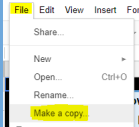


**Want to know what attacks you currently can Hyper Armor through?
Enter your values in the green space below!**

File > Make a copy... to use this sheet
 If you want to talk to me you can usually find me on discord:
<https://discord.gg/3hue2E>
 Calculators by SirHalvard
 Poise Damage Sheet provided by Kastorev
 Poise Damage Sheet Data mined by Shadowed
 Poise Health values provided by intepensou3 and SirHalvard
 Thanks to Angelusio for helping me out with the search for data.



Select the weapon you use

Select the move you use

enter your poise stat

Overwrite Poise meter NO 98 % poise meter before trade (overwrite)

For indefinite trades you can resist less than amount(s) of Poise Damage.

For one trade you can resist less than amount(s) of Poise Damage.

Click onto the [PoiseDamage]sheet to see what attacks you currently can Hyper Armor through!

Green means consecutive Hyper Armor (Good advantage)
Yellow means individual Hyper Armor (Slight advantage)
Red means broken Hyper Armor (No advantage)

**Want to know how much Poise you need to Hyper Armor through an attack?
Enter your data in the green space below!**

For attacks that reset the poise meter on there own (ex. stomp), only the yellow value needs to be taken into account.

Opponents Weapon	My weapon type
Carthus Curved Sword	Misc.
Opponents move	My move
2H R2 1	Mid / Fat roll
Overwrite Poise Damage	NO
Overwrite Value	74.1
Overwrite Poise meter	NO
	100 % poise meter before trade (overwrite)
	Poise Damage dealt to you
	<input type="text" value="21.7"/>

Poise needed

Poise for one trade

30.89

Poise for indefinite trades

44.71

Starting values			
Poise	Poise meter [%]		Poise Through
66	100%		Poise Broken
	Poise damage	Poise Health [61]	Poise meter after hit
calc 1	33.8		88.51%
calc 2	33.8		77.02%
calc 3	33.8	15	0.40%
calc 4			
calc 5			
calc 6			
calc 7			
calc 8			
calc 9			
calc 10			
calc 11			
calc 12			
calc 13			
calc 14			
calc 15			
calc 16			
calc 17			
calc 18			
calc 19			
calc 20			
calc 21			
calc 22			
calc 23			
calc 24			
calc 25			
calc 26			
calc 27			
calc 28			
calc 29			
calc 30			
calc 31			
calc 32			
calc 33			
calc 34			
calc 35			
calc 36			
calc 37			

calc 38				
calc 39				
calc 40				
calc 41				
calc 42				
calc 43				
calc 44				
calc 45				
calc 46				
calc 47				
calc 48				
calc 49				
calc 50				

