

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**

**STUNNING FIST**

<b>PER DAY</b>	Monk Level	+	(	Non-Monk Levels	)	÷ 4
<div style="border: 1px solid black; width: 80px; height: 30px;"></div>	=					
						(Round down)

**FORTITUDE  
SAVE DC**

$$\boxed{\text{SAVE DC}} = 10 + \left( \frac{\text{Level}}{2} \right) + \text{WIS}$$

Level

<b>1</b>	Stunned	No action this round Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b>
<b>4</b>	Fatigued	Cannot run or charge -2 Strength and Dexterity
<b>8</b>	Sickened	-2 to attack rolls, damage rolls, saving throws, skill and ability checks
<b>12</b>	Staggered	May make a standard or move action, but not both
<b>16</b>	Blinded	Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b> -4 on <b>STR</b> and <b>DEX</b> 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
<b>20</b>	Paralysed	No action this round Lose <b>DEX</b> bonus to <b>AC</b> ; -2 <b>AC</b>

Level **1**

Level **1**

2 \_\_\_\_\_

**10** \_\_\_\_\_

14

18

HEALING POINTS		Monk Level
Level		

HEALING POINTS		Monk Level
Level		

$$7 \square =$$

Level	SPELL RESISTANCE	Monk Level
1	0	1
2	1	2
3	2	3
4	3	4
5	4	5
6	5	6
7	6	7
8	7	8
9	8	9
10	9	10
11	10	11
12	11	12
13	12	13
14	13	14
15	14	15
16	15	16
17	16	17
18	17	18
19	18	19
20	19	20

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1	0	1
2	1	2
3	2	3
4	3	4
5	4	5
6	5	6
7	6	7
8	7	8
9	8	9
10	9	10
11	10	11
12	11	12
13	12	13
14	13	14
15	14	15
16	15	16
17	16	17
18	17	18
19	18	19
20	19	20

13  = 10 + .....

**QUIVER DAYS** Monk Level

**QUIVER DAYS** Monk Level

Level  days = .....

**15 FORTITUDE** Monk  
**SAVE DC** Level

$$\boxed{\phantom{000}} = 10 + (\phantom{00} \div 2) + \text{WIS}$$

Monk Level	Bonus Feats	Unarmed Strike Damage Sml / Lrg	Armour Class Bonus	
1	■	<b>d6</b> <b>d4 / d8</b>	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 <b>+10 ft</b> Manoeuvre Training Still Mind	(which grants <b>+4</b> to Acrobatics checks for jumping) Use monk level in place of BAB for calculating CMB <b>+2</b> saving throws against enchantment
4		<b>d8</b> <b>d6 / 2d6</b>	Ki Pool (magic) Slow Fall <b>20 ft</b>	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 <b>+20</b> to jump checks - <b>1 ki point</b> Immune to all diseases
6	■		Fast Movement <b>+20 ft</b> Slow Fall <b>30 ft</b>	(which grants <b>+8</b> to Acrobatics checks for jumping)
7			Wholeness of Body	Heal your own wounds - <b>2 ki points</b>
8		<b>d10</b> <b>d8 / 2d8</b>	Slow Fall <b>40 ft</b> Fuse Style 3	Enter up to 3 stances as a swift action
9			Improved Evasion Fast Movement <b>+30 ft</b>	Avoid half damage on failed reflex save (which grants <b>+12</b> to Acrobatics checks for jumping)
10	■		Ki Pool (lawful) Slow Fall <b>50 ft</b>	Treat unarmed attacks as lawful weapons
11			Diamond Body	Immune to all poisons
12		<b>2d6</b> <b>d10 / 3d6</b>	Abundant step Fast Movement <b>+40 ft</b> Slow Fall <b>60 ft</b>	Slip magically between spaces - <b>2 ki points</b> (which grants <b>+16</b> to Acrobatics checks for jumping)
13			Diamond Soul	Spell resistance
14	■		Slow Fall <b>70 ft</b>	
15			Quivering Palm Fast Movement <b>+50 ft</b> Fuse Style 4	Delayed death (which grants <b>+20</b> to Acrobatics checks for jumping) Enter up to 4 stances immediately - <b>1 ki point</b>
16		<b>2d8</b> <b>2d6 / 3d8</b>	Ki Pool (adamantine) Slow Fall <b>80 ft</b>	Treat unarmed attacks as adamantite weapons
17			Timeless Body Tongue of the Sun and Moon	No age penalties or artificial ageing Speak with any living creature
18	■		Fast Movement <b>+60 ft</b> Slow Fall <b>90 ft</b>	(which grants <b>+24</b> to Acrobatics checks for jumping)
19			Empty Body	Assume ethereal state for 1 minute - <b>3 ki points</b>
20		<b>2d10</b> <b>2d8 / 4d8</b>	Perfect Style Slow Fall <b>Any distance</b>	Use 5 styles at once, enter 5 stances as a free action

KI POOL CAPACITY	Monk Level	KI POOL
0	1	0
1	2	1
2	3	2
3	4	3
4	5	4
5	6	5
6	7	6
7	8	7
8	9	8
9	10	9
10	11	10
11	12	11
12	13	12
13	14	13
14	15	14
15	16	15
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42	43	42
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64	65	64
65	66	65
66	67	66
67	68	67
68	69	68
69	70	69
70	71	70
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92	93	92
93	94	93
94	95	94
95	96	95
96	97	96
97	98	97
98	99	98
99	100	99

KI POOL CAPACITY		Monk Level		KI POOL
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$$\boxed{\phantom{000}} = \left( \phantom{000} \div 2 \right) + \text{WIS}$$

**KI POOL**

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<b>MOVE THROUGH THREATENED SQUARE</b>	at half speed
Acrobatics DC = Opponent's <b>CMD</b>	+10 to move at full speed
<b>MOVE THROUGH ENEMY'S OWN SQUARE</b>	at half speed
Acrobatics DC = 5 + Opponent's <b>CMD</b>	+10 to move at full speed

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Acrobatics DC = 5 + Opponent's <b>CMD</b>	+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
<b>CATCH LEDGE</b>	DC 20 Reflex save	if you fail a jump by 4 or less
<b>FALL</b>	DC 15 Acrobatics	to ignore 10ft of falling damage