Let's see.

It all started with a rock.

No, it all started with a book.

The *Hercules Method* is nothing special, a mail order self-help book you'd get out of any pulp magazine. Cheap exercises that focus the mind and body for the weak and weedy.

But by bringing the body under conscious control, one can enact change. Extraordinary change.

Most can barely achieve more than a summer body and flexibility of a gymnast, but the true students of the method follow a path set down by Cain. The cult of murder. The strength of legend.

Even so, this world is not that different. It resembles modern Earth almost entirely.

Will you hone a strange talent? Write your own legend? Leave a legacy?



A Jump by Clover

You arrive just as a young high school student receives his mail order self-help booklet and leave when he meets its maker. About ten years, give or take a month.

You have

+1000CP

to spend on your journey.

=Backgrounds=

Keep your old gender. 16+1d8 for your age. Pay 50CP to choose.

Drop-In *Free*

You have nothing, start with nothing, and where everyone else is concerned, are nothing. But you also have no obligations to fulfill, no new urges to sate or stifle, and no attachments to the world. For those who do not wish to follow the perilous path of Cain, perhaps no power corrupts nothing.

Binder *100CP*

Not all who learn from the Hercules Method are stable, some refuse to be brought to heel or espouse their own philosophies and heresies. In the modern world, humans have adopted ways to slay Students, and you must capture the rogues and renegades of Cain. Though you are a weaker follower of Cain, your strength still puts you a clear head and shoulders above the rest of humanity. Your strength focuses more on traps and poisons, the arts of imprisoning.

Student *200CP*

Not just a slack jawed youth stewing away in a hormonal crowd or a frail bodied scholar. You learn from a higher calling, the path of Cain. Your old life has been abandoned and the only thing left to master is yourself, whether through a path of righteous battle or the steady river of blood you wade. You are effectively free to do whatever you want in the world, commit mass murder, fight in martial arts tournaments, become a deadly vigilante. If you avoid the watchful eyes of Binders, the envious fists of rival Students or the Peacekeeper's whisper in your ear the world is your crushed oyster. Cain holds that might is right, and Cain is mighty.

Peacekeeper *200CP*

You may have chosen the path of Cain, but you have either become tired of bloodshed or adopted subtler and silver tongued methods of resolution. You can still work with the confines and laws of men; berserk anger does not temper your everyday thought. You're still quite deadly should you choose, as are all followers of Cain, which is useful whenever your carefully chosen words and mediations fail. You may not be trusted by your fellow Students and Binders, who see your way as one of weakness, but never forget that you are not weak. There is more to strength than muscles.

=Locations=

The world's a big place. Let's see where you land. Roll 1d8 or pay 50CP

1 America: a small town on the coast. It has the usual problems you see anywhere. Gang wars, bullies at Voorhees high schools, abusive parental relationships. Still, something like normality before the journey that is to come.

2 Russia: hours out from Moscow. The land of depression, communism, alcoholism and tracksuits. The white permafrost provides a stark contrast to the blood that will flow. Some tundra hikers come back with crazy stories of gardens made from bones. When they do come back at all.

3 China: your choice of coastal city. It's polluted, crowded, and everyone looks the same. It's said that you can buy and sell anything in the blackmarket ports of the South China Seas, from guns to glory. It's also a gateway into human trafficking, though rumours speak of a black cowboy dispensing his own brand of justice.

4 Africa: choose between Saharan and Sub-Saharan. Surprisingly cleaner than you'd think, there are many pockets of civilization and savagery between desert sand and jungle green. Bushmen and poachers tell stories about a lone spearman in the distance, the last thing they see.

5 Europe: You may choose the capital of any nation in Europe, continental landmasses or island nations alike. But you'd better stay in after dark. Some bodies have turned up, arranged in macabre and artistic piles. Mostly the dregs of society, but enough to worry the tourists and bring in copycats.

6 Oceania: choose Australia or one of the other islands, mate. There's not much to do here but complain about boatpeople. And look out for weird fishhooks. Someone's baiting people, seems, and not in the way of the national past-time.

7 The Amazon: the fun option. You may choose one of the many cities near the South American rainforest or be dropped into the thick of it. Look out for altars, you may find bloody offerings, still fresh. At night you can hear drumbeats in the distance, and spy fires only human hands and human fat could make.

8 Free Choice of major cities anywhere on Earth.

=Perks=

The many paths to power. Each begin with a single step.

Limits 100CP *Free Drop-In*

You did not survive this world by biting off more than you can chew. You know when you'd be in over your head, whether the opponent is beyond your skill or the charity ball above your paygrade.

