

MONK OF THE SACRED MOUNTAIN

AC BONUS

+ AC

CMD BONUS

+ CMD

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

(Round down)

Bonus only applied when unarmed, unencumbered and not helpless

STUNNING FIST

STUNNING FIST PER DAY

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = \left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] + \left(\frac{\text{Monk Level}}{4} \right)$$

(Round down)

STUNNING FIST TODAY

FORTITUDE SAVE DC

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = 10 + \left(\frac{\text{Monk Level}}{2} \right) + WIS$$

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

BONUS FEATS

Level		
1	<input type="checkbox"/> Catch off-guard <input type="checkbox"/> Deflect Arrows <input type="checkbox"/> Improved Grapple <input type="checkbox"/> Throw Anything	<input type="checkbox"/> Combat Reflexes <input type="checkbox"/> Dodge <input type="checkbox"/> Scorpion Style
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
10	<input type="checkbox"/> Improved Critical <input type="checkbox"/> Snatch Arrows	<input type="checkbox"/> Medusa's Wrath <input type="checkbox"/> Spring Attack

WHOLENESS OF BODY

HEALING POINTS

Level 7 $\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = \left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] + \left(\frac{\text{Monk Level}}{4} \right)$

DIAMOND SOUL

SPELL RESISTANCE

Level 13 $\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = 10 + \left(\frac{\text{Monk Level}}{4} \right)$

QUIVERING PALM

QUIVER DAYS

Level 15 $\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] \text{ days} = \left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] + \left(\frac{\text{Monk Level}}{2} \right) + WIS$

PERFECT SELF

Level	
20	Treated as an Outsider Immune to Charm Person and other effects that target non-outsiders. Damage reduction 10/chaotic

MONK

Monk Level	Bonus Feats	Unarmed Strike Damage Sm / Lg	Armor Class Bonus	
1	■	d6 d4 / d8	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	■		Iron Monk	Toughness and +1 natural armor
3			Fast Movement +10 ft Maneuver Training Still Mind	(which grants +4 to Acrobatics checks for jumping) Use monk level in place of BAB for calculating CMB +2 saving throws against enchantment
4		d8 d6 / 2d6	Ki Pool (magic) Bastion Stance	Treat unarmed attacks as magic weapons Cannot be knocked prone or moved while stationary.
5			Iron Limb Defense Purity of Body	+2 shield bonus to AC and CMD while stationary Increase bonus to +4 - 1 ki point Immune to all diseases
6	■		Fast Movement +20 ft	(which grants +8 to Acrobatics checks for jumping)
7			Wholeness of Body	Heal your own wounds - 2 ki points
8		d10 d8 / 2d8		
9			Adamantine Monk Fast Movement +30 ft	Damage reduction Double damage reduction - 1 ki point (which grants +12 to Acrobatics checks for jumping)
10	■		Ki Pool (lawful)	Treat unarmed attacks as lawful weapons
11			Diamond Body	Immune to all poisons
12		2d6 d10 / 3d6	Abundant step Fast Movement +40 ft	Slip magically between spaces - 2 ki points (which grants +16 to Acrobatics checks for jumping)
13			Diamond Soul	Spell resistance
14	■			
15			Quivering Palm Fast Movement +50 ft	Delayed death (which grants +20 to Acrobatics checks for jumping)
16		2d8 2d6 / 3d8	Ki Pool (adamantine) Bastion Stance 2	Treat unarmed attacks as adamantite weapons Cannot be moved, even by teleportation.
17			Timeless Body Vow of Silence	No age penalties or artificial aging +2 insight to AC and CMD +4 to Sense Motive, Stealth, Perception
18	■		Fast Movement +60 ft	(which grants +24 to Acrobatics checks for jumping)
19			Empty Body	Assume ethereal state for 1 minute - 3 ki points
20		2d10 2d8 / 4d8	Perfect Self	Treated as outsider

KI POOL

KI POOL CAPACITY

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = \left(\frac{\text{Monk Level}}{2} \right) + WIS$$

KI POOL

$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right]$

ACROBATICS

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

	Distance	5ft	10ft	15ft	20ft	25ft	30ft	35ft	40ft	45ft	50ft	55ft
LONG JUMP	DC	5	10	15	20	25	30	35	40	45	50	55
	Distance	1ft	2ft	3ft	4ft	5ft	6ft	7ft	8ft	9ft	10ft	11ft
HIGH JUMP	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					