POLISH HYPERBARIC RESEARCH 1(86)2024
Journal of Polish Hyperbaric Medicine and Technology Society

THE MOTOR DETERMINANTS OF THE RECRUITMENT OF CANDIDATES FOR NAVAL SPECIAL FORCES IN THE OPINION OF THE FOUNDER OF THE SPECIAL MILITARY JW. FORMOZA

Paweł Różański

Department of Underwater Works Technology, Polish Naval Academy

ABSTRACT

The study concerns an expert interview conducted with Lieutenant commander Major Józef Rembisz, the founder and first commander of the Formosa Special Military Unit. The interview was realised on 28.01.2018 in Gdynia, at Skwer Kościuszki. The meeting with Mr Józef Rembisz was attended by 25 students of the Uniformed Services Branch of the Academy of Physical Education from Biała Podlaska. The purpose of the interview was to hear from the founder and at the same time experienced commander of the aforementioned special unit about the contemporary trends and interests of young people in this type of forces as well as the possibilities of their fitness preparation for marine special forces. During the meeting, the interviewee brought up historical aspects, presented his biography, and presented his position resulting from observations and reflections on the current possibilities for the preparation of contemporary generations of candidates for selection, i.e. the main test carried out in the Polish special forces. The observations given by the interviewee were aimed at making the listeners aware of the direction they should follow in order to appropriately model their motor skills in order to adequately prepare for the aforementioned selection. The results of the interview are the thoughts and suggestions of an experienced commander of the aforementioned special forces unit suggesting the direction that should be followed by contemporary candidates interested in joining the service in special forces.
Keywords: motor fitness in special forces, mental resilience, recruitment, selection, naval special forces, motor aptitude, service in special forces.

ARTICLE INFO

PolHypRes 2024 Vol. 86 Issue 1 pp. 65 – 77
ISSN: 1734-7009 **eISSN:** 2084-0535
DOI: 10.2478/phr-2024-0006
Pages: 21, figures: 0, tables: 0
page www of the periodical: www.phr.net.pl

Publisher
Polish Hyperbaric Medicine and Technology Society

Popular science article

Submission date: 14.01.2024 r.
Acceptance for print: 27.01.2024 r.

INTRODUCTION

Contemporary Polish Armed Forces consist of 5 main components, one of which is Special Forces. This component is vital when it comes to conducting unconventional military operations at the enemy's rear, operating on land, water and in the air. Most of the world's well-known and renowned special forces have prepared their operators to perform in all environmental conditions [1]. Many armed conflicts in the history of warfare have been characterised by the appropriate use of their own special forces to achieve an element of surprise and thus an advantage over the enemy [2]. The achievement of advantage over the enemy is not about the size of the special forces, but about their special training, unconventional ambush operations, high level of commando efficiency [3]. Contemporary specialized training of Polish elite special forces as well as related combat operations focus on the execution of tasks in all difficult battlefield environments, including the water environment [4,5]. For elite special forces, water represents a challenge and an area of special training interest, to which the best special forces devote a great deal of attention at the selection stage, followed by training and execution of combat operations [6,7]. Among Polish special forces, the water environment is the domain of the Water Team of the MU GROM and MU FORMOZA, which places particular emphasis on training in this environment [8,9,10]. While the water unit of MU GROM supports combat operations in the maritime area, the MU FORMOZA specialises in the execution of water combat tasks. The Lieutenant General Włodzimierz Potasiński MU FORMOZA began its training activities in the early 1970s and is the oldest military special unit of the Republic of Poland. Initially, it functioned as a Special Operations Division and has only been reformed into an independent naval special unit since 2007. In 2014. MU FORMOZA received a banner thereby becoming an independent unit with the aforementioned name. The stages of its formation and functioning were described in his memoirs entitled 'Army, sea, wrecks and eels' by the late Lt. Cmdr. Józef Rembisz, the creator of this type of maritime special forces [11]. This paper contains an interview with the late Lt. Cmdr. Józef Rembisz as the main content of the report resulting from his comments, free thoughts and suggestions. Cmrdr. Józef Rembisz, based on Wikipedia, was an exemplary soldier, frogman, commando and commander of the Polish Navy [12]. He was known and remembered as the creator and first commander of the naval special unit MU FORMOZA. From the very moment of its formation, the marine unit assigned to special combat tasks on and under the water was directly subordinate to the command of the Polish Navy, in which the first special unit of combat divers, commonly referred to as 'marine commandos', was established. The formation of Formosa was connected with the launch of the Polish Navy Divers and Frogmen Training Centre in Gdynia, where special training of the Marine Divers Team was carried out, personally led by Lt. Cmdr. Józef Rembisz. From its foundation, the unit's structure and mode of training had the status of covert, clandestine and elite operations. From the very beginning of its existence, the most skilful seamen, motivated for extreme actions, characterised by above-average motor skills and mental endurance, were assigned to this formation. The main focus of the special group's training was to prepare for reconnaissance and special tasks of a diversionary nature in the rear of any enemy of the Republic of Poland. Tactical and combat exercises from the beginning had a classified status, directing their implementation in the areas of ports, wharves, especially in the semi-aquatic and maritime environment. The tasks carried out in the areas of military bases, ports and the Baltic water area have always been shrouded by the strict secrecy of their execution. The main means of transport of divers were vessels of the Polish Navy, particularly submarines, on which exercises were carried out, including force transfer and underwater landing of commandos. The main direction of operations for which operators from MU FORMOZA were special combat tasks, carried out in the surface and underwater areas [13,14]. Opinions on the actions of formations translate into the number of candidates applying for participation in the selection, which in special forces constitutes the most important and at the same time the most difficult exam verifying the psychomotor value of a candidate.

