

women's mma training

women's mma training has evolved significantly over the past decade, becoming a vital component for female athletes competing in mixed martial arts. This type of training encompasses a combination of various martial arts disciplines, strength and conditioning, and mental preparation tailored specifically for women. The growing popularity of women's MMA has led to specialized training programs that address unique physiological and technical needs. Understanding the key elements of women's MMA training can help athletes improve their performance, reduce injury risks, and achieve competitive success. This article provides an in-depth exploration of the essential components, training techniques, nutrition, and mental strategies involved in women's MMA training. The following sections will guide readers through the fundamentals, physical conditioning, skill development, nutrition, and psychological aspects integral to a successful training regimen.

- Fundamentals of Women's MMA Training
- Physical Conditioning and Strength Training
- Skill Development and Technical Training
- Nutrition and Recovery Strategies
- Mental Preparation and Psychological Resilience

Fundamentals of Women's MMA Training

The fundamentals of women's MMA training lay the foundation for all subsequent progress in the sport. This includes mastering basic techniques, understanding fight strategy, and developing discipline and consistency. Female fighters must focus on building a strong base in multiple martial arts such as Brazilian Jiu-Jitsu, Muay Thai, wrestling, and boxing. These disciplines contribute distinct skills that are essential in mixed martial arts competition.

Understanding the Basics of Mixed Martial Arts

Mixed martial arts training requires a comprehensive understanding of various fighting styles and how they integrate during a bout. Women's MMA training emphasizes the development of striking, grappling, clinching, and ground fighting techniques. Athletes learn to transition between these phases of combat seamlessly, improving their adaptability and effectiveness in the cage.

Importance of Consistency and Discipline

Consistent training schedules and disciplined practice routines are critical to progress in women's MMA. Adhering to structured training plans helps

female fighters develop muscle memory, improve technique, and increase endurance. Discipline also extends to lifestyle choices, including rest, nutrition, and mental focus, which collectively enhance overall performance.

Physical Conditioning and Strength Training

Physical conditioning forms a core element of women's MMA training, ensuring fighters possess the strength, speed, endurance, and agility required for intense competition. Conditioning programs are tailored to enhance cardiovascular fitness, muscular strength, and functional movement patterns. Strength training not only improves power output but also aids injury prevention and recovery.

Cardiovascular and Endurance Training

Endurance is paramount in MMA, where athletes must maintain high-intensity effort for multiple rounds. Women's MMA training incorporates various cardiovascular exercises such as running, cycling, swimming, and interval training to build aerobic and anaerobic capacity. High-intensity interval training (HIIT) is particularly effective for replicating the demands of a fight.

Strength and Power Development

Strength training programs for female MMA fighters focus on compound movements that build overall body strength and explosive power. Exercises like squats, deadlifts, bench presses, and Olympic lifts are commonly included. Plyometric drills and resistance training enhance fast-twitch muscle fibers, improving striking power and takedown ability.

Flexibility and Mobility

Maintaining flexibility and mobility is essential for effective technique execution and injury prevention. Women's MMA training incorporates dynamic stretching, yoga, and mobility drills to improve joint range of motion and muscle elasticity. Enhanced flexibility contributes to better grappling and striking versatility.

Skill Development and Technical Training

Skill development in women's MMA training involves refining techniques across multiple martial arts disciplines and integrating them into cohesive fight strategies. Technical training emphasizes precision, timing, and tactical awareness, enabling athletes to capitalize on opponents' weaknesses.

Striking Techniques

Striking is a fundamental component of MMA, involving punches, kicks, elbows, and knees. Women's MMA training focuses on developing proper stance,

footwork, punch combinations, and defensive maneuvers. Training includes bag work, pad drills, shadowboxing, and sparring to simulate fight conditions.

Grappling and Ground Fighting

Grappling skills such as Brazilian Jiu-Jitsu and wrestling are critical for controlling opponents and securing submissions or dominant positions. Female fighters dedicate significant training time to takedown techniques, submission holds, escapes, and ground transitions. Rolling sessions and live sparring enhance real-time problem-solving abilities.

