



# *Allolive's Monk*

*A rework of the Monk class to balance ease & flexibility*



[Monk in the Underdark by RalphHorsley](#)

## FOCUS AND DEDICATION

Monks follow many different traditions. One of them might learn techniques honed by an oppressed people who learned to wield their very chains against the overlords who enslaved them; while another might have studied in a mountaintop monastery, taught by veterans of a horrible conflict who had turned to asceticism.

But each Monk, whether they're aesthete noble who insists on artistry in all things or a self-taught street brawler, pushes their body beyond its normal limits through study of a magical energy that most traditions call ki. Monks harness this power within themselves to create magical effects and exceed their bodies' physical capabilities, and some of their special attacks can hinder the flow of ki in their opponents. Using this energy, martial artists channel uncanny speed and strength into their unarmed strikes. As they gain experience, their martial training and their mastery of ki gives them more power over their own bodies and those of their foes.

With so many options to choose from, a Monk is most effective when they have the wits to choose the right tool for each job. Though their attacks are physical rather than arcane, in some ways they have more in common with a Wizard than with a Barbarian. Like a Wizard with her spells, they must choose wisely which techniques to learn; then, in combat, choose which to use. This path of training and discipline is not for everyone, but its rewards can be great.

## TABLE OF CONTENTS

• Dazed Condition, Class Table	<a href="#">2</a>
• Class Features	<a href="#">3</a>
• Technique Options: Defensive Reaction Techniques	<a href="#">5</a>
• Strike Techniques	<a href="#">6</a>
• Monastic Techniques	<a href="#">8</a>
• New Spells Mentioned	<a href="#">11</a>
• Magic Items	<a href="#">11</a>
• "Suggested" builds	<a href="#">13</a>
• Monk NPC Statblocks	<a href="#">15</a>
• FAQ, legal, changelog	<a href="#">19</a>

*Her fists a blur as they deflect an incoming hail of arrows, a half-elf springs over a barricade and throws herself into the massed ranks of archers on the other side. She whirls through them, each blow seeming to be more deadly than the last, until at last she stands alone.*

*The hangman leads the accused towards the gallows as guards keep the unhappy crowd at a distance. But somehow, none of the guards can focus on a tattooed figure moving in their midst. Suddenly, this figure makes an impossible leap to grab the accused and to plant a disabling knee to the executioner's groin. The pair now begin their escape, the tattooed inhuman grace now extending to his companion.*

*The Dread Archmage laughs arrogantly at the tiny halfling before her, as she summons a cage of force around her enemy. But somehow, the halfling dodges out before the magic solidifies, closing the distance and pummeling their enemy with a quick series of strikes that disrupt and weaken spellcasting.*

## THE FINE ARTISTRY OF MARTIAL COMBAT

Watching a true Monk in battle is an impressive sight. They have a variety of moves for both attack and defense, and have trained how to choose the right one in each situation.

## FLEXIBILITY AND BREADTH

Monks have studied to be able to harness an energy known as ki that flows through all living bodies. Though ki has obvious uses in battle, mastering it grants flexibility as well. Monks can choose to focus their physical and mental training not just on attacking and defensive moves, but also on expanding their senses, infiltration, or mobility.

## NEW GENERAL CONDITION: DAZED

A creature who is dazed suffers the following penalties:

- Their speed is halved.
- They can't take reactions.
- During their turn, they can only take an action or a bonus action, not both.
- They get -2 to attacks, ability checks, dexterity saving throws, and to the DC of their spells and abilities.
- They can end this condition by spending a total of two actions (including legendary- or bonus-). They cannot use legendary actions for any other purpose until they do so.
- Any lair actions they have are unaffected.

Immunity to the Stunned condition confers immunity to the Dazed condition. If you are Dazed twice, you are Stunned. DM should consider replacing Stun with Daze in monster abilities.

## MULTICLASSING

To multiclass as a Monk, you must have a 13 in both Dexterity and Wisdom. If you use the Iron Body optional feature, use a 13 in both Strength and Dexterity instead.

When you become a Monk, you gain proficiency in simple weapons and shortswords.

### NOTE:

Add Medicine and Perception to the skills available to Monks.

