

SENSEI (MONK)

Monk
Level

STUNNING FIST

STUNNING FIST
PER DAY

Monk
Level

Non-Monk
Levels

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

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STUNNING FIST
TODAY

(Round down)

FORTITUDE
SAVE DC

Monk
Level

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

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** Paralyzed No action this round
Lose **DEX** bonus to **AC**; -2 **AC**

BONUS FEAT

- ☐ Catch off-guard ☐ Combat Reflexes
- ☐ Deflect Arrows ☐ Dodge
- ☐ Improved Grapple ☐ Scorpion Style
- ☐ Throw Anything

ADVICE

PERFORMANCE
PER DAY

Monk
Level

$$\boxed{} = \boxed{} + \text{WIS}$$

Level **INSPIRE COURAGE**

- 1** + Bonus against charm and compulsion
Bonus to attack and damage rolls

Level **INSPIRE COMPETENCE**

- 3** +

Level **INSPIRE GREATNESS** **MAX AFFECTED**

- 9** 2 Bonus hit dice
+ 2d10 (including CON)

WHOLENESS OF BODY

HEALING
POINTS

Level

Monk Level

$$\boxed{} = \boxed{}$$

DIAMOND SOUL

SPELL RESISTANCE

Monk Level

$$\boxed{} = 10 + \boxed{}$$

QUIVERING PALM

QUIVER DAYS

Monk Level

$$\boxed{} \text{ days} = \boxed{}$$

Level

FORTITUDE
SAVE DC

Monk
Level

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

PERFECT SELF

Treated as an Outsider

- Level Immune to Charm Person and other effects that
target non-outsiders.

20 Damage reduction 10/chaotic

MONK

Monk
Level

Bonus
Feats

Unarmed
Strike
Damage
Sml / Lrg

Armor Class Bonus
Advice
Unarmed Strike
Stunning Fist

Inspire Courage
Treat hands, feet, knees and elbows as weapons
Stun (or other effects) target for one round

1

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d6

d4 / d8

2

Insightful Strike

Use **WIS** in place of **STR/DEX** for monk weapons

3

Advice 2
Maneuver Training
Still Mind

Inspire Competence
Use monk level in place of **BAB** for calculating **CMB**
+2 saving throws against enchantment

4

d8
d6 / d6

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

Mystic Wisdom
Slow Fall 30 ft

Grant bonus to an ally - 1 ki point

7

Wholeness of Body

Heal your own wounds - 2 ki points

8

d10
d8 / d8

Slow Fall 40 ft

9

Advice 3

Inspire Greatness

10

Ki Pool (lawful)
Slow Fall 50 ft

Treat unarmed attacks as lawful weapons

11

Diamond Body

Immune to all poisons

12

2d6
d10 / d6

Abundant step
Mystic Wisdom 2
Slow Fall 60 ft

Slip magically between spaces - 2 ki points
Grant bonus to allies in 30ft - 1 ki point

13

Diamond Soul

Spell resistance

14

Slow Fall 70 ft

15

Quivering Palm

Delayed death

16

2d8
2d6 / d8

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

Mystic Wisdom 3
Slow Fall 90 ft

Grant more abilities to allies - 2 ki points

19

Empty Body

Assume ethereal state for 1 minute - 3 ki points

20

2d10
2d8 / d8

Perfect Self
Slow Fall Any distance

Treated as outsider

MYSTIC WISDOM

Level

6

Grant a single ally within 30ft:

1 ki point

Level

12

Grant all allies within 30ft:

Grant a single ally within 30ft: Evasion, Fast Movement, High Jump, Purity of Body, Slow Fall

1 ki point

Level

18

Grant all allies within 30ft: Evasion, Fast Movement, High Jump, Purity of Body, Slow Fall

Grant a single ally within 30ft: Diamond Body, Diamond Soul, Improved Evasion

2 ki points

2 ki points

KI POOL

KI POOL
CAPACITY

Monk Level

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

KI POOL

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ACROBATICS

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

DC 20 Reflex save

if you fail a jump by 4 or less

FALL

DC 15 Acrobatics

to ignore 10ft of falling damage