# GEODESIC SPHERES AND BALLS OF THE HEISENBERG GROUPS 

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#### Abstract

Let $\mathbb{H}^{2 n+1}$ be the $(2 n+1)$-dimensional Heisenberg group equipped with a left-invariant metric. In this paper we study the Gaussian curvatures of the geodesic spheres and the volumes of geodesic balls in $\mathbb{H}^{2 n+1}$.


## 1. Introduction

Let $\mathcal{N}$ be a 2 -step nilpotent Lie algebra with an inner product $\langle$,$\rangle and N$ its unique simply connected 2 -step nilpotent Lie group with the left invariant metric induced by $\langle$,$\rangle on \mathcal{N}$. Let $\mathcal{Z}$ be the center of $\mathcal{N}$. Then $\mathcal{N}$ is represented by the direct sum of $\mathcal{Z}$ and its orthgonal complement $\mathcal{Z}^{\perp}$.

For each $Z \in \mathcal{Z}$, a skew symmetric linear transformation $j(Z): \mathcal{Z}^{\perp} \rightarrow \mathcal{Z}^{\perp}$ is defined by $j(Z) X=(a d X)^{*} Z$ for $X \in \mathcal{Z}^{\perp}$. Or, equivalently,

$$
\langle j(Z) X, Y\rangle=\langle[X, Y], Z\rangle
$$

for all $X, Y \in \mathcal{Z}^{\perp}$.
A 2-step nilpotent Lie algebra $\mathcal{N}$ is said to be an algebra of Heisenberg type if

$$
j(Z)^{2}=-|Z|^{2} \mathrm{id}
$$

for all $Z \in \mathcal{Z}$. And a Lie group $N$ is said to be a group of Heisenberg type if its Lie algebra $\mathcal{N}$ is of Heisenberg type. The classical Heisenberg groups are examples of Heisenberg type.

The Heisenberg groups are examples of Heisenberg type. That is, let $n \geq 1$ be any integer and $\left\{X_{1}, \ldots, X_{n}, Y_{1}, \ldots, Y_{n}\right\}$ a basis of $R^{2 n}=\mathcal{V}$. Let $\mathcal{Z}$ be an one dimensional vector space spanned by $\{Z\}$. Define

$$
\left[X_{i}, Y_{i}\right]=-\left[Y_{i}, X_{i}\right]=Z
$$

for any $i=1,2, \ldots, n$ with all other brackets are zero. Give on $\mathcal{N}=\mathcal{V} \oplus \mathcal{Z}$ the inner product such that the set of vectors $\left\{X_{i}, Y_{i}, Z \mid i=1,2, \ldots, n\right\}$ forms an

[^0]orthonormal basis. Let $N$ be the simply connected 2 -step nilpotent group of Heisenberg type which is determined by $\mathcal{N}$ and equipped with a left-invariant metric induced by the inner product in $\mathcal{N}$. The group $N$ is called the $(2 n+1)-$ dimensional Heisenberg group and denoted by $\mathbb{H}^{2 n+1}$.

In this paper, we characterize the Gaussian curvature of the geodesic spheres and the volumes of the geodesic balls on the Heisenberg group $\mathbb{H}^{2 n+1}$ :

Theorem A. Let $0<R<2 \pi$ and $B_{e}(R)$ be the geodesic ball with center $e$ (identity element) and radius $R$ in $\mathbb{H}^{2 n+1}$. Then, the following holds.

$$
\operatorname{Vol}\left(B_{e}(R)\right) \leq \frac{R^{2 n+1}}{2 n+1} \operatorname{Vol}\left(S^{2 n}\right)\left(1+\frac{R^{2}}{12}\right)
$$

Theorem B. Let $0<R<2 \pi$ and $B_{e}(R)$ be the geodesic ball with center $e$ and radius $R$ in $\mathbb{H}^{3}$. Then, the following holds.

$$
\operatorname{Vol}\left(B_{e}(R)\right)=4 \pi\left(\frac{R^{3}}{3}+2 \sum_{n=2}^{\infty}(-1)^{n} \frac{R^{2 n+1}}{(2 n+1)!(2 n-1)(2 n-3)}\right)
$$

Theorem C. Let $0<R<2 \pi$ and $S_{e}(R)$ be the geodesic sphere with center $e$ and radius $R$ in $\mathbb{H}^{2 n+1}$. Let $p=\gamma(R) \in S_{e}(R)$, where $\gamma(t)$ is a unit speed geodesic with $\gamma(0)=e$ and $\gamma^{\prime}(0)=X_{0}+Z_{0}$. Then, Gaussian curvature $K(p)$ in $S_{e}(R)$ is given as follows:

$$
\begin{aligned}
K(p)= & \left(-\frac{1}{4}+\frac{\left|Z_{0}\right|^{2}\left(1-\left(1-\left|Z_{0}\right|^{2}\right) \cos \left(\left|Z_{0}\right| R\right)\right)}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| R \sin \left(\left|Z_{0}\right| R\right)}\right) \\
& \times\left(-\frac{1}{4}\left(\left|Z_{0}\right|^{4}-\left|Z_{0}\right|^{2}+1\right)+\frac{\left|Z_{0}\right|^{2}}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)}\right)^{n-1}
\end{aligned}
$$

## 2. Preliminaries

Let $\mathcal{N}$ be a 2 -step nilpotent Lie algebra with an inner product $\langle$,$\rangle and N$ be its unique simply connected 2 -step nilpotent Lie group with the left invariant metric induced by $\langle$,$\rangle on \mathcal{N}$. The center of $\mathcal{N}$ is denoted by $\mathcal{Z}$. Then $\mathcal{N}$ can be expressed as the direct sum of $\mathcal{Z}$ and its orthogonal complement $\mathcal{Z}^{\perp}$.

Recall that for $Z \in \mathcal{Z}$, a skew symmetric linear transformation $j(Z): \mathcal{Z}^{\perp} \rightarrow$ $\mathcal{Z}^{\perp}$ is defined by $j(Z) X=(\operatorname{ad} X)^{*} Z$ for $X \in \mathcal{Z}^{\perp}$. Or, equivalently,

$$
\langle j(Z) X, Y\rangle=\langle[X, Y], Z\rangle
$$

for $X, Y \in \mathcal{Z}^{\perp}$. A 2-step nilpotent Lie group $N$ is said to be of Heisenberg type if

$$
j(Z)^{2}=-|Z|^{2} \mathrm{id}
$$

for all $Z \in \mathcal{Z}$.

