

Poise

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General Information

Poise is a value that determines a character's resistance to being stunned. All characters, including enemies, have Poise. Being hit will briefly drain the player's poise value, and if drained to 0, the character will become stunned. Having more than 0 poise after taking a hit is required to avoid getting stunned, outside of a few specific instances.

Poise Regeneration

Each time a hit is taken, poise will reduce and remain briefly frozen at the latest value (it does not regenerate steadily like stamina). This means that if a player with 53 poise gets hit by an attack that drains 20 poise, the player will then have exactly 33 poise for the next few seconds. A hidden timer is triggered with each hit that is taken, and if it completes before another hit is taken, poise will instantly refill back to 100%.

For player characters, the timer takes a little over 3-5 seconds to reset¹. For most enemies, the timer is set to exactly 5 seconds.

Poise Safe Points

At these points, you can poise through a specific attack.

Poise	Weapon and attack type
81	Great Fireball
76	Ultra Greatswords 2h R1 Greataxes 2h R1 Great Hammers 2h R1

61	Black Flame Katanas, Straight Swords, Spears 2h x2 Katanas, Straight Swords, Spears 1h x3
60	Black Knight Greataxe 2h
56	Curved Greatswords, Greatswords, Hammers, Axes running 2h r1
53	Curved Greatswords 2h R1 Greatswords 2h R1 Hammers 2h R1 Axes 2h R1
51	Ultra Greatswords 1h R1 Greataxes 1h R1 Great Hammers 1h R1
41	Great Combustion Katanas, Straight Swords, Spears 1h x2 Dragon Bone Fist R2
40	Black Knight Greataxe 1h
36	Curved Greatswords 1h R1 Greatswords 1h R1 Hammers 1h R1 Axes 1h R1
32	Katana running 2h R1
31	Curved Swords 2h R1 (and R2 in the case of the Shotel) Straight Swords 2h R1 Katana 2h R1s Great Scythe/Lifehunt Scythe 2h R1/R2 halberds except Black Knight Halberd 2h R1 Whip 2h R1 spears 2h R1 Claw, Caestus, Dragon Bone Fist jumping attack
26	Dark Sword, 1h R2
24	Claw, Caestus R2 Caestus R2 followup Caestus Left hand attack
23	Claw, Caestus, Dragon Bone Fist Running Claw, Dragon Bone Fist, Dark Hand Left hand attack Straight Swords running 1h R1 Katana running 1h R1 Great Scythe/Lifehunt Scythe running 1h R1 Whip running 1h R1 Spears running 1h R1

21	Curved Swords 1h R1 Straight Swords 1h R1 Katana 1h R1s Great Scythe/Lifehunt Scythe 1h R1 Whip 1h R1 Spears 1h R1 Halberd 1h R1 Claw, Caestus, Dragon Bone Fist R1 Claw, Caestus, Dragon Bone Fist Dark Hand R2 (if not grabbing)
16	Dragonform Bare Fist Running Dragonform Bare Fist R2
11	Dragonform Bare Fist R1 Dragonform Bare Fist roll attack Dragonform Bare Fist jumping attack Dragonform Bare Fist Left hand attack Dragonform Breath
8	Thrusting Sword 2h R1 Dagger 2h R1
6	Thrusting Sword 1h R1 Dagger 1h R1 able to walk in chaos lava

Poise Drain Values

Different weapons drain varying amounts of Poise, and it is completely independent of damage. The following tables show the amount of Poise drained for each weapon and attack type.

Note: When certain columns like "Rolling" or "L1/L2" are omitted below, they are identical to those weapons' R1 attacks. When "Kick" is omitted, it drains 0 poise from standard enemies but inflicts a guaranteed stagger on player characters.

Axes

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H	Kick
Battle Axe	35 / 52.5	42 / 52.5	38.5 / 56	35 / 52.5	35
Butcher Knife	35 / 52.5	35 / 52.5	38.5 / 56	35 / 52.5	35
Crescent Axe	35 / 52.5	42 / 52.5	38.5 / 56	35 / 52.5	35
Gargoyle Tail Axe	35 / 52.5	35 / 52.5	38.5 / 56	35 / 52.5	35
Golem Axe	35 / 52.5	105 / 52.5	38.5 / 56	35 / 52.5	35
Hand Axe	20 / 30	24 / 30	22 / 32	20 / 30	20

- Kicks are regular kicks, on NPCs/Players they lead to a guaranteed stun, these just also deal poise damage. This can break and reset poise, no special animation is played for that however.

