Monk Keybinds & Macros Cheatsheet

Key	Spec	Ability	Macro	Type

1	Brewmaster	Tiger Palm	`#showtooltip`
			`/startattack`
			`/use Tiger Palm`
				Rotation

2	Brewmaster	Rising Sun Kick	`#showtooltip Rising Sun Kick`
			`/stopcasting`
			`/cqs`
			`/startattack`
			`/use [harm,nodead] Rising Sun Kick`
				Rotation

3	Brewmaster	Blackout Kick		Rotation
4	Brewmaster	Keg Smash		Rotation
5	Brewmaster	Breath of Fire		Rotation

6	Brewmaster	Spear Hand Strike	`#showtooltip`
			`/stopcasting`
			`/cqs`
			`/use [@focus, exists] Spear Hand Strike; Spear Hand Strike`
				Interrupt

7	Brewmaster	Purifying Brew		Rotation
8	Brewmaster	Celestial Brew		Rotation
9	Brewmaster	Spinning Crane Kick		AoE

0	Brewmaster	Exploding Keg	`#showtooltip`
			`/use [spec:1, @player] Exploding Keg`
			`/use [spec:2] Jadefire Stomp`
			`/use [spec:3] Whirling Dragon Punch`
			`/use 13`
			`/use 14`
				Cooldown

'	Brewmaster	Invoke Niuzao, the Black Ox		Cooldown

Key	Spec	Ability	Macro	Type
ì	Brewmaster	Touch of Death		Cooldown
Shift+1	Brewmaster	Chi Torpedo/Roll		Movement
Shift+2	Brewmaster	Tiger's Lust	`#showtooltip` `/use [@player] Tiger's Lust`	Movement
Shift+3	Brewmaster	Leg Sweep		CC
Shift+4	Brewmaster	Ring of Peace		CC
Shift+5	Brewmaster	Expel Harm		Utility

Shift+6	Brewmaster	Vivify	`#showtooltip`
			`/use [spec:1/3,@player] Vivify`
			`/use [spec:2,@mouseover,help,nodead]`
			`[spec:2,@target,help,nodead] Vivify; [spec:2,@player]`
			`Vivify`
				Self-Healing

Shift+7	Brewmaster	Provoke	`#showtooltip`
			`/use [@focus,exists][@mouseover,harm,nodead]Provoke;`
			`Provoke`
				Taunt

Shift+8	Brewmaster	Diffuse Magic		Utility
Shift+9	Brewmaster	Dampen Harm		Utility
Shift+0	Brewmaster	Zen Meditation		Cooldown
Shift+'	Brewmaster	Fortifying Brew		Cooldown
Shift+ì	Brewmaster	Weapons of Order		Cooldown
Alt+1	Brewmaster	Transcendence		Movement
Alt+2	Brewmaster	Transcendence: Transfer		Movement

Alt+3	Brewmaster	Paralysis	`#showtooltip`
			`/use [@focus,exists][@mouseover,harm,nodead] Paralysis;`
			`Paralysis`
				CC

Alt+4	Brewmaster	Zen Flight		Utility

Key	Spec	Ability	Macro	Type
Alt+5	Brewmaster	Crackling Jade Lightning	`#showtooltip` `/use [@mouseover,nodead][@target] Crackling Jade Lightning`	Pull

Alt+6	Brewmaster	Potion/Healthstone	`#showtooltip Cavedweller's Delight`
			`/use Healthstone`
			`/use Cavedweller's Delight`
				Item

Alt+7	Brewmaster			Item
Alt+8	Brewmaster			Utility
Alt+9	Brewmaster	Chi Burst		AoE
Alt+0	Brewmaster			Utility
Alt+'	Brewmaster			Resurrect
Alt+ì	Brewmaster	Resuscitate		Resurrect

1	Mistweaver	Tiger Palm	`#showtooltip`
			`/startattack`
			`/use Tiger Palm`
				Rotation

2	Mistweaver	Rising Sun Kick	`#showtooltip Rising Sun Kick`
			`/stopcasting`
			`/cqs`
			`/startattack`
			`/use [harm,nodead] Rising Sun Kick`
				Rotation