As emphasised by many specialists dealing with the issues described, tests conducted in the form of selection for special forces are among the most difficult examinations assessing motor skills, verifying the suitability of candidates for elite special units in the world [15,16].

AIM OF THE STUDY

By means of an expert interview with an experienced commander and creator of the oldest Polish special unit assigned to underwater operations, an attempt was made to collect and systematise information on the possibilities and scope of preparation of present-day candidates interested in selection for marine special forces.

The interview was realised during a meeting of students of the Academy of Physical Education in Bielsko-Biala with Lt. Cmdr Józef Rembisz. During the interview, spontaneously asked open-ended questions were conducive to learning the commander's views on the trends he perceived and the direction of interest of contemporary youth. Opinions obtained from the interviewee were categorised in terms of the direction of youth fitness preparation for participation in the selection for naval special forces. The meeting was held on 28.01.2018 between 12.00 and 15.00 at Skwer Kościuszki in Gdynia. During the 3-hour talk, on the basis of open-ended questions, specific directives were deduced in the form of prompts directing the motor activity of young people in the context of their fitness preparation for selection. The questions asked have been compiled and included in this study along with the interviewee's suggestions obtained. The thematic issues raised focused equally on the life history as well as the experiences gained by the former commander of MU FORMOZA. The opinions of Józef Rembisz were grouped and described successively in the form of results. The material mainly focused on issues related to motor improvement, motor activity and the direction of interest of young people willing to be recruited into the Naval Special Forces.

MATERIAL AND METHODS

Questions to which answers were sought during the interview:

1. What motor potential is required of a candidate for naval special forces?
2. What motor skills are conducive to participation in selection for special forces?
3. Which forms of motor activity can support the preparation of candidates for fitness examinations performed in naval special forces?

RESULTS

1. May a candidate for special forces have a predisposition conducive to successful completion of recruitment?

In the view of Cmdr Józef Rembisz, in addition to what one achieves in one's younger years, genetic transmission and the environment in which one grows up are of great importance. As the interviewee himself emphasised, his status and agricultural background, especially the associated obligation to work in his early youth, shaped him considerably for systematic work, self-reliance, responsibility and perseverance in the implementation of his later life plans. In his opinion, the physical work undertaken not only shapes positive character traits such as industriousness, responsibility, but also contributes to the realisation of passions and dreams, which in adulthood pave the way, which he himself realised with determination and persistence. According to the respondent, today's generations of young people are less and less determined to take effective action. Perhaps this has to do with 'easy access' to the conveniences of civilisation, not requiring effort and commitment as in the recent past. The advancement of technology was perceived by Cmdr Józef Rembisz as a reason for the recently deteriorating fitness levels of young people, a decrease in the level of motivation and aspiration to realise dreams, especially those requiring time and sacrifice from young people. This fosters a focus on tasks that can be achieved easily and quickly, without too much commitment and effort. As the interviewee mentioned, the 12 km routes he used to walk or cycle to school every day naturally shaped his fitness and performance, taught him planning, responsibility and organisation. It forced him to be disciplined, systematic and organised. Training and scouting camps played an invaluable educational role in his life, reinforcing his conviction that what he was doing was right and giving him satisfaction from his actions.

