

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**

$$\boxed{\phantom{000}} = \underline{\phantom{000}} + \left( \underline{\phantom{000}} \div 4 \right)$$

(Round down)

**FORTITUDE  
SAVE DC**

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

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

Level: **1**

2 \_\_\_\_\_

6 \_\_\_\_\_

10 \_\_\_\_\_

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16 \_\_\_\_\_

## HEALING POINTS

Level **POINTS** Monk Level

7  =

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Level	SPELL RESISTANCE	Monk Level
13	<input type="text"/> = 10 +	

## QUIVER DAYS

**QUIVER DAYS**      Monk Level

Level

**15 FORTITUDE**  
**SAVE DC**

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

Monk Level	Bonus Feats	Unarmed Strike Damage Sml / Lrg	Armour Class Bonus	
1	■	<b>d6</b> 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 <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> d6 / 2d6	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> d8 / 2d8	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> d10 / 3d6	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> 2d6 / 3d8	Ki Pool (adamantine) Slow Fall <b>80 ft</b>	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 <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> 2d8 / 4d8	Perfect Style Slow Fall <b>Any distance</b>	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
<b>LONG JUMP</b>	DC	5	10	15	20	25	30	35	40	45	50	55

	Distance	1ft	2ft	3ft	4ft	5ft	6ft	7ft	8ft	9ft	10ft	11ft
<b>HIGH JUMP</b>	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

if you fail a jump by 4 or less

to ignore 10ft of falling damage