

# MONK OF THE FOUR WINDS

Monk  
Level

## ARMOUR CLASS BONUS

### AC BONUS

+ AC

### CMD BONUS

+ CMD

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

Bonus only applied when unarmoured, unencumbered and not helpless

## ELEMENTAL FIST

### ELEMENTAL FIST PER DAY

Monk  
Level

Non-Monk  
Levels

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

### ELEMENTAL FIST TODAY

Declare an elemental damage type before making an attack:  
Acid, Cold, Electricity or Fire

### ELEMENTAL DAMAGE

Monk  
Level

$$\left[ \begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = 1 + \left( \frac{\text{Monk Level}}{5} \right)$$

## BONUS FEATS

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

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

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

## WHOLENESS OF BODY

### HEALING POINTS

Level 7

Monk Level

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

## DIAMOND SOUL

### SPELL RESISTANCE

Level 13

Monk Level

$$\left[ \begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = 10 + \dots$$

## QUIVERING PALM

### QUIVER DAYS

Level 15

Monk Level

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

### FORTITUDE SAVE DC

Level 17

Monk  
Level

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

## ASPECT MASTER

Aspect

Special Abilities

Level 17

## MONK

Monk  
Level

Bonus  
Feats

Unarmed  
Strike  
Damage  
Sml / Lrg

Armour Class Bonus  
Flurry of Blows  
Unarmed Strike  
Elemental Fist

Use a full attack action for more attacks  
Treat hands, feet, knees and elbows as weapons  
Add elemental damage to an attack

1

■

d6  
d4 / d8

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  
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

Slow Time  
Fast Movement +40 ft  
Slow Fall 60 ft

Gain two extra standard actions - 6 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

Aspect Master  
Tongue of the Sun and Moon

Choose an aspect of the natural world  
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

Immortality  
Slow Fall Any distance

Never age, spontaneously reincarnate

## KI POOL

### KI POOL CAPACITY

Monk Level

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

### KI POOL

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

## 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