2. What characteristics do you think a modern young man thinking about special forces should possess?

As far as candidates are concerned, in the opinion of Cmdr Józef Rembisz, each elite special unit should be staffed by individuals who are emotionally mature, motivated to undertake difficult tasks, healthy and psychomotorily fit, with precise views and patriotic aspirations. From among those interested in training who apply for selection, it is necessary to select people who stand a good chance of starting and completing the selection and subsequent difficult and exhaustive training. These should be people who meet the expectations of the commander and the needs of the specific special formation. The best volunteers must be carefully screened during selection so that no mistakes are made during recruitment. For this purpose, physical fitness tests are used to determine the fitness but also the mental toughness of the candidates. Among the factors to be taken into account during the interview with a candidate is his or her motivation to join the special forces, interest in physical activity, regularity of work, coping with setbacks, functioning and place in a social group, predisposition to the function of a leader, courage, valour, etc.

3. What physical activity contributes to the motor development of a commando?

According to Cmdr Józef Rembisz, whose views and statements are supported by many years of experience of serving in special forces, all physical activities are of value. It is important that they are executed sensibly, according to a plan, systematically. The offers of physical activities and training that civilian and military environments present, contribute to shaping the level of physical fitness required during entrance examinations. It is very important to have a positive attitude towards physical activity, an interest in sport, especially extreme sports, which trigger many positive emotions. This is the case for people who have a preference for a particular form of activity in which they find fulfilment, seeking opportunities to devote as much time as possible to these activities. According to the interviewee: "...if physical activity is enjoyable, it will yield results in a short period of time in terms of increased skills and improved fitness. Systematic practice is always required to perform difficult elements, e.g. bar exercises, rope climbing or exercises on handrails." The assessment of the fitness level provides an answer to how much the physical activity improves and whether, in general, it gives satisfaction with the successes obtained, even small ones. In the case of maritime special forces, it is important that the candidate is not only highly physically fit, but also motivated, irrespective of any love of the aquatic environment. Having swimming skills treated as a hobby, as exemplified by e.g. diving, is an important argument to show the value of a candidate to this type of formation. Underwater activities involve the risk of injuries and accidents, so physical activity for combat divers should be tied to their motivation, courage and the need to experience adrenaline. They should be candidates who are not afraid of cold water, darkness or suffer from claustrophobia [i.e. anxiety experienced in confined spaces]. A test to verify one's predisposition for extreme underwater training may include search operations to find persons who have lost their lives in the water. Commander Rembisz already at the beginning of his career, as an inexperienced diver, took part in such an action looking for the body of a 12-year-old boy. As he put it himself, it was a memorable baptism of fire for him, verifying his suitability for extreme underwater operations. The results of his search were described in the daily newspaper Dziennik Bałtycki. In the opinion of Cmdr Rembisz, candidates for naval special forces should make every effort to ensure that they are always in good shape, systematically physically active and in good health, in particular 'taking care of the head, ears and sinuses, the neglect and illnesses of which disqualify a diver'. As the interviewee stressed, swimming ability is not the only criterion for assessing suitability although it is very important. The candidate should be of high general

fitness, achieve good results in swimming, in a word 'should feel like a fish in water'. That is why, to date, the best candidates recruited to the maritime special forces have been adepts of swimming schools, water lifeguards, individuals engaged in canoeing, sailing, rowing, and other water sports.

