# Embeddings of finite-dimensional operator spaces into the second dual 

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#### Abstract

We show that, if a a finite-dimensional operator space $E$ is such that $X$ contains $E C$-completely isomorphically whenever $X^{* *}$ contains $E$ completely isometrically, then $E$ is $2^{15} C^{11}$-completely isomorphic to $\mathbf{R}_{m} \oplus \mathbf{C}_{n}$ for some $n, m \in \mathbb{N} \cup\{0\}$. The converse is also true: if $X^{* *}$ contains $\mathbf{R}_{m} \oplus \mathbf{C}_{n} \lambda$-completely isomorphically, then $X$ contains $\mathbf{R}_{m} \oplus \mathbf{C}_{n}(2 \lambda+\varepsilon)$-completely isomorphically for any $\varepsilon>0$.


1. Introduction. Local reflexivity of Banach spaces was first discovered by J. Lindenstrauss and H. Rosenthal in [12]. Later, W. Johnson, H. Rosenthal, and M. Zippin [9] improved on this result, and obtained:

Theorem 1.1. Suppose $X$ is a Banach space, $E$ and $F$ are finite-dimensional subspaces of $X^{* *}$ and $X^{*}$, respectively, and $\varepsilon>0$. Then there exists an operator $u: E \rightarrow X$ such that $\|u\|<1+\varepsilon,\left.u\right|_{E \cap X}=I_{E \cap X}$, and $\langle u e, f\rangle=$ $\langle e, f\rangle$ for any $e \in E$ and $f \in F$.

This immediately implies the result of [12]:
Corollary 1.2. Suppose $E$ and $X$ are Banach spaces, $E$ is a finitedimensional space, and $E$ is contained in $X^{* *} C$-isomorphically (that is, there exists $E^{\prime} \hookrightarrow X^{* *}$ such that $\left.d\left(E, E^{\prime}\right) \leq C\right)$. Then $E$ is contained in $X$ $(C+\varepsilon)$-isomorphically for any $\varepsilon>0$.

In the non-commutative case, the results quoted above do not hold in general. It is well known that an infinite-dimensional operator space need not be locally reflexive. Moreover, for every $n>2$ the space $\ell_{1}^{n}$ (equipped with the maximal operator space structure) is contained in $\mathbf{B}=\mathbf{K}^{* *}$, while, by Theorem 21.5 of $[16], d_{\mathrm{cb}}\left(\ell_{1}^{n}, E\right) \geq n /(2 \sqrt{n-1})$ for any $E \hookrightarrow \mathbf{K}$ (here and below, $\mathbf{B}$ and $\mathbf{K}$ denote the spaces of bounded and compact operators on $\ell_{2}$, respectively).

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In this paper, we show that a "non-commutative" analogue of Corollary 1.2 holds for a finite-dimensional operator space $E$ if and only if $E$ is completely isomorphic to a direct sum of row and column spaces (Theorem 1.3). We say that $X$ contains $E$-completely isomorphically ( $C$-ci) if there exists $F \hookrightarrow X$ such that $d_{\mathrm{cb}}(E, F) \leq C$; and $X$ is said to contain $E$ $C+-c i$ if it contains $E C_{1}$-ci for every $C_{1}>C$. A finite-dimensional operator space $E$ is said to be $C$-bidually representable ( $C-B D R$, for short) if an operator space $X$ contains $E C$-completely isomorphically whenever $X^{* *}$ contains a completely isometric copy of $E$; and $E$ is said to be $C+-B D R$ if it is $C_{1}-\mathrm{BDR}$ for any $C_{1}>C$.

Below, $\mathbf{R}_{n}$ and $\mathbf{C}_{n}$ stand for the spaces spanned by the first row and the first column of $n \times n$ matrices, respectively. $\oplus$ means $\oplus_{\infty}$ (the $\ell_{\infty}$ sum of spaces), unless specified otherwise.

Theorem 1.3.
(1) If $E$ is $\lambda$-completely isomorphic to $\mathbf{R}_{m} \oplus \mathbf{C}_{n}$ for some $m, n \in \mathbb{Z}_{+}$, then $E$ is $2 \lambda^{2}+-B D R$.
(2) If $E$ is $\lambda+-B D R$, then, for some $m, n \in \mathbb{Z}_{+}, d_{\mathrm{cb}}\left(E, \mathbf{R}_{m} \oplus \mathbf{C}_{n}\right) \leq$ $2^{15} \lambda^{11}$.

THEOREM 1.4. An operator space is 1-BDR if and only if it is 1-dimensional.

The rest of the paper is organized as follows: in Section 2, we gather some essential facts about non-dual local reflexivity, and prove item (1) of Theorem 1.3. The proof of Theorem $1.3(2)$ proceeds in two steps. First, we show that $E$ embeds "nicely" into $\mathbf{R} \oplus \mathbf{C}$ (Section 3). In Section 4 we complete the proof of Theorem $1.3(2)$. Section 5 is devoted to proving Theorem 1.4. Finally, in Section 6, we consider our problem in the setting of $C^{*}$-algebras.

The notation used in this paper is, by and large, either standard, or explained above. The minimal (also called injective, or spatial) tensor product of operator spaces is denoted by $\otimes$. If $T: X \rightarrow Y$ is a finite rank operator, $\widetilde{T}$ stands for the corresponding element of $X^{*} \otimes Y\left(\right.$ then $\left.\|T\|_{\text {cb }}=\|\widetilde{T}\|\right)$. We often use $\mathbf{M}_{n}, \mathbf{B}, \mathbf{K}$, and $\mathbf{K}_{0}$-the spaces of $n \times n$ matrices, of bounded operators on $\ell_{2}$, of compact operators on $\ell_{2}$, and of compact operators with matrices having finitely many non-zero entries, respectively.

In the proofs, we use the notion of exactness of an operator space, and the notion of a complete $M$-ideal in an operator space.

We say that an operator space $Z$ is $C$-exact $(C>0)$ if, for any finitedimensional subspace $E \hookrightarrow Z$, and every $\varepsilon>0$, there exist $N \in \mathbb{N}$ and $F \hookrightarrow M_{N}$ with $d_{\mathrm{cb}}(E, F)<C+\varepsilon$; and $Z$ is said to be exact if it is $C$-exact for some $C$. The exactness constant of $Z$ (denoted by $\operatorname{ex}(Z)$ ) is the infimum of all the $C$ 's with the above property. It is easy to see that the row space $\mathbf{R}$,
the column space $\mathbf{C}$, and the space of compact operators $\mathbf{K}$ are 1-exact. On the other hand, it is known that $\mathbf{B}$ is not exact. The reader is referred to [15], Chapter 17 of [16], or Chapter 14 of [6] for more information.

A subspace $X$ of an operator space $Y$ is called a complete $M$-summand if $Y=Y \oplus_{\infty} Z$ for some $Z \hookrightarrow Y$; and $X$ is a complete $M$-ideal in $Y$ if $X^{\perp \perp}$ is a complete $M$-summand in $Y^{* *}$. We refer the reader to [5], or to Section 4.8 of [2], for information about complete $M$-ideals. For the theory of $M$-ideals in Banach spaces, see [8].

Finally, $\mathbb{Z}_{+}=\mathbb{N} \cup\{0\}$ is the set of non-negative integers.
2. Some remarks on bidual representability. To prove Theorem 1.3(1), we begin with

Proposition 2.1. Suppose $E$ and $F$ are finite-dimensional operator spaces, $X$ is an operator space, $u: E \rightarrow X^{* *}$ and $v: X^{* *} \rightarrow F$ are linear maps, and $\varepsilon>0$. Then there exist linear maps $u_{1}: E \rightarrow X$ and $v_{1}: X \rightarrow F$ such that $\left\|u_{1}\right\|_{\text {сb }}\left\|v_{1}\right\|_{\text {cb }}<(1+\varepsilon) \operatorname{ex}\left(E^{*}\right) \operatorname{ex}(F)\|u\|_{\text {cb }}\|v\|_{\text {cb }}$ and $v_{1} u_{1}=v u$.

Proof. Pick biorthogonal systems $\left(e_{i}, e_{i}^{*}\right)_{i=1}^{n}$ and $\left(f_{j}, f_{j}^{*}\right)_{j=1}^{m}$ in $E$ and $F$, respectively. Write $\widetilde{u}=\sum_{i} e_{i}^{*} \otimes x_{i}^{* *}$ and $\widetilde{v}=\sum_{j} f_{j} \otimes x_{j}^{* * *}$ with $x_{i}^{* *} \in X^{* *}$ and $x_{j}^{* * *} \in X^{* * *}$. By Proposition 3.2 .1 of $[6],\left(\mathbf{M}_{N}(X)\right)^{* *}=\mathbf{M}_{N}\left(X^{* *}\right)$ isometrically, hence $\widetilde{v} \in X^{* * *} \otimes F$ can be "approximated" by $\widetilde{v}_{1}=\sum_{j} f_{j} \otimes x_{j}^{*} \in$ $F \otimes X^{*}$ in such a way that (1) $\left\|\widetilde{v}_{1}\right\|<\sqrt{1+\varepsilon} \operatorname{ex}(F)\|\widetilde{v}\|$, and (2) $\left\langle x_{j}^{*}, x_{i}^{* *}\right\rangle=$ $\left\langle x_{j}^{* * *}, x_{i}^{* *}\right\rangle$ for any pair $(i, j)$. Similarly, there exists $\widetilde{u}_{1}=\sum_{i} e_{i}^{*} \otimes x_{i} \in E^{*} \otimes X$ such that $\left\|\widetilde{u}_{1}\right\| \leq \sqrt{1+\varepsilon} \operatorname{ex}\left(E^{*}\right)\|\widetilde{u}\|$, and $\left\langle x_{j}^{*}, x_{i}^{* *}\right\rangle=\left\langle x_{j}^{*}, x_{i}\right\rangle$ for any pair $(i, j)$.

