

MONKS

Monks make careful study of a magical energy that most monastic traditions call Ki. This energy is an element of the magic that suffuses the multiverse and flows from The Eternal Cycle. Monks harness and cultivate this power within themselves to create magical effects and exceed their bodies' physical capabilities. Using this energy, monks channel uncanny speed and strength into their unarmed strikes. As they gain experience, their martial training and their mastery of Ki cultivate into a Core. This Core allows them to tap into the power found within The Astral Stream.

TRAINING AND ASCETICISM

Monks adhere to ancient philosophies and strict martial discipline. It is through training and asceticism that they cultivate their core and grow their Ki. Monks tread a path of discipline, and those with the will to endure that pain discover within themselves not what they are, but what they are meant to be.

For a Monk, martial prowess and mental clarity are one and the same. Their life goal is to seek both physical and mental perfection. All of this depends on incredible discipline and focus, and Monks spend their entire lifetime perfecting these arts.

INNER ALCHEMY

Inner Alchemy is a profound practice embraced by Monks which allows them to utilize their Cultivate Core to manipulate their body with their mind. These feats push their body beyond its limits and perform acts of agility, speed and strength fueled by the boundless energy within.



MONK

Level	Prof. Bonus	Features	Martial Arts	KI Points	Unarmed Movement
1st	+2	Unarmored Defense, Martial Arts	1d4	—	—
2nd	+2	Ki, Unarmored Movement	1d4	2	+10 ft
3rd	+2	Monastic Tradition, Deflect Missiles	1d4	3	+10 ft
4th	+2	Ability Score Improvement, Slow Fall	1d4	4	+10 ft
5th	+3	Extra Attack, Stunning Strike	1d6	5	+10 ft
6th	+3	Ki Empowered Strike, Monastic Tradition Feature	1d6	6	+15 ft
7th	+3	Evasion, Stillness of Mind	1d6	7	+15 ft
8th	+3	Ability Score Improvement	1d6	8	+15 ft
9th	+4	Unarmored Movement Improvement	1d6	9	+15 ft
10th	+4	Purity of Body	1d6	10	+20 ft
11th	+4	Monastic Tradition Feature	1d8	11	+20 ft
12th	+4	Ability Score Improvement	1d8	12	+20 ft
13th	+5	Tongue of the Sun and Moon	1d8	13	+20 ft
14th	+5	Diamond Soul	1d8	14	+25 ft
15th	+5	Timeless Body	1d8	15	+25 ft
16th	+5	Ability Score Improvement	1d8	16	+25 ft
17th	+6	Monastic Tradition Feature	1d10	17	+25 ft
18th	+6	Empty Body	1d10	18	+30 ft
19th	+6	Ability Score Improvement	1d10	19	+30 ft
20th	+6	Perfect Self	1d10	20	+30 ft

CLASS FEATURES

HIT POINTS

Hit Dice: 1d8 per Monk level

Hit Points: 1d8 + your Constitution Modifier

KI

Ki save DC = 8 + your proficiency bonus + your Wisdom modifier

PROFICIENCIES

Armor: None

Weapons: Simple weapons, shortswords

Tools: Choose one type of artisan's tools or one musical instrument

Saving Throws: Strength, Dexterity

Skills: Choose two from Acrobatics, Athletics, History, Insight, Religion or Stealth

UNARMORED DEFENSE

Beginning at 1st level, while you are wearing no armor and not wielding a shield, your AC equals 10 + your Dexterity modifier + your Wisdom modifier.

MARTIAL ARTS

At 1st level, your practice of martial arts gives you mastery of combat styles that use unarmed strikes and monk weapons, which are shortswords and any simple melee weapons that don't have the two-handed or heavy property.

You gain the following benefits while you are unarmed or wielding only monk weapons and you aren't wearing armor or wielding a shield:

- You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes and monk weapons.
- You can roll a d4 in place of the normal damage of your unarmed strike or monk weapon. This die changes as you gain monk levels, as shown in the Martial Arts column of the Monk table.
- When you use the Attack action with an unarmed strike or a monk weapon on your turn, you can make one unarmed strike as a bonus action. For example, if you take the Attack action and attack with a quarterstaff, you can also make an unarmed strike as a bonus action, assuming you haven't already taken a bonus action this turn.

Certain monasteries use specialized forms of the monk weapons. For example, you might use a club that is two lengths of wood connected by a short chain (called a nunchaku) or a sickle with a shorter, straighter blade (called a kama). Whatever name you use for a monk weapon, you can use the game statistics provided for the weapon in the Weapons section.

You can spend these points to fuel various ki features. You start knowing three such features: **Flurry of Blows**, **Patient Defense**, and **Step of the Wind**. You learn more ki features as you gain levels in this class.

When you spend a ki point, it is unavailable until you finish a short or long rest, at the end of which you draw all of your expended ki back into yourself. You must spend at least 30 minutes of the rest meditating to regain your ki points.

Some of your ki features require your target to make a saving throw to resist the feature's effects. The saving throw DC is calculated as follows:

Ki save DC = 8 + your proficiency bonus + your Wisdom modifier



KI

Starting at 2nd level, your training allows you to harness the mystic energy of ki. Your access to this energy is represented by a number of ki points. Your monk level determines the number of points you have, as shown in the Ki Points column of the Monk table.



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 Defense

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.

UNARMORED MOVEMENT

Starting at 2nd level, your speed increases by 10 feet while you are not wearing armor or wielding a shield. This bonus increases when you reach certain monk levels, as shown in the Monk table.

