

# **Russian Spetsnaz Manual**

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### **Online spetsnaz manual | martialtalk.com -**

Here is a link to a Spetsnaz manual. Unfortunately the text is in Russian but the pictures are interesting. The art seems to be a mix of boxing, wrestling and sambo.

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Apr 18, 2010 Best Answer: Both Special Forces training SAS and Spetsnaz are intense. SAS training involves spinning you around in a chair blind folded and then dropped

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