

(Mobile users can scroll for Foresight frame data.)

Dodges	Foresight	Intangibility	FAF	Landing		Foresight	Advantage	Intangibility	FAF	Landing
Spotdodge	2-6	7-21	32	-		Spotdodge	EL + 9	1-30	26	-
Forward Roll	2-6	7-18	36	-		Forward Roll	EL + 5	1-30	30	-
Back Roll	2-7	8-19	39	-		Back Roll	EL - 1	1-30	36	-
Neutral AD	2-5	6-33	45	10		Neutral AD	EL - 23	1-31	58	10
Directional AD	2-5	6-24	Var.	[10-20]		Directional AD	Var.	1-30	Var.	[10-20]

**EL** is the endlag of the attack that activated Foresight. (Ex. If the attack's endlag is 20 frames, then the frame advantage from spotdodge's Foresight is +29.)

When activated, Foresight forces the opponent into 37 frames of slowdown (including the hit frame) such that 1 frame of the animation elapses every ~10 frames. This makes a little under 4 frames go by, and the fraction of a frame that remains essentially forces an extra frame of lag into the animation. In the end, the enemy suffers 34 more frames of endlag than usual. The attack's damage does not affect any of this.

Meanwhile, Mythra performs a Foresight version of her dodge, which always has the same frame data regardless of the frame Foresight activated. (Whether it was frame 2 or 6 of spotdodge that activated Foresight, Mythra can act exactly 25 frames later, in accordance to spotdodge's FAF 26 as seen in the Foresight chart above.)

Neutral airdodge's "EL - 23" refers to the frame advantage in midair. Obviously, landing during the airdodge will replace its remaining endlag with its 10 frames of landing lag, making it much more advantageous.