

5E

AB  
ABYSSAL BREWS



**ANCESTRY**  
**SPRINGFOOT**

Find your community and embrace the three tenets with this new playable ancestry.



## SPRINGFOOT

*"No, you can't go see the dwarf today, there's studying to be done and you haven't washed for dinner yet." Allip sighed throwing his short arms to his sides and slunk off to the basin to clean his paws. "Remember to get under your nails" he heard coming from the other room. Life had been relatively calm in the village of late and when things are calm Allip gets quite restless. He yearned for the excitement of the days when scouts came close to the village. Maybe one of these times he would actually get to see one of them. He always had Gorvin as an outside companion to talk to, but the old dwarven hermit was far from the adventuring life that Allip yearned for. As he washed dirt and muck from under his nails, a sound perked his ears, the low rumble of the watch horn sounded and just like that, he was out the door in a flash and a skip, his mother left sighing in the hut.*

Springfoot are a reclusive community of creatures, mostly seeking to live their lives and serve their communities as best they can. They learn to survive by relying on one another to get themselves through difficult times. While many of them

are devout in their beliefs of the Three Tenets, some eschew these beliefs as the teachings of elders and nothing more. Many pursue a quiet life of enlightening activities such as hobbies or meditation, but their curious nature makes it difficult for some Springfoot to stay put in their villages for too long. While sharing the location of their varied settlements is a social taboo, each adult Springfoot gets their chance to find their way into the outside world and choose whether or not they return to their communities at the end. While most do, some find that the temptations of the world with all its possibilities and adventures is far too tempting to leave behind for a quiet life.

## THREE TENETS

Many springfoot civilizations follow an ancient set of teachings called the Talaray, or "Way of the Tail" in their native tongue. These teachings are known as the three tenets and while Springfoot settlements are as varied as many other cultures, these tenets seem to present in all of them in some way. This owes to a shared history that Springfoot have long ago when they first emerged from a life in burrows and grew more accustomed to the world above. For many Springfoot, the three tenets will be the greatest truth that they cling to for their lives, while others view them as the dusty old teachings of long dead ancestors that are out of touch with the modern world. Regardless of personal feelings, many Springfoot still hold some reverence for the teachings of the tenets as they have kept their communities functioning for ages untold.

The first tenet is "Peace". While the word is simple enough, it stands for more than just getting along with those around you. It also refers to inner peace and a comfort with your place in the world. Many Springfoot pursue meditation and look to understand their nature as a way of aspiring to this tenet. While it is understood that many Springfoot prefer to find diplomatic solutions to problems, others view this tenet as a charge that they must solve problems that would interrupt this peace by whatever means. Interpretations vary across their communities with some taking a more literal stance of passive acceptance, others maintain that some problems must be solved by the use of force to secure the sanctity of their villages.



The second tenet is "Secrecy" and serves as the greatest defense that the Springfoot have from the outside world. Many of their communities are tucked far away from the social centers of other creatures with distance serving as their greatest defense. While some Springfoot journey forth into the outside world and remain there for good, it is rare to ever be invited to the community that they came from and even rarer for their locations to be revealed. So important is this tenet that many Springfoot communities keep long ranging patrols running at all times to intercept and deter others from finding them.

The final tenet is "Service". No Springfoot is an island and they understand the necessity of keeping those around them safe and cared for. Many communities share in what they have and raise their young as a communal effort rather than in individual family units. While most maintain strong connections with those that birthed them, it is understood that the entire village is their family and they should seek to serve it how they can.

## COOPERATIVE & HELPFUL

Springfoot that journey outside of their home villages often find a world that is very alien to them. People in modern cities go about their lives, only offering the minimum of aid to those around them. This can often lead to a feeling of isolation as they try to understand their place in a bustling metropolitan setting. This feeling of isolation can sometimes make it difficult for Springfoot to make initial connections as well, but once good intentions are assumed, things often change.

In a group of allies, Springfoot will often go out of their way to help others within the group. Their communal nature makes them come across as overly helpful at times to those who were not raised in such a setting. While it's true that Springfoot do go out of their way for others, they also see it as part of their normal way of life. Having one on your side often means you've found a friend for life, so long as you don't betray their trust.

## VARIED COMMUNITIES

While many of their communities practice the teachings of the Talary, how they do so is quite different. For some communities, they follow literal interpretations and keep themselves far from outside influence. Some communities see the Talary as more of guidance than a strict prescription, instead preferring to interact with the outside world in limited ways. Some interpret the tenet of peace in different ways leading them to practice in the arts of subversion or diplomacy as methods of maintaining the collective calm

in their communities. These varied methods of use of the Talary lead to some moderate rivalries between nearby communities that interpret their teachings differently.

