat{e}_{j}^{N}(x)$, circulate 0 once in $P_{j}$. Returning to the original basis $v, w$ of $Q$, we now check that, as $x$ circulates $\Sigma \cap \partial \mathbb{B}_{\delta}\left(b_{j}\right)$ once, the frame $\sigma_{1}(x), \sigma_{2}(x), \sigma_{3}(x)$ approximately, and asymptotically as $\delta \rightarrow 0$, rotates once about the vector $e_{j}^{N}\left(b_{j}\right)$. Since the frame $\tilde{\tau}_{1}(x), \tilde{\tau}_{2}(x), \tilde{\tau}_{3}(x)$ is smooth at $b_{j}$, we see that the map $\gamma$ has, at $b_{j}$, a tangent map $\gamma_{j}$ as described above.

## IV. 6 Connecting the Singularities $a_{i}$ to the $b_{j}$ or to $\partial \mathbb{B}^{5}$

Here we will find curves reaching all the $a_{i}$ and $b_{j}$. Concerning the $a_{i}$, we recall from $\left.[\mathrm{Br}], \S I I I, 10\right]$ that $\mathbb{S O}(3)$ is isometric to $\mathbb{R} \mathbb{P}^{3} \simeq \mathbb{S}^{3} /\{x \sim-x\}$. Any geodesic circle $\Gamma$ in $\mathbb{S O}(3)$ generates $\Pi_{1}(\mathbb{S O}(3)) \simeq \mathbb{Z}_{2}$ and lifts to a great circle $\tilde{\Gamma}$ in $\mathbb{S}^{3}$. The rotations at maximal distance from $\Gamma$ form another geodesic circle $\Gamma^{\perp}$ and the nearest point retraction

$$
\rho_{\Gamma}: \mathbb{S O}(3) \backslash \Gamma \rightarrow \Gamma^{\perp}
$$

is induced by the standard nearest point retraction

$$
\rho_{\tilde{\Gamma}}: \mathbb{S}^{3} \backslash \tilde{\Gamma} \rightarrow \tilde{\Gamma}^{\perp}
$$

In particular,

$$
\begin{equation*}
\left|\nabla \rho_{\Gamma}(\zeta)\right| \leq \frac{c}{\operatorname{dist}(\zeta, \Gamma)} \text { for } \zeta \in \mathbb{S O}(3) \tag{IV.30}
\end{equation*}
$$

Any geodesic circle $\Gamma^{\prime}$ in $\mathbb{S O}(3)$ that does not intersect $\Gamma$ is mapped diffeomorphically by $\rho_{\Gamma}$ onto the circle $\Gamma^{\perp}$. We deduce that if $\Gamma$ is chosen to miss the asymptotic circles

$$
\gamma\left(\Gamma_{i}\right) \quad \text { and } \quad \gamma_{j}\left(\operatorname{Tan}\left(\Sigma, b_{j}\right) \cap \mathbb{S}^{4}\right)
$$

associated with the singularities $a_{i}$ and $b_{j}$, then, on $\Sigma$, the composition $\rho_{\Gamma} \circ \gamma$ maps every sufficiently small circle

$$
\Sigma \cap \partial \mathbb{B}_{\delta}\left(a_{i}\right) \text { and } \quad \Sigma \cap \partial \mathbb{B}_{\delta}\left(b_{j}\right)
$$

diffeomorphically onto the circle $\Gamma^{\perp}$.
Under the identification of $\mathbb{S O}(3)$ with $\mathbb{R P}^{3}, \mathbb{S O}(4)$ acts transitively by isometry on

$$
\mathcal{G}=\{\text { geodesic circles } \Gamma \subset \mathbb{S O}(3)\} .
$$

Then $\mathcal{G}$ is compact and admits a positive invariant measure $\mu_{\mathcal{G}}$. For $\mu_{\mathcal{G}}$ almost every circle $\Gamma$,

$$
\Gamma \cap \gamma\left(\Gamma_{i}\right)=\emptyset \text { for } i=1, \ldots, m, \quad \Gamma \cap \gamma_{j}\left(\operatorname{Tan}\left(\Sigma, b_{j}\right) \cap \mathbb{S}^{4}\right)=\emptyset \text { for } j=1, \ldots, n
$$

and $\Gamma$ is transverse to the map $\gamma$. In particular, $\gamma^{-1}(\Gamma)$ is a finite subset

$$
\left\{c_{1}, c_{2}, \ldots, c_{\ell}\right\}
$$

of $\Sigma$. For such a circle $\Gamma$ and any regular value $z \in \Gamma^{\perp}$ of

$$
\rho_{\Gamma} \circ \gamma: \Sigma \backslash\left\{a_{1}, \ldots, a_{m}, b_{1}, \ldots, b_{n}, c_{1}, \ldots, c_{\ell}\right\} \rightarrow \Gamma^{\perp}
$$

the fiber

$$
A=\left(\rho_{\Gamma} \circ \gamma\right)^{-1}\{z\}
$$

is a smooth embedded 1 dimensional submanifold with

$$
(\operatorname{Clos} A) \backslash A \subset\left\{a_{1}, \ldots, a_{m}, b_{1}, \ldots, b_{n}, c_{1}, \ldots, c_{\ell}\right\} \cup \partial \mathbb{B}^{5}
$$

We also can deduce the local behavior of $A$ near each of the points $a_{i}, b_{j}, c_{k}$. From the above description of the asymptotic behavior of $\gamma$ near $a_{i}$ and $b_{j}$, we see that

$$
\mathbb{B}_{\delta_{0}}\left(a_{i}\right) \cap \operatorname{Clos} A
$$

is simply a single line segment with one endpoint $a_{i}$ while

$$
\mathbb{B}_{\delta}\left(b_{j}\right) \cap \operatorname{Clos} A
$$

is, for $\delta$ sufficiently small, a single smooth segment with one endpoint $b_{j}$. On the other hand,

$$
\mathbb{B}_{\delta}\left(c_{k}\right) \cap \operatorname{Clos} A
$$

is, for $\delta$ sufficiently small, a single smooth segment with an interior point $c_{k}$. To see this, observe that, for the lifted map $\rho_{\tilde{\Gamma}}: \mathbb{S}^{3} \backslash \tilde{\Gamma} \rightarrow \tilde{\Gamma}^{\perp}$ and any point $\tilde{z} \in \tilde{\Gamma}^{\perp}$, the fiber $\rho_{\tilde{S}}^{-1}\{z\}$ is an open great hemisphere, centered at $z$, with boundary $\tilde{\Gamma}$. It follows for the downstairs map $\rho_{\Gamma}$ that $\left.E_{z}=\operatorname{Clos}\left(\rho_{\Gamma}^{-1}\{z\}\right)\right\}$ is a full geodesic 2 sphere containing $z$ and the circle $\Gamma$. Since the surface $\gamma(\Sigma)$ intersects the circle $\Gamma$ transversely at a finite set, this sphere $E_{z}$ is also transverse to $\gamma(\Sigma)$ near this set. Thus, for $\delta$ sufficiently small, $\mathbb{B}_{\delta}\left(c_{k}\right) \cap \operatorname{Clos} A$, being mapped diffeomorphically by $\gamma$ onto the intersection $E_{z} \cap \gamma\left(\Sigma \cap \mathbb{B}_{\delta}\left(c_{k}\right)\right)$, is an open smooth segment containing $c_{k}$ in its interior.