Now go back from tensor products to c.b. maps $u_{1}: E \rightarrow X$ and $v_{1}: X \rightarrow F$. By the above, $\left\|u_{1}\right\|_{\mathrm{cb}}<\sqrt{1+\varepsilon} \operatorname{ex}\left(E^{*}\right)\|u\|_{\mathrm{cb}}$ and $\left\|v_{1}\right\|_{\mathrm{cb}}<$ $\sqrt{1+\varepsilon} \operatorname{ex}(F)\|v\|_{\mathrm{cb}}$. Moreover, for any $i$,

$$
v_{1} u_{1} e_{i}=\sum_{j}\left\langle x_{j}^{*}, x_{i}\right\rangle f_{j}=\sum_{j}\left\langle x_{j}^{* * *}, x_{i}^{* *}\right\rangle f_{j}=v u e_{i}
$$

Therefore, $v u=v_{1} u_{1}$ and $\left\|u_{1}\right\|_{\text {cb }}\left\|v_{1}\right\|_{\text {cb }}<(1+\varepsilon) \operatorname{ex}\left(E^{*}\right) \operatorname{ex}(F)\|u\|_{\text {cb }}\|v\|_{\text {cb }}$. ■
Proposition 2.1 implies:
Corollary 2.2. Suppose $X$ is an operator space, and $\delta>0$. Then:
(1) If $X^{* *}$ contains a $\lambda$-injective finite-dimensional operator space $E C$ completely isomorphically, then $X$ contains $E\left(\lambda C \operatorname{ex}(E) \operatorname{ex}\left(E^{*}\right)+\delta\right)$ completely isomorphically.
(2) If $X^{* *}$ contains $\mathbf{R}_{m} \oplus \mathbf{C}_{n}\left(n, m \in \mathbb{Z}_{+}\right) C$-completely isomorphically, then $X$ contains $\mathbf{R}_{m} \oplus \mathbf{C}_{n}(2 C+\delta)$-completely isomorphically. Consequently, $\mathbf{R}_{m} \oplus \mathbf{C}_{n}$ is $2+-B D R$.
(3) Suppose $E=\mathbf{R}_{m}, \mathbf{C}_{m}, \ell_{\infty}^{2}, \mathbb{C} \oplus_{\infty} \mathbf{R}_{m}$, or $\mathbb{C} \oplus_{\infty} \mathbf{R}_{m}(m \in \mathbb{N})$. If $X^{* *}$ contains $E C$-completely isomorphically, then $X$ contains $E$ $(C+\delta)$-completely isomorphically. Consequently, $E$ is $1+-B D R$.
Proof. (1) Consider a subspace $E^{\prime} \hookrightarrow X^{* *}$ for which there exists a completely contractive isomorphism $u E \rightarrow E^{\prime}$ with $\left\|u^{-1}\right\|_{\mathrm{cb}} \leq C$. As $E$ is $\lambda$ injective, there exists $v: X^{* *} \rightarrow E$ extending $u^{-1}$ (that is, $\left.v\right|_{E^{\prime}}=u^{-1}$ ) of norm not exceeding $\lambda C$. By Proposition 2.1, for every $\varepsilon>0$ there exist $u_{1}$ : $E \rightarrow X$ and $v_{1}: X \rightarrow E$ such that $\left\|u_{1}\right\|_{\text {cb }}\left\|v_{1}\right\|_{\text {cb }} \leq(1+\varepsilon) \operatorname{ex}(E) \operatorname{ex}\left(E^{*}\right) \lambda C$ and $v_{1} u_{1}=v u=I_{E}$. Therefore, $d_{\mathrm{cb}}\left(E, u_{1}(E)\right) \leq(1+\varepsilon) \operatorname{ex}(E) \operatorname{ex}\left(E^{*}\right) \lambda C$. Since $\varepsilon$ can be arbitrarily small, we are done.
(2) The space $\mathbf{R}_{m} \oplus \mathbf{C}_{n}$ embeds into $\mathbf{M}_{m+n}$ as a 1-completely complemented subspace, hence ex $\left(\mathbf{R}_{m} \oplus \mathbf{C}_{n}\right)=1$. Moreover, $\left(\mathbf{R}_{m} \oplus \mathbf{C}_{n}\right)^{*}=$ $\mathbf{C}_{n} \oplus_{1} \mathbf{R}_{m}$ is 2-completely isomorphic to $\mathbf{C}_{n} \oplus \mathbf{R}_{m}$, hence ex $\left(\left(\mathbf{R}_{m} \oplus \mathbf{C}_{n}\right)^{*}\right) \leq 2$. An application of part (1) yields the desired result.
(3) Reason as in the proof of part (2), and recall that $\operatorname{ex}(E)=\operatorname{ex}\left(E^{*}\right)=1$ for any $E$ from the list (see Chapter 21 of [16]).

Remark 2.3. We return to the connections between injectivity, exactness, and BDR in Section 5. Meanwhile, note that by Theorem 1.4, $\mathbb{C}$ is the only $1-\mathrm{BDR}$ space. Hence, the condition of being $1-\mathrm{BDR}$ is much stronger than being $1+$-BDR.

The next result shows that bidual representability is an isomorphic property.

Proposition 2.4. Suppose $X$ is an operator space, $E$ is a finite-dimensional subspace of $X^{* *}, d_{\mathrm{cb}}(E, F)=C_{1}$, and $\mathrm{ex}(F)<C_{2}$. Then there exists an operator space $Y$ such that $d_{\mathrm{cb}}(X, Y)<C_{1} C_{2}$ and $Y^{* *}$ contains a completely isometric copy of $F$.

Proof. Suppose the map $u: E \rightarrow F$ is such that $\|u\|_{\mathrm{cb}}=C_{1}$ and $\left\|u^{-1}\right\|_{\mathrm{cb}}=1$. By renorming $X$, we shall construct a space $Y$ and a map $T: X \rightarrow Y$ such that $\|T\|_{\mathrm{cb}}<C_{1} C_{2}$, and $T^{-1}$ is completely contractive. To this end, find a subspace $F_{1} \hookrightarrow \mathbf{M}_{N}$ and a map $v: F_{1} \rightarrow F$ such that $\left\|v^{-1}\right\|_{\mathrm{cb}}=1$ and $\|v\|_{\mathrm{cb}}<C_{2}$. Embedding $F$ into $\mathbf{B}$ completely isometrically, and applying Stinespring's extension theorem, we obtain an operator $\widetilde{v}: \mathbf{M}_{N} \rightarrow \mathbf{B}$ such that $\left.\widetilde{v}\right|_{F_{1}}=v$ and $\|\widetilde{v}\|_{\text {cb }}=\|v\|_{\text {cb }}$. Let $\widetilde{F}=\widetilde{v}\left(\mathbf{M}_{N}\right)$.

Extend $w=v^{-1} u$ to $\widetilde{w}: X^{* *} \rightarrow \mathbf{M}_{N}$ such that $\|\widetilde{w}\|_{\mathrm{cb}}=\|w\|_{\mathrm{cb}} \leq C_{1}$ and $\left.\widetilde{w}\right|_{E}=w$. Let $C_{1}^{\prime}=C_{1} C_{2} /\|v\|_{\mathrm{cb}}$. The unit ball of $X^{*} \otimes \mathbf{M}_{N}$ is weak ${ }^{*}$ dense in the unit ball of $X^{* * *} \otimes \mathbf{M}_{N}$, hence there exists an operator $w_{1}: X \rightarrow \mathbf{M}_{N}$ such that $\left\|w_{1}\right\|_{\mathrm{cb}}<C_{1}^{\prime}$ and $\left.w_{1}^{* *}\right|_{E}=w$.

Define a new operator space structure $Y$ on $X$ by setting, for $x \in X \otimes \mathbf{K}_{0}$,

$$
\|x\|_{Y \otimes \mathbf{K}}=\max \left\{\|x\|_{X \otimes \mathbf{K}},\left\|\left(\widetilde{v} w_{1} \otimes I_{\mathbf{K}}\right) x\right\|_{\tilde{F} \otimes \mathbf{K}}\right\}
$$

Denote by $T$ the formal identity map from $X$ to $Y$. Clearly, $T^{-1}$ is a complete contraction, and $\|T\|_{\mathrm{cb}} \leq\left\|\widetilde{v} w_{1}\right\|_{\mathrm{cb}}<C_{1} C_{2}$. Moreover, for $x^{* *} \in X^{* *} \otimes \mathbf{K}_{0}$,

$$
\left\|x^{* *}\right\|_{Y^{* *} \otimes \mathbf{K}}=\max \left\{\left\|x^{* *}\right\|_{X^{* *} \otimes \mathbf{K}},\left\|\left(\widetilde{v} w_{1}^{* *} \otimes I_{\mathbf{K}}\right) x^{* *}\right\|_{\widetilde{F} \otimes \mathbf{K}}\right\}
$$

which implies that, for $e \in E \otimes \mathbf{K}_{0},\|e\|_{Y^{* *} \otimes \mathbf{K}}=\left\|\left(u \otimes I_{\mathbf{K}}\right) e\right\|_{F \otimes \mathbf{K}}$.
Proposition 2.5. Suppose the space $E$ is $C+-B D R$. Then $E$ is $C$-exact.
Proof. Apply the definition of BDR to $X=\mathbf{K}$. -
Corollary 2.6. Suppose $E$ and $E^{\prime}$ are operator spaces of the same (finite) dimension, $E$ is $C-B D R, d_{\mathrm{cb}}\left(E, E^{\prime}\right)=\lambda$, and $\operatorname{ex}(E)<\mu$. Then an operator space $X$ contains $E C \lambda \mu$-completely isomorphically whenever $X^{* *}$ contains $E^{\prime}$ completely isometrically. Consequently, $E^{\prime}$ is $C \lambda^{2} \mu-B D R$.