At 9th level, you gain the ability to move along vertical surfaces and across liquids on your turn without falling during the move.

MONASTIC TRADITION

When you reach 3rd level, you commit yourself to a monastic tradition: the Way of the Open Hand, detailed at the end of the class description or one from another source. Your tradition grants you features at 3rd level and again at 6th, 11th, and 17th level.

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 $1d10 + \text{your Dexterity modifier} + \text{your monk level}$.

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 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, which has a normal range of 20 feet and a long range of 60 feet.

ABILITY SCORE IMPROVEMENT

When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1. As normal, you can't increase an ability score above 20 using this feature.

Using the optional feats rule, you can forgo taking this feature to take a feat of your choice instead.

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.

KI-EMPOWERED STRIKES

Starting at 6th level, your unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

UNARMORED MOVEMENT

At 6th level, your Unarmored Speed speed bonus increases to 15 feet while you are not wearing armor or wielding a shield.

EVASION

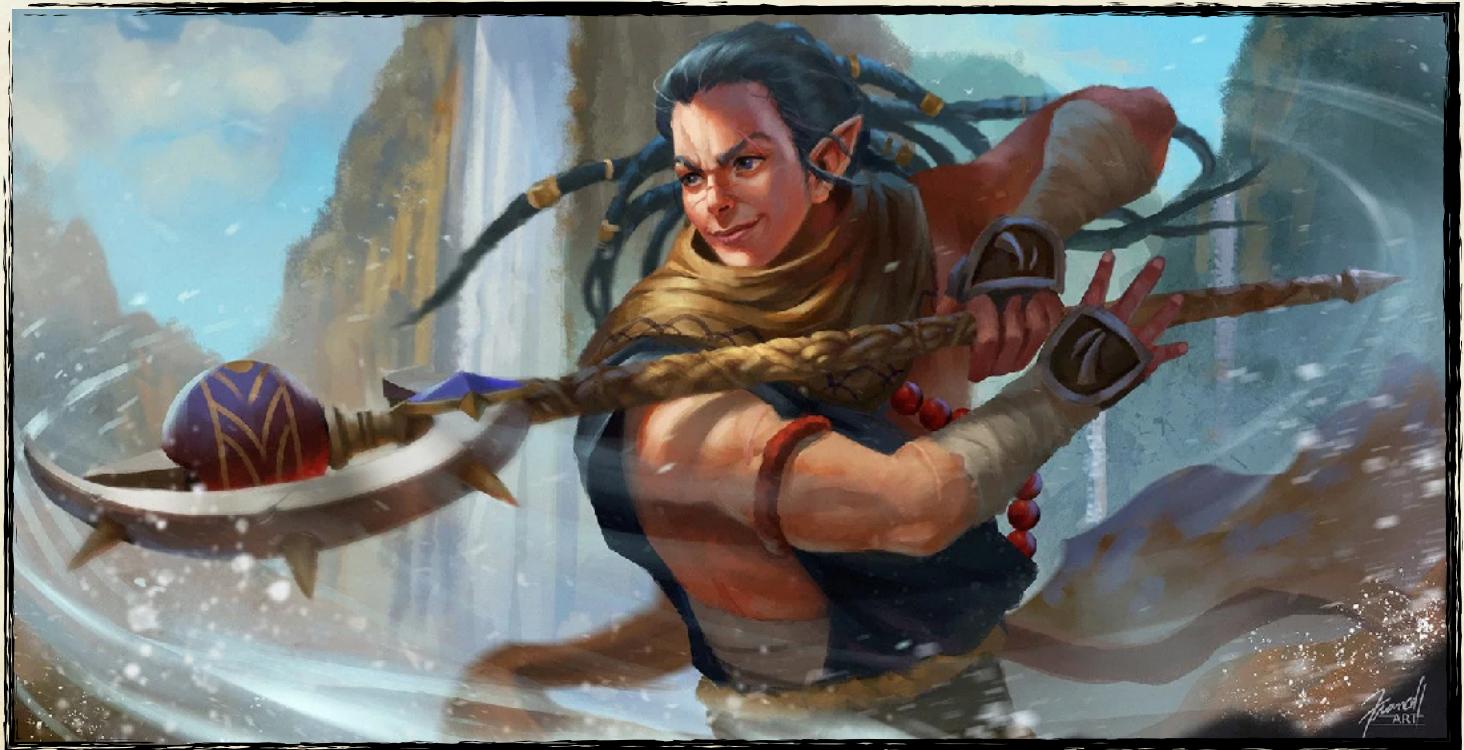
At 7th level, your instinctive agility lets you dodge out of the way of certain area effects, such as a blue dragon's lightning breath or a fireball spell. When you are subjected to an effect that allows you to make a Dexterity saving throw to take only half damage, you instead take no damage if you succeed on the saving throw, and only half damage if you fail.

STILLNESS OF MIND

Starting at 7th level, you can use your action to end one effect on yourself that is causing you to be charmed or frightened.

UNARMORED MOVEMENT IMPROVEMENT

At 9th level, you gain the ability to move along vertical surfaces and across liquids on your turn without falling during your move.





PURITY OF BODY

At 10th level, your mastery of the Ki flowing through you makes you immune to disease and poison.

UNARMORED MOVEMENT

At 10th level, your Unarmored Speed speed bonus increases to 20 feet while you are not wearing armor or wielding a shield.

