

MONK OF THE FOUR WINDS

Monk
Level

ARMOUR CLASS BONUS

AC BONUS

+ AC

CMD BONUS

+ CMD

$$\left. \begin{array}{l} + AC \\ + CMD \end{array} \right\} = WIS + \left(\frac{\text{Monk Level}}{4} \right)$$

Bonus only applied when unarmoured, unencumbered and not helpless

ELEMENTAL FIST

ELEMENTAL FIST PER DAY

Monk
Level

Non-Monk
Levels

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = \left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] + \left(\frac{\text{Monk Level}}{4} \right)$$

ELEMENTAL FIST TODAY

Declare an elemental damage type before making an attack:
Acid, Cold, Electricity or Fire

ELEMENTAL DAMAGE

Monk
Level

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = 1 + \left(\frac{\text{Monk Level}}{5} \right)$$

BONUS FEATS

- Level 1
- ☐ Catch off-guard
 - ☐ Deflect Arrows
 - ☐ Improved Grapple
 - ☐ Throw Anything
 - ☐ Combat Reflexes
 - ☐ Dodge
 - ☐ Scorpion Style

- Level 6
- ☐ Gorgon's Fist
 - ☐ Improved Disarm
 - ☐ Improved Trip
 - ☐ Improved Bull Rush
 - ☐ Improved Feint
 - ☐ Mobility

- Level 10
- ☐ Improved Critical
 - ☐ Snatch Arrows
 - ☐ Medusa's Wrath
 - ☐ Spring Attack

WHOLENESS OF BODY

HEALING POINTS

Level 7

Monk Level

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = \left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right]$$

DIAMOND SOUL

SPELL RESISTANCE

Level 13

Monk Level

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = 10 + \left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right]$$

QUIVERING PALM

QUIVER DAYS

Monk Level

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] \text{ days} = \left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right]$$

FORTITUDE SAVE DC

Level 15

Monk Level

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = 10 + \left(\frac{\text{Monk Level}}{2} \right) + WIS$$

ASPECT MASTER

Aspect

Special Abilities

Level 17

PERFECT SELF

Treated as an Outsider

Level 20 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

Armour Class Bonus
Flurry of Blows
Unarmed Strike
Elemental Fist

Use a full attack action for more attacks
Treat hands, feet, knees and elbows as weapons
Add elemental damage to an attack

1

■

d6
d4 / d8

Evasion

Avoid all damage on successful reflex save

2

■

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

3

■

d8
d6 / d6

Ki Pool (magic)
Slow Fall 20 ft

Treat unarmed attacks as magic weapons
Reduce effective falling height using wall

4

■

High Jump
Purity of Body

Add monk level to Acrobatics checks for jumping
+20 to jump checks - 1 ki point
Immune to all diseases

5

■

Fast Movement +20 ft
Slow Fall 30 ft

(which grants +8 to Acrobatics checks for jumping)

6

■

Wholeness of Body

Heal your own wounds - 2 ki points

7

■

d10
d8 / 2d8

Slow Fall 40 ft

Avoid half damage on failed reflex save
(which grants +12 to Acrobatics checks for jumping)

8

■

Improved Evasion
Fast Movement +30 ft

Avoid half damage on failed reflex save
(which grants +12 to Acrobatics checks for jumping)

9

■

Ki Pool (lawful)
Slow Fall 50 ft

Treat unarmed attacks as lawful weapons

10

■

Diamond Body

Immune to all poisons

11

■

2d6
d10 / 3d6

Slow Time
Fast Movement +40 ft
Slow Fall 60 ft

Gain two extra standard actions - 6 ki points
(which grants +16 to Acrobatics checks for jumping)

12

■

Diamond Soul

Spell resistance

13

■

Slow Fall 70 ft

14

■

Quivering Palm
Fast Movement +50 ft

Delayed death
(which grants +20 to Acrobatics checks for jumping)

15

■

2d8
2d6 / 3d8

Ki Pool (adamantine)
Slow Fall 80 ft

Treat unarmed attacks as adamantite weapons

16

■

Aspect Master
Tongue of the Sun and Moon

Choose an aspect of the natural world
Speak with any living creature

17

■

Fast Movement +60 ft
Slow Fall 90 ft

(which grants +24 to Acrobatics checks for jumping)

18

■

Empty Body

Assume ethereal state for 1 minute - 3 ki points

19

■

2d10
2d8 / 4d8

Immortality
Slow Fall Any distance

Never age, spontaneously reincarnate

20

■

KI POOL

KI POOL CAPACITY

Monk Level

$$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right] = \left(\frac{\text{Monk Level}}{2} \right) + WIS$$

KI POOL

$\left[\begin{array}{c} \square\square\square \\ \square\square\square \\ \square\square\square \end{array} \right]$

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

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