MONK

Monk Level

ARMOR CLASS BONUS

AC BONUS

+ AC

CMD BONUS

+ CMD

= WIS + (Monk Level ÷ 4) (Round down)

Bonus only applied when unarmored, unencumbered and not helpless

STUNNING FIST

STUNNING FIST PER DAY

= Monk Level + (Non-Monk Levels ÷ 4) (Round down)

STUNNING FIST TODAY

FORTITUDE SAVE DC

= 10 + (Monk Level ÷ 2) + 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	Paralyzed	No action this round Lose **DEX** bonus to **AC**; -2 **AC**

BONUS FEATS

Level		
1	☐ Catch off-guard	☐ Combat Reflexes
	☐ Deflect Arrows	☐ ☐ ☐ Dodge
	☐ Improved Grapple	☐ Scorpion Style
	☐ Throw Anything	
6	☐ Gorgon's Fist	☐ Improved Bull Rush
	☐ Improved Disarm	☐ Improved Feint
	☐ Improved Trip	☐ Mobility
10	☐ Improved Critical	☐ Medusa's Wrath
	☐ Snatch Arrows	☐ Spring Attack

WHOLENESS OF BODY

Level 7 — HEALING POINTS = Monk Level

DIAMOND SOUL

Level 13 — SPELL RESISTANCE = 10 + Monk Level

QUIVERING PALM

QUIVER DAYS = Monk Level days

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

PERFECT SELF

Level 20 — **Treated as an Outsider**
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		
1	■	d6 d4 / d8	Armor Class Bonus 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** 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**	
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**	Delayed death (which grants **+20** to Acrobatics)
16		2d8 2d6 / 3d8	Ki Pool (adamantine) Slow Fall **80 ft**	Treat unarmed attacks as adamantine 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

KI POOL CAPACITY = (Monk Level ÷ 2) + WIS

KI POOL

ACROBATICS

MOVE THROUGH THREATENED SQUARE — at half speed
Acrobatics DC = Opponent's **CMD** — +10 to move at full speed

MOVE THROUGH ENEMY'S OWN SQUARE — at half speed
Acrobatics DC = 5 + Opponent's **CMD** — +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