TONGUE OF THE SUN AND MOON

Starting at 13th level, you learn to touch the Ki of other minds so that you understand all spoken

languages. Moreover, any creature that can understand a language can understand what you say.

DIAMOND SOUL

Beginning at 14th level, your mastery of Ki grants you proficiency in all saving throws. Additionally, whenever you make a saving throw and fail, you can spend 1 Ki point to reroll it and take the second result.

UNARMORED MOVEMENT

At 14th level, your Unarmored Speed speed bonus increases to 25 feet while you are not wearing armor or wielding a shield.

TIMELESS BODY

At 15th level, your Ki sustains you so that you suffer none of the frailty of old age, and you can't be aged magically. You can still die of old age, however. In addition, you no longer need food or water.

EMPTY BODY

Beginning at 18th level, you can use your action to spend 4 Ki points to become invisible for 1 minute. During that time, you also have resistance to all damage but force damage.

Additionally, you can spend 8 Ki points to cast the astral projection spell, without needing material components. When you do so, you can't take any other creatures with you.

UNARMORED MOVEMENT

At 18th level, your Unarmored Speed speed bonus increases to 30 feet while you are not wearing armor or wielding a shield.

PERFECT SELF

At 20th level, when you roll for initiative and have no Ki points remaining, you regain 4 Ki points.



KI

Ki, also called “inner power” or “cosmic current” is a primordial source of power that has the ability to augment the living spirit. Many monastic traditions know this power as Ki, but it has been identified by many names across the millennia.

CULTIVATION OF ONE'S CORE

Ki is harnessed through relentless training and meditation known as “cultivation”. During cultivation a Monk harmonizes with their surrounding environment and uses the body as a crucible to store spiritual Ki energy. This core physically manifests itself as a ball of golden light under the solar-plexus bone in one's chest. Monks in training must work to form their core. This moment in their cultivation is pivotal as it sets the theme of their study, power, and ability.

THE INTERNAL ALCHEMY

By clearing the mind of any thoughts and acting on instinct, Monks with a strong Core and sense of Ki

could listen to the Cosmic Current and become an instrument of it.

Developing one's Internal Alchemy unlocks the ability to see beyond pain, perform feats of extraordinary strength, and push the body beyond its typical breaking point.

For a Monk who has spent a lifetime cultivating their Core, nearly anything is possible.

THE NATURE OF KI

Ki binds all things within The Eternal Cycle. It is a unifying energy that The Elder Gods themselves use to transcend space and time, melding and attuning themselves with The Eternal Cycle.

The Astral Stream is the wellspring from which Ki flows into the beings of Asha. It is a vast warehouse of Ki energy cultivated by Umwe and his children, the Elysians. As one of the largest known collections of Ki in the universe, it is coveted by all Elder Gods who are aware of its existence.

While a Monk begins by cultivating the energy within their own spirit, they later learn to harness their Ki to tap into and draw power from The Astral Stream in order to perform feats of extraordinary ability typically unavailable to mortals.

THE SEVENFOLD PATH

Through Ki, Monks understand that all living and spiritual creatures are connected. To harm another is to harm the self. A Monk disciplines their body and cultivates their core by upholding the strict tenets that bind mind, body and spirit: known as The Sevenfold Path. Only when one elevates their soul beyond that of base primal instinct does it begin to touch the divine Ki and cultivate one's core.

More than vows, The Sevenfold Path is a blueprint for unlocking greater capability and advancement with Ki. While there do exist some Monks who can cultivate their core by other means, most are left to follow the strict rigidness of The Sevenfold Path.



THE SEVENFOLD PATH

CHASTITY

You abstain from all intimate physical activity and contact, refusing to even share sleeping arrangements with another person, and shunning forms of undress and improper conversation.

CLEANLINESS

You must wash yourself and change into fresh clothes daily, or shortly after your robes become dirty. Your appearance, grooming and hygiene must be kept immaculate at all times.

FASTING

You eat nothing but simple bland staple foods and drink nothing but water. You cannot use tobacco or drugs and refrain from potions, or alchemical items requiring eating or drinking.

PEACE

You only use violence as a last resort. You never strike the first blow in combat and if attacked you fight defensively for the first 2 rounds, giving your opponent the option to surrender.

POVERTY

You have taken a vow of poverty and must never own more than six possessions - a simple set of clothing, a pair of sandals or shoes, a bowl, a sack, a blanket, and any one other item.

TRUTH

You do not speak deliberate lies, including bluffing, stating half-truths with the intent to deceive, exaggerating, telling white lies, and so on. Silence speaks louder than lies.

HARMONY

You seek to build good will and not destroy it. You are quiet in your words and calm in your actions. You seek connection with all living beings, regardless of their stature.

WAYS

Dotted across the landscape of Asha are monasteries - small walled cloisters inhabited by Monks. While dozens of monastic orders exist in the world, most are small circles of no more than a dozen or so members, living in isolated monasteries in the wilderness. A few orders include hundreds of members and influence events across entire nations. Some of the prominent orders include:



THE WAY OF THE ASCENDANT DRAGON

Practitioners focus on harnessing the power and essence of Dragons. Through their training and discipline, these monks transform themselves to resonate with draconic might. Their combat abilities are enhanced, allowing them to strike with the strength and precision of a dragon. As masters of the draconic arts, these monks can manifest draconic wings and achieve spiritual unity with the essence of Asha herself.



