The basic gist is there's no One Giant Unifying Rule in DS3. There's a calculation, but all the different parts to the calculation vary based on what situation you are in. It's just like they said it was. Situational. That was their honest attempt to get people to understand. It did help me work it out, but not immediately.

I answered the third question first. I felt it would enhance the explanation since you can see where the crazier elements of DS3's Poise came from.

Some of how I explain the first two games is going to sound a little odd and overly abstract at first. They made some design decisions that only make sense if you break down the previous games in this abstract way. Some of these abstract concepts became their own independent variables in the code, others are just handy analogies.

- What's the main difference between poise in Dark Souls 3 and previous games?

Dark souls is an action rpg. The "Action" part of the game is your character's moves. Take something as simple as hitting an enemy with your sword. To succeed, you need to press buttons with the correct timing. If you time it wrong, they hit you first, and your attack gets interrupted.

The "rpg" part is numbers. Numbers govern what abilities you have and how strong they are. For example, increasing your strength or dexterity stat allows you to equip new weapons. It also allows you to do more damage with those weapons. Most of these numbers are either available on the character sheet or visible on the screen. An example is taking damage from an enemy attack.

When a player gets struck by an attack, the game runs a mathematical calculation. The calculation involves the enemy attack damage, your characters defences, current life total, etc. You can see several of these numbers on your stat sheet, but you can't see the calculation itself as it runs.

What you can see is the health bar: an interactive graphic that keeps track of the current health value. Imagine the game without a health bar. Fighting enemies and taking damage is now uncertain, because you can't tell how close you are to dying. You have to "guess" how many hits it will take to kill you. If you guess wrong, you die. That's why the health bar is there. It allows you to track the status of the constantly evolving numbers happening behind the scenes as you battle enemies with your action moves.

Damage to your health bar is a visible numbers war.

Poise in DS1 was the ability to ignore interruptions when you were hit. From now on, if I say "Poise" by itself without a qualifier, I'm talking about this ability to resist interruption. As I continue, the word Poise is going to be followed by five different qualifiers: health, stat, damage, switch and multipliers. They indicate a separate part of the calculation. I tried capitalising them, ie Poise Health, but it became hard to read. From didn't give us separate names for these parts, so this is the best I could come up with.

You gained this ability passively by increasing the stat on your character sheet labelled Poise. Increasing this stat allowed you to ignore more interruptions.
Just like health, Poise was reduced by incoming attacks, but not by the same numbers. Instead, all attacks had an extra invisible damage number: Poise damage.

Poise damage subtracted from Poise just like normal damage subtracted from health. Unlike normal

damage, there were no defences that could reduce Poise damage.

So in that sense, Poise worked just like a health bar. When it was reduced to zero your Poise "died" and you were interrupted. After taking Poise damage, there was a 3-4 second timer. When it expired, your Poise "health" shot back up to 100% instantly. This number fluctuated up and down during combat all the time, but you only saw one number related to Poise on the character sheet. It was as if all the game told you about your characters health was the maximum amount you could have. Because there was no Poise "health bar", you had to guess.

Poise in DS1 was an invisible numbers war.

Poise in Dark Souls 2 worked roughly the same with a few extra wrinkles. The Poise stat on your character sheet still represented your maximum Poise health. Poise damage still subtracted from your Poise health.
One change was on the weapon stat screen: you could see your weapons Poise damage. This number actually changed when you used different moves, but the number didn't change on the stat screen. You also couldn't see the AI controlled enemies Poise damage.
Another change was the "active" mechanic of Poise. It now had two conditions: active and passive. When swinging a weapon, Poise worked just like DS1. If the number was above zero, you couldn't be interrupted. This was the active condition.
If you were standing still, you could still be interrupted, but the interruption didn't last as long. You could move and attack immediately afterwards. Your movement speed was reduced for a short period of time, but that was all. This was the passive condition.

The Poise stat also had a condition. Some weapons would increase your Poise stat by 50% when swung. 50 Poise became 75 Poise, 100 became 150. After the swing was over your Poise stat returned to its previous amount, minus any you had lost from Poise damage.

