

What a fantastic time we all had at the 1st West Coast KENPO Confederation on July 31st. Of all the Seminars or Tournaments the IKCA has hosted over the years, this was by far the most outstanding. Not only did we have a much greater list of activities and expert instructors to present them, but we had the biggest turnout as well. No doubt because of the Confederation itself, the fact that there were *three entities* represented instead of just one.

The only flaw, if you could call it that, was the fact that a couple of the instructors presented programs that needed more time to fully explore the subject matter and work up to the conclusion. Naturally, we are already working on the remedy. The scheduling for next year is on the drawing boards and this little problem is on its way to being resolved. Other than that, it was perfect.

One of the things we had thought of doing, was to present each participant with a blank video cassette at the beginning of the day and when he or she went to each venue there would be a video setup and a technician. When it was your turn to do the particular drill you would hand the cassette, with your name already on the label, to the technician and he would video your turn doing the drill. We knew it wouldn't work for all classes but for those it would work for, we thought it would be great for you to be able to leave with video of some of the things *you* did at the Seminars. We also knew that it would only work for a limited number of participants.

Fortunately, thanks to pre-registration, we could see before we implemented it that the participation was going to be far too great for this to be feasible. There were simply going to be too many people for this plan to go off smoothly. So rather than try something that we already felt wasn't going to work, we revised the plan in mid-stride. As the "Old Man" used to say, "When in doubt, reroute." So, instead we decided to video as many of the classes as we could and then put together a video of the day, showing some of the highlights of each of the subjects presented. We felt it would probably include most of the people who attended throughout the day, and it worked out beautifully.

The final product is a forty-six minute movie of the day as it took place, and each person who attended will receive one, compliments of the Karate Connection as our thanks for attending. You can re-live the day over and over. It will give you a reminder of what you did and perhaps what you didn't do.

There was actually more Kenpo than you could get to, even if you attended a class each and every hour of the day. You had to make your decisions ahead of time as to which classes were of most importance to you, and which you thought would benefit <u>you</u> the most. Most classes were run two or three times during the day, so if you missed something you wanted early in the day, you could catch it later. By-and-large it must have worked very well for everyone, because we didn't have any negative comments. Positive observations yes, negative comments, no. Like the observation that some seminars were too short to be fully developed, as we have already mentioned.

If you couldn't be there and you would like to see what took place, we're not keeping it a secret. You can get a copy of the video. It would have been great if all of our members could have been there. We know that isn't reasonable and could never happen, but we would like for everyone to be able to see what took place, and that is reasonable, thanks to video.

So now you can take a trip to California vicariously for just fifteen dollars and see if this is the kind of event that would appeal to you. You'll get a really good idea of what took place and how it was done. We caught a piece of every subject and every Instructor, as the day went on. What we didn't get on video was the dinner that the IKCA provided for everyone who participated or helped out. We were too busy lickin' our fingers while chowin' down on Colonel Sanders Chicken and all the fixin's to think about who was going to video the festivities. We'll make sure to get it covered next year.

There was only one other comment that caught our attention. What they said was that they missed the competitive events we had in the past. We do too, so we are working on a way to bring them back. The plan is still in the formative stages, at this time, but we think we have a way of doing it that will not only satisfy everyone, but make the day even more exciting and entertaining for all who attend.

The way the events were done in the past were entirely too time consuming to be done with our new agenda, and we have no plans to change that. We subscribe to the old adage that if it ain't broke, don't fix it. And what we are doing now definitely isn't broke. We think we have come up with a way of having our competition and everything else that we had this year. It will mean expanding the hours and making the day a little longer, but the hotel is charging us for the time, so we might as well use it.

Something else that we are going to have to do is to let people know that we provide a dinner for everyone attending, after the seminars are over. Unfortunately this year we didn't tell people far enough in advance, so a lot of the participants had made travel arrangements or other personal commitments that kept them from joining us for the dinner in the patio area of the hotel, right by the swimming pool. It was a great way to end a great day. This year it was Colonel Sanders. Next year, who knows? We might invite the Colonel again or do something different. Just try not to miss it. It's great to break bread with your Kenpo brothers and sisters.

