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)