UNIVERSAL (Ghoul and Human)

Tactical Planning (as an action, you gain advantage on the next Attack Roll, Saving Throw, or Ability Check made)

Defined Expertise (you gain +1 to three stats of your choice (Strength, Constitution, etc) and the same stat can be chosen more than once, ignoring the 20 limit)

Ghoul Only

Superhuman Speed (your base speed is increased by 10 ft and your Dexterity is set to 26)

Superhuman Strength And Endurance (your Strength and Constitution are set to 25, you also gain Resistance to 1 type of damage)

Regeneration (at the beginning of your turn you regain 10 health, and the following conditions may be removed as you wish: Blinded, Deafened, Poisoned, Petrified, Frightened)

Overcharge (as a bonus action you may choose to double all damage you deal that turn, but you also take 1/4 the damage you deal as damaging yourself)

Human/Hunter Only

Masterful Hunter (you no longer need to use a full action to activate / deactivate your Quinque or Arata, instead using your Reaction or Bonus Action instead)

Extended Training (you can use your action to regain 1d10 + Constitution Modifier health, move up to 15 ft without provoking opportunity attacks, and you gain +1 to three stats of your choice (Strength, Constitution, etc) and the same stat can be chosen more than once, ignoring the 20 limit