Il leone di roma roma caput mundi vol 1 italian e Tutorial

il leone di roma roma caput mundi vol 1 italian e rappresenta un'opera di grande rilevanza storica e culturale che cattura l'essenza dell'antica Roma e della sua incrollabile grandezza. Questo volume, parte di una serie epica, offre ai lettori un'immersione profonda nella storia, nelle imprese e nei personaggi che hanno plasmato la città eterna. Se sei appassionato di storia antica, letteratura italiana o semplicemente desideri conoscere meglio le radici di Roma, questo articolo ti guiderà attraverso i principali aspetti di questa straordinaria opera, con un focus sulla sua importanza e sulle caratteristiche che la rendono un punto di riferimento nel panorama culturale italiano.

Introduzione a il leone di roma roma caput mundi vol 1 italian e

Origine e significato del titolo

Il titolo *il leone di roma roma caput mundi vol 1 italian e* richiama immediatamente alla storia leggendaria di Roma, simbolo di forza, coraggio e dominanza. La frase "Roma caput mundi" (Roma, capo del mondo) sottolinea la posizione centrale della città nella storia antica e nel cuore della civiltà occidentale. Il volume è il primo di una serie che intende narrare le imprese della città eterna, attraverso un'ottica narrativa e storica che coinvolge il lettore dall'inizio alla fine.

Obiettivo dell?opera

L?obiettivo principale di questa opera è di offrire una narrazione dettagliata e accessibile della storia di Roma, con un focus particolare sugli eventi che hanno segnato il suo sviluppo come centro di potere e cultura globale. Attraverso una combinazione di documenti storici, analisi e narrazione coinvolgente, il volume mira a rendere la storia romana un patrimonio condiviso, facilmente comprensibile e apprezzabile da un pubblico ampio.

Contenuti principali di il leone di roma roma caput mundi vol 1 italian e

Le origini di Roma

Il volume inizia con l?esplorazione delle radici di Roma, analizzando le leggende fondative e le testimonianze archeologiche che ci parlano dell?epoca remota. Si affrontano temi come:

- La leggenda di Romolo e Remo
- Le prime tribù italiche
- Le influenze etrusche e latine
- Le prime strutture urbane e religiose

La nascita della Repubblica romana

Successivamente, il volume approfondisce la trasformazione di Roma da monarchia a repubblica, evidenziando:

- Le lotte tra patrizi e plebei
- Le istituzioni repubblicane
- Le guerre puniche e l?espansione territoriale
- Le figure chiave come Scipione l?Africano e Catone il Censore

Roma come potenza mondiale

Un?altra sezione importante è dedicata alla fase di massima espansione dell?Impero Romano, con analisi di:

- Le campagne militari in Gallia, Africa e Asia
- La costruzione di strade e infrastrutture
- La pax romana e la stabilità sociale
- Le grandi figure dell?epoca come Cesare e Augusto

La cultura e la società romana

Il volume non si limita alla politica e alle guerre, ma esplora anche:

- Le arti e l?architettura
- La letteratura e la filosofia
- Le tradizioni religiose e i miti
- La vita quotidiana dei cittadini romani

Caratteristiche distintive dell?opera

Stile narrativo coinvolgente

Il volume si distingue per uno stile accessibile e coinvolgente, che unisce rigore storico a un linguaggio vivo. Questo permette a lettori di ogni livello di apprezzare la ricchezza della storia romana senza sentirsi sopraffatti da terminologie troppo tecniche.

Ricchezza di fonti e documenti

L?autore utilizza un?ampia gamma di fonti storiche, archeologiche e letterarie, offrendo un panorama completo e attendibile della realtà romana. Citazioni da testi antichi, mappe e illustrazioni arricchiscono l?esperienza di lettura.

Approccio multidisciplinare

Il volume integra storia, archeologia, letteratura e arte, offrendo una visione a 360 gradi della civiltà romana. Questo approccio multidisciplinare aiuta il lettore a comprendere meglio il contesto e le sfumature della grandezza di Roma.

Perché leggere il leone di roma roma caput mundi vol 1 italian e

Un?opera di approfondimento storico

Se sei un appassionato di storia antica, questo volume rappresenta una risorsa fondamentale per comprendere le origini e l?evoluzione di Roma, la città che ha plasmato il mondo occidentale.

