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Adam Os kowski. Weak type inequalities for conditionally symmetric martingales. Statistics and Probability Letters, 2010, 80 (23-24), pp.2009. 10.1016/j.spl.2010.09.007. hal-00691792

## HAL Id: hal-00691792 https://hal.science/hal-00691792

Submitted on 27 Apr 2012  $\,$ 

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## **Accepted Manuscript**

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PII:	S0167-7152(10)00257-9
DOI:	10.1016/j.spl.2010.09.007
Reference:	STAPRO 5793
To appear in:	Statistics and Probability Letters
Received date:	20 August 2010
Accepted date:	12 September 2010



Please cite this article as: Osekowski, A., Weak type inequalities for conditionally symmetric martingales. *Statistics and Probability Letters* (2010), doi:10.1016/j.spl.2010.09.007

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# Weak type inequalities for conditionally symmetric martingales

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#### Abstract

Let f be a conditionally symmetric martingale and let S(f) be its square function. We prove that

 $||f||_{p,\infty} \le C_p ||S(f)||_p, \qquad 1 \le p \le 2,$ 

where

$$C_p^p = \frac{2^{1-p/2}\pi^{p-3/2}\Gamma((p+1)/2)}{\Gamma(p+1)} \frac{1 + \frac{1}{3^2} + \frac{1}{5^2} + \frac{1}{7^2} + \dots}{1 - \frac{1}{3^{p+1}} + \frac{1}{5^{p+1}} - \frac{1}{7^{p+1}} + \dots}$$

In addition, the constant  $C_p$  is shown to be the best possible even for the class of dyadic martingales.

Keywords: Martingale, square function, weak type inequality

#### 1. Introduction

Square function inequalities appear in many areas of mathematics, for example in harmonic analysis, potential theory and both classical and noncommutative probability, where they play an important role: see e.g. Burkholder (1991), Dellacherie & Meyer (1982), Pisier & Xu (1997) and Stein (1982). It is therefore of interest to establish sharp versions of such estimates. The primary objective of this paper is to determine the best constants in some weak-type estimates for the martingale square function under the assumption of conditional symmetry.

We start with introducing the background and notation. Let  $(\Omega, \mathcal{F}, \mathbb{P})$  be a probability space, filtered by  $(\mathcal{F}_n)_{n\geq 0}$ , a nondecreasing family of sub- $\sigma$ -fields of  $\mathcal{F}$ . Let  $f = (f_n)_{n\geq 0}$ be an adapted martingale taking values in a separable Hilbert space  $\mathcal{H}$  with scalar product  $\langle \cdot, \cdot \rangle$  and norm  $|\cdot|$ . Then  $df = (df_n)_{n\geq 0}$ , the difference sequence of f, is given by  $df_0 = f_0$ and  $df_n = f_n - f_{n-1}$ . We define the square function of f by

$$S(f) = \left(\sum_{k=0}^{\infty} |df_k|^2\right)^{1/2}.$$

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Preprint submitted to Elsevier

August 20, 2010

We will also use the notation  $S_n(f) = \left(\sum_{k=0}^n |df_k|^2\right)^{1/2}$  for  $n = 0, 1, 2, \ldots$  and write  $||f||_p = \sup_n ||f_n||_p$ ,  $||f||_{p,\infty} = \sup_n \sup_{\lambda>0} \lambda (\mathbb{P}(|f_n| \ge \lambda))^{1/p}$  for the strong and weak *p*-th norm of *f*.

A martingale f is conditionally symmetric, if for any  $n \ge 1$  the conditional distributions of  $df_n$  and  $-df_n$  given  $\mathcal{F}_{n-1}$  coincide. For example, this is the case if f is a dyadic martingale. To recall what it means, let  $(h_n)_{n\ge 0}$  be the system of Haar functions on [0, 1]. Then f is dyadic if for some  $a_0, a_1, a_2, \ldots \in \mathcal{H}$  we have  $f_n = \sum_{k=0}^n a_k h_k$  for  $n \ge 0$ .

