

Monk
Level

AC BONUS

$$\text{WIS} = \text{WIS} + \left(\frac{\text{Monk Level}}{4} \right)$$

(Round down)

CMD BONUS

Bonus only applied when unarmored, unencumbered and not helpless

**STUNNING FIST
PER DAY**

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

(Round down)

**FORTITUDE
SAVE DC**

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

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
or 50% miss chance when attacking
DC 10 Acrobatics to move more than half speed

Deafened	-4 initiative; 20% miss chance when attacking -4 on opposed Perception automatically fail Perception checks for sound
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20 Paralysed No action this round
Lose **DEX** bonus to **AC**: -2 **AC**

Level

Level: **1**

2 _____

6 _____

10 _____

14 _____

18 _____

HEALING POINTS

Level	POINTS	Monk Level
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$$7 \square =$$

SPELL RESISTANCE		Monk Level
0	0	1
1	1	2
2	2	3
3	3	4
4	4	5
5	5	6
6	6	7
7	7	8
8	8	9
9	9	10
10	10	11
11	11	12
12	12	13
13	13	14
14	14	15
15	15	16
16	16	17
17	17	18
18	18	19
19	19	20
20	20	21
21	21	22
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29	29	30
30	30	31
31	31	32
32	32	33
33	33	34
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37	37	38
38	38	39
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42	42	43
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58	58	59
59	59	60
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61	61	62
62	62	63
63	63	64
64	64	65
65	65	66
66	66	67
67	67	68
68	68	69
69	69	70
70	70	71
71	71	72
72	72	73
73	73	74
74	74	75
75	75	76
76	76	77
77	77	78
78	78	79
79	79	80
80	80	81
81	81	82
82	82	83
83	83	84
84	84	85
85	85	86
86	86	87
87	87	88
88	88	89
89	89	90
90	90	91
91	91	92
92	92	93
93	93	94
94	94	95
95	95	96
96	96	97
97	97	98
98	98	99
99	99	100

$$\text{Level } 13 \quad \boxed{} = 10 +$$

QUIVER DAYS Monk Level

QUIVER DAYS Monk Level

days =

Level 15 **FORTITUDE** Save DC Monk Level

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

Monk Level	Bonus Feats	Unarmed Strike Damage Sml / Lrg	Armor Class Bonus	
1	■	d6 d4 / d8	Fuse Style 2 Unarmed Strike Stunning Fist	Use two styles at once Treat hands, feet, knees and elbows as weapons Stun (or other effects) target for one round
2	■		Evasion	Avoid all damage on successful reflex save
3			Fast Movement +10 ft Maneuver 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 / 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)
7			Wholeness of Body	Heal your own wounds - 2 ki points
8		d10 d8 / 2d8	Slow Fall 40 ft Fuse Style 3	Enter up to 3 stances as a swift action
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	Abundant step Fast Movement +40 ft Slow Fall 60 ft	Slip magically between spaces - 2 ki points (which grants +16 to Acrobatics)
13			Diamond Soul	Spell resistance
14	■		Slow Fall 70 ft	
15			Quivering Palm Fast Movement +50 ft Fuse Style 4	Delayed death (which grants +20 to Acrobatics) Enter up to 4 stances immediately - 1 ki point
16		2d8 2d6 / 3d8	Ki Pool (adamantine) Slow Fall 80 ft	Treat unarmed attacks as adamantite weapons
17			Timeless Body Tongue of the Sun and Moon	No age penalties or artificial aging 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	Perfect Style Slow Fall Any distance	Use 5 styles at once, enter 5 stances as a free action

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

	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

	Distance	1ft	2ft	3ft	4ft	5ft	6ft	7ft	8ft	9ft	10ft	11ft
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
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