

## Prana Bindu

Prana Bindu is an advanced form of body training. Prana refers to musculature and absolute and ultimate control over each muscle as an individual unit. Bindu refers to the nervous system and precise control over the signals it sends out and feeds back to the brain. This is considered to be the Ultimate conditioning of the mind. The Bene Gesserit teach it to their sisters and to certain other groups within their care. It takes a great deal of practice and training to even start down the path of Prana Bindu training. It uses very disciplined control of both muscles and nervous system, blocking pain and learning to use every muscle as a single individual unit and then using all of them as a whole. For some it may take years to train in Prana Bindu.

Advanced Skill: Strength: Prana Bindu

Specialization: None

Pre-Requisites: Willpower 5D, Stamina 5D, Dexterity > 3D, Strength > or = 3D (Note: This skill is not added to any of its pre-requisite's checks)

Point Cost: In Addition to Pre-Requisites the character must pay 20 Character Points to get the first 1D in this skill if it is bought after Character creation. (It is not recommended that a Character be let to start with this skill at Character Creation)

Note: This is a special Advanced Skill: It takes THREE times as many cps and THREE times as long to advance it.

Effect: This skill has many benefits and values. 1) May be used for Initiative instead of Perception. Combat Reflexes Bonus does not apply though. 2) If Character has Dexterity: Martial Arts, as described in Rules of Engagement, they may also get +2D to strike and parry rolls and +1D to damage rolls when using that skill. 3) With an Easy skill check they can ignore the effects of a 'stunned' level wound. With a moderate skill check they will not be knocked prone from a Wounded level wound, they still take a penalty though. With a Difficult skill check they will not fall into unconsciousness from an Incapacitated wound level, they will take a -3D penalty to all die codes though. 4) +2D to all Stamina, Swimming, Running, climbing/Jumping, Lifting, and Acrobatics skill checks.

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