Let $\nabla$ be the unique Riemannian connection on $\mathcal{N}$. If $\xi_{1}, \xi_{2}$ and $\xi_{3}$ are left-invariant vector fields, then the formula of the covariant derivative

$$
\begin{aligned}
\left\langle\xi_{3}, \nabla_{\xi_{1}} \xi_{2}\right\rangle= & \frac{1}{2}\{ \\
& \xi_{1}\left\langle\xi_{2}, \xi_{3}\right\rangle+\left\langle\xi_{1},\left[\xi_{3}, \xi_{2}\right]\right\rangle+\xi_{2}\left\langle\xi_{1}, \xi_{3}\right\rangle \\
& \left.+\left\langle\xi_{2},\left[\xi_{3}, \xi_{1}\right]\right\rangle-\xi_{3}\left\langle\xi_{2}, \xi_{1}\right\rangle-\left\langle\xi_{3},\left[\xi_{2}, \xi_{1}\right]\right\rangle\right\}
\end{aligned}
$$

can be reduced to

$$
\left\langle\xi_{3}, \nabla_{\xi_{1}} \xi_{2}\right\rangle=\frac{1}{2}\left\{\left\langle\xi_{1},\left[\xi_{3}, \xi_{2}\right]\right\rangle+\left\langle\xi_{2},\left[\xi_{3}, \xi_{1}\right]\right\rangle-\left\langle\xi_{3},\left[\xi_{2}, \xi_{1}\right]\right\rangle\right\}
$$

Using this, the covariant derivatives on $\mathcal{N}$ are given as follows:
Lemma 2.1 ([3]). For a 2-step nilpotent Lie group $N$ with a left invariant metric, the following hold.
(1) $\nabla_{X} Y=\frac{1}{2}[X, Y]$ for $X, Y \in \mathcal{Z}^{\perp}$.
(2) $\nabla_{X} Z=\nabla_{Z} X=-\frac{1}{2} j(Z) X$ for $X \in \mathcal{Z}^{\perp}$ and $Z \in \mathcal{Z}$.
(3) $\nabla_{Z} Z^{*}=0$ for $Z, Z^{*} \in \mathcal{Z}$.

Let $\gamma(t)$ be a curve in $N$ such that $\gamma(0)=e$ (identity element in $N$ ) and $\gamma^{\prime}(0)=X_{0}+Z_{0}$, where $X_{0} \in \mathcal{Z}^{\perp}$ and $Z_{0} \in \mathcal{Z}$. Since $\exp : \mathcal{N} \rightarrow N$ is a diffeomorphism ([10]), the curve $\gamma(t)$ can be expressed uniquely by $\gamma(t)=$ $\exp (X(t)+Z(t)]$ with

$$
\begin{array}{rll}
X(t) \in \mathcal{Z}^{\perp}, & X^{\prime}(0)=X_{0}, & X(0)=0 \\
Z(t) \in \mathcal{Z}, & Z^{\prime}(0)=Z_{0}, & Z(0)=0
\end{array}
$$

A. Kaplan ([7]) shows that the curve $\gamma(t)$ is a geodesic in $N$ if and only if

$$
\begin{array}{r}
X^{\prime \prime}(t)=j\left(Z_{0}\right) X^{\prime}(t) \\
Z^{\prime}(t)+\frac{1}{2}\left[X^{\prime}(t), X(t)\right] \equiv Z_{0}
\end{array}
$$

The following lemma is useful in the later.
Lemma 2.2 ([3]). Let $N$ be a simply connected 2-step nilpotent Lie group with a left invariant metric, and let $\gamma(t)$ be a geodesic of $N$ with $\gamma(0)=e$ and $\gamma^{\prime}(0)=X_{0}+Z_{0}$, where $X_{0} \in \mathcal{Z}^{\perp}$ and $Z_{0} \in \mathcal{Z}$. Then, one has

$$
\gamma^{\prime}(t)=d l_{\gamma(t)}\left(X^{\prime}(t)+Z_{0}\right), t \in R
$$

where $X^{\prime}(t)=e^{t j\left(Z_{0}\right)} X_{0}$ and $l_{\gamma(t)}$ is the left translation by $\gamma(t)$.
Throughout this paper, different tangent spaces will be identified with $\mathcal{N}$ via left translation. So, in above lemma, we can consider $\gamma^{\prime}(t)$ as

$$
\gamma^{\prime}(t)=X^{\prime}(t)+Z_{0}=e^{t j\left(Z_{0}\right)} X_{0}+Z_{0}
$$

## 3. Main results

Let $\mathbb{H}^{2 n+1}$ be the $(2 n+1)$-dimensional Heisenberg group with a left invariant metric and $\mathcal{N}$ its Lie algebra. Let $\gamma(t)$ be a unit speed geodesic on $\mathbb{H}^{2 n+1}$ with $\gamma(0)=e\left(\right.$ the identity element of $\left.\mathbb{H}^{2 n+1}\right)$ and $\gamma^{\prime}(0)=X_{0}+Z_{0}$, where $X_{0} \in \mathcal{Z}^{\perp}$ and $Z_{0} \in \mathcal{Z}$. Assume that $X_{0} \neq 0$ and $Z_{0} \neq 0$. Since

$$
\left\{X_{0}+Z_{0}, \frac{\left|Z_{0}\right|}{\left|X_{0}\right|} X_{0}-\frac{\left|X_{0}\right|}{\left|Z_{0}\right|} Z_{0}, \frac{1}{\left|Z_{0}\right|\left|X_{0}\right|} j\left(Z_{0}\right) X_{0}\right\}
$$