4. May occasional physical activity effectively prepare for selection?

Decreasing interest in physical activity, participation in extreme sports, and the observed decrease in the participation of contemporary youngpeople in forms of physical activity, unfortunately, does not fill us with optimism - said Commander Józef Rembisz. However, it is worth noting that any physical activity, even if it is occasional, has a great impact on physical development. In favour of professional sport speaks the level of preparation and performance of the athlete, at the expense of his/her versatility, which is important for special forces soldiers. Spontaneous physical activity, according to one's needs, is not always associated with regularity and achieving a high level of fitness, but it is indispensable in shaping everyone's fitness potential. Thus, all physical activity, in the form of recreation and sport, has its advantages. Individual sports such as swimming, field athletics, boxing, climbing, weightlifting, are important in shaping a candidate for becoming a soldier. Just like sports games: volleyball, basketball, football have a specific developmental value. Regardless of whether physical activities are carried out professionally or recreationally in each area, they serve to shape physical fitness and performance and to sustain it. In combination with competition, sports activities shape physical fitness, social attitudes, desirable character traits such as: camaraderie, cooperation, coping with failure when losing a competition. Other forms of physical activity such as marches, mountain expeditions, cross country running and orienteering, cycling should complement the basic forms of activity. In the area of physical activity opportunities, one can point to specialised training including skiing [skitouring], diving, gliding, parachuting and less specialised training such as cross-country skiing, rollerblading, mountain hiking, canoeing. Hobbies such as diving, body-building, canoeing, rowing, sailing, fishing are worth pursuing both in the form of leisure and relaxation and in the form of sports competition [training, competitions, etc.].

5. Which forms of sports activities do you in your opinion have the greatest training value?

Not fully appreciated forms – according to Cmdr Józef Rembisz – requiring additional financial outlays, good organisation, planning and preparation of the programme are training realised in the form of sports, fitness and integration camps. Camps have an invaluable training, integrating and motivational value, as they not only increase the training potential, but also improve intra-group relations and have a positive impact on the functioning of teams. Among these undertakings, sailing cruises, diving camps, canoeing trips, mountain expeditions, motorbike rallies, winter expeditions, escapades and survival training related to topography, orientation, survival, etc. are of high value. Cycling rallies, sailing regattas, fishing camps, rescue, diving and medical training are of particular importance. Such skills as underwater hunting, swimming in ABC equipment, training in low and high temperatures, night swimming, hunting, fishing and mushrooming are relevant in the comprehensive education useful for candidates for special forces. Possessing skills in shooting, hunting, parachute jumping, gliding, paragliding favours the recruitment of courageous candidates. Many of the individuals recruited to special forces had previously been involved in physical activities related to extreme sports. Some of them were graduates of sports academies, trained in sports clubs, making them all-round athletic individuals who enjoyed a 'surge' of adrenaline.

6. Do swimming and diving hobbies prepare a candidate for selection?

Any passion for participating in systematic aquatic and underwater training prepares one well for participation in selection, especially when it comes to water examinations. However, it is worth noting that the fitness preparation process is very time-consuming, especially when it refers to regular sports training. It can also be costly when it involves investments related to specialised training and the purchase of diving equipment, e.g.. As the interviewee stressed, it is important to nurture true passions, which unfortunately are often pursued at the expense of responsibilities, commitments, and sometimes family. As stated by the commander, in the case of his passion for diving, he was well off in terms of his family, because his understanding wife was always with him, and not only did she not hinder him in the pursuit of his passion, but actually supported and helped him, e.g. by sewing diving suits, which the interviewee also emphasised in his memoirs. Workouts that are considered to be of great training and practical value were practised, in the case of Józef Rembisz, in the form of swimming training, in which he used ABC equipment, in swimming underwater over a distance of 50 m, covering a distance of 2 km in ABC equipment, etc.

