

Monk  
Level

## AC BONUS

$$\left. \begin{array}{l} \text{+ AC} \\ \text{CMD BONUS} \\ \text{+ CMD} \end{array} \right\} = \text{WIS} + \left( \frac{\text{Monk Level}}{4} \right)$$

(Round down)

Bonus only applied when unarmored, unencumbered and not helpless

**STUNNING FIST**  
**PER DAY**

**STUNNING FIST**  
**PER DAY**

	Monk		Non-Monk
	Level		Levels
<div style="border: 1px solid black; width: 100px; height: 40px; display: flex; align-items: center; justify-content: center;"> <div style="width: 100%; height: 100%; background: linear-gradient(to right, #ccc, #eee);"></div> </div>	=	_____	+ ( _____ ÷ 4 )
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <div style="width: 20px; height: 20px; background-color: #ccc; margin: 0 auto;"></div> <div style="width: 20px; height: 20px; background-color: #eee; margin: 0 auto;"></div> </div> <div style="text-align: center;"> <div style="width: 20px; height: 20px; background-color: #ccc; margin: 0 auto;"></div> <div style="width: 20px; height: 20px; background-color: #eee; margin: 0 auto;"></div> </div> </div>		_____	(Round down)

**STUNNING FIST**

**FORTITUDE  
SAVE DC**

$$\boxed{\text{WIS}} = 10 + \left( \frac{\text{WIS}}{2} \right) + \text{WIS}$$

Level		
<b>1</b>	Stunned	No action this round Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b>
<b>4</b>	Fatigued	Cannot run or charge -2 Strength and Dexterity
<b>8</b>	Sickened	-2 to attack rolls, damage rolls, saving throws, skill and ability checks
<b>12</b>	Staggered	May make a standard or move action, but not both
<b>16</b>	Blinded	Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b> -4 on <b>STR</b> and <b>DEX</b> skills, opposed Perception
	or	50% miss chance when attacking DC 10 Acrobatics to move more than half speed
	Deafened	-4 initiative; 20% miss chance when attacking -4 on opposed Perception automatically fail Perception checks for sound
<b>20</b>	Paralyzed	No action this round Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b>

<input type="checkbox"/> Catch off-guard	<input type="checkbox"/> Combat Reflexes
<input type="checkbox"/> Deflect Arrows	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dodge
<input type="checkbox"/> Improved Grapple	<input type="checkbox"/> Scorpion Style
<input type="checkbox"/> Throw Anything	

Level 1	<input type="checkbox"/> Deflect Arrows <input type="checkbox"/> Improved Grapple <input type="checkbox"/> Throw Anything	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dodge <input type="checkbox"/> Scorpion Style
Level 6	<input type="checkbox"/> Gorgon's Fist <input type="checkbox"/> Improved Disarm <input type="checkbox"/> Improved Trip	<input type="checkbox"/> Improved Bull Rush <input type="checkbox"/> Improved Feint <input type="checkbox"/> Mobility

Level	<input type="checkbox"/> Improved Critical	<input type="checkbox"/> Medusa's Wrath
<b>10</b>	<input type="checkbox"/> Snatch Arrows	<input type="checkbox"/> Spring Attack

## HEALING POINTS

Level **POINTS** Monk Level

**7**  =

## QUIVER DAYS

**QUIVER DAYS** =  days =

Level **15** **FORTITUDE** **SAVE DC** Monk Level

$$\boxed{\phantom{000}} = 10 + \left( \boxed{\phantom{00}} \div 2 \right) + \text{WIS}$$

**Level 19** As a swift action once a day, create a 20ft-radius aura of luck allowing yourself and all allies to take the better of two rolls for attacks and saving throws. Aura lasts **1 round** for every **2 ki points** spent

