

GROUND STATE

- Rolls, kneel-to-stand
- Slow crawls
- Recover without collapse
- Calm breath

"Fear of the ground breaks men."

STANDING STATE

- Walk uneven ground
- Hinge, don't brace
- Carry calmly
- Place each step

"Walking is training."

SUSPENSION STATE

- Hang quietly
- No swing or drop
- Tendons first
- Release with control

"Suspension reveals truth."

FLOW TRANSITIONS

- Ground → Kneel → Stand
- Stand → Hinge → Ground
- Hang → Partial → Release

"Flow trains survival."

LOAD CARRY

- Carry, don't conquer
- Slow set-downs
- Stop before form fails

"Dropping weight is impatience."

ENDURANCE LAW

- Continue tomorrow
- Calm under strain
- Conditions ≠ goals

"Endurance is clarity."

FAILURE SIGNALS

- Frantic breath
- Sharp joints
- Aggression
- Ego

"Stopping early preserves service."

DAILY MINIMUM

- Ground contact
- Walk the land
- One load or hang
- Quiet recovery

"No timers. No spectators."