

Starting XP 21150
Sladd lift/escape 1100
SURVIVING THE VOID 500
BODY RETURN 300
Running total 23050

DUNGEONS & DRAGONS

Character Sheet

Player Name/RPGA TJ Hrabota

10

Level

Melvin

Unaligned male Minotaur Monk

22 Age 7'2" Height 350 lbs. Weight Medium Size Dol Dorn Deity

21150

Total XP

26000

Defenses

24 AC

24 FORT

23 REF

23 WILL

Conditional Bonuses

Hit Points

Max HP (Bloodied 37) 75

Temp HP

Current Hit Points

Healing Surges

Surge Value 18 Surges/Day 12

Current Conditions:

Combat Statistics and Senses

Initiative

9

Conditional Modifiers:

Speed

7

Passive Insight

20

Passive Perception

29

Special Senses: Normal

Action Points

Action Points	Milestones	Action Points
<div></div>	0	1
	1	2
	2	3

Effect: Gain a standard action this turn.

Special: You are reset to one action point when you take an extended rest. You gain an action point each milestone.

Second Wind (one per encounter)

☐ Used

Effect: You spend a healing surge and regain hit points equal to your surge value. You gain a +2 bonus to all defenses until the start of your next turn.

Death Saving Throw Failures

☐ ☐ ☐

Saving Throw Mods 0

Resistances/Vulnerabilities

Current Conditions and Effects

Basic Attacks

Melee

Rhythm Blade Dagger +1

13

Strength vs. AC

1d4+7

Damage

Ranged

Rhythm Blade Dagger +1

13

Dexterity vs. AC

1d4+5

Damage

Languages

Common, Dwarven, Primordial



Abilities

		Check
STR	Strength	18 9
CON	Constitution	18 9
DEX	Dexterity	19 9
INT	Intelligence	14 7
WIS	Wisdom	19 9
CHA	Charisma	14 7

Skills

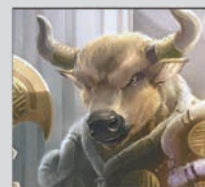
Acrobatics	Dexterity	✓	16
Arcana	Intelligence		7
Athletics	Strength	✓	16
Bluff	Charisma		7
Diplomacy	Charisma		7
Dungeoneering	Wisdom		9
Endurance	Constitution		9
Heal	Wisdom		9
History	Intelligence		7
Insight	Wisdom		10
Intimidate	Charisma		7
Nature	Wisdom		11
Perception	Wisdom	✓	19
Religion	Intelligence		7
Stealth	Dexterity	✓	14
Streetwise	Charisma		7
Thievery	Dexterity		9

TJ Hrabota

Player Name

Melvin

Character Name



Character Details

Background

Missing Master

Theme

Windlord

Mannerisms and Appearance

Personality Traits

Adventuring Company

Dusk Wardens

Companions and Allies

Session and Campaign Notes

Other Notes

Equipment

Head

Neck

Deep-Pocket Cloak +2

Arms

Iron Armbands of Power (heroic...

Hands

Rings

Rings

Off Hand

Monk unarmed strike

Main Hand

Rhythm Blade Dagger +1

Waist

Armor

Robe of Useful Items Cloth...

Tattoo

Ki Focus

Iron Body Ki Focus +2

Other Equipment

Adventurer's Kit
Candle (5)
Climber's Kit
Grappling Hook
Everburning Torch
Torch
Abduction Ki Focus +1
Potion of Healing (4)
Amulet of Mental Resolve +1
odd pieces of clothing found at incubator
Ki Focus
Potion of Regeneration (heroic tier) (2)
Hempen Rope (50 ft.)
Sunrod (4)
Suspicious hard packed food (incubator) (10)
Gem- Tigerseye 100gp (hatchery or incubator)
Gem-21,000 gp sapphire (incubator) (2)

Total Weight (lbs.)

110

Carrying Capacity
(lbs.)