### Treated as an Outsider

**Level 20** Immune to Charm Person and other effects that target non-outsiders.

Damage reduction 10/chaotic

Monk Level	Bonus Feats	Unarmed Strike Damage Sm / Lg
1	■	d6 d4 / d8

		Armor Class Bonus	
1	■	Fast Movement +10 ft Flurry of Blows Unarmed Strike Stunning Fist	Use a full attack action for more attacks Treat hands, feet, knees and elbows as weapons Stun (or other effects) target for one round
2	■	Evasion	Avoid all damage on successful reflex save
3		Fast Movement +10 ft Maneuver Training Ki Pool	(which grants +4to Acrobatics checks for jumping) Use monk level in place of BABfor calculating CMB Insight bonus to knowledge and skills
4	d8 d6 / 2d6	Ki Pool (magic) Slow Fall 20 ft	Treat unarmed attacks as magic weapons Reduce effective falling height using wall
5		High Jump Mystic Insight	Add monk level to Acrobatics checks for jumping +20to jump checks - 1 ki point Ally may re-roll attack or save - 2 ki points
6	■	Fast Movement +20 ft Slow Fall 30 ft	(which grants +8to Acrobatics checks for jumping)
7		Wholeness of Body	Heal your own wounds - 2 ki points
8	d10 d8 / 2d8	Slow Fall 40 ft	
9		Improved Evasion Fast Movement +30 ft	Avoid half damage on failed reflex save (which grants +12to Acrobatics checks for jumping)
10	■	Ki Pool (lawful) Slow Fall 50 ft	Treat unarmed attacks as lawful weapons
11		Mystic Visions	Receive enlightenment while you rest - 2 ki points
12	2d6 d10 / 3d6	Abundant step Fast Movement +40 ft Slow Fall 60 ft	Slip magically between spaces - 2 ki points (which grants +16to Acrobatics checks for jumping)
13		Mystic Presence +2	Insight bonus to ACand CMD
14	■	Slow Fall 70 ft	
15		Quivering Palm Fast Movement +50 ft	Delayed death (which grants +20to Acrobatics checks for jumping)
16	2d8 2d6 / 3d8	Ki Pool (adamantine) Slow Fall 80 ft	Treat unarmed attacks as adamantite weapons
17		Timeless Body Tongue of the Sun and Moon	No age penalties or artificial aging Speak with any living creature
18	■	Fast Movement +60 ft Slow Fall 90 ft	(which grants +24to Acrobatics checks for jumping)
19		Mystic Persistence	20ft aura of luck - 2 or more ki points
20	2d10 2d8 / 4d8	Perfect Self Slow Fall Any distance Mystic Presence +4	Treated as outsider

## KI POOL CAPACITY

<b>KI POOL</b> <b>CAPACITY</b>	Level <b>3</b>	Level <b>4</b>	Monk Level	<b>KI POOL</b>
	= <b>WIS</b>	= <b>2</b> +	$\left( \text{Monk Level} \div 2 \right)$	+ <b>WIS</b>

**+2**to all Knowledge skills as long as you have at least 1 ki point in your pool.  
As a swift action, gain **+4**insight bonus to any skill or ability check, at a cost of **1 ki point**

## MOVE THROUGH THREATENED SQUARE

Acrobatics DC = Opponent's **CMD**

at half speed  
+10 to move at full speed

## MOVE THROUGH ENEMY'S OWN SQUARE

Acrobatics DC = 5 + Opponent's **CMD**

at half speed  
+10 to move at full speed

LONG JUMP	Distance	5ft	10ft	15ft	20ft	25ft	30ft	35ft	40ft	45ft	50ft	55ft
	DC	5	10	15	20	25	30	35	40	45	50	55
HIGH JUMP	Distance	1ft	2ft	3ft	4ft	5ft	6ft	7ft	8ft	9ft	10ft	11ft
	DC	4	8	12	16	20	24	28	32	36	40	44

Acrobatics skill +4 for every 10ft of your standard move above 30ft

**CATCH LEDGE** DC 20 Reflex save

if you fail a jump by 4 or less

FALL DC 15 Acrobatics

to ignore 10ft of falling damage