

BODY DISCIPLINE

Level		Range	Duration	Type	
1	Touch I	Self	1 action	U *	☐
2	Leaping	Self	1 rnd	F *	☐
3	Speed III	Self	3 rnds	F *	☐
4	Dodging I	Self	1 rnd	F *	☐
5	Flip I	Self	1 rnd	F *	☐
6	Hold Breath	Self	1 rnd / lvl	U *	☐
7	Great Leap	Self	1 rnd	F *	☐
8	Dodging III	Self	1 rnd	F *	☐
9	Touch III	Self	1 action	U *	☐
10	Haste III	Self	3 rnds	F *	☐
11	Flip III	Self	1 rnd	F *	☐
12	Speed V	Self	5 rnds	F *	☐
13	Landing True	Self	Until Landed	F *	☐
14	Haste V	Self	5 rnds	F *	☐
15	Wallrunning	Self	1 min / lvl	F *	☐
20	Dodging True	Self	1 rnd	F *	☐
25	Haste X	Self	10 rounds	F *	☐
30	Ceilingrunning	Self	1 min / lvl	F *	☐
50	Master of Self	Self	1 rnd / lvl	F *	☐

The Field of Self Mastery



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