FOUR WINDS		Bonus	STLIKE		
ARMOUR CLASS BONUS	Level	Feats	Damage Sml / Lrg	Armour Class Bonus	
CA BONUS  Monk Level	1	•	d6 d4/d8	Flurry of Blows Unarmed Strike Elemental Fist	Use a full attack action for more attacks Treat hands, feet, knees and elbows as weapons Add elemental damage to an attack
MDC BONUS = WIS + ( ÷4)	2			Evasion	Avoid all damage on successful reflex save
+ MDC (Round down)  Bonus only applied when unarmoured, unencumbered and not helpless	3			Fast Movement <b>+3m</b> Manoeuvre Training Still Mind	(which grants +4 to Acrobatics checks for jumping) Use monk level in place of <b>BAB</b> for calculating <b>CMB</b> +2 saving throws against enchantment
ELEMENTAL FIST ELEMENTAL FIST Monk Non-Monk	4		d8 d6/2d6	Ki Pool (magic) Slow Fall <b>6m</b>	Treat unarmed attacks as magic weapons Reduce effective falling height using wall
Evel Levels  + ( ÷ 4 )	5			High Jump Purity of Body	Add monk level to Acrobatics checks for jumping +20 to jump checks - 1 ki point Immune to all diseases
ELEMENTAL FIST (Round down) TODAY	6	-		Fast Movement +6m Slow Fall 9m	(which grants +8 to Acrobatics checks for jumping)
Declare an elemental damage type before making an attack:  Acid, Cold, Electricity or Fire	7			Wholeness of Body	Heal your own wounds - 2 ki points
ELEMENTAL Monk DAMAGE Level	8		<b>d10</b> d8/2d8	Slow Fall 12m	
= 1 + ( ÷ 5 ) (Round down)	9			Improved Evasion Fast Movement <b>+9m</b>	Avoid half damage on failed reflex save (which grants +12 to Acrobatics checks for jumping)
BONUS FEATS  ☐ Catch off-guard ☐ Combat Reflexes	10			Ki Pool (lawful) Slow Fall <b>15m</b>	Treat unarmed attacks as lawful weapons
Level	11			Diamond Body	Immune to all poisons
☐ Throw Anything ☐ Gorgon's Fist ☐ Improved Bull Rush	12		2d6 d10 / 3d6	Slow Time Fast Movement +12m Slow Fall 18m	Gain two extra standard actions - 6 ki points (which grants +16 to Acrobatics checks for jumping)
6   Improved Disarm   Improved Feint   Mobility	13			Diamond Soul	Spell resistance
Level   Improved Critical   Medusa's Wrath	14			Slow Fall 21m	
10 ☐ Snatch Arrows ☐ Spring Attack WHOLENESS OF BODY	15			Quivering Palm Fast Movement <b>+15m</b>	Delayed death (which grants +20 to Acrobatics checks for jumping)
HEALING Level POINTS Monk Level	16		2d8 2d6/3d8	Ki Pool (adamantine) Slow Fall <b>24m</b>	Treat unarmed attacks as adamantine weapons
7 =	17			Aspect Master Tongue of the Sun and Moon	Choose an aspect of the natural world Speak with any living creature
Level SPELL RESISTANCE Monk Level	18			Fast Movement <b>+18m</b> Slow Fall <b>27m</b>	(which grants +24 to Acrobatics checks for jumping)
13 = 10 +	19			Empty Body	Assume ethereal state for 1 minute - <b>3 ki points</b>
QUIVERING PALM  QUIVER DAYS Monk Level	20		2d10 2d8/4d8	Immortality Slow Fall <b>Any distance</b>	Never age, spontaneously reincarnate
Level days =				KI PO	OOL
Fortitude Monk Resistência CD Level	PISCIN			Nonk Level	Piscina de KI
=10+( ÷2)+WIS			= (	÷ 2 ) + WIS	
ASPECT MASTER				ACROB	ATICS
Aspect	MOV	E THR		HREATENED SQUARE  de Acrobacia = do Oponente M	at half speed
Special Abilities Level	MOV	E THE	ROUGH EN	IEMY'S OWN SQUARE	at half speed e <b>MCD</b> +10 to move at full speed
17	LONG	JUM	Distan	ce 5ft 10ft 15ft 20ft DC 5 10 15 20	25ft 30ft 35ft 40ft 45ft 50ft 55ft 25 30 35 40 45 50 55
		I JUM	Distan	ce 1ft 2ft 3ft 4ft DC 4 8 12 16	5ft 6ft 7ft 8ft 9ft 10ft 11ft 20 24 28 32 36 40 44

for every 10ft of your standard move above 30ft

if you fail a jump by 4 or less

to ignore 10ft of falling damage

Acrobatics skill +4

DC 20 Reflex save

DC 15 Acrobatics

**CATCH LEDGE** 

FALL

**MONK OF THE** 

PERFECT SELF

Level Immune to Charm Person and other effects that

Treated as an Outsider

target non-outsiders. Damage reduction 10/chaotic

20

Monk