#### The Virtues of the Body

**Description**

This rune appears as a simple circle tattoo on the chest of the mage. Ancient script inside the circle signifies strength, fortitude and control.

**Purpose**

The School of Seven Virtues is a small cloister in the southwestern section of the Seeker’s Valley. Students from all over Bostonia come to the school to engage in the rigorous training regimen. Those that graduate can bind the runes that make up the Seven Virtues. The traditions of the school teach students to challenge and perfect themselves and their abilities.

**Rune Site**

There is no rune site associated with this rune. Any fourth circle practitioner of The Virtues can train and test a worthy initiate, allowing him to bind the rune, or increase his circle.

**Binding and Raising**

This rune can only be bound in the presence of an existing fourth circle practitioner, called a master. The master devises and administers a test for an aspiring initiate. The details of this test are left to the master, but are generally tests of STR, AGI or TOU (or some combination of these) with a DL centering on 12.

Examples might be balancing on one foot on a narrow post for a full day, digging a trench around a village in the course of a day or crushing a stone block with only your fists.

Raising the rune requires a similar test. This test can be given by any student that has attained the desired circle or higher. The DL of the test increases by 2 each circle above 1st. Alternately, the student can defeat a practitioner of the desired circle in single combat.

**Practitioners**

All practitioners of this rune are or have been students of the School of Seven Virtues. At any given time, there are from 1 to 4 masters (having earned 4th circle in one or more of the runes) at the school and from 10-30 students. Of the students, most of these will have at least one of the three runes at 1st circle or higher and about half will have more than one rune.

**Effects**

Unlike many runes, the Virtues have no specific effects on the mage who binds them. Instead, the purpose the mage had for binding the runes is intensified and becomes a more prominent part of his character. Thus, if a mage came to the School seeking to perfect himself, then he will become dedicated to perfection and practice several hours each day. If he binds the rune to gain power in the pursuit of vengeance, then the rune will hone his vengeance into a dangerous weapon.

**Skill**

The magic skill for this rune costs 7 points and is based on TOU/STR/WIL.

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| **Name** | **DL** | **Cast** | **Rng** | **Dur** | **Mnt** | **Effects** |
| **First Circle** | | | | | | |
| Blade Hand | 10 | CS | S | 10r | Y | * Your hand becomes hard as tempered steel * You do STR + 1d6 and Fast(2) when attacking unarmed * You can parry unarmed * If you are hit in the hands (loc 4) you take no damage |
| Breath Control | 10 | VS | S | 10m | Y | * You can hold your breath as long as you can maintain the spell |
| Pain Resistance | 8 | C | S | 10r | Y | * You resist pain, gaining the equivalent of 2 value armor (or +1 to existing armor) * You get a +2 bonus to all toughness saves |
| Strong Body | 8 | NE | S | 10r | Y | * Your strength, agility and toughness increase by 2 * You gain 5 temporary hit points * You get a +1 to any skill including one of your boosted attributes * You lose the hit points when the spell ends, unless that would take you to zero hits * In that case, you end the spell with a single hit point |
| **Second Circle** | | | | | | |
| Adrenal Rush | 14 | CS | S | 10r | Y | * You get +1 to hit and +1 defense * You get +2 to melee damage * You do not have to make unconsciousness tests * The DL of this spell is only 12, if you have <50% of your hits left * You fatigue one level |
| Blur | 12 | CS | S | 10r | Y | * You get +2 to your defenses if you are wearing no armor * You get a +1 to your defenses if you are wearing armor |
| Feat of Strength | 14 | S | S | 1d | N | * You store energy for a single feat of strength * For a single action, you can increase your strength score by 10 * You fatigue one spell level * Your strength drops by one point until you rest |
| Light Walk | 14 | VS | S | 5m | Y | * You walk lightly, barely touching the surface * You do not trigger pressure plates or tripwires * You make no noise * People get -4 to track you * You can walk on water, quicksand, mud, or difficult terrain with no penalty |
| Self Heal | 14 | CL | S | Inst | N | * You heal yourself 2d4 hit points |
| Stretch | 14 | S | S | 20m | Y | * You stretch your limbs up to 12 meters * You can attack out to this distance, gaining 6 hex range on melee attacks * You add 3 to your movement rate and add 12 meters to your jump distance |
| **Third Circle** | | | | | | |
| Alteration | ? | S | S | 20m | Y | * You make an alteration to your body * The DL of this spell is variable based on the degree of alteration  |  |  | | --- | --- | | **Alteration** | **DL** | | Making your eyes glow | 6 | | Shrinking/growing a several centimeters | 8 | | Turning your hands/feet into flippers | 10 | | Growing an eye in the back of your head | 12 | | Growing a tail | 14 | | Shrinking/growing half total height | 16 | | Growing wings, Becoming invisible | 18 | | Shrinking to several centimeters | 22 | | Turning to liquid | 27 | | Turning to gas | 30 | |
| Metal Body | 18 | C | S | 10r | Y | * Your body becomes metal * You get 6 armor on all locations * You take a -3 to all your defenses and movement, a -1 to your attacks * You lose fine dexterity and can no longer do tasks requiring manipulation (such as lock picking, physician, sewing) * Magical damage penetrates your armor |
| Sword Hands | 17 | C | S | 10r | Y | * Your hand becomes hard as tempered steel * You do STR + 1d10 and Fast(2) when attacking unarmed * You can parry unarmed * If you are hit in the arms or hands (loc 3-4) you take no damage |
| **Fourth Circle** | | | | | | |
| Death’s Hand | 23 | C | S | 10r | Y | * You do STR + 1d12 + 2 and Fast(2) when attacking unarmed * You can parry unarmed * If you are hit in the shoulders, arms or hands (loc 2-4) you take no damage |
| Titanic Strength | 23 | CL | S | 10r | Y | * You gain 15 strength, 10 toughness * You gain +4 to all strength-based skills and +2 to toughness-based ones * You gain 18 hit points |