# AN EXPLICIT BOUND FOR UNIFORM PERFECTNESS OF THE JULIA SETS OF RATIONAL MAPS 

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#### Abstract

A compact set $C$ in the Riemann sphere is called uniformly perfect if the moduli of annuli separating $C$ are bounded．Mañé－da Rocha and Hinkkanen showed independently the uniform perfectness of the Julia sets of rational maps of degree $\geq 2$ ，but they presented no explicit bounds for uniform perfectness．In this note，we shall provide such an explicit bound and，as a result，we give another proof of uniform perfectness of the Julia sets．As an application，we refer to a lower estimate of the Hausdorff dimension of the Julia sets．


## 1．Introduction

Let $C$ be a closed set in the Riemann sphere $\widehat{\mathbb{C}}$ and $\Omega$ its complement．We say $C$ is uniformly perfect if there exists a constant $0<c<1$ such that $C \cap\{z \in \mathbb{C}$ ；cr $<$ $|z-a|<r\} \neq \emptyset$ for any $a \in C$ and $0<r<\operatorname{diam}(C)$ ，where diam denotes the Euclidean diameter．

The notion of uniform perfectness first appeared in Beardon－Pommerenke［3］，and was investigated more deeply by Pommerenke［9］and［10］，and afterwards by many authors（see［12］and its references）．By definition，the sets with some kind of self－ similarities are expected to have uniform perfectness．In fact，the limit sets are known to be uniformly perfect for a wide class of Kleinian groups（cf．Sugawa［11］）．On the other hand，Pommerenke［10］first showed the uniform perfectness of the Julia sets of hyperbolic rational maps．Later，Mañé－da Rocha［8］and Hinkkanen［6］proved in the case of general rational maps of degree $\geq 2$ ，independently．For a simpler proof，see the textbook［4］by Carleson and Gamelin．But，their proofs are done by contradiction，thus no explicit bounds for uniform perfectness are given．In this note，we shall present such an explicit bound and also exhibit some applications of this result．Our proof employs the hyperbolic geometry，and hence is different from ones of the above authors．As Hinkkanen remarked in［6］，we should note that there exists an entire function whose limit set is not uniformly perfect．

[^0]We will state the main result in the next section as well as fundamental definitions and notation. In Section 3, we shall discuss the connection between branched coverings and the uniform perfectness, which will be a key to prove our main theorem. Section 4 is devoted to prove our main theorem, and we make an essential use of Sullivan's No Wandering Domains Theorem. We shall give applications of the main result to the estimations of Hausdorff dimension, the (logarithmic) capacity density of the Julia set and the Poincaré metric of the Fatou set in Section 5. In the last section, as a special case, we investigate the quadratic family of polynomials. In particular, we present a concrete estimate for a subclass of this family.

Finally, the author would like to express his hearty gratitude to Professors M. Taniguchi and K. Matsuzaki for helpful comments.

## 2. Main ReSult

Let $C$ be a closed set in the Riemann sphere containing at least three points and $\Omega$ its complement. We denote by $\mathcal{A}_{\Omega}$ and $\mathcal{A}_{\Omega}^{\circ}$ the sets of annuli and round annuli, respectively, in $\Omega$ separating $C$, where annuli mean doubly connected domains and round annuli do special annuli of the form $\left\{z \in \mathbb{C} ; r_{1}<|z-a|<r_{2}\right\}$ for some $a \in \mathbb{C}$ and $0 \leq r_{1}<r_{2} \leq \infty$. The modulus $m(A)$ of an annulus $A$ is the number $m$ such that $A$ is conformally equivalent to the round annulus $\left\{z ; 1<|z|<e^{m}\right\}$. We set

$$
M_{\Omega}=\sup _{A \in \mathcal{A}_{\Omega}} m(A), \quad M_{\Omega}^{\circ}=\sup _{A \in \mathcal{A}_{\Omega}^{\circ}} m(A),
$$

and call them the modulus and the round modulus of $\Omega$. (If $\mathcal{A}_{\Omega}$ and/or $\mathcal{A}_{\Omega}^{\circ}$ is empty, then we define $M_{\Omega}=0$ and/or $M_{\Omega}^{\circ}=0$, respectively.) For these constants, it is known that $\frac{1}{2} M_{\Omega}-1.7332 \cdots \leq M_{\Omega}^{\circ} \leq M_{\Omega}$, and that if $\Omega \subset \mathbb{C}, \quad M_{\Omega}-2.8911 \cdots \leq$ $M_{\Omega}^{\circ} \leq M_{\Omega}$ (cf. [12]).

It is easily verified that $C$ is uniformly perfect if and only if $M_{\Omega}^{\circ}<\infty$, equivalently $M_{\Omega}<\infty$.

Next, for later use, we consider quantities determined by the hyperbolic geometry of $\Omega$. Since $\# C \geq 3$, each component $D$ of $\Omega$ is hyperbolic, i.e., there exists a holomorphic universal covering map $p: \mathbb{H} \rightarrow D$ from the upper half plane onto $D$. Thus $D$ can be regarded as the quotient space $\mathbb{H} / \Gamma$ of $\mathbb{H}$ over the covering transformation group $\Gamma=\{\gamma \in \operatorname{PSL}(2, \mathbb{R}) ; p \circ \gamma=p\}$. Since the hyperbolic (or Poincaré) metric $\rho_{\mathbb{H}}(z)|d z|=\frac{|d z|}{2 \operatorname{Im} z}$ is invariant under the action of $\operatorname{PSL}(2, \mathbb{R}), \quad D$ inherits the hyperbolic metric $\rho_{D}(z)|d z|$ so that $p: \mathbb{H} \rightarrow D$ is a local isometry with respect to the hyperbolic metric, i.e., $\rho_{\mathbb{H}}=p^{*} \rho_{D}$. Therefore, we can define the hyperbolic metric $\rho_{\Omega}$ of $\Omega$ componentwise.

