

AROUND THE SWAMP

August 9, 2020 V.3

3Q Source Highlight

[Q1.4 Jester](#) (written by Isosceles)

According to the Qsource, the Jester is the temptation of the flesh that hinders Acceleration. Well isn't that the truth. The Jester (or devil) is the master liar and temptor. If I had a dollar for every time I was tempted to do something not so great, I'd be a millionaire! It's a constant game the Jester plays with us and ultimately he wants us to decelerate and question our own abilities. The Qsource lists 5 lies to look out for. The lie of "you are not that bad of a guy" spoke volumes to me. Comparing ourselves to others can be very dangerous, especially if you are saying things like "well I'm not as bad as that guy who cheated on his wife" to justify other misdeeds as a husband. Our brothers in F3 can hold us accountable if we are willing to share our temptations.

Lexicon/Exicon

[HC \(Hard Commit\)](#):

Provided accountability to the PAX that they show up to the workout. And is courtesy to the Q so he knows how to prepare for the workout. Written by Geppetto.

[CSAUP: Short for Completely Stupid and Utterly Pointless.](#)

The book "Freed to Lead" explains the origin of this term, but it basically gives you permission to try things that might be considered CSAUP (as long as it's safe!)

[Wheel of Merkins: Submitted by Bongo.](#)

Using a curb, start in a normal plank position perpendicular to curb, complete merkin reps. Rotate while in plank position so that one hand and one foot are on the curb, complete merkin reps. Rotate in plank position until both hands are curb, do incline merkin reps. Rotate, with one hand, one foot on curb, do merkin reps. One last rotation to do derkins (decline merkins)!



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Black Swamp Tclaps”

Huffy: Tclaps to Jennay for donating money he found on the trail to Huckelberry for the inclusive playground fundraiser. Also to Bourbon for some amazing weasel shaking reports.

Bongo: “Tclaps to Dropout for having his Q schedule full for the month of August before the first one even started.

Iso and Geppetto: Tclaps to Huckleberry and Thai Guy for living third through the Mountain Mentors trip.

Mile High: Tclaps to Huffy and Dropout for picking up my Qs last minute due to a death in my family.

Qing Tips

Couning Cadence:

<https://www.youtube.com/watch?v=tT7afkk2toA>

Woodstock: Plan for the best and prepare for the worst.

Bourbon: Have a plan. Post the event more than 24 hours in advance. Have a Plan A and B if things don't go as expected. If things change in the course of the beatdown, don't call attention to it, as you are probably the only one that realizes it.

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Heard in the Gloom

There were reports that Jennay, Stark, Coconut, Thai Guy put together some awful beatdowns that had PAX complaining...which is kinda the point right?

Bourbon loves his 21s. So much so that he had PAX try 21s five times. It's been rumored the Q even messed them up once! Happens to the best of them.

MARK YOUR CALENDERS: September 12th, F3Blackswamp Q School. It will follow the beatdown. Q school +

Lonzo has continued to post "1000 rep Thursdays" in black ops. Many PAX have been crazy enough to join him.

17 PAX completed the Murph. We do the Murph, in honor of Lt. Murphy's ultimate sacrifice, the first Monday of every month.

Blackswap PAX are signing up for the Iron PAX Challenge by

the dozens! These workouts are for everyone!

As 2nd F Q, Stark has several events posted for extended fellowship through the metro parks. Look on GroupMe for more info.

Around the Swamp will be sent out every other Sunday. We need your input! Submit Tclaps, powerful moments, and memorable workouts, and Qing tips with Isosceles by DM on GroupMe.