Imagine this in terms of your health bar. You swing your weapon, your health bar increases its length by 50%. After the swing, it goes back to the previous length. That's what was happening to your Poise health. You still took the same Poise damage during that swing, but because your bar was longer, you actually took less when it was scaled back down.

This only happened during the middle part of your attack. There was a short delay before it kicked in. The community took to calling this "Hyper Poise". Only Ultra Greatswords, Greataxes, Great Hammers, and most Halberds had Hyper Poise. This feature was completely hidden. It had no visual or audio indicator at all. The changes to the Poise stat were happening in the secret world that controlled Poise.

The invisible number war now had an invisible number modifier in an invisible situation.

The Poise calculation now had three parts, three numbers. Poise stat, Poise damage, and this hidden "Hyper Poise" modifier. The mechanical effect of Poise had two conditions, passive and active.

In DS2, Poise was already situational.

- In layman's terms, can you break down how poise works in Dark Souls 3?

Poise in Dark Souls 3 works a little differently after 1.08 than it did prior to 1.08. However all its main parts still work the same. Explaining how it worked then will help solve the mystery surrounding it, and explain why they changed it the way they did. So I'll start with explaining post release up to 1.08.

In Dark Souls 3 the calculation behind Poise now has five parts. Five numbers.

These are the Poise switch, the Poise stat, Poise damage, your Poise health, and Poise multipliers.

Let's go through them one by one, starting with the most important one: the Poise switch.

The Poise switch is a simple variable in the games code that has two possible values: 0 and 1. When it's 0, Poise is off. When it's 1, Poise is on.
Poise is off by default. It only turns on in certain situations and turns off again afterwards. I brought up a situation before when describing DS2: Hyper Poise. The buff to poise that only heavy weapons had, and only in the middle of weapon animations.

In DS3, Hyper Poise is now Poise. After you press the attack button on a weapon with Poise, there is a short delay while your character prepares the weapon to strike. Poise switches on when your character actually swings the weapon. Once the swing is finished and the weapon stops moving, Poise switches off. You can think of it as Poise being tied to the active strike of your weapon animation.
Just like DS2, only certain weapons have Poise. The list of weapons has been expanded. Some weapons only have Poise when two handing the weapon. Eg Greatswords like Claymores and Bastard Swords.
Some weapons only have Poise on weapon arts. One example is spears. The weapon art for a spear is a charge which can be extended for a fairly lengthy duration if you press strong attack during the run. Poise turns on at the start of the charge and lasts the entire duration, including the strong attack extension. Other than this one move, Poise doesn't turn on for any other spear attack.

Poise isn't completely tied to attacks though. Quick step, the weapon art which looks like Bloodborne's dash, has Poise at the end of the animation. This is after the invincibility frames are over, but before you can do another Quickstep. If your equip weight is over 30%, Poise will switch on during rolls, the same place as Quickstep.

I'm going to blatantly repeat myself now to be brutally clear about this.

- Poise only switches on during player moves.
- You have to be doing something to have it switch on.
- If it does not switch on, you have no Poise.
- It does not switch on during the entire move or last the entire move. There is a delay. You need to time it.
- There is no passive Poise in DS3. If you are passive, Poise is off.

Just like DS2, there is no visual indicator to tell you which move has Poise switched on and which move does not. The only way to tell is if you ignore interruption when you swing the weapon.

Now for the Poise stat.

The Poise stat is the only part of the Poise calculation you can see. It is the number on your character sheet. However, it doesn't work the same way anymore. It's now part of the Poise damage calculation, just like Absorb is part of the normal damage calculation. Absorb reduces incoming health damage as a percentage. 30 Absorb reduces damage by 30%. In the same way, 30 Poise stat reduces incoming Poise damage by 30%.

Other than that, Poise damage still works the same. It's an invisible second damage number that directly subtracts from your invisible Poise "health bar".

But in DS1 and 2, this health bar was the Poise stat: they were one and the same. Increasing the Poise stat increased the size of your Poise health bar. The Poise stat now does something else. So where's the invisible Poise health bar? Remember when I said at the start that they have turned abstract concepts into coded variables? Enter Poise health.
Your character has an invisible variable attached to them that tracks how much Poise damage you have recently lost. By default, it starts at 100 and reduces to 0. When it hits 0, if the Poise switch is on, you get interrupted. If 30 seconds pass since the last time you took a hit, it also refreshes to 100.