The hyperbolic distance $d_{\Omega}\left(z_{0}, z_{1}\right)$ of a pair of points $z_{0}, z_{1}$ in the same component of $\Omega$ can be defined by $\inf _{\alpha} \int_{\alpha} \rho_{\Omega}(z)|d z|$, where the infimum is taken over all paths joining $z_{0}$ to $z_{1}$ in $\Omega$. We also difine $d_{\Omega}\left(z_{0}, z_{1}\right)=+\infty$ if $z_{0}$ and $z_{1}$ do not belong to the same component of $\Omega$. For $z \in \Omega$ we denote by $\iota_{\Omega}(z)$ the injectivity radius of $\Omega$ at $z$, that
is, $\iota_{\Omega}(z)$ is the maximal radius $r$ so that the hyperbolic disk $\left\{w \in \Omega ; d_{\Omega}(z, w)<r\right\}$ is simply connected.

Let $\mathcal{C}_{\Omega}$ denote the set of free homotopy classes of non-trivial loops in $\Omega$, where a loop (=closed curve) is called non-trivial if this is not null-homotopic (=contractible) in $\Omega$. For a loop $\alpha$ in $\Omega$, we define the length of it by

$$
\ell_{\Omega}(\alpha)=\int_{\alpha} \rho_{\Omega}(z)|d z|,
$$

and for the free homotopy class $[\alpha]$ represented by $\alpha$, we define

$$
\ell_{\Omega}[\alpha]=\inf _{\alpha^{\prime} \in[\alpha]} \ell_{\Omega}\left(\alpha^{\prime}\right)
$$

Finally, we set

$$
L_{\Omega}=\inf _{[\alpha] \in \mathcal{C}_{\Omega}} \ell_{\Omega}[\alpha] .
$$

(If $\mathcal{C}_{\Omega}$ is an empty set, we set $L_{\Omega}=+\infty$.) We remark that the injectivity radius $\iota_{\Omega}(z)$ is equal to the half of the infimum of lengths of non-trivial loops in $\Omega$ passing through $z$. In particular, $L_{\Omega}$ is nothing other than twice the (global) injectivity radius $\inf _{z \in \Omega} \iota_{\Omega}(z)$ of $\Omega$.

Concerning the constant $L_{\Omega}$, the following estimate is fundamental.
Proposition 2.1 ([12]).

$$
L_{\Omega} \leq \frac{\pi^{2}}{M_{\Omega}} \leq \min \left\{L_{\Omega} e^{L_{\Omega}}, \frac{L_{\Omega}^{2}}{2} \operatorname{coth}^{2}\left(L_{\Omega} / 2\right)\right\}
$$

In particular, $M_{\Omega}<\infty$ if and only if $L_{\Omega}>0$.
In order to estimate $M_{\Omega}$ from above, by this proposition, we have only to do $L_{\Omega}$ from below. Now let us state the main theorem. For basic definitions and results about the complex dyamics of the rational maps, we refer to the textbook [2] by Beardon as a general reference.

Let $f: \widehat{\mathbb{C}} \rightarrow \widehat{\mathbb{C}}$ be a rational map of degree $d \geq 2$. We denote by $J=J_{f}$ and $\Omega=\Omega_{f}$ the Julia set and the Fatou set of $f$, respectively. (In other words, $\Omega_{f}$ is the domain of normality of the iteration family $\left\{f^{n}\right\}_{n=1,2, \ldots}$ of $f$ and $J_{f}=\widehat{\mathbb{C}} \backslash \Omega_{f}$.) Note that $\Omega_{f}$ is completely invariant under $f$, precisely, $f\left(\Omega_{f}\right)=\Omega_{f}=f^{-1}\left(\Omega_{f}\right)$.

We denote by Crit $(f)$ the set of critical points of $f$ in the Fatou set $\Omega_{f}$ and let $U_{1}, \cdots, U_{s}$ be the complete list of the components of $\Omega_{f}$ which contains at least one critical point of $f$ and is not simply connected. And we set $W_{j}=f\left(U_{j}\right)$ and $C_{j}=\operatorname{Crit}(f) \cap U_{j}$ for $j=1, \cdots, s$. Note here that $\# \operatorname{Crit}(f) \leq 2 d-2$, so $s \leq 2 d-2$. Now we introduce two kinds of curve family: $\mathcal{S}\left(v_{1}, v_{2}\right)$ and $\mathcal{T}(v)$, for $v_{1}, v_{2}, v \in f\left(C_{j}\right)$ with $v_{1} \neq v_{2}$. Let $\mathcal{S}\left(v_{1}, v_{2}\right)$ and $\mathcal{T}(v)$ consist of the loops $\beta: \mathrm{S}^{1} \rightarrow W_{j}$, where $\mathrm{S}^{1}$ denotes the unit circle $\{z \in \mathbb{C} ;|z|=1\}$, satisfying the conditions (a), (b), (c) and (a), (b'), (c), respectively, in the following:
(a) $\beta$ is contractible in $W_{j}$.
(b) $\beta$ passes through $v_{1}$ and $v_{2}$.
(b') $\beta$ passes through $v$ essentially two times, at least.
(c) There exists a non-trivial loop $\alpha$ in $U_{j}$ such that $f_{*}(\alpha)=\beta$.