The problem of comparing the sizes of f and S(f) is classical and goes back to 30's and the works of Khintchine, Littlewood, Marcinkiewicz, Paley and Zygmund (clearly, the concept of a martingale was not used there; the results concerned the partial sums of Rademacher and Haar series). Consider the inequality

$$a_p ||S(f)||_p \le ||f||_p \le A_p ||S(f)||_p, \tag{1}$$

to be valid for all conditionally symmetric martingales f. As shown by Burkholder (1966), for any  $1 there are finite universal <math>a_p$  and  $A_p$  such that the double inequality above holds. It follows from the results of Burkholder & Gundy (1970) that the right inequality above holds also for  $0 with some absolute <math>A_p$ . What about the optimal values of  $a_p$  and  $A_p$ ? Let  $\nu_p$  be the smallest positive zero of the confluent hypergeometric function and let  $\mu_p$  be the largest positive zero of the parabolic cylinder function of parameter p. Wang (1991) showed that  $a_p = \nu_p$  for  $p \ge 2$ ,  $A_p = \nu_p$  for  $0 and <math>A_p = \mu_p$  for  $p \ge 3$  are the best choices, even if we restrict ourselves in (1) to dyadic martingales. For the remaining values of parameter p, the optimal constants are not known. When p = 1, the left inequality in (1) does not hold with any universal  $a_1 < \infty$ . However, Bollobás (1980) established the weak type inequality

$$||S(f)||_{1,\infty} \le \left(\exp(-1/2) + \int_0^1 \exp(-s^2/2) \mathrm{d}s\right) ||f||_1 = 1.4622 \dots ||f||_1$$

and Osękowski (2009) proved it is sharp. The purpose of this paper is to prove the following related result.

**Theorem 1.1.** For any conditionally symmetric martingale f we have

$$||f||_{p,\infty} \le C_p ||S(f)||_p, \quad 1 \le p \le 2,$$
 (2)

where

$$C_p^p = \frac{2^{1-p/2}\pi^{p-3/2}\Gamma((p+1)/2)}{\Gamma(p+1)} \frac{1 + \frac{1}{3^2} + \frac{1}{5^2} + \frac{1}{7^2} + \dots}{1 - \frac{1}{3^{p+1}} + \frac{1}{5^{p+1}} - \frac{1}{7^{p+1}} + \dots}$$

The constant  $C_p$  is the best possible, even for the class of real dyadic martingales.

Unfortunately, our approach works only for  $1 \le p \le 2$  does not allow to obtain the best constants in the weak type estimates for  $p \in (0, 1) \cup (2, \infty)$ . The proof is based on Burkholder's technique: in the next section we introduce a special function and study its properties, which will be exploited in Section 3, where we establish Theorem 1.1.

#### 2. A special function and its properties

We will use the notation  $\mathbb{H} = \mathbb{R} \times (0, \infty)$ ,  $S = \mathbb{R} \times (-1, 1)$  and  $S^+ = (0, \infty) \times (-1, 1)$ . For  $1 \leq p \leq 2$ , introduce a harmonic function  $\mathcal{A} = \mathcal{A}_p : \mathbb{H} \to \mathbb{R}$ , given by the Poisson integral

$$\mathcal{A}(\alpha,\beta) = \frac{1}{\pi} \int_{-\infty}^{\infty} \frac{\beta \left|\frac{2}{\pi} \log |t|\right|^p}{(\alpha-t)^2 + \beta^2} \mathrm{d}t.$$

It is easy to see that the function  $\mathcal{A}$  satisfies

$$\lim_{(\alpha,\beta)\to(z,0)} \mathcal{A}(\alpha,\beta) = \left(\frac{2}{\pi}\right)^p |\log|z||^p, \qquad z \neq 0.$$
(3)

