

## Way of the River (*Monk*)

The Way of the River teaches that the most effective martial arts seek to emulate the flow of water, bending around enemy attacks and landing each strike with a continuous flow of energy and movement, so as not to waste any effort. To an outsider, this tradition seems to be a flurry of attacks that can carry an enemy across the battlefield, leaving no room for a counterattack. To the experienced eye, however, it is clear just how much thought and practice lies behind every strike.

### Ebb and Flow

Starting at 3rd level, you have learned various techniques to augment your martial arts. Whenever you hit with an unarmed strike or monk weapon, you can leave a stack of Flow on your target. Flow has no outright effect on your enemy; however, you can make use of this Flow through various techniques you have, known as Flowing Strikes. You learn six Flowing Strikes of your choice at 3rd level, and you learn two more at levels 5, 7, and 9. At level 11, you learn any remaining options you had not yet learned. Your Flowing Strikes options are listed at the end of this subclass.

Whenever you can make an unarmed strike, you may use a Flowing Strike; this includes your Attack Action, your Bonus Action attack, Flurry of Blows, an Opportunity Attack, or any other attack you make. When you use a Flowing Strike, you may use a monk weapon in place of an unarmed strike, provided the Flowing Strike does not explicitly forbid it.

When you consume Flow with a Flowing Strike, you do not have to consume all stacks—you choose the amount consumed when you consume them. Consuming Flow only occurs when the effect takes place; for instance, if you make an attack that consumes a stack of Flow as part of it, you do not consume that stack if you miss. When you start your turn, any enemies you have applied Flow to lose all their stacks.

Some strikes have a way to consume ki points as part of the strike—you do not have to use a ki point to use that strike, but you do not get the listed bonus effect unless you expend ki in the manner described. You may only use one Flowing Strike on each attack you make, and you must declare which strike you are using prior to making your attack roll. If your Flowing Strike requires a saving throw, it uses your Monk's standard ki save DC.

If your Flowing Strike lists an effect that either moves or grapples your target, you may only move or grapple them if they are no more than one size larger than you. Not every Flowing Strike is available to you at 3rd level; you automatically gain access to the other strikes as you level up. Each Flowing Strike also includes an advancement; you do not have access to this until later levels. When you gain your Stunning Strike feature from Monk, you may not use a Flowing Strike as part of that attack, though you do still generate a stack of Flow when you hit, regardless of if they succeed on the saving throw.

### Flowing Stances

Beginning at 6th level, you have learned how to manipulate the flow of your own energy to improve your prowess. You gain access to two stances: stance of the bastion and stance of the brute. When you roll initiative, or when you start your turn, you can activate a stance, switch stances, or end your active stance (no action required). You may only have one active stance at a time. You maintain all the benefits of that stance for as long as you remain in it. Becoming Incapacitated ends your stance.

***Stance of the Bastion.*** You gain a +1 to AC. When you use a Bonus Action to use your Step of the Wind or Patient Defense features, you can make an unarmed strike or melee attack as part of it.

***Stance of the Brute.*** Your Flow changes how it works. When you make an attack against a creature with Flow and miss, that creature loses all stacks of Flow. When you hit a creature with Flow, you deal additional damage equal to the stacks of Flow on the target before you generate or consume Flow on it. When you use your detonating strike, the damage improves to 1d4 per stack (1d6 when you expend a ki point).

## Raging River

Starting at 11th level, your physical prowess has heightened to a new level. You gain access to the advancement feature for each strike. Whenever you use one of your Flowing Strikes, you may choose to use its advancement (no action required). In addition, whenever you grapple or move an opponent, the size limit increases to two sizes larger than you.

## Inundating Blows

Starting at 17th level, you overwhelm your enemies with a barrage of blows. When you take the Attack Action, you can make an additional attack. Additionally, whenever you grapple or move an opponent, you can do so regardless of the enemy's size.

## Flowing Strikes

The following Flowing Strikes are available to you. Each strike lists a brief summary, followed by an in-depth description of how it works. The advancement granted by your Raging River feature is listed at the end of each description.

