

# HOLSTAUR

A 5E PLAYER RACE BY DM TUZ **Basic Edition**



# HOLSTAUUR

*"There, there, little one. You were strong and went as far as you could on your own. I will carry you from here."*

Holstaurs, more commonly known as Cowfolk, are revered across both land and sea. Do not be fooled by their intimidating stature, for under their hides beat gentle hearts.

The bards have told tales of this race's tendency for good-deeds and acts of kindness. It is said the mere presence of a Holstaur is a blessing, and they are often welcomed into communities with open arms. Where the Holstaur and their many subspecies originate is unknown. Some have assumed an ancestral kinship with the Minotaur's, but no distinct connection has ever been determined.

Despite their friendly reputation Holstaurs rarely live among their own kin in settlements. They occasionally wander in groups of their own kind for migration, but these herds shrink over time as each member finds a new place to settle. This has made tracking Holstaur culture difficult, as by their very nature they assimilate into whatever home they choose before moving on.

## GENTLE CARETAKERS

Holstaurs are more commonly known to have gentle and benign dispositions. Possessing immense patience and calm heads. Most have a nurturing instinct that manifests in many different ways among different Holstaurs. Be it a struggling grove, an animal in need, or a community under attack by evil-doers. No kindness is too small for a Holstaur to consider. And once that kindness is accepted, Holstaurs will become loyal to these they devote themselves to.

This has led some unfortunates to assume they are push-overs. A Holstaurs will never start a fight, but will finish them. And for this race, benevolence is not always passive, or soft. Returning a Holstaur's kindness with cruelty can have dire consequences if they deem ridding the world of you as a kindness.

A bond with a Holstaur can last for a lifetime – but more often does not. Once they have helped something become the best it can be, and there are no more in need of help, these cowfolk will often grow restless and bored of their surroundings. So they will move on. Because of this Holstaurs will often take nomadic partners who are willing to travel with them to different communities. By nature it's hard for them to 'settle down' for life however, finding a place that will always need help with something is often the best compromise. Because of this, Arcadians often stay in one area the longest.



## HOLSTAUUR NAMES

As Holstaurs do not possess their own language or more importantly, naming conventions, they are named in the same manner typical for the locale they were born in. But in one of the very few traditions they possess, specific suffixes are sometimes used to show individuality from local names. This often has the additional benefit for the Holstaur to create as a fantastic opportunity to tell others of their upbringing upon introduction.

### Male Example Suffixes:

-beau, -cole, -ester, -gunder, -jack, -mallow, -odis

### Female Example Suffixes:

-belle, -cara, -ette, -jille, -lossie, -shey, -vietta

## HOLSTAUR TRAITS

As a holstaur, you possess innate traits and capabilities.

**Ability Score Increase.** Increase one ability score by 2 and increase a different one by 1, or increase three different ability scores by 1.

**Age.** Holstaurs reach maturity at 20 years of age. They live well over a century and retain their vitality throughout their life up until a rapid decline within their last decade of life.

**Alignment.** Holstaurs respect rules where they go and appreciate a calm and steady life. Their benevolent and nurturing disposition makes them lean towards good alignments.

**Size.** Holstaurs grow up to 8 feet, and are commonly heavy built. Your size is medium.

**Speed.** Your base walking speed is 30 feet.

**Languages.** You can speak, read, and write Common and another language of your choice. Holstaurs usually make an effort to learn other languages common in the communities they inhabit.

**Horns.** Your horns are natural melee weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

**Burden Bearer.** You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift. Additionally, moving, dragging, or carrying a creature that you have grappled that is one size smaller than you does not half your speed.

**Subrace.** Choose one of the following subraces: Arcadian, Mist Horn, or Urbos.

### ARCADIAN

Robust and devoted, the Arcadians often have the lowest temper among all Holstaurs, known to be the most gentle and loving. They can be found in rural areas integrated in more developed settlements. They are most happy living among others, and often indulge in more nurturing roles in their communities, such as animal and crop care, aiding a spouse, or raising children. They do not do well in smaller groups and are the most social of the Holstaurs.

**Meadow Dew.** You can perform a ritual to materialize a dew of natural vitality. With 10 minutes of work or when you finish a short rest you can perform a ritual and magically produce a number of meadow dew potions equal to your proficiency modifier. A meadow dew potion needs to be filled into a container like a vial. Once you use this trait, you can't use it again until you have finished a long rest.

A creature can use its action to consume a meadow dew potion. Drinking the meadow dew potion restores hit points equal to 1d6 + your Constitution modifier (minimum of 0) and nourishes the creature for one day. Once a creature drinks the potion, it can't benefit from its properties again until it finishes a short rest. Your Meadow Dew

potion spoils after 24 hours or until it is further refined, which will make your Meadow Dew potion a common food item without special properties.

**Vitality.** Whenever you finish a short rest, you regain hit points equal to your character level.



Urbos Holstaur  
Artwork by QueenChikkibug

## MIST HORN

The studious Mist Horn prefers to live in tranquil areas of the world. Often bookish in nature, they dedicate time to their studies, though they are far from inhospitable, often wishing to share what they know to improve lives. They are somewhat aloof if pressed to talk about things outside of their work, and do not enjoy manual labor. But find true joy in learning and understanding others, and can spend many an hour or day discussing the subjects of their studies

**Academic Mastery.** Because of your own studies, you are proficient in one of the following skills: Arcana, History, Nature, or Religion. Whenever you engage in downtime activities in a town or city, or otherwise spend a week with similar activities in an area with readily available knowledge, such as a local library or books in your own possession, you can change your proficiency to another one of the options above.

**Private Lesson.** Over the course of a long rest, you can have a study session with another creature, to do so the creature must have an Intelligence of 5 or higher and you must both share at least one language. You choose a subject, Arcana, History, Nature, or Religion; At the end of the long rest, the creature gets a bonus equal to your Intelligence modifier on all checks it makes using the chosen knowledge skill before it finishes a long rest.

**Mystic Studies.** You learn a wizard cantrip of your choice. When you create the character, you choose Charisma, Intelligence or Wisdom as your spellcasting ability for it.

## URBOS

The original kin, where all Holstaur species originate, are the largest and strongest of the Cowfolk. Often only found high in the mountain regions, Urbos are head strong and instinctually territorial. Unlike their younger cousins, they are quicker to anger, but possess a strong protective instinct for those who cannot defend themselves. They can often be found guiding travelers through the mountains, and have been known to rescue people from storms and wild beasts. They are willing to trust, just as they are willing to harm if that trust is broken.

**Great Horns.** Your horns deal 1d6 piercing damage instead of 1d4.

**Impact Blow.** When you move at least 10 ft. straight towards a creature and immediately attack it with your horns or shove it, you have advantage on the attack roll or on your Strength (Athletic) check to shove it.

**Mighty Stride.** You can move through spaces of any creature that is of a size smaller than yours.

**Undercoat.** You are resistant to cold damage and accustomed to cold climates.



Mist Horn Holstaur  
Artwork by QueenChikkibug

DM Tuz Note for Meadow Dew:  
Damned if I do, damned if I don't.  
Listen, the exact nature of the meadow dew is up for you or your DM to decide. I provided a fitting but also gender neutral solution to an obvious expectation that people will have towards the Holstaurs. I will grant you creative freedom to do with it as you please, but be considerate at others at your table.

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