MONK OF THE Monk	*				MONK
FOUR WINDS		Bonus Feats	Strike		
ARMOR CLASS BONUS	Level	reats	Damage Sm / Lg	Armor Class Bonus	
AC BONUS	1		d6	Flurry of Blows	Use
+ AC Monk	-	_	d4 / d8	Unarmed Strike Elemental Fist	Treat Add
CMD BONUS = WIS + (÷ 4)	2			Evasion	Avoi
+ CMD (Round down)				Fast Movement +10 ft	(whi
Bonus only applied when unarmored, unencumbered and not helpless	3			Maneuver Training Still Mind	Use +2sa
ELEMENTAL FIST			d8	Ki Pool (magic)	Treat
ELEMENTAL FIST Monk Non-Monk PER DAY Level Levels	4		d6 / 2d6	Slow Fall 20 ft	Redu
= + (÷ 4)	5			High Jump	Add : +20 t
CRound down)				Purity of Body	Imm
TODAY	6			Fast Movement +20 ft Slow Fall 30 ft	(whi
Declare an elemental damage type before making an attack: Acid, Cold, Electricityor Fire	7			Wholeness of Body	Heal
ELEMENTAL Monk DAMAGE Level	8		d10 d8 / 2d8	Slow Fall 40 ft	
= 1 + (÷ 5) (Round down)	9			Improved Evasion Fast Movement +30 ft	Avoid (whice
BONUS FEATS Catch off-guard Combat Reflexes	10			Ki Pool (lawful) Slow Fall 50 ft	Treat
Level □ Deflect Arrows □ □ □ Dodge 1 □ Improved Grapple □ Scorpion Style	11			Diamond Body	lmm
1 □ Improved Grapple □ Scorpion Style □ Throw Anything □ Gorgon's Fist □ Improved Bull Rush	12		2d6 d10 / 3d6	Slow Time Fast Movement +40 ft Slow Fall 60 ft	Gain (whice
6 ☐ Improved Disarm ☐ Improved Feint	13			Diamond Soul	Spell
☐ Improved Trip ☐ Mobility Level ☐ Improved Critical ☐ Medusa's Wrath	14			Slow Fall 70 ft	· ·
Level Improved Critical Medusa's Wrath 10 Snatch Arrows Spring Attack				Quivering Palm	Dela
WHOLENESS OF BODY	15			Fast Movement +50 ft	(which
HEALING Level POINTS Monk Level	16		2d8 2d6 / 3d8	Ki Pool (adamantine) Slow Fall 80 ft	Treat
7 =	17			Aspect Master Tongue of the Sun and N	Choo Noon Spea
DIAMOND SOUL		_		Fast Movement +60 ft	(whice
Level SPELL RESISTANCE Monk Level 13 = 10 +	18			Slow Fall 90 ft	
	19			Empty Body	Assu
QUIVERING PALM QUIVER DAYS Monk Level	20		2d10 2d8 / 4d8	Immortality Slow Fall Any distance	Neve
days =					KI POOL
15 FORTITUDE Monk SAVE DC Level	KI POO		N.	lonk Level	
= 10 + (÷ 2) + WIS			= (÷ 2) + \	WIS
ASPECT MASTER	1		-	ACI	ROBATIO
Aspect	MOV	E THR		HREATENED SQUARI robatics DC = Opponent's	3
Special Abilities Level	MOV	E THR	OUGH EN	IEMY'S OWN SQUAR robatics DC = 5 + Oppone	E
17			Distan	ce 5ft 10ft 15ft	20ft 25ft

LONG JUMP

HIGH JUMP

FALL

``			MON	NK .			
	Bonus Feats	Unarmed Strike Damage Sm / Lg	Armor Class Bonus				
1		d6 d4 / d8	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			
2			Evasion	Avoid all damage on successful reflex save			
3			Fast Movement +10 ft Maneuver Training Still Mind	(which grants +4to Acrobatics checks for jumping) Use monk level in place of BABfor calculating CMB +2saving 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	Add monk level to Acrobatics checks for jumping +20to jump checks - 1 ki point			
			Purity of Body	Immune to all diseases			
6			Fast Movement +20 ft Slow Fall 30 ft	(which grants +8to 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 +12to 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 adamantine 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 +24to 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 POC		N	lonk Level	KI POOL			
		= (÷ 2) + WIS				
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						

DC 5 10 15 20 25 30 35 40 45 50 55 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

DC 15 Acrobatics to ignore 10ft of falling damage