is an ortonormal set in $\mathcal{N}$, we can obtain an orthonormal basis

$$
\begin{aligned}
& \mathcal{B}=\left\{X_{0}+Z_{0}, \frac{\left|Z_{0}\right|}{\left|X_{0}\right|} X_{0}-\frac{\left|X_{0}\right|}{\left|Z_{0}\right|} Z_{0}, \frac{1}{\left|Z_{0}\right|\left|X_{0}\right|} j\left(Z_{0}\right) X_{0}, Y_{k}, \left.\frac{1}{\left|Z_{0}\right|} j\left(Z_{0}\right) Y_{k} \right\rvert\, Y_{k} \in \mathcal{Z}^{\perp},\right. \\
& \\
& \quad k=1,2, \ldots, n-1\}
\end{aligned}
$$

by adding

$$
\left\{Y_{k}, \left.\frac{1}{\left|Z_{0}\right|} j\left(Z_{0}\right) Y_{k} \right\rvert\, Y_{k} \in \mathcal{Z}^{\perp}, k=1,2, \ldots, n-1\right\}
$$

to

$$
\left\{X_{0}+Z_{0}, \frac{\left|Z_{0}\right|}{\left|X_{0}\right|} X_{0}-\frac{\left|X_{0}\right|}{\left|Z_{0}\right|} Z_{0}, \frac{1}{\left|Z_{0}\right|\left|X_{0}\right|} j\left(Z_{0}\right) X_{0}\right\} .
$$

Then, it is easy to show that $\left[X_{0}, Y_{k}\right]=\left[X_{0}, j\left(Z_{0}\right) Y_{k}\right]=0$ for each $k=$ $1,2, \ldots, n-1$.

Proposition 3.1 ([1], [6]). Assume that $X_{0} \neq 0$ and $Z_{0} \neq 0$. If $J(t)$ is a normal Jacobi field along $\gamma$ in $\mathbb{H}^{2 n+1}$ with $J(0)=0$, then

$$
\begin{aligned}
J(t)= & \left(c_{1}\left(\sin \left(\left|Z_{0}\right| t\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| t\right)+c_{2}\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)\right) e_{1}(t) \\
& +\left(c_{1}\left|Z_{0}\right|\left(\cos \left(\left|Z_{0}\right| t\right)-1\right)+c_{2}\left|Z_{0}\right| \sin \left(\left|Z_{0}\right| t\right) e_{2}(t)\right. \\
& +\sum_{k=2}^{n}\left[\left\{\frac{c_{2 k-1}}{\left|Z_{0}\right|} \sin \left(\left|Z_{0}\right| t\right)+\frac{c_{2 k}}{\left|Z_{0}\right|}\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)\right\} e_{2 k-1}(t)\right. \\
& \left.+\left\{c_{2 k-1}\left|Z_{0}\right|\left(\cos \left(\left|Z_{0}\right| t\right)-1\right)+c_{2 k}\left|Z_{0}\right| \sin \left(\left|Z_{0}\right| t\right)\right\} e_{2 k}(t)\right]
\end{aligned}
$$

where $c_{2 k-1}, c_{2 k}, k=1,2, \ldots, n$ are arbitrary constants and $e_{2 k-1}(t), e_{2 k}(t), k=$ $1,2, \ldots, n$ are given in Lemma 3.2.

Lemma 3.2. Assume that $X_{0} \neq 0$ and $Z_{0} \neq 0$. Let

$$
\begin{aligned}
& e_{1}(t)=\frac{\left|Z_{0}\right|}{\left|X_{0}\right|} X^{\prime}(t)-\frac{\left|X_{0}\right|}{\left|Z_{0}\right|} Z_{0} \\
& e_{2}(t)=\frac{1}{\left|Z_{0}\right|\left|X_{0}\right|} j\left(Z_{0}\right) X^{\prime}(t)
\end{aligned}
$$

and let

$$
\begin{aligned}
& e_{2 k-1}(t)=e^{t j\left(Z_{0}\right)} Y_{k} \\
& e_{2 k}(t)=\frac{1}{\left|Z_{0}\right|} e^{t j\left(Z_{0}\right)} j\left(Z_{0}\right) Y_{k} \quad \text { for each } k=2,3, \ldots, n
\end{aligned}
$$

Then, $\left\{\gamma^{\prime}(t), e_{2 k-1}(t), e_{2 k}(t) \mid k=1,2, \ldots, n\right\}$ is an orthonormal frame along $\gamma(t)$ on $\mathbb{H}^{2 n+1}$ such that
(1) $\nabla_{\gamma^{\prime}(t)} e_{1}(t)=\frac{1}{2} e_{2}(t)$ and $\nabla_{\gamma^{\prime}(t)} e_{2}(t)=-\frac{1}{2} e_{1}(t)$
(2) $\nabla_{\gamma^{\prime}(t)} e_{2 k-1}(t)=\frac{\left|Z_{0}\right|}{2} e_{2 k}(t)$ and $\nabla_{\gamma^{\prime}(t)} e_{2 k}(t)=-\frac{\left|Z_{0}\right|}{2} e_{2 k-1}(t)$ for each $k=2,3, \ldots, n$.
Or simply,

$$
\left[\begin{array}{l}
e_{1}^{\prime}(t) \\
e_{2}^{\prime}(t)
\end{array}\right]=\frac{1}{2}\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\left[\begin{array}{l}
e_{1}(t) \\
e_{2}(t)
\end{array}\right]
$$

and

$$
\left[\begin{array}{c}
e_{2 k-1}^{\prime}(t) \\
e_{2 k}^{\prime}(t)
\end{array}\right]=\frac{\left|Z_{0}\right|}{2}\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]
$$

for $k=2,3, \ldots, n$.
The following proposition is a slight modification of Proposition 3.1, which is useful.