Consider a conformal mapping  $\varphi$  given by  $\varphi(z) = ie^{\pi z/2}$ , or, in the real coordinates,

$$\varphi(x,y) = \left(-e^{\pi x/2}\sin\left(\frac{\pi}{2}y\right), e^{\pi x/2}\cos\left(\frac{\pi}{2}y\right)\right), \quad (x,y) \in \mathbb{R}^2.$$

It can be easily verified that  $\varphi$  maps S onto  $\mathbb{H}$ . Let  $A = A_p$  be defined on the strip S by  $A(x, y) = \mathcal{A}(\varphi(x, y))$ . Then the function A is harmonic on S, since it is a real part of an analytic function. By (3), we can extend A to the continuous function on the closure  $\overline{S}$  of S by  $A(x, \pm 1) = |x|^p$ . One easily checks that for  $(x, y) \in S$ ,

$$A(x,y) = \frac{1}{\pi} \int_{\mathbb{R}} \frac{\cos\left(\frac{\pi}{2}y\right) \left|\frac{2}{\pi}\log|s| + x\right|^{p}}{(s - \sin(\frac{\pi}{2}y))^{2} + \cos^{2}(\frac{\pi}{2}y)} \mathrm{d}s \tag{4}$$

for |y| < 1. Substituting s := 1/s and s := -s above, we see that A satisfies

$$A(x,y) = A(-x,y) = A(x,-y)$$
 for  $(x,y) \in S.$  (5)

Finally, let  $U = U_p : [0, \infty) \times \mathbb{R} \to \mathbb{R}$  be given by  $U(x, y) = x^p$  for |y| > 1 and

$$U(x,y) = c_p \int_{\mathbb{R}} A(ux,y) \exp(-u^2/2) du$$

otherwise; here  $c_p = \left(\int_{\mathbb{R}} |u|^p \exp(-u^2/2) du\right)^{-1} = \left(2^{(p+1)/2} \Gamma\left(\frac{p+1}{2}\right)\right)^{-1}$ . Clearly, U is continuous and, by (5), we have

$$U(x,y) = 2c_p \int_0^\infty A(ux,y) \exp(-u^2/2) du \quad \text{on } \overline{S^+}.$$
 (6)

Let us study the propertes of the function U which will be needed later.

**Lemma 2.1.** We have  $U(0,0) = C_p^{-p}$ .

PROOF. This is straightforward: since  $\pi^2/8 = \sum_{k=0}^{\infty} (2k+1)^{-2}$ , we have

$$U(0,0) = c_p \sqrt{2\pi} A(0,0) = \frac{2^{-p/2}}{\Gamma\left(\frac{p+1}{2}\right)\sqrt{\pi}} \int_{-\infty}^{\infty} \frac{\left|\frac{2}{\pi} \log|s|\right|^p}{s^2 + 1} \mathrm{d}s$$

$$= \frac{2^{1+p/2}}{\pi^{p+1/2}\Gamma\left(\frac{p+1}{2}\right)} \int_0^\infty \frac{|\log s|^p}{s^2+1} \mathrm{d}s = \frac{2^{1+p/2}}{\pi^{p+1/2}\Gamma\left(\frac{p+1}{2}\right)} \int_{-\infty}^\infty \frac{|s|^p e^s}{e^{2s}+1} \mathrm{d}s$$
$$= \frac{2^{2+p/2}}{\pi^{p+1/2}\Gamma\left(\frac{p+1}{2}\right)} \int_0^\infty s^p e^{-s} \sum_{k=0}^\infty (-e^{-2s})^k \mathrm{d}s = \frac{2^{2+p/2}\Gamma(p+1)}{\pi^{p+1/2}\Gamma\left(\frac{p+1}{2}\right)} \sum_{k=0}^\infty \frac{(-1)^k}{(2k+1)^p} = C_p^{-p}.$$

The proof is complete.

Lemma 2.2. (i) The function U satisfies the differential equation

$$U_x(x,y) + xU_{yy}(x,y) = 0$$
 on  $S^+$ . (7)

(ii) The function U is superharmonic on  $S^+$ .

