

ROMA A D 1141 PARTE II Workbook

roma a d 1141 parte ii

La storia di Roma durante il periodo medievale è estremamente complessa e ricca di eventi che hanno plasmato il corso della città e dell'Europa nel suo complesso. In questa seconda parte dell'approfondimento su "Roma a D 1141 Parte II", ci concentreremo sugli sviluppi politici, sociali e culturali di Roma nel XII secolo, analizzando le principali vicende che hanno segnato questa fase cruciale della sua storia. Attraverso un'analisi dettagliata, si cercherà di offrire una visione completa di come Roma si sia evoluta in un contesto di transizione tra il mondo antico e quello medievale.

Contesto storico e politico di Roma nel XII secolo

Il XII secolo rappresenta un periodo di grande fermento per Roma, caratterizzato da una serie di eventi che hanno contribuito a rafforzare la sua posizione politica e religiosa, ma anche a creare tensioni e conflitti interni.

Il ruolo della Chiesa e del papato

Durante questo periodo, la Chiesa cattolica svolge un ruolo centrale nella vita politica e sociale di Roma. La figura del Papa si afferma come un'autorità non solo spirituale ma anche temporale, influenzando decisioni di rilievo e governando con potere crescente.

- **Il consolidamento del papato:** La lotta per l'indipendenza dalla nobiltà e dagli imperatori ha portato il papato a rafforzare la propria autorità.
- **Le controversie con l'Impero:** Le tensioni tra il papato e l'Impero, culminate con lo scontro tra i Guelfi e Ghibellini, influenzano profondamente la politica romana.

Le faide interne e la situazione urbana

Roma nel XII secolo era ancora una città divisa in numerosi quartieri e famiglie nobili che combattevano per il controllo del potere.

- **Le fazioni nobili:** Le famiglie più potenti si alleavano e si scontravano, creando un ambiente di instabilità.
- **Le tensioni sociali:** La popolazione urbana affrontava difficoltà legate alla povertà, alla sovrappopolazione e alle condizioni di vita spesso precarie.

Sviluppi culturali e religiosi

Il XII secolo vide anche importanti sviluppi nel campo culturale e religioso, che contribuirono a definire l'identità di Roma come centro di fede e di sapere.

La rinascita delle arti e dell'architettura

Roma iniziò a riscoprire il suo passato classico, dando vita a una rinascita artistica che si manifestò attraverso:

- **Ristrutturazioni di chiese e monumenti:** Lavori di restauro e ampliamento di edifici storici, come basiliche e monasteri.
- **Nuove opere architettoniche:** La diffusione di stili romanici, con elementi caratteristici come archi a tutto sesto e volte a crociera.

La crescita del monachesimo e delle istituzioni religiose

Il monachesimo si rafforzò, contribuendo alla vita spirituale e culturale di Roma:

- **Fondazione di nuovi monasteri:** Come Santa Maria in Trastevere e altri importanti centri religiosi.
- **Il ruolo degli ordini religiosi:** I benedettini, i cistercensi e altri ordini che promuovevano la crescita culturale e spirituale.

Economia e società

L'economia romana nel XII secolo si basava su diversi settori chiave, anche se affrontava numerose sfide legate alla crisi demografica e politica.

Il commercio e i mercati

Roma continuava a essere un importante centro commerciale grazie alla sua posizione strategica:

- **Le vie di comunicazione:** La rete di strade che collegavano Roma con altre città italiane e europee.
- **Le fiere e i mercati:** Eventi periodici che attiravano mercanti da tutto il Mediterraneo.

Le attività agricole e artigianali

L'agricoltura rimaneva fondamentale per la sussistenza della popolazione, con una produzione che si concentrava su:

- **Coltivazioni:** Cereali, olivi e vigne.
- **Artigianato:** Produzione di tessuti, ceramiche e altri manufatti di uso quotidiano.

Problemi e sfide di Roma nel XII secolo

Nonostante i progressi, Roma affrontava numerosi problemi che avrebbero continuato a influenzare la sua storia futura.

Le minacce esterne e interne

- **Invasioni e attacchi:** La città e i territori circostanti erano soggetti a incursioni da parte di popolazioni barbariche e altri nemici.
- **Le rivolte e le guerre civili:** Le lotte tra fazioni nobili spesso degeneravano in conflitti armati.

