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Spetsnaz - wikipedia, the free encyclopedia

Spetsnaz later referred to special purpose or special operations forces, and the word's widespread use is a relatively recent, post-perestroika development in Russian

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Systema - wikipedia, the free encyclopedia

Systema (, literally meaning The System) is a Russian martial art. Training includes, but is not limited to: hand-to-hand combat, grappling, knife

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The History of Systema SPETSNAZ. The History of Systema SPETSNAZ Systema is a term derived from the original Russian Systema of Hand-to-Hand Combat.

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