THE WAY OF THE ASTRAL SELF

These monks delve into the profound belief that the physical body is merely an illusion. These Monks view their Ki and Core as reflections of their true essence, an Astral Form that exists beyond the material realm. Through rigorous training and meditation, they seek to align their physical and spiritual selves, striving for perfect harmony between the two. As they progress, their Astral Self becomes more pronounced, allowing them to manifest it in combat.



THE WAY OF THE OPEN HAND

This philosophy teaches unparalleled skill and precision allowing these Monks to hone their Ki energy to not only unleash devastating attacks but also heal wounds, mending flesh and spirit with the power of their focused minds. Through advanced meditation practices, they are revered for their exceptional discipline, unwavering focus, and their ability to employ a wide array of combat tactics to overcome any opponent.



THE WAY OF THE SHINING HAND

Monks who walk this path are masters of manipulating the intricate connections within the body, mind and spirit. Rooted in ancient Elven traditions, they possess a deep understanding of the interplay between these aspects. Through precise strikes and targeted maneuvers, they can temporarily disrupt the body's natural flow of energy, causing physical and metaphysical imbalances in their opponents; weakening limbs, diminishing senses, or even impairing magical abilities.



THE WAY OF THE LONG DEATH

Monks who embrace The Long Death delve into the enigmatic realm of mortality with an unwavering obsession. Practitioners are driven by a morbid curiosity and a relentless pursuit of understanding the intricacies of death itself. They employ dark rituals and capture creatures, subjecting them to elaborate experiments that document the moments leading up to their demise. Through these macabre studies, the Monks gain insights into the mechanics of "the perfect death".

THE WAY OF THE OUAT

The Ouat, a unique order of ascetic Dwarves, have broken away from the confines of traditional Dwarven customs and beliefs. They reject the notion of unchanging rigidity, seeing it as a hindrance to personal growth and development; embracing a nomadic lifestyle under the open sky. They follow in the footsteps of Qualok, aspiring to awaken the divine essence that lives within all creatures. While very rare, there are instances of other races joining this order.



THE WAY OF THE KNIFE

A philosophy cultivated by the Elves, The Way Of The Knife embodies the harmonious fusion of grace, precision, and spiritual connection. These Monks have mastered the art of knife combat, turning the blade into an extension of their cultivated core. With every fluid movement, they channel their inner energy, unleashing swift strikes that cut through the air with uncanny accuracy. They achieve a heightened state of focus and awareness during their dance.

THE WAY OF THE DRUNKEN MASTER

These Monks embody a unique and deceptive style where they emulate the unsteady movements of a drunkard, appearing clumsy and unpredictable to their foes. However, beneath their swaying facade lies a skilled and calculated warrior.

Their seemingly erratic motions mask a carefully orchestrated dance of blocks, parries, and evasive maneuvers, leaving their opponents frustrated and off-balance. Their fluidity and unorthodox approach extends into their Cultivation.



THE WAY OF THE ASCENDANT DRAGON

The fundamental teaching of this tradition holds that by emulating dragons, a monk becomes a more integrated part of the world and its magic. By altering their spirit to resonate with draconic might, monks who follow this tradition augment their prowess in battle, bolster their allies, and can even soar through the air on draconic wings. But all this power is in service of a greater goal: achieving a spiritual unity with the essence of Asha.

DRACONIC METTLE

At 3rd level, you gain advantage on saving throws against all fear, paralysis and sleep effects.

DRACONIC FURY

At 6th level, you gain some control over the Draconic energies you study. As a short rest, you can attune to one of the following elements: acid, cold, fire, lightning, or poison. When you damage a target with an unarmed strike, you can choose to change the damage type to this attuned type. You can also expend 1 Ki point as a bonus action to imbue your attacks with additional 1d6 points of damage from the chosen energy type or grant you a reach of 20 feet for your next strike.

ASPECT OF THE WYRM

ONCE PER LONG REST OR 3 KI

At 11th level the power of your spiritual core now radiates from you, warding your allies or inspiring fear in your enemies. As a bonus action, you can create an aura of power that radiates 15 feet from you for 1 minute. For the duration, you gain the following benefits:

- **Frightful Presence.** When you create this aura, and as a bonus action on subsequent turns, you can choose a creature within the aura. The target must succeed on a Wisdom saving throw against your Ki save DC or become frightened of you for 1 minute. The target can repeat the saving throw at the end





- of each of its turns, ending the effect on itself on a successful save.
- **Resistance.** Allies within the aura have resistance to the damage type you are attuned to as part of your Draconic Fury.
- **Empowered Elements.** You may add your Wisdom modifier (minimum of +1) to the damage of one of your unarmed strikes once per turn.

Once you create this aura, you can't create it again until you finish a long rest, unless you expend 3 Ki points to create it again.

ASCENDANT ASPECT

At 17th level, your draconic spirit reaches its peak. You gain the following benefits:

- **Augmented Fury.** You may expend and action and spend 1 Ki point to expel a ranged elemental attack in the form of your attune

element. This exhalation of energy becomes either a 60-foot cone or a 90-foot line that is 5 feet wide (your choice), and each creature in that area takes damage equal to five rolls of your Martial Arts die on a failed save, or half as much damage on a successful one.

• **Blindsight.** You gain blindsight out to 10 feet. Within that range, you can effectively see anything that isn't behind total cover, even if you're blinded or in darkness. Moreover, you can see an invisible creature within that range, unless the creature successfully hides from you.

• **Explosive Fury.** When you activate your Aspect of the Wyrm, draconic fury explodes from you. Choose any number of creatures you can see in your aura. Each of those creatures must succeed on a Dexterity saving throw against your Ki save DC or take $5d10$ damage of your attuned damage type.