### ***Allied Assist***

*Consume Flow to call upon an ally's aid.*

When you could make an attack against an enemy with Flow, you can consume Flow and instead open an opportunity for an ally to strike instead. This replaces your attack, but your designated ally can use their reaction to make a weapon or unarmed strike or cast a cantrip as an opportunity attack. If the ally deals damage to the target, they can also push the enemy up to a number of feet equal to 5 times the consumed number of Flow stacks. This strike generates no stacks of Flow.

Advancement: Your ally's attack generates a stack of Flow after resolving the effects of the attack.

### ***Blinding Strike***

*Consume Flow to blind your enemy.*

When you make an unarmed strike or monk weapon attack, you can consume 2 stacks of Flow on a hit to force the enemy to make a Constitution saving throw or become blind. They remain blind until the start of your next turn. This strike generates no stacks of Flow.

You can consume a ki point to force them to make this saving throw at disadvantage.

Advancement: You can force the target to automatically fail the saving throw as an alternative to applying disadvantage; to do so, you must either spend 2 additional stacks of Flow, 2 ki points, or 1 of each.

## ***Detonating Strike***

*Consume Flow to empower your strikes.*

When you hit an opponent with a melee attack, you can choose to detonate stacks of Flow on your target. The target takes additional force damage equal to the number of stacks consumed. This strike does not generate any stacks of Flow.

If you expend a ki point, the additional damage increases to 1d4 per stack consumed.

Advancement: The damage improves to 1d4 per stack, and 1d6 on ki use. If you are in the stance of the brute, this increases to 1d6 and 1d8, respectively.

## ***Evasive Strike***

*Consume Flow to become more evasive.*

When you hit with an unarmed strike or a monk weapon, you can consume Flow to raise your defenses against that particular target. The target takes a penalty to their attack rolls against you equal to the number of stacks of Flow you consume. This lasts until the start of your next turn. This strike generates no stacks of Flow.

Advancement: When you hit the target, you generate a stack of Flow after resolving the effects of this strike.

## ***Extending Blast***

*Strike your enemies from a distance.*

When you make an attack, you can make an unarmed strike at a target up to 30 feet away in place of your normal unarmed strike. The damage changes to force damage, and the strike generates no stacks of Flow.

If you consume a ki point when you hit, you can consume stacks of Flow on your target to push or pull them by up to 10 feet per stack (you choose which when you consume the ki point).

Advancement: When you hit the target, you generate a stack of Flow after resolving the effects of this strike.

## ***Grappling Strike***

*Generate Flow and grapple your enemies.*

When you make an unarmed strike, provided you have a free hand, you can automatically grapple your target if you hit. This strike generates a stack of flow on hit.

Advancement: You can slam your grappled enemy to the ground after immediately after grappling them with your grappling strike. Both you and your target gain the prone condition and immediately fall to the

ground. Your target takes 1d6 bludgeoning damage for every 5 feet they fall, replacing their normal fall damage, while you take 1d6 bludgeoning for every 10 feet you fall—this counts as fall damage for your Slow Fall feature.

## *Leaping Strike*

*Generate Flow by leaping towards an enemy.*

When you make a melee attack, you can leap at an unoccupied space and then strike a target within your reach. The targeted creature must be either within your jumping distance or half your movement speed rounded up to the nearest 5-foot increment—whichever is larger. If your chosen space is in the air, you remain midair until the end of your turn or you take an action that sends you down, or until the effects of this strike are resolved if it is not your turn. If you miss your strike, you still gain the benefits of the leap. This strike generates a stack of Flow on a hit.

You can expend a ki point to triple your effective range for this strike.

Advancement: You can choose to not generate Flow from this strike and make another Flowing Strike in place of the melee attack granted by this strike. This replacement strike happens after your leap. Additionally, if you could not already do so, you can use this strike midair once per turn.

## *Lifting Strike*

*Consume Flow to send your foe into the sky.*

When you make a melee attack, you can consume Flow on your target to knock them into the air. On a hit, for each stack consumed, the creature is lifted up 5 feet into the air. An airborne enemy who cannot stay airborne on their own falls at the end of your turn or immediately after the attack if it was made on someone else's turn. If the creature is prone when you make your attack, you can generate a stack of Flow after landing your attack but prior to resolving the effects of your hit; otherwise, this attack does not generate any Flow.

Advancement: When you hit the target, you generate a stack of Flow after resolving the effects of this strike.