Proposition 3.3. For each $k=1,2, \ldots, n$, let $J_{2 k-1}(t)$ and $J_{2 k}(t)$ be the Jacobi fields with $J_{2 k-1}(0)=J_{2 k}(0)=0, J_{2 k-1}^{\prime}(0)=e_{2 k-1}(0)$ and $J_{2 k}^{\prime}(0)=$ $e_{2 k}(0)$. Then, we have that
(1) for $k=1$,

$$
\left[\begin{array}{l}
J_{1}(t) \\
J_{2}(t)
\end{array}\right]=B_{1}(t)\left[\begin{array}{l}
e_{1}(t) \\
e_{2}(t)
\end{array}\right],
$$

where

$$
B_{1}(t)=\frac{1}{\left|Z_{0}\right|^{3}}\left[\begin{array}{cc}
\sin \left(\left|Z_{0}\right| t\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| t & \left|Z_{0}\right|\left(\cos \left(\left|Z_{0}\right| t\right)-1\right) \\
\left|Z_{0}\right|\left(1-\cos \left(\left|Z_{0}\right| t\right)\right) & \left|Z_{0}\right|^{2} \sin \left(\left|Z_{0}\right| t\right)
\end{array}\right]
$$

(2) for $k=2,3, \ldots, n$

$$
\left[\begin{array}{c}
J_{2 k-1}(t) \\
J_{2 k}(t)
\end{array}\right]=B_{k}(t)\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]
$$

where

$$
B_{k}(t)=\left[\begin{array}{cc}
\frac{1}{\left|Z_{0}\right|} \sin \left(\left|Z_{0}\right| t\right) & \left|Z_{0}\right|\left(\cos \left(\left|Z_{0}\right| t\right)-1\right) \\
\frac{1}{\left|Z_{0}\right|^{3}}\left(1-\cos \left(\left|Z_{0}\right| t\right)\right) & \frac{1}{\left|Z_{0}\right|} \sin \left(\left|Z_{0}\right| t\right)
\end{array}\right] .
$$

Proof. Let $J(t)$ be a normal Jacobi field along $\gamma(t)$ with $J(0)=0$. Then, by Proposition 3.1 and Lemma 3.2, we can represent $J(t)$ as follow.

$$
J(t)=\left[\begin{array}{lllll}
c_{1} & c_{2} & \cdots & c_{2 n-1} & c_{2 n}
\end{array}\right]\left[\begin{array}{cccc}
B_{1}(t) & 0 & \cdots & 0 \\
0 & B_{2}(t) & \cdots & 0 \\
\vdots & \vdots & \ddots & \vdots \\
0 & 0 & \cdots & B_{n}(t)
\end{array}\right]\left[\begin{array}{c}
e_{1}(t) \\
e_{2}(t) \\
\vdots \\
e_{2 n-1}(t) \\
e_{2 n}(t)
\end{array}\right] .
$$

Since $B_{k}(0)=0$ and $B_{k}^{\prime}(0)=I$ for each $k=1,2, \ldots, n$, we have that

$$
J^{\prime}(0)=c_{l} e_{1}(0)+c_{2} e_{2}(0)+\cdots+c_{2 n-1} e_{2 n-1}(0)+c_{2 n} e_{2 n}(0)
$$

Just letting $J^{\prime}(0)=e_{k}(0)$ for each $k=1,2, \ldots, 2 n$, we completes the proof.
Corollary 3.4 ([1], [6]). Let $\mathbb{H}^{2 n+1}$ be the $(2 n+1)$-dimensional Heisenberg group and $\mathcal{N}$ its Lie algebra. Let $\gamma(t)$ be a unit speed geodesic in $N$ with $\gamma(0)=e($ the identity element of $N)$ and $\gamma^{\prime}(0)=X_{0}+Z_{0}$, where $X_{0} \in \mathcal{Z}^{\perp}$ and $Z_{0} \in \mathcal{Z}$.
(1) If $Z_{0} \neq 0$, then all the conjugate points along $\gamma$ are at $t \in \frac{2 \pi}{\left|Z_{0}\right|} \mathbb{Z}^{*} \cup \mathbb{A}$ where

$$
\mathbb{Z}^{*}=\{ \pm 1, \pm 2, \ldots\}
$$

and

$$
\mathbb{A}=\left\{t \in \mathbb{R}-\{0\} \left\lvert\,\left(1-\left|Z_{0}\right|^{2}\right) \frac{\left|Z_{0}\right| t}{2}=\tan \frac{\left|Z_{0}\right| t}{2}\right.\right\}
$$

In particular, $\frac{2 \pi}{\left|Z_{0}\right|}$ is the first conjugate point of e along $\gamma$.
(2) If $Z_{0}=0$, then there are no conjugate points along $\gamma$.
G. Walschap ([11]) showed that the first conjugate loci and the cut loci are equal in the case of the groups of Heisenberg type or the 2-step nilpotent groups with one-dimensional center.

So, we see that the geodesic sphere $S_{e}(r)$ with center $e$ and radius $r$ is defined if and only if $r \leq 2 \pi$. So, we consider the geodesic spheres $S_{e}(r)$ and the geodesic balls $B_{e}(r)$ with the radius $r \leq 2 \pi$.

Note that

$$
\operatorname{det}\left(B_{1}(t)\right)=\frac{1}{\left|Z_{0}\right|^{4}}\left\{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| t \sin \left(\left|Z_{0}\right| t\right)\right\}
$$

and

$$
\operatorname{det}\left(B_{k}(t)\right)=\frac{2}{\left|Z_{0}\right|^{2}}\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)
$$

for each $k=2,3, \ldots, n$.
Lemma 3.5 ([9]). For $t \geq 0$, the following holds.

$$
\operatorname{det}\left(B_{1}(t)\right)=\frac{1}{\left|Z_{0}\right|^{4}}\left\{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| t \sin \left(\left|Z_{0}\right| t\right)\right\} \geq 0
$$

Lemma 3.6. For $x>0$, the followings are hold.
(1) $\frac{\sin x}{x} \leq 1$.
(2) $\frac{1-\cos x}{x^{2}} \leq \frac{1}{2}$.
(3) $\frac{2(1-\cos x)-x \sin x}{x^{4}} \leq \frac{1}{12}$.

Proof. We give only the proof of (3) since others are easy. Let

$$
f(t)=\frac{1}{12} x^{4}-\{2(1-\cos x)-x \sin x\}
$$

Then, we have that

$$
f^{\prime}(x)=\frac{1}{3} x^{3}-(\sin x-x \cos x)
$$

and

$$
f^{\prime \prime}(x)=x(x-\sin x)
$$

Since $f^{\prime \prime}(x)>0$ for $x>0$ and $f^{\prime}(0)=0$, we see that $f^{\prime}(x)>0$. Since $f(0)=0$, we get that $f(x)>0$ for $x>0$.