Clinch Work and Cage Control

The clinch is a close-range fighting position where control and striking opportunities are crucial. Women's MMA training incorporates drills to improve clinch entries, pummeling, trips, and cage control tactics. Effective clinch work can dictate the pace and position of the fight.

Nutrition and Recovery Strategies

Proper nutrition and recovery are vital components of women's MMA training that support performance optimization and injury prevention. Female fighters must follow tailored dietary plans that meet their energy demands while promoting muscle repair and overall health.

Balanced Macronutrient Intake

Nutrition plans for women's MMA training emphasize balanced intake of proteins, carbohydrates, and fats. Protein supports muscle recovery and growth, carbohydrates provide energy for intense training sessions, and healthy fats aid hormone regulation. Meal timing around workouts enhances energy availability and recovery.

Hydration and Supplementation

Maintaining adequate hydration is essential for cognitive function and physical performance. Female MMA athletes monitor fluid intake carefully, especially during weight cuts. Supplements such as BCAAs, creatine, and multivitamins may be incorporated under professional guidance to support training demands.

Rest and Recovery Techniques

Recovery strategies are integrated into women's MMA training to allow the body to repair and adapt. Techniques include sufficient sleep, active recovery sessions, massage therapy, and cold-water immersion. Implementing recovery protocols reduces injury risk and enhances long-term performance.

Mental Preparation and Psychological Resilience

The mental aspect of women's MMA training is as important as physical preparation. Psychological resilience enables athletes to manage stress, maintain focus, and perform under pressure. Mental training techniques are incorporated to build confidence and tactical clarity.

Goal Setting and Motivation

Structured goal setting helps female fighters maintain motivation and track progress. Short-term and long-term objectives provide direction and measurable milestones during training cycles. This approach fosters accountability and continuous improvement.

Visualization and Mental Rehearsal

Visualization techniques involve mentally rehearsing fight scenarios, techniques, and successful outcomes. This practice enhances neural pathways associated with movement and decision-making, contributing to improved in-ring performance.

Stress Management and Focus

Managing pre-fight anxiety and maintaining concentration during competition are critical skills. Women's MMA training incorporates breathing exercises, meditation, and mindfulness practices to develop emotional control and mental clarity.

Support Systems and Coaching

A strong support network including coaches, training partners, and sports psychologists plays a crucial role in mental preparedness. Professional guidance helps female fighters navigate challenges and optimize their psychological readiness.

- Consistent, multidisciplinary training is essential for women's MMA success.
- Physical conditioning must balance strength, endurance, and flexibility.
- Technical skills across striking, grappling, and clinch work require focused practice.
- Nutrition and recovery strategies support optimal performance and wellbeing.
- Mental training enhances resilience, focus, and competitive confidence.

Frequently Asked Questions

What are the key differences in training techniques for women's MMA compared to men's?

While the fundamental training techniques in MMA are similar regardless of gender, women's MMA training often emphasizes tailored strength conditioning, injury prevention, and nutrition to address physiological differences. Coaches may also focus on leveraging agility and technique to maximize performance.

How important is strength training in women's MMA preparation?

Strength training is crucial in women's MMA as it enhances power, endurance, and injury resistance. It helps female fighters improve their striking power, grappling control, and overall athleticism, contributing significantly to their competitive edge.

What types of martial arts are most effective for women in MMA training?

Effective martial arts for women in MMA include Brazilian Jiu-Jitsu for ground fighting, Muay Thai and boxing for striking, wrestling for takedown control, and judo for throws and clinch work. A balanced mix of these disciplines helps women develop well-rounded skills.

How can women balance MMA training with recovery to prevent injuries?

Balancing intense MMA training with proper recovery involves incorporating rest days, adequate sleep, nutrition, hydration, and active recovery techniques such as stretching, yoga, and physiotherapy. Listening to the body and addressing minor injuries early also helps prevent long-term damage.

Are there specific nutritional considerations for women undergoing MMA training?

Yes, women MMA fighters need a nutrition plan that supports muscle growth, energy needs, and hormonal balance. This includes adequate protein intake, carbohydrates for energy, healthy fats, and micronutrients like iron and calcium. Hydration and timing meals around training sessions are also important for optimal performance.

