

Elements of the Epic Hero Cycle: What makes the *Superman* story an epic?

Element	Example
The main character is a hero possessed of supernatural courage, strength, or other abilities/qualities, is of an imposing stature (physical/social), and a grand, yet simple, style.	
The hero is charged with a quest or task to complete.	
The hero is tested, often to prove the worthiness of himself and his quest/task. Tests may take the form of villains/ adversaries who impede or seek to stop his progress toward his intended goal.	
The presence of numerous mythical beings, magical and helpful animals, and human helpers and companions.	
The hero's travels take him to a supernatural world, often one that normal beings are barred from entering.	
The cycle must reach a low point where the hero nearly gives up his quest or appears defeated.	
After the low point, salvation or a resurrection takes place.	
After the resurrection, restitution is achieved. Often, this takes the form of the hero regaining his rightful place on a "throne."	
The setting of the story is vast.	