

MONK OF THE FOUR WINDS

Monk
Level

ARMOR 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 unarmed, unencumbered and not helpless

ELEMENTAL FIST

ELEMENTAL FIST PER DAY

Monk
Level

Non-Monk
Levels

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

ELEMENTAL FIST TODAY

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

ELEMENTAL DAMAGE

Monk
Level

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

BONUS FEATS

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

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

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

WHOLENESS OF BODY

HEALING POINTS

Level 7

Monk Level

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

DIAMOND SOUL

SPELL RESISTANCE

Level 13

Monk Level

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

QUIVERING PALM

QUIVER DAYS

Monk Level

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

FORTITUDE SAVE DC

Level 15

Monk Level

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

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

Armor 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
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 / 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

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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

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

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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

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

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