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| 16.06.2020г.Подготовка к соревнованиям: правила, техника безопасности, амуниция, учебный бой.[https://thexvid.com/video/FogxWjJ4mns/армейский-рукопашный-бой-арб.html](https://thexvid.com/video/FogxWjJ4mns/%D0%B0%D1%80%D0%BC%D0%B5%D0%B9%D1%81%D0%BA%D0%B8%D0%B9-%D1%80%D1%83%D0%BA%D0%BE%D0%BF%D0%B0%D1%88%D0%BD%D1%8B%D0%B9-%D0%B1%D0%BE%D0%B9-%D0%B0%D1%80%D0%B1.html) |
| Отработка техники ударов.[https://www.youtube.com/watch?v=Tazoj-e9wVA](https://m.vk.com/away.php?to=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DTazoj-e9wVA&post=-52801904_68) |