An event like this is as much a learning experience for us as it is for you. We are always in search of better ways of presenting our program. Looking as to what should be minimized and what can be expanded upon. We want to make your day the best it's ever been, and it's so gratifying to receive the calls we have gotten since the Confederation, that were so enthusiastically positive.

For the present, and the immediate future, we are sticking with the single-day agenda. In time, if the demand surpasses the supply, so to speak, we might just have to expand the event to two or more days. We were able to accommodate the number we had comfortably this time, but had the number of people increased appreciably, we might have had to turn people away. That's why we are going to add more hours to the event next year. Along with that, we might also have to add more rooms to hold an expanded agenda. We are committed to do whatever it takes to make the Confederation as good as or better than it was this year.

Our day began as all of our IKCA Seminars do, with the first hour devoted to making sure our distance students are up to par on the material they already have for their belt level. We can correct so many of the minor things in a fraction of the time it would take with video correspondence. Video is great and it works wonderfully, but it's slower and that's one of the reasons we created the seminars in the first place.

This year our camera people weren't ready when the IKCA portion was getting underway so we just grabbed some footage from an earlier Seminar and put it on the front of this year's video. They were held in the same place and many of the same people were there, and if we didn't mention it, most people would never have known, but we feel better just putting it out there. The rest of the footage is from this year.

Bob Barnett was there again teaching ground fighting. Bob is not only an IKCA Certified Instructor but is also certified in Gracie Jiu-Jitsu. He is a stickler for detail and a firm believer in teaching strong basics. That's the way he learned it, and it's the way he teaches it, which goes hand in hand with the Karate Connection's philosophies concerning the basics. *No one ever developed a strong personal style without strong basics*. And a good way to get hurt in ground fighting is to start in the middle with material that's too advanced for you. You need those basics to build upon, and once you have them, everything else just falls into place. Mr. Barnett's program is one of those that needs to be expanded into a two-hour segment, which has already been figured into next year's schedule.

Another program that needed to be lengthened, is the one presented by Miss Dian Tanaka of American Kenpo. She had some exceptionally creative drills that should have been led up to, instead of presented as early as they had to be this year. Everyone enjoyed them and benefited from them, but we felt she should have had more time to more fully develop the theories and concepts behind them. Here again, we'll only make that mistake once.

And there was one other portion of the day that needed to be given more time. Mr. Paul Metz of Manitowoc, Wisconsin, an IKCA Certified Instructor, showed us his reality drills, wearing a training suit that allows him to take strikes at almost full power. The drills are the best we have seen and typify what the Karate Connection is all about. We are always looking for the most realism we can get and Mr. Metz has broken new ground in that area. We will be adapting many of his ideas into our regular workouts and looking for ways to expand even upon those.

This is where the Karate Connection is so fortunate. We have people who not only do what we do, but make every effort to do it even better, and in doing so, shed new light on old ideas. Vic and I are only two people and as hard as we work at this profession and for the amount of time we have put into it, over the number of decades we have been doing it, we still can't think of everything. It fills our hearts to see our people absorb what we have taught them and then take that to new levels of excellence and inventiveness. We, on the other hand, are just as quick to see the value of what they have done and to pass it on to our membership as fast as we can. We have the means through our organization to do that, whereas most people don't. So you benefit from people around the world who are working at making this the best system ever. That's why we chose the name Karate *CONNECTION*, because you are connected with them through us.

Mr. Metz will be back next year and will be presenting these incredible reality drills and next time we will be there with him to help present an expanded version of what took place this year.

Speaking of our people taking what we have taught them to new and elevated heights, take a look at our web site, in the near future, and you'll see some video that addresses that theme. We have produced a short video we call, "The Evolution of the Karate Connection" and it deals directly with that subject matter. We have always felt that any individual, or team of individuals as in our case, is only capable of doing so much, and it's up to the succeeding generations to carry on their work and to develop it and improve upon it as time goes by. If all the records set at the first Olympics had never been broken, there would be no Olympic competition today. The athletes of yesterday teach those of today how to do it better, and in doing so, they are able to shatter the records of those before them. If I had ever thought that my students could never get any better than I was, I would never have started teaching in the first place. This video is about our people and what they have done, with what we have taught them.

