

Monk
Level

AC BONUS

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

CMD BONUS

STUNNING FIST

Monk	Non-Monk
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$$\boxed{} = + \left(\div 4 \right)$$

STUNNING FIRST (Round down)

**STUNNING FIST
TODAY**

$$= 10 + \left(\frac{\text{Monk Level}}{2} \right) + \text{WIS}$$

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 50% miss chance when attacking DC 10 Acrobatics to move more than half speed
	or	
	Deafened	-4 initiative; 20% miss chance when attacking -4 on opposed Perception automatically fail Perception checks for sound
20	Paralysed	No action this round Lose DEX bonus to AC ; -2 AC

	<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
1	<input type="checkbox"/> Improved Grapple	<input type="checkbox"/> Scorpion Style
	<input type="checkbox"/> Throw Anything	<input type="checkbox"/> Scorpion Style

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

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

HEALING POINTS

Level **POINTS** Monk Level

7 =

Level	SPELL RESISTANCE	Monk Level
13	<input type="text"/> = 10 +	

QUIVER DAYS =

Level **15** **FORTITUDE** **SAVE DC** **Monk**
 = 10 + (÷ 2) +

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	■	d6 d4 / d8	Flurry of Blows Unarmed Strike Stunning Fist	Use a full attack action for more attacks 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 Manoeuvre Training Versatile Improvisation	(which grants +4 to Acrobatics) Use monk level in place of BAB for calculating CMB Use weapon of the wrong type
4		d8 d6 / 2d6	Ki Pool (magic) Slow Fall 20 ft	Treat unarmed attacks as magic weapons Increase range of a thrown object 20ft - 1 ki point Reduce effective falling height using wall
5			High Jump Ki Weapons	Add monk level to Acrobatics checks for jumping +20 to jump checks - 1 ki point Enhance improvised weapons
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	
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
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	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			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 Self Slow Fall Any distance	Treated as outsider

KI POOL
CAPACITY

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

KI POOL

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Level 5 As a swift action, deal damage equal to your Unarmed Strike when using an improvised weapon. Damage bonus lasts for one round - **1 ki point**

Level 11 Spend up to 3 ki points to enhance an improvised weapon, granting magical enhancement or additional weapon effects. Enhancement lasts for one round, and does not require a suitable weapon.

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
CATCH LEDGE	Acrobatics skill +4				for every 10ft of your standard move above 30ft							
	DC	20	Reflex save		if you fail a jump by 4 or less							
FALL	DC	15	Acrobatics		to ignore 10ft of falling damage							