Chained Attacks:

- The Butcher Knife has a chained two-handed R2 attack, where the second R2 drains 70 poise instead of 52.5.

Curved Greatswords

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Gravelord Sword	35 / 52.5	52.5 / 70	38.5 / 56	52.5 / 52.5
Murakumo	35 / 52.5	52.5 / 52.5	38.5 / 56	52.5 / 52.5
Server	35 / 52.5	52.5 / 52.5	38.5 / 56	52.5 / 52.5

Curved Swords

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H	Kick
Falchion	20 / 30	10 per hit	22 / 32	30 / 30	20
Gold Tracer	20 / 30	10 per hit	22 / 32	30 / 30	20
Jagged Ghost Blade	20 / 30	10 per hit	22 / 32	30 / 30	20
Painting Guardian Sword	20 / 30	10 per hit	22 / 32	30 / 30	20
Quelaag's Fury Sword	20 / 30	20 / 30	22 / 32	30 / 30	20
Scimitar	20 / 30	10 per hit	22 / 32	30 / 30	20
Shotel	20 / 30	20 / 30	22 / 32	30 / 30	20

Chained Attacks:

- The Falchion and Scimitar have a chained R2 attack where the second R2 does 20 (1-handed) or 30 (2-handed) poise damage.
- The Jagged Ghost Blade has a chained R2 attack where the second R2 drains 5 per hit (both 1-handed or 2-handed).

Daggers

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Bandit's Knife	5 / 7.5	6 / 5	5.5 / 8	5 / 7.5
Dagger	5 / 7.5	6 / 7.5	5.5 / 8	5 / 7.5
Dark Silver Tracer	5 / 7.5	10 / 12.5	5.5 / 8	5 / 7.5
Ghost Blade	5 / 7.5	5 per hit	5.5 / 8	5 / 7.5
Parrying Dagger	5 / 7.5	6 / 7.5	5.5 / 8	5 / 7.5
Priscilla's Dagger	5 / 7.5	5 per hit	5.5 / 8	5 / 7.5

Fist

Weapon	R1	R2	Backstep	Jumping	L1
Bare Handed	5	6	5.5	7.5	3.5
Dragon Transformed	10	15	15	10	10
Caestus	20	24	22	30	14
Claw	20	24	22	30	24
Dark Hand	20	20	22	30	-
Dragon Bone Fist	20	40	22	30	14

Greataxes

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H	L2
Black Knight Greataxe	40 / 60	60 / 75	55 / 80	75 / 75	50
Demon's Greataxe	50 / 75	60 / 75	55 / 80	75 / 75	50
Dragon King Greataxe	50 / 75	60 / 100 + 50	55 / 80	75 / 75	50
Greataxe	50 / 75	60 / 75	55 / 80	75 / 75	50
Stone Greataxe	50 / 75	60 / 75	55 / 80	75 / 75	50

- The Dragon King Greataxe's two-handed R2 drains 100 poise with its AoE attack, and another 50 if the axe directly hits the enemy, for a combined total of 150 poise damage.

- The second stage of the Stone Greataxe's two-handed R2 chain attack drains the same amount of poise as the first attack, 75.

Great Hammers

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Demon's Great Hammer	50 / 75	60 / 75	60 / 85	75 / 75
Dragon Tooth	50 / 75	60 / 75	60 / 85	75 / 75
Grant	50 / 75	60 / 100	60 / 85	75 / 75
Great Club	50 / 75	50 / 75	60 / 85	75 / 75
Large Club	50 / 75	50 / 75	60 / 85	75 / 75
Smough's Hammer	50 / 75	75 / 100	60 / 85	75 / 75

Chained Attacks:

- The Large Club has a chained 1H R2 attack, where the second R2 drains 75 poise.

Note: The 2-handed rolling attacks actually trigger a guaranteed stun as well as draining Poise.