More precisely, the condition (b') says that there exist distinct points $\zeta_{0}$ and $\zeta_{1}$ in $S^{1}$ with $\beta\left(\zeta_{0}\right)=\beta\left(\zeta_{1}\right)=v$ such that the restrictions $\left.\beta\right|_{\bar{I}_{1}}$ and $\left.\beta\right|_{I_{2}}$ of the loop $\beta$ are both non-trivial closed curves in $W_{j}$, where $I_{1}$ and $I_{2}$ are the connected component of $S^{1} \backslash\left\{\zeta_{0}, \zeta_{1}\right\}$. And we set

$$
\begin{gathered}
a_{j}\left(v_{1}, v_{2}\right)=\inf _{\beta \in \mathcal{S}\left(v_{1}, v_{2}\right)} \ell_{\Omega}(\beta), \quad b_{j}(v)=\inf _{\beta \in \mathcal{T}(v)} \ell_{\Omega}(\beta) \text { and } \\
a_{j}=\min _{v_{1}, v_{2} \in f\left(C_{j}\right), v_{1} \neq v_{2}} a_{j}\left(v_{1}, v_{2}\right), \quad b_{j}=\min _{v \in f\left(C_{j}\right)} b_{j}(v),
\end{gathered}
$$

where we set $a_{j}=+\infty$ if $\# f\left(C_{j}\right)=1$.
Finally, let $A_{1}, \cdots, A_{t}$ be the complete system of representatives of the cycles of Herman rings of $f$. We note here that, by Shishikura's theorem, $0 \leq t \leq d-2$, in particular, if $d=2$ there are no Herman rings. And, since the Julia set has no isolated points, the Herman rings have finite moduli, so $L_{A_{k}}>0$ for all $k$.

Now we are ready to state our main theorem.
Theorem 2.2 (Main Thoerem). For an arbitrary rational map $f: \widehat{\mathbb{C}} \rightarrow \widehat{\mathbb{C}}$ of degree $d \geq 2$, the following holds.

$$
L_{\Omega_{f}} \geq \min \left\{a_{1}, \cdots, a_{s}, b_{1}, \cdots, b_{s}, L_{A_{1}}, \cdots, L_{A_{t}}\right\}
$$

The proof of this theorem will be given in Section 4.
For any $\beta \in \mathcal{S}\left(v_{1}, v_{2}\right)$, it is clear by definition that $\ell_{\Omega}(\beta) \geq 2 d_{\Omega}\left(v_{1}, v_{2}\right)$. Similarly, for $\beta \in \mathcal{T}(v)$, we have $\ell_{\Omega}(\beta) \geq 4 \iota_{\Omega}(v)$. Thus, we conclude that $a_{j}\left(v_{1}, v_{2}\right) \geq 2 d_{\Omega}\left(v_{1}, v_{2}\right)$ and $b_{j}(v) \geq 4 \iota_{\Omega}(v)$ and hence have the following

Corollary 2.3. Under the same situation as the Main Theorem, it follows that

$$
L_{\Omega_{f}} \geq \min \left\{C_{1}, C_{2}, C_{3}\right\}(>0),
$$

where $C_{1}=\min _{v_{1} \neq v_{2} \in f(\operatorname{Crit}(f))} 2 d_{\Omega_{f}}\left(v_{1}, v_{2}\right), C_{2}=\min _{v \in f(\operatorname{Crit}(f))} 4 \iota_{\Omega_{f}}(v)$, and $C_{3}=$ $\min _{k=1, \cdots, t} L_{A_{k}}$. In particular, the Julia set $J_{f}$ is uniformly perfect.

Remark 1. As is well-known, any polynomial has no Herman rings. In general, if there exsits a Herman ring $A$, it is known that the boundary of $A$ is contained in the closure of forward orbits of the critical set of $f$. Therefore, if each critical point of $f$ is periodic or contained in a (super)attracting or parabolic basin, then we can conclude that $f$ has no Herman rings. We also note that a cycle of (super)attracting or parabolic components always contains a critical point, thus a component of it appears as a member of the list $U_{1}, \cdots, U_{s}$.

Remark 2. If $A_{k}=f^{l}\left(A_{j}\right)$ for some $1 \leq j, k \leq t$ and $1 \leq l$, then $A_{j}$ and $A_{k}$ belong to the same cylce of Herman rings, thus $L_{A_{j}}=L_{A_{k}}$ since $f^{m}: A_{j} \rightarrow A_{j}$ is known to be analytically conjugate to an irrational rotation of a round annulus, where $m$ is the period of $A_{j}$. Hence, $L_{A_{j}}$ depends only on the cycle of Herman rings to which $A_{j}$ belongs.

Remark 3. A pair $v_{1}, v_{2}$ of critical values can accidentally be very close to each other in $\Omega$, i.e., $d_{\Omega}\left(v_{1}, v_{2}\right)$ is very small, while $a_{j}\left(v_{1}, v_{2}\right)$ is not so small. (The phenomenon $\mathcal{T}(v) \neq \emptyset$ can be considered as a limiting case of the above situation.) So, the formulation in the above corollary does not always provide a good estimate for the uniform perfectness.

## 3. Branched coverings and uniform perfectness

In this section, we shall investigate the connection between branched coverings and uniform perfectness. Let $f: U \rightarrow W$ be a holomorphic (possibly branched) covering map from a (connected) hyperbolic Riemann surface $U$ onto another $W$. Precisely speaking, for each point $w \in W$ there exists an open neighborhood $V$ of $w$ satisfying the condtion: For each component $\tilde{V}$ of $f^{-1}(V)$ there exist a natural number $n \geq 1$ and conformal homeomorphisms $\varphi: \tilde{V} \rightarrow \Delta_{r}$ and $\psi: V \rightarrow \Delta_{r^{n}}$ with $\psi(w)=0$ such that $\psi \circ f \circ \varphi^{-1}(\zeta)=\zeta^{n}$, where $\Delta_{r}$ denotes the disk $\{|\zeta|<r\}$.

When a loop $\alpha$ is freely homotopic to another $\alpha^{\prime}$ in $U, f_{*} \alpha:=f \circ \alpha$ is freely homotopic to $f_{*} \alpha^{\prime}$. Therefore, the natural homomorphism $f_{*}: \mathcal{C}_{U} \rightarrow \mathcal{C}_{W}$ is induced by $f$ so that $[\alpha]$ sends to $\left[f_{*} \alpha\right]$.