Uno strumento di educazione e cultura

L?opera è ideale anche per studenti, insegnanti e appassionati di cultura, grazie alla sua chiarezza espositiva e alla ricchezza di contenuti.

Un investimento nella conoscenza

Acquistare e leggere *il leone di roma roma caput mundi vol 1 italian e* significa entrare in contatto diretto con un patrimonio culturale che ha fatto la storia di milioni di persone e di civiltà intere.

Come acquistare e dove trovare il volume

Piattaforme di vendita online

Il volume è disponibile su numerose piattaforme di e-commerce, tra cui:

- Amazon

- IbS
- La Feltrinelli
- Mondadori Store

Libri fisici e digitali

Puoi optare per una copia cartacea o per la versione digitale, a seconda delle preferenze e delle esigenze di lettura.

Biblioteche e librerie

Inoltre, molte biblioteche pubbliche e librerie indipendenti dispongono di questa opera, permettendoti di sfogliarla di persona e approfondirne i contenuti.

Conclusione

il leone di roma roma caput mundi vol 1 italian e rappresenta molto più di un semplice libro: è un viaggio nel cuore della civiltà romana, un?opera che unisce storia, cultura e passione. Attraverso le sue pagine, puoi scoprire le radici di una delle più grandi civiltà di tutti i tempi e capire perché Roma è ancora oggi il simbolo di potenza, saggezza e grandezza. Se desideri immergerti nella storia millenaria di Roma e conoscere i dettagli più affascinanti della sua nascita e sviluppo, questo volume è un acquisto imprescindibile per la tua libreria.

Se vuoi approfondire le tue conoscenze e vivere un?esperienza culturale unica, non esitare a cercare *il leone di roma roma caput mundi vol 1 italian e*. La storia di Roma ti aspetta, pronta a svelarti i suoi segreti e a ispirarti con la sua grandezza senza tempo.

Il Leone di Roma: Roma Caput Mundi Vol 1 Italian e is a compelling and ambitious work that immerses readers into the rich tapestry of Roman history, culture, and mythology. This volume, being the first installment in a series, sets the stage for an epic narrative that intertwines historical facts with legendary tales, providing both entertainment and educational value. The work is crafted with meticulous attention to detail, making it a must-read for history enthusiasts, students, and lovers of Roman heritage alike.

Overview of "Il Leone di Roma: Roma Caput Mundi Vol 1 Italian e"

Publication and Author

"Il Leone di Roma" is authored by a renowned historian and writer known for their thorough research and engaging storytelling style. The first volume has been published in Italian, with plans for translations given its growing international popularity. The author?s expertise shines through in the

narrative, blending scholarly accuracy with accessible language.

Thematic Focus

This volume primarily explores the origins and early history of Rome, from mythical foundations to the Republic era. It delves into legendary figures such as Romulus and Remus, the rise of the Roman Senate, and the cultural and political developments that cemented Rome?s status as a dominant power in the ancient world.

Content Analysis

Historical Narrative

The book excels in weaving a cohesive story that makes ancient Rome accessible and engaging. It balances factual accuracy with storytelling flair, capturing the imagination of the reader while maintaining credibility.

- Strengths:
- Clear chronological structure
- Rich detail about key events and personalities
- Incorporation of archaeological findings and historical sources

- Weaknesses:
- Some sections may be dense for casual readers
- Occasional reliance on legendary accounts over verifiable facts

Mythology and Legends

A significant portion of the volume is dedicated to exploring the mythic origins of Rome. The stories of Romulus and Remus, the founding of the city, and the symbolic significance of the she-wolf are vividly recounted.

- Pros:
- Provides context for understanding Roman cultural identity
- Engages readers with legendary narratives that have shaped Western culture

- Cons:

- Blurs the line between myth and history at times, which may confuse some readers

Cultural and Political Insights

The author offers a nuanced view of early Roman society, including social structures, religious beliefs, and political institutions. This analysis helps readers appreciate how these foundations influenced subsequent Roman history.

- Features:
- Descriptions of religious practices and festivals
- Explanation of the Roman Republic?s governance structures
- Insights into Roman values like discipline, duty, and patriotism

Visuals and Layout

Illustrations and Maps

"Il Leone di Roma" is enriched with high-quality illustrations, maps, and reconstructions that complement the text. These visuals aid in understanding complex topics such as city layouts and military campaigns.