Additional Resources

1. *Mastering Women's MMA: A Complete Training Guide*

This book offers a comprehensive approach to mixed martial arts training specifically tailored for women. It covers essential techniques in striking, grappling, and conditioning, with an emphasis on adapting training to female physiology and strength. Readers will find expert advice on nutrition, injury prevention, and mental preparation to excel in MMA competitions.

2. Empowered Combat: Women's Strength and Conditioning for MMA

Focused on building physical power and endurance, this book provides strength and conditioning programs designed for female MMA athletes. It includes workout plans, recovery strategies, and tips on balancing training intensity with rest. The author highlights the importance of functional fitness and explosive power to dominate in the cage.

3. Ground Game Mastery for Women in MMA

Specializing in grappling and ground fighting, this guide breaks down techniques in Brazilian Jiu-Jitsu, wrestling, and submission defense for women. The book emphasizes leverage and technique over brute strength, making it ideal for fighters of all sizes. Step-by-step drills and sparring strategies help female athletes improve their ground control and submissions.

4. Striking Like a Champion: Women's MMA Stand-Up Techniques

This title focuses on stand-up striking skills including boxing, Muay Thai, and kickboxing tailored for women MMA fighters. It covers footwork, striking combinations, and defensive maneuvers to build confidence and effectiveness in the stand-up game. The book also addresses common challenges women face in striking and how to overcome them.

5. Mind Over Matter: Mental Training for Women MMA Fighters

Exploring the psychological aspects of MMA, this book provides mental conditioning techniques such as visualization, goal setting, and stress management. It helps female fighters build resilience, focus, and confidence inside and outside the cage. The author shares stories of successful women fighters to inspire and motivate readers.

6. Nutrition and Recovery for Women in Mixed Martial Arts

This guide offers tailored nutrition plans for women engaged in MMA training, focusing on fueling performance and optimizing recovery. It includes advice on meal timing, supplementation, and hydration strategies specific to female athletes. Additionally, the book covers injury prevention and rehabilitation to keep fighters in peak condition.

7. Self-Defense and MMA: Practical Training for Women

Combining self-defense principles with MMA techniques, this book empowers women to protect themselves in real-world situations. It teaches effective striking, escapes, and control tactics that are easy to learn and apply. The author emphasizes confidence-building and situational awareness alongside physical skills.

8. Flexibility and Mobility for Women MMA Fighters

Recognizing the importance of flexibility in preventing injuries and improving performance, this book provides stretching and mobility routines designed for female MMA athletes. It addresses common tightness areas and offers exercises to enhance range of motion and agility. The routines can be integrated into daily training to support long-term athletic health.

9. Women Warriors: Stories and Training Insights from Top Female MMA Fighters

This inspirational collection features interviews and training tips from leading women in MMA. Readers gain insight into the challenges and triumphs experienced by elite fighters, as well as practical advice on training regimens and mindset. The book celebrates female empowerment through the lens of mixed martial arts.

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women s mma training: *Ultimate Fighting and Embodiment* Dale C. Spencer, 2013-06-19 Mixed martial arts (MMA) is an emergent sport where competitors in a ring or cage utilize strikes (punches, kicks, elbows and knees) as well as submission techniques to defeat opponents. This book explores the carnal experience of fighting through a sensory ethnography of MMA, and how it transgresses the cultural scripts of masculinity in popular culture. Based on four years of participant observation in a local MMA club and in-depth interviews with amateur and professional MMA fighters, Spencer documents fighters' training regimes and the meanings they attach to participation in the sport. Drawing from the philosophical phenomenology of Martin Heidegger, Maurice Merleau-Ponty and Jean-Luc Nancy, this book develops bodies-centered ontological and epistemological grounding for this study. Guided by such a position, it places bodies at the center of analysis of MMA and elucidates the embodied experience of pain and injury, and the sense and rhythms of fighting.