The rest of the subjects that were presented at the 1st West Coast Kenpo Confederation went off as planned. Some had more attendance during one or the other of its sessions but byand-large everyone got to attend all of the classes they were interested in. There were a couple of Seminars that were presented twice that only needed to be done once, and they will be next year. There were a couple that were presented three times that will probably be done only twice, unless we acquire an additional room, then they can be done three times to make sure everyone can get to one of them.

There are going to be a few other changes, as well, next year. For one thing, we didn't build a lunch break into the schedule; therefore some of the classes during that period, when people got hungry, were light in attendance. Next year there will be a lunch break, but again, we have something special planned for that time period. When we get all of the details ironed out we'll let you know what you can expect.

I guess you can tell, we are really excited about this year's event, and we should be, because everyone else was too.

If you think you would like to see what the day was like, use the order form on the next page. The cost of the Video is **\$15.00** on **VHS Tape or on DVD**, and we will pay the shipping and handling. We'll even pay the sales tax if you live in California. *Fifteen bucks, that's it.* If you want to get it quicker, give Vic a call and order it with your credit card, and it will be on its way tomorrow. 1-714-229-0372.

NOTE: We are working toward producing <u>all</u> of our tapes on DVD. As of now this (West Coast Kenpo Confederation Video) is the <u>ONLY ONE</u> available on DVD. We will let you know as soon as the others become available. We're getting close!



Bob Barnett demonstrates a lock.



The Semi Circle at work.



Alan Nisberg nails the dummy in the head.



Shawn Monday discusses a ground fighting technique.



There were a total of six Freestyle-oriented classes held throughout the day. It's an important subject and we treat it as such. This is one of the sessions held by Brian Antak and James Parson.





Here are Glen Lyman and myself (right in sync) getting ready to do the thrusting heel palm, after the ball kick, in Twin Talons from the Master Form.



Miss Dian Tanaka captivated her group with her innovative drills. Notice Efren Palacios in the background putting on a blindfold.





Vic got down with his knives and showed a few weaponless techniques as well.



Mr. Jim Buhisan discussed the business of the Art and shared the secrets of his success.

Mr. Steve Muhammad (center) demonstrates the BKF way of doing things.





Mr. Jim Allard (in T-shirt) teaches his gun disarm to an enthusiastic group.



Mr. Paul Metz came in with a seminar made up of reality drills, utilizing his training suit. They were great!



Here Cliff Quan puts in a strong double heel palm to the head, stopping a front grab that could have resulted in a take down.

Karate Connection Newsletter Celebrates Its 10th Year

Four Newsletters a year, for ten years. Yep, that's forty Newsletters. My grade school math teacher would be proud of me.

Over these past ten years we have gotten the Newsletter out to you a little late on occasion but we have never missed an issue. Sometimes we have had to scrounge for subjects to write about and at other times there just isn't enough space.

We have also had help over the years. One of the most popular features has been the BLACK BELT GALLERY, which profiles the IKCA Instructors and was suggested by Mr. Bill Parsons. It's also Mr. Parsons who does the telephone interviews with the prospective Instructors and writes them into what you read here. He has been so busy of late helping us to get video clips onto our website he hasn't had time to go forward with the interviews, until recently. This quarter's Newsletter features an old friend of ours, Mr. Doug Meeks of Napa, California. Those of you who have the Freestyle Fighting Tapes know Mr. Meeks well. He has a terrific segment on those tapes.

Another suggestion of Mr. Parsons was that we put all of the past Newsletters on our website for those of you who are new to the Karate Connection. We realize that not everyone has a computer, or is on-line yet, but it's a lot like the telephone. In the early days of the telephone you didn't find one in every house either but it didn't take long before it went from a luxury to a necessity, and here we are turning the corner once again. The computer is rapidly becoming a necessity rather than something to play games on. And the Internet has become the information highway of the world. Soon there won't be a household without one. But for now, those of you who have a computer can go to our website and read all of the Newsletter articles written over this past nine years. We keep the current year just for our members. After a year each will be posted on the site, as each new one comes out.

The intention of the Newsletter was to allow us to communicate all of the upcoming events and what's been happening with the organization and the people involved in it. With each issue, we also tried to include something about the system, either in a how-to, or why certain things are done the way they are.

We hope you have enjoyed these past forty issues and continue to enjoy the upcoming ones.