Greatswords

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Abyss Greatsword	35 / 52.5	38.5 / 63	38.5 / 56	35 / 52.5
Bastard Sword	35 / 52.5	52.5 / 52.5	38.5 / 56	35 / 52.5
Black Knight Sword	35 / 52.5	45.5 / 63	38.5 / 56	35 / 52.5
Claymore	35 / 52.5	42 / 52.5	38.5 / 56	35 / 52.5
Crystal Greatsword	35 / 52.5	52.5 / 52.5	38.5 / 56	35 / 52.5
Flamberge	35 / 52.5	35 / 52.5	38.5 / 56	35 / 52.5
Great Lord Greatsword	35 / 52.5	45.5 / 63	38.5 / 56	35 / 52.5
Greatsword of Artorias	35 / 52.5	45.5 / 63	38.5 / 56	35 / 52.5
Greatsword of Artorias (Cursed)	35 / 52.5	45.5 / 63	38.5 / 56	35 / 52.5

Man Serpent Greatsword	35 / 52.5	52.5 / 52.5	38.5 / 56	35 / 52.5
Moonlight Greatsword	35 / 52.5	35 / 35, 52.5	38.5 / 56	35 / 52.5
Obsidian Greatsword	35 / 52.5	52.5 / 35, 70	38.5 / 56	35 / 52.5
Stone Greatsword	35 / 52.5	70 / -	38.5 / 56	35 / 52.5

- The Moonlight Greatsword's 1H R2 projectile attack drains 35 poise. The blade itself does not deal any poise damage if it hits the enemy directly.
- The Moonlight Greatsword's 2H R2 projectile attack drains 52.5 poise. The blade itself will drain an additional 35 poise if it hits the enemy directly.
- The Obsidian Greatsword's 2H R2 AoE attack drains 70 poise. The blade itself will drain an additional 35 poise if it hits the enemy directly.

Halberds

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Black Knight Halberd	30 / 45	45 / 75	33 / 48	30 / 45
Gargoyle's Halberd	20 / 30	20 / 30 per hit	22 / 32	20 / 30
Giant's Halberd	20 / 30	30 / 50	22 / 32	20 / 30
Great Scythe	20 / 30	24 / 30	22 / 32	30 / 30
Halberd	20 / 30	20 / 30 per hit	22 / 32	20 / 30
Lifehunt Scythe	20 / 30	24 / 30	22 / 32	30 / 30
Lucerne	20 / 30	20 / 30 per hit	22 / 32	20 / 30
Scythe	20 / 30	20 / 30 per hit	22 / 32	20 / 30
Titanite Catch Pole	20 / 30	30 / 50	22 / 32	(R2)

Hammers

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Blacksmith Giant Hammer	35 / 52.5	52.5 / 52.5	38.5 / 56	(R2)
Blacksmith Hammer	35 / 52.5	42 / 52.5	38.5 / 56	52.5 / 52.5
Club	20 / 30	30 / 30	22 / 32	(R2)
Hammer of Vamos	35 / 52.5	42 / 52.5	38.5 / 56	52.5 / 52.5

Mace	35 / 52.5	42 / 52.5	38.5 / 56	52.5 / 52.5
Morning Star	35 / 52.5	42 / 52.5	38.5 / 56	52.5 / 52.5
Pickaxe	20 / 30	24 / 30	22 / 32	30 / 30
Reinforced Club	35 / 52.5	52.5 / 52.5	38.5 / 56	(R2)
Warpick	20 / 30	24 / 30	22 / 32	30 / 30

Chained Attacks:

- The Club, Pickaxe, and Warpick have a chained one-handed jumping attack, where the second R2 drains 24 poise instead of 30.
- The Blacksmith Giant Hammer, Blacksmith Hammer, Hammer of Vamos, Mace, Morning Star, and Reinforced Club have a chained one-handed jumping attack, where the second R2 drains 42 poise instead of 52.5.

Katanas

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H	Kick
Chaos Blade	20 / 30	24 / 40	22 / 32	30 / 30	20
Iaito	20 / 30	24 / 30	22 / 32	30 / 30	20
Uchigatana	20 / 30	24 / 30	22 / 32	30 / 30	20
Washing Pole	20 / 30	24 / 30	22 / 32	30 / 30	20

- Kicks are regular kicks, on NPCs/Players they lead to a guaranteed stun, these just also deal poise damage. This can break and reset poise, no special animation is played for that however.

