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The Spetsnaz Training Regime

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The KGB Alpha Team Training Manual was provided to Paladin Press by Jim Shortt, who, as director of International Bodyguard Association (IBA), has trained numerous Western military and police units in anti-Spetsnaz activities.

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This Systema Spetsnaz DVD is focused on joints flexibility and strength, which is vital for any martial art training. Waves motion exercises will help you to strengthen the back and stomach muscles, increase the spine's flexibility, normalize the nervous system, rejuvenate the entire body and bring your self-defense training to a new level!

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