Mention the town of Napa, California and people immediately picture wineries, row upon row of world class grapes, hot air balloons, quaint Bed & Breakfasts, and of course IKCA Kenpo?!?

Doug Meeks, IKCA Seventh Degree Black Belt is the Chief Instructor at Main Street Martial Arts, one of the most successful martial arts schools in the Napa area. Recently featured on the Kenpo Freestyle Fighting Tapes, Doug uses the IKCA Kenpo system as a core curriculum supplemented with his experience in varied arts to turn out some of the best Kenpo students in Northern California.

Doug lives with his family in Napa where he was born and raised. Having earned a degree in Exercise Physiology and Sport Nutrition from Sonoma State, he started in the field of physical therapy. After getting his state teaching credentials, he became a 6th grade teacher. His teaching job requires him to be knowledgeable in numerous subjects, though he admits his biggest challenge is holding the attention of a class of thirty-plus kids. But he is quick to say that his biggest reward is when the kids that hate school experience a turnaround during the year he is their teacher and begin liking it

Doug has spent nearly half his life as a martial arts instructor, operating his first school at the young age of twenty. Starting back in 1976, Doug began the martial arts studying Kyokushinkai Karate (Mas Oyama's style) under Sensei Bill Whittmeyer. He then switched to a local Tracy's Kenpo school for 4-5 years earning his 1st Degree Black Belt. Though his parents weren't thrilled with his martial arts interest, Doug remembers his first job turned out to be a Junior Instructor in the Tracy's organization. Over the years, as he progressed in rank in the art of Kenpo, Doug also studied similar arts such as Kajukenbo, and dissimilar arts as varied as Wing Chun, Tae Kwon Do and Jiu-jitsu. Spending a few years in the Danzan Ryu system of Jiu-jitsu and attaining a 1st Degree Brown, Doug developed an appreciation for ground fighting and as a result became very impressed with the Gracie System. "My exposure to such methods allowed me to blend it with what I knew and for Kenpo that evolved into developing 'ground extensions'. The goal of these extensions is to get back on your feet again as soon as possible." As he continued his studies, he was struck with the volume of the material required to grasp the whole of each art, especially Kenpo.

From these experiences, he began to develop his own personal philosophy about the martial arts, how much material was really necessary, and that's where the IKCA comes in.

Doug found out about the Karate Connection and IKCA Kenpo as most do, from the advertisement in *Black Belt Magazine*. He really didn't expect much from the IKCA, but as he recalls, "...the preview tape was free!" Needless to say he was impressed with what he saw, a practical, effective, teachable system. "I saw movement that was quick to teach, but application that would take a lifetime to perfect." He was also struck by the simplicity of the system. He states, "A boxer uses only 4-5 punches in his arsenal. Why should we have 400? My position is that you don't need more stuff, you just need to learn to use what you've got." Doug was so impressed with the Karate Connection material he ordered the full set of tapes and set a date to transition his school to IKCA Kenpo. "I remember telling my assistant instructors, 'This is what we're gonna do!', and I caught a lot of flack from them and was met with a fair amount of change, Doug states, "First and foremost, Chuck and Vic are credible people. More and more people are going back to basics. Nobody remembers or mentions that the IKCA was doing it before anyone else. The IKCA teaches the backbone, the core of Kenpo. With the solid basis of the IKCA Kenpo."

As can be seen in the Kenpo Freestyle Fighting Tapes, put out by the IKCA, Doug's passion is teaching. "I teach as much for my own growth as for those I teach," he states. One of the strengths that Doug recognizes from the IKCA is the teaching method with which they've reached so many people worldwide. "I'm amazed by the caliber of the people," he says. "After all, if video training hadn't been available, where would I be?" Doug knows firsthand the challenges of being a video student and he offers this advice: "Do what you've got to do to stay motivated. Don't let life get in the way, stick with it."

When asked what final thoughts he would like to leave with his IKCA brothers and sisters, Doug turned the focus off of himself and back to the IKCA founders. "Chuck Sullivan and Vic LeRoux have done so much to establish a common bond, a Kenpo bond, for so many people including myself. I have to give credit where it is due, and these gentlemen deserve a ton of credit. I doubt I would still be in Kenpo if it weren't for them."

This writer has a suspicion that your students will say the same of you, Mr. Meeks.