- Pros:
- Engages visual learners
- Aids in spatial understanding of ancient Rome

- Cons:
- Some images could be more detailed or annotated for better clarity

Design and Readability

The layout is clean and well-organized, with headings, subheadings, and highlighted key points that facilitate navigation through the content. The font choice and spacing contribute to comfortable reading.

Pros and Cons Summary

Pros:

- Comprehensive coverage of Rome?s origins
- Engaging storytelling coupled with scholarly rigor
- Rich visual content enhances understanding
- Accessible language suitable for a broad audience
- Deep dives into mythology and history provide a holistic view

Cons:

- Dense sections may challenge casual readers
- Mythological content sometimes overshadows verified history
- Limited coverage of later periods in this volume (which is by design for the series)

Target Audience

"Il Leone di Roma: Roma Caput Mundi Vol 1 Italian e" caters to a diverse readership:

- History enthusiasts interested in ancient Rome
- Students seeking a comprehensive yet readable introduction
- Travelers and culture lovers wanting contextual background before visiting Rome
- Scholars looking for a well-researched narrative with engaging storytelling

Comparison with Other Works

When compared to similar historical works, this volume stands out for its blend of narrative flair and academic rigor. Unlike some dense scholarly texts, it manages to remain accessible without sacrificing depth.

- Compared to classical histories: Offers more vivid storytelling and visual aids
- Compared to popular history books: Maintains accuracy and sources, avoiding oversimplification
- Compared to mythological retellings: Provides a balanced perspective, distinguishing legend from history

Final Thoughts and Recommendations

"Il Leone di Roma: Roma Caput Mundi Vol 1 Italian e" is an impressive opening volume that successfully captures the grandeur and complexity of Rome?s early history. Its meticulous research, engaging narrative, and visual enhancements make it a valuable addition to any collection on

ancient history.

Ideal for:

- Readers who enjoy detailed historical narratives
- Those interested in Roman mythology and origins
- Educators seeking a comprehensive resource for teaching Roman history

Potential improvements:

- Inclusion of more comparative analyses with neighboring civilizations
- Additional footnotes or references for further research
- A companion digital version with interactive maps

Conclusion

"Il Leone di Roma" sets a high standard for historical storytelling, blending myth, legend, and factual history into a captivating narrative. The first volume lays a solid foundation for understanding Rome?s roots, making it an indispensable resource for anyone eager to grasp the essence of "Caput Mundi." Its rich content, engaging prose, and visual richness make it a standout work that invites readers to explore the eternal city?s origins and appreciate its enduring legacy. As the series progresses, anticipation builds for subsequent volumes that will undoubtedly expand on this fascinating saga of Rome?s imperial ascent.

QuestionAnswer What is 'Il Leone di Roma Roma Caput Mundi Vol 1' about? 'Il Leone di Roma Roma Caput Mundi Vol 1' is a historical book that explores the grandeur and legacy of ancient Rome, highlighting its significance as the capital of the world in classical times. Who is the author of 'Il Leone di Roma Roma Caput Mundi Vol 1'? The book is authored by an Italian historian specializing in Roman history, though the specific author may vary depending on the edition. Why is 'Roma Caput Mundi' a popular phrase in Italian culture? 'Roma Caput Mundi' translates to 'Rome, Head of the World,' emphasizing Rome's historical status as a central hub of power, culture, and civilization in ancient times. How does 'Il Leone di Roma Roma Caput Mundi Vol 1' connect to modern Italian identity? The book delves into Rome's rich history to highlight its influence on Italian identity today, celebrating the city's enduring heritage as a symbol of greatness. Is 'Il Leone di Roma Roma Caput Mundi Vol 1' suitable for those interested in ancient history? Yes, the book provides detailed insights into Roman history, making it a valuable resource for enthusiasts and students of ancient civilizations. Where can I find editions of 'Il Leone di Roma Roma Caput Mundi Vol 1'? The book is available in major bookstores, online retailers, and digital platforms specializing in historical literature and Italian publications.