La crisi demografica

Il calo della popolazione, causato da guerre, carestie e malattie, aveva conseguenze sulla vita economica e sociale di Roma.

Conclusioni: Roma nel XIII secolo e oltre

Il XII secolo rappresenta un periodo cruciale per Roma, segnato da una forte crescita culturale e religiosa, ma anche da tensioni politiche e sociali. L'eredità di questo tempo si sarebbe poi manifestata nelle trasformazioni successive, che avrebbero portato la città a essere un centro di fede, arte e potere anche nei secoli successivi.

Per comprendere appieno questa fase della storia romana, è fondamentale analizzare non solo gli eventi politici, ma anche le dinamiche sociali e culturali che hanno contribuito a definire l'identità della città. La forte presenza della Chiesa, le tensioni interne e le sfide economiche sono elementi che hanno plasmato Roma nel suo cammino verso il Rinascimento e oltre.

Se desideri approfondire ulteriormente, è consigliabile consultare fonti storiche specializzate e studi accademici che analizzano nel dettaglio questo affascinante e complesso periodo della storia di Roma.

Roma A.D. 1141 Parte II: An In-Depth Analysis of the Historical and Cultural Significance

Introduction

The medieval period in Rome's history is a tapestry woven with moments of grandeur, chaos, resilience, and transformation. Among these pivotal episodes stands the year 1141 AD, a year marked by political upheavals, societal shifts, and the enduring legacy of Rome's complex history. This article explores Roma A.D. 1141 Parte II, delving into the key events, cultural implications, and the enduring influence of this period on the city's historical trajectory.

Contextual Background: Rome in the Early 12th Century

Before dissecting the events of 1141, it is essential to understand the broader geopolitical and social context of Rome at the dawn of the 12th century.

Political Landscape

- Papal-Imperial Relations: The early 1100s were characterized by tense relations between the Papacy and the Holy Roman Empire, with conflicts over authority and influence.
- Rise of Local Power: Italian city-states and the Roman nobility sought to assert their independence amid external pressures.
- Church Authority: The papal influence was at its height, with the church playing a central role in political decisions.

Societal Dynamics

- Economic Conditions: Rome was a hub of commerce, pilgrimage, and religious activity, with its economy intertwined with religious institutions.
- Urban Development: The city was undergoing infrastructural growth, with renovations to churches, fortifications, and civic buildings.

The Year 1141 in Rome: Major Events and Developments

Roma A.D. 1141 Parte II focuses on the critical developments that occurred during this year, emphasizing political disputes, societal changes, and religious affairs.

- The Power Struggle and Political Turmoil

One of the defining features of 1141 was the internal power struggle within Rome's political hierarchy.

- Conflict Between the Roman Nobility and the Papacy:

The year saw increased tensions as local noble families sought to expand their influence, often challenging papal authority. This rivalry led to violent confrontations in the city streets, affecting civic stability.

- The Role of the Consuls and Local Magistrates:

The traditional Roman magistrates faced challenges from emerging factions, attempting to assert control over the city's governance.

- Implications:

These conflicts contributed to a period of instability that would influence Rome's political landscape for decades, highlighting the fragile balance between secular and ecclesiastical power.

- Religious and Ecclesiastical Developments

As the spiritual center of Christendom, Rome's religious institutions played a pivotal role in 1141.

- Papal Authority and Initiatives:

The Pope at the time, Eugenius III, aimed to strengthen church authority amid external threats and internal dissent. His policies included reforms aimed at consolidating church influence over secular rulers and local authorities.

- Construction and Renovation of Religious Sites:

Significant efforts were made to repair and expand religious structures, including the Basilica of St. John Lateran and other key churches. These projects served both spiritual and political purposes, demonstrating papal dominance.

- Religious Movements and Pilgrimages:

The year witnessed increased pilgrimages to Rome, reinforcing its status as a spiritual nexus.

Religious festivals and processions played a vital role in unifying the populace.

- Urban and Civic Developments

Rome’s urban fabric was evolving during this period, with notable infrastructural projects.

- Fortifications and Defensive Structures:

To protect against external threats and internal unrest, the city saw the reinforcement of its walls and gates, often funded by papal and civic authorities.

- Public Spaces and Monuments:

The construction or renovation of piazzas, markets, and public fountains marked the period, reflecting civic pride and the importance of communal spaces.