rig			(Don't put ANYTHING in cells E:E20) Neck Swipe	Mid / Fat roll1	Dagger	IN/A
Daggers	Quickstep	15	(Don't put ANYTHING in cells F:F20) Frost		Parrying Dagger	
Straight Swords	Stance R2	30	(Don't put ANYTHING in Collum C) Elfriede's Stance R1		Mail Breaker	
Straight Swords	Dark Sword Stomp	70	(Don't put ANYTHING in cells H:H20) Elfriede's Stance R2		Harp	
Straight Swords	Ringed Knight SS - Ember R1 and 2nd R2	25			Bandit's Knife	
Straight Swords	Ringed Knight SS - Ember 1st R2	30			Rotten Ghru Dagger	
Greatswords					Corvian Greatknife	
Greatswords	2HR1 / 2HR2 / Jump attack	21.1			Handmak's Dagger	
Greatswords	Charged 2HR2	31.65			Scholar's Candlestick	
Greatswords	Rolling / Running attack	10.55			Talbone Shortsword	
Greatswords	Stance R1	21.1			Brigid's Twin Daggers	
Greatswords	Stance R2	35			Short Sword	
Greatswords	Stomp	70			Long Sword	
Greatswords	Wrath of the Gods	50			Broad Sword	
Greatswords	Storm King	50			Broken Straight Sword	
Greatswords	Wolf Sword - R1	25			Astora Straight Sword	
Greatswords	Wolf Sword - R2	35			Lothric Knight Sword	
Greatswords	Moonlight Vortex	35			Barbed Straight Sword	
Greatswords	Stance of Judgement - R1	21.1	DATA FOR MAIN POISE CALC		Dark Sword	
Greatswords	Stance of Judgement - R2	35	poise stat used for calculation	42	Cleric's Candlestick	
Greatswords	Ember	50	Poise Health Value used for calculation:	30.00	Inthyl Straight Sword	
Greatswords	Sacred Light and Flame - R2	35	Value for indefinite trades	41.38	Anri's Straight Sword	
Greatswords	Blade of Peril	21.1	value for one trade	51.72	Sunlight Straight Sword	
Greatswords	Blade of Peril - R1 / R2 followup	31.65			Monion Blade	
Ultra Greatswords			Poise Health Value used for calculation	15	Lothric's Holy Sword	
Ultra Greatswords	R1 / R2 / Jump attack / Farron L1	27.3	Poise Damage used for calculation	21.7	Gottard's Greatswords	
Ultra Greatswords	Charged R2	40.95	Number of hits you can take (Jalman)	0	Valheart	
Ultra Greatswords	Rolling / Running attack	13.65	With Reset	30.88557604	Bastard Sword	
Ultra Greatswords	Astora Greatsword Rolling attack	24.2	Without Reset	44.71046083	Claymore	
Ultra Greatswords	FUGS / RKPGRS - R1 / L1 / R2 / Jump attack	30.8	Display Value (with Reset)	30.88557604	Flamberg	
Ultra Greatswords	FUGS / RKPGRS - Charged R2	46.2	Display Value (Without Reset)	44.71046083	Drakeblood Greatsword	
Ultra Greatswords	FUGS / RKPGRS - Rolling / Running attack	15.4			Executioner's Greatsword	
Ultra Greatswords	Stomp + R2 followup	100			Black Knight Sword	
Ultra Greatswords	Charge	30			Chiv	
Ultra Greatswords	RKPGRS - Ember	40	DATA FOR POISE CALC 1		Hollowstayer Greatsword	
Curved Swords			poise stat used for calculation		Voltr's Holy Sword	
Curved Swords	Prying Wedge followup R2	20	Poise Health Value used for calculation:	#REF!	Greatsword of Judgment	
Curved Swords			poise damage used for calculation:		Storm Ruler	
Curved Greatswords	R1 / R2 / Jump attack	24.2			Wolf Knight's Greatsword	
Curved Greatswords	Charged R2	36.3			Moonlight Greatsword	
Curved Greatswords	Rolling / Running attack	12.1			Firefist Greatsword	
Curved Greatswords	Spin Slash / Wolf Leap / Sever	35			Twin Princess' Greatsword	
Rapiers					Zweihander	
Rapiers	Crow Quills - running L1	20			Greatsword	
Rapiers	Crow Quills - Quill Dart	15			Astora Greatsword	
Katanas					Lothric Knight Greatsword	
Katanas	Onislayer	25			Cathedral Knight Greatsword	
Axes					Black Knight Greatsword	
Axes	Warcy	30			Protomed Greatsword	
Axes	Millwood Battle Axe - Warcy	25			Fume Ultra Greatsword	
Axes	Warcied R2	10.5			Lorian's Greatsword	
Axes	Warcied Charged R2	15.75			Farron Greatsword	
Axes	Butcher's knife - 1st Charged R2	15.75			Scimitar	
Axes	Chain Spin	40			Falchion	
Axes	Quickstep	15			Shovel	
Greataxes					Carthus Curved Sword	
Greataxes	R1 / R2 / Jump attack	27.3			Carthus Shovel	
Greataxes	Charged R2	40.95			Rotten Ghru Curved Sword	
Greataxes	Rolling / Running attack	13.65			Painting Guardian Curved Sword	
Greataxes	Demonic Flare / Earthen Wrath	45			Follower's Sabre	
Greataxes	Warcy	30			Pontiff Knight Curved Sword	
Hammers & Follower Torch					Greatcrescent Moon Sword	
Hammers & Follower Torch	2HR1 / 2HR2 / Jump attack	16.3			Warden Curved Sword	
Hammers & Follower Torch	Charged 2HR2	24.45			Selward Twinblades	
Hammers & Follower Torch	Rolling / Running attack	8.15			Warden Twinblades	
Hammers & Follower Torch	Perseverance / Galvanize	100			Dancer's Enchanted Swords	
Hammers & Follower Torch	Warcy	30			Murakumo	
Hammers & Follower Torch	Drang Hammers - Spin Bash R2 followup	35			Carthus Curved Greatsword	
Hammers & Follower Torch	Breathe Fire	30			Exile Greatsword	
Greathammers					Old Wolf Curved Sword	
Greathammers	R1 / R2 / Jump attack	30.8			Rapier	
Greathammers	Charged R2	46.2			Estoc	
Greathammers	Rolling / Running attack	15.4			Ricard's Rapier	
Greathammers	Smough's / Mome's / Ledo's - R1 / R2 / jump	32.9			Inthyl Rapier	
Greathammers	Smough's / Mome's / Ledo's - roll / run attack	16.45			Crystal Sage's Rapier	
Greathammers	Smough's / Mome's - Charged R2	49.35			Crow Quills	
Greathammers	Ledo's - Charged R2	32.9			Uchiyagana	
Greathammers	(Bolton) Perseverance / Galvanize	100			Washing Pole	
Greathammers	Mome's Rage / Quake / Kindled Flurry	100			Black Blade	
Greathammers	Spin Sweep	40			Bloodlust	
Greathammers	Warcy	30			Chaos Blade	
Greathammers	Call to Stone	40			Darkdrift	
Spears					Onkiri and Ubadachi	
Spears	Dragonlayer Swordspear - R1	10.5			Hand Axe	
Spears	Dragonlayer Swordspear - Falling Bolt	30			Thral Axe	
Spears	Greatlance - R1 / R2 / jump attack	16.3			Battle Axe	
Spears	Greatlance - 2H Charged R2	24.45			Brigid Axe	
Spears	Greatlance - 2H Rolling / Running attack	8.15			Dragonlayer's Axe	
Spears	Charge	30			Millwood Battle Axe	
Spears	Shield Splitter	30			Man Serpent Hatchet	
Spears	Spin Sweep	30			Butcher Knife	
Spears	Half Spear	20			Eleonora	
Spears	Ringed Knight Spear - Ember L2	30			Winged Knight Twinaxes	
Spears	Ringed Knight Spear - Ember R2	20			Greataxe	
Halberds					Great Machete	
Halberds	2HR1 / 2HR2 / Jump attack	14.3			Black Knight Greataxe	
Halberds	Charged 2HR2	21.45			Demon's Greataxe	
Halberds	Champions charge	35			Dragonlayer Greataxe	
Halberds	Spin Sweep	30			Yorm's Great Machete	
Halberds	Chain Spin	45			Earth Seeker	
Halberds	Warcy	30			Club	
Halberds	Wind Wheel - Initial spin	30			Reinforced Club	
Halberds	Wind Wheel - Continued spin	20			Mace	
Halberds	Wind Wheel - Immediat R1	20			Morning Star	
Halberds	Wind Wheel - Wind-powered R1	35			Warpick	
Halberds	Wind Wheel - Immediat R2	35			Blacksmith's Hammer	
Halberds	Wind Wheel - Wind-powered R2	45			Heyel Pick	
Halberds	Crucifix of the mad king - 2HR1 / (1H or 2H) R2 / jump	21.1			Drang Hammers	
Halberds	Crucifix of the mad king - Charged R2	31.65			Large Club	
Halberds	Mad King's Folly	35			Great Club	
Halberd & Red Hilted Halberd					Great Mace	
Halberd & Red Hilted Halberd	2HR2	14.3			Spiked Mace	
Halberd & Red Hilted Halberd	Charged 2HR2	21.45			Pickaxe	
Halberd & Red Hilted Halberd	Perseverance	100			Wooden Great Hammer	
Halberd & Red Hilted Halberd	Charge	30			Gargoyle Flame Hammer	
Reapers					Mome's Great Hammer	
Reapers	Neck Swipe	35			Smough's Great Hammer	
Reapers	Frost	35			Quakestone Hammer	
Reapers	Elfriede's Stance R1	30			Vord's Great Hammer	
Reapers	Elfriede's Stance R2	35			Old King's Great Hammer	
Whips					Dragon Tooth	
Whips	Awakening	45			Spear	
Fists & Claws					Winged Spear	
Fists & Claws	Demon's Fist - Flame Whirlwind	35			Partizan	
Fists & Claws	Dark Hand - Lifedrain	30			Rotten Ghru Spear	
Fists & Claws	Claw - Leaping Slash	25			Four-Pronged Plow	
Fists & Claws	Crow Talons - Raptor Flurry	35			Saint's Bident	
Crossbows					Follower Javelin	
Crossbows	Tackle	40			Gargoyle Flame Spear	
Greatshields					Sundering Iron	
					Yorshik's Spear	