First suppose that $f$ is unbranched, then by the homotopy lifting property we can see that the induced map $f_{*}$ is injective. And moreover $\ell_{U}[\alpha]=\ell_{W}\left[f_{*} \alpha\right]$ because $f$ is a local isometry, therefore we have the next

Proposition 3.1. If $f: U \rightarrow W$ is an unbranched holomorphic covering map, then it is valid that $L_{U} \geq L_{W}$.

In the case when $f$ is branched, we need more efforts to estimate $L_{U}$ from below. In fact, for any finitely connected planar Jordan domain $U$, it is known that there exists a branched holomorphic covering map from $U$ onto the unit disk (so-called the Ahlfors map), thus $L_{U}$ cannot be estimated by only the data of $W$ (in this case, $\left.L_{W}=+\infty\right)$.

Let $\operatorname{Crit}(f)$ be the set of critical points of $f$ and for $v_{1}, v_{2}, v \in f(\operatorname{Crit}(f))$ with $v_{1} \neq v_{2}$ define the curve families $\mathcal{S}\left(v_{1}, v_{2}\right)$ and $\mathcal{T}(v)$ by the same way as in the previous section. And we set

$$
\begin{gathered}
a\left(v_{1}, v_{2}\right)=\inf _{\beta \in \mathcal{S}\left(v_{1}, v_{2}\right)} \ell_{W}(\beta), \quad b(v)=\inf _{\beta \in \mathcal{T}(v)} \ell_{W}(\beta), \text { and } \\
a=\inf _{v_{1} \neq v_{2} \in f(\operatorname{Crit}(f))} a\left(v_{1}, v_{2}\right), \quad b=\inf _{v \in f(\operatorname{Crit}(f))} b(v) .
\end{gathered}
$$

Then, the following lemma is a key step to our proof of the Main Theorem.
Lemma 3.2. For a non-trivial loop $\alpha$ in $U$ such that $\beta=f_{*} \alpha$ is contractible in $W$, it follows that

$$
\ell_{U}(\alpha) \geq \min \{a, b\}
$$

Proof. First we show that $\ell_{U}[\alpha]>0$. In fact, if $\ell_{U}[\alpha]=0$ then $\alpha$ surrounds a puncture of $U$, in other words, there exists a holomorphic injection $g: \Delta^{*}=\Delta \backslash\{0\} \rightarrow U$ such that $\alpha$ is freely homotopic to $\varepsilon^{n}$ for some integer $n \neq 0$, where $\varepsilon=g(\{|\zeta|=1 / 2\})$. As is easily seen, $f\left(g\left(\Delta^{*}\right)\right)$ is a neighborhood of a puncture of $W$ and thus $\beta$ is freely homotopic to non-zero multiple of a simple loop around the puncture in $W$. On the other hand, $\beta$ is contractible in $W$, therefore $W$ must be conformally equivalent to the complex plane $\mathbb{C}$, but this is impossible because $W$ is hyperbolic.

Since $\ell_{U}(\alpha) \geq \ell_{U}[\alpha]=\ell_{U}\left(\alpha_{0}\right)$ for the closed geodesic $\alpha_{0}$ freely homotopic to $\alpha$, it suffices to show the claim in the case $\alpha$ is a smooth curve. Approximating $\alpha$ by another smooth curve if necessary, we may further assume that $\alpha$ does not pass through any critical point. Here, we should observe $\ell_{U}(\alpha) \geq \ell_{W}(\beta)$ by the SchwarzPick lemma: $f^{*} \rho_{W} \leq \rho_{U}$.

Let $p: \Delta \rightarrow W$ be a holomorphic universal covering map of $W$ from the unit disk $\Delta$ and set $C=p^{-1}(f(\operatorname{Crit}(f)))$. Since $\beta$ is contractible, a lift $\tilde{\beta}: \mathrm{S}^{1} \rightarrow \Delta$ of $\beta$ via $p$ is closed. Let $K$ be the holomorphically convex hull of $\tilde{\beta}\left(\mathrm{S}^{1}\right)$ in $\Delta$. In other words, $K=\Delta \backslash D_{0}$, where $D_{0}$ is the relatively non-compact component of $\Delta \backslash \tilde{\beta}\left(\mathrm{S}^{1}\right)$ in $\Delta$.

Now we will show that $\#(K \cap C) \geq 2$. If $K \cap C$ is an empty set, then it is clear that $\beta$ is homotopic to a point with a homotopy in $W \backslash f(\operatorname{Crit}(f))$. Since $f: U \backslash f^{-1}(f(\operatorname{Crit}(f))) \rightarrow W \backslash f(\operatorname{Crit}(f))$ is an unbranched covering map, this homotopy can be lifted via $f$ to a homotopy from $\alpha$ to a point, but this contradicts the assumption that $\alpha$ is non-trivial. Next, suppose that $K \cap C$ consists of one point $\zeta_{0}$. By assumption, we note that $\zeta_{0} \in K \backslash \tilde{\beta}\left(\mathrm{~S}^{1}\right)$. Then it is not difficult to see that the loop $\tilde{\beta}$ is freely homotopic to $\varepsilon^{n}$ in $\Delta \backslash C$, where $\varepsilon$ is a sufficiently small simple loop around $\zeta_{0}$ in $\Delta \backslash C$ and $n$ is the winding number of $\tilde{\beta}$ around $\zeta_{0}$. This implies that $\beta$ is freely homotopic to $p_{*}\left(\varepsilon^{n}\right)$ in $W \backslash f(\operatorname{Crit}(f))$, therefore $\alpha$ is freely homotopic to a loop $\delta$ with $f_{*} \delta=p_{*}\left(\varepsilon^{n}\right)$. In particular, $\ell_{U}[\alpha] \leq \ell_{U}(\delta)$ and the length of $\delta$ can be arbitrarily small, therefore $\ell_{U}[\alpha]=0$, this is not the case. Now we have proved that $\#(K \cap C) \geq 2$.