Spears

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Channeler's Trident	20 / 30	20+10+10 / -	22 / 32	30 / 30
Demon's Spear	20 / 30	20 / 20	22 / 32	30 / 30
Dragonslayer Spear	20 / 30	20 / 30	22 / 32	30 / 30
Four-Pronged Plow	20 / 30	24 / 30	22 / 32	30 / 30
Moonlight Butterfly Horn	20 / 30	24 / 30	22 / 32	30 / 30
Partizan	20 / 30	20 / 30	22 / 32	30 / 30

Pike	20 / 30	20 / 30	20 per hit / 30 per hit	30 / 30
Silver Knight Spear	20 / 30	20 / 30	22 / 32	30 / 30
Spear	20 / 30	24 / 30	22 / 32	30 / 30
Winged Spear	20 / 30	24 / 30	22 / 32	30 / 30

- The Dragonslayer Spear's 1H R2 projectile attack does not drain poise. The spear must connect to its target to drain 20 poise.
- The Dragonslayer Spear's 2H R2 has a chained attack, where the second R2 drains 50 poise.

Straight Swords

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Astora's Straight Sword	20 / 30	24 / 30	22 / 32	20 / 30
Balder Side Sword	20 / 30	22 / 30	22 / 32	20 / 30
Barbed Straight Sword	20 / 30	20 / 30	22 / 32	20 / 30
Broad Sword	20 / 30	20 / 30	22 / 32	20 / 30
Broken Straight Sword	1 / 1.5	1.2 / 1.5	1.1 / 1.6	1 / 1.5
Crystal Straight Sword	20 / 30	24 / 30	22 / 32	20 / 30
Dark Sword	20 / 30	26 / 36	22 / 32	20 / 30
Drake Sword	20 / 30	20 / 20, 30	22 / 32	20 / 30
Longsword	20 / 30	24 / 30	22 / 32	20 / 30
Shortsword	20 / 30	24 / 30	22 / 32	20 / 30
Silver Knight Straight Sword	20 / 30	26 / 36	22 / 32	20 / 30
Straight Sword Hilt	1 / 1.5	1 / 1.5	1.1 / 1.6	1 / 1.5
Sunlight Straight Sword	20 / 30	24 / 30	22 / 32	20 / 30

- The Drake Sword's projectile 2H R2 attack drains 30 poise by itself. The sword impacting the enemy directly drains 20 in addition.

Thrusting Swords

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H	Kick 1H / 2H
Estoc	5 / 7.5	5 / 7.5	5.5 per hit / 8 per hit	7.5 / 7.5	5 / 7.5
Mail Breaker	5 / 7.5	10 / 15	5.5 per hit / 8 per hit	7.5 / 7.5	5 / 7.5
Rapier	5 / 7.5	10 / 15	5.5 per hit / 8 per hit	7.5 / 7.5	5 / 7.5
Ricard's Rapier	5 / 7.5	2.5 per hit / 5 per hit	5.5 per hit / 8 per hit	7.5 / 7.5	5 / 7.5
Velka's Rapier	5 / 7.5	2.5 per hit / 5 per hit	5.5 per hit / 8 per hit	7.5 / 7.5	5 / 7.5

Chained Attacks:

- Ricard's Rapier has a chained 1H R2 attack, where the second R2 deals 4 attacks that remove 2.5, 2.5, 2.5 and 1.25 poise.
- Ricard's Rapier has a chained 2H R2 attack, where the second R2 deals 4 attacks that removes 5, 5, 5 and 2.5 poise.
- Velka's Rapier has a chained 1H R2 attack, where the second R2 deals a single attack that removes 1.25 poise.
- Velka's Rapier has a chained 2H R2 attack, there the second R2 deals a single attack that removes 2.5 poise.

Ultra Greatswords

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Black Knight Greatsword	50 / 75	60 / 75	55 + 50 / 80 + 50	75 / 75
Demon Great Machete	50 / 75	60 + 50 / 75 + 50	55 + 50 / 80 + 50	75 / 75
Dragon Greatsword	50 / 75	60 + 50 / 75 + 50	55 + 50 / 80 + 50	75 / 75
Greatsword	50 / 75	60 / 75	55 + 50 / 80 + 50	75 / 75
Zweihander	50 / 75	60 + 50 / 75 + 50	55 + 50 / 80 + 50	75 / 75

- The Dragon Greatsword's 2H R2 special attack drains 50 poise if only the projectile blast hits.
- Above instances where two values are found adding to each other, poise damage has the potential to trigger twice (rapidly in succession, from a single attack). Though it may be possible for only one of those to trigger, depending on the spacing or angle of the enemy.

Whips

Weapon	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Guardian Tail	20 / 30	24 / 30	22 / 32	20 / 30
Notched Whip	20 / 30	24 / 30	22 / 32	20 / 30
Whip	20 / 30	24 / 30	22 / 32	20 / 30

Spells

Note that weapons buffed by spells do not have increased poise damage.