### KI INITIATE (FEAT)

*Prerequisite: Dexterity 13+, Wisdom 11+*

- Add 2 to your maximum ki points.
- You learn one defensive reaction, strike technique, or monastic technique. (Note that you must still meet all prerequisites, and any level prerequisites refer to your level as a Monk.) If you are not a Monk, your ki save DC is 11 and your Martial Arts die is 1d4.
- Whenever you hit a creature with an unarmed strike, you can roll a d4 for the damage, instead of the regular damage for this attack.

## ALLOLIVE'S MONK (WITH ALTERNATE FEATURES)

Level	Prof. Bonus	Martial Arts	Ki Points	Unarmored Movement	Techniques D/S/M	Features
1st	+2	1d4	—	—	—/—/—	Unarmored Defense, Martial Arts, ( <i>Iron Body?</i> )
2nd	+2	1d4	2	+10 ft.	1/—/—	Ki, Unarmored Movement, <i>Defensive Reaction 1</i>
3rd	+2	1d4	3	+10 ft.	1/—/*	<i>Monastic Tradition</i> . Optional: Tradition Technique
4th	+2	1d4	4	+10 ft.	2/—/*	<i>Ability Score Improvement</i> , <i>Defensive Reaction 2</i>
5th	+3	1d6	5	+10 ft.	2/1/*	Extra Attack, <i>Strike Technique 1</i>
6th	+3	1d6	6	+15 ft.	2/1/1*	Ki-Empowered Strikes, Monastic Tradition Feature <i>Monastic Technique 1</i>
7th	+3	1d6	7	+15 ft.	2/2/1*	<i>Evasion</i> , <i>Strike Technique 2</i>
8th	+3	1d6	8	+15 ft.	2/2/1*	<i>Ability Score Improvement</i>
9th	+4	1d6	9	+15 ft.	2/2/2*	<i>Monastic Technique 2</i>
10th	+4	1d6	10	+20 ft.	3/2/2*	<i>Defensive Reaction 3</i>
11th	+4	1d8	11	+20 ft.	3/2/3*	Monastic Tradition Feature, Improved Basic Ki Abilities, <i>Monastic Technique 3</i>
12th	+4	1d8	12	+20 ft.	3/2/3*	<i>Ability Score Improvement**</i>
13th	+5	1d8	13	+20 ft.	4/2/3\	<i>Defensive Reaction 4</i>
14th	+5	1d8	14	+25 ft.	4/3/3*	Diamond Soul, <i>Strike Technique 4</i>
15th	+5	1d8	15	+25 ft.	4/3/4*	<i>Monastic Technique 4</i>
16th	+5	1d8	16	+25 ft.	4/3/4*	<i>Ability Score Improvement</i>
17th	+6	1d10	17	+25 ft.	4/3/4*	Monastic Tradition Feature
18th	+6	1d10	18	+30 ft.	4/3/5*	<i>Monastic Technique 5</i>
19th	+6	1d10	19	+30 ft.	4/3/5*	<i>Ability Score Improvement</i>
20th	+6	1d10	20	+30 ft.	4/3/5*	<i>Martial Arts Mastery</i>

- Add one Monastic Technique if you are using the optional Tradition Technique feature.

Features in *italics* involve a choice when you gain this level. D/S/M refers to Defensive Reactions, Strike Techniques, and Monastic Techniques, respectively. This doesn't include any Defensive Reactions granted by Monastic Techniques.

## CLASS FEATURES

### HIT POINTS (UNCHANGED)

- **Hit Dice:** 1d8 per martial artist level
- **Hit Points at 1st Level:** 8 + your Constitution modifier
- **Hit Points at Higher Levels:** 1d8 (or 5) + your Constitution modifier per martial artist level after 1st

### PROFICIENCIES (ADDED 2 SKILL OPTIONS)

- **Armor:** None
- **Weapons:** Simple weapons, shortswords
- **Tools:** Choose one set of artisan's tools or one instrument
- **Saving Throws:** Strength, Dexterity
- **Skills:** Choose two from Acrobatics, Athletics, History, Insight, **Medicine**, **Perception**, Religion, and Stealth

### STARTING EQUIPMENT (UNCHANGED)

In addition to the equipment granted by your background:

- (a) a shortsword or (b) any simple weapon
- (a) a dungeoneer's pack or (b) an explorer's pack
- 10 darts