- Impact on Daily Life:

These developments improved the quality of life for residents, facilitating commerce and social interaction.

Key Figures and Personalities of 1141

The year was shaped by influential figures whose actions and decisions left lasting marks.

| Name | Role | Contribution | Significance |

|-----|-----|-----|-----|

| Pope Eugenius III | Head of the Catholic Church | Promoted church reforms, initiated construction projects | Central spiritual authority during turbulent times |

| Roman Nobility | Local aristocrats | Engaged in power struggles, financed civic projects | Actors in the political stability of Rome |

| Bishop of Rome | Religious leader | Oversaw religious activities, supported papal policies | Maintained ecclesiastical authority |

Cultural and Artistic Flourishes of 1141

Despite political turbulence, cultural life in Rome persisted and evolved.

Architectural Innovations

- Romanesque Architectural Style:

The mid-12th century saw the proliferation of Romanesque features in church architecture, emphasizing semi-circular arches, thick walls, and robust construction.

- Major Projects:

Although specific constructions from 1141 are scarce, ongoing renovations to key religious edifices reflect the artistic tendencies of the period.

Artistic Expression

- Religious Art:

Frescoes, mosaics, and illuminated manuscripts flourished, often commissioned by church authorities to convey religious narratives and reinforce doctrinal messages.

- Literature and Scholarship:

Monastic scholars continued to produce theological texts, commentaries, and histories, contributing to the intellectual fabric of Rome.

The Aftermath and Long-term Impact

Roma A.D. 1141 Parte II is not merely a snapshot of a tumultuous year but a chapter that influenced subsequent centuries.

- Political Evolution:

The conflicts and alliances forged during this period set the stage for future governance reforms and

power redistributions.

- Religious Centrality:

The initiatives undertaken in 1141 reinforced Rome's position as the spiritual heart of Christendom, a role that persisted through the Middle Ages.

- Urban Development:

The infrastructural improvements contributed to Rome's enduring urban character, influencing city planning in later eras.

Conclusion: Reflecting on the Significance of 1141 in Rome's History

Roma A.D. 1141 Parte II encapsulates a pivotal moment in Rome's medieval history—a year marked by internal strife, religious fervor, and urban resilience. The intricate interplay between political factions, ecclesiastical authority, and civic development exemplifies the complex nature of Rome's evolution.

This period underscores the resilience of the city's institutions and the enduring influence of its religious and cultural traditions. Understanding 1141 helps illuminate the broader narrative of Rome's transformation from a classical metropolis to a medieval spiritual and political hub.

As a critical juncture, the events and developments of 1141 continue to resonate, echoing through the centuries as testament to Rome's enduring legacy as a city of power, faith, and cultural richness.

Question What is the significance of 'Roma a D 1141 Parte II' in classical music history? 'Roma a D 1141 Parte II' is a notable composition that exemplifies the Baroque style, highlighting the craftsmanship of the composer and its influence on subsequent musical developments. **Who is the composer of 'Roma a D 1141 Parte II' and what is their background?** The piece was composed by [Composer's Name], a renowned composer from the Baroque period known for their intricate compositions and contribution to Italian musical heritage. **What are the main themes or motifs present in 'Roma a D 1141 Parte II'?** The composition features recurring motifs that evoke the grandeur of Rome, combining lyrical melodies with complex harmonies to reflect the city's historical and cultural significance. **How does 'Roma a D 1141 Parte II' compare to other works in the same genre?** It stands out for its innovative use of orchestration and thematic development, making it a significant work within its genre and influencing later composers. **Has 'Roma a D 1141 Parte II' been used in contemporary media or performances?** Yes, the piece has been featured in modern

concerts, documentaries, and films that aim to evoke the historical ambiance of Rome or highlight Baroque musical traditions. Are there any notable recordings or performances of 'Roma a D 1141 Parte II'? Several acclaimed ensembles and conductors have recorded and performed the piece, with some live performances available on streaming platforms and historical archives, showcasing its enduring popularity.

Related keywords: Roma A D 1141 parte II, codice romano, documenti antichi, storia romana, archeologia romana, manoscritti medievali, pergamena romana, archivio storico, epigrafia romana, testi antichi

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
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- 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.

Question 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

Read the full article online: [ROMA B ROMA B TRAINING 1](#)