Sorcery	R1
Soul Arrow	20
Great Soul Arrow	20
Heavy Soul Arrow	80
Great Heavy Soul Arrow	80
Homing Soulmass	15-per-orb (75 max)
Homing Crystal Soulmass	15-per-orb (75 max)
Soul Spear	80
Crystal Soul Spear	80
White Dragon Breath	40
Dark Orb	80
Dark Bead	15-per-orb (105 max)
Pursuers	16-per-orb (80 max)

- The Soulmass orbs do not drain poise if they "bump" into an enemy instead of firing.

Pyromancy	R1
Fireball	40
Fire Orb	60
Great Fireball	80

Firestorm	90-per-column
Fire Tempest	90-per-column
Fire Whip	20-per-hit (40 max)
Combustion	40
Great Combustion	40
Great Chaos Fireball	80
Chaos Storm	120-per-column
Chaos Fire Whip	20-per-hit (40 max + lava)
Residual Chaos Lava	5-per-hit
Black Flame	60

- Fire Surge does not drain poise.

Miracle	R1
Gravelord Sword Dance	90-per-column
Gravelord Greatsword Dance	120-per-column
Force	20
Wrath of the Gods	20
Emit Force	20
Lightning Spear	30
Great Lightning Spear	60
Sunlight Spear	120
Karmic Justice	100

- Miracle Resonance buffs do not increase poise damage.
- The AoE bursts trigger a guaranteed stun if unblocked by an opponent with sufficient poise, and instead trigger a knocking down animation when poise is drained.
- When the lightning miracles hit water, there are three different tiers of poise damage depending on how close the water effect is to the enemy:
 - Lightning Spear: 16 / 10 / 0
 - Great Lightning Spear: 25 / 15 / 5
 - Sunlight Spear: 35 / 20 / 10

Ammo

Item	R1
All Bolts	20
Most Arrows	20
Dragonslayer Arrow	60
Gough's Great Arrow	100

- All Bows and Crossbows deal the same amount of poise damage. The poise damage depends on the ammunition being used and also the body part being hit on human players/ NPCs.
 - A multiplier to certain body parts being hit by arrows or bolts affects the poise damage taken as well.
 - Legs and Arms of human players/ NPCs will take 10% extra poise damage (22 for regular arrows and bolts), regardless of which armor is being used.
 - Headshots with arrows or bolts are a guaranteed stagger regardless of poise.²
- The Avelyn deals the full poise damage for each bolt that impacts, for a total of 60 poise damage.

Shields

Shield	R1 1H / 2H	R2 1H / 2H	Backstep 1H / 2H	Jumping 1H / 2H
Most Small Shields and Normal Shields	20 / 30	24 / 30 + 30	20 + 22 / 20 + 32	30 / 30
Cracked Round Shield	10 / 15	12 / 15 + 15	10 + 11 / 10 + 16	15 / 15
Crystal Ring Shield	20 / 30	20, 60 / 20, 60	20 + 22 / 20 + 32	30 / 30
Pierce Shield	20 / 30	24 / 30	20 + 22 / 20 + 32	30 / 30
Spiked Shield	20 / 30	24 / 30	20 + 22 / 20 + 32	30 / 30
Bonewheel Shield	20 / 30	20 per hit / 20 per hit	20 + 22 / 20 + 32	30 / 30
Most Greatshields	20 / 30	24 + 20 / 30 + 20	20 + 22 / 20 + 32	30 / 30
Havel's Greatshield	20 / 30	- / -	20 + 22 / 20 + 32	30 / 30

- Above instances where two values are found adding to each other, poise damage has the potential to trigger twice (rapidly in succession, from a single attack). Though it may be possible for only the first hit to trigger, depending on the spacing or angle of the enemy.
- The Crystal Ring Shield's projectile attack drains 60 poise, plus an additional 20 if the shield impacts the enemy.
- The Bonewheel Shield R2 attacks deal three possible hits, for a total of 60 poise damage.
- Some shields have unique animations that replace the kick attack, however these don't qualify as special kick attacks and simply behave as a standard kick.