Let $M$ be a Riemannian manifold with a metric $g$ and $p \in M$. Take an orthonormal basis $\left\{u_{1}, u_{2}, \ldots, u_{n}\right\}$ of $T_{p} M$ and let $\left(x_{1}, x_{2}, \ldots, x_{n}\right)$ be the coordinates determined by $\left\{u_{1}, u_{2}, \ldots, u_{n}\right\}$. This local coordinate system is called the normal coordinate system at $p$. It is easy to show that

$$
\frac{\partial}{\partial x_{i m}}=\left(d \exp _{p}\right)_{\sum_{i=1}^{n} x_{i} u_{i}}\left(u_{i}\right)
$$

where $m=\exp _{p}\left(\sum_{i=1}^{n} x_{i} u_{i}\right)$. Then, the volume form $v_{g}$ on $U_{p}$ is given by

$$
v_{g}=\sqrt{\operatorname{det}\left(g\left(\frac{\partial}{\partial x_{i}}, \frac{\partial}{\partial x_{j}}\right)\right)} d x_{1} \wedge d x_{2} \wedge \cdots \wedge d x_{n}
$$

where $g_{i j}$ is the metric coefficients of $g$ in $U_{p}$. Therefore, the volume of the geodesic ball $B_{p}(r)$ is given by

$$
\operatorname{Vol}\left(B_{p}(r)\right)=\int_{\exp _{p}^{-1}\left(B_{p}(r)\right)} \exp _{p}^{*} v_{g}
$$

Let $\gamma(t)$ be the unit speed geodesic in $M$ with $\gamma(0)=p, \gamma^{\prime}(0)=u_{1}$ and let $J_{i}(t)$ be the Jacobi field with $J_{i}(0)=0$ and $J_{i}^{\prime}(0)=u_{i}$ for each $i=2,3, \ldots, n$. Then we know that

$$
\left(d \exp _{p}\right)_{t u_{1}} u_{1}=\gamma^{\prime}(t)
$$

and

$$
\left(d \exp _{p}\right)_{t u_{1}} u_{i}=\frac{1}{t} J_{i}(t)
$$

for each $i=2,3, \ldots, n$. So, we see that

$$
\sqrt{\operatorname{det}\left(g\left(\frac{\partial}{\partial x_{i}}, \frac{\partial}{\partial x_{j}}\right)\right)}=t^{-(n-1)} \sqrt{\operatorname{det}\left(g\left(J_{i}(t), J_{j}(t)\right)\right)} .
$$

Hence, we have that

$$
\begin{aligned}
\exp _{p}^{*} v_{g} & =t^{-(n-1)} \sqrt{\operatorname{det}\left(g\left(J_{i}(t), J_{j}(t)\right)\right)} d x_{1} d x_{2} \cdots d x_{n} \\
& =\sqrt{\operatorname{det}\left(g\left(J_{i}(t), J_{j}(t)\right)\right)} d t d u
\end{aligned}
$$

where $d u$ denote the canonical measure of the unit sphere $S^{n-1}$. Therefore, by Fubini's Theorem we get that

$$
\operatorname{Vol}\left(B_{p}(r)\right)=\int_{S^{n-1}} \int_{0}^{r} \sqrt{\operatorname{det}\left(g\left(J_{i}(t), J_{j}(t)\right)\right)} d t d u
$$

Now we are ready to prove the following proposition which is concerned to the volume of geodesic ball in the Heisenberg group $\mathbb{H}^{2 n+1}$ with a left invariant metric.

Theorem 3.7. Let $0<R<2 \pi$ and $B_{e}(R)$ be the geodesic ball with center $e$ and radius $R$ in $\mathbb{H}^{2 n+1}$. Then, the following holds.

$$
\operatorname{Vol}\left(B_{e}(R)\right) \leq \frac{R^{2 n+1}}{2 n+1} \operatorname{Vol}\left(S^{2 n}\right)\left(1+\frac{R^{2}}{12}\right)
$$

Proof. Using Propsition 3.3, we obtain that

$$
\begin{aligned}
& \operatorname{det}\left(\left\langle J_{i}(t), J_{j}(t)\right\rangle\right) \\
= & \operatorname{det}\left(J_{i}(t) \cdot J_{j}(t)\right) \\
= & \operatorname{det}\left(\left[\begin{array}{c}
J_{1}(t) \\
J_{2}(t) \\
\vdots \\
J_{2 n-1}(t) \\
J_{2 n}(t)
\end{array}\right]\left[\begin{array}{llll}
J_{1}(t) & J_{2}(t) & \cdots & J_{2 n-1}(t) \\
J_{2 n}(t)
\end{array}\right]\right) \\
= & \prod_{k=1}^{n} \operatorname{det}\left(B_{k}(t)\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right] \cdot t\left(B_{k}(t)\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]\right)\right) \\
= & \prod_{k=1}^{n} \operatorname{det}\left(B_{k}(t) \cdot{ }^{t}\left(B_{k}(t)\right)\right) \\
= & \left(\frac{1}{\left|Z_{0}\right|^{4}}\left\{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| t \sin \left(\left|Z_{0}\right| t\right)\right\}\left\{\frac{2}{\left|Z_{0}\right|^{2}}\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)\right\}^{n-1}\right)^{2} .
\end{aligned}
$$

So, by Lemma 3.5 and Lemma 3.6, we have that

$$
\begin{aligned}
& \sqrt{\left.\operatorname{det}\left(\left\langle J_{i}(t), J_{j}(t)\right\rangle\right)\right)} \\
= & \frac{1}{\left|Z_{0}\right|^{4}}\left\{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| t \sin \left(\left|Z_{0}\right| t\right)\right\}\left\{\frac{2}{\left|Z_{0}\right|^{2}}\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)\right\}^{n-1} \\
= & \left\{\frac{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)-\left|Z_{0}\right| t \sin \left(\left|Z_{0}\right| t\right)}{\left(\left|Z_{0}\right| t\right)^{4}} t^{4}+\frac{\sin \left(\left|Z_{0}\right| t\right)}{\left|Z_{0}\right| t} t^{2}\right\}\left\{\frac{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)}{\left(\left|Z_{0}\right| t\right)^{2}} t^{2}\right\}^{n-1} \\
\leq & \left(\frac{1}{12} t^{4}+t^{2}\right) t^{2 n-2} .
\end{aligned}
$$