Combining this boundary behavior with the interior smoothness of the 1 manifold $A$, we now conclude that
$\mathbb{B}^{5} \cap$ Clos A globally consists of disjoint smooth segments joining pairs of points from

$$
\left\{a_{1}, \ldots, a_{m}, b_{1}, \ldots, b_{n}\right\} \cup \partial \mathbb{B}^{5}
$$

Moreover, each point $a_{i}$ or $b_{j}$ is the endpoint of precisely one segment.

## IV. 7 Estimating the Length of the Connecting Set $A$

The definition of the $A$ depends on many choices:
(1) the point $p \in \mathbb{S}^{3}$ near $\{0\} \times \mathbb{R}^{4}$, which determines the surface $\Sigma=u^{-1}\{p\}$,
(2) the vectors $\eta_{2}, \eta_{2}, \eta_{3} \in \operatorname{Tan}\left(\mathbb{S}^{3}, p\right)$, which determine the pull-back normal framing $\tilde{\tau}_{1}, \tilde{\tau}_{2}, \tilde{\tau}_{3}$,
(3) the vectors $v, w \in \mathbb{S}^{4}$, which determine the reference normal framing $\sigma_{1}, \sigma_{2}, \sigma_{3}$ and the rotation field $\gamma=\left[\sigma_{1} \sigma_{2} \sigma_{3}\right]^{-1}\left[\tilde{\tau}_{1} \tilde{\tau}_{2} \tilde{\tau}_{3}\right]: \Sigma \backslash\left\{b_{1}, \ldots, b_{m}\right\} \rightarrow \mathbb{S O}(3)$,
(4) the circle $\Gamma \subset \mathbb{S O}(3)$, which determines the retraction $\rho_{\Gamma}: \mathbb{S O}(3) \backslash \Gamma \rightarrow \Gamma^{\perp}$, and
(5) the point $z \in \Gamma^{\perp}$, which finally gives $A=\left(\rho_{\Gamma} \circ \gamma\right)^{-1}\{z\}$.

We need to make suitable choices of these to get the desired length estimate for $A$. In $\S$ IV. 1 we already used one coarea formula to choose $p \in \mathbb{S}^{3}$ to give the basic estimate (IV.25)

$$
\int_{\Sigma} \frac{|\nabla u|^{4}+\left|\nabla^{2} u\right|^{2}}{J_{3} u} d \mathcal{H}^{2} \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
$$

and the pull-back frame estimate (IV.29)

$$
\int_{\Sigma}\left|\nabla \tilde{\tau}_{j}\right| d \mathcal{H}^{2} \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
$$

independent of the choice of $\eta_{1}, \eta_{2}, \eta_{3}$, then followed. For the choice of $z \in S^{\perp}$, we want to use another coarea formula, ([Fe], §3.2.22)

$$
\begin{equation*}
\int_{\Gamma^{\perp}} \mathcal{H}^{1}\left(\rho_{\Gamma} \circ \gamma\right)^{-1}\{z\} d z=\int_{\Sigma}\left|\nabla\left(\rho_{\Gamma} \circ \gamma\right)\right| d \mathcal{H}^{2} . \tag{IV.31}
\end{equation*}
$$

To bound the righthand integral, we first use the chain rule and (IV.30) for the pointwise estimate

$$
\begin{equation*}
\left|\nabla\left(\rho_{\Gamma} \circ \gamma\right)(x)\right|=\left|\nabla\left(\rho_{\Gamma}\right)(\gamma(x))\right||\nabla \gamma(x)| \leq \frac{c}{\operatorname{dist}(\gamma(x), \Gamma)}|\nabla \gamma(x)| \tag{IV.32}
\end{equation*}
$$

Next we observe the finiteness of the integral

$$
C=\int_{\mathcal{G}} \frac{1}{\operatorname{dist}(\zeta, \Gamma)} d \mu_{\mathcal{G}} \Gamma<\infty
$$

independent of the point $\zeta \in \mathbb{S O}(3)$. To verify this, we note that $\mu_{\mathcal{G}}(\mathcal{G})<\infty$ and choose a smooth coordinate chart for $\mathbb{S O}(3)$ near $\zeta$ that maps $\zeta$ to $0 \in \mathbb{R}^{3}$ and that transforms circles into affine lines in $\mathbb{R}^{3}$. Distances are comparable, and an affine line in $\mathbb{R}^{3} \backslash\{0\}$ is described by its nearest point $a$ to the origin and a direction in the plane $a^{\perp}$. Since

$$
\mu_{\mathcal{G}}\{\Gamma \in \mathcal{G}: \zeta \in \Gamma\}=0,
$$

the finiteness of $C$ now follows from the finiteness of the 3 dimensional integral

$$
\int_{\mathbb{R}^{3} \cap \mathbb{B}_{1}}|y|^{-1} d y
$$

We deduce from Fubini's Theorem, (IV.31), and (IV.32) that

$$
\begin{aligned}
\int_{\mathcal{G}} \int_{\Gamma^{\perp}} \mathcal{H}^{1}\left(\rho_{\Gamma} \circ \gamma\right)^{-1}\{z\} d z d \mu_{\mathcal{G}} \Gamma & \leq c \int_{\Sigma}|\nabla \gamma(x)| \int_{\mathcal{G}} \frac{1}{\operatorname{dist}(\gamma(x), \Gamma)} d \mu_{\mathcal{G}} \Gamma d \mathcal{H}^{2} x \\
& \leq c C \int_{\Sigma}|\nabla \gamma(x)| d \mathcal{H}^{2} x
\end{aligned}
$$

Thus there exists a $\Gamma \in \mathcal{G}$ and $z \in \Gamma^{\perp}$ so that

$$
\begin{equation*}
\mathcal{H}^{1}\left(\rho_{\Gamma} \circ \gamma\right)^{-1}\{z\} \leq c \int_{\Sigma}|\nabla \gamma(x)| d \mathcal{H}^{2} x \tag{IV.33}
\end{equation*}
$$

To estimate the righthand side, recall the matrix formula

$$
\gamma=\left[\sigma_{1} \sigma_{2} \sigma_{3}\right]^{-1}\left[\tilde{\tau}_{1} \tilde{\tau}_{2} \tilde{\tau}_{3}\right] .
$$

and use Cramer's rule and the product and quotient rules to deduce the pointwise bound

$$
\begin{equation*}
|\nabla \gamma(x)| \leq c \sum_{j=1}^{3}\left(\left|\nabla \sigma_{j}(x)\right|+\left|\nabla \tilde{\tau}_{j}(x)\right|\right) . \tag{IV.34}
\end{equation*}
$$