Here we recall that $\tilde{\beta}$ is parametrized by $\mathrm{S}^{1}=\{z \in \mathbb{C}:|z|=1\}$. For each $\theta \in \mathbb{R}$, we denote by $S_{\theta}$ the hyperbolic segment joining $\tilde{\beta}(1)$ and $\tilde{\beta}\left(e^{i \theta}\right)$ in $\Delta$. Now we define positive numbers $\theta_{+}$and $\theta_{-}$by

$$
\theta_{ \pm}=\max \left\{\theta \geq 0 ; S_{ \pm u} \cap C=\emptyset \quad \text { for all } u \in[0, \theta)\right\}
$$

Then, by the above observation, we see that $\theta_{+}+\theta_{-} \leq 2 \pi$ and if the equality occurs we have $\#\left(S_{\theta_{+}} \cap C\right) \geq 2$ since $K \subset \bigcup_{t \in \mathbb{R}} S_{t}$. In any case, there exist distinct two points $\tilde{v}_{+}$and $\tilde{v}_{-}$such that $\tilde{v}_{ \pm} \in S_{ \pm \theta_{ \pm}} \cap C$. We put $v_{ \pm}=p\left(\tilde{v}_{ \pm}\right)$.

Let $u_{n}^{ \pm} \quad(n=1,2, \cdots)$ be an increasing sequence of positive numbers which converges to $\theta_{ \pm}$for each signature, and $\tilde{\beta}_{n}$ the curve obtained from $\tilde{\beta}$ by replacing its sub$\left.\operatorname{arcs} \tilde{\beta}\right|_{I_{n}^{+}},\left.\tilde{\beta}\right|_{I_{n}^{-}}$by the hyperboic segments $S_{u_{n}^{+}}, S_{-u_{n}^{-}}$, respectively, where $I_{n}^{ \pm}$denotes the subinterval $\left\{e^{i \theta} ; \pm \theta \in\left[0, u_{n}^{ \pm}\right]\right\}$of $\mathrm{S}^{1}$. And set $\beta_{n}=p_{*} \tilde{\beta}_{n}$ for each $n=1,2, \cdots$. By construction, $\beta_{n}$ is freely homotopic to $\beta$ in $W \backslash f(\operatorname{Crit}(f))$, and it holds that $\ell_{W}\left(\beta_{n}\right)=\ell_{\Delta}\left(\tilde{\beta}_{n}\right) \leq \ell_{\Delta}(\tilde{\beta})=\ell_{W}(\beta)$. Let $\alpha_{n}$ be the lift of $\beta_{n}$ via $f$ determined by $\alpha_{n}(1)=\alpha(1)$, then $\alpha_{n}$ is closed and homotopic to $\alpha$.

Let $\alpha^{\prime}=\lim \alpha_{n}$ and $\beta^{\prime}=f_{*} \alpha^{\prime}$. Then, we note that $\ell_{W}\left(\beta^{\prime}\right)=\lim \ell_{W}\left(\beta_{n}\right) \leq \ell_{W}(\beta)$. Further, we can see that $\beta^{\prime} \in \mathcal{S}\left(v_{+}, v_{-}\right)$or $\beta^{\prime} \in \mathcal{T}\left(v_{+}\right)$according to that $v_{+} \neq v_{-}$or not. Therefore, we can compute as follows.

$$
\ell_{U}(\alpha) \geq \ell_{W}(\beta) \geq \ell_{W}\left(\beta^{\prime}\right) \geq \min \left\{a\left(v_{+}, v_{-}\right), b\left(v_{+}\right)\right\} \geq \min \{a, b\} .
$$

Corollary 3.3. Let $f: U \rightarrow W$ be a holomorphic branched covering between hyperbolic Riemann surfaces $U$ and $W$. Then it follows that

$$
L_{U} \geq \min \left\{L_{W}, a, b\right\}
$$

where the constants $a$ and $b$ are as in the above.

## 4. Proof of the Main Theorem

Let $\alpha$ be a non-trivial closed curve in $\Omega=\Omega_{f}$. In order to prove our main theorem, we should show that $\ell_{\Omega}(\alpha) \geq C$, where $C=\min \left\{a_{1}, \cdots, a_{s}, b_{1}, \cdots, c_{s}, L_{A_{1}}, \cdots, L_{A_{t}}\right\}$. We denote by $\alpha_{n}$ the image $f^{n} \circ \alpha=\left(f^{n}\right)_{*}(\alpha)$ of $\alpha$ under the $n$-th iterate of $f$. We note here that $\ell_{\Omega}(\alpha) \geq \ell_{\Omega}\left(\alpha_{1}\right) \geq \ell_{\Omega}\left(\alpha_{2}\right) \cdots$ by the Schwarz-Pick lemma. Let $U$ be the component of $\Omega$ containing $\alpha$. Then, by Sullivan's No Wandering Domains Theorem, $U$ is eventually periodic, i.e., $D=f^{k}(U)$ is a periodic component for some integer $k$. As is well-known, a periodic component $D$ is one of the following:
(1) a (super) attracting immediate basin. In this case, the sequence of curves $\alpha_{n}$ is attracted to a (super) attracting cycle (in $\Omega$ ), in particular, $\alpha_{n}$ is contractible in $\Omega$ for sufficiently large $n$.
(2) a parabolic immediate basin. In this case, a subsequence of $\alpha_{n}$ is absorbed by a simply connected attracting petal (in $\Omega$ ), therefore $\alpha_{n}$ is contractible in $\Omega$, too, for sufficiently large $n$.
(3) a Siegel disk. In this time, $D$ is simply connected itself, thus $\alpha_{k}$ is of course contractible in $D$.
(4) a Herman ring.

Hence, we can conclude that if $\alpha_{n}$ is non-trivial for any $n$, then $\alpha_{n}$ is contained in Herman ring $A_{j}$ for some large $n$. In this case, $\alpha_{n}$ is freely homotopic to a non-zero multiple of the core curve $\beta$ of $A_{j}$, thus $\ell_{\Omega}\left(\alpha_{n}\right) \geq \ell_{A_{j}}(\beta)=L_{A_{j}}$.