Just to be clear again, it's not tied to weapons. It's tied to your character.

Unfortunately, it's more complicated than this.

Poise health is always being reduced by attacks. Even when Poise is switched off. Even when you are passive.
This is why I said the calculation for Poise is always running. Poise health is the container all the other parts of the calculation center around. It doesn't matter what situation you get hit, getting hit will always remove some of your Poise health. When it hits zero, it will instantly refresh to 100 again. Or 30 seconds, whichever comes first. This happens all the time, even though you don't see any mechanical effect.

All the Poise switch does is let the game use the number that is currently stored in this variable to decide if you Poise through an attack.

So you can't just track hits you take when swinging weapons, or just count "trades". You have to track every hit, every piece of damage. Every individual different piece of damage you take. Different sources of damage can have different Poise damage numbers. It's already insanely complicated, isn't it?

Naturally, you also get interrupted when Poise is off, even if your Poise health is above 0. The other parts of the calculation can only link up to the code that runs and prevents interruption if the Poise switch allows it.

There's no way to tell what the Poise health value is unless it hits 0 in the middle of a swing. If it hits 0 outside of Poise being switched on, nothing special happens. The interruption is identical to a normal one: it's invisible. It's current value is invisible. The whole bloody calculation is invisible. You can only see the effect if you are in the right situation.

This is part of the reason nobody figured out Poise for so long. It's a very strange system.

But we haven't even gotten to Poise multipliers yet. If Poise health was Alice in Wonderland falling down the rabbit hole, Poise multipliers are like stepping through the Looking Glass.

Poise multipliers are a number attached to every weapon swing (and move) that has Poise during the swing. It's basically the reverse of Poise damage, in that different moves can have different multipliers. These numbers change your Poise health value just like DS2's hyper poise did: they multiply it. This time it's not a constant 50% boost. It's not even always a boost.

Whenever Poise turns on, the Poise multiplier changes the *current* Poise health value. When Poise turns off, the game reverts back to the default Poise health value calculated out of 100.It then scales any Poise damage you took while the multipler was in effect.

To explain this, let's use an analogy: attack rating on weapons. Attack rating is a number on your character sheet that tells you how much damage your weapon can do. This number doesn't match up to every attack on your weapon. Some moves will do more than the listed attack rating even if they hit in the same situation on the same enemy. For example, charging your strong attack will do a lot more than your uncharged strong Attack, and can do more than your currently listed Attack Rating. This is because all attacks have damage multipliers that multiply the attack rating. A charged strong attack has a very high multiplier, so it boosts the damage by a lot.

That's what Poise multipliers do to Poise health. If they multiply it by 1, the game just uses your current Poise health. If they multiply it by less than 1, ie 0.5, you'll end up with less Poise health. More than 1, ie 1.5, you have more Poise health. All during that one situation "Poise switches on".

Multipliers aren't on all weapons, only moves that have Poise have them. They're not even a constant on a given weapon. Different attacks can have different multipliers, just like damage. A charged strong attack also has a better poise multiplier!

It's only after this multiplier changes Poise health that Poise damage is removed.

So now we know all the parts. Let's quickly put them together in an example scenario: getting hit during a swing.

1. You swing a weapon that allows Poise to switch on.
2. You time the swing so Poise turns on before the incoming attack lands. This is the "active" requirement to poise. It requires timing.
3. When Poise turns on, your Poise health is multiplied by that weapon (or moves) multiplier, resulting in a new number.
4. The incoming attack lands and you take some Poise damage from that attack.
5. The Poise damage you take is reduced by your Poise stat as a percentage just like Absorb.
6. This new reduced Poise damage is removed from your multiplied Poise health number.
7. You finish the swing, Poise now turns off.
8. You Poise health returns to its previous value out of 100. The Poise damage you took during the swing scales back to out of 100.

The Poise health variable now stores this number until you take more Poise damage, or 30 seconds pass. If you run the whole thing from step 1, the number at the end of step 8 is the number that will be multiplied in step 3.

