



## SAS Diaries: How to Pass Selection

*Mr M S Lewis*

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# SAS Diaries: How to Pass Selection

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## **SAS Diaries: How to Pass Selection Mr M S Lewis**

If you want to learn how to pass United Kingdom Special Forces selection then this Full colour training manual can aid you in that desire, provide specific training in the skills you will need, plus providing route cards with full colour maps for the endurance phase of selection. From experience and first hand knowledge this manual has been put together in full colour including instruction in the key areas that most people fail the selection process. This includes Mountain Navigation, Jungle Navigation, Night Navigation, Health & Hygiene, Nutrition and detailed navigational marches including maps showing check points of selection routes. A must have for anyone wanting to attempt UKSF selection or just have an interest in UKSF fitness and skills.

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