7. Which training in a civilian environment may prepare candidates for service?

Nowadays, specialised training courses such as parachuting, diving, climbing, paragliding, etc. are plentiful on the civilian market. Recently, survival courses have gained popularity, which, as in the old scout training courses, teach thinking, independence and resourcefulness. In the past, such scouting values were promoted by the Scouts; nowadays, as emphasised by Cmdr Józef Rembisz, they are conducted commercially and with varying quality of training in this area. Other trainings highlighted by the interviewee include training in radio communications, skills in operating vehicles and ships, and in modern times, electronics and drone operation. He attributed high values to skills in terrain studies, topography, knowledge of foreign languages [especially English and Russian] and the high level of physical fitness that a candidate should possess. As far as motor skills are concerned, apart from the ability to swim, a candidate for a marine commando should know the secrets of close combat, be characterised by running endurance, especially during off-road runs, be characterised by a low level of anxiety, resourcefulness, and perseverance. In the field of psychology, it is important that the candidate is characterised by perceptiveness, the ability to communicate with others, the capacity to remember events, to have imagination, etc. In addition, it is good if the candidate has had previous

contact with weapons and knows the basic principles of using them. Coming back to the motor skills, the candidate should be physically prepared for multi-kilometre, weight-bearing marches, especially over distances of 10, 15, 20 km in lowland and mountain areas.

8. What should a successful candidate prepare for?

Simply completing a selection does not guarantee that a candidate will be called up to the unit and receive a post in the special forces. An invitation to join the unit depends on the internal needs of the unit and what the candidate represents. If called into service, he or she must be very well prepared for all the hardships and long-term physical and mental efforts arising not only from the training mode but also from subsequent combat operations. These efforts relate to long-term shooting training, survival techniques, including living in unknown terrain, survival at sea [SERE], climbing, diving, parachute jumping, etc. Spectacular water training includes, among others, training to free oneself from a torpedo launcher, detaching oneself from a parachute harness in water, using a broken device for underwater tasks, swimming 5 km, swimming 2-3 km underwater in ABC equipment, diving to considerable depths while holding one's breath, etc. In contrast, on land, marches of 20-25 km with a load of 30-40 kg are practised, including tasks performed under stress and without food or rest. Night swims and the implementation of tasks in cold water is not a one-off training. As the interviewee pointed out, such conditions are well tolerated by candidates who have previously practised cold baths or winter swimming, accustoming their bodies to hypothermic conditions.

9. May trips and training abroad support the selection preparation process?

Irrespective of the fact that operators have had the opportunity to move to different regions of the world as part of their training and missions, previous experiences of living abroad play a huge cognitive role. First and foremost, they reduce the stress of travelling, moving around independently, contribute to learning about the culture and customs of the locals, improve knowledge of the foreign language, its varieties and dialects, serve to learn about hospitality, culture, making contacts, forming skills to function in a foreign community. Frequent travel encourages the adoption of attitudes and behaviour acceptable in a given community, without arousing curiosity and interest in the newcomer. During escapades abroad, it is useful to develop vigilance, perceptiveness, logical and analytical thinking and visual memory - as pointed out by Cmdr Józef Rembisz. Furthermore, 'it is always necessary to watch out for people who are too interested in us, who ask a lot of questions, are curious'. In such situations, it is worth being assertive, showing limited empathy towards strangers and those we do not know, ridding ourselves of naivety, staying vigilant.

10. What qualities should a candidate marine commando have today?

The greatest chances are with young and emotionally mature candidates. They tend to be in their early 30s or older. At this age, most already have some life experience and know what they want to achieve in their lives. If the candidates are properly motivated, they are very likely to complete the selection – maintained Cmdr Józef Rembisz. As it is commonly believed, a good candidate 'passes the selection with his head and not with his legs alone'. Based on his experiences during service, the interviewee noted that unmarried persons without addictions usually had a better chance of completing the selection and then serving. Candidates often included those with a high school education, in very good health and physical fitness. They were often candidates looking for an adrenaline rush in their activities, making them more willing to participate earlier in various extreme sports such as parachute jumping, climbing, skiing, snowboarding, diving, combat sports, and selection was another challenge they said they associated their future lives with. Among the candidates are experienced swimmers, lifeguards, sailors, canoeists, seekers of extreme sensations, challenges and emotions. When analysing the general psychological profile of a candidate, qualities such as honesty, fairness, honour, reliability, ambition, resourcefulness, ability to work in a team, restraint, loyalty should be highlighted. There are many more such valuable and desirable qualities, but most of them are more accurately assessed during the selection process, when the candidate performs under difficult conditions, being tired, sleep deprived and with limited food – this is when they show their 'true nature.'