3	Mistweaver	Blackout Kick		Rotation

4	Mistweaver	Detox	`#showtooltip`
			`/use [@mouseover,help,nodead][@target,help,nodead] Detox;`
			`[@player] Detox`
				Rotation

5	Mistweaver	Renewing Mist/Thunder Focus Tea	`#showtooltip Renewing Mist`
			`/use [known:116680] Thunder Focus Tea`
			`/use [@mouseover,help,nodead][@target,help,nodead] Renewing Mist; [@player] Renewing Mist`
				Rotation

Key	Spec	Ability	Macro	Type

6	Mistweaver	Spear Hand Strike	`#showtooltip`
			`/stopcasting`
			`/cqs`
			`/use [@focus, exists] Spear Hand Strike; Spear Hand Strike`
				Interrupt

7	Mistweaver	Enveloping Mist	`#showtooltip`
			`/use [@mouseover,help,nodead][@target,help,nodead]`
			`Enveloping Mist; [@player] Enveloping Mist`
				Rotation

8	Mistweaver	Sheilun's Gift	`#showtooltip`
			`/use [@mouseover,help,nodead][@target,help,nodead]`
			`Sheilun's Gift; [@player] Sheilun's Gift`
				Rotation

9	Mistweaver	Spinning Crane Kick		AoE

0	Mistweaver	Jadefire Stomp	`#showtooltip`
			`/use [spec:1, @player] Exploding Keg`
			`/use [spec:2] Jadefire Stomp`
			`/use [spec:3] Whirling Dragon Punch`
			`/use 13`
			`/use 14`
				Cooldown

'	Mistweaver	Invoke Chi-Ji, the Red Crane/
		Invoke Yu'lon, the Jade Serpent
			`#showtooltip`
			`/use [spec:2,known:325197] Invoke Chi-Ji, the Red Crane`
			`/use [spec:2,known:322118] Invoke Yu'lon, the Jade Serpent`
				Cooldown

ì	Mistweaver	Touch of Death		Cooldown
Shift+1	Mistweaver	Chi Torpedo/Roll		Movement
Shift+2	Mistweaver	Tiger's Lust	`#showtooltip` `/use [@player] Tiger's Lust`	Movement
Shift+3	Mistweaver	Leg Sweep		CC
Shift+4	Mistweaver	Ring of Peace		CC
Shift+5	Mistweaver	Expel Harm		Utility

Key	Spec	Ability	Macro	Type

Shift+6	Mistweaver	Vivify	`#showtooltip`
			`/use [spec:1/3,@player] Vivify`
			`/use [spec:2,@mouseover,help,nodead]`
			`[spec:2,@target,help,nodead] Vivify; [spec:2,@player]`
			`Vivify`
				Self-Healing

Shift+7	Mistweaver	Provoke	`#showtooltip`
			`/use [@focus,exists][@mouseover,harm,nodead]Provoke;`
			`Provoke`
				Taunt

Shift+8	Mistweaver	Life Cocoon	`#showtooltip`
			`/use [@mouseover,help,nodead][@target,help,nodead] Life`
			`Cocoon; [@player] Life Cocoon`
				Utility

Shift+9	Mistweaver	Mana Tea		Utility
Shift+0	Mistweaver	Revival		Cooldown
Shift+'	Mistweaver	Fortifying Brew		Cooldown
Shift+ì	Mistweaver	Celestial Conduit		Cooldown
Alt+1	Mistweaver	Transcendence		Movement
Alt+2	Mistweaver	Transcendence: Transfer		Movement

Alt+3	Mistweaver	Paralysis	`#showtooltip`
			`/use [@focus,exists][@mouseover,harm,nodead] Paralysis;`
			`Paralysis`
				CC

Alt+4	Mistweaver	Zen Flight		Utility
Alt+5	Mistweaver	Crackling Jade Lightning	`#showtooltip` `/use [@mouseover,nodead][@target] Crackling Jade Lightning`	Pull

Alt+6	Mistweaver	Potion/Healthstone	`#showtooltip Cavedweller's Delight`
			`/use Healthstone`
			`/use Cavedweller's Delight`
				Item

Alt+7	Mistweaver			Item
Alt+8	Mistweaver			Utility

Key	Spec	Ability	Macro	Type
Alt+9	Mistweaver			AoE
Alt+0	Mistweaver			Utility
Alt+'	Mistweaver	Reawaken		Resurrect
Alt+ì	Mistweaver	Resuscitate		Resurrect