## *Linking Strike*

*Combine ki and Flow to strike your enemies again.*

Once on each of your turns, you can consume Flow when you hit an enemy to make a special attack. You take a -3 penalty to your attack roll. On a hit, you consume a stack of Flow, and you do not add your ability score modifier to your damage for the attack. After a successful hit, the number of attacks in your Attack Action for this turn increases by 1.

When you make your attack, you can consume a ki point to make one of your other Flowing Strikes in place of your normal attack; you cannot use your Weakening Strike, Allied Assist, Slamming Blast, or the thrown version of Spinning Throw for this strike. You must declare which strike you are using prior to making your attack roll; the other strike still has the -3 penalty to the attack roll and does not add your ability score modifier to its damage.

Advancement: You generate a stack of Flow on a hit, after resolving the effects of the strike.

## ***Meteor Smash***

*Consume Flow to send your enemy to the ground.*

When you make a melee strike against an enemy, you can consume a stack of Flow to slam them to the ground; the creature must make a Strength saving throw or be knocked prone. If the creature fails and is not on the ground, they also take additional bludgeoning damage from the strike and are knocked directly down to the ground. The extra damage is equal to 1d8 for every 10 feet above the ground they are and takes the place of their normal fall damage. This strike generates no stacks of Flow.

If you consume two stacks or use a ki point, the creature automatically fails this saving throw.

Advancement: When you hit the target, you generate a stack of Flow after resolving the effects of this strike.

## ***Priming Strike***

*Generate additional Flow at the cost of damage.*

When you make an unarmed strike or attack with a monk weapon, you can choose to prime your opponent for future strikes. If you hit, rather than rolling for damage, assume the minimum dice roll. The number of Flow stacks on the enemy increases by 2 instead of 1.

If you expend a ki point when you hit, you may roll damage as normal.

Advancement: You generate 3 stacks of Flow instead of 2 when you hit.

## ***Slamming Blast***

*Consume Flow to crash to the ground and slam into your enemy.*

When you are at least 10 feet in the air, you can make an unarmed strike against an enemy with Flow that is within your reach from the space directly below you on the ground. You consume a stack of Flow and crash to the ground below you. Instead of making an attack roll, the target and any other creature within 5 feet of where you land must make a Dexterity saving throw; you can consume a second stack of Flow on your target to make them automatically fail their saving throw. On a fail, a creature takes Force damage based on the distance you fell; for every 10 feet that you were above the ground, add a Martial Arts die to the roll. You also take this damage, but it is considered fall damage for you for the purposes of your Slow Fall feature. This strike generates no stacks of Flow.

Advancement: You can add your Strength or Dexterity modifier (minimum 1) to the damage from this strike.

## ***Spinning Throw***

*Consume Flow to hurl your enemies across the battlefield.*

When you make an unarmed strike against a target you have grappled, you can choose to throw your enemy instead. You consume Flow and can throw your grappled enemy up to a number of feet equal to

5 times the number of stacks consumed. Once your target hits your thrown location, or if it impacts something or someone before then, it stops moving and the target and whatever it hits must make a Constitution saving throw. They each take damage equal to a roll of your Martial Arts die plus your Strength or Dexterity modifier on a fail, or half damage on a success. After using this Flowing Strike, your target is no longer grappled. This strike generates no stacks of Flow.

Advancement: You can now use this throw to make a melee attack with your grappled enemy, if you choose. In place of the normal Constitution saving throw, make an unarmed strike against another target within your reach. On a hit, you slam the target with your grappled enemy, dealing your normal hit damage to both of them. You can also slam your target into an object or the environment instead; if the target has no predetermined AC, assume it is 10. After slamming your grappled enemy, they are no longer grappled, as per usual.

## ***Weakening Strike***

*Consume Flow to weaken enemy defenses.*

When you hit with an unarmed strike or monk weapon attack, you can consume a stack of Flow to weaken your enemy. You deal no damage with this attack. The target must then make a Constitution saving throw. On a fail, until the start of your next turn, attacks against that target deal an additional 1d4 Force damage. Additionally, if the target is Stunned when they fail, attack rolls with advantage against that target can roll an additional d20 when deciding the results of the attack. This attack generates no stacks of Flow.

Advancement: The damage increases to 1d8.