There have, at times, been squabbles between Springfoot communities, but it usually results in no more than some disagreements or at most, petty altercations until cooler heads prevail. There's a general understanding among Springfoot that the outside world is a much greater threat to their communities than anything they face internally. To this end, diplomatic envoys and gifts are often exchanged between communities to keep relations friendly.

## SPRINGFOOT NAMES

A Springfoot has a singular given name when they're born and use that name to identify themselves. They also will append their community name when addressing outsiders or members of another community.

**Given Names:** Ami, Caveni, Curtse, Dolle, Durse, Enne, Fallime, Garema, Golle, Jonne, Jurima, Mati, Noey, Palli, Serri, Tollen, Vineste

**Community Names:** Brightweather, Clearglade, Dawnsong, Dunewave, Evensteppe, Everflow, Forrestwalker, Greentide, Leapstream, Purpledew, Tailrest

### HELPFUL, BUT CAUTIOUS

Springfoot are often cautious upon first approach with new people and this can sometimes lead to others thinking of them as loners. This is far from the truth as they yearn for community, but want to take interactions slow.

**Dwarves.** "Perhaps the closest allies to our community. They are resolute in their word and steadfast in their oaths. While not all can be trusted, dwarves at least mean what they say."

**Humans.** "For ones so high in their own esteem, they seem to be far too individualistic for their own good. They could do far better for themselves if they cast off their own desire for greatness and put themselves behind the needs of their communities."

**Elves.** "I'm not sure why they help our communities so, but it is appreciated. They seem dedicated to keeping our communities a secret as much as we are. For that alone, we are grateful. As old as they can grow to be though, they often overlook the basic wisdom that the best gift you can give to one another isn't your fineries, but the very work of your hands."

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## SPRINGFOOT TRAITS

Your Springfoot has a number of traits in common with all other Springfoot.

**Ability Score Increase.** Your Dexterity score increases by 2.

**Age.** A Springfoot reaches adulthood at age 16 and have a typical lifespan of 70 years.

**Alignment.** Most Springfoot are lawful good. They value family and community above all else and seek to uphold the values that allowed them a safe and comfortable life in their communities.

**Size.** Springfoot average about 5 feet tall and weigh about 90 pounds. Your size is Medium.

**Speed.** Your base walking speed is 30 feet.

**Darkvision.** Accustomed to the dim light of their burrow homes and most active at dawn and dusk, you have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of grey.

**Springy.** You're accustomed to using the power of your legs and tail to leap around. Your maximum jump distance and height is increased by 10 feet. This extra distance doesn't cost movement.

**Cautious.** You are careful around others and often pay more attention than most to the mannerisms of creatures. You are proficient with Insight.

**Keen Ears.** You're especially adept at listening due to your prominent ears. When you make an active Perception check that involves hearing, roll a d4 and add it to the result.

**Languages.** You can speak, read, and write Common and Talaran. Talaran is a chittery language made up of short sounds formed together and spoken quickly. Most words are no more than two syllables and learning it as an outsider is quite difficult due to the speed at which it is spoken natively.

**Subrace.** Centuries old splits in communities within the Springfoot have lead to three primary subraces: Surefoot, Swiftfoot, and Slyfoot. Choose one of these subraces.

### SUREFOOT

As a Surefoot, you are sturdy and powerful in build. You've spent most of your life working with your hands and often value strength and stability in others. You are a stalwart friend to those whom you trust and consider protecting others who are less capable in combat to be one of your greatest goals.

Surefoots often take to adventuring more readily as they find this line of work comfortable. They can choose what jobs to take and live up to their desire to aid others.

**Ability Score Increase.** Your Strength score increases by 1.

**Powerful Frame.** You are sturdy of build allowing you to enforce your will in melee combat. You can grapple and shove creatures that are up to two sizes larger than you.

### SWIFTFOOT

Swiftfoot are at one with the forests or the shadows wherever they may lurk. The most skittish of all Springfoot, you prefer to keep out of the way and monitor things from a distance, engaging only when you have the upper hand. Swiftfoot

worship the tenet of secrecy more so than other Springfoot and consider it to be tantamount to their survival. Your reclusive nature may lead others to mistrust you, but you see this as a benefit.

**Ability Score Increase.** Your Wisdom score increases by 1.

**At Home in the Shadows.** While you are in dim light or darkness, you gain a +1 bonus to Dexterity saving throws.

### SLYFOOT

As a Slyfoot you consider words as your greatest ally. You've grown up in a community that values the spoken word of poetry and storytelling. Some of your earliest memories may be of sitting around the village fire and hearing tales of long forgotten history. You have been educated in writing and the arts and have a healthy love for all forms of beauty.

Many Slyfoot are lovers of instruments and learn as many as they can get their hands on. Songs and ballads performed in the Talaran language are embedded in your mind and verse comes to you naturally.

**Ability Score Increase.** Your Charisma score increases by 1.

**Confident.** You are sure of yourself in social situations and have no problem asserting your will. You are proficient with Persuasion.