Treasure

1,174 gp; 8 sp; 5 cp
0 gp banked

Normal

180

Heavy

360

Max

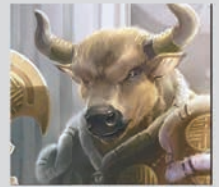
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TJ Hrabota

Player Name

Melvin

Character Name



Racial Features

Ferocity

Make melee basic attack when dropped to 0 hp

Goring Charge

Use goring charge as an encounter power

Heedless Charge

+2 AC against opportunity attacks while charging.

Vitality

Gain one healing surge

Class/Other Features

Centered Breath

Centered Flurry of Blows and Mental Equilibrium

Monastic Tradition

Choose a Flurry of Blows and become more resilient

Unarmed Combatant

Gain Monk Unarmed Strike +3 attack, 1d8 damage

Unarmored Defense

+2 AC in cloth or no armor

Windlord Starting Feature

Your origin becomes elemental; gain Primordial language, +2 bonus to Athletics and Perception checks, and the wind fury assault power

Windlord Level 5 Feature

Fly 1 additional square with flying effects and push each adjacent creature 1 square when you use your second wind

Windlord Level 10 Feature

Slide creatures you hit with wind fury assault a number of squares equal to your highest ability modifier

Feats

Unarmored Agility

+2 AC while wearing cloth armor or no armor

Against All Odds

If 3+ foes adjacent to you at start of turn, +1 to attacks and damage until end of turn

Fluid Motion

+1 to speed

Improved Defenses

+1/2/3 bonus (by tier) to Fortitude, Reflex, and Will.

Vigilant Recovery

Deny combat advantage with successful hit

Ki Focus Expertise

+1/2/3 (by tier) to implement/weapon attack rolls made w/ ki focus. +1/2/3 (by tier) to dmg rolls of attacks made w/ ki focus vs. bloodied enemy

Melvin

Level 10 Minotaur Monk

HP	SCORE	ABILITY	MOD	AC
75	18	STR	4	24
	18	CON	4	
Spd	19	DEX	4	24
7	14	INT	2	
	19	WIS	4	Ref
Init	14	CHA	2	23
+9				Will
				23

20 Passive Insight

29 Passive Perception

Player Name: TJ Hrabota

Skills

Acrobatics	Dexterity	• 16
Arcana	Intelligence	7
Athletics	Strength	• 16
Bluff	Charisma	7
Diplomacy	Charisma	7
Dungeoneering	Wisdom	9
Endurance	Constitution	9
Heal	Wisdom	9
History	Intelligence	7
Insight	Wisdom	10
Intimidate	Charisma	7
Nature	Wisdom	11
Perception	Wisdom	• 19
Religion	Intelligence	7
Stealth	Dexterity	• 14
Streetwise	Charisma	7
Thievery	Dexterity	9

• indicates a trained skill.

Action Point

Base action points: 1



Effect: Gain a standard action this turn.

Special: You are reset to one action point when you take an extended rest. You gain an action point each milestone.

Encounter Special

Melee Basic Attack

At-Will ♦ Standard Action

Rhythm Blade Dagger +1: +13 vs. AC, 1d4+7 damage

Monk unarmed strike: +12 vs. AC, 1d8+6 damage

Iron Body Ki Focused Dagger +2: +15 vs. AC, 1d4+8 damage

Iron Body Ki Focused Monk unarmed strike +2: +15 vs. AC, 1d8+8 damage

Melee weapon **Target:** One creature

You resort to the simple attack you learned when you first picked up a melee weapon.

Keyword: Weapon

Attack: Strength vs. AC

Hit: 1[W] + Str modifier (+4) damage.

Level 21: 2[W] + Str modifier (+4) damage.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Basic Attack

Ranged Basic Attack

At-Will ♦ Standard Action

Rhythm Blade Dagger +1: +13 vs. AC, 1d4+5 damage

Iron Body Ki Focused Dagger +2: +15 vs. AC, 1d4+6 damage

Ranged weapon **Target:** One creature

You resort to the simple attack you learned when you first picked up a ranged weapon.

Keyword: Weapon

Attack: Dexterity vs. AC

Hit: 1[W] + Dex modifier (+4) damage.

