

Spetznaz Training Manual

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GRU Spetsnaz are the elite military formations under the control of the military intelligence service GRU. It was the first Soviet/Russian spetsnaz (special forces

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Spetsnaz later referred to special purpose or special operations forces, The average training period for a CSN officer is about five years.

Systema spetsnaz "russian style" hand to hand

The structure of SYSTEMA SPETSNAZ training combines a This style gives an opportunity for a person to determine the order of carrying out different manuals

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Russian spetsnaz.russian martial arts. spetsnaz -

SPETSNAZ spetsnaz training. During the 1970s, when the Cold War was at its height, the West became aware of the existence of Soviet Spetsnaz troops, which were

Systema spetsnaz - russian combat

Systema Spetsnaz hand to hand combat reality based self defense Traditional training methods are utilized with modern concepts of hand to hand combat.

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Russian special forces - spetsnaz gru - combat

Russian special forces. Military hand-to-hand combat - version of Spetsnaz GRU (special forces of the Russian Army).

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