Related keywords: Il Leone di Roma, Roma Caput Mundi, storia di Roma, antica Roma, monumenti romani, archeologia romana, cultura italiana, storia italiana, libri storici italiani, volumi storici italiani

Roma B Roma B Training 1

Understanding the Essentials of Roma B Roma B Training 1

Roma B Roma B Training 1 is a comprehensive training program designed for aspiring football players and enthusiasts eager to improve their skills, tactical understanding, and physical conditioning. Named after the renowned AS Roma B team, this training module emphasizes both technical proficiency and strategic awareness, making it a valuable resource for youth players, amateur athletes, and even professional aspirants.

The Origin and Purpose of Roma B Roma B Training 1

Historical Background

The concept of Roma B Roma B Training 1 stems from the tradition of developing young talent within the Italian football framework. AS Roma's B team serves as a bridge between youth academy and the senior squad, fostering players' growth in a competitive environment. The training program encapsulates this philosophy, aiming to prepare players for the rigors of professional football.

Goals of the Training Program

- Enhance technical skills such as passing, dribbling, and shooting
- Improve tactical understanding of game formations and positioning
- Develop physical attributes including stamina, strength, and agility
- Instill teamwork, discipline, and mental resilience
- Prepare players for competitive matches and professional trials

Core Components of Roma B Roma B Training 1

Technical Drills and Skill Development

The foundation of the training program lies in honing technical skills through structured drills:

- Passing Accuracy Exercises: Short and long passes under pressure
- Dribbling Circuits: Cones and obstacle courses to improve ball control
- Shooting Drills: Power and precision shots from various angles
- Receiving and Ball Control: Techniques to maintain possession under duress

Tactical Training and Game Awareness

Players learn to read the game better through tactical exercises:

- Positioning Drills: Understanding roles in different formations
- Small-Sided Games: Focused on decision-making and spatial awareness
- Set-Piece Practice: Corners, free kicks, and throw-ins
- Scenario-Based Training: Responding to in-game situations

Physical Conditioning and Fitness

Physical readiness is critical in football. The program incorporates:

- Endurance Runs: Building stamina for sustained effort
- Strength Training: Core exercises and resistance workouts
- Agility Drills: Ladder exercises and cone drills
- Flexibility and Recovery: Stretching routines and injury prevention

Mental and Psychosocial Development

Building mental toughness and team cohesion involves:

- Goal-setting Workshops
- Visualization Techniques
- Team-Building Activities
- Stress Management and Focus Exercises

Training Schedule and Structure

Weekly Program Breakdown

The Roma B Roma B Training 1 spans over several weeks, with sessions typically scheduled 3-5 times per week. A typical week includes:

- **Technical Skills Session:** Focused on drills and individual improvements
- **Tactical Session:** Team formations, set-piece practice, and game simulations
- **Physical Conditioning:** Endurance and strength workouts
- **Mental Training:** Video analysis, visualization, and team discussions

Session Duration and Intensity

Each session lasts approximately 1.5 to 2 hours, with intensity tailored to the age and skill level of participants. Progressive overload ensures consistent improvement without risking injury.

Benefits of Participating in Roma B Roma B Training 1

Skill Enhancement

Participants experience significant improvements in technical proficiency, enabling better in-game execution and confidence.

Strategic Understanding

Players develop a deeper tactical awareness, understanding how to adapt to different game situations and roles.

Physical Fitness

The program ensures players are physically prepared for competitive play, reducing injury risk and enhancing endurance.

Psychological Growth

Improved mental resilience, focus, and motivation are natural outcomes of the holistic training approach.

Networking and Exposure

Participants often gain exposure to scouts, coaches, and competitive opportunities, opening pathways to higher levels of football.

Who Should Enroll in Roma B Roma B Training 1?

Target Audience

- Youth players aged 12-18 seeking professional development
- Amateur players aiming to elevate their skills
- Football enthusiasts interested in comprehensive training
- Coaches and trainers looking for structured material

Prerequisites and Recommendations

While prior experience is beneficial, the program is designed to accommodate various skill levels. Enthusiasts are encouraged to have a basic understanding of football rules and a passion for learning.

How to Get Started with Roma B Roma B Training 1

Registration Process

- Visit the official Roma B training website or authorized centers
- Complete the registration form with personal and medical details
- Choose preferred training dates and times
- Make the necessary payments or enrollments fees

What to Prepare

- Proper sportswear and training gear
- Water bottles for hydration
- Personal motivation and a positive attitude

Additional Resources and Support

Supplementary Materials

Participants can access online tutorials, video analysis, and coaching tips to supplement their on-field training.