That's the Poise calculation in DS3.

None of this is visible except your Poise stat, which isn't really all that important. I only know about it because I ran across a programmer who had created a cheat engine table that could read the Poise health value as it changes in the games memory in real time. I realised how important it was and asked him for the table. The table also showed the Poise switch in a separate entry.
I could put the game in windowed mode, stick the table next to the game window, and visibly see how the values changed.
I turned the invisible numbers war into a visible numbers war.

A normal player cannot do this. They have no way to see in real time this variable changing. No way to see if their weapon even has Poise. No way to know what the multiplier is. No way to tell what situation they are in. No way to tell if there even are situations in the first place.
The only thing they get told is there is a stat, Poise, which does something during attacks. And that stat doesn't even work the same way it used to work.

That isn't an invisible numbers war.
That's an invisible numbers *conspiracy*.

But even then, people tested weapon swings over and over without finding anything. Why?
And why is it easier to tell after 1.08?

There's a few reasons.

The big one is all the numbers involved were too generous.

Poise was so overpowered your characters visible normal health bar would hit zero before your invisible Poise health bar did.

Let's take a very simple example: a straight sword's basic r1 swing swinging at a Zweihander's R1. They trade.
A straight sword did 20 Poise damage.
By default, you have 100 Poise health. The zweihander's R1 had a multiplier of 1x. So you would get 100 poise health.
It takes 5 normal straight sword swings to reduce your Poise health to zero, even if you aren't wearing any Poise to defend against the damage.

The english speaking community puts a huge emphasis on honorable duels. This means no estus. You take 5 straight sword attacks without healing in between them? You're dead.

Lag is also a factor, as well as simple human perceptual limitations considering the invisibility of it all. Even if your Poise was broken, many people would have simply chalked it down to mistiming or lag.

What about PVE?

Some attacks don't just interrupt you. They launch you bodily across the room, into the air, or face down onto the floor. In ds1, poise allowed you to turn those huge impacts into an interrupt. This doesn't happen in ds3. Those attacks *ignore* Poise. This is actually the first effect I found.

In Pve, enemies have wildly varying Poise damage on all their different attacks. All their attacks are odd animations. They have so many moves they are much more unpredictable. You won't necessarily see the same thing twice in a row. Nor will a player necessarily use the same move

twice in a row. Or have a weapon with poise at all. Or have enough life to survive being hit until their poise breaks.

Before I could read the memory, it took me months just to find that Poise in weapon swings could be broken at all. I needed to create a controlled test with another human player.

This is a big reason why everyone believed Poise didn't exist. Why they decided Poise during weapon swings was a constant, and always worked, and called it a different name: Hyper Armor.

But Hyper Armor was always Poise: the game was always running these calculations. It was just too powerful by default, so you almost never saw the effect. Usually because you were dead.

Fortunately, in patch 1.08, they simplified a few things.

All this complication is still there in its basic setup, but they changed all the values so you *need* Poise to defend against Poise damage if you want to prevent interruption when Poise turns on. They hit the Poise calculation with a giant nerf bat. Then they arranged it into a more sensible shape.

To do this, they made all the multipliers reduce Poise health. Remember the zweihander's 100 on its R1? Its 21 now. By that I mean it multiplies your Poise health by 0.21. 100 x 0.21 = 21.
Before, most multipliers would *boost* Poise health. Some by 200%.

They also arranged the multipliers sensibly into weight tiers. Before, a claymore had 1.5 as a basic multiplier. That's the old DS2 50% stronger boost. The Zweihander, if you recall, only had 1.0. A claymore's two handed Poise was stronger than an Ultra Greatsword by 50%. That made no sense.

Now it goes from heaviest to lightest, with Great Hammers being strongest. The numbers go down in smaller steps: 27, 21, 19, 16, etc. You don't need to know what weapons they are, I'm just giving you the size difference.