Level 21: 2[W] + Dex modifier (+4) damage.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Basic Attack

Dancing Cobra

At-Will ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Reflex, 1d10+7 damage

Iron Body Ki Focus +2: +12 vs. Reflex, 1d10+8 damage

Monk unarmed strike: +9 vs. Reflex, 1d10+6 damage

Iron Body Ki Focused Dagger +2: +12 vs. Reflex, 1d10+8 damage

Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Reflex, 1d10+8 damage

Melee touch **Target:** One creature

You dodge and weave like a cobra, confounding your enemy and turning its attacks back against it.

Keywords: Full Discipline, Implement, Psionic

Attack: Dexterity vs. Reflex

Hit: 1d10 + Dex modifier (+4) damage. If the target has made an opportunity attack against you during this turn, the target takes extra damage equal to your Wis modifier (+4).

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Monk Attack 1

Five Storms

At-Will ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Reflex, 1d8+5 damage

Iron Body Ki Focus +2: +12 vs. Reflex, 1d8+6 damage

Monk unarmed strike: +9 vs. Reflex, 1d8+4 damage

Iron Body Ki Focused Dagger +2: +12 vs. Reflex, 1d8+6 damage

Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Reflex, 1d8+6 damage

Close burst 1 **Target:** Each enemy you can see in the burst

You move like a whirlwind, spinning as you unleash an array of kicks and punches, which slam into your foes like a storm crashing onto the shore.

Keywords: Full Discipline, Implement, Psionic

Attack: Dexterity vs. Reflex

Hit: 1d8 + Dex modifier (+4) damage.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Wind Fury Assault

Encounter ♦ Standard Action

Rhythm Blade Dagger +1: +13 vs. AC, 1d4+7 damage

Monk unarmed strike: +12 vs. AC, 1d8+6 damage

Iron Body Ki Focused Dagger +2: +15 vs. AC, 1d4+8 damage

Iron Body Ki Focused Monk unarmed strike +2: +15 vs. AC, 1d8+8 damage

Melee or Ranged weapon

The wind carries you aloft, helping you deliver a punishing strike against a distant foe.

Keywords: Elemental, Weapon

Effect: You can fly up to your speed. At any point during this movement, you can make the following attack.

Target: One creature

Attack: Highest ability modifier vs. AC

Hit: 1[W] + highest ability modifier damage, and you can slide the target 1 square.

Windlord: You slide the target up to a number of squares equal to your highest ability modifier.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Drunken Monkey

Encounter ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Will, 1d8+7 damage

Iron Body Ki Focus +2: +12 vs. Will, 1d8+8 damage

Monk unarmed strike: +9 vs. Will, 1d8+6 damage

Iron Body Ki Focused Dagger +2: +12 vs. Will, 1d8+8 damage

Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Will, 1d8+8 damage

Melee touch **Target:** One enemy

You lurch seemingly out of control. Your enemies are bewildered as they try to hit your swaying form, and with a cunning jab, you cause one of your foes to attack its companion.

Keywords: Full Discipline, Implement, Psionic

Attack: Dexterity vs. Will

Hit: 1d8 + Dex modifier (+4) damage, and you slide the target 1 square. The target then makes a melee basic attack as a free action against one enemy of your choice. The target gains a bonus to the attack roll equal to your Wis modifier (+4).

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Eternal Mountain

Encounter ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Fortitude, 2d8+5 damage
Iron Body Ki Focus +2: +12 vs. Fortitude, 2d8+6 damage
Monk unarmed strike: +9 vs. Fortitude, 2d8+4 damage
Iron Body Ki Focused Dagger +2: +12 vs. Fortitude, 2d8+6 damage
Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Fortitude, 2d8+6 damage
Close burst 1 **Target:** Each enemy in the burst

You focus your mind, calling on your iron discipline to walk, fight, and shrug off attacks with a mountain's enduring spirit.

Keywords: Full Discipline, Implement, Psionic

Attack: Dexterity vs. Fortitude

Hit: 2d8 + Dex modifier (+4) damage, and you knock the target prone.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Monk Attack 3

Used ☐

Arc of the Flashing Storm

Encounter ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Reflex, 2d10+7 damage
Iron Body Ki Focus +2: +12 vs. Reflex, 2d10+8 damage
Monk unarmed strike: +9 vs. Reflex, 2d10+6 damage
Iron Body Ki Focused Dagger +2: +12 vs. Reflex, 2d10+8 damage
Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Reflex, 2d10+8 damage
Melee touch **Target:** One creature

You can flash across the battlefield, lightning wrapping around you as you slam your foe back and disrupt its counterattacks.

