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*New estimates on the solutions of first order Hamiltonian systems  
possessing super-quadratic potentials and some applications*

We study the following first order Hamiltonian system

$$\mathcal{J}\dot{u} + \nabla H(t, u) = 0, \quad \forall (t, u) \in S_T \times \mathbf{R}^{2N}, \quad (1)$$

where the potential  $H$  is super-quadratic increasing at infinite. We prove two newestimates for the  $C^0$ -norm of the solutions (periodic solutions orhomoclinic soutines) of the system (1) for  $H$  satisfying: (H4).There is a constant  $c > 0$ , such that

$$|\nabla W(t, u)| \leq c(\nabla W(t, u), u), \forall |u| \geq 1.$$

or

$$(H5) \quad \limsup_{|u| \rightarrow \infty} \frac{W_t(t, u)}{|u|^\mu W(t, u)} = 0, \text{ or } \liminf_{|u| \rightarrow \infty} \frac{W_t(t, u)}{|u|^\mu W(t, u)} = 0, \text{ uniformly in } t.$$

Then we use these estimates to show the existence of periodic solutions and homoclinic orbits of the system (1) for  $H$  symmetric in  $u$ -variable and  $H$  without any symmetry respectively.