PROOF. By Fubini's theorem, we may take the derivatives inside the integral while computing the partial derivatives of U on  $S^+$ .

(i) Since A is harmonic, we have, for  $(x, y) \in S^+$ ,

$$xU_{yy}(x,y) = x \int_{\mathbb{R}} A_{yy}(ux,y) \exp(-u^2/2) du = -\int_{\mathbb{R}} xA_{xx}(ux,y) \exp(-u^2/2) du$$

and the claim follows from the integration by parts: the above is equal to

$$-\int_{\mathbb{R}} A_x(ux,y)u \exp(-u^2/2) du = -U_x(x,y)$$

(ii) By the previous part, the assertion can be rewritten in the form

$$xU_{xx}(x,y) - U_x(x,y) \le 0 \qquad \text{on } S^+.$$

Since  $U_x(0+, y) = 0$ , we will be done if we show that  $U_{xxx} \leq 0$  or, by (6),  $A_{xxx} \leq 0$  on  $S^+$ . To this end, fix x > 0,  $\varepsilon \in (0, x)$  and introduce the function

$$f_{\varepsilon}(h) = 2|h|^{p-2}h - |h - \varepsilon|^{p-2}(h - \varepsilon) - |h + \varepsilon|^{p-2}(h + \varepsilon), \qquad h \in \mathbb{R}.$$

One easily verifies that

$$f_{\varepsilon}$$
 is odd and  $f_{\varepsilon} \ge 0$  on  $[0, \infty)$ . (8)

We write

$$2A_x(x,y) - A_x(x-\varepsilon,y) - A_x(x+\varepsilon,y) = \frac{p}{\pi} \int_{-\infty}^{\infty} \frac{f_{\varepsilon}\left(x+\frac{2}{\pi}\log|s|\right)\cos(\frac{\pi}{2}y)}{(s-\sin(\frac{\pi}{2}y))^2 + \cos^2(\frac{\pi}{2}y)} \mathrm{d}s,$$

split the integral into two, over the nonpositive and nonnegative halfline, and, finally, substitute  $s = \pm e^r$ . As the result, we get

$$2A_x(x,y) - A_x(x-\varepsilon,y) - A_x(x+\varepsilon,y) = \frac{p}{\pi} \int_{-\infty}^{\infty} f_{\varepsilon}\left(x+\frac{2}{\pi}r\right) g^y(r) \mathrm{d}r, \qquad (9)$$

where the function  $g^y$  is given by

$$g^{y}(r) = \frac{\cos(\frac{\pi}{2}y)e^{r}}{(e^{r} - \sin(\frac{\pi}{2}y))^{2} + \cos^{2}(\frac{\pi}{2}y)} + \frac{\cos(\frac{\pi}{2}y)e^{r}}{(e^{r} + \sin(\frac{\pi}{2}y))^{2} + \cos^{2}(\frac{\pi}{2}y)}$$

Note that  $g^y$  is even and nonincreasing on  $[0,\infty)$ : indeed, for r > 0,

$$(g^{y})'(r) = \frac{\cos(\frac{\pi}{2}y)e^{r}(1-e^{r})}{[(e^{r}-\sin(\frac{\pi}{2}y))^{2}+\cos^{2}(\frac{\pi}{2}y)]^{2}} + \frac{\cos(\frac{\pi}{2}y)e^{r}(1-e^{r})}{[(e^{r}+\sin(\frac{\pi}{2}y))^{2}+\cos^{2}(\frac{\pi}{2}y)]^{2}} \le 0.$$

Thus, by (8), the integral in (9) is nonnegative and, since  $\varepsilon \in (0, x)$  was arbitrary, the function  $A_x$  is concave on  $S^+$ .

**Lemma 2.3.** (i) For any  $(x, y) \in [0, \infty) \times \mathbb{R}$  we have

$$x^{p} \le U(x, y) \le x^{p} + U(0, 0) \mathbf{1}_{\{|y| < 1\}}.$$
(10)

(ii) We have  $U_x(x,y) \ge 0$  on  $(0,\infty) \times \mathbb{R}$  and  $U_y(x,y) \le 0$  on  $(0,\infty) \times ((0,\infty) \setminus \{1\})$ .

