SEA

13th-level Medium Lamia, Neutral Good

Armor Class	Hit Points		Speed	Challenge	PB
22 (Defense+Armor of			30 ft. though you slither as a	ı	
Revealing (Item)+Shield), 24	149 (13d10 + 52 + 26)		snake instead of walking like	e _	+5
against Range Attacks			a normal humanoid., swim		+3
(Arrow-Catching Shield)			30 ft.		
STR	DEX	CON	INT	WIS	CHA
20 (+5)	14 (+2)	9 (+4	14 (+2)	8 (-1)	8 (-1)

Saving Throws Str +10, Con +7

Skills Acrobatics +7, Athletics +10, Nature +7, Stealth +7, Survival +4

Damage Res. psychic

Senses darkvision 60 ft., passive Perception 9

Languages Common, Draconic, Serpent, Undercommon

Action Surge (1/short rest). You can push yourself beyond your normal limits for a moment. On your turn, you can take one additional action.

Echidna's Legacy. Spellcasting. (Int).

At will: eldritch blast

1/day each: hold person, sleep

Extra Attack. You can attack three times, whenever you take the Attack action on your turn.

Guarded Mind. The psionic energy flowing through you has bolstered your mind. You have resistance to psychic damage. Moreover, if you start your turn charmed or frightened, you can expend a Psionic Energy die and end every effect on yourself subjecting you to those conditions.

Indomitable (2/long rest). You can reroll a saving throw that you fail. If you do so, you must use the new roll.

Polearm Master. While you are wielding a glaive, halberd, pike, quarterstaff, or spear, other creatures provoke an opportunity attack from you when they enter the reach you have with that weapon.

Psionic Power (10(d10)/long rest). The powers below use your Psionic Energy dice.

- Psionic Strike. You can propel your weapons with psionic force. Once on each of your turns, immediately after you hit a target within 30 feet of you with an attack and deal damage to it with a weapon, you can expend one Psionic Energy die, rolling it and dealing force damage to the target equal to the number rolled plus your Intelligence modifier.

Telekinetic Thrust. When you deal damage to a target with your Psionic Strike, you can force the target to make a Strength saving throw against a DC equal to 8 + your proficiency bonus + your Intelligence modifier. If the save fails, you can knock the target prone or move it up to 10 feet in any direction horizontally.

Ring of Water Walking. While wearing this ring, you can stand on and move across any liquid surface as if it were solid ground.

Sending Stones. Sending stones come in pairs, with each smooth stone carved to match the other so the pairing is easily recognized. While you touch one stone, you can use an action to cast the sending spell from it. The target is the bearer of the other stone. If no creature bears the other stone, you know that fact as soon as you use the stone and don't cast the spell.

Once sending is cast through the stones, they can't be used again until the next dawn. If one of the stones in a pair is destroyed, the other one becomes nonmagical.

Sentinel. When you hit a creature with an opportunity attack, the creature's speed becomes 0 for the rest of the turn.

Creatures provoke opportunity attacks from you even if they take the Disengage action before leaving your reach.

Tail. You have a long tail that can be used to manipulate nearby items that weigh less than 5 lbs within 10 ft. of yourself. You can't use your tail to perform complex tasks such as using tools, wielding weapons, or using items with it.

ACTIONS

Constrict. Your coiling lower body is a natural melee weapon, which you can use to make constrict attacks. If you hit with your tail, you deal bludgeoning damage equal to 1d6 + your Strength modifier. Instead of dealing damage, you can choose to grapple your target instead. Until the grapple ends you can't constrict another target and if the creature is your size or smaller, it is restrained. This leaves your hands free to wield weapons or take other actions and you may choose to grapple in this way even on a regular grapple check.

False Appearance. (1/long rest). As an action you can transform your appearance. You decide what you look like, including your height, weight, facial features, hair length, coloration, and distinguishing characteristics, if any. You can make yourself appear as a member of another race, though none of your statistics change. You can not make yourself quadrupedal, only bipedal. You can not alter the appearance after using this feature. This effect lasts until you end it or it is dispelled. After you use this ability, you can't use it

again until you complete a long rest.

Telekinetic Movement. (1/short rest or expend a die). You can move an object or a creature with your mind. As an action, you target one loose object that is Large or smaller or one willing creature, other than yourself. If you can see the target and it is within 30 feet of you, you can move it up to 30 feet to an unoccupied space you can see. Alternatively, if it is a Tiny object, you can move it to or from your hand. Either way, you can move the target horizontally, vertically, or both. Once you take this action, you can't do so again until you finish a short or long rest, unless you expend a Psionic Energy die to take it again.

Pikespear (Item). Melee or Ranged Weapon Attack: +10 to hit, reach 5 ft./10 ft. or range 10/50 ft., one target. *Hit:* 8 (1d6 + 5) piercing damage.

Disadvantage on Throws, Bonus Action to extend spear

Bonus Actions

Second Wind (1/short rest). You have a limited well of stamina that you can draw on to protect yourself from harm. On your turn, you can use a bonus action to regain hit points equal to 1d10 + your fighter level.

Regain Psionic Energy Die (1/short rest). You can regain one expended Psionic Energy die.

Psi-Powered Leap. (1/short rest or expend a die). You can propel your body with your mind. You gain a flying speed equal to twice your walking speed until the end of the current turn. Once you take this bonus action, you can't do so again until you finish a short or long rest, unless you expend a Psionic Energy die to take it again.

Polearm Master. When you take the Attack action and attack with only a glaive, pike, halberd, quarterstaff, or spear, you can use a bonus action to make a melee attack with the opposite end of the weapon; this attack uses the same ability modifier as the primary attack. The weapon's damage die for this attack is a d4, and the attack deals bludgeoning damage.

REACTIONS

Protective Field. When you or another creature you can see within 30 feet of you takes damage, you can use your reaction to expend one Psionic Energy die, roll the die, and reduce the damage taken by the number rolled plus your Intelligence modifier (minimum reduction of 1), as you create a momentary shield of telekinetic force.

Sentinel. When a creature within 5 feet of you makes an attack against a target other than you (and that target doesn't have this feat), you can use your reaction to make a melee weapon attack against the attacking creature.

Arrow-Catching Shield. Whenever an attacker makes a ranged attack against a target within 5 feet of you, you can use your reaction to become the target of the attack instead. +2 AC against range attacks