

## Squat Nimbleness



You are uncommonly nimble for your race. You gain the following benefits:

- Increase your Strength or Dexterity score by 1, to a maximum of 20.
- Increase your walking speed by 5 feet.
- You gain proficiency in the Acrobatics or Athletics skill (your choice).
- You have advantage on any Strength (Athletics) or Dexterity (Acrobatics) check you make to escape from being grappled.

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SQUAT NIMBLENESS

*Prerequisite: Dwarf or a Small race*