Items / Special

Item	Attack
Firebomb	20
Black Firebomb	20
Throwing Knife	20
Poison Throwing Knife	20
Dragon Head Stone	10 per hit
Dragon Torso Stone	80
Egg Head Kick Attack	100
Skull Lantern	5
Most Spell Tools	5
Poking Catalysts 2H	7.5
Manus Catalyst 1H	50
Manus Catalyst 2H	75

- The Egg Head Kick drains 100 poise in addition to triggering a guaranteed stun regardless.
- Kicking with the Orange Charred Ring equipped does not drain poise (or affect the kick attacks that do drain poise).
- The Set of Thorns do not drain poise when equipped and rolling into an enemy, though having any piece equipped will stagger enemies with 0 poise.

Enemy Poise Values

Regular Enemies

Enemy	Poise	Regen (s)
Andre of Astora	100	5.0
Black Knight	80	5.0
Bone Tower	120	5.0
Butcher	100	5.0
Chained Prisoner	80	4.0
Channeler	45	5.0

Chaos Eater	90	5.0
Crow Demon	30	5.0
Crystal Golem	120	5.0
Darkwraith	65	5.0
Drake	65	5.0
Giant Skeleton	45	5.0
Giant Stone Knight	200	5.0
Giant Undead Rat	100	5.0
Great Feline	45	5.0
Golden Crystal Golem	130	5.0
Heavy Knight	130	5.0
Infested Barbarian	110	5.0
Lesser Sanctuary Guardian	90	5.0
Man-Eater Shell	30	5.0
Mass of Souls	140	5.0
Mimic	65	5.0
Minor Capra Demon	45	5.0
Minor Taurus Demon	100	5.0
Mushroom Parent	120	5.0
Titanite Demon	200	5.0
Sentinel	80	5.0
Sentinel (Royal)	130	5.0
Serpent Soldier	45	5.0
Silver Knight	45	5.0
Skeleton Beast	65	5.0
Stone Guardian	200	5.0
Vamos	100	5.0

Bosses

Enemy	Poise	Regen (s)
Bell Gargoyles	80	5.0

Capra Demon	110	5.0
Centipede Demon Arm	60	5.0
Centipede Demon Tail	60	5.0
Crossbreed Priscilla	60 / ∞	5.0
Gwyn	100	5.0
Gwyndolin	100	5.0
Iron Golem	n/a	n/a
Knight Artorias	130	2.5
Pinwheel	100	5.0
Ornstein (regular only)	90	5.0
Smough	110	5.0
Super Smough	110	5.0
Sanctuary Guardian	90	5.0
Taurus Demon	120	5.0

Various bosses do not have any poise. But rather than stagger with every hit, they are set to be completely unstaggerable.

+ Show list of poiseless, unstaggerable bosses - Hide list of poiseless, unstaggerable bosses

Enemy	Notes
Asylum Demon	
Black Dragon Kalameet	
Ceaseless Discharge	
Centipede Demon	Its arms and tail pieces that fall off have functioning poise.
Chaos Witch Quelaag	She can be staggered by hitting her human body, which is a separate function from poise.
Crossbreed Priscilla	Poise is used to stagger her out of invisibility only.
Demon Firesage	
Four Kings	The Four Kings have 80 poise set in the data, but no corresponding stagger animation to actually trigger.
Gaping Dragon	
Gravelord Nito	
Manus	
Moonlight Butterfly	

Super Ornstein	Only regular Ornstein has poise and is staggerable.
Seath the Scaleless	
Sif the Great Grey Wolf	
Stray Demon	

- Priscilla has 60 poise when invisible, breaking her poise is what makes her visible. She has infinite poise (unbreakable) when visible.
- The Iron Golem has its own stagger mechanism instead of normal poise. See Iron Golem for an explanation.
- Artorias' Poise is reduced from 130 to 90 during his charge-up animation.

Notes

- Poise Damage for an attack is calculated as a base amount of poise (5 for Daggers and Thrusting swords, 20 for Katanas and Straight Swords(...), 35 for Greatswords (...) and 50 for Ultra Greatswords (...)), multiplied by some factor for the attack. This factor is 1 for a one-handed light-attack, 1.5 for a two-handed light attack, etc.
 - It appears that due to the way the game saves values, attacks with poise damage generated with a factor of 0.8, 1.2 or 1.6 are slightly less than they are supposed to be, allowing players to poise through them with a slightly lower poise value.
 - The value 1.6 in particular includes backstep/running attacks, making it possible to poise through $20 \times 1.6 = 32$ poise Damage dealing attacks with only 32 poise. The more precise poise Damage dealt is 31.9999980927.
 - Also, Black Knight Greataxe is the only weapon with different factors for its light attacks, happening to be 0.8 and 1.2, it can not stagger 40/60 poise with a single hit.
- The Wolf Ring also boosts poise by 40 points.
- Havel's Set provides the highest Poise of any armor set in the game at 121 Poise. This doesn't necessarily justify it's popularity, as the benefit of such excessive poise is debatable, and compared to many upgradable armor pieces it presents an option low on defense for a high weight setup.

