

We have the mechanical system (Γ, ω) with the phase space Γ (symplectic manifold) and the symplectic structure ω .

We assume that the vector field JdH corresponding to the function H (on Γ) gives a one-parameter group of canonical transformations $\phi_t: \Gamma \rightarrow \Gamma$ through

$$JdH(x) = \left. \frac{d}{dt} \right|_{t=0} \phi_t(x) \quad \begin{array}{l} \forall x \in \Gamma \\ \forall t \in \mathbb{I} \end{array}$$

We call $\{\phi_t\}_{t \in \mathbb{I}}$ the Hamiltonian phase flow with Hamiltonian function H .

In the following we will also write $X_H \equiv JdH$ the vector field on Γ corresponding to the differential dH through the mapping $J: T_x^* \Gamma \rightarrow T_x \Gamma$.

The mapping J is an isomorphism between 1-forms and vector field which can be defined through

$$\omega(\eta, J\alpha) = \alpha(\eta) \quad \begin{array}{l} \forall \eta \in T_x \Gamma, \\ \forall \alpha \in T_x^* \Gamma. \end{array}$$

We can then write

$$\omega(X, JdH) = dH(X) \quad \text{with } X \in T_x \Gamma. \quad (1)$$

a) We defined the Poisson bracket by

$$\{F, H\} := \omega(X_H, X_F)$$

$$\text{where } \begin{cases} X_H(x) := J dH(x) = \left. \frac{d}{dt} \right|_{t=0} \phi_t(x) \\ X_F(x) := J dF(x) = \left. \frac{d}{ds} \right|_{s=0} \psi_s(x) \end{cases}$$

We then have

$$\{F, H\} = \omega(X_H, X_F) = \omega(X_H, J dF)$$

$$\stackrel{(1)}{=} dF(X_H) \stackrel{(2)}{=} \left. \frac{d}{dt} \right|_{t=0} \phi_t^* F.$$

Let us recall the definition of the differential dF along the vector v :

$$\left. dF(v) \right|_x := \left. \frac{d}{dt} \right|_{t=0} F(\gamma_t(x)) = \left. \frac{d}{dt} \right|_{t=0} \gamma_t^* F \Big|_x \quad (2)$$

$$\text{where } \gamma_{t=0}(x) = x$$

$$\text{and } v = \left. \frac{d}{dt} \right|_{t=0} \gamma_t(x).$$

It follows directly that

$$\{F, H\} = 0 \iff \left. \frac{d}{dt} \right|_{t=0} \phi_t^* F$$

b) F is a conserved quantity for ϕ_t if $\phi_t^* F = F \quad \forall t \in I$. 3
 From a) it directly follows that the latter holds when $\{F, H\} = 0$.
 We want to show that if F is a conserved quantity for ϕ_t ,
 then H is a conserved quantity for ψ_s , i.e. $\psi_s^* H = H$.

We have

$$\phi_t^* F = F \quad \forall t \Leftrightarrow \{F, H\} = 0.$$

From what precedes we can write

$$\{F, H\} := \omega(X_H, X_F) = -\omega(X_F, X_H)$$

$$= -\omega(X_F, J dH)$$

$$= -dH(X_F)$$

$$=: - \left. \frac{d}{ds} \right|_{s=0} \psi_s^* H,$$

then

$$\{F, H\} = 0 \Leftrightarrow \psi_s^* H = \psi_{s=0}^* H = H.$$