In particular, we have $\ell_{\Omega}(\alpha) \geq L_{A_{j}} \geq C$.

Otherwise, there exists an integer $n \geq 0$ such that $\alpha_{n}$ is non-trivial while $\alpha_{n+1}$ is trivial in $\Omega$. Since $\ell_{\Omega}(\alpha) \geq \ell_{\Omega}\left(\alpha_{n}\right)$, we may assume that $n=0$, in other words, $\alpha$ is non-trivial but $\beta=f_{*}(\alpha)$ is contractible in $\Omega$. If $f: U \rightarrow W:=f(U)$ is unbranched covering, a homotopy connecting $\beta$ with a constant curve in $W$ can be lifted to a homotopy connecting $\alpha$ with a constant curve in $U$ via $f$, thus $\alpha$ is contractible in $U$, this is a contradiction. Therefore, $f: U \rightarrow W$ must be branched, i.e., $U=U_{j}$ for some $j=1, \cdots, s$. Now we can apply the key lemma in the previous section! By Lemma 3.2, we have $\ell_{\Omega}(\alpha) \geq \min \left\{a_{j}, b_{j}\right\} \geq C$, thus the proof is now completed.

## 5. Applications

We now present some applications of the main result. For a rational map $f: \widehat{\mathbb{C}} \rightarrow \widehat{\mathbb{C}}$ of degree $d \geq 2$, we have seen that $L_{\Omega_{f}} \geq C$, where $\Omega_{f}$ denotes the Fatou set $\widehat{\mathbb{C}} \backslash J_{f}$ and $C>0$ is the constant which appears in Theorem 2.2 or Corollary 2.3.

First of all, we state a result concerning the Hausdorff dimension. The following theorem is essentially due to Järvi-Vuorinen [7], while a quantitative version as in the following can be found in [12].

Theorem 5.1. The Hausdorff dimension of the Julia set $J_{f}$ of a rational map $f$ can be estimated as

$$
\mathrm{H}-\operatorname{dim}\left(J_{f}\right) \geq \frac{\log 2}{\log \left(2 e^{\left.M_{\Omega_{f}}^{\circ}+1\right)} \geq \frac{\log 2}{M_{\Omega_{f}}^{\circ}+\log 3} \geq \frac{\log 2}{\pi^{2} / L_{\Omega_{f}}+\log 3} . . . . ~ . ~\right.}
$$

In particular, any rational map of degree $\geq 2$ has always the Julia set of positive Hausdorff dimension. This is a well-known fact and is also shown in [4] by the uniform perfectness in another method.

The next theorem ensures the regularity of the Julia set in the sense of Dirichlet (cf. [13]) by Wiener's criterion.
Theorem 5.2 (Pommerenke [9]. See also [12]). Let $f$ be a rational map of degree at least two. Then, for each point $a \in J_{f}$ and $0<r<\operatorname{diam} J_{f}$, it holds that $\operatorname{Cap}\left(J_{f} \cap B(a, r)\right) \geq c r$, where $c \leq 1$ is a constant satisfying $\log 1 / c \leq M_{\Omega_{f}}^{\circ}+7 \log 2$, diam stands for the Euclidean diameter, Cap the logarithmic capacity and $B(a, r)$ is the closed disk centered at a with radius $r$.

In fact, the above property characterizes the uniform perfectness of the set $J_{f}$ (see [9]). Similarly, we can state a characterization of uniform perfectness of the closed set in terms of the Hausdorff contents [12].

Finally, we mention the esimate of the hyperbolic (or Poincaré) metric $\rho(z)|d z|=$ $\rho_{\Omega}(z)|d z|$ of $\Omega=\Omega_{f}$ by the distance function $\delta(z)=\delta_{\Omega}(z)=\operatorname{dist}\left(z, J_{f}\right)=\inf _{a \in J_{f}} \mid z-$ $a \mid$, provided that $\infty \in J_{f}$. It is always true that $\rho(z) \leq 1 / \delta(z)$. On the other hand, if $\Omega$ is simply connected, it is well-known that $\rho(z) \geq 1 / 4 \delta(z)$, while this kind of inequality need not be valid in general, even in the case $\partial \Omega$ is a perfect set. But this
is true in our situation, indeed the validity of this inequality characterize the uniform perfectness.

Theorem 5.3 (cf. [12]). For a rational map $f$ of degree at least two, we set $L=$ $L_{\Omega_{f}}$. If $\infty \in J_{f}$ then we have

$$
\frac{1}{4} \tanh L / 2 \leq \inf _{z \in \Omega_{f}} \rho_{\Omega_{f}}(z) \delta_{\Omega_{f}}(z) \leq \frac{\sqrt{3} L}{\sqrt{\pi^{2}+4 L^{2}}}
$$

For another applications and characterizations of uniform perfectness, see [12] and its references.

## 6. Quadratic polynomials

In this section, as the simplest example, we shall consider the quadratic polynomials $f(z)=f_{c}(z)=z^{2}+c$ and attempt to give a concrete lower bound for the uniform perfectness constant $L_{\Omega_{f}}$ (abbreviated by $L_{c}$ ) of the Jula set $J_{c}$ of $f_{c}$ in terms of the parameter $c$. (For a general rational map $f$, we may estimate $L_{\Omega_{f}}$ in the similar way as below, in principle.) For general results of the dynamics of quadratic polynomials, the reader will find a good account in the book [4] by Carleson and Gamelin.