Me and This Army 200CP *Discount Drop-In*

Bringing backup is almost always the smart thing to do. Not only do you possess the simple charm and knowledge to assemble a motley crew of thugs and lackeys, you also have a knack for ordering them around to the best of their ability. And disposing of them when convenient.

Battle Tendencies 400CP *Discount Drop-In*

You have graduated beyond the simple tactics of move and shoot. You can now form complex and multi-layered strategy on the fly, using everything from the environment, psychology, waves of expendables and cheap tricks to even the odds. You could make a living as a high-risk head of security, or make a name in the world of mercenaries.

To Strike Goliath 600CP *Discount Drop-In*

The Students of the Hercules Method are not invincible. Although in ancient times there were as gods by strength of will and the strength of their arms, humanity has learned to compensate by clever tools and tactics, the power of modernity and technology. You may now hold a chance, however slim, of overcoming impossible odds and opponents with advanced technology. This may require you to create that tool from scratch.

Restraint 100CP *Free Binder*

There is a time and a place for lethal measures, you have learned to practice restraint and temper your strength. This allows you to gauge the power in your strikes, so that you may topple a tree one second yet juggle eggs the next. Consequently, you also have more stamina to spare due to wasting less energy.

Cunning 200CP *Discount Binder*

You may be slower, you may be weaker, but you are unpredictable. Some might call it being deceitful, you always saw it being resourceful. You are quick to identify, capitalize and punish any weakness in an opponent's moves, whether openings in their strikes or their strongholds. Those who blind themselves with anger cannot hope to defeat your tactics.

Impotence 400CP *Discount Binder*

It is often not enough to raise and refine your own strengths, your enemies must never be allowed to use their full ability. You have gained extensive training in the use of poisons, pressure points, and other sapping techniques. You are even creative in finding new ways to disable, such as the modern use of tasers or adapting more supernatural means.

Chaining Cain 600CP *Discount Binder*
When Cain went into his bindings willingly, he taught his followers the forgework. Binders have refined these disciplines over the long centuries, the gulf in strength between themselves and Cain's true students overcome by these tactics and techniques. You have become truly adept in capturing and imprisoning your opponents, both in mind and body. No mere mortal could escape your restraints and in time you may build jails worthy of Cain himself. For more exotic targets, it is no guarantee of success but time and resourcefulness will prove allies here.

Brutality 100CP *Free Student*
The path of Cain grants great strength. You can tap into deeper and more primal urges, drawing on reserves of berserker fury. Your entire posture changes at this moment, and observers will liken you more to a wild animal than a predictable human.

Awareness 200CP *Discount Student*
The path of Cain is not one of pure strength. The entire body is heightened and perfected, senses sharpened to match new inputs. Even in the thick of battle or in a blind haze of confusion, you may still focus on the situation by relying on other senses. If it means reducing collateral damage or avoiding possible blind spots, you have it covered.

Art of Murder 400CP *Discount Student*
Those who follow Cain often revel in their bloodshed. To practice and perfect themselves, they get creative. Students can craft brutal landscapes of broken meat, mosaics of bone and sinew, pen letters that horrify generations, their artwork is an extension of Cain. Even their mere presence becomes a living nightmare for opponents, weaker wills breaking ranks and becoming so much fodder to greater and bloodier frescoes.

Eyes of Thanos 600CP *Discount Student*
Students of Cain are usually satisfied with raw physical power. Those Students who go beyond make death as natural as breathing, they can impress their will by mere sight. Results may vary from breaking minds, paralysis, catatonic visions, and even death in the weak. This can be shaped and controlled through experience, but is no guarantee of killing with a gaze. Yet even a pause can mean the difference between life or death.

Repose 100CP *Free Peacekeeper*
A constant state of berserk anger may have its uses, and so does a calm and steady mind. You can always find a way to relax your anger, and swiftly return to a calm mind and peaceful stance. This is a skill useful for all walks of life.

Parlay 200CP *Discount Peacekeeper*
What use are honeyed words to an insane mind, when soothing gestures cannot penetrate a red haze of anger. Yet yours are the words and actions that could sway them, ears and hearts pierced with your voice. You can even be heard by your enemies while in thick combat. Of course, it is always easier to persuade your inferiors and lessers, defeat in combat is the grease of diplomacy.

Serenity 400CP *Discount Peacekeeper*

You exude a feeling of calm and tranquility, the result of discipline and relaxation instead of laziness. Your movements are so minimal, they give no tells to react to and can even foil the predictive abilities of Blue Vision and hinder supernatural clairvoyance. Your steps have also become lighter, you could sneak up on people with bells on without notice.