PROOF. We may assume that |y| < 1, since otherwise the claim is obvious, both in (i) and (ii). The lower bound in (10) follows from Jensen's inequality: we have

$$\begin{aligned} A(x,y) &= \int_{-\infty}^{\infty} \left| \frac{2}{\pi} \log |s| + x \right|^p \cdot \frac{1}{\pi} \frac{\cos(\frac{\pi}{2}y)}{(s - \sin(\frac{\pi}{2}y))^2 + \cos^2(\frac{\pi}{2}y)} \mathrm{d}s \\ &\geq \left| \frac{1}{\pi} \int_{-\infty}^{\infty} \frac{\cos(\frac{\pi}{2}y) \left(\frac{2}{\pi} \log |s| + x\right)}{(s - \sin(\frac{\pi}{2}y))^2 + \cos^2(\frac{\pi}{2}y)} \mathrm{d}s \right|^p = x^p \end{aligned}$$

(to see the latter equality, make the substitution s := 1/s) and it suffices to apply (6). Now we turn to (ii). Similar argument gives that the function  $A(\cdot, y)$  is convex and hence the same is valid for U. Therefore, by part (ii) of Lemma 2.2 we have  $U_{yy} \leq 0$  and (ii) follows. Indeed,  $U_x \geq 0$  by the first part of that lemma and  $U_y \leq 0$  for y > 0, since the function  $U(x, \cdot)$  is even (see (5) and (6)). Thus we have shown (ii); moreover, we see that it suffices to establish the upper bound in (10) for y = 0. Using an elementary inequality  $|a + b|^p + |a - b|^p \leq 2|a|^p + 2|b|^p$  for  $a, b \in \mathbb{R}$  yields

$$2A(x,0) = A(x,0) + A(-x,0) = \frac{1}{\pi} \int_{\mathbb{R}} \frac{\left|\frac{2}{\pi} \log|s| + x\right|^p + \left|\frac{2}{\pi} \log|s| - x\right|^p}{s^2 + 1} ds$$
$$\leq \frac{1}{\pi} \int_{\mathbb{R}} \frac{2\left|\frac{2}{\pi} \log|s|\right|^p + 2|x|^p}{s^2 + 1} ds = 2A(0,0) + 2|x|^p.$$

It suffices to use (6) to get the claim.

In the lemmas below, we will use the following notation. For  $a \in \mathcal{H}$ , let a' = a/|a| if  $a \neq 0$  and a' = 0 otherwise; furthermore,  $a^* = a$  for  $|a| \leq 1$  and  $a^* = a/|a|$  otherwise.

**Lemma 2.4.** For any  $a, b \in \mathcal{H}$  we have  $|a^* + b^*| \le |a + b|$ .

**PROOF.** If both |a|, |b| do not exceed 1, the claim is obvious. If  $|a| > 1 \ge |b|$ ,

$$|a+b|^2 - |a^*+b^*|^2 = |a|^2 - 1 + 2\langle a, b \rangle (1-|a|^{-1}) \ge |a|^2 - 1 - 2|a|(1-|a|^{-1}) \ge 0$$

and similarly for  $|b| > 1 \ge |a|$ . Finally, if |a| > 1 and |b| > 1, then

 $|a+b|^2 - |a^*+b^*|^2 = |a|^2 + |b|^2 + 2\langle a,b\rangle(1-(|a||b|)^{-1}) - 2 \ge |a|^2 + |b|^2 - 2|a||b| \ge 0,$  as desired.

**Lemma 2.5.** For any  $(x, y) \in [0, \infty) \times \mathcal{H}$  and any  $d \in \mathcal{H}$  we have

$$2U(x,|y|) \le U\big((x^2 + |d|^2)^{1/2}, |y+d|\big) + U\big((x^2 + |d|^2)^{1/2}, |y-d|\big).$$
(11)

PROOF. It is convenient to split the proof into three parts.