Keywords: Full Discipline, Implement, Lightning, Psionic, Teleportation

Attack: Dexterity vs. Reflex

Hit: 2d10 + Dex modifier (+4) lightning damage, you push the target 2 squares, and the target takes a -2 penalty to attack rolls until the end of your next turn.

Iron Soul: If you make the attack using a mace or a staff, the target's penalty to attack rolls against you instead equals your Con modifier (+4).

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Monk Attack 7

Used ☐

Masterful Spiral

Daily ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Reflex, 3d8+5 damage
Iron Body Ki Focus +2: +12 vs. Reflex, 3d8+6 damage
Monk unarmed strike: +9 vs. Reflex, 3d8+4 damage
Iron Body Ki Focused Dagger +2: +12 vs. Reflex, 3d8+6 damage
Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Reflex, 3d8+6 damage
Close burst 2 **Target:** Each enemy in the burst

With a sudden burst of motion, you deliver crushing kicks and punches of psionic force to nearby enemies.

Keywords: Force, Implement, Psionic, Stance

Attack: Dexterity vs. Reflex

Hit: 3d8 + Dex modifier (+4) force damage.

Miss: Half damage.

Effect: You assume the spiral stance. Until the stance ends, your reach with melee touch attacks increases by 1.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Monk Attack 1

Used ☐

One Hundred Leaves

Daily ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Reflex, 3d8+5 damage
Iron Body Ki Focus +2: +12 vs. Reflex, 3d8+6 damage
Monk unarmed strike: +9 vs. Reflex, 3d8+4 damage
Iron Body Ki Focused Dagger +2: +12 vs. Reflex, 3d8+6 damage
Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Reflex, 3d8+6 damage
Close blast 3 **Target:** Each creature in the blast

You launch a flurry of attacks, striking with such speed and might that creatures scatter before you like leaves in a hurricane.

Keywords: Implement, Psionic

Attack: Dexterity vs. Reflex

Hit: 3d8 + Dex modifier (+4) damage, and you push the target 2 squares.

Miss: Half damage, and you push the target 1 square.

Effect: Until the end of your next turn, you can target one additional creature in range with your flurry of blows power.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Monk Attack 5

Used ☐

Strength to Weakness

Daily ♦ Standard Action

Rhythm Blade Dagger +1: +10 vs. Fortitude, Ongoing+0 damage
Iron Body Ki Focus +2: +12 vs. Fortitude, Ongoing+0 damage
Monk unarmed strike: +9 vs. Fortitude, Ongoing+0 damage
Iron Body Ki Focused Dagger +2: +12 vs. Fortitude, Ongoing+0 damage
Iron Body Ki Focused Monk unarmed strike +2: +12 vs. Fortitude, Ongoing+0 damage
Melee touch **Target:** One creature

You psionically perceive what your eyes cannot see: your foe's inner weakness. You lightly touch that foe. A moment later, the agony of your attack falls upon it.

Keywords: Implement, Psionic

Attack: Dexterity vs. Fortitude or Reflex

Hit: Ongoing damage equal to 15 + your Dex modifier (+4) (save ends).

Miss: Ongoing 10 damage (save ends).

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Monk Attack 9

Used ☐

Centered Flurry of...

At-Will ♦ No Action

Melee 1 **Target:** One creature
Level 11: One or two creatures
Level 21: Each enemy adjacent to you

Your fists become a blur as you follow up your initial attack with another, shifting your foes' positions to your advantage.

Keyword: Psionic

Trigger: You hit with an attack during your turn

Effect: The target takes damage equal to 2 + your Wis modifier (+4), and you slide it 1 square to a square adjacent to you, or 1 square in any direction if the target wasn't targeted by the triggering attack.

Special: You can use this power only once per round.

Additional Effects

Dancing Cobra...

