

# AROUND THE SWAMP

September 20, 2020 V.6

## Q Source Highlight

### Q4.10 Lizard Building

Written by Stark

"The degree to which an Organization is in-Effective is directly related to the density of its rulebook. The more rules it has, the less Effective it will be. Why? Because Effective Organizations are built through relationships, not rules, and rules drive out relationships."

And that's the true beauty of F3. We have 5, that's right 5, guiding principles. All else is fair game. So use F3 to explore your leadership skills in an environment that doesn't restrict you. Take charge of an event, Q workouts, mess them up, fail, do it again, rock a workout, champion a charity...we got your back. There's nothing here holding you back. This is where you get to go for it. F3 gives you the green light. You just need to steer.

## Lexicon/Exicon

### Whetstone:

The vertical relationship between men. Read more about it by clicking here: [Whetstone](#)

### Blind Spot:

An area of a man's life that he cannot protect without help.

### Broad Jump Burpee:

Combination of burpee with a broad jump at end of burpee.

### Grip, Rip, and Roll (GRRs):

Created by Isosceles  
Sitting up on your six, set a cinder block by your side. Grip the cinder block. Pick it up and place it on the other side of your body. Now place your hands on top of the cinder block, roll into a plank on top of the block, then roll to the ground. Repeat movements until the PAX start to complain.

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## Qing Tips

Hacksaw: I like it when someone has the work out written on boards, it takes the thought process out of it, you can focus on pushing hard.

Spaulding: Don't spend the first 10 minutes of a 45 minute workout on warm-ups, guys need to get there five minutes early and stretch on their own.

Peach: Structure your work out for the highest fitness level and let guys know how to modify down if needed.

## Black Swamp Tclaps

Huckleberry:  
Congrats to Stark, Peach, Woodstock and Hacksaw for being in the top 100 for Week2 of the 2020 IronPAX Challenge out of 2,204 entries👍👏  
Way to represent Black Swamp strong💪👏

Mercy:

Wishing Tommy "Bongo" Davis well and good fortune with his move/relocation to Texas...safe travels and blessings! Black Swamp loss and Texas gain!

Woodstock:

Awesome all around job to Geppetto for the Inaugural Black Swamp Q School; Stark clan for the fantastic food and beverages; Jennay, Smokey and Mercy for leading the morning's Beatdown👍👏💪👏  
Q School 2020: informative, relevant, on point, and engaging!!!



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## Heard in the Gloom

Bongo: Speaking to the FNG during the COT: "If you are looking for a group that will make you a better man, you have found it".

Houdini: During a powerful 6 talk, he mentioned: "that what he loves most about this group is that no one is left behind and everyone, no matter who it is, gets the support from the group".

September FNGs:

Shake and Bake, Lyman, 5 Wood, Nitrous, Home Slice, Megaphone, Better Offer, Rudy, Steve0, Twiggy, Fat Amy. If you EHed any of these guys, make sure they get on GroupMe and keep reaching out to them.

The first F3Blackswamp Q school was a success: Here is a link to the presentation:

<https://rb.gy/hpyauc>

ATS has a few new team members. Huckleberry and Casper will assist Isosceles with the bi-weekly Around the Swamp publication. Make sure you submit Tclaps, powerful moments, and memorable workouts, and Qing tips to them as well.

## MARK YOUR CALENDARS:

**October 24th:** Flo Ruck Event. This will be an event you don't want to miss. We are honoring Flo's battle with Parkinson's. The event will go something like this...Ruck 2+ hours, beatdown, ruck a little more. You do not have to attend the entire event (pick and choose which leg(s) you want to go to). Look for details closer to the event.

Don't forget to check out the pictures on the next page!

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