Proof. Suppose $E^{\prime}$ is contained in $X^{* *}$. Consider a map $u: E^{\prime} \rightarrow E$ such that $\|u\|_{\mathrm{cb}}=\lambda$ and $\left\|u^{-1}\right\|_{\mathrm{cb}}=1$. By the proof of Proposition 2.4, there exists an operator space $Y$ and a map $T: X \rightarrow Y$ such that $\|T\|_{\mathrm{cb}}<\lambda \mu$, $\left\|T^{-1}\right\|_{\mathrm{cb}} \leq 1$, and $T^{* *}\left(E^{\prime}\right)=E$. There exists a subspace $F \hookrightarrow Y$ with $d_{\mathrm{cb}}(E, F) \leq C$. Let $F^{\prime}=T^{-1}(F) \hookrightarrow X$. Then

$$
d_{\mathrm{cb}}\left(E, F^{\prime}\right) \leq d_{\mathrm{cb}}(E, F) d_{\mathrm{cb}}\left(F, F^{\prime}\right) \leq d_{\mathrm{cb}}(E, F)\|T\|_{\mathrm{cb}}\left\|T^{-1}\right\|_{\mathrm{cb}}<C \lambda \mu .
$$

Therefore, $d_{\mathrm{cb}}\left(E^{\prime}, F^{\prime}\right) \leq d_{\mathrm{cb}}\left(E^{\prime}, E\right) d_{\mathrm{cb}}\left(E, F^{\prime}\right)<C \lambda^{2} \mu$.
3. Proof of Theorem 1.3(2): $E$ is a subspace of $\mathbf{R} \oplus \mathbf{C}$. In this section, we make the first step toward proving Theorem 1.3(2) by showing that every $C$-BDR space embeds "neatly" into $\mathbf{R} \oplus \mathbf{C}$. More precisely, we prove:

Theorem 3.1. For every $N \in \mathbb{N}$, there exists a separable operator space $X$ such that:
(1) $X^{* *}$ contains $\mathbf{B}$ as a complete $M$-summand.
(2) Suppose $E$ is a finite-dimensional operator space such that $d_{\mathrm{cb}}\left(E, E^{\prime}\right)$ $<C$ for some $E^{\prime} \hookrightarrow \ell_{\infty}\left(\mathbf{M}_{N}\right)$, and $X$ contains $E$ c-completely isomorphically for some $c<C$. Then $E$ is $4 \sqrt{2} C^{3}$-completely isomorphic to a subspace of $\mathbf{R} \oplus \mathbf{C}$.
Consequently, any $C+-B D R$ space is $4 \sqrt{2} C^{3}$-completely isomorphic to a subspace of $\mathbf{R} \oplus \mathbf{C}$.

We start the proof by constructing the space $X$. At the Banach space level, let $X=\left(\bigoplus_{n>N} \mathbf{M}_{n}\right)_{c}$ be the space of all sequences whose elements are $n \times n$ matrices, and which have a limit (in K). Denote by $P_{n}$ (once again, $n>N)$ the canonical "truncation" from $X$ to $\left(\sum_{k=N+1}^{n} \mathbf{M}_{k}\right)_{\infty}$. Let $X_{n}=$ $\operatorname{MAX}_{n}\left(\left(\sum_{k=N+1}^{n} \mathbf{M}_{k}\right)_{\infty}\right)$ (see [13] or [11] for the definition and properties
of the functor $\mathrm{MAX}_{n}$ ), and set, for $x \in X \otimes \mathbf{K}_{0}$,

$$
\begin{equation*}
\|x\|=\sup _{n}\left\|\left(P_{n} \otimes I_{\mathbf{K}}\right) x\right\|_{X_{n} \otimes \mathbf{K}} \tag{3.1}
\end{equation*}
$$

It is easy to notice that the Banach space structure of $X$ is as described above. Denote by $Y$ the space $\left(\bigoplus_{n>N} \mathbf{M}_{n}\right)_{c_{0}}$, with the operator space structure inherited from $X$.

For further use, we state the following easy consequence of (3.1).
Lemma 3.2. Suppose $x$ is an element of $X \otimes \mathbf{M}_{m}(m \in \mathbb{N})$. Write $x=$ $\left(x_{i}\right)_{i>N}$ with $x_{i} \in \mathbf{M}_{i} \otimes \mathbf{M}_{m}$. Then

$$
\|x\|_{X \otimes \mathbf{M}_{m}}=\max \left\{\|x\|_{\left.\left(\sum_{n>N} \mathbf{M}_{n}\right)_{c} \otimes \mathbf{M}_{m}, \max _{N<n \leq m}\left\|\left(P_{n} \otimes I_{\mathbf{M}_{m}}\right) x\right\|_{X_{n} \otimes \mathbf{M}_{m}}\right\} . . . . ~}\right.
$$

Lemma 3.3. $Y$ is a complete $M$-ideal in $X$.
Proof. For $n>N$, define the map $T_{n}: X \rightarrow Y$ by setting

$$
T_{n}\left(\left(x_{i}\right)_{i>N}\right)=\left(x_{N+1}, \ldots, x_{n}, 0,0, \ldots\right)
$$

We need to show that the sequence $\left(T_{n}\right)$ is an $M$-complete approximate identity (see Definition 1.1 of [1]). Clearly, $T_{n} y \rightarrow y$ for any $y \in Y$. Moreover, suppose $x=\left(x_{i}\right)$ and $z=\left(z_{i}\right)$ are elements of $X \otimes \mathbf{M}_{m}$. By Lemma 3.2, for $n \geq m$,

$$
\begin{aligned}
& \left\|\left(T_{n} \otimes I_{\mathbf{M}_{m}}\right)(x)+\left(\left(I-T_{n}\right) \otimes I_{\mathbf{M}_{m}}\right)(z)\right\|=\left\|\left(x_{N+1}, \ldots, x_{n}, z_{n+1}, z_{n+2}, \ldots\right)\right\| \\
& \quad=\max \left\{\left\|\left(x_{N+1}, \ldots, x_{n}, z_{n+1}, z_{n+2}, \ldots\right)\right\|_{\left(\sum_{n>N} \mathbf{M}_{n}\right){ }_{c} \otimes \mathbf{M}_{m}}\right. \\
& \left.\max _{N<k \leq m}\left\|\left(x_{N+1}, \ldots, x_{k}\right)\right\|_{X_{k} \otimes \mathbf{M}_{m}}\right\} \\
& \quad=\max \left\{\max _{N<k \leq n}\left\|x_{k}\right\|, \sup _{k>n}\left\|z_{k}\right\|, \max _{N<k \leq m}\left\|\left(x_{N+1}, \ldots, x_{k}\right)\right\|_{X_{k} \otimes \mathbf{M}_{m}}\right\} \\
& \quad \leq \max \{\|x\|,\|z\|\} .
\end{aligned}
$$

Thus, $\left(T_{n}\right)$ is indeed an $M$-completely approximate identity, and therefore, by Theorem 1.1 of [1], $Y$ is a complete $M$-ideal in $X$.

Lemma 3.4. The quotient $X / Y$ is completely isometric to $\mathbf{K}$.
Proof. Define the map $U: X / Y \rightarrow \mathbf{K}$ by setting $U\left(\left[\left(x_{i}\right)_{i>N}\right]\right)=\lim _{i} x_{i}$. To show that it is a complete isometry, fix $m \in \mathbb{N}$, and consider $x=\left(x_{i}\right)_{i>N}$ $\in X \otimes \mathbf{M}_{m}$. By Lemma 3.2, $\|[x]\|_{X / Y \otimes \mathbf{M}_{m}}=\lim _{i}\left\|x_{i}\right\|=\|U[x]\|_{\mathbf{K} \otimes \mathbf{M}_{m}}$.

Conclusion of the proof of Theorem 3.1. Part (1) of the theorem follows from Lemma 3.4. Suppose $E$ is a finite-dimensional operator space as in part (2), $u: E \rightarrow X$ is a complete contraction, $F=u(E)$, and $\left\|u^{-1}\right\|_{\mathrm{cb}}<C$. Let $F_{n}=P_{n}(F)$ be a subspace of $X_{n}$ (here, $P_{n}$ and $X_{n}$ are as in (3.1)), and let $u_{n}=P_{n} u$. By the definition of $\mathrm{MAX}_{n}$,

$$
\left\|\left(x_{N+1}, \ldots, x_{n}\right)\right\|_{X_{n} \otimes \mathbf{M}_{N}}=\max _{N<k \leq n}\left\|x_{k}\right\|
$$

hence there exists $n>N$ such that $\left\|\left(u_{n} \otimes I_{\mathbf{M}_{N}}\right) e\right\|>C^{-1}\|e\|$ for any $e \in E \otimes \mathbf{M}_{N}$. By Smith's lemma, $\left\|u_{n}^{-1}\right\|_{\mathrm{cb}}<C\left\|u_{n}^{-1} \otimes I_{\mathbf{M}_{N}}\right\|<C^{2}$.

Since $X_{n}^{*}$ is 1-exact, by [17] there exist operators $v: E \rightarrow \mathbf{R} \oplus \mathbf{C}$ and $w: \mathbf{R} \oplus \mathbf{C} \rightarrow X_{n}$ so that $\|v\|_{\mathrm{cb}}\|w\|_{\mathrm{cb}} \leq 4 \sqrt{2} C$ and $u_{n}=w v$. Let $G=v(E)$. Then $d_{\mathrm{cb}}(E, G) \leq\|v\|_{\mathrm{cb}}\left\|u_{n}^{-1} w\right\|_{\mathrm{cb}}<4 \sqrt{2} C^{3}$.

To prove the last assertion, note that, by the reasoning above and Proposition 2.5, any $N$-dimensional $C+$-BDR space $E$ embeds into $\mathbf{R}_{N} \oplus \mathbf{C}_{N}$ $4 \sqrt{2}(C+\varepsilon)^{3}$-completely isomorphically for any $\varepsilon>0$. Letting $\varepsilon$ approach 0 , and applying a classical compactness argument, we complete the proof.
4. Proof of Theorem 1.3(2): $E$ is $\mathbf{R}_{m} \oplus \mathbf{C}_{n}$. In this section, we complete the proof of Theorem 1.3(2). For the convenience of working with Hilbert spaces as much as possible, we use the sum $\oplus_{2}$ : if $X$ and $Y$ are operator spaces, and $x$ and $y$ are elements of $X \otimes \mathbf{K}_{0}$ and $Y \otimes \mathbf{K}_{0}$, respectively, define

$$
\begin{equation*}
\|x \oplus y\|_{\left(X \oplus_{2} Y\right) \otimes \mathbf{K}}=\max \left\{\|x\|,\|y\|,\|x \oplus y\|_{\operatorname{MIN}\left(X \oplus_{2} Y\right) \otimes \mathbf{K}}\right\} . \tag{4.1}
\end{equation*}
$$

Clearly, Ruan's axioms are satisfied, so $X \oplus_{2} Y$ is indeed an operator space.
Note that any $N$-dimensional subspace $E$ of $\mathbf{R} \oplus_{2} \mathbf{C}$ is contained in $\mathbf{R}_{N} \oplus_{2} \mathbf{C}_{N}$. In view of Theorem 3.1, the proof of Theorem 1.3(2) follows from:

Theorem 4.1. Suppose $E$ is an $N$-dimensional subspace of $\mathbf{R}_{N} \oplus_{2} \mathbf{C}_{N}$ which is $\lambda-B D R$. Then $d_{\mathrm{cb}}\left(E, \mathbf{R}_{m} \oplus_{2} \mathbf{C}_{n}\right) \leq 32 \sqrt{2} \lambda$ for suitable $m, n \in \mathbb{Z}_{+}$.