1	Windwalker	Tiger Palm	`#showtooltip`
			`/startattack`
			`/use Tiger Palm`
				Rotation

2	Windwalker	Rising Sun Kick	`#showtooltip Rising Sun Kick`
			`/stopcasting`
			`/cqs`
			`/startattack`
			`/use [harm,nodead] Rising Sun Kick`
				Rotation

3	Windwalker	Blackout Kick		Rotation
4	Windwalker	Fists of Fury		Rotation
5	Windwalker	Strike of the Windlord		Rotation

6	Windwalker	Spear Hand Strike	`#showtooltip`
			`/stopcasting`
			`/cqs`
			`/use [@focus, exists] Spear Hand Strike; Spear Hand Strike`
				Interrupt

7	Windwalker	Storm, Earth, and Fire		Rotation
8	Windwalker	Touch of Karma		Rotation
9	Windwalker	Spinning Crane Kick		AoE

0	Windwalker	Whirling Dragon Punch	`#showtooltip`
			`/use [spec:1, @player] Exploding Keg`
			`/use [spec:2] Jadefire Stomp`
			`/use [spec:3] Whirling Dragon Punch`
			`/use 13`
			`/use 14`
				Cooldown

Key	Spec	Ability	Macro	Type
'	Windwalker	Invoke Xuen, the White Tiger		Cooldown
ì	Windwalker	Touch of Death		Cooldown
Shift+1	Windwalker	Chi Torpedo/Roll		Movement
Shift+2	Windwalker	Tiger's Lust	`#showtooltip` `/use [@player] Tiger's Lust`	Movement
Shift+3	Windwalker	Leg Sweep		CC
Shift+4	Windwalker	Ring of Peace		CC
Shift+5	Windwalker			Utility

Shift+6	Windwalker	Vivify	`#showtooltip`
			`/use [spec:1/3,@player] Vivify`
			`/use [spec:2,@mouseover,help,nodead]`
			`[spec:2,@target,help,nodead] Vivify; [spec:2,@player]`
			`Vivify`
				Self-Healing

Shift+7	Windwalker	Provoke	`#showtooltip`
			`/use [@focus,exists][@mouseover,harm,nodead]Provoke;`
			`Provoke`
				Taunt

Shift+8	Windwalker			Utility
Shift+9	Windwalker			Utility
Shift+0	Windwalker			Cooldown
Shift+'	Windwalker	Fortifying Brew		Cooldown
Shift+ì	Windwalker	Celestial Conduit		Cooldown
Alt+1	Windwalker	Transcendence		Movement
Alt+2	Windwalker	Transcendence: Transfer		Movement

Alt+3	Windwalker	Paralysis	`#showtooltip`
			`/use [@focus,exists][@mouseover,harm,nodead] Paralysis;`
			`Paralysis`
				CC

Key	Spec	Ability	Macro	Type
Alt+4	Windwalker	Zen Flight		Utility
Alt+5	Windwalker	Crackling Jade Lightning	`#showtooltip` `/use [@mouseover,nodead][@target] Crackling Jade Lightning`	Pull

Alt+6	Windwalker	Potion/Healthstone	`#showtooltip Cavedweller's Delight`
			`/use Healthstone`
			`/use Cavedweller's Delight`
				Item

Alt+7	Windwalker			Item
Alt+8	Windwalker			Utility
Alt+9	Windwalker			AoE
Alt+0	Windwalker			Utility
Alt+'	Windwalker			Resurrect
Alt+ì	Windwalker	Resuscitate		Resurrect

\	All Spec	Mount	`#showtooltip`
			`/stopcasting`
			`/cast [mod:ctrl] Grizzly Hills Packmaster;`
			`/cast [noflyable] Grizzly Hills Packmaster;`
			`/cast Sky Golem;`
			`/dismount`
				Item

E	All Spec	Loot-A-Rang		Other
Shift+F	All Spec	Focus	`/cleartarget [@focus, exists]` `/focus [@focus,exists] none; [@mouseover,exists][]`	Other
Q	All Spec	Toggle Run		Other

Brewmaster

Mistweaver

Windwalker