

Monk  
Level

## AC BONUS

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

(Round down)

**PUNISHING KICK  
PER DAY**

$$\boxed{\phantom{000}} = \phantom{000} + \left( \phantom{000} \div 4 \right)$$

(Round down)

DISTANCE  
PUSHED

$$\boxed{\phantom{000}} \text{ ft} = (\phantom{00} \div 5) \times 5 \text{ ft}$$

**FORTITUDE  
SAVE DC**

$$\boxed{\phantom{000}} = 10 + (\phantom{00} \div 2) + \text{WIS}$$

## Fortitude save to avoid being knocked prone

**Level 15** Push a target back 5ft and knock them prone with the same attack

**Level 5** On a confirmed critical hit, or on reducing a target to 0 hp, regain 1 ki point up to your maximum.

**Level 11** For each point regained, gain an immediate saving throw against one disease.

	<input type="checkbox"/> Catch off-guard	<input type="checkbox"/> Combat Reflexes
Level	<input type="checkbox"/> Deflect Arrows	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dodge
<b>1</b>	<input type="checkbox"/> Improved Grapple	<input type="checkbox"/> Scorpion Style
	<input type="checkbox"/> Throw Anything	

Level 6	<input type="checkbox"/> Gorgon's Fist	<input type="checkbox"/> Improved Bull Rush
	<input type="checkbox"/> Improved Disarm	<input type="checkbox"/> Improved Feint
	<input type="checkbox"/> Improved Trip	<input type="checkbox"/> Mobility

Level	<input type="checkbox"/> Improved Critical	<input type="checkbox"/> Medusa's Wrath
<b>10</b>	<input type="checkbox"/> Snatch Arrows	<input type="checkbox"/> Spring Attack

On a confirmed critical hit, or on reducing a target to 0hp, regain health.

Level **HEALING**  
**7** **POINTS** Monk Level

	Gain 1hp on a successful melee attack
Level	Gain WIS hp on a confirmed critical attack
<b>13</b>	You may gain up to your monk level in temporary hit points. They disappear after 1 hour

**QUIVER DAYS**      Monk Level

$$\boxed{\phantom{00}} = 10 + \left( \boxed{\phantom{00}} \div 2 \right) + \text{WIS}$$

**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 Sml / Lrg	Armour Class Bonus	
1	■	<b>d6</b> d4 / d8	Flurry of Blows Unarmed Strike Punishing Kick	Use a full attack action for more attacks Treat hands, feet, knees and elbows as weapons Push targets away from you
2	■		Evasion	Avoid all damage on successful reflex save
3			Fast Movement <b>+10 ft</b> Manoeuvre Training Still Mind	(which grants +4 to Acrobatics) Use monk level in place of <b>BAB</b> for calculating <b>CMB</b> +2 saving throws against enchantment
4		<b>d8</b> d6 / 2d6	Ki Pool (magic) Slow Fall <b>20 ft</b>	Treat unarmed attacks as magic weapons Reduce effective falling height using wall
5			High Jump  Steal Ki	Add monk level to Acrobatics checks for jumping <b>+20</b> to jump checks - <b>1 ki point</b> Take ki from other creatures
6	■		Fast Movement <b>+20 ft</b> Slow Fall <b>30 ft</b>	(which grants +8 to Acrobatics)
7			Life Funnel	Take hp from other creatures
8		<b>d10</b> d8 / 2d8	Slow Fall <b>40 ft</b>	
9			Improved Evasion Fast Movement <b>+30 ft</b>	Avoid half damage on failed reflex save (which grants +12 to Acrobatics)
10	■		Ki Pool (lawful) Slow Fall <b>50 ft</b>	Treat unarmed attacks as lawful weapons
11			Life from a Stone	Take ki or hp from any creature at all
12		<b>2d6</b> d10 / 3d6	Abundant step Fast Movement <b>+40 ft</b> Slow Fall <b>60 ft</b>	Slip magically between spaces - <b>2 ki points</b> (which grants +16 to Acrobatics)
13			Sipping Demon	Gain temporary hp on melee attacks
14	■		Slow Fall <b>70 ft</b>	
15			Quivering Palm Fast Movement <b>+50 ft</b>	Delayed death (which grants +20 to Acrobatics)
16		<b>2d8</b> 2d6 / 3d8	Ki Pool (adamantine) Slow Fall <b>80 ft</b>	Treat unarmed attacks as adamantite weapons
17			Timeless Body Tongue of the Sun and Moon	No age penalties or artificial ageing Speak with any living creature
18	■		Fast Movement <b>+60 ft</b> Slow Fall <b>90 ft</b>	(which grants +24 to Acrobatics)
19			Empty Body	Assume ethereal state for 1 minute - <b>3 ki points</b>
20		<b>2d10</b> 2d8 / 4d8	Perfect Self Slow Fall <b>Any distance</b>	Treated as outsider

KI POOL  
CAPACITY

**CAPACITY** =  $\left( \frac{\text{Monk Level}}{2} \right) + \text{WIS}$

## KI POOL

## 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

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