women s mma training: Resistance Training: For Martial Artist, Mixed Martial Arts (MMA), Boxing and All Combat Fighters G.E.S. Boley Jr., 2020-09-21 Hey! How Much Do You Bench Press? There's a reason why the bench press is the most popular lift in the gym: it lets you lift more weight and activate more muscle in the upper body than any other move. With just this one lift, you can work your deltoids, your pecs, your triceps, forearms, abdominals, and even your hand muscles. What you didn't know is bench press is also good for punching ... Wow! But what if I told you there is an exercise many trainers and experts including myself consider the "King" of exercises, would you be interested in learning? Add two more moves and you've got a complete body workout. Squat and deadlift. That's it. If you didn't know, squats target your glutes (butt), while working your quads and hamstrings and calves and doubling up on your abs. Which is good for kicking. You can never get enough work on your abs, especially when you are being kicked and punched in them for competition or in a self-defense situation, right? Now round out and wrap up your workout (and your backside) with the deadlift. Everything from your neck down to your calves, your whole spine and back, gets strengthened with the deadlift. With all those muscle groups being affected, you need to train correctly to maximize your gym time and your weight training time. This book is going to make sure you do just that. By understanding the following: Technique & Form Starting Weights for lifting Between repetitions and Workouts Nutrition and Food Progress on a Daily, Weekly and Monthly Basis Expectations for development and Growth In this book, *Resistance Training: For Martial Artist, Mixed Martial Arts (MMA), Boxing and All Combat Fighters*, I will tell you that King movement mentioned above and what I have learned in my 30 plus years of competing, training and teaching. I understand you may not want to be a combat sports competitor but maybe pick up one or two things to gain strength and a technique to defend yourself well it's in the book. This quick, easy-to-read book can make the difference between success and frustration. You'll know what you're doing on your first trip to the gym without suffering the insecurities many first-timers do. If you're a gym-rat,

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women s mma training: *Women in Sports* Rachel Ignatofsky, 2017-07-18 A richly illustrated and inspiring book highlighting the achievements and stories of fifty notable women athletes from the 1800s to today, by the New York Times bestselling author of *Women in Science*. "This is one of the books we've been waiting for—a compendium of great women athletes and the struggles they faced."—Lesley Visser, Hall of Fame sportscaster *Women for the win!* The fifty illustrated profiles in *Women in Sports* feature trailblazers, Olympians, and record-breaking female athletes in more than forty sports, including well-known figures like tennis player Billie Jean King and gymnast Simone Biles, as well as lesser-known champions like Toni Stone, the first woman to play baseball in a professional men's league, and skateboarding pioneer Patti McGee. *Women in Sports* also contains infographics on topics that sporty women want to know about, such as muscle anatomy, a timeline of women's participation in sports, pay and media statistics for female athletes, and influential women's teams. This beautiful and inspiring book celebrates the success of the tough, bold, and fearless women who paved the way for today's athletes.

women s mma training: *Mixed Martial Arts* L.A. Jennings, 2021-04-23 Mixed Martial Arts (MMA) is an international phenomenon, with a fascinatingly diverse and complex history that stems from fighting sports around the world. In *Mixed Martial Arts: A History from Ancient Fighting Sports to the UFC*, L.A. Jennings explores the vast global history of martial arts—including Asian martial arts, African fighting sports, European pugilism and wrestling, and the fighting styles of North, Central, and South Americas—and how they gave rise to the modern sport of MMA. Jennings shares some of the most famous moments in fighting history alongside stories of the fighters themselves, such as the infamous 1976 fight between Muhammad Ali and Antonio Inoki. When the Ultimate Fighting Championship premiered in 1993, it introduced the world to the controversial "cage fighting" at a scale never seen before. With the assistance of technological innovations and globalization, MMA has become the fastest growing sport on earth, the culmination of thousands of years of fighting for sport. Featuring fascinating stories and photographs of fighters from around the world, *Mixed Martial Arts* reveals the long and captivating history of this often-misunderstood sport.

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by using a critical approach to highlight less mainstream sports such as martial arts, circus arts, extreme sports, and dance, and it will help sports participants and social scientists to gain an understanding of these marginalized sporting identities. By highlighting subcultural contexts, with their individual practices and values, it is hoped that the volume will promote the goal of achieving a more just, inclusive, and ethical sport psychology. The *Psychology of Sub-Culture in Sport and Physical Activity* will be ideal reading for sport and exercise academics and practitioners, advanced students of applied sport psychology, and related fields such as sport science, critical studies, sociology, cultural studies and social anthropology.