Denote by $A_{\mathbf{R}}$ and $A_{\mathbf{C}}$ the orthogonal projections from $E$ on $\mathbf{R}_{N}$ and $\mathbf{C}_{N}$, respectively. By polar decomposition, there exists an orthonormal basis $\left(e_{i}\right)_{i=1}^{N}$ in $E$ such that $A_{\mathbf{R}} e_{i}=a_{i}^{(\mathbf{R})} e_{i}^{(\mathbf{R})}$, with $0 \leq a_{N}^{(\mathbf{R})} \leq \cdots \leq a_{1}^{(\mathbf{R})} \leq 1$ and $e_{i}^{(\mathbf{R})}$ being an orthonormal basis for $\mathbf{R}_{N}$. Then, for $1 \leq i \leq N, A_{\mathbf{C}} e_{i}=$ $a_{i}^{(\mathbf{C})} e_{i}^{(\mathbf{C})}$, where $e_{i}^{(\mathbf{C})}$ is a unit vector and $a_{i}^{(\mathbf{C})}=\sqrt{1-\left(a_{i}^{(\mathbf{R})}\right)^{2}}$. Note that, for $i \neq j$,

$$
\left\langle e_{i}, e_{j}^{(\mathbf{R})}\right\rangle=\left\langle a_{i}^{(\mathbf{R})} e_{i}^{(\mathbf{R})}+a_{i}^{(\mathbf{C})} e_{i}^{(\mathbf{C})}, e_{j}^{(\mathbf{R})}\right\rangle=0 .
$$

Moreover,

$$
\begin{aligned}
0=\left\langle e_{i}, e_{j}\right\rangle & =\left\langle a_{i}^{(\mathbf{R})} e_{i}^{(\mathbf{R})}+a_{i}^{(\mathbf{C})} e_{i}^{(\mathbf{C})}, a_{j}^{(\mathbf{R})} e_{j}^{(\mathbf{R})}+a_{j}^{(\mathbf{C})} e_{j}^{(\mathbf{C})}\right\rangle \\
& =a_{i}^{(\mathbf{C})} a_{j}^{(\mathbf{C})}\left\langle e_{i}^{(\mathbf{C})}, e_{j}^{(\mathbf{C})}\right\rangle,
\end{aligned}
$$

and therefore, the vectors $\left(e_{i}^{(\mathbf{C})}\right)_{i=1}^{N}$ form an orthonormal basis in $\mathbf{C}_{N}$ (certain minor changes to this construction need to be made if $a_{i}^{(\mathbf{C})}=0$ for some $i$ 's). One can also show that $\left\langle e_{i}, e_{j}^{(\mathbf{C})}\right\rangle=0$ for $i \neq j$.

LEMMA 4.2. $\left(e_{i}\right)_{i=1}^{N}$ is a 1-completely unconditional basis in $E$.

Proof. Suppose $\lambda_{1}, \ldots, \lambda_{N}$ are complex numbers of absolute value not exceeding 1. We have to show that the operator $\Lambda=\operatorname{diag}\left(\left(\lambda_{i}\right)_{i=1}^{N}\right)$ is completely contractive. To this end, consider an operator $\widetilde{\Lambda}$ on $\mathbf{R}_{N} \oplus_{2} \mathbf{C}_{N}$ mapping $e_{i}^{(\mathbf{R})}\left(\right.$ or $\left.e_{i}^{(\mathbf{C})}\right)$ into $\lambda_{i} e_{i}^{(\mathbf{R})}$ (resp. $\lambda_{i} e_{i}^{(\mathbf{C})}$ ) for $1 \leq i \leq N$. By the discussion preceding the statement of this lemma, the restrictions of $\widetilde{\Lambda}$ to $\mathbf{R}_{N}$ and $\mathbf{C}_{N}$ are contractive, hence completely contractive (row and column spaces are 1-homogeneous). Thus, by the homogeneity of minimal spaces, and by (4.1), $\widetilde{\Lambda}$ is completely contractive. To complete the proof, observe that the restriction of $\widetilde{\Lambda}$ to $E$ coincides with $\Lambda$.

This lemma, together with (4.1), yields:
Corollary 4.3. Suppose $\mathcal{I}$ is a subset of $\{1, \ldots, N\}$. Let $E_{\mathcal{I}}=$ $\operatorname{span}\left[e_{i} \mid i \in \mathcal{I}\right]$, and $E_{\mathcal{I}}^{\perp}=\operatorname{span}\left[e_{i} \mid i \notin \mathcal{I}\right]$. Then the formal identity map $\mathrm{id}: E \rightarrow E_{\mathcal{I}} \oplus_{2} E_{\mathcal{I}}^{\perp}$ is completely contractive, and $\left\|\mathrm{id}^{-1}\right\|_{\mathrm{cb}} \leq \sqrt{2}$.

Proof. For simplicity, denote the space $E_{\mathcal{I}} \oplus_{2} E_{\overline{\mathcal{I}}}^{\perp}$ by $F$. Consider $x=$ $\sum_{i} e_{i} \otimes x_{i} \in E \otimes \mathbf{K}$. Then

$$
\begin{aligned}
\|x\|_{E \otimes \mathbf{K}}=\max \left\{\left\|\sum_{i=1}^{N}\left(a_{i}^{(\mathbf{R})}\right)^{2} x_{i}^{*} x_{i}\right\|^{1 / 2}, \|\right. & \sum_{i=1}^{N}\left(a_{i}^{(\mathbf{C})}\right)^{2} x_{i} x_{i}^{*} \|^{1 / 2}, \\
& \left.\left\|\sum_{i=1}^{N} e_{i} \otimes x_{i}\right\|_{\operatorname{MIN}\left(\ell_{2}^{N}\right) \otimes \mathbf{K}}\right\},
\end{aligned}
$$

while

$$
\begin{aligned}
& \|x\|_{F \otimes \mathbf{K}}=\max \left\{\left\|\sum_{i \in \mathcal{I}}\left(a_{i}^{(\mathbf{R})}\right)^{2} x_{i}^{*} x_{i}\right\|^{1 / 2},\left\|\sum_{i \in \mathcal{I}^{c}}\left(a_{i}^{(\mathbf{R})}\right)^{2} x_{i}^{*} x_{i}\right\|^{1 / 2},\right. \\
& \left.\left\|\sum_{i \in \mathcal{I}}\left(a_{i}^{(\mathbf{C})}\right)^{2} x_{i} x_{i}^{*}\right\|^{1 / 2},\left\|\sum_{i \in \mathcal{I}^{c}}\left(a_{i}^{(\mathbf{C})}\right)^{2} x_{i} x_{i}^{*}\right\|^{1 / 2},\left\|\sum_{i=1}^{N} e_{i} \otimes x_{i}\right\|_{\operatorname{MIN}\left(\ell_{2}^{N}\right) \otimes \mathbf{K}}\right\} .
\end{aligned}
$$

Comparing the two displayed expressions yields the result.
Turning back to the proof of Theorem 4.1, denote by $m$ the largest number $i$ for which $a_{i}^{(\mathbf{R})} \geq 1 / \sqrt{2}$ (if $a_{1}^{(\mathbf{R})}<1 / \sqrt{2}$, set $m=0$ ), and let $n=N-m$. Let $E_{\mathbf{R}}=\operatorname{span}\left[e_{i} \mid 1 \leq i \leq m\right], E_{\mathbf{C}}=\operatorname{span}\left[e_{i} \mid m<i \leq N\right]$. For a compact operator $T \in B(H, K)$ ( $H$ and $K$ are Hilbert spaces), we denote by $\|T\|_{2}$ its Hilbert-Schmidt norm. That is, $\|T\|_{2}=\left(\sum_{n} t_{n}^{2}\right)^{1 / 2}$, where $t_{1} \geq t_{2} \geq$ $\cdots \geq 0$ are the singular numbers of $T$. Equivalently, $\|T\|_{2}^{2}=\sum_{i, j}\left|\left\langle T e_{i}, f_{j}\right\rangle\right|^{2}$, where $\left(e_{i}\right)$ and $\left(f_{j}\right)$ are orthonormal bases in $H$ and $K$, respectively.

To complete the proof, it suffices to show that

$$
\max \left\{\left\|\left.A_{\mathbf{C}}\right|_{E_{\mathbf{R}}}\right\|_{2},\left\|\left.A_{\mathbf{R}}\right|_{E_{\mathbf{C}}}\right\|_{2}\right\} \leq 16 \sqrt{2} \lambda .
$$

Indeed, this would imply that $E_{\mathbf{R}}$ and $E_{\mathbf{C}}$ are $32 \lambda$-completely isomorphic to $\mathbf{R}_{m}$ and $\mathbf{C}_{n}$, respectively. An application of Corollary 4.3 would then yield the result. Thus, it remains to prove:

Proposition 4.4. In the above notation, $\left\|\left.A_{\mathbf{C}}\right|_{E_{\mathbf{R}}}\right\|_{2} \leq 16 \sqrt{2} \lambda$.
Proof. If $m=0$, there is nothing to prove. If $m \geq 1$, denote $\left.A_{\mathbf{C}}\right|_{E_{\mathbf{R}}}$ by $A$ for simplicity of notation. Let

$$
X_{1}=\left(\sum_{n>N} \operatorname{MAX}_{n}\left(E_{\mathbf{R}}\right)\right)_{c}, \quad Y=\left(\sum_{n>N} \operatorname{MAX}_{n}\left(E_{\mathbf{R}}\right)\right)_{c_{0}}, \quad X=X_{1} \oplus_{2} E_{\mathbf{C}}
$$

By Proposition 3.2 of [1], $Y$ is a complete $M$-ideal in $X_{1}$. Imitating the proof of Lemma 3.4, one can show that $X_{1} / Y=E_{\mathbf{R}}$ completely isometrically. Therefore, $X_{1}^{* *}$ contains $E_{\mathbf{R}}$ as a complete $M$-summand. Finally, $\mathbf{M}_{s}\left(X^{* *}\right)=$ $\left(\mathbf{M}_{s}(X)\right)^{* *}$ for any $s \in \mathbb{N}$, hence $X^{* *}=X_{1}^{* *} \oplus_{2} E_{\mathbf{C}}$, and therefore, $X^{* *}$ contains $E \sqrt{2}$-completely isomorphically. By Corollary $2.6, X$ contains $E$ $\sqrt{2} \lambda+$-ci.