PvP related

When building a character for PvP, it is a good idea to equip armor that will put you above one of the following Poise breakpoints:

- **32** lets you get poise through the many 30 poise two-handed R1s that dominate the PvP meta. Without this, you're giving Katanas, Spears and Curved Swords a massive

advantage. Additionally it lets you walk through their running attacks.

- **21** lets you poise through very light attacks, including one-handed ones of 30 poise Damage dealing weapons. With Wolf Ring, this can reach the much more important 61 poise breakpoint. One important tactic with this is removing the Wolf Ring at low HP, when poise doesn't help you anymore and the Dark Wood Grain Ring or Red Tearstone Ring are better choices.
- **53** lets you survive at least one light attack from any weapon without getting your Poise broken except by 2-handed light attacks from an ultra greatsword, a great hammer, or a greataxe. This is a very minor poise breakpoint, as 61 poise and 32 poise are vastly more important. Primarily it is a counter pick against builds that don't use 30 poise Damage dealing weapons, as without which there is little need for 61 poise. This mostly refers to strength builds that have little to no variety in the swaps they can make, or specifically counter-picking Greatsword or Hammer users. 56 poises as a variation poises through running attacks.
- **61** lets you poise through two 30 poise hits, three 20 poise hits, a Katana kick into a Great Combustion, one 2H light attack from the Black Knight Greataxe or one Black Flame hit, as well as everything 53 poise can. This is the most important poise Breakpoint in the game, only followed by 31 poise. 62 poise is a variation which can take a two-handed running attack + a regular two-handed light attack from 30 poise Damage weapons.
 - **71** lets you poise through two, 35 poise light-attacks.
 - **76** lets you survive at least one light or jumping attack from any weapon without getting your Poise broken. None of these are generally seen as worth investing levels into, some builds use Full-Giants as it has the highest poise in the game, but the breakpoint has become irrelevant both with an increase in player proficiency, to not get hit by attacks with seconds of startup, and the widespread use of toggle escape. High poise levels such as these can be useful to not get interrupted while healing, in duels and most other situations, they are rather irrelevant for though.
- A popular list of important armor setups can be found ([here](#)).
- Running attacks drain more poise than normal R1 attacks. For example, you need 56 poise to resist a greatsword running attack as opposed to 53.
- A phantom hit — an attack that hits you during the invincibility frames from a roll when viewed by the player getting hit — will still damage your poise, much like poison and bleed will still build up when a phantom hit occurs. Can also be used to reset poise, just like it can be used to reset bleed.
- Toggle Escape — if you toggle your left/right hand weapon during a stun animation, you can replace the stun animation with a weapon toggling animation (which you can move during), effectively cancelling your stun. While clearly intentionally left as part of the animation, the reason is uncertain. Toggling is an important part of PvP, depending on the attack, it can get you in a safe position or even let you hit them back or backstab their attack.
 - Toggles are "Queued", that is they start after the current animation ends. This can be a positive, as it allows for perfect toggles after being stuck in an animation.

However, if backstabbed with a toggle queued, the toggle will come out as early on in your wakeup animation as possible, which both breaks your immunity, and leaves you unable to roll or block, often allowing the opponent to land a free hit on you.

Footnotes 1. The timer is set to 5 seconds by default, which occurs when only the Wolf Ring is equipped. For every piece of poise-granting-armor equipped, the timer's length is reduced by 10%. This means that if only one piece of armor is equipped, the timer will be 4.5 seconds, with two it's 4.05 seconds, with three it's 3.645 and with four it's 3.28 seconds. 2. The damage multiplier for headshots does vary depending on which helmet is equipped, and behind the scenes it does affect the poise damage differently. A naked head and various helmets result in 150% poise damage, others result in 130% or 110%. Because of the guaranteed stagger this is mostly irrelevant, however because the poise still drains behind the scenes, it's hypothetically possible for the lowered-poise to then assist a follow-up attack with its poise damage.

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