At-Will ♦ Move Action

Personal

You dodge and weave like a cobra, confounding your enemy and turning its attacks back against it.

Keywords: Full Discipline, Psionic

Effect: You move your speed +2.

Additional Effects

Five Storms...

At-Will ♦ Move Action

Personal

You move like a whirlwind, spinning as you unleash an array of kicks and punches, which slam into your foes like a storm crashing onto the shore.

Keywords: Full Discipline, Psionic

Effect: You shift 2 squares.

Additional Effects

Spider Technique

At-Will ♦ Move Action

Personal

The power of your mind turns walls and ceilings into floors for you.

Keyword: Psionic

Effect: You climb your speed. During this movement, you can move across overhanging surfaces, like ceilings, but you fall if you end your turn on such a surface.

Additional Effects

Arc of the Flashing Storm...

Encounter ♦ Move Action

Personal

Keywords: Full Discipline, Lightning, Psionic, Teleportation

Effect: You teleport your speed.

Additional Effects

Used ☐

Drunken Monkey...

Encounter ♦ Move Action

Personal

You lurch seemingly out of control. Your enemies are bewildered as they try to hit your swaying form, and with a cunning jab, you cause one of your foes to attack its companion.

Keywords: Full Discipline, Psionic

Effect: You move your speed + 2. During this movement, you ignore difficult terrain and gain a power bonus to all defenses against opportunity attacks. The bonus equals your Wis modifier (+4).

Additional Effects

Used ☐

Eternal Mountain...

Encounter ♦ Move Action

Personal

You focus your mind, calling on your iron discipline to walk, fight, and shrug off attacks with a mountain's enduring spirit.

Keywords: Full Discipline, Psionic

Effect: You gain resistance to all damage equal to your Str modifier (+4) until the end of your next turn. In addition, you shift 2 squares.

Additional Effects

Used ☐

Goring Charge

Encounter ♦ Standard Action



Unarmed: +13 vs. AC, 1d6+6 damage

Melee 1

You charge the enemy and gore it with your horns.

Effect: You charge and make the following attack in place of a melee basic attack.

Target: One creature

Attack: Strength + 4 vs. AC, Constitution + 4 vs. AC, or Dexterity + 4 vs. AC.

Hit: 1d6 + Str modifier (+4), Con modifier (+4), or Dex modifier (+4) damage, and you knock the target prone.

Level 11: 2d6 + Str modifier (+4), Con modifier (+4), or Dex modifier (+4) damage.

Level 21: 3d6 + Str modifier (+4), Con modifier (+4), or Dex modifier (+4) damage.

Additional Effects

+1 to attack rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.
+1 to damage rolls if three or more enemies were adjacent to you at the start of your turn - Against All Odds.

Minotaur Racial Power

Used ☐

Grasp the Wind

Encounter ♦ Immediate Interrupt

Personal

Before your enemy can force you back, you whirl around, using the power of its attack to propel you where you want to go.

Keyword: Psionic

Trigger: You are pulled, pushed, or slid

Effect: Instead of being affected by the forced movement, you shift the number of squares it would have moved you.

Additional Effects

Used ☐

Airborne Form

Daily ♦ Minor Action

Personal

You meditate on the wind, assuming a measure of its free-flowing formlessness.

Keywords: Psionic, Stance

Effect: Until the stance ends, you gain a +2 power bonus to speed, you are insubstantial while moving, and you can move through enemies' spaces.

Additional Effects

Used ☐

Amulet of Mental Resolve +1

Neck Slot Item ♦ Level 2

Enhancement: +1 Fortitude, Reflex, and Will

Properties

Gain a +2 item bonus to saving throws against effects with the charm, illusion, or sleep keyword.

odd pieces of clothing found...

Armor ♦ Level

Rhythm Blade Dagger +1

Weapon ♦ Level 3

Damage: 1d4

Proficiency Bonus: 3

Range: 5/10

Properties: Light Thrown, Off-Hand

Enhancement: +1 attack rolls and damage rolls

Critical: +1d6 damage per plus

Properties

While you wield this weapon in your off hand, your shield bonus to AC and Reflex increases by 1.

Robe of Useful Items Cloth...