Hence, we get that

$$
\begin{aligned}
\operatorname{Vol}\left(B_{e}(R)\right) & =\int_{S^{2 n}} \int_{0}^{R} \sqrt{\operatorname{det}\left(\left\langle J_{i}(t), J_{j}(t)\right\rangle\right)} d t d u \\
& \leq \operatorname{Vol}\left(S^{2 n}\right) \int_{0}^{R}\left(\frac{1}{12} t^{4}+t^{2}\right) t^{2 n-2} d t \\
& =\operatorname{Vol}\left(S^{2 n}\right)\left(\frac{R^{2 n+3}}{12(2 n+3)}+\frac{R^{2 n+1}}{2 n+1}\right) \\
& =\frac{R^{2 n+1}}{2 n+1} \operatorname{Vol}\left(S^{2 n}\right)\left(1+\frac{2 n+1}{12(2 n+3)} R^{2}\right) \\
& \leq \frac{R^{2 n+1}}{2 n+1} \operatorname{Vol}\left(S^{2 n}\right)\left(1+\frac{R^{2}}{12}\right) .
\end{aligned}
$$

This completes the proof.
Theorem 3.8. Let $0<R<2 \pi$ and $B_{e}(R)$ be the geodesic ball with center $e$ and radius $R$ in $\mathbb{H}^{3}$. Then, the following holds.

$$
\operatorname{Vol}\left(B_{e}(R)\right)=4 \pi\left(\frac{R^{3}}{3}+2 \sum_{n=2}^{\infty}(-1)^{n} \frac{R^{2 n+1}}{(2 n+1)!(2 n-1)(2 n-3)}\right) .
$$

Proof. Let $u=\left(x_{1}, x_{2}, x_{3}\right) \in S^{2}$ and

$$
\begin{aligned}
f\left(x_{3}, t\right) & =\sqrt{\operatorname{det}\left(\left\langle J_{i}(t), J_{j}(t)\right\rangle\right)} \\
& =\frac{2\left(1-\cos \left(x_{3} t\right)\right)-x_{3} t \sin \left(x_{3} t\right)}{\left(x_{3} t\right)^{4}} t^{4}+\frac{\sin \left(x_{3} t\right)}{x_{3} t} t^{2} .
\end{aligned}
$$

Then, we see that

$$
\operatorname{Vol}\left(B_{e}(R)\right)=\int_{S^{2}} \int_{0}^{R} f\left(x_{3}, t\right) d t d u
$$

Let $D=\left\{\left(x_{1}, x_{2}\right) \mid x_{1}^{2}+x_{2}^{2} \leq 1\right\}$, then since area element $d u$ on the sphere $S^{2}$ is given by

$$
d u=\frac{1}{\sqrt{1-\left(x_{1}^{2}+x_{2}^{2}\right)}} d x_{1} d x_{2}
$$

we have that

$$
\operatorname{Vol}\left(B_{e}(R)\right)=2 \int_{D} \int_{0}^{R} f\left(\sqrt{1-\left(x_{1}^{2}+x_{2}^{2}\right)}, t\right) \frac{1}{\sqrt{1-\left(x_{1}^{2}+x_{2}^{2}\right)}} d t d x_{1} d x_{2} .
$$

Changing the coordinates on $D$ to polar coordinates, we have

$$
\operatorname{Vol}\left(B_{e}(R)\right)=4 \pi \int_{0}^{1} \int_{0}^{R} f\left(\sqrt{1-r^{2}}, t\right) \frac{r}{\sqrt{1-r^{2}}} d t d r .
$$

Replacing $x=\sqrt{1-r^{2}}$, we see that

$$
\operatorname{Vol}\left(B_{e}(R)\right)=4 \pi \int_{0}^{1} \int_{0}^{R} f(x, t) d t d x
$$

where

$$
f(x, t)=\frac{2(1-\cos (x t))-x t \sin (x t)}{(x t)^{4}} t^{4}+\frac{\sin (x t)}{x t} t^{2} .
$$

Since

$$
\frac{\sin (x t)}{x t}=\sum_{n=1}^{\infty}(-1)^{n-1} \frac{(x t)^{2 n-2}}{(2 n-1)!}
$$

and

$$
\begin{aligned}
& \frac{2(1-\cos (x t))-x t \sin (x t)}{(x t)^{4}} \\
= & \frac{1}{(x t)^{4}}\left(2 \sum_{n=1}^{\infty}(-1)^{n-1} \frac{(x t)^{2 n}}{(2 n)!}-x t \sum_{n=1}^{\infty}(-1)^{n-1} \frac{(x t)^{2 n-1}}{(2 n-1)!}\right) \\
= & \sum_{n=2}^{\infty}(-1)^{n-1}\left(\frac{2}{(2 n)!}-\frac{1}{(2 n-1)!}\right)(x t)^{2 n-4},
\end{aligned}
$$

we see that

$$
\int_{0}^{1} \frac{\sin (x t)}{x t} d x=\sum_{n=1}^{\infty}(-1)^{n-1} \frac{t^{2 n-2}}{(2 n-1)!(2 n-1)}
$$

and

$$
\int_{0}^{1} \frac{2(1-\cos (x t))-x t \sin (x t)}{(x t)^{4}} d x=\sum_{n=2}^{\infty} \frac{(-1)^{n-1}}{2 n-3}\left(\frac{2}{(2 n)!}-\frac{1}{(2 n-1)!}\right) t^{2 n-4}
$$

Hence, we have that

$$
\begin{aligned}
& \int_{0}^{1} f(x, t) d x \\
= & t^{4} \int_{0}^{1} \frac{2(1-\cos (x t))-x t \sin (x t)}{(x t)^{4}} d x+t^{2} \int_{0}^{1} \frac{\sin (x t)}{x t} d x \\
= & 2 \sum_{n=1}^{\infty} \frac{(-1)^{n}}{(2 n)!(2 n-1)(2 n-3)} t^{2 n} .
\end{aligned}
$$