Pick $C>\lambda$, and consider a complete contraction $u: E \rightarrow X$ satisfying $\left\|u^{-1}\right\|_{\mathrm{cb}} \leq \sqrt{2} C$. Denote the "natural truncation" of $u$ to $E_{\mathbf{C}}$ (or the $n$th summand of $X_{1}, n>N$ ) by $u_{0}$ (respectively, $u_{n}$ ). More precisely, we view $u_{0}\left(\right.$ resp. $\left.u_{n}\right)$ as a map from $E$ to $E_{\mathbf{C}}\left(\right.$ resp. $\left.\operatorname{MAX}_{n}\left(E_{\mathbf{R}}\right)\right)$. In this notation, $F=\operatorname{ker} u_{0}$ is an $M$-dimensional subspace of $E(M \geq m)$. Let $v$ be an isometry from $\mathbf{R}_{M}$ onto $F$. To complete the proof, it suffices to show that
(1) $\|v\|_{\mathrm{cb}} \geq \max \left\{1,\|A\|_{2} / 2\right\}$,
(2) $\left\|u_{n} v\right\|_{\mathrm{cb}} \leq 8$ for any $n>N$.

Indeed, then $\|u v\|_{\mathrm{cb}}=\sup _{n}\left\|u_{n} v\right\|_{\mathrm{cb}} \leq 8$. On the other hand, $v=u^{-1} \circ(u v)$, hence the above inequalities imply

$$
\|A\|_{2} / 2 \leq\|v\|_{\mathrm{cb}}<\sqrt{2} C\|u v\|_{\mathrm{cb}} \leq 8 \sqrt{2} C .
$$

Since $C>\lambda$ is arbitrary, we conclude that $\left\|A_{2}\right\|_{2} \leq 16 \sqrt{2} \lambda$.
We start by proving (4.2(1)). Denote by $Q$ and $Q^{\perp}$ the orthogonal projections from $F$ onto $E_{\mathbf{R}}$ and $E_{\mathbf{C}}$, respectively. Reasoning as in the proof of Lemma 4.2 (see also the discussion preceding it), we can find an orthonormal basis $\left(f_{i}\right)_{i=1}^{M}$ in $F$ such that $\left\langle Q f_{i}, Q f_{j}\right\rangle=\left\langle Q^{\perp} f_{i}, Q^{\perp} f_{j}\right\rangle=0$ if $i \neq j$. By changing the numbering if necessary, assume that $\left\|Q^{\perp} f_{i}\right\| \geq 1 / \sqrt{2}$ for $1 \leq i \leq l$, and $\left\|Q f_{i}\right\|>1 / \sqrt{2}$ for $l<i \leq M$. Let $F_{1}=\operatorname{span}\left[f_{i} \mid 1 \leq i \leq l\right]$, $F_{2}=\operatorname{span}\left[f_{i} \mid l<i \leq M\right]$, and $G_{s}=v^{-1}\left(F_{s}\right)$ for $s=1,2$. We can identify $G_{1}$ and $G_{2}$ with $\mathbf{R}_{l}$ and $\mathbf{R}_{M-l}$, respectively. Note that

$$
\|v\|_{\mathrm{cb}} \geq \max \left\{\left\|\left.v\right|_{G_{1}}\right\|_{\mathrm{cb}},\left\|\left.v\right|_{G_{2}}\right\|_{\mathrm{cb}}\right\} \geq\left(\left\|\left.v\right|_{G_{1}}\right\|_{\mathrm{cb}}^{2}+\left\|\left.v\right|_{G_{2}}\right\|_{\mathrm{cb}}^{2}\right)^{1 / 2} / \sqrt{2} .
$$

However,

$$
\left\|\left.v\right|_{G_{1}}\right\|_{\mathrm{cb}} \geq\left\|\left.Q^{\perp} v\right|_{G_{1}}\right\|_{C B\left(\mathbf{R}_{l}, \mathbf{C}_{M}\right)}=\left\|\left.Q^{\perp} v\right|_{G_{1}}\right\|_{2} \geq \sqrt{l / 2} .
$$

Similarly,

$$
\left\|\left.v\right|_{G_{2}}\right\|_{\mathrm{cb}} \geq\left\|\left.A Q v\right|_{G_{2}}\right\|_{C B\left(\mathbf{R}_{M-l}, \mathbf{C}_{M}\right)}=\left\|\left.A Q v\right|_{G_{2}}\right\|_{2}=\left(\sum_{i=l+1}^{M}\left\|A Q f_{i}\right\|^{2}\right)^{1 / 2}
$$

To evaluate $\|A\|_{2}$, introduce the vectors $f_{i}^{\prime} \in E_{\mathbf{R}}(1 \leq i \leq M)$ in such a way that $E_{\mathbf{R}}=\operatorname{span}\left[f_{i}^{\prime} \mid 1 \leq i \leq M\right]$, and, for each $i,\left\|f_{i}^{\prime}\right\|$ equals 0 or 1 , and $f_{i}^{\prime}=Q f_{i} /\left\|Q f_{i}\right\|$ provided $Q f_{i} \neq 0$ (this is possible, since $M \geq m=\operatorname{dim} E_{\mathbf{R}}$ ). Since $A$ is a contraction, we have

$$
\|A\|_{2}^{2}=\sum_{i=1}^{M}\left\|A f_{i}^{\prime}\right\|^{2} \leq l+2 \sum_{i=l+1}^{M}\left\|A Q f_{i}\right\|^{2} \leq 2\left(\left\|\left.v\right|_{G_{1}}\right\|_{\mathrm{cb}}^{2}+\left\|\left.v\right|_{G_{2}}\right\|_{\mathrm{cb}}^{2}\right) \leq 4\|v\|_{\mathrm{cb}}^{2} .
$$

Moreover, $v$ is an isometry, thus we obtain (4.2(1)).
Next we tackle (4.2(2)). Fix $n$. By [17], there exist operators $T_{\mathbf{R}}: F \rightarrow$ $\mathbf{R}_{M}, T_{\mathbf{C}}: F \rightarrow \mathbf{C}_{M}, S_{\mathbf{R}}: \mathbf{R}_{M} \rightarrow \operatorname{MAX}_{n}\left(E_{\mathbf{R}}\right)$, and $S_{\mathbf{C}}: \mathbf{C}_{M} \rightarrow \operatorname{MAX}_{n}\left(E_{\mathbf{R}}\right)$ so that $\left.u_{n}\right|_{F}=S_{\mathbf{R}} T_{\mathbf{R}}+S_{\mathbf{C}} T_{\mathbf{C}}$ and $\max \left\{\left\|T_{\mathbf{R}}\right\|_{\mathrm{cb}}\left\|S_{\mathbf{R}}\right\|_{\mathrm{cb}},\left\|T_{\mathbf{C}}\right\|_{\mathrm{cb}}\left\|S_{\mathbf{C}}\right\|_{\mathrm{cb}}\right\} \leq$ $2 \sqrt{2}$. Then

$$
\left\|S_{\mathbf{R}} T_{\mathbf{R}} v\right\|_{\mathrm{cb}} \leq\left\|S_{\mathbf{R}}\right\|_{\mathrm{cb}}\left\|T_{\mathbf{R}} v\right\|_{\mathrm{cb}}=\left\|S_{\mathbf{R}}\right\|_{\mathrm{cb}}\left\|T_{\mathbf{R}} v\right\| \leq 2 \sqrt{2}
$$

Moreover,

$$
\left\|S_{\mathbf{C}}\right\|_{\mathrm{cb}} \geq\left\|A_{\mathbf{R}} S_{\mathbf{C}}\right\|_{C B\left(\mathbf{C}_{M}, \mathbf{R}_{N}\right)}=\left\|A_{\mathbf{R}} S_{\mathbf{C}}\right\|_{2} \geq\left\|S_{\mathbf{C}}\right\|_{2} / \sqrt{2}
$$

hence

$$
\left\|S_{\mathbf{C}} T_{\mathbf{C}} v\right\|_{\mathrm{cb}} \leq\left\|S_{\mathbf{C}} T_{\mathbf{C}} v\right\|_{2} \leq\left\|S_{\mathbf{C}}\right\|_{2}\left\|T_{\mathbf{C}} v\right\| \leq 4
$$

Thus,

$$
\left\|u_{n} v\right\|_{\mathrm{cb}} \leq\left\|S_{\mathbf{R}} T_{\mathbf{R}} v\right\|_{\mathrm{cb}}+\left\|S_{\mathbf{C}} T_{\mathbf{C}} v\right\|_{\mathrm{cb}} \leq 8
$$

This establishes (4.2(2)).
Proof of Theorem 1.3(2). Suppose an $N$-dimensional space $E$ is $\lambda+-$ BDR. Pick $C>\lambda$. By Theorem 3.1, there exists a subspace $F$ of $\mathbf{C}_{N} \oplus_{2} \mathbf{R}_{N}$ such that $d_{\mathrm{cb}}(E, F)<8 C^{3}$. By Corollary 2.6 and Proposition 2.5, $F$ is $2^{6} C^{8}$-BDR. By Theorem 4.1, $F$ is $2^{23 / 2} C^{8}$-ci to $G_{C}=\mathbf{R}_{m(C)} \oplus_{2} \mathbf{C}_{n(C)}$. Thus, $d_{\mathrm{cb}}\left(E, G_{C}\right) \leq 2^{29 / 2} C^{11}$. Find a sequence $\left(C_{j}\right)$, decreasing to $\lambda$, such that $m=m\left(C_{j}\right)$ for any $j$ (then $\left.n=N-m\left(C_{j}\right)=n\left(C_{j}\right)\right)$. Clearly, we have $d_{\mathrm{cb}}\left(E, \mathbf{R}_{m} \oplus_{\infty} \mathbf{C}_{n}\right) \leq 2^{15} \lambda^{10}$.
5. Proof of Theorem 1.4, and similar lower estimates. This section is devoted to the proof of Theorem 1.4. Clearly, $\mathbb{C}$ is 1 -BDR. A series of lemmas helps us rule out other spaces. The first lemma seems to be partly folklore.

