

A large portion of this information is straight from the series bible. For those of you who do not know what a series bible is, it is essentially a guide for the production staff to follow so they do not need to constantly check with the creators. I will provide a link to it at this end of this article. Keep in mind that this article was created in 2005, at the earliest. More information has come up since then. For that purpose I will remove redundant information or insert clarifications.

A bender's power may not extend beyond their native element. A waterbender can only bend water, an earthbender can only bend earth.

Only the avatar can bend more than their native element.

Bending is a physical manipulation of the elements and is defined by the strength, stamina and skill of the practitioner. Genetics can influence, as given in "The Search" comics in which Ursa is arranged to marry Ozai under the reasoning that somebody born under the lineage of an Avatar (Roku is Ursa's grandfather) and a fire lord would have incredibly strong bending, hence Azula's blue fire.

There is no sorcery in the world of Avatar. Objects are not enchanted. Nobody casts spells. Objects are not enchanted. This is not to be confused with items that have an influence on bending. Spirit water is water that makes healing, greatly amplified. Avatar Relics can also be used to help an Avatar into the Avatar State.

A bender's skill determines the reach of their bending.

Bending never extends beyond the immediate area (Avatar State can cancel this rule).

Bending does not always require (major) physical movement, seeing how King Bumi was able to earthbend by only moving his head, Ming Hua being able to waterbend without arms, and both Amon and Yakone were able to bloodbend without needing to move.

Air

The element of freedom

Airbenders can manipulate air currents and enhance their normal movements by doing so. Airbenders are able to jump higher and run faster by eliminating air resistance when jumping and running.

As it says, Airbenders manipulate currents of air, not the molecules or atoms of the air itself. If they were able to, skilled individuals, or groups would be able to bend water by controlling the hydrogen and oxygen inside of the water molecules.

Sub Skills include:

Astral Projection: Astral projection, as Jinora puts it "It's a high-level airbender move. With a little spiritual stuff thrown in." It is a specialized technique which consists of projecting one's spirit outside of the body to travel to another location in a matter of seconds. While in this state, airbenders can still communicate with other beings. Users of this technique are also able to locate individuals with whom they have a strong spiritual connection with. In order to achieve this, the user must have a strong connection with their spiritual side.

First Appearance: The Legend of Korra, Book 2, Episode 13

Flight: Airbenders are able to fly without the use of a glider but are only able to do so by severing all of their earthly tethers. Only two airbenders in history have ever achieved this, Guru Laghima, and Zaheer.

First Appearance: The Legend of Korra, Book 3, Episode 12

Water:

The element of change

A waterbender needs a supply of water around them in order to bend. In some cases waterbenders can gather water from the moisture in the air.

Waterbenders have the ability to control the temperature of the water, by doing so they can freeze and boil water, melt ice, and condense water vapor and steam.

Waterbending is dependant upon the moon. Waterbenders are at their peak strength on the night of a full moon. If there is a lunar eclipse, they cannot bend.

Sub skills include:

Healing: A waterbender is able to use water to heal their own, injuries and wounds, or those of others by using water as a way to redirect their own chi, or enhance the chi flow of another to facilitate healing or pain relief. Healing cannot be used to undo chi blocking, as the path is blocked entirely. First Appearance: Avatar: The Last Airbender, Book 1, Episode 16

Bloodbending: Bloodbending is the illegal skill in which the bender manipulates the fluids inside of their opponent and allows them to enforce their will upon another. This technique is referred to as the darkest, most powerful and most feared of all bending techniques and is the only art known to endanger the user's mental state. Bloodbending can also be used to remove a person's bending by severing their connection. If this occurs, it can only be restored by energybending.

First Appearance (Bloodbending): Avatar: The Last Airbender, Book 3, Episode 8.

First Appearance (Removing Bending): The Legend of Korra, Book 1, Episode 3

Spiritbending: A variation of the healing technique allows a waterbender to create, or disrupt the balance of a spirit. When being used to create balance, it dissipates dark spirits, or converts them to dark. When disrupting the balance, it can convert a light spirit to dark, and can also be used to destroy a human's soul. **DISCLAIMER: THIS CAN ONLY BE DONE IF HUMAN MEDITATES INTO THE SPIRIT WORLD, WHILE THE BENDER ENTERS VIA A PORTAL**
First Appearance: The Legend of Korra, Book 2, Episode 1

Plantbending: Similar to the concept of Bloodbending, plantbending is the skill of bending the water within GREEN plants, such as vines, grass, and leaves, cacti and seaweed. While manipulating this water a bender can do one of two things, A waterbender can either control the plant as they would a living being with bloodbending, or extract the water. The latter can also be achieved with things such as trees, but has only been achieved by powerful benders on nights with a full moon. First Appearance: Avatar: The Last Airbender, Book 2, Episode 4

Earth:

The element of substance

An earthbender can cause localized tremors, but not an earthquake miles away.

Earthbenders can control earth in its purest forms, such as rock, coal, dirt, clay, gravel, sand, sandstone, granite, marble, and gems.

Earthbenders are also capable of bending metal, so long as the metal is not platinum

Very few earthbenders are capable of converting earth into a liquid form of Lava or Magma.

Sub Skills:

Metalbending: Metalbending is a rare skill which allows an earthbender to manipulate metal as they would earth. "Pure" metals are not affected by metalbending such as platinum.

First Appearance (Metalbending): Avatar: The Last Airbender, Book 2, Episode 19.

First Appearance (Platinum Weakness): The Legend of Korra, Book 1, Episode 7.