In light of (IV.29), it remains to bound each term $\int_{\Sigma}\left|\nabla \sigma_{j}(x)\right| d \mathcal{H}^{2} x$ for $j=1,2,3$.
For the first one, note that

$$
\begin{equation*}
\left|\nabla \sigma_{1}\right|=\left|\nabla\left(\frac{v^{N}}{\left|v^{N}\right|}\right)\right| \leq 2 \frac{\left|\nabla v^{N}\right|}{\left|v^{N}\right|} \tag{IV.35}
\end{equation*}
$$

where $v^{N}(x)$ is the orthogonal projection of $v$ onto the normal space $\operatorname{Nor}(\Sigma, x)$ for each $x \in \Sigma$. The formula

$$
v^{N}=\sum_{j=1}^{3}\left(v \cdot \tilde{\tau}_{j}\right) \tilde{\tau}_{j}
$$

and the product rule give the pointwise estimate for the numerator,

$$
\begin{equation*}
\left|\nabla v^{N}\right| \leq c \sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}\right| \tag{IV.36}
\end{equation*}
$$

independent of the choice of $v \in \mathbb{S}^{4}$.
To estimate the denominator, we let $v^{L}$ denote the orthogonal projection of $v$ to any fixed 3 dimensional subspace $L$ of $\mathbb{R}^{5}$, and observe the finiteness

$$
C_{1}=\int_{\mathbb{S}^{4}} \frac{1}{\left|v^{L}\right|} d \mathcal{H}^{4} v<\infty
$$

independent of $L$. To verify this, we note that the projection of $\mathbb{S}^{4}$ to $L$ vanishes along a great circle, and, near any point of this circle, the projection is bilipschitz equivalent to an orthogonal projection of $\mathbb{R}^{4}$ to $\mathbb{R}^{3}$. So the finiteness of $C_{1}$ again follows from the finiteness of the 3 dimensional integral $\int_{\mathbb{R}^{3} \cap \mathbb{B}_{1}}|y|^{-1} d y$.

By Fubini's Theorem, (IV.35), (IV.36), and (IV.29),

$$
\begin{aligned}
\int_{\mathbb{S}^{4}} \int_{\Sigma}\left|\nabla \sigma_{1}(x)\right| d \mathcal{H}^{2} x d \mathcal{H}^{4} v & \leq 2 \int_{\Sigma}\left|\nabla v^{N}(x)\right| \int_{\mathbb{S}^{4}} \frac{1}{\left|v^{N}(x)\right|} d \mathcal{H}^{4} v d \mathcal{H}^{2} x \\
& \leq 2 C_{1} \int_{\Sigma}\left|\nabla v^{N}(x)\right| d \mathcal{H}^{2} x \\
& \leq c \sum_{j=1}^{3} \int_{\Sigma}\left|\nabla \tilde{\tau}_{j}(x)\right| d \mathcal{H}^{2} x \\
& \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
\end{aligned}
$$

So there exists a $v \in \mathbb{S}^{4}$ giving the $\sigma_{1}$ estimate

$$
\begin{equation*}
\int_{\Sigma}\left|\nabla \sigma_{1}(x)\right| d \mathcal{H}^{2} x \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \tag{IV.37}
\end{equation*}
$$

Next we observe that $\sigma_{2}=\frac{w_{2}}{\left|w_{2}\right|}$ where $w_{2}(x)$ is the orthogonal projection onto the 2 dimensional subspace $\operatorname{Nor}(\Sigma, x) \cap \sigma_{1}^{\perp}$. We again find

$$
\begin{equation*}
\left|\nabla \sigma_{2}\right|=\left|\nabla\left(\frac{w_{2}}{\left|w_{2}\right|}\right)\right| \leq 2 \frac{\left|\nabla w_{2}\right|}{\left|w_{2}\right|} . \tag{IV.38}
\end{equation*}
$$

Now the formula

$$
w_{2}=\left[\sum_{j=1}^{3}\left(w \cdot \tilde{\tau}_{j}\right) \tilde{\tau}_{j}\right]-\left(w \cdot \sigma_{1}\right) \sigma_{1}
$$

and the product rule give the pointwise estimate for the numerator,

$$
\begin{equation*}
\left|\nabla w_{2}\right| \leq c\left(\left|\nabla \sigma_{1}\right|+\sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}\right|\right) \tag{IV.39}
\end{equation*}
$$

independent of the choice $w \in \mathbb{S}^{4}$.
To estimate the denominator, we let $w^{M}$ denote the orthogonal projection of $w$ to any fixed 2 dimensional subspace $M$ of the hyperplane $v^{\perp}=\sigma_{1}^{\perp}$, and observe the finiteness of the integral

$$
C_{2}=\int_{\mathbb{S}^{4} \cap v^{\perp}} \frac{1}{\left|w^{M}\right|} d \mathcal{H}^{3} w<\infty
$$

independent of the choices of $v$ or $M$. To verify this, we note that the projection of the 3 sphere $\mathbb{S}^{4} \cap v^{\perp}$ to $M$ vanishes along a great circle, where it is now bilipschitz equivalent to an orthogonal projection of $\mathbb{R}^{3}$ to $\mathbb{R}^{2}$. So the finiteness of $C_{2}$ this time follows from the finiteness of the 2 dimensional integral $\int_{\mathbb{R}^{2} \cap \mathbb{B}_{1}}|y|^{-1} d y$.

By Fubini's Theorem, (IV.29), (IV.36), (IV.37), (IV.38) and (IV.39),

$$
\begin{aligned}
\int_{\mathbb{S}^{4} \cap v^{\perp}} \int_{\Sigma}\left|\nabla \sigma_{2}(x)\right| d \mathcal{H}^{2} x d \mathcal{H}^{3} w & \leq 2 \int_{\Sigma}\left|\nabla w_{2}(x)\right| \int_{\mathbb{S}^{4} \cap v^{\perp}} \frac{1}{\left|w_{2}(x)\right|} d \mathcal{H}^{3} w d \mathcal{H}^{2} x \\
& \leq 2 C_{2} \int_{\Sigma}\left|\nabla w_{2}(x)\right| d \mathcal{H}^{2} x \\
& \leq c \int_{\Sigma}\left(\left|\nabla \sigma_{1}(x)\right|+\sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}(x)\right|\right) d \mathcal{H}^{2} x \\
& \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x .
\end{aligned}
$$

So there exists a $w \in \mathbb{S}^{4} \cap v^{\perp}$ giving the $\sigma_{2}$ estimate

$$
\begin{equation*}
\int_{\Sigma}\left|\nabla \sigma_{2}(x)\right| d \mathcal{H}^{2} x \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \tag{IV.40}
\end{equation*}
$$

Finally we may use the product rule and the formula

$$
\begin{aligned}
\sigma_{3} & =\left[\left(\sigma_{1} \cdot \tilde{\tau}_{2}\right)\left(\sigma_{2} \cdot \tilde{\tau}_{3}\right)-\left(\sigma_{1} \cdot \tilde{\tau}_{3}\right)\left(\sigma_{2} \cdot \tilde{\tau}_{2}\right)\right] \tilde{\tau}_{1} \\
& +\left[\left(\sigma_{1} \cdot \tilde{\tau}_{3}\right)\left(\sigma_{2} \cdot \tilde{\tau}_{1}\right)-\left(\sigma_{1} \cdot \tilde{\tau}_{1}\right)\left(\sigma_{2} \cdot \tilde{\tau}_{3}\right)\right] \tilde{\tau}_{2} \\
& +\left[\left(\sigma_{1} \cdot \tilde{\tau}_{1}\right)\left(\sigma_{2} \cdot \tilde{\tau}_{2}\right)-\left(\sigma_{1} \cdot \tilde{\tau}_{2}\right)\left(\sigma_{2} \cdot \tilde{\tau}_{1}\right)\right] \tilde{\tau}_{3}
\end{aligned}
$$

along with (IV.29), (IV.37), and (IV.40) to obtain the $\sigma_{3}$ estimate

$$
\begin{equation*}
\int_{\Sigma}\left|\nabla \sigma_{3}(x)\right| d \mathcal{H}^{2} x \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \tag{IV.41}
\end{equation*}
$$