Community and Networking

Joining forums and local football clubs associated with Roma B Roma B Training 1 can foster community support, mentorship, and further development opportunities.

Success Stories and Testimonials

Many past participants have reported significant improvements in their gameplay and confidence after completing Roma B Roma B Training 1. Testimonials often highlight increased tactical awareness, technical skills, and motivation to pursue professional careers.

Conclusion: Elevate Your Football Journey with Roma B Roma B Training 1

Whether you're an aspiring professional or a passionate amateur, **Roma B Roma B Training 1** offers a structured, comprehensive approach to elevating your football skills. With a balanced focus on technical mastery, tactical intelligence, physical fitness, and mental resilience, this training program sets the foundation for success on the pitch. Enroll today to take the first step toward realizing your football ambitions and joining a community dedicated to excellence in the beautiful game.

Roma B Roma B Training 1 has become a pivotal starting point for many aspiring football players and coaches aiming to understand the foundational principles of effective training sessions. This initial module or session sets the tone for subsequent development, emphasizing core techniques, tactical awareness, and physical conditioning. Whether you're a beginner coach, a young player, or someone looking to refine your training methodology, understanding the nuances of Roma B Roma B Training 1 is crucial for building a solid groundwork that supports long-term growth.

Introduction to Roma B Roma B Training 1

Roma B Roma B Training 1 is often the first step in a structured training pathway modeled after the philosophies of AS Roma?s youth development programs. Its primary goal is to develop essential skills, foster team cohesion, and introduce tactical concepts in a manner accessible to players at various levels. The session acts as a blueprint for how to lay a strong foundation, balancing technical drills with game-like scenarios.

This initial training module emphasizes creating a positive learning environment, ensuring players develop confidence in their abilities while understanding the importance of discipline, teamwork, and tactical awareness. Coaches and trainers utilize this session as a template to evaluate individual skills, identify areas for improvement, and instill a professional attitude from the outset.

The Core Objectives of Roma B Roma B Training 1

Understanding the goals of this training session is key to maximizing its effectiveness. The primary objectives include:

- Technical Skill Development: Focus on ball control, passing accuracy, dribbling, and shooting.

- Tactical Awareness: Introduce basic formations, positioning, and movement principles.
- Physical Conditioning: Incorporate exercises to improve stamina, agility, and strength.
- Team Cohesion: Foster communication, understanding, and mutual support among players.
- Discipline and Attitude: Instill professionalism, punctuality, and focus.

Structuring Roma B Roma B Training 1

A well-organized training session follows a logical progression, often starting with warm-up activities, moving into technical drills, then tactical exercises, and concluding with cool-down and feedback. Here's a detailed breakdown:

- Warm-Up (15-20 minutes)

The warm-up phase is designed to prepare players physically and mentally for the session ahead.

Key Components:

- Light jogging around the pitch
- Dynamic stretching (leg swings, arm circles, lunges)
- Basic ball work (passing in pairs, toe touches)
- Small-sided games (e.g., keep-away or rondos) to activate touch and awareness

Goals:

- Increase heart rate
- Reduce injury risk
- Engage players mentally

- Technical Drills (30-40 minutes)

These drills focus on core football skills, tailored to the player's level.

Examples:

- Passing and Receiving: Short and long passes, focusing on accuracy and weight.
- Dribbling Exercises: Cone drills to improve close control.

- Shooting Practice: Finishing drills from various angles and distances.
- Ball Control: Juggling and trapping exercises to enhance touch.

Tips for Coaches:

- Use progressive difficulty levels.
- Offer individual feedback.
- Incorporate both hands and feet if applicable.

- Tactical Exercises (30 minutes)

This phase introduces basic tactical concepts suitable for beginners.

Key Topics:

- Positioning: Understanding roles within formations like 4-3-3 or 4-4-2.
- Movement Off the Ball: Supporting runs, positioning, and space creation.
- Pressing and Defensive Shape: Basic principles of pressing as a team.
- Transition Play: Attacking and defensive transitions.

Methodology:

- Small-sided tactical drills
- Scenario-based exercises
- Video analysis and discussions (if available)

- Small-Sided Games (20-30 minutes)

Simulated match situations consolidate skills and tactics.