THE WAY OF THE DRUNKEN MASTER

The Way of the Drunken Master teaches its students to move with the jerky, unpredictable movements of a drunkard. A drunken master sways, tottering on unsteady feet, to present what seems like an incompetent combatant who proves frustrating to engage. The drunken master's erratic stumbles conceal a carefully executed dance of blocks, parries, advances, attacks, and retreats. A drunken master often enjoys playing the fool to bring gladness to the despondent or to demonstrate humility to the arrogant, but when battle is joined, the drunken master can be a maddening, masterful foe.

FEROCIOS FOOL

At 3rd level, you emulate the unpredictable movements of a drunkard, gaining the ability to weave and stumble through combat with deceptive grace. When you use Flurry of Blows, you do not provoke opportunity attacks and you gain 10 feet of walking speed until the end of your turn.

TIPSY SWAY

At 6th level, your drunken swaying becomes a bewildering display of unpredictability, making it

difficult for enemies to land precise attacks. You gain the following benefits when a creature misses you with a melee attack:

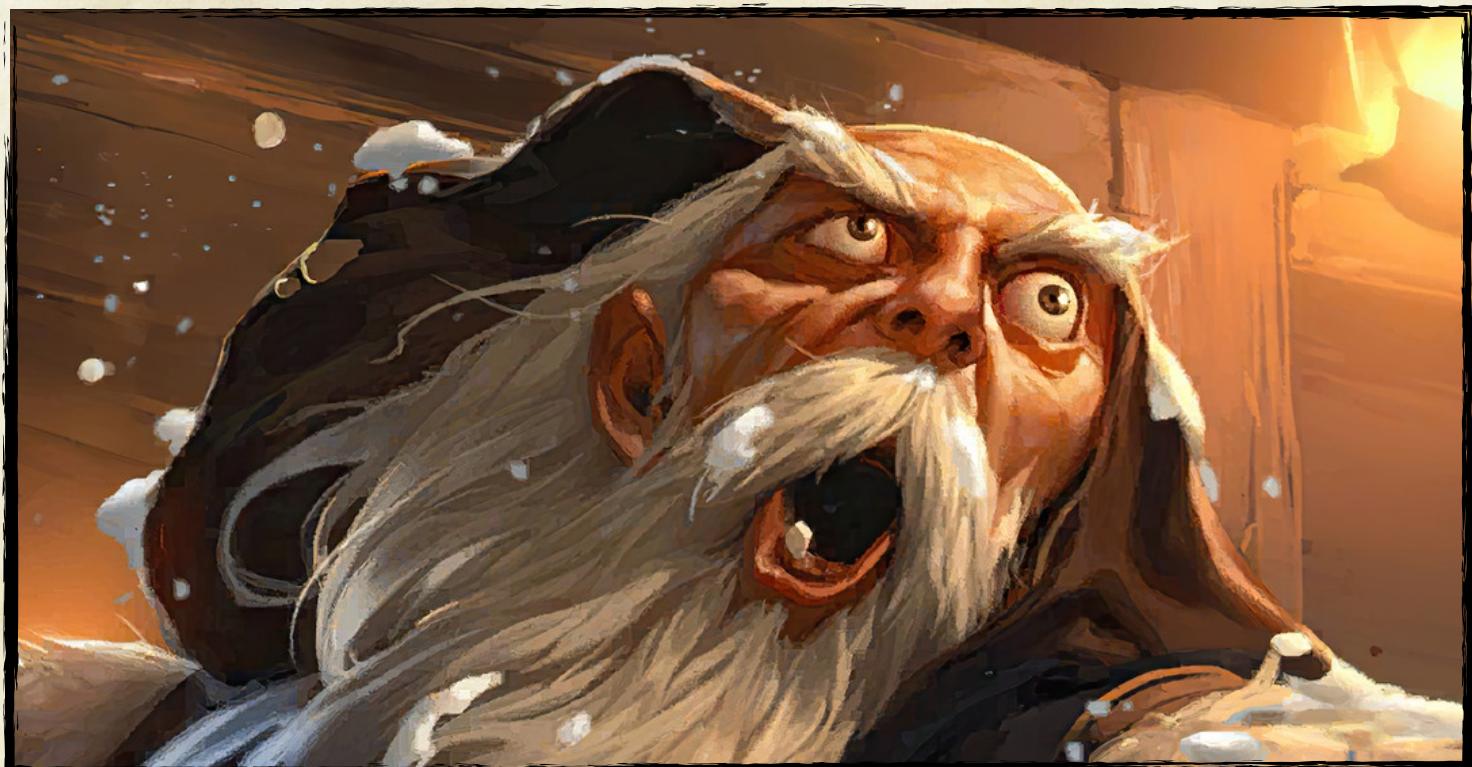
- **Redirect Attack.** You can spend 1 Ki point as a reaction to cause that attack to hit one creature of your choice, other than the attacker, that you can see within 5 feet of you.
- **Taunting Technique.** You can use your ration to move up to half your speed without provoking opportunity attacks.

DRUNKARDS LUCK

At 11th level, you always seem to get a lucky bounce at the right moment. When you make an ability check, an attack roll, or saving throw, and have disadvantage, you can spend 2 Ki points to cancel the disadvantage for that roll.