SUMMARY

The contact to arrange a meeting between the students of the Academy of Physical Education (AWF) and the late Cmdr Józef Rembisz was made in December 2017 during a telephone conversation. At that time, a January date for the meeting was set. As agreed, a meeting was held on 28.01.2018, attended by 25 students. During the meeting, an interview was conducted on the possibility of shaping physical fitness among young people interested in selection for naval special forces. The meeting lasted approximately 3 hours. During the meeting, the young people asked various questions about the life of Mr Józef Rembisz as well as his military path and service in the Naval Special Forces. The Commander devoted a lot of time to motivating young people to take care of their health and psychomotor development seen through the prism of service in this type of special formation. The subject matter covered was ultimately the subject of this study. In the last interview given by the former Formosa commander, valuable pointers were provided for those interested in selection for this type of naval special forces. Among the main postulates, the most important were the justification of genetic transmission, the influence of the environment and surroundings on the psychomotor development of a human being, preparation for responsibility and work, independence, determination and perseverance in the execution of plans. Passions related to pursuing one's own dreams are not without significance. An important issue, emphasised many times by the interviewee in relation to special forces, is a high level of physical fitness, mental toughness and motivation, which in a natural way, both during physical activity, sports training, and then during service in special forces, will distinguish the candidate from other individuals. The qualities that a candidate for a commando should possess include attention to order, discipline, regularity, diligence, responsibility. The preferred candidate for naval special

forces is a person characterised by emotional maturity, confidence in his/her decisions, ready to carry out difficult training tasks. That is why the entire process of assessing physical fitness, mental resilience to stress, coping with setbacks, empathy, courage and a positive attitude is of such importance, something that has been implemented during selection for this formation for many years. Recruitment to naval special forces takes into account the assessment of the candidates' general and special physical fitness by means of selected strength, speed and endurance tests, including, inter alia, the ability to swim, hand-to-hand combat and especially the to succeed. Candidates should be characterised by courage, tolerance to being in cold temperatures, in the dark, at heights or in confined spaces, which is exposed e.g. during selection in adventurous terrain. Candidates preferred for marine squads are in particular participants in swimming sections, aquatic lifeguards, canoeists, rowers, divers, individuals training in climbing, involved in combat sports, doing parachute jumps, knowing the rudiments of skiing, involved in extreme sports, etc. Today's candidates are expected to be emotionally mature, self-motivated, preferably free of addictions, in very good health, with a high level of physical fitness, and a positive attitude towards their surroundings.

CONCLUSIONS

1. Among the various motor factors determining the effectiveness of a young person's performance, predispositions to undertake intense physical exertion in extreme sports, among others, are of considerable importance. Much of the predisposition is due to genetic transmission and can be shaped by the environment. Having a high level of motor skills predisposes candidates to effort, training, self-efficacy and endurance thus favouring the success of fitness examinations. The rising standard of living of modern society has an impact on young people, who are more likely to avoid systematic improvement and physical effort. Therefore, today's tests performed during selection for special forces should take into account various psychomotor aspects selecting the most valuable, determined candidates ready to undertake the hardships of training. Alongside tests assessing physical preparation, an interview is important to establish the candidate's range of interests in physical activity, regularity of activities, coping with stress, functioning in a social group, manner of communicating with peers, having predispositions to be a group leader. The elite special forces look for candidates who are emotionally mature, self-motivated, psychomotorily fit, and with clear views.