Lemma 5.1.
(1) Suppose $\left(E_{k}\right)_{k=1}^{\infty}$ is a sequence of Banach spaces, and $E$ is a finitedimensional subspace of $\left(\sum_{k} E_{k}\right)_{c_{0}}$. Then there exists $N \in \mathbb{N}$ such that $E$ is isometric to a finite-dimensional subspace of $\left(\sum_{k=1}^{N} E_{k}\right)_{\infty}$.
(2) Suppose $\left(E_{k}\right)_{k=1}^{\infty}$ is a sequence of operator spaces, and $E$ is a finitedimensional subspace of $\left(\sum_{k} E_{k}\right)_{c_{0}}$. Then there exists $N \in \mathbb{N}$ such that $E$ is completely isometric to a finite-dimensional subspace of $\left(\sum_{k=1}^{N} E_{k}\right)_{\infty}$.
Proof. We prove part (2), since (1) can be dealt with in a similar manner. Let $n=\operatorname{dim} E$. Suppose $\left(e_{i}\right)_{i=1}^{n}$ is an Auerbach basis in $E$-that is, $\max _{i}\left|\alpha_{i}\right| \leq\left\|\sum_{i} \alpha_{i} e_{i}\right\| \leq \sum_{i}\left|\alpha_{i}\right|$ for each sequence $\left(\alpha_{i}\right)$ of scalars. In particular, the projection $R_{j}: E \rightarrow E: \sum_{i} \alpha_{i} e_{i} \mapsto \alpha_{j} e_{j}$ is contractive for every $j$. Since it is a rank one projection, it must also be completely contractive. Thus, for any $\left(a_{i}\right)_{i=1}^{n} \subset \mathbf{K},\left\|\sum_{i} a_{i} \otimes e_{i}\right\| \geq \max _{i}\left\|a_{i}\right\|$.

Now write $e_{i}=\left(e_{i k}\right)_{k=1}^{\infty}$ with $e_{i k} \in E_{k}$. There exists $N \in \mathbb{N}$ such that $\left\|e_{i k}\right\|<1 / n$ for any $1 \leq i \leq n$, and any $k>N$. For such $k$, and for any $\left(a_{i}\right)_{i=1}^{n} \subset \mathbf{K},\left\|\sum_{i} a_{i} \otimes e_{i k}\right\|<\max _{i}\left\|a_{i}\right\|$. Therefore,

$$
\left\|\sum_{i} a_{i} \otimes e_{i}\right\|=\sup _{k}\left\|\sum_{i} a_{i} \otimes e_{i k}\right\|=\max _{1 \leq k \leq N}\left\|\sum_{i} a_{i} \otimes e_{i k}\right\|
$$

which implies that $E$ is completely isometric to a subspace of $\left(\sum E_{k}\right)_{k=1}^{N}$, spanned by the vectors $\widetilde{e_{i}}=\left(e_{i k}\right)_{k=1}^{N}(1 \leq i \leq n)$.

We next apply this lemma to our situation.
Lemma 5.2. Suppose a finite-dimensional operator space $E$ is 1-BDR. Then, for some $N \in \mathbb{N}$, $E$ embeds into $\ell_{\infty}^{N}$ isometrically, and into $\mathbf{M}_{N}$ completely isometrically.

Proof. For $n \in \mathbb{N}$, find $e_{1 n}^{*}, \ldots, e_{M_{n} n}^{*} \in E^{*}$ of norm 1 so that, for any $e \in E$,

$$
\max _{1 \leq k \leq M_{n}}\left|\left\langle e_{k n}^{*}, e\right\rangle\right| \geq\left(1-2^{-n}\right)\|e\|
$$

Define the operator space $E_{n}$ by setting, for $e \in E \otimes \mathbf{K}_{0}$,

$$
\|e\|_{E_{n} \otimes \mathbf{K}}=\max \left\{\left(1-2^{-n}\right)\|e\|_{E \otimes \mathbf{K}}, \max _{1 \leq k \leq M_{n}}\left\|\left(e_{k n}^{*} \otimes I_{\mathbf{K}}\right) e\right\|_{\mathbf{K}}\right\}
$$

Note that, for $e \in E$,

$$
\begin{equation*}
\|e\|_{E_{n}}=\max _{1 \leq k \leq M_{n}}\left|\left\langle e_{k n}^{*}, e\right\rangle\right| \tag{5.1}
\end{equation*}
$$

Let $X=\left(\sum_{n=1}^{\infty} E_{n}\right)_{c_{0}}$. Then the map

$$
u: E \rightarrow X^{* *}=\left(\sum_{n=1}^{\infty} E_{n}\right)_{\ell_{\infty}}: e \mapsto(e, e, \ldots)
$$

is a complete isometry. On the other hand, if $E$ embeds into $X$ isometrically, then, by Lemma 5.1, it must embed into $\left(\sum_{n=1}^{K} E_{n}\right)_{\infty}$ for some $K \in \mathbb{N}$. By (5.1), $E_{n}$ embeds isometrically into $\ell_{\infty}^{M_{n}}$. Therefore, $E$ embeds isometrically into $\ell_{\infty}^{N}$ for $N=\sum_{n=1}^{K} M_{n}$.

Next test 1-bidual representability with $X=\left(\sum_{k=1}^{\infty} \mathbf{M}_{k}\right)_{c_{0}}$. The space $X^{* *}=\left(\sum_{k=1}^{\infty} \mathbf{M}_{k}\right)_{\infty}$ contains $\mathbf{B}$, hence it also contains $E$. Therefore, $X$ contains $E$. By Lemma $5.1, E$ embeds into $\left(\sum_{k=1}^{M} \mathbf{M}_{k}\right)_{\infty}$ for some $M$. A fortiori, $E$ embeds completely isometrically into $\mathbf{M}_{N}$ with $N=M(M+1) / 2$.

Corollary 5.3. If a $1-B D R$ space $E$ has dimension at least 2 , then $E$ is not strictly convex.

Recall that a Banach space $E$ is called strictly convex if, for any $e_{1}, e_{2}$ in $E$, the equality $\left\|e_{1}+e_{2}\right\|^{2}=2\left(\left\|e_{1}\right\|^{2}+\left\|e_{2}\right\|^{2}\right)$ implies $e_{1}=e_{2}$.

Proof. By Lemma 5.2, there exist linear functionals $f_{1}, \ldots, f_{N} \in E^{*}$ such that $\|e\|=\max _{1 \leq i \leq N}\left|\left\langle f_{i}, e\right\rangle\right|$ for any $e \in E$. Therefore, there exist $i$ and two distinct elements $e_{1}, e_{2}$ of the unit ball of $E$ satisfying

$$
\left\|e_{1}\right\|=\left\|e_{2}\right\|=\left|\left\langle f_{i}, e_{1}\right\rangle\right|=\left|\left\langle f_{i}, e_{2}\right\rangle\right|=1
$$

Then $4=\left\|e_{1}+e_{2}\right\|^{2}=2\left(\left\|e_{1}\right\|^{2}+\left\|e_{2}\right\|^{2}\right)$.
Proof of Theorem 1.4. Suppose, for the sake of contradiction, that $\operatorname{dim} E$ $>1$, and $E$ is $1-\mathrm{BDR}$. By Lemma $5.2, E$ embeds into $\mathbf{M}_{N}$ completely isometrically. We then construct an operator space $X$, isomorphic to $c_{0}\left(\mathbf{M}_{N}\right)$, which is strictly convex (hence, by Corollary $5.3, X$ cannot contain $E$ isometrically), but such that $X^{* *}$ contains $\mathbf{M}_{N}$ completely isometrically.

To this end, find a dense sequence $\left(f_{j}\right)_{j=1}^{\infty}$ in the unit ball of $\mathbf{M}_{N}^{*}$. For $x=\left(x_{1}, x_{2}, \ldots\right) \in c_{0}\left(\mathbf{M}_{N}\right)$, set

$$
\begin{align*}
\|x\|_{X} & =\sup _{n}\|x\|_{n}, \quad \text { where }  \tag{5.2}\\
\|x\|_{n} & =\left(\left\|x_{n}\right\|^{2}+\sum_{j, k=1}^{\infty} 10^{-(n+j+k)}\left|\left\langle f_{j}, x_{k}\right\rangle\right|^{2}\right)^{1 / 2}
\end{align*}
$$

Observe that

$$
\begin{aligned}
\sum_{j, k=1}^{\infty} 10^{-(n+j+k)}\left|\left\langle f_{j}, x_{k}\right\rangle\right|^{2} & \leq 10^{-(n+1)} \sum_{j, k=1}^{\infty} 10^{-(j+k-1)}=10^{-(n+1)} \sum_{\ell=0}^{\infty} l 10^{-l} \\
& =10^{-(n+1)}\left(\frac{1}{1-1 / 10}\right)^{2}<1.25 \cdot 10^{-(n+1)}
\end{aligned}
$$

$$
\begin{equation*}
\|x\|_{n}<\left\|x_{n}\right\|+10^{-n}\|x\|_{c_{0}\left(\mathbf{M}_{N}\right)} \tag{5.3}
\end{equation*}
$$

hence $\|\cdot\|_{X}$ is well defined. To show that $\|\cdot\|_{n}$ is a norm, note that $\|x\|_{n}=$ $\left\|J_{n} x\right\|_{\mathbf{M}_{N} \oplus_{2} \ell_{2}(\mathbb{N} \times \mathbb{N})}$, where

$$
J_{n}: c_{0}\left(\mathbf{M}_{N}\right) \rightarrow \mathbf{M}_{N} \oplus_{2} \ell_{2}(\mathbb{N} \times \mathbb{N}): x \mapsto\left(x_{n},\left(10^{-(n+j+k)}\left\langle f_{j}, x_{k}\right\rangle\right)_{j, k}\right)
$$

By (5.3), $\lim _{n}\left\|J_{n} x\right\|=0$ for any $x$, hence (5.2) describes $X$ as a subspace of $\left(\sum\left(\mathbf{M}_{N} \oplus_{2} \ell_{2}\right)\right)_{c_{0}}$, and $\|\cdot\|_{X}$ is a norm. Thus, $X^{* *}$ is isomorphic to $\ell_{\infty}\left(\mathbf{M}_{N}\right)$, and the norm is also given by (5.2).

