

ACTION POSSIBILITY	ATTACK OF OPPORTUNITY?	NOTES
Single attack with a melee weapon or touch attack	No	You can choose to deal subdual damage with a melee weapon (-4 to hit). If you enter melee after a charge, you get +2 to attack roll, but -2 to AC
Single attack with a ranged weapon	Yes	If you fire into melee, you get -4 to hit, unless you have the Precise Shot feat. Depending where your target is, he may also receive cover from his melee opponent, and if so, you risk hitting the other target. NOTE: if you are throwing a two-handed weapon one-handed, it takes 1 full round.
Single attack with an unarmed strike	Yes, unless your opponent is also unarmed, and/or you have Improved Unarmed Strike.	You can choose to deal regular damage instead of subdual damage (-4 to hit). If you are wearing gauntlets, you do regular damage as a rule, and the -4 penalty applies to your doing subdual damage.
Total defence	No	+4 to your AC (dodge bonus)
Combat feint	No	Do a Bluff check against your opponent's Sense Motive check (modified for certain creatures). If you win, your next standard action benefits from the opponent being denied DEX bonus to AC.
Distract a friend's melee opponent	No	Make an attack roll against AC 10. If you succeed, your friend get either a +2 to hit or a +2 on AC (your choice)
Strike at an opponent's weapon or shield (for other objects, see PH p. 135)	Yes, unless you have the Sunder feat.	For weapons + shields, usable only in melee with a slashing weapon. Make opposing attack rolls to see if you land a good hit.
Try and push an opponent back	Yes, unless you have the Improved Bull Rush feat.	You make opposed Strength checks (modified for size, etc). If you win, you push the opponent back. If you lose, you get pushed back into your original square.
Try and disarm your opponent	Yes, unless you have Improved Disarm	Make opposing attack rolls (note weapon size modifiers). If you win, opponent is disarmed. If you lose, opponent can try and disarm you.
Grapple	Yes, unless you have Improved Grab (certain monsters only)	Do a melee touch attack to grab your opponent (a successful attack of opportunity foils this). Then, do opposed grapple checks to hold opponent and either do damage (unarmed strike) or pin (-4 to AC).

Trip	No	Make a melee touch attack. Then, make a STR check opposed by your opponents STR or DEX check (whichever is better). If you win, opponent is prone. If you lose, opponent can try and trip you.  With Improved Trip, you also get a follow-up melee attack on a tripped opponent.
Using a skill (e.g. Heal a friend)	Yes	
Cast a 1-action spell OR concentrate on maintaining a spell OR dismiss a spell	Yes for casting only	You can choose to "cast on the defensive". You don't suffer the attack of opportunity, BUT you must succeed a Concentration check (DC 15 + spell level) or the spell fizzles. NOTE: the Combat Casting feat gives a +4 bonus to this check.
Use a spell-like ability / psionic power OR concentrate on maintaining the effect OR dismiss the effect	Yes for manifesting the ability or power	You can choose to "manifest on the defensive". You don't suffer the attack of opportunity, BUT you must succeed a Concentration check (DC 15 + spell/power level) or the spell-like ability or power fizzles. NOTE: for psionic powers, the Combat Manifestation feat gives a +4bonus to this check.
Read a scroll or use other spell-completion items	Yes	
Use a spell-trigger, command word, or use-activated magic item	No	
Turn/rebuke undead OR other supernatural ability	No	
Sacrifice your standard action to move more i.e Double Move OR Run	Yes, in certain circumstances	
Combat Intimidation (I invented this one)	Yes, but only after check failure	Use your Intimidation skill to force an opponent's morale check
Combat diplomacy (I invented this one)	Yes, but only after check failure	Use your diplomacy skill to try and change your opponent's attitude
Ready a partial action	No	You take your partial standard action at a later moment based on a condition you determine.

OTHER THINGS YOU CAN DO WITH YOUR STANDARD ACTION IF YOU SACRIFICE YOUR MOVE-EQUIVALENT ACTION

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Single attack with a single weapon, fighting defensively	No	-4 to hit, +2 AC
Multiple attacks with single weapon	No	Only if you are high enough level to have multiple attacks. Also, the Rapid Shot feat allows it for some ranged weapons.
Attacks with both weapons of a double weapon	No	Same penalties as attacking with two weapons; off-hand weapon always considered light.
Add an extra weapon attack, a shield bash, or an extra unarmed strike to your one-handed single or multiple attack (i.e. attack with two weapons, a monk's flurry of blows)	No	Weapon penalties for attacking with two weapons. With Improved Two-Weapon fighting, you get a second attack with the off-hand weapon. With Greater Two-Weapon Fighting, you get a third such attack. Flurry of blows follows its own rules.
Deliver a coup-de-grace	Yes	It takes 1 full round to deliver a Coup de Grace, unless you have the Death Blow feat.
Change form (polymorph self spell or effect)	Yes	Takes 1 full round.
Light a torch	Yes	Takes 1 full round.
Prepare a fuse for an oil flask	Yes	Takes 1 full round.
Refocus	No	You move up in the initiative count (20 + modifiers)

Note: You can always delay within a combat round, dropping in the initiative count until  $\lfloor 10 + \text{DEX modifier} \rfloor$

Note: You can always simply do nothing.

SOME THINGS YOU CAN DO WITH YOUR MOVE-EQUIVALENT ACTION

ACTION POSSIBILITY	ATTACK OF OPPORTUNITY?	NOTES
Move	Yes, in certain circumstances	
Charge  OR charge + overrun	No	For a simple charge, see attack with single melee weapon, above.  For a charge + overrun, when you enter the opponent's space, you get a free trip attack if the enemy tries to block you. If you succeed, the opponent is prone and you keep going. Otherwise, your charge is blocked and the opponent gets to try and trip you. If you fail, you land prone in the opponent's space. If you succeed, you fall back 5 feet in your own space.
Tumble through a threatened area	No, if you succeed the tumble check	You can move up to 20 feet, in a threatened area or even in an enemy-occupied space, if you succeed the Tumble check (DC 15 for a threatened area, DC 25 for an enemy-occupied area).
Run	Yes	You need to sacrifice your standard action
Draw a weapon	No	If you have the Quickdraw feat, this is a free action
Sheathe a weapon	Yes	
Retrieve a stored item (e.g. backpack)	Yes	
Load a crossbow	Yes	This is a full-round action for a heavy crossbow (fire every other turn)
Get up from being prone	No	

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