

Disciplined

When you focus your mind and disregard the petty hurts and wounds of your body, roll.

- On a 10+, hold 3.
- On a 7-9, hold 2.

Spend hold on the following:

- Ignore Disadvantage from a wound you have taken.
- Roll with Advantage on a Recover roll.
- Ask a question from the [discern](#) list.

[moves](#), [chosen](#), [basic](#)

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