Finally, note that the supremum in (5.2) is attained. Indeed, if $\|x\|_{c_{0}\left(\mathbf{M}_{N}\right)}=1$, find $K \in \mathbb{N}$ such that $\left\|x_{n}\right\|^{2}+10^{-n}<1 / 4$ for $n \geq K$. For such $n,\|x\|_{n}<1 / 2$, while $\|x\|_{X}>1$. Therefore, $\|x\|_{X}=\max _{n<K}\|x\|_{n}$.

To show that $X$ is strictly convex, suppose $\left\|x^{(1)}+x^{(2)}\right\|^{2}=2\left(\left\|x^{(1)}\right\|^{2}+\right.$ $\left.\left\|x^{(2)}\right\|^{2}\right)$ for some $x^{(1)}, x^{(2)} \in X$. By the observation above, there exists $n \in \mathbb{N}$ such that $\left\|x^{(1)}+x^{(2)}\right\|=\left\|x^{(1)}+x^{(2)}\right\|_{n}$. Therefore (writing $x^{(s)}=\left(x_{n}^{(s)}\right)_{n=1}^{\infty}$ ),

$$
\begin{aligned}
0 \geq & 2\left(\left\|x^{(1)}\right\|_{n}^{2}+\left\|x^{(2)}\right\|_{n}^{2}\right)-\left\|x^{(1)}+x^{(2)}\right\|_{n}^{2} \\
= & 2\left(\left\|x_{n}^{(1)}\right\|^{2}+\left\|x_{n}^{(2)}\right\|^{2}\right)-\left\|x_{n}^{(1)}+x_{n}^{(2)}\right\|^{2} \\
& +\sum_{j, k=1}^{\infty} 10^{-(n+j+k)}\left(2\left(\left|\left\langle f_{j}, x_{k}^{(1)}\right\rangle\right|^{2}+\left|\left\langle f_{j}, x_{k}^{(2)}\right\rangle\right|^{2}\right)-\left|\left\langle f_{j}, x_{k}^{(1)}+x_{k}^{(2)}\right\rangle\right|^{2}\right) .
\end{aligned}
$$

But, by the triangle inequality,

$$
2\left(\left\|x_{n}^{(1)}\right\|^{2}+\left\|x_{n}^{(2)}\right\|^{2}\right) \geq\left\|x_{n}^{(1)}+x_{n}^{(2)}\right\|^{2}
$$

and

$$
2\left(\left|\left\langle f_{j}, x_{k}^{(1)}\right\rangle\right|^{2}+\left|\left\langle f_{j}, x_{k}^{(2)}\right\rangle\right|^{2}\right) \geq\left|\left\langle f_{j}, x_{k}^{(1)}+x_{k}^{(2)}\right\rangle\right|^{2} .
$$

In the last display, equality holds if and only if $x_{k}^{(1)}=x_{k}^{(2)}$ for every $k$. Thus, $x^{(1)}=x^{(2)}$.

Define the operator space structure on $X$ by setting, for $x \in X \otimes \mathbf{K}_{0}$,

$$
\|x\|=\max \left\{\|x\|_{\operatorname{MIN}(X) \otimes \mathbf{K}_{0}},\|x\|_{c_{0}\left(\mathbf{M}_{N}\right) \otimes \mathbf{K}_{0}}\right\}
$$

In other words, the operator space structure on $X$ is generated by its "natural" embedding into $\operatorname{MIN}(X) \oplus c_{0}\left(\mathbf{M}_{N}\right)$. Then $X^{* *}$ embeds into $\operatorname{MIN}\left(X^{* *}\right) \oplus$ $\ell_{\infty}\left(\mathbf{M}_{N}\right)$, and, for $x \in X^{* *} \otimes \mathbf{K}_{0}$,

$$
\begin{equation*}
\|x\|=\max \left\{\|x\|_{\operatorname{MiN}\left(X^{* *}\right) \otimes \mathbf{K}_{0}},\|x\|_{\ell_{\infty}\left(\mathbf{M}_{N}\right) \otimes \mathbf{K}_{0}}\right\} \tag{5.4}
\end{equation*}
$$

Define $U: \mathbf{M}_{N} \rightarrow X^{* *}: a \mapsto\left(\left(1-10^{-n}\right) a\right)_{n=1}^{\infty}$. By (5.2) and the discussion following it, and by (5.4), $U$ is a complete contraction. Furthermore, for any $a \in \mathbf{M}_{N} \otimes \mathbf{K}_{0}$,

$$
\left\|\left(U \otimes I_{\mathbf{K}}\right) a\right\|_{X^{* *} \otimes \mathbf{K}} \geq \sup _{n}\left(1-10^{-n}\right)\|a\|_{\mathbf{M}_{N} \otimes \mathbf{K}}=\|a\|
$$

hence $U$ is a complete isometry.
REMARK 5.4. In a similar way one can prove the commutative version of Theorem 1.4: if a finite-dimensional Banach space $E$ is such that a Banach
space $X$ contains $E$ isometrically whenever $X^{* *}$ contains $E$ isometrically, then $E$ is 1-dimensional. Indeed, one can imitate the proof of Lemma 5.2 to show that such an $E$ embeds into $\ell_{\infty}^{N}$ for some $N$. Then, as above, one constructs a strictly convex Banach space $Z$ whose dual contains $\ell_{\infty}^{N}$.

Next we investigate the smallest $C$ for which the given space $E$ is $C$ - BDR .
Theorem 5.5. Suppose $E$ is a finite-dimensional $C$-injective operator space which is $\lambda+-B D R$. Then $\lambda \geq \operatorname{ex}\left(E^{*}\right) /(C \operatorname{ex}(E))$.

Proof. Suppose, for the sake of contradiction, that $\lambda<\operatorname{ex}\left(E^{*}\right) /(C \operatorname{ex}(E))$. Pick $C_{1}>\operatorname{ex}(E), C_{2}<\operatorname{ex}\left(E^{*}\right)$, and $C_{3}>\lambda$ such that $C_{2} /\left(C_{1} C_{3}\right)>C$. Following the proof of Theorem 3.1, find $E_{1} \hookrightarrow \mathbf{M}_{N}$ such that $d_{\mathrm{cb}}\left(E, E_{1}\right)<C_{1}$. Also, define the spaces $X_{n}(n>N)$ and $X$ as in the proof of that theorem. We know that $X^{* *}$ contains $\mathbf{B}$ as a complete $M$-summand. Suppose $X$ contains $E C_{3}$-ci. As in the proof of Theorem 3.1, we conclude that, for some $n>N, X_{n}$ contains $E C_{1} C_{3}$-ci. That is, there exists a subspace $F \hookrightarrow X_{n}$ and a complete contraction $u: F \rightarrow E$ with $\left\|u^{-1}\right\|_{\mathrm{cb}} \leq C_{1} C_{3}$. Since $E$ is $C$-injective, there exists a map $\widetilde{u}: X_{n} \rightarrow E$ such that $\left.\widetilde{u}\right|_{F}=u$ and $\|\widetilde{u}\|_{\text {cb }} \leq C$.

As $\operatorname{ex}\left(E^{*}\right)>C_{2}$, there exists an operator $v: E \rightarrow \mathbf{B}$ such that $\|v\|_{\mathrm{cb}}>C_{2}$ and $\left\|v \otimes I_{\mathbf{M}_{n}}\right\|<1$ (to see this, apply Theorem 18 of [15] to $E^{*}$, and dualize). Note that

$$
\|v \widetilde{u}\|_{\mathrm{cb}} \geq\|v u\|_{\mathrm{cb}} \geq \frac{\|v\|_{\mathrm{cb}}}{\left\|u^{-1}\right\|_{\mathrm{cb}}} \geq \frac{C_{2}}{C_{1} C_{3}}
$$

On the other hand, by definition of $X_{n}$,

$$
\|v \widetilde{u}\|_{\mathrm{cb}}=\left\|v \widetilde{u} \otimes I_{\mathbf{M}_{n}}\right\| \leq\left\|v \otimes I_{\mathbf{M}_{n}}\right\|\|\widetilde{u}\|_{\mathrm{cb}}<C .
$$

This contradicts our assumption that $C_{2} /\left(C_{1} C_{3}\right)>C$.
Corollary 5.6. If $\ell_{\infty}^{n}$ is $C-B D R$, then $C \geq n /(2 \sqrt{n-1})$.
Proof. We know that $E=\ell_{\infty}^{n}$ is 1-injective and 1-exact. Moreover (see Theorem 21.5 of $[16])$, $\operatorname{ex}\left(E^{*}\right) \geq n /(2 \sqrt{n-1})$. We complete the proof by applying Theorem 5.5.
6. $C^{*}$-algebras and bidual representability. Passing from operator spaces to $C^{*}$-algebras, we obtain:

Proposition 6.1. Suppose $X$ is a $C^{*}$-algebra, and $n \in \mathbb{N}$. Then the following are equivalent:
(1) $X^{* *}$ contains $\mathbf{M}_{n}$ completely isometrically.
(2) $X^{* *}$ contains $\mathbf{M}_{n}$ as a sub- $C^{*}$-algebra.
(3) $X$ contains $\mathbf{M}_{n}$ completely isometrically.
(4) $X^{* *}$ contains $\mathbf{M}_{n}$ c-completely isomorphically for some $c<n /(n-1)$.
(5) There exists an irreducible representation of $X$ into $B(H)$ with $\operatorname{dim} H \geq n$.

Remark 6.2. J. Roydor [18] proved a related result: if a $C^{*}$-algebra $X$ embeds into $C\left(\Omega, \mathbf{M}_{n}\right)$ (for some $\left.\Omega\right)$ completely isometrically, then $X$ is a $C^{*}$-subalgebra of $C\left(\Omega^{\prime}, \mathbf{M}_{n}\right)$ for some set $\Omega^{\prime}$.