Therefore, we see that

$$
\begin{aligned}
\operatorname{Vol}\left(B_{e}(R)\right) & =4 \pi \int_{0}^{R} \int_{0}^{1} f(x, t) d x d t \\
& =8 \pi \sum_{n=1}^{\infty} \frac{(-1)^{n}}{(2 n+1)!(2 n-1)(2 n-3)} R^{2 n+1}
\end{aligned}
$$

Or,

$$
\operatorname{Vol}\left(B_{e}(R)\right)=4 \pi\left(\frac{R^{3}}{3}+2 \sum_{n=2}^{\infty} \frac{(-1)^{n}}{(2 n+1)!(2 n-1)(2 n-3)} R^{2 n+1}\right)
$$

Let $\bar{M}$ be a Riemannian manifold, $M$ its Riemannian submanifold with codimension $1, p \in M$ and a normal vector $\eta$ to $T_{p}(M)$. The shape operator

$$
S_{p}: T_{p}(M) \rightarrow T_{p}(M)
$$

is defined by

$$
S_{p}(x)=-\left(\bar{\nabla}_{x} N\right)^{T} \text { for any } x \in T_{p}(M)
$$

where $N$ is a local extension of $\eta$ normal to $M$ and ${ }^{T}$ denotes the tangential component to $T_{p}(M)$. It is easy to show that if $\eta$ and its extension $N$ are unit vector and unit vector field, then the shape operator is given by

$$
S_{p}(x)=-\bar{\nabla}_{x} N \text { for any } x \in T_{p}(M)
$$

The shape operator $S_{p}$ is symmetric, so there exists an orthonormal basis of eigenvectors $\left\{e_{1}, e_{2}, \ldots, e_{n}\right\}$ with real eigenvalues $\lambda_{1}, \lambda_{2}, \ldots, \lambda_{n}$. We say that the $e_{i}$ are principal directions and $\lambda_{i}$ are principal curvatures of $M$ at $p$. The determinant of shape operator

$$
\operatorname{det}\left(S_{p}\right)=\lambda_{1} \times \lambda_{2} \times \cdots \times \lambda_{n}
$$

is called the Gaussian curvature.
Lemma 3.9 ([12]). Let $\bar{M}$ be a Riemannian manifold, $m \in \bar{M}$ and $M$ the geodesic sphere with center $m$ and radius $r>0$ and $\gamma(t)$ be a unit speed geodesic with $\gamma(0)=m$. Let $J(t)$ be a Jacobi vector fields along $\gamma$ with $J(0)=0$, which is normal to $\gamma$ and $S_{p}$ the shape operator of $M$ at $p=\gamma(r)$. Then, we have that $S_{p}(J(r))=-J^{\prime}(r)$.

Using this lemma, we characterize the Gaussian curvatures on the geodesic spheres of the Heisenberg group $\mathbb{H}^{2 n+1}$.

Theorem 3.10. Let $0<R<2 \pi$ and $S_{e}(R)$ be the geodesic sphere with center $e$ and radius $R$ in $\mathbb{H}^{2 n+1}$. Let $p=\gamma(R) \in S_{e}(R)$, where $\gamma(t)$ is a unit speed geodesic with $\gamma(0)=e$ and $\gamma^{\prime}(0)=X_{0}+Z_{0}$. Then, Gaussian curvature $K(p)$ in $S_{e}(R)$ is given as follows:

$$
\begin{aligned}
K(p)= & \left(-\frac{1}{4}+\frac{\left|Z_{0}\right|^{2}\left(1-\left(1-\left|Z_{0}\right|^{2}\right) \cos \left(\left|Z_{0}\right| R\right)\right)}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| R \sin \left(\left|Z_{0}\right| R\right)}\right) \\
& \times\left(-\frac{1}{4}\left(\left|Z_{0}\right|^{4}-\left|Z_{0}\right|^{2}+1\right)+\frac{\left|Z_{0}\right|^{2}}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)}\right)^{n-1}
\end{aligned}
$$

Proof. By Proposition 3.3, we know that

$$
\left[\begin{array}{c}
J_{2 k-1}(t) \\
J_{2 k}(t)
\end{array}\right]=B_{k}(t)\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]
$$

for eack $k=1,2, \ldots, n$.

Since

$$
\left[\begin{array}{c}
J_{2 k-1}^{\prime}(t) \\
J_{2 k}^{\prime}(t)
\end{array}\right]=B_{k}^{\prime}(t)\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]+B_{k}(t)\left[\begin{array}{c}
e_{2 k-1}^{\prime}(t) \\
e_{2 k}^{\prime}(t)
\end{array}\right]
$$

by Lemma 3.2, we have that

$$
\begin{aligned}
{\left[\begin{array}{c}
J_{1}^{\prime}(t) \\
J_{2}^{\prime}(t)
\end{array}\right] } & =B_{1}^{\prime}(t)\left[\begin{array}{l}
e_{1}(t) \\
e_{2}(t)
\end{array}\right]+B_{1}(t)\left[\begin{array}{l}
e_{1}^{\prime}(t) \\
e_{2}^{\prime}(t)
\end{array}\right] \\
& =\left(B_{1}^{\prime}(t)+\frac{1}{2} B_{1}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right)\left[\begin{array}{l}
e_{1}(t) \\
e_{2}(t)
\end{array}\right]
\end{aligned}
$$

and

$$
\begin{aligned}
{\left[\begin{array}{c}
J_{2 k-1}^{\prime}(t) \\
J_{2 k}^{\prime}(t)
\end{array}\right] } & =B_{k}^{\prime}(t)\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]+B_{k}(t)\left[\begin{array}{c}
e_{2 k-1}^{\prime}(t) \\
e_{2 k}^{\prime}(t)
\end{array}\right] \\
& =\left(B_{k}^{\prime}(t)+\frac{\left|Z_{0}\right|}{2} B_{k}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right)\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]
\end{aligned}
$$

for each $k=2,3, \ldots, n$.
Since

$$
\left[\begin{array}{c}
e_{2 k-1}(t) \\
e_{2 k}(t)
\end{array}\right]=B_{k}(t)^{-1}\left[\begin{array}{c}
J_{2 k-1}(t) \\
J_{2 k}(t)
\end{array}\right]
$$