INTOXICATED FRENZY

At 17th level, you gain the ability to make an overwhelming number of attacks against a group of enemies. When you use your Flurry Of Blows, you can make up to three additional attacks with it (up to a total of five attacks) provided that each Flurry of Blows attack targets a different creature this turn.



THE WAY OF THE LONG DEATH

Monks of this order are obsessed with the meaning and mechanics of dying. They capture creatures and prepare elaborate experiments to record and understand the moments of their demise. They use this knowledge to guide their understanding of martial arts and unravel the secrets of ‘the perfect death’. They see this as the ultimate offering they could bestow upon beings who are truly ready.

TOUCH OF DEATH

At 3rd level, you learn to channel death's cold embrace. You can use your Constitution modifier, instead of Dexterity or Strength for unarmed strike and attack with monk weapons, and for calculating your unarmoured defense. Additionally, once per turn when you hit a creature with an unarmed strike or monk weapon, you can deal additional necrotic or cold damage equal to one roll of your martial arts die if you have taken damage since the end of your last turn. At 11th level, this becomes two rolls of your martial arts die.

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 of your choice within 30 feet of you that can see you must succeed on a Wisdom saving throw or be frightened of you until the end of your next turn. Alternatively, you can do this as a bonus action by using 1 Ki point.

MASTERY OF DEATH

At 11th level, you use your familiarity with death to escape its grasp. When you are reduced to 0 hit points, you can expend 1 Ki point (no action required) to have 1 hit point instead.

TOUCH OF THE LONG DEATH

At 17th level, your touch can channel the energy of death into a creature. As an action, you touch one creature within 5 feet of you, and you expend 0 to 10 Ki points. The target takes $3d10$ necrotic damage, plus an additional $1d10$ necrotic damage per Ki point spent. If this reduces a creature to 0 hitpoints, it dies, and you can raise its spirit, casting Summon Undead Spirit as a 4th level spell. When cast this way, the spell doesn't expend a spell slot and it doesn't require material components or concentration. You can only have one spirit summoned this way at a time, and if you summon another while one is already present, it fades away with a faint scream.



THE WAY OF THE OPEN HAND

Monks of the Way of the Open Hand are the ultimate masters of martial arts combat, whether armed or unarmed. They learn techniques to push and trip their opponents, manipulate Ki to heal damage to their bodies, and practice advanced meditation that can protect them from harm.

OPEN HAND TECHNIQUE

At 3rd level, you can manipulate your enemy's Ki when you harness your own. Whenever you hit a creature with one of the attacks granted by your Flurry of Blows, you can impose one of the following effects on that target:

- It must succeed on a Dexterity saving throw or be knocked prone.
- It must make a Strength saving throw. If it fails, you can push it up to 15 feet away from you.
- It can't take reactions until the end of your next turn.

WHOLENESS OF BODY

At 6th level, you gain the ability to heal yourself. As an action, you can regain hit points equal to three

times your monk level. You must finish a long rest before you can use this feature again.

TRANQUILITY

Beginning at 11th level, you can enter a special meditation that surrounds you with an aura of peace. At the end of a long rest, you gain the effect of a sanctuary spell that lasts until the start of your next long rest (the spell can end early as normal). The saving throw DC for the spell equals $8 + \text{your Wisdom modifier} + \text{your proficiency bonus}$.

QUIVERING PALM

At 17th level, you gain the ability to set up lethal vibrations in someone's body. When you hit a creature with an unarmed strike, you can spend 3 ki points to start these imperceptible vibrations, which last for a number of days equal to your monk level. The vibrations are harmless unless you use your action to end them. To do so, you and the target must be on the same plane of existence. When you use this action, the creature must make a Constitution saving throw. If it fails, it is reduced to 0 hit points. If it succeeds, it takes $10d10$ necrotic damage.

You can have only one creature under the effect of this feature at a time. You can choose to end the vibrations harmlessly without using an action.



THE WAY OF THE OUAT

There exist ascetic Dwarves known as the Ouat who have eschewed Dwarven tradition. They believe that unchanging rigidity shackles their people to the past and inhibits self-improvement. Shaving their heads, living under the open sky, and practicing arts unfamiliar to the typical Dwarf, the Ouat follow in the footsteps of Qualok and aspire to awaken the divine essence that lives within all creatures.

AWAKENED DIVINITY

WISDOM MODIFIER / LONG REST

At 3rd level, as a standard action, you can touch a creature to grant it a temporary Ki point until the beginning of your next turn. In addition to any other ways in which the target can use Ki, it can expend the Ki point as a Bonus Action in order to either gain a +2 dodge bonus to AC for 1 round or increase its base speed by 20 feet for 1 round. You can target yourself with this ability as a Bonus Action however doing so costs 2 uses of this ability. You may perform this ability a number of times equal to your Wisdom modifier per Long Rest.

EXTORT TRUTH

At 6th level, you can precisely strike a hidden cluster of nerves on a creature, temporarily preventing it from masking its true thoughts and intent. When you hit a creature with an unarmed strike, you can spend 1 Ki point to force it to make a Charisma saving throw. On a failed save, the creature is unable to speak a deliberate lie, and all Charisma checks directed at the creature are made

with advantage for up to 10 minutes. You know if it succeeded or failed on its saving throw.

An affected creature is aware of the effect and can thus avoid answering questions to which it would normally respond with a lie. Such a creature can be evasive in its answers as long as the effect lasts. If you wish to impose this effect on a creature without injuring it, you can attack the creature to simply touch it, dealing no damage on a hit.