Lavabending: Like metalbending, lavabending is a rare skill which allows powerful earthbenders to change the phase of the earth they are manipulating. Using this ability lavabenders are capable of creating lava, manipulating it, and changing lava into a solid.

First Appearance (Avatar use): Avatar: The Last Airbender, Book 2, Episode 1

First Appearance (Non-Avatar use): The Legend of Korra, Book 3, Episode 2

Seismic Sense: Seismic sense is the ability to perceive the surrounding area by feeling the acute vibrations by physical contact with earthbendable materials. It is similar to

echolocation in that it allows the user to detect object that cannot be seen. It allows the user to sense earthen objects, and objects in contact with earth. This skill can be honed and allows the user to tell if a person is lying by feeling the rate of their heart and breathing.

First Appearance: Avatar: The Last Airbender, Book 2, Episode 6

Fire:

The element of power

Firebending is influenced by the sun. If there is an eclipse, a firebender cannot bend.

When it is raining, firebenders are less powerful; same goes for when a firebender is submerged in water.

Firebenders can also control the heat of objects around them, allowing them to melt ice, extinguish fire, and even cool lava with enough practice.

Sub Skills:

Combustion: Combustion(bending) is the ability which allows a firebender to channel their chi through the forehead (light chakra), which is often marked by a tattoo of a third eye on the center of this chakra. The chi then superheats the air around the chi being channeled, forming a “beam” (which can be curved) of explosive energy which is capable of tremendous damage, regardless of the distance the beam travels. In order to utilize combustion bending, one must have a good flow of chi, which must be focused in order to be used properly, as an improper chi flow can lead to death of the user (Avatar: The Last Airbender, Book 3, Episode 12).

First Appearance: Avatar: The Last Airbender, Book 3, Episode 5)

Lightning Generation: This is a sub skill of firebending that allows the user to create and guide a bolt of lightning through their fingertips by separating chi into positive and negative (Yin and Yang) and then guiding it out of the body in the form of lightning. In order to generate lightning the user must be calm and have peace of mind, and an absence of emotion. Physically, the bender must make circular motions of the arms in order to separate the chi. Such attacks often require large reserves of chi, which allows some benders to perform such attacks with little preparation. It is known that the more preparation the bender goes through, the more dangerous, and longer the arc of lightning can be sustained.

First Appearance: Avatar: The Last Airbender, Book 2, Episode 1

Lightning Redirection: This skill is the “defensive” portion of the lightning sub-element. It allows a firebender to absorb lightning into their body in the form of energy and allows them to send it out in a direction of their choosing. This skill was developed by observing waterbenders

shifting the energy in their body. This skill works with both redirecting lightning that is generated by another bender (Avatar: The Last Airbender, Book 2, Episode 1), natural bolts of lightning (Avatar: The Last Airbender, Book 1, Episode 12), and electricity conducted through metal (The Legend of Korra, Book 1, episode 10). Redirecting lightning is achieved by taking the energy in through one arm, guiding it down to the sea of chi (the stomach) and back out the other arm. It is imperative that the user does not let the lightning pass through their heart, as it could be fatal. First Appearance: Avatar: The Last Airbender, Book 1, Episode 12.

The Avatar

The Avatar is the human embodiment of light and peace in the world. The Avatar is the only being in the world that is capable bending more than just their native element. It is the duty of the Avatar to master all four elements and maintain peace and balance throughout the world. In addition, The Avatar is also supposed to serve as the bridge between Humans and spirits. Upon the death of one Avatar, he or she is reborn in the next element in the cycle (Fire, Air, Water, and Earth). The cycle of reincarnation follows both the cycle of the seasons (Summer, Autumn, Winter, and Spring) and the order in which The Avatar must master the remaining elements. As such, an Avatar born a waterbender, would then master Earth, Fire, and Air in that order. The reincarnation cycle can be broken if the current incarnation of the Avatar is killed while in the Avatar State, or Raava (The spirit of light and peace) is removed and destroyed.

The Avatar State is the most powerful ability of The Avatar. While in the Avatar State, the avatar can channel vast amounts of cosmic energy into their body giving them incredible physical strength, endurance, and stamina, increasing the strength of their bending immensely. In addition to the enhanced physical prowess, it allows The Avatar to channel the knowledge, wisdom, experience, and skill of past Avatars into them, such as if a past Avatar had mastered lavabending, but their current had not, while in the avatar state, they could lavabend. This however becomes impossible if The Avatar's connection to his or her past lives is severed. An Avatar also possesses the ability to channel the spirit of previous incarnation of the Avatar to them. The Avatar State works in two ways, instinctively, and mastered.

When The Avatar is in a position of great danger, stress, or emotional turmoil, the Avatar State activates itself with the intention of protecting The Avatar from the apparent threat. The Avatar will not exit the Avatar State until the issue is resolved. Often the current Avatar has little to no control or recall of what had occurred, and is usually left physically exhausted, but this is not always the case.

Mastered, allows The Avatar to enter the Avatar State at will, whether it be to gain the strength and skill necessary to accomplish a specific feat, or to use it continuously for a battle or great task.

The Avatar, being the bridge between the world of humans and spirits, has the ability to enter the spirit world via meditation in a method easier than most other humans can.

Chi Blocking

Chi Blocking is a skill which is most often used by non-benders (but can be used by benders, such as in the case of Amon) which using martial arts to strike pressure points to disrupt and block the flow of chi which disables a benders ability to bend, and even paralyze the targets body. Chi blockers, often having to get in close to strike their opponent requires skill, and agility to evade a benders attack.