

Whistle

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<https://www.dndbeyond.com/monsters/3937738-whistle>



Medium Humanoid
Armor Class 16 Natural Armor
Hit Points 40 (5d8 + 20)
Speed 55 ft.

STR	DEX	CON	INT	WIS	CHA
7 (-2)	18 (+4)	14 (+2)	10 (+0)	14 (+2)	9 (-1)

Saving Throws STR +0, DEX +6

Skills [Acrobatics](#) +7, [Insight](#) +5, [Medicine](#) +5, [Religion](#) +3

Damage Resistances Lightning

Senses Passive Perception 12

Languages Common

Challenge 1 (200 XP)

Proficiency Bonus +2

Ki Points (5/Short Rest). This creature's training allows them to harness the mystic energy of ki. Each of the following abilities uses 1 Ki point.

- **Flurry of Blows (1 Ki).** Immediately after you take the Attack action on your turn, you can make two unarmed strikes as a bonus action.
- **Patient Defense (1 Ki).** Take the Dodge action as a bonus action on your turn.
- **Step of the Wind (1 Ki).** Take the Disengage or Dash action as a bonus action on your turn, and your jump distance is doubled for the turn.
- **Hand of Healing (1 Ki).** As an action, they can touch a creature and restore 1d6+2 hit points. When using Flurry of Blows, you can replace one of the unarmed strikes with a use of this feature without spending a ki point for the healing.
- **Hand of Harm (1 Ki).** When they hit a creature with an unarmed strike, they can deal extra 1d6+2 [Necrotic Damage](#). This ability can only be done once per turn.
- **Stunning Strike (1 Ki).** When they hit a creature with an unarmed strike, they can make the target stunned until the end of their next turn if it fails a CON saving throw (DC 13).
- **Deflect Missiles Attack (1 Ki).** If they reduce damage to 0 and have a free hand, they can make a ranged attack (as with a monk weapon).

Air Genasi Magic. This creature can use some spells due to their heritage. They can cast [Shocking Grasp](#) at will and they can cast [Feather Fall](#) and [Levitate](#) each once per long rest

Actions

Multiattack. This creature can attack twice with their Monk Fist.

Monk Fist. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 7 (1d6 + 4)

[Bludgeoning Damage.](#)

Hand of Healing. They can touch a creature and, by spending 1 ki point, restore 1d6+2 hit points. When using Flurry of Blows, you can replace one of the unarmed strikes with a use of this feature without spending a ki point for the healing.

Air Genasi Flight. They can cast [Feather Fall](#) and [Levitate](#) each once per long rest

Bonus Actions

Flurry of Blows. Immediately after you take the Attack action on your turn, you can spend 1 ki point to make two unarmed strikes as a bonus action.

Patient Defense. By spending 1 ki point, they can take the Dodge action as a bonus action on your turn.

Step of the Wind. By spending 1 ki point, they can take the Disengage or Dash action as a bonus action on their turn, and their jump distance is doubled for the turn.

Reactions

Slowfall. While falling they can reduce their fall damage by 25 points

Deflect Missiles. Deflect or catch the missile when you are hit by a ranged weapon attack. The damage taken from the attack is reduced by 1d10 + 9. If damage is reduced to 0 and they have a free hand, 1 ki point may be spent to make a ranged attack (as with a monk weapon) with a range of 20/60.

Description

Whistle, a non-binary air genasi, was born and raised in the high-flying, wind-swept lands of the Air Section of Wifcaster. Their elemental ancestry blessed them with an innate connection to the very air they breathed. From an early age, it was clear that they possessed an affinity for agility, balance, and the ability to harness the wind's grace, which eventually led them down the path of a monk.

Growing up in a small, peaceful monastery atop a towering spire, Whistle trained under the guidance of the resident monks. The monastery was perched so high that it was often shrouded in clouds, and the view from its peak was nothing short of breathtaking. It was in this tranquil environment that Whistle learned the ways of discipline, self-control, and harnessing the power of the air.

However, there was one aspect of Whistle's nature that set them apart from their monk brethren—despite their elemental affinity and natural agility, they were a "scaredy cat." The slightest unexpected noise or sudden gust of wind could send them into fits of anxiety. This quirk earned them their nickname, as their fear would often manifest in a nervous, almost musical, whistling sound whenever they encountered the unexpected.

Whistle's fear stemmed from a deep respect for the unpredictability of the element of air. They believed that their anxieties were a form of respect for the ever-changing nature of their elemental heritage. It was during one of these anxious moments, when a sudden storm rattled the monastery, that Whistle had a divine epiphany. They perceived the storm as an embodiment of the god Talos, the deity of storms and chaotic forces, a belief that would shape their future.

With a newfound purpose, Whistle left their home and ventured into the wider world as a wandering monk-mercenary. They believed that by embracing the wild and unpredictable forces of Talos, they could conquer their fears and become a guardian of the air element. They were determined to face the very things that frightened them most and harness the power of the storm. There he met a strong fearless earth genasi named Marble and together they made their way across Minaria to fight fearsome foes so Whistle could overcome their fears and prove to all in the monastery that he is not scared anymore.