Bill Parsons, IKCA Member



FREESTYLE FIGHTING AND TESTING EOD DANK

TESTING FOR RANK

Just recently one of our video students purchased an UltraMan dummy, thinking that he could use it, and it alone, to test with. When we told him that he would still need a partner to freestyle with, he said we never told him that. Actually, we had but somehow it had gotten past him. And when we pointed out exactly where it was stated, he admitted that he might have read it a little too quickly.

We never thought we kept it a secret, that in order to become a Black Belt with the IKCA, Freestyle Fighting would be a requirement along with the Master Form and all of the Techniques. So let's spend a little time here to spell it out a little more clearly, so this doesn't happen again.

As far as testing with the dummy is concerned, the article in Newsletter #38 pretty well details our position, and it hasn't changed in the meantime. And yes, in that article on page three there is a sentence that states – **"When it comes to the higher belt levels where Freestyle Fighting is required, we will have to figure out something else, because you definitely** *cannot* freestyle with a dummy."

The idea of testing, using the UltraMan Dummy, was to allow people who don't have a regular workout partner to train and test without a live partner <u>on the things that</u> <u>can be done with the dummy</u>, such as the techniques. As far as freestyle fighting is concerned, that's when you are going to have to get out there and make it happen. We will help as much as possible. We have put people together in some pretty remote areas.

It isn't as if you will have to travel unreasonable distances on a twice-weekly basis for an extended period of time, as you would for your regular training. You can get a lot of Freestyle experience in short bursts and with the Freestyle Series of Videos we spent years putting together, the studying you do in between actual bouts can go a long way toward improving your next session. Plus of course, you should video every match you fight so you can go back and study it.

Let me tell you what one of our more creative students did. We wrote this story up several years ago but many of you have become members since and are not aware of it so here it is again.

Alan Nisberg, down in Florida needed a freestyle partner and we didn't have anyone in his vicinity, so he went to a local Karate School and talked to the owner. He related to him how he was studying his art through video and the instructor seemed very skeptical and not at all convinced that such a program was possible.

I believe he wanted to check out someone who was going through the process just to see how effective it might be, so he agreed to allow Alan to come into his school just to gain Freestyle Fighting experience and not participate in the regular classes, at a reduced fee, naturally. Everything went along very well for a while. Alan is a very likeable person and fell in with the students there with no problem. Unfortunately, one evening when he arrived they were doing their version of self-defense techniques. When they were finished and before they began to freestyle Alan showed them just a few of the Karate Connection techniques and broke them down for them. They were so impressed they wanted to see more. Over the period of a few weeks the students besieged Alan with questions about his style and system. The more he told them the more they asked. The more he showed them the more they wanted to see. The worst part was when some of them went to the head instructor (owner of the school) and asked when they were going to be learning some of that. It was becoming an unpleasant situation for the head instructor, especially when Alan was already competing even-up with his best Black Belts in freestyle as well. And remember, Alan was a new Brown Belt at the time.

Within a couple more weeks the head instructor called Alan into his office one evening and told him flat-out that he would have to make a choice between the Karate Connection and his school. That he was going to have to quit that "video crap" and study real Karate. Alan said, "You're kidding right?" The instructor insured him that he was not kidding and he wanted an immediate decision. Alan said, "You got it. I've seen you and your guys move, and I've seen them and their guys move. It's no contest. I'm outta here." He told us the man stood up and looked as if he might want to thump right then and there. Alan said he waited to see which it was. When the man sat back down he left.

Therefore, it might be a good idea if you need to do something similar to what Alan did, to be a lot more elusive as to what you are learning from the Karate Connection and show as little as possible, keeping your activities confined to Freestyle Fighting as much as you can. You'll be there to learn, not to teach.

How important is Freestyle in the overall picture? Very important! Probably more important than any other single element, outside of the basics themselves. Its importance can't be overemphasized. Freestyle is the only tool we have to achieve total spontaneity.

Do the Freestyle Fighting videotapes help? You bet they do. There are techniques and strategies on those tapes that every individual can relate to and benefit from. They contain segments by some of the best fighters ever produced in past and recent history. We have been told even by the old-timers, that these tapes contain more information than any tapes, before them or since. But no matter where and how you get your Freestyle Fighting experience, you must have it. There is no such thing as an IKCA Black Belt who can't freestyle.