Case 1:  $|y| \ge 1$ . Then the estimate is trivial: indeed, by Lemma 2.3,

$$2U(x,|y|) \le 2(x^2 + |d|^2)^{p/2} \le U((x^2 + |d|^2)^{1/2}, |y+d|) + U((x^2 + |d|^2)^{1/2}, |y-d|).$$

 $\begin{array}{l} Case \ 2: \ |y| < 1, \ |y \pm d| \leq 1. \ \text{For} \ t \in [0,1], \ \text{let} \ \psi(t) = U\big(x_{+}^{t}, |y_{+}^{t}|\big) + U\big(x_{+}^{t}, |y_{-}^{t}|\big), \\ \text{where} \ x_{+}^{t} = (x^{2} + t^{2}|d|^{2})^{1/2} \ \text{and} \ y_{\pm}^{t} = y \pm td. \ \text{We have that} \ \psi'(t)/|d| \ \text{equals} \end{array}$ 

$$\frac{t|d|}{x_{+}^{t}} \left[ U_x \left( x_{+}^{t}, |y_{+}^{t}| \right) + U_x \left( x_{+}^{t}, |y_{-}^{t}| \right) \right] + \langle U_y \left( x_{+}^{t}, |y_{+}^{t}| \right) (y_{+}^{t})' - U_y \left( x_{+}^{t}, |y_{-}^{t}| \right) (y_{-}^{t})', d' \rangle$$

(when |y + td| = 0, the differentiation is allowed since  $U_y(x, 0) = 0$ ). We will prove that this is nonnegative, which will clearly yield the claim. It suffices to show that

$$\frac{|y_{+}^{t}-y_{-}^{t}|}{2x_{+}^{t}}\left[U_{x}\left(x_{+}^{t},|y_{+}^{t}|\right)+U_{x}\left(x_{+}^{t},|y_{-}^{t}|\right)\right]\geq\left|U_{y}\left(x_{+}^{t},|y_{+}^{t}|\right)\left(y_{+}^{t}\right)'-U_{y}\left(x_{+}^{t},|y_{-}^{t}|\right)\left(y_{-}^{t}\right)'\right|.$$

To this end, note that if we square both sides, the estimate becomes  $A \leq B \cdot \langle (y_+^t)', (y_-^t)' \rangle$ , where A and B depend only on  $|y_+^t|$  and  $|y_-^t|$ . Thus it suffices to prove it for  $(y_+^t)' = \pm (y_-^t)'$ . When  $(y_+^t)'$  and  $(y_-^t)'$  are equal, we use (7) and see that the inequality reads

$$-\frac{\left||y_{+}^{t}| - |y_{-}^{t}|\right|}{2} \left[ U_{yy} \left(x_{+}^{t}, |y_{+}^{t}|\right) + U_{yy} \left(x_{+}^{t}, |y_{-}^{t}|\right) \right] \ge \left| \int_{|y_{-}^{t}|}^{|y_{+}^{t}|} U_{yy} \left(x_{+}^{t}, s\right) \mathrm{d}s \right|$$

This follows from the fact that  $U_{yy}$  is nonpositive and concave: by Lemma 2.2, we have  $x^2 U_{yyyy}(x,y) = U_{xx}(x,y) + U_{yy}(x,y) \leq 0$  for  $(x,y) \in S^+$ . The case  $(y_+^t)' = -(y_-^t)'$  is dealt with in the same manner.

