

5E

AB
ABYSSAL BREWS



THE **SPRINGFOOT**

Reclusive and devout in their pursuit
of peace and harmony.

SPRINGFOOT

Reclusive and secretive in nature, few know the Springfoot society even exists in the forests outside of the Dwarven capitol. In actuality, that is just how the Springfoot would prefer it to stay. Living a quiet life of harmony and seeking peace through self awareness is what most of the Springfoot strive for. While some do journey away from their communities, it is forbidden to ever reveal the location of their home. Springfoot value their secrecy above all as they desire to never let their lands be spoiled and their communities be invaded.

Springfoot are devoutly dedicated to their worship of the Talaray or "Way of the Tail" in common tongues. While it is not a religion in a standard sense with dedicated deities, it is at the very core of every part of Springfoot life. They see their tails as the most important part of their day to day lives. They use their tails to aid in jumping around their villages or as a third hand, holding things close by should they need. All parts of their lives involve their tail in some way. Considering the impressive length and dexterity of their tail, it's no small wonder that they grew to worship ideas centered around it.

The Talaray teaches 3 tenets that all Springfoot strive to embody. Each tenet stands in equal importance in their teachings. The first is peace. A simple word, but much more complex in practice. This stands for inner and outer peace in

equal measures. All Springfoot train in a defensive martial arts style as a way to keep peace should a day come when others would find their community. They also spend time meditating to find harmony within themselves. The second tenet is secrecy. While some Springfoot are afraid of the outside world, many simply view it as unnecessary. They live a life of simplicity where they want for little and would prefer to keep it that way. To that end, it is understood that the location of Springfoot communities should never be shared unless under dire circumstances. The final tenet is service. Just as the tail serves the Springfoot, so should the Springfoot serve others.

While some Springfoot do eventually make their way into the outside world, few outsiders ever enter into a community of Springfoot. Each Springfoot serves their turn on rotations of patrols and standing watch outside of their community. The intent is to intercept anyone who would make their way toward the village and turn them elsewhere. The hope is to achieve this in a peaceful manner, but should the need arise, they will fight to defend themselves and their village. They rarely seek to kill, but prefer that others would simply leave their homes and not return.

Life within their communities is kept simple and dedicated to raising their young in a community sense. Most of their homes are small to medium sized stone and wood structures with thatched rooves kept warm with fireplaces within. Opulence is something best left to others in their

SPRINGFOOT

Medium humanoid, lawful good

Armor Class 16 (practiced defense)

Hit Points 105 (19d8+20)

Speed 35 ft., 20 ft. burrow

STR	DEX	CON	INT	WIS	CHA
12 (+1)	16 (+3)	12 (+1)	13 (+1)	16 (+3)	14 (+2)

Saving Throws DEX +6, WIS +6

Skills Acrobatics +9, Athletics +4, Insight +6, Religion +4

Senses darkvision 30 ft., Passive Perception 13

Languages Common, Dwarvish, Taleru (native language)

Challenge 7 (2,900 XP)

Proficiency Bonus +3

Empowered Jump. Springfoots are especially adept at using their tail to propel their jumps further. Their high jump and long jump distances are doubled.

Practiced Defense. While a Springfoot is wearing no armor and wielding no shield, its AC includes its Wisdom modifier.

Actions

Multiattack. Springfoot makes three Unarmed Strike attacks. It can replace any one attack with a use of its Tail Whip.

Unarmed Strike. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit:* 7 (1d8+3) bludgeoning damage plus 10 (3d6) force damage.

Tail Whip. *Melee Weapon Attack:* +6 to hit, reach 10 ft., one target. *Hit:* 13 (3d6+3) bludgeoning damage. On a hit, the creature must succeed on a DC 14 Constitution saving throw or be stunned until the end of its next turn.

Sweep (Recharge 4-6). The Springfoot sweeps its tail around it. Creatures within 10 feet of the Springfoot that aren't flying must succeed on a DC 14 Dexterity saving throw or be knocked prone.

Restful Meditation (1/Day). The Springfoot can sit in quiet meditation for 10 minutes. If it is not interrupted, it regains 4d8+3 hit points and gains advantage on its next use of its Tail Whip feature.

Reactions

Safe Landing. When it would take damage from a fall, the Springfoot extends cushions the landing with its tail to reduce the fall's damage to 0, provided it isn't wearing any armor.

Uncanny Dodge. The Springfoot halves the damage that it takes from an attack that hits it, provided it can see the attacker.

opinion as the Springfoot seek to only have and use what they need while sharing what they can with the rest of their community.

While lineages are known and sometimes documented, it is understood that each Springfoot is the child of the village with everyone playing a part in raising them. This could be in the form of educating them on a particular passion or simply feeding them when they are hungry. This community sense is shared by most Springfoot. Very rarely will one find a locked door in their villages as it is understood that you can come in and drink if you're thirsty or eat if you're hungry. Permission is still sought out of respect for one another, but it would be unlikely to see a Springfoot turn away another who came simply seeking aid.

While outsiders are exceedingly rare, some have earned the trust of the Springfoot and been invited into their communities. This isn't something that comes lightly. Most who have been welcomed have performed a great service for the Springfoot community whether in saving one of their own or aiding them in facing a threat. For such trusted and welcome guests, they may be gifted a ge from an elder imbued with old magics giving the greatest power the Springfoot can offer, a tail just like theirs.

TACTICS

Springfoot are defensive in nature and prefer not to fight unless it is their last option available. That said, each of them is raised learning martial arts leading to most of them being quite capable in combat.

- Don't neglect the power and frequency of their jumps. They will use their springy nature to bound around the battlefield and disengage if needed.
- Their AC is quiet high for an unarmored target allowing them to stand in the fray for quite some time if needed.
- Tail Whip is a strong option as part of their multiattack. Use it frequently to cause a lot of headaches for enemies.
- Springfoot deal an extra amount of force damage with their strikes. This gets past simple bludgeoning defenses so make sure to calculate hits correctly.
- Sweep should be used early to open up prone targets for others to strike. It also has a recharge, so using it early and often is beneficial.
- Don't forget about their uncanny dodge once a round. That is a large bonus to their effective hit points and will help the Springfoot stay healthy.

SUGGESTED PAIRINGS

Springfoot rarely travel alone so you will more than like want to pair them together. That said, they may also have some other creatures with them.

- For a simple set up for first contact, consider setting up a fight between the Springfoot and outside creatures like ferocious wildlife.
- In direct combat, the Springfoot may call upon creatures they have befriended to aid them, particularly birds of prey like eagles and hawks.



SPRINGFOOT'S SPIRIT

Robe, Very Rare (requires attunement)

The reclusive Springfoot keep their community and traditions safely guarded, away from the clawing progress of today's world. They instead prefer to stick to their traditions and practice their arts in what peace they can manage for themselves without outside interference. In rare cases, the Springfoot's may gift a robe to an outsider granting them the greatest boon they could offer, a spiritual tail ready to serve those who have earned it through word and deed.

While attuned to this robe, you gain a 5 foot long spiritual tail that sprouts from your lower back. It can be controlled at your will and feels like a natural extension of your body. You can use the tail to provide extra force when you jump, doubling your jump height and distance.

During a turn where you used an action to make an attack, you can use your bonus action to make a followup attack with the tail. The tail is a finesse weapon and you are considered proficient with it while attuned to this robe. It deals 1d6 magical bludgeoning damage.

Additionally, you can use an action to sweep your tail around you. Creatures within 5 feet of you must succeed on a DC 18 Dexterity saving throw or be knocked prone.

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