[1] Multi-hits

[2] Multi-hits

[3] Multi-hits

[4] Multi-hits

[5] Multi-hits

[6] Multi-hits

[7] Multi-hits

[8] Multi-hits

[9] Each projectile

[10] When landing

[11] This seems to be a typo on From's part, accidentally putting "15" instead of "155" in the AttackParam entry for this attack.

[12] Multi-hits

[13] Multi-hits
Lava: 3.5

[14] Multi-hits

[15] Multi-hits

[16] When landing

[17] Multi-hits

[18] Bows have no inherent Poise damage and instead base their Poise damage on the arrow they are using

[19] Each projectile

[20] Each projectile

[21] Each projectile

[22] Each projectile

[23] Each projectile

[24] Each projectile

[25] Each projectile

[26] Each projectile

[27] Also deals 42 Poise damage on the explosion

[28] Crossbows have no inherent Poise damage and instead base their Poise damage on the bolt they are using

[29] Each Projectile

[30] Each Projectile

[31] Each Projectile

[32] Each Projectile

[33] Each Projectile

[34] Each projectile

[35] Each Projectile

[36] Also deals 12 Poise damage on the explosion

[37] Each Projectile

[38] Each projectile

[39] Each projectile

[40] Multi-hits

[41] Multi-hits

[42] Multi-hits

[43] Each projectile

[44] Multi-hits

[45] Multi-hits

[46] Multi-hits

[47] Multi-hits

[48] Multi-hits

[49] Multi-hits

[50] Multi-hits

[51] Multi-hits

[52] Multi-hits

[53] Multi-hits

[54] Multi-hits

[55] Multi-hits

[56] Multi-hits

[57] Multi-hits

[58] Multi-hits

[59] Multi-hits

[60] Multi-hits

[61] Leave empty or put 0 for simulating a clean hit