Case 3: |y| < 1, d > 1 - |y|. This can be reduced to the previous case. Set  $y_+ = (y+d)^*$ ,  $y_- = (y-d)^*$  and  $\tilde{y} = (y_+ + y_-)/2$ ,  $\tilde{d} = (y_+ - y_-)/2$ ,  $\tilde{x} = (x^2 + |d|^2 - \tilde{d}^2)^{1/2}$ . By Lemma 2.4,  $|\tilde{y}| \le |y|$  and  $|\tilde{d}| \le |d|$ , so  $\tilde{x} \ge x$ . Now, using Lemma 2.3 (ii) and the fact that  $\tilde{y}$ ,  $\tilde{d}$  satisfy the assumptions of Case 2, we may write

$$2U(x,y) \le 2U(\tilde{x},\tilde{y}) \le U((\tilde{x}^2 + \tilde{d}^2)^{1/2}, y_+) + U((\tilde{x}^2 + \tilde{d}^2)^{1/2}, y_-)$$

and the latter sum is precisely the right hand side of (11).

**Remark 2.1.** The choice x = 0, y = 0 in (11) gives  $U(0,0) \le U(d,d)$  for all  $d \ge 0$ .

#### 3. Proof of Theorem 1.1

PROOF OF (2). We may assume that  $S(f) \in L^p$ , since otherwise there is nothing to prove. By homogeneity, it suffices to show that for any  $n \ge 0$ ,

$$\mathbb{P}(|f_n| \ge 1) \le C_p^p \mathbb{E} S_n^p(f).$$

The key ingredient of the proof of this estimate is the fact that

the process  $(U(S_n(f), |f_n|))_{n\geq 0}$  is an  $(\mathcal{F}_n)$ -submartingale.

(12)

Indeed, for  $n \ge 0$  the variable  $U(S_n(f), |f_n|)$  is integrable by the condition  $S(f) \in L^p$ and (10). Moreover, by the conditional symmetry,  $2\mathbb{E}(U(S_{n+1}(f), |f_{n+1}|)|\mathcal{F}_n), n \ge 0$ , equals

$$\mathbb{E}\bigg[U((S_n^2(f) + |df_{n+1}|^2)^{1/2}, |f_n + df_{n+1}|) + U((S_n^2(f) + |df_{n+1}|^2)^{1/2}, |f_n - df_{n+1}|)\bigg|\mathcal{F}_n\bigg].$$

This is not smaller than  $2U(S_n(f), |f_n|)$ : apply (11) with  $x = S_n(f)$ ,  $y = f_n$  and  $d = df_{n+1}$ . Thus (12) follows and, using (10) and Remark 2.1, we get

$$U(0,0) \le \mathbb{E}U(S_0(f), |f_0|) \le \mathbb{E}U(S_n(f), |f_n|) \le \mathbb{E}S_n^p(f) + U(0,0)\mathbb{P}(|f_n| < 1).$$

This completes the proof, by virtue of Lemma 2.1.

SHARPNESS. Suppose that  $\gamma_p$  is the optimal constant in (2) for real-valued dyadic martingales. Arguing as in Osękowski (2009), this yields a corresponding weak type inequality

$$\mathbb{P}(|B_{\tau}| \ge 1) \le \gamma_p^p \mathbb{E} \tau^{p/2},\tag{13}$$

where B is a standard Brownian motion and  $\tau$  is any stopping time of B. On the other hand, let  $\eta = \inf\{t : |B_t| = 1\}$  and consider the process  $(U(\sqrt{\eta \wedge t}, B_{\eta \wedge t}))_{t \geq 0}$ . By (7) and Itô's formula, it is a martingale with expectation equal to U(0,0). By (10) and exponential integrability of  $\eta$ , this martingale converges almost surely and in  $L^1$  to  $\eta^{p/2}$ , which, by Lemma 2.1, yields  $C_p^{-p} = \mathbb{E}\eta^{p/2}$  and, consequently,  $1 = \mathbb{P}(|B_{\eta}| \geq 1) = C_p^p \mathbb{E}\eta^{p/2}$ . By (13), this implies  $\gamma_p \geq C_p$  and completes the proof.

#### Acknowledgement

I would like to thank Professor Stanisław Kwapień for bringing this problem to my attention. The author was supported in part by MNiSW Grant N N201 397437.

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