Now we may combine (IV.33), (IV.34), (IV.29), (IV.37), (IV.40), and (IV.41) to obtain the desired length estimate

$$
\begin{equation*}
\mathcal{H}^{1}(A)=\mathcal{H}^{1}\left(\rho_{\Gamma} \circ \gamma\right)^{-1}\{z\} \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x \tag{IV.42}
\end{equation*}
$$

## IV. 8 Connecting the Singularities $b_{j}$ to $b_{j^{\prime}}$

Although we now have a good description and length estimate for $A$, we are not done. The problem is that the set $\mathrm{Clos} A$ does not necessarily connect each of the original singularities $a_{i}$ to another $a_{i^{\prime}}$ or to $\partial \mathbb{B}^{5}$. The path in Clos $A$ starting at $a_{i}$ may end at some $b_{j}$. To complete the connections between pairs of $a_{i}$, it will be sufficient to find a different union $B$ of curves which connect each frame singularity $b_{j}$ to $\partial \mathbb{B}^{5}$ or to another unique frame singularity $b_{j^{\prime}}$. Then adding to $\operatorname{Clos} A$ some components of $B$ will give the desired curves connecting every $a_{i}$ to a distinct $a_{i^{\prime}}$ or to $\partial \mathbb{B}^{5}$. In this section we will use the map $\Phi$ from $\S$ IV. 4 to construct this additional connecting set $B$, and we will, in $\S$ IV. 9 , obtain the required estimate on the length of $B$.

First we recall the description in $[\mathrm{MS}]$ of $\tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ as a 2 sheeted cover of the Grassmannian of unoriented 2 planes in $R^{5}$. With $Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ chosen as before in $\S$ IV. 3 , consider the 5 dimensional Schubert cycle

$$
\mathcal{S}_{Q}=\left\{P \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): \operatorname{dim}\left(P \cap Q^{\perp}\right) \geq 1\right\}
$$

and the 4 dimensional subcycle

$$
\mathcal{T}_{Q}=\left\{P \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): \operatorname{dim}\left(P \cap Q^{\perp}\right) \geq 2\right\}=\left\{P \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right): P \subset Q^{\perp}\right\}
$$

As in [MS], we see that $\mathcal{S}_{Q} \backslash \mathcal{T}_{Q}$ is a smooth embedded open 5 dimensional submanifold of $\tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ and that $\tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash \mathcal{S}_{Q}$ consists of two open 6 dimensional antipodal cells, $D_{+}$centered at $Q$ and $D_{-}$centered at $-Q$.

Next we will carefully define a (nearest-point) retraction map

$$
\Pi_{\mathbb{Q}}: \tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash\{Q,-Q\} \rightarrow \mathcal{S}_{Q}
$$

For $P \in D_{+} \backslash\{Q\}$, there is a unique vector $v \in P \cap \mathbb{S}^{4}$ which is at maximal distance in $P \cap \mathbb{S}^{4}$ from $Q \cap \mathbb{S}^{4}$ and a unique vector $w$ in $Q \cap \mathbb{S}^{4}$ that is closest to $v$; in particular, $0<w \cdot v<1$. Choose $A_{P} \in \operatorname{so}(5)$ so that the corresponding rotation $\exp A_{P} \in S O(5)$ maps $w$ to $v$ and maps $\tilde{w}$ to $\tilde{v}$ where $P=v \wedge \tilde{v}$ and $Q=w \wedge \tilde{w}$. Thus $\exp A_{P}$ maps $Q$ to $P$, preserving orientation. Here $\left(\exp t A_{P}\right)(w)$ defines a geodesic circle in $\mathbb{S}^{4}$, and

$$
t_{P} \equiv \inf \left\{t>0: w \cdot\left(\exp t A_{P}\right)(w)=0\right\}>1
$$

Then $\left(\exp 2 t_{p} A_{P}\right)(w)=-w$ and $\exp 4 t_{p} A_{P}=$ id. It follows that, in $\tilde{G}_{2}\left(\mathbb{R}^{5}\right)$, as $t$ increases,

$$
\begin{gathered}
\left(\exp t A_{P}\right)(Q) \in D_{+} \text {for } 0 \leq t_{P} \quad \text { and } \quad\left(\exp t A_{P}\right)(Q) \in D_{-} \text {for } t_{P}<t \leq 2 t_{P} \\
\left(\exp 0 A_{P}\right)(Q)=Q, \quad\left(\exp A_{P}\right)(Q)=P, \quad\left(\exp t_{p} A_{P}\right)(Q) \in \mathcal{S}_{Q}, \quad\left(\exp 2 t_{p} A_{P}\right)(Q)=-Q
\end{gathered}
$$

and we let $\Pi_{Q}(P)=\left(\exp t_{p} A_{P}\right)(Q)$.
As $P$ approaches $\partial D_{+}=\mathcal{S}_{Q}, t_{P} \downarrow 1$ and $\left|\Pi_{Q}(P)-P\right| \rightarrow 0$. Thus, let

$$
\Pi_{Q}(P)=P \text { for } \quad P \in \mathcal{S}_{Q}
$$

Also, let

$$
\Pi_{Q}(P)=-\Pi_{Q}(-P) \text { for } \quad P \in D_{-} \backslash\{-Q\}
$$

Next recall that the small tubular neighborhood $V$ of the 4 dimensional subgrassmannian $\tilde{G}_{2}\left(\{0\} \times \mathbb{R}^{4}\right)$ was well-separated from $Q$. It follows that $\Pi_{Q}(V)$ is in a small neighborhood of the 4 dimensional cycle $\Pi_{Q}\left(\tilde{G}_{2}\left(\{0\} \times \mathbb{R}^{4}\right)\right)$. In particular, the 5 dimensional measure of $\Pi_{Q}(V)$ is small, and one easily finds $P \in \mathcal{S}_{Q} \backslash \Pi_{Q}(V)$ so that $p \notin \Pi_{Q}(W)$.

For $P \in \mathcal{S}_{Q} \backslash \mathcal{T}_{Q}$, the intersection $P \cap Q^{\perp} \cap \mathbb{S}^{4}$ consists of 2 antipodal points in $P \cap \mathbb{S}^{4}$ that are uniquely of maximal distance from $Q \cap \mathbb{S}^{4}$, and one sees that

$$
\operatorname{Clos} \Pi_{Q}^{-1}\{P\}
$$

contains a single semi-circular geodesic arc joining $Q$ and $-Q$. For almost all $P \in \mathcal{S}_{Q} \backslash \mathcal{T}_{Q}$, this semi-circle meets transversely both $Y$, and, near $\pm Q$, each small surface

$$
\Phi\left(\left[\Sigma \cap \mathbb{B}_{\delta}\left(b_{j}\right)\right] \times\left\{e_{j}\right\}\right) .
$$

