

Monk  
Level

## AC BONUS

Bonus only applied when unarmored,  
unencumbered and not helpless

Monk Level	Non-Monk Levels
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**STUNNING FIST**  
**TODAY**

Monk  
Level

Level		
<b>1</b>	Stunned	No action this round Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b>
<b>4</b>	Fatigued	Cannot run or charge -2 Strength and Dexterity
<b>8</b>	Sickened	-2 to attack rolls, damage rolls, saving throws, skill and ability checks
<b>12</b>	Staggered	May make a standard or move action, but not both
<b>16</b>	Blinded	Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b> -4 on <b>STR</b> , <b>DEX</b> 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
<b>20</b>	Paralyzed	No action this round Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b>

<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 <b>10</b>	<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
0	1
1	2
2	3
3	4
4	5
5	6
6	7
7	8
8	9
9	10
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99	100

**SPELL RESISTANCE** Monk Level

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	
		<b>d6</b>	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 +4to Acrobatics checks for jumping)
	Maneuver Training	Use monk level in place of BABfor calculating CMB
	Maneuver Defense	Attacks of opportunity against maneuvers

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

5	High Jump	Add monk level to Acrobatics checks for jumping <b>+20</b> to jump checks - <b>1 ki point</b>
	Meditative Maneuver	Add <b>WIS</b> to <b>CMB</b> , 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
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9	Improved Evasion Fast Movement +30 ft	Avoid half damage on failed reflex save (which grants +12 to Acrobatics checks for jumping)
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**10** ■ Ki Pool (lawful) Treat unarmed attacks as lawful weapons

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

<b>15</b>	<b>Whirlwind Maneuver</b> Fast Movement <b>+50 ft</b>	Make one maneuver against all adjacent enemies (which grants <b>+20</b> to Acrobatics checks for jumping)
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<b>16</b>	<b>2d8</b> 2d6 / 3d8	Ki Pool (adamantine)	Treat unarmed attacks as adamantine 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)

<b>19</b>	Empty Body	Assume ethereal state for 1 minute - <b>3 ki points</b>
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20	2d10 2d8 / 4d8	Perfect Self	Treated as outsider
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Level		CMB	
<b>1</b>	First combat maneuver	<b>-2</b>	As part of a full attack, make additional combat maneuvers at a penalty to <b>CMB</b> .
<b>8</b>	Second combat maneuver	<b>-3</b>	
<b>15</b>	Third combat maneuver	<b>-7</b>	

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

**KI POOL**



**MOVE THROUGH THREATENED SQUARE**  
Acrobatics DC = Opponent's CMD

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

<b>FALL</b>	DC 15 Acrobatics	to ignore 10ft of falling damage
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