MYSTICAL ERUDITION

Also at 6th level, you have extensively studied history and lore. You learn one language of your choice, and you gain proficiency with one of the following skills: Arcana, History, Investigation, Nature, or Religion. If you already have proficiency in one of the listed skills, you can instead choose to double your proficiency bonus for any ability check you make using that skill.

MIND OF MERCURY

At 11th level, you've honed your awareness and reflexes through mental aptitude and pattern recognition. Once per turn, if you've already taken your reaction, you may spend 1 Ki point to take an additional reaction. You can use only one reaction per triggering effect.

QUALOK'S JUDGEMENT

At 17th level, when you hit a creature with an unarmed strike, you can spend 1 Ki point to attempt to free an enslaved soul from an effect that is imprisoning it (such as Soul Bind). This functions as a targeted Dispel Magic spell with a caster level equal to your Monk level. You can spend an additional Ki point to gain a +4 bonus on the caster level check. If the soul is held prisoner by a creature or non-spell effect, the soul is freed if your caster level check is at least $11 + \text{the creature or effect's CR}$.

THE WAY OF THE SHINING HAND

Beings contain many points where the flesh, mind, and spirit coincide. The Elves who founded The Way Of The Shining Hand are skilled at manipulating these points. With precise strikes, they can temporarily disrupt the body's connection with the rest of itself.

HAND OF HEALING AND HARM

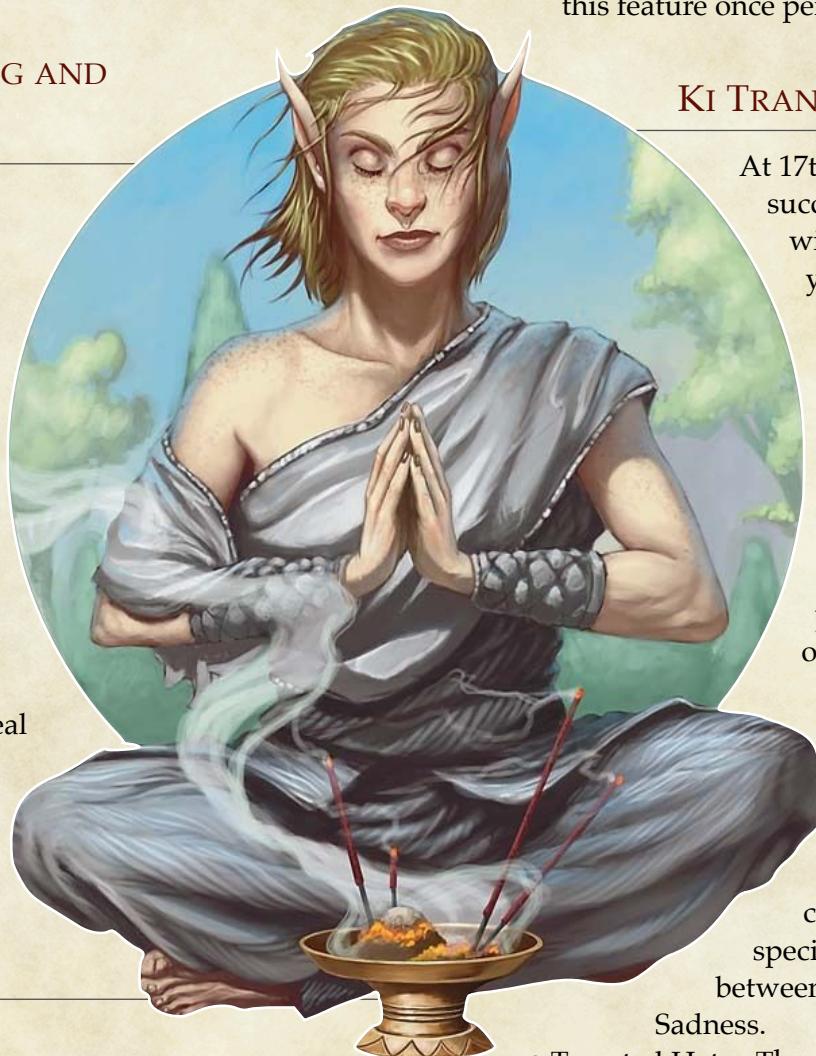
ONCE PER TURN

At 3rd level, you gain proficiency in the Medicine skill and can use Ki to inflict or cure wounds. When you hit a target with an unarmed strike, you can use a reaction and spend 1 Ki point to either deal necrotic damage equal to one roll of your Martial arts die + your Wisdom modifier, or heal those same number of hit points. You can perform this once per turn.

MERIDIANS

At 6th level, when you successfully hit a creature with one attack granted by your Flurry of Blows, instead of damage you can expend a Ki point to impose one effect until the start of your next turn. It must succeed on:

- A Strength saving throw or be unable to move, swim or fly.
- A Dexterity saving throw or be blinded.
- A Constitution saving throw or be unable to speak.
- A Dexterity saving throw or fall prone.



DOUSE THE FLAMES

ONCE PER LONG REST

At 11th level, you gain the ability to temporarily sever their ability to be a conduit for Magic. As an action, you can touch a creature and it must succeed on a Constitution saving throw against against your Ki. On a failure, the creature can not cast spells until the start of your next turn. If they succeed, they are immune to this effect for 24 hours. You can perform this feature once per long rest.