We will choose $P \in \mathcal{S}_{Q} \backslash \mathcal{T}_{Q}$ also to be a regular value of $\Pi_{Q} \circ \Phi$. Since, near $P, \mathcal{S}_{Q}$ is is a smooth transverse (in fact, orthogonal) to $\Pi_{Q}^{-1}\{P\}$, we find, using IV.4, that the set

$$
\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}=\Phi^{-1}\left(\Pi_{Q}^{-1}\{P\}\right)
$$

is an embedded 1 dimensional submanifold, containing $\left\{\left(b_{1}, \pm e_{1}\right), \ldots,\left(b_{m}, \pm e_{m}\right)\right\}$. In small neighborhoods of any two points $\left(b_{j}, e_{j}\right),\left(b_{j},-e_{j}\right)$ the set $\operatorname{Clos}\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}$ consists of two smooth segments (antipodal in the $\mathbb{S}^{4}$ factor) which both project, under the projection

$$
p_{\Sigma}: \Sigma \times \mathbb{S}^{4} \rightarrow \Sigma
$$

onto a single segment in $\Sigma$ which contains $b_{j}$. Continuing these two antipodal segments one direction in $\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}$ gives antipodal paths whose final endpoints are $\left(b_{j^{\prime}}, e_{j^{\prime}}\right),\left(b_{j^{\prime}},-e_{j^{\prime}}\right)$ for some $j^{\prime}$ distinct from $j$. Here

$$
e_{j^{\prime}} \wedge e_{j^{\prime} \Sigma}=\Phi\left(b_{j^{\prime}}, \pm e_{j^{\prime}}\right)=-\Phi\left(b_{j}, \pm e_{j}\right)=-e_{j} \wedge e_{j \Sigma}
$$

Composing either antipodal path with the projection $p_{\Sigma}$ gives the same path connecting $b_{j}$ and $b_{j^{\prime}}$. Similarlly, by continuing in the other direction and projecting gives Thus the whole set

$$
B=p_{\Sigma}\left[\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}\right]
$$

provides the desired connection in $\Sigma$.
Also note that these two paths upstairs have similar orientations induced as fibers of the map $\Pi_{Q} \circ \Phi$. That is, in the notation of slicing currents $[\mathrm{Fe}], \S 4.3$,

$$
\begin{equation*}
p_{\Sigma \#}\left\langle\llbracket \Sigma \times \mathbb{S}^{4} \rrbracket, \Pi_{Q} \circ \Phi, Q\right\rangle=2\left(\mathcal{H}^{2}\llcorner B) \wedge \vec{B},\right. \tag{IV.43}
\end{equation*}
$$

where $\vec{B}$ is a unit tangent vectorfield along $B$ (in the direction running from $b_{j}$ to $b_{j^{\prime}}$ ).

## IV. 9 Estimating the Length of the Connecting Set $B$

The definition of $B$ depends on the choices of:
(1) the point $p \in \mathbb{S}^{3}$ near $\{0\} \times \mathbb{R}^{4}$ which gives the surface $\Sigma=u^{-1}\{p\}$ and the map

$$
\Phi:\left(\Sigma \times \mathbb{S}^{4}\right) \backslash \mathcal{N}_{\Sigma} \rightarrow \tilde{G}_{2}\left(\mathbb{R}^{5}\right), \quad \Phi(x, e)=e \wedge e_{\Sigma}(x)
$$

(2) the 2 plane $Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ near $H$ which determines the retraction $\Pi_{\mathbb{Q}}$ of $\tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash\{Q,-Q\}$ onto the 5 dimensional Schubert cycle $\mathcal{S}_{Q}$, and
(3) the 2 plane $P \in \mathcal{S}_{Q} \backslash \Pi_{Q}(V)$ which gives $B=p_{\Sigma}\left[\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}\right]$. Having chosen $p \in \mathbb{S}^{3}$ as before to obtain estimate (IV.29), we need to chose $Q$ and $P$ to get the desired length estimate for $B$.

Concerning $Q$, we first readily verify that the retraction $\Pi_{Q}$ is locally Lipschitz in $\tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash\{Q,-Q\}$ and deduce the estimate

$$
\begin{equation*}
\left|\nabla \Pi_{Q}(S)\right| \leq \frac{c}{|S-Q||S+Q|} \text { for } \quad S \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right) \backslash\{Q,-Q\} \tag{IV.44}
\end{equation*}
$$

Using (IV.43) and [Fe], 4.3.1, we may integrate the slices to find that

$$
\begin{aligned}
\int_{\mathcal{S}_{Q} \backslash \Pi_{Q}(V)} p_{\Sigma \#}\left\langle\llbracket \Sigma \times \mathbb{S}^{4} \rrbracket, \Pi_{Q} \circ \Phi, P\right\rangle d \mathcal{H}^{5} P & \leq p_{\Sigma \#} \int_{\mathcal{S}_{Q}}\left\langle\llbracket \Sigma \times \mathbb{S}^{4} \rrbracket, \Pi_{Q} \circ \Phi, P\right\rangle d \mathcal{H}^{5} P \\
& =p_{\Sigma \#}\left(\llbracket \Sigma \times \mathbb{S}^{4} \rrbracket\left\llcorner\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}}\right)\right.
\end{aligned}
$$

where $\omega_{\mathcal{S}_{Q}}$ is the volume element of $\mathcal{S}_{Q}$. By (IV.43) and Fatou's Lemma,

$$
\begin{align*}
\int_{\mathcal{S}_{Q}} 2 \mathcal{H}^{1}\left(p_{\Sigma}\left[\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}\right]\right) d \mathcal{H}^{5} P & \left.=\int_{\mathcal{S}_{Q}} \mathbb{M}\left[p_{\Sigma \#}\left\langle\left[\Sigma \times \mathbb{S}^{4}\right]\right], \Pi_{Q} \circ \Phi, P\right\rangle\right] d \mathcal{H}^{5} P \\
& \leq \mathbb{M}\left[p _ { \Sigma \# } \left(\left[\left[\Sigma \times \mathbb{S}^{4}\right]\left\llcorner\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}}\right)\right]\right.\right.  \tag{IV.45}\\
& =\sup _{\alpha \in \mathcal{D}^{1}(\Sigma),|\alpha| \leq 1} \int_{\Sigma} \int_{\mathbb{S}^{4}}\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}} \wedge p_{\Sigma}^{\#} \alpha
\end{align*}
$$

To estimate this last double integral, we recall from $\S$ IV. 3 that, for each fixed $x \in \Sigma \backslash\left\{a_{1}, \ldots, a_{m}\right\}$,

$$
\Phi(x, \cdot): \mathbb{S}^{4} \backslash \operatorname{Nor}(\Sigma, x) \rightarrow \mathcal{Q}_{x} \equiv \mathcal{Q}_{\operatorname{Tan}(\Sigma, x)} \backslash Y_{x}
$$

is a the smooth, orientation-preserving, 2-sheeted cover map. Each map $\Phi(x, \cdot)$ depends only on $\operatorname{Tan}(\Sigma, x)$, and any two such maps are orthogonally conjugate. We will derive the formula

$$
\begin{equation*}
\left[\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}} \wedge p_{\Sigma}^{\#} \alpha\right](x, \cdot)=\beta(x, \cdot) p_{\Sigma}^{\#} \omega_{\Sigma}(x) \wedge \Phi(x, \cdot)^{\#} \omega_{\mathcal{Q}_{x}} \tag{IV.46}
\end{equation*}
$$

where $\omega_{\Sigma}$ and $\omega_{\mathcal{Q}_{x}}$ denote the volume elements of $\Sigma$ and $\mathcal{Q}_{x}$ and $\beta(x, \cdot)$ is a smooth function on $\mathbb{S}^{4} \backslash$ $\operatorname{Nor}(\Sigma, x)$ satisfying

$$
\begin{equation*}
|\beta(x, e)| \leq \frac{c}{|\Phi(x, e)-Q|^{5}|\Phi(x, e)+Q|^{5}} \sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}(x)\right| \text { for } e \in \mathbb{S}^{4} \tag{IV.47}
\end{equation*}
$$

Before proving (IV.46), note that the decomposition on the righthand side is not necessarily smooth in $x$ since the different $\mathcal{Q}_{x}$ may overlap for $x$ near a critical point of $\Phi(\cdot, e)$ for some $e \in \mathbb{S}^{4}$. Nevertheless, the formula does imply the measurability of $\beta(x, e)$ in $x$, and so may be integrated over $\Sigma$.

