

HUNGRY GHOST MONK

Monk
Level

ARMOUR CLASS BONUS

AC BONUS

+ AC

CMD BONUS

+ CMD

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

PUNISHING KICK

PUNISHING KICK PER DAY

Monk
Level

Non-Monk
Levels

$$\left[\text{Box} \right] = \left[\text{Box} \right] + \left(\frac{\text{Monk Level}}{4} \right) \text{ (Round down)}$$

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PUNISHING KICK TODAY

DISTANCE PUSHED

Monk
Level

$$\left[\text{Box} \right] \text{ ft} = \left(\frac{\text{Monk Level}}{5} \right) \times 5 \text{ ft}$$

FORTITUDE SAVE DC

Monk
Level

$$\left[\text{Box} \right] = 10 + \left(\frac{\text{Monk Level}}{2} \right) + WIS$$

Fortitude save to avoid being knocked prone

Level 15 Push a target back 5ft and knock them prone with the same attack

STEAL KI

Level 5 On a confirmed critical hit, or on reducing a target to 0hp, regain 1 ki point up to your maximum.

Level 11 For each point regained, gain an immediate saving throw against one disease.

BONUS FEATS

Level 1 ☐ Catch off-guard ☐ Combat Reflexes
☐ Deflect Arrows ☐ Dodge
☐ Improved Grapple ☐ Scorpion Style
☐ Throw Anything

Level 6 ☐ Gorgon's Fist ☐ Improved Bull Rush
☐ Improved Disarm ☐ Improved Feint
☐ Improved Trip ☐ Mobility

Level 10 ☐ Improved Critical ☐ Medusa's Wrath
☐ Snatch Arrows ☐ Spring Attack

LIFE FUNNEL

On a confirmed critical hit, or on reducing a target to 0hp, regain health.

HEALING POINTS

Monk Level

$$\left[\text{Box} \right] = \left[\text{Box} \right]$$

SIPPING DEMON

Gain 1hp on a successful melee attack

Level Gain WIS hp on a confirmed critical attack

13 You may gain up to your monk level in temporary hit points. They disappear after 1 hour

QUIVERING PALM

QUIVER DAYS

Monk Level

$$\left[\text{Box} \right] \text{ days} = \left[\text{Box} \right]$$

FORTITUDE SAVE DC

Monk
Level

$$\left[\text{Box} \right] = 10 + \left(\frac{\text{Monk Level}}{2} \right) + WIS$$

PERFECT SELF

Treated as an Outsider

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

20 Damage reduction 10/chaotic

MONK

Monk Level	Bonus Feats	Unarmed Strike Damage Sml / Lrg	Armour Class Bonus	
1	■	d6 d4 / d8	Flurry of Blows Unarmed Strike Punishing Kick	Use a full attack action for more attacks Treat hands, feet, knees and elbows as weapons Push targets away from you
2	■		Evasion	Avoid all damage on successful reflex save
3		Fast Movement +10 ft Manoeuvre 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) Slow Fall 20 ft	Treat unarmed attacks as magic weapons Reduce effective falling height using wall
5		High Jump Steal Ki		Add monk level to Acrobatics checks for jumping +20 to jump checks - 1 ki point Take ki from other creatures
6	■	Fast Movement +20 ft Slow Fall 30 ft		(which grants +8 to Acrobatics checks for jumping)
7		Life Funnel		Take hp from other creatures
8		d10 d8 / 2d8	Slow Fall 40 ft	
9		Improved Evasion Fast Movement +30 ft		Avoid half damage on failed reflex save (which grants +12 to Acrobatics checks for jumping)
10	■	Ki Pool (lawful) Slow Fall 50 ft		Treat unarmed attacks as lawful weapons
11		Life from a Stone		Take ki or hp from any creature at all
12		Abundant step Fast Movement +40 ft Slow Fall 60 ft		Slip magically between spaces - 2 ki points (which grants +16 to Acrobatics checks for jumping)
13		Sipping Demon		Gain temporary hp on melee attacks
14	■	Slow Fall 70 ft		
15		Quivering Palm Fast Movement +50 ft		Delayed death (which grants +20 to 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 ageing Speak with any living creature
18	■	Fast Movement +60 ft Slow Fall 90 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 Slow Fall Any distance	Treated as outsider

KI POOL

KI POOL CAPACITY

Monk Level

$$\left[\text{Box} \right] = \left(\frac{\text{Monk Level}}{2} \right) + WIS$$

KI POOL

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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

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