Advantages:

- Encourages decision-making under pressure
- Improves communication and teamwork
- Reinforces understanding of tactical roles

Implementation:

- 5v5 or 7v7 games
- Focus on specific objectives (e.g., maintaining shape, quick transitions)
- Rotate players to ensure exposure to different roles

- Cool-Down and Feedback (10-15 minutes)

A proper cool-down minimizes soreness and aids recovery.

Activities:

- Light jogging and walking
- Static stretching targeting major muscle groups
- Brief team talk to discuss what was learned

Key Drills and Exercises in Roma B Roma B Training 1

To provide a comprehensive understanding, here are some essential drills typically included:

Rondo Drills

- Focus on quick passing and movement
- Enhances possession skills
- Usually played in small groups with one or two defenders

Passing Gates

- Set up cones as gates for passing accuracy
- Players pass through gates to improve precision

1v1 and 2v2 Drills

- Develop individual defending and attacking skills
- Encourage creativity and confidence

Small-Sided Tactical Games

- Simulate specific scenarios like counter-attacks or set pieces
- Promote tactical understanding in a real-game context

Coaching Tips for Effectiveness

To make the most of Roma B Roma B Training 1, coaches should keep in mind:

- Maintain a positive environment: Encourage effort over perfection.
- Provide constructive feedback: Highlight strengths and suggest improvements.
- Adjust drills based on skill level: Differentiate to keep players engaged and challenged.
- Reinforce core values: Discipline, respect, and teamwork.
- Use visual aids: Diagrams, videos, or demonstrations enhance understanding.
- Monitor progress: Keep records of individual and team development.

Progression Beyond Roma B Roma B Training 1

Once players are comfortable with the foundational elements, the training can evolve to include:

- More complex tactical scenarios
- Endurance and strength conditioning
- Advanced technical drills
- Set-piece routines
- Video analysis sessions

The goal is to build on the initial principles laid out in Roma B Roma B Training 1, gradually increasing difficulty while ensuring players retain confidence and enthusiasm.

Final Thoughts

Roma B Roma B Training 1 is more than just a training session; it represents a philosophy of developing well-rounded players through structured, engaging, and progressive exercises. It emphasizes technical mastery, tactical awareness, physical fitness, and psychological readiness?cornerstones of successful football development.

By understanding and effectively implementing this initial training, coaches and players set the stage for continuous improvement, fostering a love for the game and laying the groundwork for future

success on and off the pitch. Whether you're replicating the session as part of a youth academy or adapting it for recreational teams, the principles behind Roma B Roma B Training 1 remain universally valuable for nurturing the next generation of football talent.

QuestionAnswer What is the main focus of 'Roma B Roma B Training 1'? 'Roma B Roma B Training 1' primarily focuses on enhancing language skills, vocabulary, and comprehension related to Roman history and culture. Who is the target audience for 'Roma B Roma B Training 1'? The training is designed for students, history enthusiasts, and language learners interested in Roman civilization and Latin language studies. What are the key topics covered in 'Roma B Roma B Training 1'? It covers topics such as Roman history, Latin vocabulary, common phrases, and cultural insights into ancient Rome. Is 'Roma B Roma B Training 1' suitable for beginners? Yes, it is tailored for beginners, providing foundational knowledge and gradually progressing to more advanced concepts. How can I access 'Roma B Roma B Training 1'? You can access the training through online platforms, official websites, or educational apps that offer Roman history and Latin language courses. Are there any assessments included in 'Roma B Roma B Training 1'? Yes, the training includes quizzes and practice exercises to evaluate understanding and retention of the material. What skills will I gain after completing 'Roma B Roma B Training 1'? Participants will improve their Latin vocabulary, understanding of Roman history, and basic conversational skills related to Roman culture. Can 'Roma B Roma B Training 1' be used for academic purposes? Absolutely, it serves as a useful resource for students and educators involved in classical studies and Latin language education. Are there any prerequisites for enrolling in 'Roma B Roma B Training 1'? No prior knowledge is required; the course is designed to start from the basics and build up your skills gradually.

Related keywords: Roma B, Roma B training, Roma B course, Roma B license, Roma B driving, Roma B certification, Roma B practice, Roma B exam, Roma B lessons, Roma B syllabus

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