

MONK

Monk
Level

ARMOR CLASS BONUS

AC BONUS

+ AC

CMD BONUS

+ CMD

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

(Round down)

Bonus only applied when unarmed, unencumbered and not helpless

STUNNING FIST

STUNNING FIST PER DAY

Monk
Level

Non-Monk
Levels

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

(Round down)

STUNNING FIST TODAY

FORTITUDE SAVE DC

Monk
Level

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

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

	<input type="checkbox"/> Catch off-guard	<input type="checkbox"/> Combat Reflexes
Level	<input type="checkbox"/> Deflect Arrows	<input type="checkbox"/> Dodge
1	<input type="checkbox"/> Improved Grapple	<input type="checkbox"/> Scorpion Style
	<input type="checkbox"/> Throw Anything	
Level	<input type="checkbox"/> Gorgon's Fist	<input type="checkbox"/> Improved Bull Rush
6	<input type="checkbox"/> Improved Disarm	<input type="checkbox"/> Improved Feint
	<input type="checkbox"/> Improved Trip	<input type="checkbox"/> Mobility
Level	<input type="checkbox"/> Improved Critical	<input type="checkbox"/> Medusa's Wrath
10	<input type="checkbox"/> Snatch Arrows	<input type="checkbox"/> Spring Attack

WHOLENESS OF BODY

HEALING POINTS

$$\text{Level } 7 \left[\begin{array}{c} \square\square\square \\ \square\square\square\square \\ \square\square\square\square\square \end{array} \right] = \text{Monk Level}$$

DIAMOND SOUL

SPELL RESISTANCE

Monk Level

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

QUIVERING PALM

QUIVER DAYS

Monk Level

$$\text{Level } 15 \left[\begin{array}{c} \square\square\square \\ \square\square\square\square \\ \square\square\square\square\square \end{array} \right] \text{ days} = \text{Monk Level}$$

FORTITUDE SAVE DC

Monk
Level

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

PERFECT SELF

Treated as an Outsider

Level 20 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
1 ■ d6
d4 / d8

Armor Class Bonus
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
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
Purity of Body

Add monk level to Acrobatics checks for jumping
+20 to jump checks - 1 ki point
Immune to all diseases

6 ■

Fast Movement +20 ft
Slow Fall 30 ft

(which grants +8 to 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 +12 to Acrobatics checks for jumping)

10 ■

Ki Pool (lawful)
Slow Fall 50 ft

Treat unarmed attacks as lawful weapons

11

Diamond Body

Immune to all poisons

12

2d6
d10 / 3d6

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

Diamond Soul

Spell resistance

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 aging
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

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

KI POOL

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

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

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