

AROUND THE SWAMP

January 18, 2021 V.13

Q Source Highlight

Q3.1 - Shared Leadership - (written by Isosceles)

I am not going to summarize this Q source topic because I want more PAX to actually read the Q source itself. Just click on the link and read it quick. I think the Q source is an amazing set of principles that are extremely applicable to our lives.

I know in the time I've been in F3 (just under 2 years) when PAX have had a hard decision to make, oftentimes they refer to the 5 core principles and the leadership concepts within the Q source.

Lexicon/Exicon

Advantage: A superior circumstance achieved by Movement.

Movement: Actions taken in furtherance of Purpose

Leadership: Influencing Movement to Advantage.

Spidermerkins:

Submitted by Huffy. Normal merkin position. Bring 1 knee up the side on the downward motion. Return it to straight on the upward movement. Alternate legs. Usually brings a lot of complaints.



Aiken Legs:

Done in succession with no rest -- 20 Squats, 20 Box Jumps, 20 Lunges (10 each leg), 20 Split Jacks (10 each leg forward). Rinse and Repeat as many times as you can.

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Qing Tips

Moana:

If you're going to be critical of someone else's Q, then when you are Qing, you better bring it! If you mess up, just try better next time. Also, beatdowns don't have to be complicated. KISS, Keep it simple stupid.

Callahan:

#1 Prepare for your Q. Practice out loud what you will say during the beatdown and the workout itself. #2 Prepare more #3 It's a big responsibility to lead a beatdown. If you are nervous, remember, no one's life is on the line. Smile, be calm, and have fun.

Black Swamp Tclaps

I think there are some obvious Tclaps to mention from the past few weeks...

Moana, Houdini, Ticket, and several other PAX who are taking on the 75 Hard challenge.

Heisenberg, Biggie, and a few others who are training for IRON MAN!

Bourbon for his extra efforts during the winter challenge, tracking all the regular and extra events!

Newer PAX stepping up and Qing for the first time.

New/Old Site Qs:

Lego @ Gauntlet (and Tclaps to Huffy his 2 years of leadership at the Gauntlet!)

Dropout @ Battlefield Ruck

Jennay > 1 year @ Fortress

Mercy > 1 year @ Battlefield (and soon to be Footloose)

Hannibal > 1 year @ The Wall

Smokey and his persistence @ The Smokehouse

F3Blackswamp Winter Challenge

There is still time to join the fun! Ask someone for more info at a beatdown and we will get you signed up.

Enjoy the picture below

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