Weapon arts had their multipliers reduced, but not as much as normal attacks, with the result that they're all much stronger in relation to normal attacks.
Again, with the zweihander as the example.
The old stomp was 1.5 times. Then new one is 1 times. The old Zwei R1 was 1.0 times. The new one is 0.21. So before it was 1.0 vs 1.5. Now it's 0.21 vs 1.0. It was a 50% boost before, and now it's 5 times as strong, despite being reduced. Sorry for all the math, it's difficult to explain otherwise.
Poise damage has also been reduced for lighter weapons. Straight swords are now down to 14 for example. Heavier weapons had their Poise damage increased. They used to be 30, now a two handed Great Hammer can hit for 60 on some attacks.

For the Poise stat, they dramatically boosted the amount you get on heavier armors, so you can get more defence. This allows you to chuck on heavy armors and tank hits in a noticeable way. Before the numbers were all so generous it didn't really matter how much Poise stat you had on, you could almost always Poise during swings.

That's most of the major stuff, but they also tweaked a few things. They added the Poise switch to a few moves that didn't have it. The small Hammers and Maces have it in their R1 while Two handed now. They also reduced the delay before it activates a little on various weapons. You can find this information elsewhere, it's fairly well known by now.

The last change I'm going to talk about dwarfs all the rest of them.

They changed when Poise health refreshes. It now refreshes whenever Poise turns on.

Recall that the big problem was that your Poise health could be reduced outside of swings, hit zero, refresh to 100, and then you would swing and be fine. But you could have a circumstance where you would hit 0 in the swing. There was also a 30 second timer. The upshot was a feeling of randomness.

Now, when Poise turns on during a swing, your Poise health refreshes before the game does *any* of the calculations, including multipliers. It wipes the slate clean. Almost, anyway.

The best way to think of this is if swinging a weapon would set your life to nearly full near the start of the swing. That's basically what's happening with Poise health.

There's two conditions to this: Weapon Arts and normal attacks. WA set Poise health to 100%. normal attacks, set it to 80%, but only if its dropped below 80%. Then the rest of the calculation happens. (85% or 95%, anything between 80 and 100, is a thing that can happen, but that's too much complication and it doesn't change the result in the end.)

Poise Health only resets once per swing, at the point Poise turns on. So it wont reset multiple times during the swing (unless the wing happens to have multiple points that poise turns off and then on again, which does actually happen in this game in multiple part attacks.) Being hit multiple times in a single swing can still reduce poise to zero.

Don't worry about the complexity of it, because all you need to know is everything now boils down to three consequences whenever you swing a weapon that has Poise. This is assuming you get hit with a single normal attack after Poise is turned on.

1. You always get interrupted.
2. You get interrupted every second hit.
3. You never get interrupted.

1 happens when you don't have enough Poise stat. Add more. It also happens when you aren't using a weapon that has Poise during its attacks. Find out which weapons have them and use one. If it still happens, you've got the timing wrong. Learn the timing. If you've learnt the timing and it still doesn't work, you may be in a special situation it's impossible to Poise in (they exist).

2 happens when you only have enough Poise stat to tank a hit when your Poise Health is above 80% Add more poise stat, or reset your Poise Health to 100 by using a weapon art to guarantee Poising the next hit.

3 happens when you have enough Poise stat that the incoming Poise damage can never reduce your attacks multiplied Poise health to zero. You will always ignore interruption in this situation.

If you are using a weapon art, the second consequence is irrelevant since they set Poise health to 100%. It's just 1 or 3.

So once you hit condition 3, you can Poise with weapons infinitely. (For any single hit, because you can't escape conditions when talking about Poise in this game.)

(Oh, and Perserverance and the other related magic buffs, that actually say "Poise" in their tool tip, don't actually have anything to do with Poise. They're a "no stagger buff" and use a different system.
Another exception: The Black Knight Ultra Greatsword states that it's weapon attack is better at reducing enemy Poise. This attack is a faceplant that knocks your character down, so it actually *ignores* the Poise calculation completely. But so does the strong attack of every ultra greatsword. They all launch into the air, or knock enemies off their feet. They all ignore Poise. There's nothing special about the Black Knight Ultra Greatsword.

Tooltips lie about Poise in this game.

There's so many conditions to Poise, so many situations, it's impossible to cover them all. This is the most comprehensive attempt to do this with Poise I've ever written.)

