

Monk
Level

AC BONUS

+ AC } = **WIS** + (**Monk Level** ÷ 4)
CMD BONUS
+ CMD } (Round down)

PUNISHING KICK PER DAY

$$\boxed{} = \underline{} + \left(\underline{} \div 4 \right)$$

(Round down)

PUNISHING KICK TODAY

DISTANCE
PUSHED

$$\boxed{} \text{ ft} = (\div 5) \times 5 \text{ ft}$$

**FORTITUDE
SAVE DC**

$$\boxed{} = 10 + \left(\div 2 \right) + \text{WIS}$$

Fortitude save to avoid being knocked prone

Level 15 Push a target back 5ft and knock them prone with the same attack

Level 5 On a confirmed critical hit, or on reducing a target to 0hp, regain 1 ki point up to your maximum.

Level 11 For each point regained, gain an immediate saving throw against one disease.

	<input type="checkbox"/> Catch off-guard	<input type="checkbox"/> Combat Reflexes
Level	<input type="checkbox"/> Deflect Arrows	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dodge
1	<input type="checkbox"/> Improved Grapple	<input type="checkbox"/> Scorpion Style
	<input type="checkbox"/> Throw Anything	

Level 6	<input type="checkbox"/> Gorgon's Fist	<input type="checkbox"/> Improved Bull Rush
	<input type="checkbox"/> Improved Disarm	<input type="checkbox"/> Improved Feint
	<input type="checkbox"/> Improved Trip	<input type="checkbox"/> Mobility

Level	<input type="checkbox"/> Improved Critical	<input type="checkbox"/> Medusa's Wrath
10	<input type="checkbox"/> Snatch Arrows	<input type="checkbox"/> Spring Attack

On a confirmed critical hit, or on reducing a target to 0hp, regain health.

Level **HEALING**
7 **POINTS** Monk Level

	Gain 1hp on a successful melee attack
Level	Gain WIS hp on a confirmed critical attack
13	You may gain up to your monk level in temporary hit points. They disappear after 1 hour

QUIVER DAYS Monk Level

$$\boxed{} = 10 + \left(\boxed{} \div 2 \right) + \text{WIS}$$

Treated as an Outsider
Level 20 Immune to Charm Person and other effects that target non-outsiders.
Damage reduction 10/chaotic

Monk Level	Bonus Feats	Unarmed Strike Damage Sml / Lrg	Armour Class Bonus	
1	■	d6 d4 / d8	Flurry of Blows Unarmed Strike Punishing Kick	Use a full attack action for more attacks Treat hands, feet, knees and elbows as weapons Push targets away from you
2	■		Evasion	Avoid all damage on successful reflex save
3			Fast Movement +10 ft Manoeuvre Training Still Mind	(which grants +4 to Acrobatics checks for jumping) Use monk level in place of BAB for calculating CMB +2 saving throws against enchantment
4		d8 d6 / 2d6	Ki Pool (magic) Slow Fall 20 ft	Treat unarmed attacks as magic weapons Reduce effective falling height using wall
5			High Jump Steal Ki	Add monk level to Acrobatics checks for jumping +20 to jump checks - 1 ki point Take ki from other creatures
6	■		Fast Movement +20 ft Slow Fall 30 ft	(which grants +8 to Acrobatics checks for jumping)
7			Life Funnel	Take hp from other creatures
8		d10 d8 / 2d8	Slow Fall 40 ft	
9			Improved Evasion Fast Movement +30 ft	Avoid half damage on failed reflex save (which grants +12 to Acrobatics checks for jumping)
10	■		Ki Pool (lawful) Slow Fall 50 ft	Treat unarmed attacks as lawful weapons
11			Life from a Stone	Take ki or hp from any creature at all
12		2d6 d10 / 3d6	Abundant step Fast Movement +40 ft Slow Fall 60 ft	Slip magically between spaces - 2 ki points (which grants +16 to Acrobatics checks for jumping)
13			Sipping Demon	Gain temporary hp on melee attacks
14	■		Slow Fall 70 ft	
15			Quivering Palm Fast Movement +50 ft	Delayed death (which grants +20 to Acrobatics checks for jumping)
16		2d8 2d6 / 3d8	Ki Pool (adamantine) Slow Fall 80 ft	Treat unarmed attacks as adamantite weapons
17			Timeless Body Tongue of the Sun and Moon	No age penalties or artificial ageing Speak with any living creature
18	■		Fast Movement +60 ft Slow Fall 90 ft	(which grants +24 to Acrobatics checks for jumping)
19			Empty Body	Assume ethereal state for 1 minute - 3 ki points
20		2d10 2d8 / 4d8	Perfect Self Slow Fall Any distance	Treated as outsider

$$\boxed{\text{KI POOL CAPACITY}} = \left(\frac{\text{Monk Level}}{2} \right) + \text{WIS}$$

MOVE THROUGH THREATENED SQUARE	at half speed
Acrobatics DC = Opponent's CMD	+10 to move at full speed
MOVE THROUGH ENEMY'S OWN SQUARE	at half speed
Acrobatics DC = 5 + Opponent's CMD	+10 to move at full speed

LONG JUMP	Distance	5ft	10ft	15ft	20ft	25ft	30ft	35ft	40ft	45ft	50ft	55ft
	DC	5	10	15	20	25	30	35	40	45	50	55
HIGH JUMP	Distance	1ft	2ft	3ft	4ft	5ft	6ft	7ft	8ft	9ft	10ft	11ft
	DC	4	8	12	16	20	24	28	32	36	40	44
Acrobatics skill +4 for every 10ft of your standard move above 30ft												
CATCH LEDGE	DC	20 Reflex save			if you fail a jump by 4 or less							
FALL	DC	15 Acrobatics			to ignore 10ft of falling damage							