KI TRANSFERENCE

At 17th level, when you successfully hit a creature with an unarmed attack, you may spend 3 Ki points to manipulate its emotional state. All damage you make this round is considered non lethal. If this damage is higher than the creature's remaining hit points, you can choose for one of the following effects to occur:

- Charm. The creature is charmed by you and regards you as a close friend.
- Emotion Lock. The creature experiences a specific emotion. Choose between Anger, Fear, Joy, or Sadness.
- Targeted Hate. The creature is made to feel an intense hatred for a specific creature it has some knowledge of, such as its name or appearance.
- Sleep. The creature is magically forced into a deep sleep for the duration.

The effect lasts for up to 1 minute but can be made to expire after a shorter time if you touch the creature as a bonus action. The effect ends if the target falls to 0 hit points or takes damage.

THE WAY OF THE KNIFE

Honed by the Elves, the Monks of this order have perfected the beauty and movement of the knife, blending swift movements and spiritual attunement. The knife acts as an extension of the Monk's cultivated core.

FLECHE OR "CHARGE" IN ELVISH

At 3rd level, you may make leaping attacks. Whenever you use your Step Of The Wind feature, you gain advantage on all your melee weapon attacks made until the end of your turn.

DRINGA OR "REPLY" IN ELVISH

At 6th level, you learn to make a quick counter-attack after successfully parrying an enemy attack. If a melee attack misses you, you may use your reaction and spend 1 Ki point to counter attack with a single Knife or Dagger strike.

BLADE FLURRY

At 6th level, you learn to swing your knife with amazing speed. When you use your Flurry of Blows feature, you can replace one of the unarmed strikes with a Knife or Dagger attack. These blade attacks are infused with your Ki and considered magical. At 11th level, you can replace both Flurry of Blows unarmed strikes with Knife or Dagger attacks.

INSTINCTUAL REFLEXES

At 11th level, when you make a Dexterity saving throw, you can treat a roll of 9 or lower as a 10.

BLADE DANCE

At 17th level, your mastery of knife fighting reaches its pinnacle. When you take the Attack action with a Knife or Dagger, you can make an additional attack as a bonus action. Additionally, your knife attacks have advantage against any target that hasn't taken a turn in combat yet.



THE WAY OF THE ASTRAL SELF

Followers of the Way of the Astral Self believe their body is an illusion. They see their Ki and Core as a representation of their true form, an Astral Form. Disciples train to bring their true selves into a manifested physical and spiritual perfection.

ARMS OF THE ASTRAL SELF

At 3rd level, your mastery of your Ki allows you to summon a portion of your Astral Self. As a bonus action, you can spend 1 Ki point to summon the arms of your Astral Self. When you do so, each creature of your choice that you can see within 10 feet of you must succeed on a Dexterity saving throw or take force damage equal to two rolls of your Martial Arts die.

For 10 minutes, these spectral arms hover near your shoulders or surround your arms (your choice). You determine the arms' appearance, and they vanish early if you are incapacitated or die.

While the spectral arms are present, you gain the following benefits:

- You can use your Wisdom modifier in place of your Strength modifier when making Strength checks and Strength saving throws.
- Whenever you take the attack action, you can make an additional attack if all the attacks are made with your astral arms.
- When you make an unarmed strike with the arms on your turn, your reach for it is 5 feet greater than normal.
- The unarmed strikes you make with the arms can use your Wisdom modifier in place of your Strength or Dexterity modifier for the attack and damage rolls, and their damage type is force.

VISAGE OF THE ASTRAL SELF

At 6th level, you can summon the visage of your Astral Self. As a bonus action, or as part of the bonus action you take to activate Arms of the Astral Self, you can summon this visage for 10 minutes. It vanishes early if you are incapacitated or die.

The spectral visage covers your face like a helmet or mask. Its appearance matches the character of your inner Core. While the spectral visage is present, you gain the following benefits:

- **Astral Sight.** You can see normally in darkness, both magical and nonmagical, to a distance of 120 feet.
- **Wisdom of the Spirit.** You have advantage on Wisdom (Insight) and Charisma (Intimidation) checks.
- **Word of the Spirit.** When you speak, you can direct your words to a creature of your choice that you can see within 60 feet of you, making it so only that creature can hear you. Alternatively, you can amplify your voice so that all creatures within 600 feet can hear you.





BODY OF THE ASTRAL SELF

At 11th level, when you have both your astral arms and visage summoned, you can cause the body of your Astral Self to appear (no action required). This spectral body covers your physical form like a suit of armor, connecting with the arms and visage. While the spectral body is present, you gain the following benefits.

- **Deflect Energy.** When you take acid, cold, fire, force, lightning, or thunder damage, you can use your reaction to deflect it. When you do so, the damage you take is reduced by $1d10 + \text{your Wisdom modifier} + \text{your proficiency bonus}$.
- **Enlightened Brutality** Any attack you make with your astral arms deals an additional $1d4$ radiant or necrotic damage (your choice when you activate the arms / visage.)

AWAKENED ASTRAL SELF

At 17th level, your connection to your Astral Self is complete, allowing you to unleash its full potential. As a bonus action, you can spend 5 Ki points to summon the arms, visage, and body of your astral self and awaken it for 10 minutes. This awakening ends early if you are incapacitated or die.

While your astral self is awakened, you gain the following benefits.

- **Armor of the Spirit.** You gain a +2 bonus to Armor Class.
- **Astral Onslaught.** Whenever you use the Extra Attack feature to attack three times, you can instead attack four times if all the attacks are made with your astral arms.
- **Clarity of the Spirit.** You gain a plus +2 bonus to your Wisdom score, to a maximum of 22.