- How did you go about testing how poise works, since it's effect is not as obvious this time around?
-

How did I find it?

Luck. I didn't set out to find Poise. I stumbled over it while testing Hyper Armor.

Early on in this game's life cycle, people collaboratively tried to test Poise and decided it didn't do anything. Instead, they called it Hyper Armor. I've already explained why.

For the first two months, I was doing a challenge run mostly blind. That character focused on avoiding damage, so I didn't really use HA much. By the time I got around to my second character, the internet had decided Hyper Armor was everything and Poise did nothing. I just believe them. Who was I to know better?
But I always test out things I read, so my second character was a tank using HA. I aimed to trade with almost every enemy, using the biggest weapons I could find, wearing the heaviest armor.

I didn't even get past the Cathedral of the Deep before I noticed Hyper Armor getting broken. The first thing I found was Pot enemies ignoring Hyper Armor completely. They do the faceplant when they smash the pot down on you. That's how I found that those special huge impacts ignore Poise in this game. At the time, I just thought they were ignoring HA.

I continued, and noticed that attacks that didn't have those special impacts were also breaking my HA. This led to more testing.

Then I noticed something. I used video recording and frame counting to check I was in the right part of my weapon swings. While watching these videos I realised Hyper Armor broke *less frequently* the more poise I had on. In a given test fight, with more poise, I was interrupted less times.

When I sat down to test it directly, I couldn't find a consistent, easily replicated pattern. This is because PVE was too random, as I explained before.

Then I remembered From's "Poise is situational" comment and I realised two things.

1. Firstly, "situational" implies there isn't necessarily a single universal rule, so any test needs to keep as many things constant as they can, or they'll never find anything because everything is changing all the time.
2. That also means you can't just test one situation and generalise to everything else in the game. You may simply be in the situation that has no effect.

I did a bunch of research on the internet, and tracked down every single piece of "evidence" for Hyper Armor and every test on Poise I could find. I asked questions about their tests.

While doing this, I had to discount anything that had no recorded footage of the test, and every "I did this" I treated as hearsay. Since I couldn't check their test, I couldn't know what situation they were in. I couldn't check if people were measuring what they claimed to be measuring. Words were useless, evidence was everything. (This throws out 99% of the internet instantly.)

Eventually I realised nobody had set up a test hitting one person standing still with the same repeatedly, and then trying to "hyper armor" through it on the last hit.

This struck me as strange, because that was how DS1's Poise worked. Get hit enough times and you are interrupted. But nobody had tested this in a rigidly controlled way and posted the results for others to check.

It sounds harsh, but at that point, I decided there wasn't enough evidence for anyone's point of view on this games Poise and HA system.

I was going to have to work the whole thing out myself from base principles. I stopped researching then, since there wasn't much point.

My problem was I needed to set up a rigidly controlled experiment that removed as much variance as possible. I had to narrow it down to a single situation repeated over and over while recording everything. Then I needed to analyse the data. For that I needed a human player: PVE wasn't going to cut it. (I'm in australia, so this was hard, but I found someone without lag)

Just to be safe, my tester and I repeated every condition of the test three times, so I could double check via counting frames. I waited 30 seconds in between hits. I didn't know the 30 second rule at the time. This was luck.

Which is when I found that Hyper Armor broke on repeated hits, and changing poise changed the number of hits required to break it.

That's this video.

https://www.youtube.com/watch?v=BFATcyfYv-I

I posted it up, explained how I did the test, and basically begged the community to replicate the test

exactly as I did it so I could check I wasn't crazy. It was important that they replicated it as closely as possible, or they could end up in a new situation, where madness reigns.

That's this post.

https://www.reddit.com/r/darksouls3/comments/4o0use/hyperarmor_and_poise_testing_repeated_hits/

A few other people began replicating it, and I helped them frame count their tests. More puzzles cropped up: different weapons required different numbers of hits. It was all very strange. I was posting temporarily on the Fextralife forums discussing it with the testers there for a while.

Then one day I accidentally saw a message in a reddit thread from someone who was talking about exact values for poise for specific weapons, and specific attacks. I asked them how they found that information. They explained they'd made a table for cheat engine that read a specific variable and posted its current value, constantly updating it as it changes. It didn't modify anything, it just read the variable and output it so you could read it as a number.

