

Monk
Level

AC BONUS

$$\text{WIS} + \left(\frac{\text{Monk Level}}{4} \right)$$

(Round down)

CMD BONUS

Bonus only applied when unarmoured,
unencumbered and not helpless

**STUNNING FIST
PER DAY**

$$\boxed{} = \frac{\text{LIVE}}{\text{SPINNING FISH}} + \left(\frac{\text{LIVE}}{\text{SPINNING FISH}} \div 4 \right)$$

(Round down)

**FORTITUDE
SAVE DC**

$$\boxed{} = 10 + \left(\div 2 \right) + \text{WIS}$$

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

Level

Level: **1**

2 _____

6 _____

10 _____

16 _____

HEALING POINTS

Level **POINTS** Monk Level

7 =

SPELL RESISTANCE	Monk Level
0	1
1	2
2	3
3	4
4	5
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99	100

Level 13 = 10 +

QUIVER DAYS

QUIVER DAYS = days =

Level

15 FORTITUDE
SAVE DC

$$\boxed{} = 10 + (\div 2) + \text{WIS}$$

Monk Level	Bonus Feats	Unarmed Strike Damage Sml / Lrg	Armour Class Bonus	
1	■	d6 d4 / d8	Fuse Style 2 Unarmed Strike Stunning Fist	Use two styles at once 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 Still Mind	(which grants +4 to Acrobatics checks for jumping) 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 checks for jumping)
7			Wholeness of Body	Heal your own wounds - 2 ki points
8		d10 d8 / 2d8	Slow Fall 40 ft Fuse Style 3	Enter up to 3 stances as a swift action
9			Improved Evasion Fast Movement +30 ft	Avoid half damage on failed reflex save (which grants +12 to Acrobatics checks for jumping)
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 checks for jumping)
13			Diamond Soul	Spell resistance
14	■		Slow Fall 70 ft	
15			Quivering Palm Fast Movement +50 ft Fuse Style 4	Delayed death (which grants +20 to Acrobatics checks for jumping) Enter up to 4 stances immediately - 1 ki point
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 ageing Speak with any living creature
18	■		Fast Movement +60 ft Slow Fall 90 ft	(which grants +24 to Acrobatics checks for jumping)
19			Empty Body	Assume ethereal state for 1 minute - 3 ki points
20		2d10 2d8 / 4d8	Perfect Style Slow Fall Any distance	Use 5 styles at once, enter 5 stances as a free action

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

KI POOL

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

	Distance	5ft	10ft	15ft	20ft	25ft	30ft	35ft	40ft	45ft	50ft	55ft
LONG JUMP	DC	5	10	15	20	25	30	35	40	45	50	55

	Distance	1ft	2ft	3ft	4ft	5ft	6ft	7ft	8ft	9ft	10ft	11ft
HIGH JUMP	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
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