2. Systematic physical activity promotes fitness preparation for selection. Sports activities carried out in the civilian environment, in schools and universities and in the armed forces increase motor potential determining the level of preparation and interest of the candidate in physical activity. A candidate taking part in selection for special forces must be in very good health, have a high level of physical fitness, be motivated to act, have an interest in acting in an aquatic environment in which he or she will perform tasks. Possessing swimming, diving skills, hobbies related to operating in this environment increases the value of a candidate for marine special forces. A high percentage of recruits to date have been members of swimming sections, divers, water rescuers, people passionate about water and extreme sports. In the case of marine special forces, it is important that the potential candidate, in addition to physical fitness, is motivated, courageous, ready to perform in cold temperatures, confined spaces [claustrophobia]. They should engage in individual sports such as: swimming, field athletics, boxing, climbing, weightlifting, which have a great contribution to shaping the fitness of a candidate for a special forces operator. Of similar importance are team sports games: volleyball, basketball, football, which have a motor shaping and social integrating value. Sports games in connection with competition help shape general fitness, social attitudes, cooperation, coping with defeats, etc. Movement in the form of hiking, mountain walking, cross-country and orienteering, cycling are a good complement to basic physical activity. Interests and hobbies in the form of diving, weight training, canoeing, rowing, sailing, fishing, etc. further complement the scope of knowledge, skills and physical activity. Training carried out in the form of sports, fitness camps such as: sailing, diving camps, canoeing, mountain expeditions, motorbike rallies, survival camps, fishing, hunting, etc. have a specific training and integration value. Today's candidates for operators should participate in various forms of physical activity, be passionate about extreme sports, seek adrenaline in activities.

REFERENCES

1. Denece E. Historia Oddziałów Specjalnych. Dom Wydawniczy Bellona. Warszawa 2009. ISBN 978-83-11-11314-5;
2. Królikowski H. Historia działań specjalnych. Od wojny trojańskiej do II wojny światowej. Dom Wydawniczy Bellona. Warszawa 2004. ISBN 83-11-09924-3;
3. Balik S. Commndo Cichociemni. Wydawnictwo ASKON. Warszawa 2008. ISBN 978-83-7442-029-4;
4. Królikowski H. Wojskowa Formacja Specjalna GROM. Gdański Dom Wydawniczy. Gdańsk 2002. ISBN 83-915131-8-1;
5. Rybak J. GROM Tajne operacje polskich sił specjalnych. Wydawnictwo JEDEN ŚWIAT. Warszawa 2009. ISBN 978-83-89632-50-0;
6. Mc Nab Ch. Nabór do sił specjalnych. Biblioteka Żołnierza Polskiego. Dom Wydawniczy Bellona. Warszawa 2002. ISBN 83-11-09549-3;
7. Schauer H. US Marines. Jednostki elitarne świata. Oficyna Wydawnicza Rytm. Warszawa 1996. ISBN 83-11-08606-0;
8. Królikowski H. Wojskowa Formacja Specjalna GROM. Gdański Dom Wydawniczy. Gdańsk 2002. ISBN 83-915131-8-1;
9. Rybak J. GROM Tajne operacje polskich sił specjalnych. Wydawnictwo JEDEN ŚWIAT. Warszawa 2009. ISBN 978-83-89632-50-0;
10. Rembisz J. Wojsko, morze, wraki i węgorze – wspomnienia. Wydawnictwo Elfax. Gdynia 2011;
11. Rembisz J. Wojsko, morze, wraki i węgorze – wspomnienia. Wydawnictwo Elfax. Gdynia 2011;
12. https://pl.wikipedia.org/wiki/Józef.Rembisz [dostęp 26.07.2024];
13. Rembisz J. Wojsko, morze, wraki i węgorze – wspomnienia. Wydawnictwo Elfax. Gdynia 2011;
14. Rybak J. GROM Tajne operacje polskich sił specjalnych. Wydawnictwo JEDEN ŚWIAT. Warszawa 2009. ISBN 978-83-89632-50-0;
15. Mc Nab Ch. Nabór do sił specjalnych. Biblioteka Żołnierza Polskiego. Dom Wydawniczy Bellona. Warszawa 2002. ISBN 83-11-09549-3;
16. Mc Nab Ch. Wytrzymałość psychiczna. Przewodnik dla oddziałów SAS i jednostek elitarnych. Dom Wydawniczy Bellona. Warszawa 2015. ISBN 978-83-11-16456-7.

dr Paweł Różański
Akademia Wychowania Fizycznego Józefa Piłsudskiego
Filia w Białej Podlaskiej
Zakład Sportów Walki
21-500 Biała Podlaska, ul. Akademicka 2
tel. +83 342-87-62
e-mail: pawel.rozanski@awf.edu.pl
ORCID: 0000-0003-3417-6218