

Monk
Level

AC BONUS

Bonus only applied when unarmored,
unencumbered and not helpless

Monk Level	Non-Monk Levels
1	1-4
2	5-8
3	9-12
4	13-16
5	17-20
6	21-24
7	25-28
8	29-32
9	33-36
10	37-40
11	41-44
12	45-48
13	49-52
14	53-56
15	57-60
16	61-64
17	65-68
18	69-72
19	73-76
20	77-80
21	81-84
22	85-88
23	89-92
24	93-96
25	97-100

**STUNNING FIST
TODAY**

Monk
Level

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 , DEX 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
20	Paralyzed	No action this round Lose DEX bonus to AC ; -2 AC

<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

Level ☐ Improved Grapple ☐ Scorpion Style
1 ☐ Throw Anything
☐ Improved _____
☐ Improved _____

Level 6

- ☐ Gorgon's Fist
- ☐ Improved Disarm
- ☐ Improved Trip
- ☐ Greater _____
- ☐ Greater _____

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

HEALING POINTS

Level **POINTS** Monk Level

7 =

SPELL RESISTANCE	Monk Level
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SPELL RESISTANCE Monk Level
 13 = 10 +

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
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1	■	Sm / Lg	Armor Class Bonus	
		d6	Flurry of Maneuvers	Use a full attack action for more combat maneuvers
			Unarmed Strike	Treat hands, feet, knees and elbows as weapons
		d4 / d8	Stunning Fist	Stun (or other effects) target for one round

2 ■ Evasion Avoid all damage on successful reflex save

3	Fast Movement +10 ft	(which grants +4 to Acrobatics checks for jumping)
	Maneuver Training	Use monk level in place of BAB for calculating CMB
	Maneuver Defense	Attacks of opportunity against maneuvers

4	d8	Ki Pool (magic)	Treat unarmed attacks as magic weapons
	d6 / 2d6	Reliable Maneuver	Roll twice for CMB - 1 ki point

5	High Jump	Add monk level to Acrobatics checks for jumping +20 to jump checks - 1 ki point
	Meditative Maneuver	Add WIS to CMB , once a round

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	Improved Evasion	Avoid half damage on failed reflex save
	Fast Movement +30 ft	(which grants +12 to Acrobatics checks for jumping)

10	■	Ki Pool (lawful)	Treat unarmed attacks as lawful weapons
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11	Sweeping Maneuver	Make a maneuver against two enemies OR two maneuvers against the same enemy
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12	2d6 d10 / 3d6	Abundant step Fast Movement +40 ft	Slip magically between spaces - 2 ki points (which grants +16to Acrobatics checks for jumping)
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13	Diamond Soul	Spell resistance
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14 ■

15	Whirlwind Maneuver Fast Movement +50 ft	Make one maneuver against all adjacent enemies (which grants +20 to Acrobatics checks for jumping)
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16	2d8 2d6 / 3d8	Ki Pool (adamantine)	Treat unarmed attacks as adamantite weapons
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17	Timeless Body	No age penalties or artificial aging
	Tongue of the Sun and Moon	Speak with any living creature

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
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20	2d10 2d8 / 4d8	Perfect Self	Treated as outsider
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Level		CMB	
1	First combat maneuver	-2	As part of a full attack, make additional combat maneuvers at a penalty to CMB .
8	Second combat maneuver	-3	
15	Third combat maneuver	-7	

KI POOL
CAPACITY
$$\boxed{\text{CAPACITY}} = \left(\frac{\text{Monk Level}}{\div 2} \right) + \text{WIS}$$

KI POOL

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MOVE THROUGH THREATENED SQUARE

Acrobatics DC = Opponent's **CMD**

MOVE THROUGH ENEMY'S OWN SQUARE	at half speed
Acrobatics DC = 5 + Opponent's CMD	+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
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