

Actions

Melee Round Actions	Full Action	Semi-Action	Quartermove	Instantaneous
Takes entire melee round to perform or instantaneous action.	Takes entire action rank to perform. Can be combined with an instantaneous action.	Can be combined with a quarter move or an instantaneous action.	Can be combined with a semi-action, another quarter move or an instantaneous action.	May be combined with any other action
Climb	Astral Body	Combat flight (semi-action)	Acrobatics	Adaptability
First Aid	Combat Flight (normal)	Energy Projection	Alter SIZ	Change flight speed +/- 1 level
Recover hit points	Leap	Melee Attack	Animate	Defense
Lose Absorbed point of damage	Observation	Move (semi-action)	Break free of Mental/Emotional Control	Draw device
Recover reduced hero point	Retrocognition	Pick up large, unwilling object	Break free of Snare	Drop weapon
Regenerate	Spot Hidden	Set for Aura attack	Change/Reload Weapon	Knockback
Wait until next chance to break free of Mental/Emotional Control	Spot Weakness	Set for Boost	Combat Flight (quartermove)	Land/take off
	Straight Flight	Set for increased chance of hitting	Dodge	Mindblock
		Swing	Fall prone	Parry
		Use recharge	Force field	Passing attack
			Get up	Pick up small object
			Mimic	Smash
			Open door, curtain, etc.	Speak
			Pick up large, willing object	Supersense
			Recover from stun	
			Telekinesis of an inanimate object	

Movement Rates

Movement	Rates in meters	Action		
		Normal	Semi-action	Quarteraction
Walk	12 per melee round	4 meters	3 meters	1 meters
Run	24 per melee round	8 meters	6 meters	2 meters
Climb	3 per melee round	NA	NA	NA
Leap	2 per action rank	2 meters	NA	NA
Swim	12 per melee round	4 meters	3 meters	1 meters
Flight (straight)*	600 meters per MR	120 meters	NA	NA
Flight (combat)*	120 meters per MR	40 meters	30 meters	10 meters

* Per level of flight.