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women s mma training: *Our Fight* Ronda Rousey, 2024-04-02 From New York Times bestselling author and trailblazing athlete Ronda Rousey, an unfiltered chronicle of her last decade, tackling her explosive career transition, parenthood, overcoming adversity, and finding meaning in life. From the moment she burst onto the MMA scene, Ronda Rousey was unbeatable. She repeatedly strung together back-to-back flawless victories, racking up a collection of records and forever changing the face of sports as the UFC's first female champion. A superstar in her sport, she transcended athletics, appearing in blockbuster films and becoming a role model for women everywhere. Then, on November 15, 2015, it all came crashing down. In *OUR FIGHT*, Rousey explores the greatest challenge of her life and, ultimately, how she rebuilt her life into something better in the aftermath. She recounts how she replaced her pursuit of perfection with the pursuit of happiness and found an opportunity in disguise amongst the wreckage. Following Rousey's relatable journey, *OUR FIGHT* is a courageous narrative of career changes, marriage, motherhood, and facing your fears.

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women s mma training: *She's a Knockout!* L.A. Jennings, 2014-10-23 Women's fighting sports have a rich and storied history. As far back as the eighteenth century, female fighters battled at varying levels, from county fairs to elite events. With new opportunities to compete in legitimate arenas—from the Olympics and the Golden Gloves to wrestling tournaments and Ultimate Fighting Championships—women are now able to fight in ways their predecessors never could. And though women today still often face the same derision their predecessors faced, their fortitude and determination has earned them respect from much of the fighting community. In *She's a Knockout!: A History of Women in Fighting Sports*, L.A. Jennings chronicles the stories of these strong and resilient women—including wrestlers, mixed martial arts competitors, and boxers—and the different

issues they have encountered. Throughout the narrative, Jennings situates the stories of the female fighters in the culture of their time, revealing how women were often seen as objects of spectacle and ridicule before finally garnering admiration in the fighting world. The women featured in this book include England's "Championess" Elizabeth Stokes of the 1720s, American wrestler Cora Livingstone in the 1930s, and early MMA great Debi Purcell in the 2000s. Featuring historical and contemporary photographs and exclusive interviews with professional fighters, this book delivers an in-depth look into the struggles and triumphs of female fighters. Fans of fighting sports, sports historians, and those interested in the history of women in sports will find this a fascinating and illuminating read.

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women s mma training: Extreme Sports, Extreme Bodies Jesper Andreasson, Thomas Johansson, 2018-08-25 This book investigates extreme sports, defined as sports in which athletes challenge and transgress societal perceptions of what is humanly possible to achieve, in terms of physical training and bodily development/performance. Situated within a growing body of literature analysing the impact of new training trends on an individual's body, identity, lifestyle and perception of his/her social surroundings, *Extreme Sports, Extreme Bodies* focuses on the gendered and embodied experiences of bodybuilding, Ironman triathlon, and mixed martial arts. Through their ethnographic analysis, Andreasson and Johansson present a unique and updated account of the increasing phenomenon of extreme sports and extreme bodies in contemporary Western society, grounded in the sociology of sport, body studies and embodiment literature.

women s mma training: The Invention of Martial Arts Paul Bowman, 2020-12-31 Through popular movies starring Bruce Lee and songs like the disco hit Kung Fu Fighting, martial arts have found a central place in the Western cultural imagination. But what would 'martial arts' be without the explosion of media texts and images that brought it to a wide audience in the late 1960s and early 1970s? In this examination of the media history of what we now call martial arts, author Paul Bowman makes the bold case that the phenomenon of martial arts is chiefly an invention of media representations. Rather than passively taking up a preexisting history of martial arts practices--some of which, of course, predated the martial arts boom in popular culture--media images and narratives actively constructed martial arts. Grounded in a historical survey of the British media history of martial arts such as Bartitsu, jujutsu, judo, karate, tai chi, and MMA across a range of media, this

book thoroughly recasts our understanding of the history of martial arts. By interweaving theories of key thinkers on historiography, such as Foucault and Hobsbawm, and Said's ideas on Orientalism with analyses of both mainstream and marginal media texts, Bowman arrives at the surprising insight that media representations created martial arts rather than the other way around. In this way, he not only deepens our understanding of martial arts but also demonstrates the productive power of media discourses.