To derive (IV.46), we first note that, with the factorization $\Sigma \times \mathbb{S}^{4}$, there are only two terms in the $(p, q)$ decomposition of the 5 form,

$$
\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}}=\Omega_{2,3}+\Omega_{1,4}
$$

Thus,

$$
\begin{equation*}
\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}} \wedge p_{\Sigma}^{\#} \alpha=0+\Omega_{1,4} \wedge p_{\Sigma}^{\#} \alpha \tag{IV.48}
\end{equation*}
$$

because the term $\Omega_{2,3} \wedge p_{\Sigma}^{\#} \alpha$, being of type ( $2+1,3$ ), must vanish.
For each $S=\Phi(x, \pm e) \in \mathcal{Q}_{x} \backslash Y_{x}$, we also have the factorization

$$
\operatorname{Tan}\left(\tilde{G}_{2}\left(\mathbb{R}^{5}\right), S\right)=\operatorname{Nor}\left(\mathcal{Q}_{x}, S\right) \times \operatorname{Tan}\left(\mathcal{Q}_{x}, S\right)
$$

Let $\mu_{1}, \mu_{2}, \mu_{3}, \mu_{4}, \nu_{1}, \nu_{2}$ be an orthonormal basis of $\wedge^{1} \operatorname{Tan}\left(\tilde{G}_{2}\left(\mathbb{R}^{5}\right), S\right)$ so that

$$
\mu_{1}, \mu_{2}, \mu_{3}, \mu_{4} \in \wedge^{1} \operatorname{Tan}\left(\mathcal{Q}_{x}, S\right), \nu_{1}, \nu_{2} \in \wedge^{1} \operatorname{Nor}\left(\mathcal{Q}_{x}, S\right), \mu_{1} \wedge \mu_{2} \wedge \mu_{3} \wedge \mu_{4}=\omega_{\mathcal{Q}_{x}}(S) ;
$$

thus, $0=\nu_{1}(v)=\nu_{2}(v)=\mu_{1}(w)=\mu_{2}(w)=\mu_{3}(w)=\mu_{4}(w)$ whenever $v \in \operatorname{Tan}\left(\mathcal{Q}_{x}, S\right)$ and $w \in$ $\operatorname{Nor}\left(\mathcal{Q}_{x}, S\right)$. We may expand the 5 covector

$$
\begin{aligned}
\Pi_{Q}^{\#}\left(\omega_{\mathcal{S}_{Q}}\right)(S)= & \lambda_{1} \nu_{2} \wedge \mu_{1} \wedge \mu_{2} \wedge \mu_{3} \wedge \mu_{4}+\lambda_{2} \nu_{1} \wedge \mu_{1} \wedge \mu_{2} \wedge \mu_{3} \wedge \mu_{4}+\lambda_{3} \nu_{1} \wedge \nu_{2} \wedge \mu_{2} \wedge \mu_{3} \wedge \mu_{4} \\
& +\lambda_{4} \nu_{1} \wedge \nu_{2} \wedge \mu_{1} \wedge \mu_{3} \wedge \mu_{4}+\lambda_{5} \nu_{1} \wedge \nu_{2} \wedge \mu_{1} \wedge \mu_{2} \wedge \mu_{4}+\lambda_{6} \nu_{1} \wedge \nu_{2} \wedge \mu_{1} \wedge \mu_{2} \wedge \mu_{3}
\end{aligned}
$$

where

$$
\begin{equation*}
\left|\lambda_{i}\right| \leq \frac{c}{|S-Q|^{5}|S+Q|^{5}}, \tag{IV.49}
\end{equation*}
$$

by (IV.44). Applying $\Phi^{\#}$ (that is, $\wedge^{1} D \Phi(x, e)$ ) to all covectors and taking the $(1,4)$ component, we find that only the first two terms survive so that

$$
\begin{align*}
\Omega_{1,4}(x, e) & =\left[\lambda_{1} \Phi^{\#} \nu_{2}+\lambda_{2} \Phi^{\#} \nu_{1}\right]_{(1,0)} \wedge \Phi^{\#} \mu_{1} \wedge \Phi^{\#} \mu_{2} \wedge \Phi^{\#} \mu_{3} \wedge \Phi^{\#} \mu_{4}  \tag{IV.50}\\
& =\left[\lambda_{1} \Phi^{\#} \nu_{2}+\lambda_{2} \Phi^{\#} \nu_{1}\right]_{(1,0)} \wedge \Phi(x, \cdot)^{\#} \omega_{\mathcal{Q}_{x}}(S)
\end{align*}
$$

Being of type $(2,0)$, the 2 covector

$$
\begin{equation*}
\left(\left[\lambda_{1} \Phi^{\#} \nu_{2}+\lambda_{2} \Phi^{\#} \nu_{1}\right]_{1,0} \wedge p_{\Sigma}^{\#} \alpha\right)(x, e)=\beta(x, e) p_{\Sigma}^{\#} \omega_{\Sigma}(x) \tag{IV.51}
\end{equation*}
$$

for some scalar $\beta(x, e)$, and (IV.48), (IV.50), and (IV.51) now give the desired formula (IV.46). This formula readily implies the smoothness of $\beta(x, \cdot)$ on $\mathbb{S}^{4} \backslash \operatorname{Nor}(\Sigma, x)$.

To verify the bound (IV.47), observe that

$$
\begin{equation*}
\left|\left[\Phi^{\#} \nu_{i}\right]_{1,0}\right|=\sup _{v \in \mathbb{S}^{4} \cap \operatorname{Tan}(\Sigma, x)} \nu_{i}\left[\nabla_{v} \Phi(x, e)\right], \tag{IV.52}
\end{equation*}
$$

where $\nabla_{v} \Phi(x, e)=D \Phi_{(x, e)}(v, 0) \in \operatorname{Tan}\left(\tilde{G}_{2}\left(\mathbb{R}^{5}\right), S\right)$. For any unit vector $v \in \operatorname{Tan}(\Sigma, x)$ and any $w \in \mathbb{R}^{5}$,

$$
v \wedge w \in \operatorname{Tan}\left(\mathcal{Q}_{x}, S\right)
$$

because we may assume $w \notin \operatorname{Tan}(\Sigma, x)$ and then choose a curve $y(t)$ in $\mathbb{S}^{4} \cap v^{\perp} \backslash \operatorname{Nor}(\Sigma, x)$ with $y^{\prime}(0)=$ $w-(w \cdot v) v$, hence,

$$
v \wedge w=v \wedge y^{\prime}(0)=\frac{d}{d t}_{t=0}(v \wedge y(t))=-\frac{d}{d t}_{t=0} \Phi(x, y(t))
$$