for eack $k=1,2, \ldots, n$, we have that

$$
\left[\begin{array}{l}
J_{1}^{\prime}(t) \\
J_{2}^{\prime}(t)
\end{array}\right]=\left(B_{1}^{\prime}(t)+\frac{1}{2} B_{1}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right) B_{1}(t)^{-1}\left[\begin{array}{l}
J_{1}(t) \\
J_{2}(t)
\end{array}\right]
$$

and

$$
\left[\begin{array}{c}
J_{2 k-1}^{\prime}(t) \\
J_{2 k}^{\prime}(t)
\end{array}\right]=\left(B_{k}^{\prime}(t)+\frac{\left|Z_{0}\right|}{2} B_{k}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right) B_{k}(t)^{-1}\left[\begin{array}{c}
J_{2 k-1}(t) \\
J_{2 k}(t)
\end{array}\right]
$$

for each $k=2,3, \ldots, n$.
Since the shape operator $S_{\gamma(t)}$ of the geodesic sphere $S_{e}(t)$ is given by

$$
S_{\gamma(t)}(J(t))=-J^{\prime}(t)
$$

the Gaussian curvature $K_{\gamma(t)}$ is

$$
\begin{aligned}
& K_{\gamma(t)} \\
= & \operatorname{det}\left(S_{\gamma(t)}\right) \\
= & \frac{\operatorname{det}\left(B_{1}^{\prime}(t)+\frac{1}{2} B_{1}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right)}{\operatorname{det}\left(B_{1}(t)\right)} \times \prod_{k=2}^{n} \frac{\operatorname{det}\left(B_{k}^{\prime}(t)+\frac{\left|Z_{0}\right|}{2} B_{k}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right)}{\operatorname{det}\left(B_{k}(t)\right)} .
\end{aligned}
$$

Direct calculations give that

$$
\frac{\operatorname{det}\left(B_{1}^{\prime}(t)+\frac{1}{2} B_{1}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right)}{\operatorname{det}\left(B_{1}(t)\right)}=-\frac{1}{4}+\frac{\left|Z_{0}\right|^{2}\left(1-\left(1-\left|Z_{0}\right|^{2}\right) \cos \left(\left|Z_{0}\right| t\right)\right)}{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| t \sin \left(\left|Z_{0}\right| t\right)}
$$

and

$$
\frac{\operatorname{det}\left(B_{k}^{\prime}(t)+\frac{\left|Z_{0}\right|}{2} B_{k}(t)\left[\begin{array}{cc}
0 & 1 \\
-1 & 0
\end{array}\right]\right)}{\operatorname{det}\left(B_{k}(t)\right)}=-\frac{1}{4}\left(\left|Z_{0}\right|^{4}-\left|Z_{0}\right|^{2}+1\right)+\frac{\left|Z_{0}\right|^{2}}{2\left(1-\cos \left(\left|Z_{0}\right| t\right)\right)} .
$$

Hence, the Gaussian curvatue $K_{p}, p=\gamma(R)$ on the geodesic sphere $S_{e}(R)$ is given by

$$
\begin{aligned}
K(p)= & \left(-\frac{1}{4}+\frac{\left|Z_{0}\right|^{2}\left(1-\left(1-\left|Z_{0}\right|^{2}\right) \cos \left(\left|Z_{0}\right| R\right)\right)}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| R \sin \left(\left|Z_{0}\right| R\right)}\right) \\
& \times\left(-\frac{1}{4}\left(\left|Z_{0}\right|^{4}-\left|Z_{0}\right|^{2}+1\right)+\frac{\left|Z_{0}\right|^{2}}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)}\right)^{n-1}
\end{aligned}
$$

By Lemma 3.5, we have that
Corollary 3.11 ([9]). Let $0<R<2 \pi$ and $S_{e}(R)$ be the geodesic sphere with center $e$ and radius $R$ in $\mathbb{H}^{3}$. Let $p=\gamma(R) \in S_{e}(R)$, where $\gamma(t)$ is a unit speed geodesic with $\gamma(0)=e$ and $\gamma^{\prime}(0)=X_{0}+Z_{0}$. Then, Gaussian curvature $K(p)$ of $S_{e}(R)$ is given as follows:

$$
K(p)=-\frac{1}{4}+\frac{\left|Z_{0}\right|^{2}\left(1-\left(1-\left|Z_{0}\right|^{2}\right) \cos \left(\left|Z_{0}\right| R\right)\right)}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)-\left(1-\left|Z_{0}\right|^{2}\right)\left|Z_{0}\right| R \sin \left(\left|Z_{0}\right| R\right)}
$$

In particular, the Gaussian curvatures of the geodesic spheres on the 3-dimensional Heisenberg groups are greater than $-\frac{1}{4}$.

Remark 3.12. If $\left|Z_{0}\right|=1$, then $K_{p}=\left(-\frac{1}{4}+\frac{1}{2(1-\cos R)}\right)^{n}$. So, we see that $K_{p}$ goes to $\infty$ if the radius $R$ goes to $2 \pi$. And if $\left|Z_{0}\right|=0$, then since
$\lim _{\left|Z_{0}\right| \rightarrow 0}\left(-\frac{1}{4}+\frac{\left|Z_{0}\right|^{2}\left(1-\left(1-\left|Z_{0}\right|^{2}\right) \cos \left(\left|Z_{0}\right| R\right)\right)}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)-\left(1-\left|Z_{0}\right|^{2}\left|Z_{0}\right| R \sin \left(\left|Z_{0}\right| R\right)\right.}\right)=-\frac{1}{4}+\frac{6\left(2+R^{2}\right)}{r^{2}\left(12+R^{2}\right)}$
and

$$
\lim _{\left|Z_{0}\right| \rightarrow 0} \frac{\left|Z_{0}\right|^{2}}{2\left(1-\cos \left(\left|Z_{0}\right| R\right)\right)}=\frac{1}{R^{2}}
$$

we see that

$$
K_{p}=\left(-\frac{1}{4}+\frac{6\left(2+R^{2}\right)}{R^{2}\left(12+R^{2}\right)}\right)\left(-\frac{1}{4}+\frac{1}{R^{2}}\right)^{n-1}
$$

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