women s mma training: THE HISTORY OF MMA James Bren, Mixed Martial Arts, or MMA, is a relatively young combat sport that has taken the world by storm in recent years. But where did it all begin? In *The History of MMA*, we delve into the origins of this exciting sport, tracing its roots back to the early days of martial arts and the emergence of the UFC (Ultimate Fighting Championship) in the 1990s. This fascinating book takes readers on a journey through the evolution of MMA, from its humble beginnings as a spectacle that was widely regarded as barbaric and unregulated, to its current status as a highly respected and regulated sport. Along the way, we meet the pioneers and legends of MMA, from Royce Gracie and Ken Shamrock to Khabib Nurmagomedov and Conor McGregor. *The History of MMA* offers a comprehensive and authoritative account of the sport's development. We explore the controversies and challenges that have faced MMA, from criticism by politicians and public figures to concerns about fighter safety and performance-enhancing drugs. Ultimately, *The History of MMA* provides a compelling and entertaining narrative of one of the most exciting and dynamic sports of our time. Whether you're a die-hard fan of MMA or simply curious about its origins, this book is a must-read for anyone interested in the history of combat sports. Pick up your copy today. Hit the "BUY NOW" button now.

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women s mma training: Why We Fight Shane Burley, 2021-04-20 *Why We Fight* is a collection of essays written in the midst of the largest resurgence of the far-right in fifty years, and the explosion of antifascist, antiracist, and revolutionary organizing that has risen to fight it. The essays unpack the moment we live in, confronting the apocalyptic feelings brought on by nationalism, climate collapse, and the crisis of capitalism, but also delivering the clear message that a new world is possible through the struggles communities are leveraging today. Burley reminds us what we're fighting for not simply what we're fighting against.

women s mma training: The American Middle Class Robert S. Rycroft, 2017-05-12 What is the American Dream? This book's author argues that contrary to what many believe, it is not achieving the wealth necessary to enter the top one percent but rather becoming members of the great middle

class by dint of hard work and self-discipline. Americans of all classes consider themselves to be middle class. There are Americans who by any objective standard should be considered poor who would insist they are middle class, just as other Americans who should be considered wealthy also insist they are middle class. Thinking of yourself and being thought of by others as middle class is the American Dream for tens of millions of people. But an enduring problem of the American middle class is the worry that the Dream is coming apart—that forces are lurking in the shadows waiting to steal their progress and throw them back into poverty. This thought-provoking reference explores a disparate multitude of issues associated with being middle class in America. It addresses a range of questions and subtopics, including the meaning of the term middle class; how middle class status is expressed by both the majority and the various minorities that make up the American mosaic; what economic pressures are bearing down on the middle class; and how economists and others attempt to make sense of the economic issues of the day. Readers will also better understand how political institutions and public policies are shaping the way the middle class views the world; how labor, housing, education, and crime-related issues have influenced the development and growth of the middle class; the norms of the middle class versus those of other classes in society; and the role of culture and media in shaping how members of the middle class view themselves—and how they are viewed by others. This two-volume set provides a comprehensive look at the American middle class that supports student research in economics, social studies, cultural studies, and political history. The content supports teachers in their development of lesson plans and assignments that directly align with the Common Core State Standards and the recommendations of the National Curriculum Standards for Social Studies (NCSS) with respect to all ten NCSS themes.

women s mma training: The Body and Senses in Martial Culture H.L.L Loh, Lionel Loh Han Loong, 2016-04-30 This ethnographic study of a mixed martial arts gym in Thailand describes the everyday practices and lived experiences of martial art practitioners. Through the lived realities and everyday experiences of these fighters, this book seeks to examine why foreigners invest their time and money to train in martial arts in Thailand; the linkages between the embodiment of martial arts and masculinity; how foreign bodies consume martial arts and what they get out of it; the sensory reconfiguration required of a fighter; and the impact of transnational flows on bodily dispositions and knowledge. The author argues that being a successful fighter entails not only sensitized awareness and knowledge of one's body, but also a reconfiguration of the senses.

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