Thus, for any 2 vector $\xi \in \operatorname{Nor}\left(\mathcal{Q}_{x}, S\right),|\xi|=|\xi \wedge v| ;$ in particular, $|\xi|=\left|\xi \wedge \tilde{e}_{T}(x)\right|,|\xi|=\left|\xi \wedge e_{\Sigma}(x)\right|$, and hence,

$$
|\xi|=\left|\xi \wedge\left(\tilde{e}_{T}(x) \wedge e_{\Sigma}(x)\right)\right| .
$$

Since $\nu_{i} \in \wedge^{1} \operatorname{Nor}\left(\mathcal{Q}_{x}, S\right)$ and $\left|\nu_{i}\right|=1$, we now find that

$$
\begin{equation*}
\nu_{i}\left[\nabla_{v} \Phi(x, e)\right]=\nu_{i}\left[\left(\nabla_{v} \Phi(x, e)\right)_{\operatorname{Nor}(\Sigma, x)}\right] \leq\left|\nabla_{v} \Phi(x, e) \wedge\left(\tilde{e}_{T}(x) \wedge e_{\Sigma}(x)\right)\right| . \tag{IV.53}
\end{equation*}
$$

Moreover,

$$
\begin{align*}
\left|\nabla_{v} \Phi \wedge\left(\tilde{e}_{T} \wedge e_{\Sigma}\right)\right| & \leq\left|\left(\nabla_{v}\left(e \wedge e_{\Sigma}\right)\right) \wedge\left(\tilde{e}_{T} \wedge e_{\Sigma}\right)\right| \leq\left|\left(\nabla_{v} e_{\Sigma}\right) \wedge\left(\tilde{e}_{T} \wedge e_{\Sigma}\right)\right| \\
& =\left|e_{\Sigma} \wedge \nabla_{v}\left(\tilde{e}_{T} \wedge e_{\Sigma}\right)\right| \leq\left|\nabla_{v}\left(\tilde{e}_{T} \wedge e_{\Sigma}\right)\right|  \tag{IV.54}\\
& =\left|\nabla_{v}\left(*\left(\tilde{\tau}_{1} \wedge \tilde{\tau}_{2} \wedge \tilde{\tau}_{3}\right)\right)\right| \leq c \sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}\right|
\end{align*}
$$

where $*$ is the Hodge $*: \wedge_{3} \mathbb{R}^{5} \rightarrow \wedge_{2} \mathbb{R}^{5} \approx \mathbb{R}^{5}$ [F,1.7.8]) The desired pointwise bound (IV.47) now follows by combining (IV.49), (IV.51), (IV.52), (IV.53) and (IV.54).

For each $x \in \Sigma$, the pull-back $\Phi(x, \cdot)^{\#} \omega_{\mathcal{Q}_{x}}$ is point-wise a positive multiple of the volume form of $\mathbb{S}^{4}$. So we may first integrate over $\mathbb{S}^{4}$ and use (IV.47) to see that

$$
\begin{align*}
\int_{\mathbb{S}^{4}} \beta(x, \cdot) \Phi(x, \cdot)^{\#} \omega_{\mathcal{Q}_{x}} & \leq \int_{\mathbb{S}^{4}}|\beta(x, \cdot)| \Phi(x, \cdot)^{\#} \omega_{\mathcal{Q}_{x}} \\
& \leq c\left(\sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}(x)\right|\right) \int_{\mathbb{S}^{4}} \frac{\Phi(x, \cdot)^{\#} \omega_{\mathcal{Q}_{x}}}{|\Phi(x, \cdot)-Q|^{5}|\Phi(x, \cdot)+Q|^{5}} \\
& =c\left(\sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}(x)\right|\right) \int_{\mathcal{Q}_{x}} \frac{\omega_{\mathcal{Q}_{x}}(S)}{|S-Q|^{5}|S+Q|^{5}}  \tag{IV.55}\\
& \leq c\left(\sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}(x)\right|\right) \int_{\mathcal{Q}_{x}} \frac{d \mathcal{H}^{4} S}{|S-Q|^{5}|S+Q|^{5}} .
\end{align*}
$$

To handle the denominator, we note that the Grassmannian $\tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ is a 6 dimensional homogeneous space, and we readily use local coordinates to verify that

$$
\begin{equation*}
C_{3}=\int_{\tilde{G}_{2\left(\mathbb{R}^{5}\right)}} \frac{1}{|S-Q|^{5}|S+Q|^{5}} d \mathcal{H}^{6} Q<\infty \tag{IV.56}
\end{equation*}
$$

independent of $S$.
Now we recall (IV.45) and fix a sequence of 1 forms $\alpha_{i} \in \mathcal{D}^{1}(\Sigma)$ with $\left|\alpha_{i}\right| \leq 1$ so that

$$
\mathbb{M}\left[p_{\Sigma \#}\left(\llbracket \Sigma \times \mathbb{S}^{4} \rrbracket\left\llcorner\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}}\right)\right]=\lim _{i \rightarrow \infty} \int_{\Sigma} \int_{\mathbb{S}^{4}}\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q}} \wedge p_{\Sigma}^{\#} \alpha_{i}\right.
$$

let $\beta_{i}$ be the corresponding function from the formula (IV.46), and use (IV.45), Fatou's Lemma, (IV.46), (IV.55), Fubini's Theorem, (IV.56), and (IV.29) to obtain our final integral estimate

$$
\begin{aligned}
& \int_{\tilde{G}_{2}\left(\mathbb{R}^{5}\right)} \int_{\mathcal{S}_{Q}} 2 \mathcal{H}^{1}\left(p_{\Sigma}\left[\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}\right]\right) d \mathcal{H}^{5} P d \mathcal{H}^{6} Q \\
& \leq \int_{\tilde{G}_{2}\left(\mathbb{R}^{5}\right)} \lim _{i \rightarrow \infty} \int_{\Sigma} \int_{\mathbb{S}^{4}}\left(\Pi_{Q} \circ \Phi\right)^{\#} \omega_{\mathcal{S}_{Q} \backslash \Pi_{Q}(V)} \wedge p_{\Sigma}^{\#} \alpha_{i} \\
& \leq \liminf _{i \rightarrow \infty} \int_{\tilde{G}_{2}\left(\mathbb{R}^{5}\right)} \int_{\Sigma} \int_{\mathbb{S}^{4}} \beta_{i}(x, \cdot) \omega_{\Sigma}(x) \wedge \Phi(x, \cdot)^{\#} \omega_{\mathcal{Q}_{x}} \\
& \leq c \int_{\Sigma}\left(\sum_{j=1}^{3}\left|\nabla \tilde{\tau}_{j}(x)\right|\right) \int_{\mathcal{Q}_{x}} \int_{\tilde{G}_{2}\left(\mathbb{R}^{5}\right)} \frac{1}{|S-Q|^{5}|S+Q|^{5}} d \mathcal{H}^{6} Q d \mathcal{H}^{4} S d \mathcal{H}^{2} x \\
& \leq c C_{3} \sum_{j=1}^{3} \int_{\Sigma}\left|\nabla \tilde{\tau}_{j}(x)\right| d \mathcal{H}^{2} x \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
\end{aligned}
$$

