

SENSEI (MONK)

Monk
Level

STUNNING FIST

STUNNING FIST PER DAY

Monk
Level

Non-Monk
Levels

$$\boxed{} = \boxed{} + \left(\boxed{} \div 4 \right)$$

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STUNNING FIST TODAY

(Round down)

FORTITUDE SAVE DC

Monk
Level

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

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** Paralysed No action this round
Lose **DEX** bonus to **AC**; -2 **AC**

BONUS FEAT

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

ADVICE

PERFORMANCE PER DAY

Monk
Level

$$\boxed{} = \boxed{} + \text{WIS}$$

INSPIRE COURAGE

Level

- 1** + Bonus against charm and compulsion
Bonus to attack and damage rolls

INSPIRE COMPETENCE

Level

- 3** +

INSPIRE GREATNESS MAX AFFECTED

Level

- 9** 2 Bonus hit dice
+ 2d10 (including CON)

WHOLENESS OF BODY

HEALING POINTS

Level

Monk Level

$$\boxed{} = \boxed{}$$

DIAMOND SOUL

SPELL RESISTANCE

Level

Monk Level

$$\boxed{} = 10 + \boxed{}$$

QUIVERING PALM

QUIVER DAYS

Monk Level

$$\boxed{} \text{ days} = \boxed{}$$

Level

FORTITUDE SAVE DC

Monk
Level

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

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 Sml / Lrg	Armour Class Bonus Advice Unarmed Strike Stunning Fist	Inspire Courage Treat hands, feet, knees and elbows as weapons Stun (or other effects) target for one round
1	■	d6 d4 / d8		
2			Insightful Strike	Use WIS in place of STR/DEX for monk weapons
3		Advice 2 Manoeuvre Training Still Mind		Inspire Competence 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		Mystic Wisdom Slow Fall 30 ft		Grant bonus to an ally - 1 ki point
7		Wholeness of Body		Heal your own wounds - 2 ki points
8		d10 d8 / 2d8	Slow Fall 40 ft	
9		Advice 3		Inspire Greatness
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 Mystic Wisdom 2 Slow Fall 60 ft	Slip magically between spaces - 2 ki points Grant bonus to allies in 30ft - 1 ki point
13		Diamond Soul		Spell resistance
14		Slow Fall 70 ft		
15		Quivering Palm		Delayed death
16		2d8 2d6 / 3d8	Ki Pool (adamantine) Slow Fall 80 ft	Treat unarmed attacks as adamantine weapons
17		Timeless Body Tongue of the Sun and Moon		No age penalties or artificial ageing Speak with any living creature
18		Mystic Wisdom 3 Slow Fall 90 ft		Grant more abilities to allies - 2 ki points
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

MYSTIC WISDOM

Level		
6	Grant a single ally within 30ft:	1 ki point
12	Grant all allies within 30ft: Grant a single ally within 30ft: Evasion, Fast Movement, High Jump, Purity of Body, Slow Fall	1 ki point
18	Grant all allies within 30ft: Evasion, Fast Movement, High Jump, Purity of Body, Slow Fall Grant a single ally within 30ft: Diamond Body, Diamond Soul, Improved Evasion	2 ki points 2 ki points

KI POOL

KI POOL CAPACITY

Monk Level

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

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

	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
HIGH JUMP	DC	4	8	12	16	20	24	28	32	36	40	44
CATCH LEDGE	DC	20	Reflex save									
FALL	DC	15	Acrobatics									

if you fail a jump by 4 or less
to ignore 10ft of falling damage