As far as testing with the UltraMan dummy is concerned, we have found that we are as comfortable seeing the techniques done on him as we are seeing them done on a live partner, and that means all the techniques up to and including testing for Black Belt. When we see you move on him and hear him being hit as well as seeing him react to the blows, we can easily evaluate how you would have done on a human body.



We would like to take this opportunity to congratulate you on your promotion. We know what kind of dedication and perseverance it requires to earn rank in the Martial Arts and we wish to pay our sincerest respects to you for having shown what it takes to appear on this list.

Jeremy Brown Latasha Bjorkman Kirbie McMurry Chandler Ewing Alva Pope Chris Davison Josh Moore Juan P. Narave Marcus Rowlands William Curran Anthony Venditelli **Devin Venditelli** Samuel Supowit Gary Denbow Jason Shumaker John Kelleher Roel Alafa Walter Heckman IV Megan Truman Kaevan Shah Gary D. Anderson Kim Egeberg Johansen Heidi Egeberg Knudsen Kristina Egeberg Johansen Michael Ottesen Tue Bennike Christian Christiansen **Gustav Pyndt Cosmus** Jonas Olsen Dall Mary Liebe Rod Pruitt Darin Davis Vicki A. Bliss Karla Tyson Robin Janotta

Springdale, AR, USA Lompoc, CA, USA Pittsburg, KS, USA Pittsburg, KS, USA Tuscaloosa, AL, USA Napa, CA, USA Napa, CA, USA Napa, CA, USA Napa, CA, USA Johnston, RI, USA Johnston, RI, USA Johnston, RI, USA Tucson, AZ, USA Farmington, MN, USA Grover Town, GA, USA Henderson, NV, USA Killeen, TX, USA Raleigh, NC, USA Redondo Beach, CA, USA Redondo Beach, CA, USA Redondo Beach, CA, USA Denmark Denmark Denmark Denmark Denmark Denmark Denmark Denmark Manitowoc, WI, USA Jacksonville, FL, USA Redondo Beach, CA, USA Redondo Beach, CA, USA Redondo Beach, CA, USA Redondo Beach, CA, USA

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Redondo Beach, CA, USA Redondo Beach, CA, USA Pittsburg, KS, USA Pittsburg, KS, USA Pittsburg, KS, USA Pittsburg, KS, USA Northport, AL, USA Pittsburg, KS, USA Redondo Beach, CA, USA Midland, TX, USA Tuscaloosa, AL, USA Moca, PR Moses Lake, WA, USA Enfield, NH, USA Shoreview, MN, USA Murrieta, CA, USA Germantown, MD, USA Tuscaloosa, AL, USA Laredo, TX, USA Shoreview, MN, USA Kingsport, TN, USA Louisville, KY, USA Saskatchewan, CAN Moca, PR Vass, NC, USA San Jose, CA, USA San Jose, CA, USA San Jose, CA, USA San Jose, CA, USA Los Angeles, CA, USA Tuscaloosa, AL, USA Long Beach, CA, USA Nova Scotia, CAN Pittsburg, KS, USA Pittsburg, KS, USA Pittsburg, KS, USA

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Pittsburg, KS, USA Huntington Beach, CA, USA Pittsburg, KS, USA Manitowoc, WI, USA Vallejo, CA, USA Manitowoc, WI, USA Bakersfield, CA, USA Tracy, CA, USA Pittsburg, KS, USA Pittsburg, KS, USA Pittsburg, KS, USA Tuscaloosa, AL, USA Redondo Beach, CA, USA Redondo Beach, CA, USA Copenhagen, DEN Copenhagen, DEN Orland, ME, USA Pittsburg, KS, USA Tuscaloosa, AL, USA Hawthorne, CA, USA Bakersfield, CA, USA Copenhagen, DEN Copenhagen, DEN Capitol Heights, MD, USA Kenai, AK, USA Soldotna, AK, USA Redondo Beach, CA, USA Redondo Beach, CA, USA Johnston, RI, USA Georgetown, TX, USA Henderson, NV, USA Tinley Park, IL, USA Whitesettlement, TX, USA Boonville, NY, USA Tucson, AZ, USA Elk Grove, CA, USA Louisville, KY, USA

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