Below, we denote by $\left(E_{i j}\right)_{i, j=1}^{n}$ the canonical matrix units in $\mathbf{M}_{n}$.
Lemma 6.3. Suppose $n>m$, and $T: \mathbf{M}_{n} \rightarrow \mathbf{M}_{m}$ is a complete contraction. Then

$$
\left\|T \otimes I_{\mathbf{M}_{n}}\left(\sum_{i=1}^{n} E_{i j} \otimes E_{i j}\right)\right\|_{\mathbf{M}_{m} \otimes \mathbf{M}_{n}} \leq m
$$

Corollary 6.4. If $\mathcal{I}$ is a set, $m<n$, and $E$ is an $n^{2}$-dimensional subspace of $\ell_{\infty}\left(\mathcal{I}, \mathbf{M}_{m}\right)$, then $d_{\mathrm{cb}}\left(\mathbf{M}_{n}, E\right) \geq n / m$.

Proof. Consider a complete contraction $T: \mathbf{M}_{n} \rightarrow E$. By Lemma 6.3, $\left\|T \otimes I_{\mathbf{M}_{n}}\left(\sum_{i=1}^{n} E_{i j} \otimes E_{i j}\right)\right\| \leq m$. However, $\left\|\sum_{i, j=1}^{n} E_{i j} \otimes E_{i j}\right\|_{\mathbf{M}_{n} \otimes \mathbf{M}_{n}}=n$.

Proof of Lemma 6.3. Consider a complete contraction $T: \mathbf{M}_{n} \rightarrow \mathbf{M}_{m}$. By Stinespring's representation theorem, there exists a Hilbert space $\widetilde{H}$, a unital representation $\pi: \mathbf{M}_{n} \rightarrow B(\widetilde{H})$, and contractions $U \in B\left(\widetilde{H}, \ell_{2}^{m}\right)$, $V \in B\left(\ell_{2}^{m}, \widetilde{H}\right)$ such that $T a=U \pi(a) V$ for any $a \in \mathbf{M}_{n}$. Note that, for each $i$, $p_{i}=\pi\left(E_{i i}\right)$ is a projection. Denote its range by $H_{i}$. Then $\pi\left(E_{i j}\right)$ is a partial isometry, with initial and terminal projections $H_{i}$ and $H_{j}$, respectively. Let $H=H_{1}$ and $u_{i}=\pi\left(E_{i 1}\right): H \rightarrow H_{i}$ (once again, $1 \leq i \leq n$ ). Then $\ell_{2}^{n}(H)$ can be identified with $\widetilde{H}$ via $\left(\xi_{i}\right)_{i=1}^{n} \mapsto \sum_{i=1}^{n} u_{i} \xi_{i}$.

For $1 \leq i \leq n$, let $U_{i}=U u_{i} \in B\left(H, \ell_{2}^{m}\right)$ and $V_{i}=u_{i} p_{i} V \in B\left(\ell_{2}^{m}, H\right)$. Then we can identify $U$ with $\sum_{i=1}^{n} E_{1 i} \otimes U_{i}$ (viewed as an operator from $\ell_{2}^{n}(H)$ to $\left.\ell_{2}^{m}\right)$. Similarly, we identify $V$ with $\sum_{i=1}^{n} E_{i 1} \otimes V_{i} \in B\left(\ell_{2}^{m}, \ell_{2}^{n}(H)\right)$. Then

$$
\begin{aligned}
& \|V\|=\left\|\sum_{i=1}^{n} E_{i 1} \otimes V_{i}\right\|=\left\|\sum_{i=1}^{n} V_{i}^{*} V_{i}\right\|^{1 / 2} \leq 1 \\
& \|U\|=\left\|\sum_{i=1}^{n} E_{1 i} \otimes U_{i}\right\|=\left\|\sum_{i=1}^{n} U_{i} U_{i}^{*}\right\|^{1 / 2} \leq 1
\end{aligned}
$$

Moreover, $T E_{i j}=U_{i} V_{j}$ for any $i$ and $j$. Therefore,

$$
\begin{aligned}
\left\|T \otimes I_{\mathbf{M}_{n}}\left(\sum_{i, j=1}^{n} E_{i j} \otimes E_{i j}\right)\right\|_{\mathbf{M}_{m} \otimes \mathbf{M}_{n}} & =\left\|\sum_{i, j=1}^{n} U_{i} V_{j} \otimes E_{i j}\right\| \\
& =\left\|\left(\sum_{i} U_{i} \otimes E_{i 1}\right)\left(\sum_{j} V_{j} \otimes E_{1 j}\right)\right\|
\end{aligned}
$$

However,

$$
\begin{aligned}
\left\|\sum_{i} U_{i} \otimes E_{i 1}\right\| & =\left\|\sum_{i=1}^{n} U_{i}^{*} U_{i}\right\|^{1 / 2} \leq\left(\operatorname{Tr}\left(\sum_{i=1}^{n} U_{i}^{*} U_{i}\right)\right)^{1 / 2} \\
& =\left(\operatorname{Tr}\left(\sum_{i=1}^{n} U_{i} U_{i}^{*}\right)\right)^{1 / 2} \leq \sqrt{m}\left\|\sum_{i=1}^{n} U_{i} U_{i}^{*}\right\| \leq \sqrt{m}
\end{aligned}
$$

and similarly, $\left\|\sum_{j} V_{j} \otimes E_{1 j}\right\| \leq \sqrt{m}$. Thus,

$$
\left\|T \otimes I_{\mathbf{M}_{n}}\left(\sum_{i, j=1}^{n} E_{i j} \otimes E_{i j}\right)\right\| \leq\left\|\sum_{i} U_{i} \otimes E_{i 1}\right\| \cdot\left\|\sum_{j} V_{j} \otimes E_{1 j}\right\| \leq m
$$

Remark 6.5. In a similar fashion, one can show that

$$
\left\|\sum_{i=1}^{n} E_{i 1} \otimes E_{i 1}\right\|_{\mathbf{C}_{n} \otimes \mathbf{C}_{n}}=\sqrt{n}
$$

and

$$
\left\|T \otimes I_{\mathbf{C}_{n}}\left(\sum_{i=1}^{n} E_{i 1} \otimes E_{i 1}\right)\right\|_{\mathbf{M}_{m} \otimes \mathbf{C}_{n}} \leq \sqrt{m}
$$

whenever $T: \mathbf{C}_{n} \rightarrow \mathbf{M}_{m}$ is a complete contraction. From this, one concludes that $d_{\mathrm{cb}}\left(\mathbf{C}_{n}, E\right) \geq \sqrt{n / m}$ for every $n$-dimensional subspace $E$ of $\ell_{\infty}\left(\mathcal{I}, \mathbf{M}_{m}\right)$ (provided $n>m$ ).

Lemma 6.6. Suppose $\pi: Y \rightarrow B(H)$ is an irreducible representation of a $C^{*}$-algebra $Y$ on a Hilbert space $H$ of dimension at least $n$. Then $Y$ contains $\mathbf{M}_{n}$ completely isometrically as an operator system.

Proof. If $p$ is a projection of rank $n$ on $H$, then, by the transitivity of irreducible representations (Theorem II.4.18 of $[20]), \pi(Y) p=B(H) p$. Denote by $A$ the set of all $y \in Y$ satisfying $\pi(y) p=p \pi(y)(=p \pi(y) p)$. Clearly, $A$ is a $C^{*}$-subalgebra of $Y$, and $\pi(A)$ can be identified with $B(p(H)) \sim \mathbf{M}_{n}$. Moreover, $A$ has a separable subalgebra (call it $A_{1}$ ) such that $\pi\left(A_{1}\right)$ can again be identified with $\mathbf{M}_{n}$. In other words, $\mathbf{M}_{n}=A_{1} / J$, where $J=\operatorname{ker} \pi \cap A_{1}$ is a closed two-sided ideal. By Theorem 3.10 of [3], $\mathbf{M}_{n}$ lifts to $A_{1}$ completely positively. Thus, $A_{1}$ contains $\mathbf{M}_{n}$ completely isometrically.

Remark 6.7. A similar lifting technique was used in [7]. Earlier, lifting methods were used in $[19,21]$ to prove that a $C^{*}$-algebra which is not $(n-1)$ subhomogeneous contains a completely positive copy of $\mathbf{M}_{n}$.

Proof of Proposition 6.1. The implications $(2) \Rightarrow(1) \Rightarrow(4)$ and $(3) \Rightarrow(1)$ are clear.
$(1) \Rightarrow(2)$ : By Section 6.4 of $[10]$, we can decompose the von Neumann algebra $X^{* *}$ into a direct sum of components of type $\mathrm{I}_{k}(k \in \mathbb{N} \cup\{\infty\})$, II, and III. By Lemma 6.4, at least one of the summands of type $\mathrm{I}_{k}(k \geq n)$,

II, and III is non-trivial. All such summands contain $\mathbf{M}_{n}$ as a subalgebra (see e.g. comparison theorem for projections in a von Neumann algebra, Theorem 6.2.7 of [10]).
$(1) \Rightarrow(5)$ : Suppose, for the sake of contradiction, that (5) fails to hold. Viewing $X^{* *}$ as the enveloping algebra of $X$, we embed it into $\ell_{\infty}\left(\mathcal{I}, \mathbf{M}_{n-1}\right)$ for some set $\mathcal{I}$. Therefore, by Lemma $6.4, X^{* *}$ cannot contain $\mathbf{M}_{n} c$-completely isomorphically with $c<n /(n-1)$.
$(4) \Rightarrow(1)$ and $(5) \Rightarrow(3)$ : If there are no irreducible representations of $X^{* *}$ (or $X$ ) on Hilbert spaces with dimension $\geq n$, then $X^{* *}$ (respectively, $X$ ) embeds into $\ell_{\infty}\left(\mathcal{I}, \mathbf{M}_{n-1}\right)$, hence, by Lemma $6.4, X^{* *}$ cannot contain $\mathbf{M}_{n}$ $c$-completely isomorphically when $c<n /(n-1)$. Otherwise, $X^{* *}$ (or $X$ ) contains $\mathbf{M}_{n}$ completely isometrically, by Lemma 6.6.

Remark 6.8. By Lemma 6.6, items (1) and (4) of Proposition 6.1 guarantee that $X$ (or $X^{* *}$ ) contains $\mathbf{M}_{n}$ as an operator system. However, $X$ need not contain $\mathbf{M}_{n}$ as a subalgebra. Indeed, let $X$ be the left regular algebra of a free group on two generators. By [4], $X$ has no non-trivial projections, hence it cannot contain $\mathbf{M}_{n}$ as a subalgebra.

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