Ways of Eros 600CP *Discount Peacekeeper*

Your charisma is the stuff of legend, from your magnificent beauty to your dazzling wordplay. With a glance, you could hypnotise crowds into changing their ways, your lectures taming wild hearts and minds, promising to deliver their deepest desires or bringing their morals in line with yours. You also become an amazing lover, your pillowtalk changing the fates of nations. Your charm is not restricted to human beings, animals, aliens, and the fantastic may be affected.

=Items=

Tools to enhance your life or harm others.

Intestout 50CP

An unlimited supply of industrial grade cleaning product in handy simple-to-use bottles. It gets all the lotion off the skin, leaving them pristine again and without any trace of violence. Even fully equipped forensics teams couldn't clean better than a simple rubdown of Intestout.

Gruesome Guidebook 50CP

A mail order magazine that contains info on the grisliest and most notorious of murderers worldwide. Each issue is dedicated to the haunts, victims, preferred modus operandi and calling cards of killers past and present. New issues delivered monthly to your mailing address.

The Tale of Luther Strode 100CP *Free Drop-In*

You obtain a set of hardback graphic novels that detail a young man's bloody rise from outcast to messiah. It comes in full colour, with artwork and errata by the creators themselves. It even contains the wisdom of Strode himself, musings on the nature of violence and the path of Cain.

Weapon of Choice 100CP *Free Student*

You may choose a single weapon. This must be a simple weapon with few moving parts, like spears and knives, up to revolvers. It becomes stainless white and can withstand the forces that you put it through. You may freely import a weapon. If you choose to be unarmed, you instead gain reinforcing hand and foot wraps.

Binder's Shackles 100CP *Free Binder*

A set of metal buckles and straps, perfectly weighted and centered, and almost unbreakable when locked and secured. They are not indestructible, they work by turning the captive's strength against them. Captives will need outside assistance to escape. You may repair or manufacture more as necessary.

Peacekeeper's Robe 100CP *Free Peacekeeper*

A simple set of clothes, they resemble those worn by a lifelong pacifist or diplomat. Form fitting and flattering, people will assume you are a noncombatant until you throw the first punch. They are also very easy to clean, no blood sticks to them long. If destroyed, a new set arrives weekly.

Private Armory 200CP *Discount Drop-In*

Enough guns and ammo to start a small war. Containing firearms and explosives to fit all situations, and melee weapons commissioned for all schools of warfare. You may even find some replicas of myth and fantasy. Though master crafted, all weapons are strictly mundane.

Poisoners Kit 200CP *Discount Binder*

Neurotoxins, plant extracts, venom, needles, throwing knives and syringes. Even tasers for the modern minded. All kinds of chemicals and recipe formula to paralyse, relax or corrode the bodies that would harm you. The contents replenish themselves overnight, even if you add new ones.

Cain's Shrine 200CP *Discount Student*

Students of Cain tend to ritualise and remember their kills. The Shrine is wherever the Student places trophies of their kills, whether cultivating bone gardens, galleries of ID cards or even atriums of sculpted meat. The Shrine grows to accommodate these trophies, and fights in these arenas grant the victor higher power and skill, the lessons of Cain coming swifter to them.

Preachers Plinth 200CP *Discount Peacekeeper*

Not all great men and women in history wrote their names in blood. Some were great orators and dealmakers. This round stone pillow prepares an area for oration, the lighting and acoustics become perfect to relay their lectures and speeches. Such peaceful surroundings may give even berserkers pause and quell their rage, your sermons passing through their ears to their hearts.

Temple to the Form 200CP

A safehouse. A gymnasium. A bastion. Your own home away from the humdrum, a place to find focus and perfect your crafts, from planning strikes on enemy strongholds or practicing those ten thousand kicks. This place easily blends forms of combat together, letting them contribute to your training. Meditation, dance, putting holes into paper targets, so long as they focus mind and body.

A Bloody Champion 300CP

Cain's students are peppered throughout history, often as warriors of great power. Not all of them die by their recorded date. Any historical hero, warrior or killer is yours to Companion, so long as their legend is a bloody and violent one. They are a peak version of themselves, they get up to Competent level in the Herculean method and 600CP to spend on perks. Historical acolytes include Musashi Miyamoto, Jack the Ripper, Samson the Nazarite and Joan of Arc.

=The Herculean Form=

Teachings that refine the human body to feats from myth and the strength of legends.
The key to the method is to focus ones mind, body and spirit towards a single goal.
By bringing all three into alignment, one can bring them under control.
Such control is the key to change. The mind commands, the flesh obeys.
You may naturally train yourself in these methods, but will plateau at a certain level.

