

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

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

ELEMENTAL FIST TODAY

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

ELEMENTAL DAMAGE

Monk Level

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

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

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

DIAMOND SOUL

SPELL RESISTANCE

Level 13

Monk Level

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

QUIVERING PALM

QUIVER DAYS

Monk Level

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

FORTITUDE SAVE DC

Level 15

Monk Level

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

ASPECT MASTER

Aspect

Special Abilities

Level 17

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	
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 Manoeuvre Training Still Mind		(which grants +4 to Acrobatics) Use monk level in place of BAB for calculating CMB +2 saving throws against enchantment
4		d8 d6 / d6	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)
7		Wholeness of Body		Heal your own wounds - 2 ki points
8		d10 d8 / d8	Slow Fall 40 ft	
9		Improved Evasion Fast Movement +30 ft		Avoid half damage on failed reflex save (which grants +12 to Acrobatics)
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)
13		Diamond Soul		Spell resistance
14	■	Slow Fall 70 ft		
15		Quivering Palm Fast Movement +50 ft		Delayed death (which grants +20 to Acrobatics)
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)
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

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

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

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