

Monk
Level

AC BONUS

 **AC**
CMD BONUS

 **CMD**

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

Bonus only applied when unarmoured,
unencumbered and not helpless

STUNNING FIST
PER DAY

STUNNING FIST PER DAY	Monk Level		Non-Monk Levels		
<div style="border: 1px solid black; height: 30px; width: 100%;"></div>	=		+	(<div style="border-bottom: 1px solid black; width: 100%;"></div> ÷ 4)
<div style="display: flex; justify-content: space-between;"><div>□□□□</div><div>□□□□</div></div>					(Round down)

**FORTITUDE
SAVE DC**

FORTITUDE
SAVE DC

= 10 + (÷ 2) + **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	Paralysed	No action this round Lose DEX bonus to AC ; -2 AC

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

Level 1	<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 6	<input type="checkbox"/> Gorgon's Fist	<input type="checkbox"/> Improved Bull Rush
	<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

HEALING POINTS

Level **POINTS** Monk Level

7 =

QUIVER DAYS

QUIVER DAYS Monk Level

days =

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

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 Sml / Lrg
1	■	d6 d4 / d8

		Damage Sml / Lrg	Armour 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	■		Evasion	Avoid all damage on successful reflex save
3			Fast Movement +10 ft Manoeuvre Training Ki Pool	(which grants +4 to Acrobatics checks for jumping) Use monk level in place of BAB for 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 +20 to 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 +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			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 +16 to Acrobatics checks for jumping)
13			Mystic Presence +2	Insight bonus to AC and CMD
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			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

KI POOL CAPACITY	Level 3	Level 4	Monk Level		KI POOL
	= WIS	= 2 + (÷ 2) + WIS			<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> □□□ □□□□ □□□ </div> <div style="text-align: center;"> □□□□ □□□□ □□□□ </div> </div>

+2 to all Knowledge skills as long as you have at least 1 ki point in you 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

MOVE THROUGH ENEMY'S OWN SQUARE

Acrobatics DC = 5 + Opponent's CMD +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
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