Since $f_{c}$ is a polynomial, the infinity $\infty$ is a superattracting fixed point of $f_{c}$. And 0 is a unique finite critical point of $f_{c}$ and $c$ is the corresponding critical value. Let $\mathcal{M}$ denote the Mandelbrot set $\left\{c \in \mathbb{C} ;\left(f_{c}^{n}(0)\right)_{n=1,2, \cdots} \quad\right.$ is a bounded sequence $\}$. As is well-known, $c \in \mathcal{M}$ if and only if the Julia set $J_{c}$ is connected, in which case $L_{c}=+\infty$ since $\Omega=\Omega_{c}:=\widehat{\mathbb{C}} \backslash J_{c}$ is simply connected, thus we have nothing to do. So we assume that $c \notin \mathcal{M}$ in the sequel. In this case, the Julia set $J_{c}$ is a Cantor set, therefore the Fatou set $\Omega_{c}$ is connected. By Corollary 2.3, it is sufficient to estimate $d_{\Omega}(c, \infty), \iota_{\Omega}(c)$ and $\iota_{\Omega}(\infty)$ from below. To accomplish it, we may utilize the monotonicity property of the hyperbolic metrics. If we find a hyperbolic domain $\widetilde{\Omega}$ containing $\Omega$ which is easier to estimate its hyperbolic metric, then $\rho_{\Omega} \geq \rho_{\widetilde{\Omega}}$ by the Schwarz-Pick lemma. Therefore, it holds that $d_{\Omega}(a, b) \geq d_{\widetilde{\Omega}}(a, b)$ for any $a, b \in \Omega$. On the other hand, it is not always true that $\iota_{\Omega}(a) \geq \iota_{\Omega}(a)$, but we can avoid this difficulty as follows. Fix $a \in \Omega$. Let $D$ be an arbitrary simply connected subdomain of $\Omega$ containing $a$, then we have

$$
\iota_{\Omega}(a) \geq \inf _{w \in \partial D} d_{\Omega}(a, w) \geq \inf _{w \in \partial D} d_{\widetilde{\Omega}}(a, w)
$$

The most useful (but not necessarily sufficient) domain $D$ is thought to be a thrice punctured sphere, since it has been studied for a long time and its hyperbolic metric can be expressed almost explicitly (see, for example, [1] and [3]). Any thrice punctured sphere is conformally (indeed, Möbius) equivalent to the canonical one: $D_{0}=\widehat{\mathbb{C}} \backslash\{0,1, \infty\}$. The following is the precise version of Landau's theorem due to

Hempel [5]: The hyperbolic metric $\rho_{0}(z)|d z|$ of $D_{0}$ satisfies

$$
\begin{equation*}
\rho_{0}(z) \geq \frac{1}{2|z|(|\log | z| |+K)}, \tag{6.1}
\end{equation*}
$$

where $K=\Gamma\left(\frac{1}{4}\right)^{4} / 4 \pi^{2}=4.3768796 \cdots$, and the equality occurs if $z=-1$. Note that this estimate is efficient only on the half plane $\operatorname{Re} z \leq \frac{1}{2}$, otherwise we have only to use the functional equation $\rho_{0}(1-z)=\rho_{0}(z)$.

In order to find out a thrice punctured sphere containing $\Omega$, we have only to specify three points $a_{1}, a_{2}, a_{3}$ in the Julia set, for example, repelling periodic points. In our present case, any periodic point is repelling since $c \notin \mathcal{M}$. For example, fixed points of $f_{c}$ are solutions of the equation: $z^{2}+c=z$, thus $(1 \pm \sqrt{1-4 c}) / 2$. We note that if $\alpha$ is in $J_{c}$, so is $-\alpha$. If we selected the three points $a_{1}, a_{2}, a_{3}$ in the Julia set, let $T$ be the Möbius transformation mapping $a_{1}, a_{2}$ and $a_{3}$ to 0,1 and $\infty$, respectively. Then, $d_{\Omega_{c}}(c, \infty) \geq d_{\widehat{\mathbb{C}} \backslash\left\{a_{1}, a_{2}, a_{3}\right\}}(c, \infty)=d_{0}(T(c), T(\infty))$, where $d_{0}$ denotes the hyperbolic distance in $D_{0}$, however it seems impossible to estimate $\iota_{\Omega_{c}}(c)$ and $\iota_{\Omega_{c}}(\infty)$ by only the data $a_{j}$.

For simplicity, we further assume that $c<-2$ in the following. Set $\alpha=(1+$ $\sqrt{1-4 c}) / 2$ and $\beta=1-\alpha$, then these are fixed points of $f=f_{c}$. Then we see that $S=\cup_{n=1}^{\infty} f^{-n}(\alpha) \subset[-\alpha, \alpha]$, hence $J_{c} \subset[-\alpha, \alpha]$ since $\bar{S}=J_{c}$.

For later convenience, we set $t=\sqrt{1-4 c}-3>0$. Let $T(z)=\frac{(\beta-\alpha)(z+\alpha)}{(\beta+\alpha)(z-\alpha)}=(3+$ $t) \frac{\alpha+z}{\alpha-z}$. Then $T(\infty)=-(3+t)$ and $T(c)=-\frac{t(3+t)}{4+t}$. We also note that $T\left(J_{c}\right) \subset[0, \infty]$. Using (6.1), we can calculate as

$$
d_{\Omega_{c}}(c, \infty) \geq d_{0}(T(c), T(\infty)) \geq \frac{1}{2} \log \frac{\log (3+t)+K}{K}+\frac{1}{2}\left|\log \frac{\log \frac{4+t}{t(3+t)}+K}{K}\right|
$$

