**Flurry of Blows**

Immediately after you take the Attack action on Your Turn, you can spend 1 ki point to make two unarmed strikes as a Bonus Action.

**Patient Defence**

You can spend 1 ki point to take the Dodge action as a Bonus Action on Your Turn.

**Step of the Wind**

You can spend 1 ki point to take the Disengage or Dash action as a Bonus Action on Your Turn, and your jump distance is doubled for the turn.

**Way of The Long Death**

Starting when you choose this tradition at 3rd level, your study of death allows you to extract vitality from another creature as it nears its demise. When you reduce a creature within 5 feet of you to 0 hit points, you gain temporary hit points equal to your Wisdom modifier + your monk level (minimum of 1 temporary hit point).

**Deflect Missiles**

Starting at 3rd Level, you can use your Reaction to deflect or catch the missile when you are hit by a ranged weapon Attack. When you do so, the damage you take from the Attack is reduced by 1d 10 + your Dexterity modifier + your monk level.

If you reduce the damage to 0, you can catch the missile if it is small enough for you to hold in one hand and you have at least one hand free. If you catch a missile in this way, you can spend 1 ki point to make a ranged Attack (range 20 feet/60 feet) with the weapon or piece of Ammunition you just caught, as part of the same Reaction. You make this Attack with proficiency, regardless of your weapon Proficiencies, and the missile counts as a monk weapon for the Attack.

**Slow Fall**

Beginning at 4th Level, you can use your Reaction when you fall to reduce any Falling damage you take by an amount equal to five times your monk level.

**Extra Attack**

Beginning at 5th Level, you can Attack twice, instead of once, whenever you take the Attack action on Your Turn.

**Stunning Strike**

Starting at 5th Level, you can interfere with the flow of ki in an opponent's body. When you hit another creature with a melee weapon Attack, you can spend 1 ki point to attempt a stunning strike. The target must succeed on a Constitution saving throw or be Stunned until the end of your next turn.

**Hour of Reaping**

At 6th level, you gain the ability to unsettle or terrify those around you as an action, for your soul has been touched by the shadow of death. When you take this action, each creature within 30 feet of you that can see you must succeed on a Wisdom saving throw or be frightened.

**Rage**

In battle, you fight with primal ferocity. On your turn, you can enter a rage as a bonus action.

While raging, you gain the following benefits if you aren’t wearing heavy armor:

* You have advantage on Strength checks and Strength saving throws.
* When you make a melee weapon attack using Strength, you gain a bonus to the damage roll that increases as you gain levels as a barbarian, as shown in the Rage Damage column of the Barbarian table.
* You have resistance to bludgeoning, piercing, and slashing damage.

If you are able to cast spells, you can’t cast them or concentrate on them while raging.

Your rage lasts for 1 minute. It ends early if you are knocked unconscious or if your turn ends and you haven’t attacked a hostile creature since your last turn or taken damage since then. You can also end your rage on your turn as a bonus action.

Once you have raged the number of times shown for your barbarian level in the Rages column of the Barbarian table, you must finish a long rest before you can rage again.