Armor ♦ Level 2

Armor Bonus: 0

Enhancement: +1 AC

Utility Power ♦ Daily (Minor Action)

Effect: You procure one nonmagical item worth up to 10 gp (with the DM's approval) from the robe. The item is generic (a torch or a rope, for instance), not a specific item (the key to a particular chest). The item lasts for 1 hour. When it disappears, you regain the use of this power.

Surefoot Boots

Feet Slot Item ♦ Level 5

Properties

Gain a +2 item bonus to Acrobatics checks.

Power ♦ Daily (Free Action)

Use this power when you are knocked prone. You stand up.

Potion of Healing

Consumable ♦ Level 5

Power (Healing) ♦ **Consumable** (Minor Action)

Drink this potion and spend a healing surge. Instead of the hit points you would normally regain, you regain 10 hit points.

Potion of Regeneration...

Consumable ♦ Level 9

Utility Power (Healing) ♦ **Consumable** (Minor Action)

Effect: You drink this potion and lose a healing surge. You then gain regeneration 5 while you're bloodied until the end of the encounter.

Suspicious hard packed food...

Gear ♦ Level

Iron Armbands of Power...

Arms Slot Item ♦ Level 6

Properties

Gain a +2 item bonus to melee damage rolls.

Gem-21,000 gp sapphire...

Gear ♦ Level

Abduction Ki Focus +1

Ki Focus ♦ Level 4

Enhancement: +1 attack rolls and damage rolls

Critical: +1d6 damage per plus

Properties

Whenever you hit an enemy with a melee basic attack using this ki focus, you can slide the target 1 square as a free action.

Power (Teleportation) ♦ **Daily** (Free Action)

Trigger: You hit an enemy with a melee attack using this ki focus.

Effect: You teleport 5 squares, and you teleport the enemy 5 squares to a square adjacent to you.

Deep-Pocket Cloak +2

Neck Slot Item ♦ Level 7

Enhancement: +2 Fortitude, Reflex, and Will

Properties

The pockets of this cloak can hold up to 1,000 pounds in weight or 100 cubic feet in volume, but the cloak always weighs only 1 pound. Each item stored within one of the cloak's pockets can weigh no more than 10 pounds. Drawing an item from a deep-pocket cloak is a minor action.

Power ♦ (Free Action)

1/round. You draw an item from the cloak or store an item within it.

Iron Body Ki Focus +2	Gem- Tigerseye 100gp...
Ki Focus ♦ Level 10	Gear ♦ Level
Enhancement: +2 attack rolls and damage rolls Critical: +1d10 damage per plus Properties If you hit an opponent with an attack using this ki focus, you gain resistance to all of that target's attacks equal to 2 + this implement's enhancement bonus until the end of your next turn.	

Influence Unstable Plane (normally an Intelligence check - but I'll let you use Insight as a representation of your Monk psychic training)

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Move Object: Standard action * DC: The DC is based on the object's size - Tiny or smaller, DC 5; Small or Medium, DC 10; Large DC 15; Huge, DC 20; Gargantuan, DC 25. * Success: You move an unattended object. You move the object 1 square, +1 square for every 5 points by which you beat the DC. * Failure: You can't try to move the same object until after a short rest.

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Alter Object: Standard action * DC: The DC is based on the object's size - Tiny or smaller, DC 20; Small or Medium, DC 25; Large DC 30; Huge, DC 35; Gargantuan, DC 40. * Success: You change an unattended natural object into a different element or energy of the same size. For example, change a boulder into a ball of fire. * Failure: You can't try to alter the same object until after a short rest

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Stabilize Area: 1 minute * DC: The DC is 5 + 1 per square affected. * Success: You lock an area into its current form for 24 hours. Double the area or duration for every 5 points you beat the DC by. * Failure: You can't try to stabilize and area until after an extended rest.

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Alter Area: 1 minute * DC: The DC is 20 + 1 per square affected. Add +10 to the DC if the area has been stabilized (see above). Double the area or the duration for every 5 points by which you beat the DC. * Success: You change the terrain of an area for 24 hours. For example, change a bare rocky plain into a forest. * Failure: You can't try to stabilize and area until after an extended rest.