I asked him to upload a video, and he sent me a direct link that had an explanation of what he was doing (he'd also found a consistent enemy attack to test it on, a fireball thrower, which was pretty handy). While watching it, I realised how important this variable was. I had an inkling that this was the answer. I wanted to play around with it myself.

I asked for the table, set it up, went offline, and ran it while swinging weapons around and tanking hits. To my amazement, this value changed when I did different attacks. I'd stumbled on two of Poises invisible parts simultaneously: Poise health and Poise multipliers. The missing links. The ones nobody knew about.

The table also had the Poise switch, so I could see exactly when Poise turned on during moves.

For a couple of days I felt like I was Alice in Wonderland. I'd swing weapons and watch in amazement as this value that governed everything faithfully changed and showed me what From software were thinking when they created these weapons and balanced them. I wandered around in Pve watching this crazy variable do its whacky numbers, hitting zero, shooting back up, and so on.

It was surreal.

I spent a few days thinking about how to explain something this complicated, then realised I was never going to explain it perfectly. I posted it one day at 3am along with my previous research, and decided I'd had enough of Poise in this game.

I was contacted afterwards by someone with the username Newk who wanted the table I used to research. He went off and found the exact timing for when Poise turns on and off, and the exact numerical value of every Poise multiplier for every attack and ability with Poise in the game. All of them.

After 1.08, I just used the same table to find out the new multipliers. It didn't take long to realise Poise health was refreshing when I started the swing.

I found out the new Poise damage for the fireball I was being hit with by just standing there with 0 poise and getting hit. Then I checked to see if Poise as a defense still worked as a percentage by predicting how much Poise I would need mathematically, then doing the test to see if my prediction was right.
It all matched up.

This time I made a slightly better video to go along with the new post. I'm no pro youtube content creator though so it's still kinda terrible.

https://www.reddit.com/r/darksouls3/comments/58ru20/how_poise_works_in_108/

In sum (sorry this has been so long mate), I noticed something weird, but thought it was something else. Then I tripped over Poise while testing this other thing. Trying to work out the whole Poise puzzle led to designing strictly controlled experiments after evaluating the "literature" to see what had been missed.

However, I didn't find the missing pieces to the puzzle until I got my hands on the table and could see the calculation in action. Fortunately the redditor who made it was friendly enough to give it to me!

Oh, and, Newk, who found all the Poise timings and values for multipliers prior to 1.08?

He went and did it again for 1.08.

https://www.reddit.com/r/darksouls3/comments/59xpqb/all_hyperarmorpoise_parry_frames_for_app_version/

- Are you happy with how From Software has handled the whole poise saga?

This system has 5 parts. Four of them are invisible to the player. The one shown has a completely different function to previous games, yet still has the same name. You can't do a short press release to explain something that complicated. You have to explain it in the game from the ground up. Just like health.

Miyazaki knows this. It's what he meant when he said he wasn't "proud" about how they had communicated Poise. Perserverance has a buff that tells you exactly when it starts and stops. That's one way they could have explained it. It needed to be on the weapon screen as well. It had too many parts, too much complication, to stay invisible.

It needed separate names. Physical defense has different names for the different types; thrust, blunt, strike. They called this entire system "Poise" in every tooltip, stat label and press release. There was no hint in any of that communication that it had 5 separate parts. Poise is a name that leads people to expect a constant rule.

Instead of a constant rule, DS3 has weapon attack specific multipliers that situationally multiply a constantly updating variable that is reduced by another constant on weapon attacks that is first reduced by a percentage whose results are only used by the game situationally. (I can't even believe it was possible to write that sentence and have it be a real thing.) You can't expect the player base to work that out by wailing at each other in normal gameplay. That doesn't happen.

But it's too late to explain this system now in the game the way it needs to be, from the ground up, post release.

That's why they changed it the way they did. They removed the randomness. You can find a constant pattern. Post 1.08 you have calculators and tables and information popping up all over the place. Not all these people are running the memory reader.

So I don't feel the need to wag my finger and say "Bad From". *They know.*