Next, we shall estimate the injectivity radii of $\Omega_{c}$ at $c$ and $\infty$. As a preparation, we consider the quantity $h(a)=\iota_{D_{0}}(-a)$ for $a>0$. First we assume that $0<a \leq 1$. Let $\Delta$ be the domain defined by $\left\{\tau \in \mathbb{H} ; 0<\operatorname{Im} \tau<1,\left|\tau-\frac{1}{2}\right|>\frac{1}{2}\right\}$, and $\lambda: \Delta \rightarrow \mathbb{H}$ the conformal homeomorphism from $\Delta$ onto the upper half plane $\mathbb{H}$ which maps $0,1, \infty$ to $1, \infty, 0$, respectively. We denote by $g: \mathbb{H} \rightarrow \Delta$ the inverse map of $\lambda$. Then, as is well-known, $\lambda$ is analytically continued to the universal covering map of $D_{0}$ from $\mathbb{H}$ by the reflection principle, in particular, $1 / 2 \operatorname{Im} \tau=\rho_{0}(\lambda(\tau))\left|\lambda^{\prime}(\tau)\right|$. The map $\lambda$ is nothing but the classical elliptic modular function. For a point $\tau_{0}=\left(e^{i \theta}+1\right) / 2=g(1+a) \in$ $g((1,2]) \quad(\pi / 2 \leq \theta<\pi)$ we can see that $d_{\mathbb{H}}\left(\tau_{0}, g((0,1))\right) \leq d_{\mathbb{H}}\left(\tau_{0}, g((-\infty, 0))\right)$ and that the shortest hyperbolic segment $\gamma$ connecting $\tau$ and $g((0,1))=\{t i ; t>0\}$ is contained in $\left\{\tau \in \Delta ; \operatorname{Re} \tau \leq \frac{1}{2}\right\}$. Noting that $\lambda\left(\left\{\tau \in \Delta ; \operatorname{Re} \tau=\frac{1}{2}\right\}\right)=\{z \in$ $\mathbb{H} ;|z-1|=1\}$, we have $h(a)=\iota_{D_{0}}(-a)=\iota_{D_{0}}(1+a)=\int_{\lambda_{*} \gamma} \rho_{0}(z)|d z|$ and $\lambda_{*} \gamma$ is contained in $\{z \in \overline{\mathbb{H}} ;|z-1| \leq 1\}$. Denote by $\beta$ the closed curve obtained as the union of $1-\lambda_{*} \gamma$ and its complex conjugate, then $|\beta| \leq 1$ and $2 h(a)=\int_{\beta} \rho_{0}(z)|d z|$. Note
that $|d z| \geq(|d r|+r|d \theta|) / \sqrt{2}$, where $z=r e^{i \theta}$. Put $a_{0}=\min |\beta|$, then by (6.1) we have

$$
\begin{aligned}
2 h(a) & \geq \int_{\beta} \frac{|d z|}{2|z|(-\log |z|+K)} \geq \int_{\beta} \frac{|d r|+r|d \theta|}{2 r \sqrt{2}(-\log r+K)} \\
& \geq \frac{2}{2 \sqrt{2}} \log \left(\frac{-\log a_{0}+K}{-\log a+K}\right)+\frac{1}{2 \sqrt{2}} \frac{2 \pi}{-\log a_{0}+K} \\
& \geq \frac{\pi / \sqrt{2}}{-\log a+K},
\end{aligned}
$$

because $K>\pi$.
Next, we consider the case $a>1$. Since the Möbius transformation $z \mapsto 1 / z$ preserves $D_{0}$, we have $h(a)=h(1 / a)$, thus we have $h(a) \geq \pi / 2 \sqrt{2}(\log a+K)$. Therefore, for any $a>0$, we have

$$
\iota_{D_{0}}(-a) \geq \frac{\pi}{2 \sqrt{2}(|\log a|+K)} .
$$

Letting $D=\mathbb{C} \backslash[0, \infty)$, we can estimate the injectivity radius of $\Omega_{c}$ at $T^{-1}(-a)$ as follows:

$$
\iota_{\Omega_{c}}\left(T^{-1}(-a)\right)=\iota_{T\left(\Omega_{c}\right)}(-a) \geq \inf _{w \in \partial D} d_{0}(-a, w)=\iota_{D_{0}}(-a) \geq \frac{\pi}{2 \sqrt{2}(|\log a|+K)}
$$

Hence,

$$
\begin{aligned}
C & :=\min \left\{2 d_{\Omega_{c}}(c, \infty), 4 \iota_{\Omega_{c}}(c), 4 \iota_{\Omega_{c}}(\infty)\right\} \\
& \geq \min \left\{\log \frac{\log (3+t)+K}{K}+\left|\log \frac{\log \frac{4+t}{t(3+t)}+K}{K}\right|, \frac{\sqrt{2} \pi}{\log (3+t)+K}, \frac{\sqrt{2} \pi}{\log \frac{4+t}{t(3+t)}+K}\right\} \\
& =\frac{\sqrt{2} \pi}{\log m+K},
\end{aligned}
$$

where $m=\max \left\{3+t, \frac{4+t}{t(3+t)}\right\}$.
By Corollary 2.3, we have proved the following: For $c<-2$,

$$
L_{\Omega_{c}} \geq \frac{\sqrt{2} \pi}{\log m+K}
$$

where $m=\max \left\{\sqrt{1-4 c}, \frac{\sqrt{1-4 c}+1}{\sqrt{1-4 c}(\sqrt{1-4 c}-3)}\right\}$ and $K$ is the Hempel's constant in (6.1).
In view of Theorem 5.2, we can see that for $c<-2$,

$$
\mathrm{H}-\operatorname{dim} J_{c} \geq \frac{\sqrt{2} \log 2}{\pi(\log m+K)+\sqrt{2} \log 3} .
$$

On the other hand, for a rational map $f$ of degree $d$ such that $\infty \in \Omega_{f}$ the following inequality is known to hold and be best possible [2]:

$$
\mathrm{H}-\operatorname{dim} J_{f} \geq \frac{\log d}{\log K_{0}},
$$

where $K_{0}=\max _{z \in J_{f}}\left|f^{\prime}(z)\right|$.
In our present case, $d=2$ and $K_{0}=2 \alpha=1+\sqrt{1-4 c}$, thus we have

$$
\mathrm{H}-\operatorname{dim} J_{c} \geq \frac{\log 2}{\log (1+\sqrt{1-4 c})}
$$

Therefore, it seems that our estimate is sufficiently good at least in case $c<-2$.

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[^0]:    1991 Mathematics Subject Classification．Primary 30D05，Secondary 30F45．
    Key words and phrases．uniformly perfect，Julia set．