For 300CP you may purchase a reproducible copy of the Hercules Method texts. Training with it allows you to go beyond the limits set by background. You may also train others in the Method and push students towards cruelty or compassion. Publicly distributed, only one in a million could become Initiates, while personal tuition could raise singular individuals to Mastery by a decade.

Students of the method turns the sclera black and the iris red under effort. Each level increases speed, musculature, coordination, strength, senses, stamina, overall physique and great hair.

Initiate Level - Red Vision
The practitioner has begun to see the world as a living canvas of flesh, bone and blood. They can easily isolate and target the living organs, tearing flesh like paper with bare hands and teeth. They have a body equivalent to a top-level athlete. This can be toggled and does not inherently cause the practitioner to think less of others. *Drop-Ins are limited to this level without the texts.*

Adept Level - Blue Vision
The practitioner now sees the world in clear shades of blue. Their senses are sharpened further, and can see the physical actions of others in advance, often as dancing shadows, but such predictions are countered by others of equal skill. They have an Olympians body and can tear down wood and steel buildings in their rage. *Binders are limited to this level without the texts.*

Competent Level - Knitting and Binding
The practitioner's muscles are now like steel, and can tighten them to catch small caliber bullets like Kevlar or jam blades. They can also force flesh and guts to seal and heal through force of will. They can rip and tear metal like paper and can bring down stone temples. They can destroy a small army if they strike first. Some mental instability has been noted, but that is nothing permanent and more due to ego and raising. *Students and Peacekeepers are limited to this level without the texts.*

Expert Level – The Ranks of the Bound
Biological immortality. The practitioner has a body immune to atrophy, requiring no exercise to maintain but still needs sustenance. They can destroy large armies, dodge and shoot bullets out of the air, or outrun cars on freeway. The Bound and Unbound are legends and monsters of their time

Master Level
Only Cain knows what comes next. Regeneration through force of will, scour a city singlehandedly, laugh off mortal wounds, you are a true being of myth and legend. It may take years, decades of meditation and training, balancing slaughter with insight to attain true Mastery.

=Drawbacks=

Choose up to a maximum of 600CP.

+100CP Jumper's Job

You will live a life of endless challenge and struggle. There is just something about you that riles up criminals, places bounties on your heads, stubs your toes and sets you at odds with other Students of Cain. At least you get some extra power out of it, eh?

+100CP The Pilgrimage

Before the end of your stay, you must find and journey to the resting place of Cain. It will be in a different place than in canon, but you will still expect an exotic location. You will find clues from wandering Students, from Binders seeking Unbound, and in shrines of murder cults.

+200CP Red Handed Faith

You are a true follower in the belief that murder is holy. The strong are gods, the rogue are prisoners and the weak are meat. You will commemorate your faith every week with a Mass of your own, a new victim lovingly and carefully educated in the pain of loss and blood. If you are a Peacekeeper or Drop-In, you must instead try and stop these weekly exhibits.

+200CP Lacks Awareness

You have no style, you have no grace. You don't even have a funny face. You lack awareness, situational, social, self, and so forth. Whenever you get worked into a fight, the question of collateral becomes a certainty, friends, foes, allies and bystanders offered no safety from you.

+300CP Unbound and Unleashed

Cain's disciples are many. But only one disciple ever gave him pause. Chained for millennia, they escaped as soon as your presence was felt. They have strength and ability equal to you and yours. They will target those close to you to wear you down, before tearing you into dust. This is not an opponent to face head on, for they are truly a match for you in combat.

+300CP The Fall of Samson

One of your active companions is now working against you, constantly and effectively. This will always blindside you and hurt you with their knowledge of your weakness. Not only will their identity always evade you, they take every proper opportunity to end your life.

+600CP Cain's Revelations

The miracle never happen. In this world, Cain is the Word and the Prophet, a living testament to the path of Murder. The Hercules Method has spread far and wide, Students found among military, criminals and authority, with Binders holding the more dangerous in cages carved barehanded from mountains. Cain himself has the Mark, any strike against him returned sevenfold upon the transgressor. Your arrival was flawed, any otherworldly strengths locked behind meditations and challenging trials, The Jumper's Path, that would take years to retrieve a sip of your ability while your treasures are barred to you. Cain knows you as a threat to his rule, dispatching disciples, maniacs, history's heroes and villains, before taking to the field himself. It's going to be biblical.

=Epilogue=

It has been 10 years since you learned of the Hercules Method.
What path will you decide on?

The Old Ways
To return. To your Earth. Some lessons can only be learnt at home.

The Better Ways
Stay here, there is so much to be done. To become better.

The New Ways
To travel further, that might be the hardest task of all. To learn new lessons, and find new students.
Your destination still lies ways ahead of you. There are more paths to explore.