The Schubert cycles $\mathcal{S}_{Q}$ are all orthogonally equivalent and have the same positive 5 dimensional Hausdorff measure. So we can use the final integral inequality to choose first a 2 plane $Q \in \tilde{G}_{2}\left(\mathbb{R}^{5}\right)$ and then a 2 plane $P \in \mathcal{S}_{Q}$ so that the corresponding connecting set

$$
B=p_{\Sigma}\left[\left(\Pi_{Q} \circ \Phi\right)^{-1}\{P\}\right]
$$

satisfies the desired length estimate

$$
\mathcal{H}^{1}(B) \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
$$

Theorem IV. 2 (Length Bound) For any $u \in \mathcal{R}$, Singu has a $\mathbb{Z}_{2}$ connection $\Gamma$ satisfying

$$
\mathcal{H}^{1}(\Gamma) \leq c \int_{\mathbb{B}^{5}}\left|\nabla^{2} u\right|^{2} d x
$$

for some absolute constant c.
Proof. To form the connection $\Gamma$, one takes the union of the curves from $A$ and $B$. The behavior of the individual curves near the points $a_{i}$ and $b_{j}$ has been discussed in subsection IV.5. The set $A \cup B$ will pass through each point $b_{j}$, likely having a corner at $b_{j}$. One easily replaces the corner with an embedded smooth curve near $b_{j}$. Also the curves contributing to $A$ and $B$ may cross. In $\mathbb{B}^{5}$, it is easy to perturb the curves to eliminate such crossings. The result is the desired $\mathbb{Z}_{2}$ connection $\Gamma$. (Alternately one can observe that $A \cup B$ already defines a one dimensional integer multiplicity chain modulo 2 (see [Fe][4.2.26] which has boundary $\sum_{i=1}^{m} \llbracket a_{i} \rrbracket$ relative to $\partial \mathbb{B}^{5}$. As mentioned before, the minimal (mass-minimizing) connection will automatcally consist of non-overlapping intervals. Those that reach $\partial \mathbb{B}^{5}$ meet it orthogonally.

## V Sequential Weak Density of $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$

We are now ready to prove:
Theorem V. 3 Any map $v$ in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$ may be approximated in the $W^{2,2}$ weak topology by a sequence of smooth maps.

Proof. First we may, by Lemma III.2, chose, for each positive integer $i$, a map $u_{i} \in \mathcal{R}$ so that $\| u_{i}-$ $v \|_{W^{2,2}}<\frac{1}{i}$; in particular,

$$
\left\|u_{i}-v\right\|_{L^{2}}<\frac{1}{i} \quad \text { and } \quad I=\sup _{i} \int_{\mathbb{B}^{5}}\left|\nabla^{2} u_{i}\right|^{2} d x<\infty
$$

Applying Lemma III. 1 to each $u_{i}$, we note that, as $\varepsilon \rightarrow 0$, the smooth approximates $u_{i, \varepsilon}$ approach $u_{i}$ pointwise on $\mathbb{B}^{5} \backslash \operatorname{Sing} u_{i}$. Inasmuch as the $u_{i, \varepsilon}$ are pointwise bounded (by 1), Lebesgue's theorem implies

$$
\left\|u_{i, \varepsilon}-u_{i}\right\|_{L^{2}} \rightarrow 0 \quad \text { as } \quad \varepsilon \rightarrow 0
$$

Thus we can choose a positive $\varepsilon_{i}$, so that the smooth map $w_{i}=u_{i, \varepsilon_{i}}$ has $\left\|w_{i}-u_{i}\right\|_{L^{2}}<\frac{1}{i}$; in particular, $\left\|w_{i}-v\right\|_{L^{2}}<\frac{2}{i}$, and the smooth maps $w_{i}$ converge to $v$ strongly in $L^{2}$.

On the other hand, by Lemma II.1, Lemma III.1, Theorem IV.2, and (V),

$$
\sup _{i}\left\|w_{i}\right\|_{W^{2,2}}^{2}<2 c_{m}(1+I)<\infty
$$

By the weak ${ }^{*}(=$ weak $)$ compactness of the closed ball in $W^{2,2}\left(\mathbb{B}^{5}, \mathbb{R}^{\ell}\right)$, the sequence $w_{i}$ contains a subequence $w_{i^{\prime}}$ that is $W^{2,2}$ weakly convergent to some $w \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{R}^{\ell}\right)$. But, $w$, being by Rellich's theorem, the strong $L^{2}$ limit of the $w_{i^{\prime}}$, must necessarily be the original map $v$.

## V. 1 Least Connection Length $L(v)$

By Lemma III.2, one may now define, for any Sobolev map $v \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right)$, the nonnegative number

$$
L(v)=\lim _{\varepsilon \rightarrow 0} \inf \left\{\mathcal{H}^{1}(\Gamma): \Gamma \text { is a } \mathbb{Z}_{2} \text { connection for } \operatorname{Sing} u \text { for some } u \in \mathcal{R} \text { with }\|u-v\|_{W^{2,2}}<\varepsilon\right\}
$$

Any $u \in \mathcal{R}$ has a minimal $\mathbb{Z}_{2}$ connection, and $L(u)$ is its length. In general:
Theorem V. 4 For any $v \in W^{2,2}\left(\mathbb{B}^{5}, \mathbb{S}^{3}\right), L(v)=0 \Longleftrightarrow v$ is the $W^{2,2}$ strong limit of smooth maps.
Proof. The sufficiency is immediate from the definition of $L(v)$. To prove the necessity, we assume $L(v)=0$. Then we may choose, for each $i$, a map $u_{i} \in \mathcal{R}$ along with a $\mathbb{Z}_{2}$ connection $\Gamma_{i}$ of $\operatorname{Sing} u_{i}$ so that $\left\|u_{i}-v\right\|_{W^{2,2}}<1 / i$ and $\mathcal{H}^{1}\left(\Gamma_{i}\right)<1 / i$. As in the previous proof, there is an $\varepsilon_{i}<1 / i$ so that the smooth maps $w_{i}=u_{i, \varepsilon_{i}}$ converge strongly in $L^{2}$ and weakly in $W^{2,2}$ to $v$. The lower-semicontinuity

$$
\int_{\mathbb{B}^{5}}\left|\nabla^{2} v\right|^{2} d x \leq \liminf _{i \rightarrow \infty} \int_{\mathbb{B}^{5}}\left|\nabla^{2} w_{i}\right|^{2} d x
$$

follows. On the other hand, we have from Theorem III. 1 the inequality

$$
\int_{\mathbb{B}^{5}}\left|\nabla^{2} w_{i}\right|^{2} d x-\int_{\mathbb{B}^{5}}\left|\nabla^{2} u_{i}\right|^{2} d x \leq \frac{1}{i}+\frac{c_{\mathbb{S H}}}{i}
$$

as well as, from Lemma III.2, the $W^{2,2}$ strong convergence

$$
\lim _{i \rightarrow \infty} \int_{\mathbb{B}^{5}}\left|\nabla^{2} u_{i}\right|^{2} d x=\int_{\mathbb{B}^{5}}\left|\nabla^{2} v\right|^{2} d x
$$

which together imply the upper semi-continuity

$$
\int_{\mathbb{B}^{5}}\left|\nabla^{2} v\right|^{2} d x \geq \limsup _{i \rightarrow \infty} \int_{\mathbb{R}^{5}}\left|\nabla^{2} w_{i}\right|^{2} d x
$$

The convergence of the total Hessian energies of the $w_{i}$ to that of $v$, along with the $W^{2,2}$ weak convergence, now implies the $W^{2,2}$ strong convergence of the smooth maps $w_{i}$ to $v$.

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