### IRON BODY (NEW, OPTIONAL)

*Optional first-level Monk feature (for strength-based Monks)*

Your martial arts training is focused on the tangible, not the spiritual; and though you are no stranger to finesse, brute force is your weapon of choice. This has the following effects:

- You **must** use Strength for the attack and damage rolls of unarmed strikes and martial artist weapons.
- While you are wearing no armor and not wielding a shield, your AC equals **10 + your Strength modifier + your Dexterity or Constitution modifier**. (your choice)
- Your Ki save DC is **8 + your proficiency bonus + your Dexterity modifier**.
- Ki Block is not available to you, and neither are the following strikes: Bonding, Provoking, Dispelling.



Angela Hill/Sagat,  
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### UNARMORED DEFENSE (IMPROVED)

*Replaces 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. **Also, you can use any feature which protects you or your allies despite lacking the right armor or shield.** (For instance: *Shield Master*)

### MARTIAL ARTS (IMPROVED)

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 unarmed strikes and monk weapons.
- You can roll d4 in place of normal damage for an unarmed strike or monk weapon. This die changes as you gain Monk levels, as shown in the Martial Arts column above.
- You can make one unarmed strike as a bonus action, **regardless of whether you attacked with your action.**

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 (a nunchaku) or a sickle with a shorter, straighter blade (a kama). Whatever name you use for a monk weapon, you can use the game statistics provided for the weapon in the Weapons section.

### KI (IMPROVED)

*Changes from the SRD version in bold*

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.

You can spend these points to fuel various ki features. You start knowing **four** basic ki techniques: **Focused Breathing**, Flurry of Blows, Patient Defense, and Step of the Wind.

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.

Some of your ki features require your target to make a saving throw to resist the feature's effects. **Unless you have Iron Body**, the saving throw DC is calculated as follows:

8 + your proficiency bonus + your Wisdom modifier

### FOCUSED BREATHING

**As a bonus action, you can focus your breath. Whenever you roll your martial arts die before your next turn starts, do so twice and use the higher result.** (Note: this "martial arts advantage" works not just for damage rolls, but also for defensive reactions like Ki Block or Tumbling Dodge.)

**Then, you can also spend one hit die or gain one level of exhaustion to regain ki points equal to your Wisdom or Constitution modifier (your choice). You cannot spend more than 1 hit die per short rest in this way.**

## FLURRY OF BLOWS

At any time during 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. When you do, then at the end of your turn, you can use Focused Breathing without taking a bonus action.

## STEP OF THE WIND

You can spend 1 ki point to take the Disengage or Dash action as a bonus action on your turn. When you do, then until the end of the turn, your jump distance is doubled, and you get advantage on any Acrobatics skill checks.

## UNARMORED MOVEMENT (UNCHANGED)

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.

## DEFENSIVE REACTIONS

*Replaces Deflect Missiles and Slow Fall features*

A master of martial arts must learn how to focus their reflexes on defense. Learn one of the following Defensive Reactions each at 2nd, 4th, 6th, and 11th levels. When you gain a level, you can trade one defensive reaction for another one that you could have had at least 2 levels ago.

## MONASTIC TRADITION (TWEAKED)

When you reach 3rd level, you commit yourself to a monastic tradition. Your tradition grants you features at 3rd level and again at 6th, 11th, and 17th level. There are a few new rules:

- **Kensei can use strikes with melee monk weapons.**
- **Tradition features that add effects to unarmed strikes, such as Quivering Palm, count as strike techniques, so they can't be combined with other strike techniques.**

## TRADITION TECHNIQUE (OPTIONAL)

Also at 3rd level, if your DM decides, you get a monastic technique along with your chosen tradition, as shown in the table below. (This isn't needed in a less-optimized group, but helps balance if your party allies are relatively powerful.)

Way	Trad. Technique	Way	Trad. Technique
Mercy	Tranquility o'Mind	4 Elms	<i>See below</i>
Shadow	Hidden Ki	Kensei	Owl's Senses
Astral	Meridian Sight	Death	Ascetic Habits
Cobalt	Juggler's Hands	O.Hand	Monastic Expert
Drunken	Step o'the Air	Sunsoul	Restoring Mantra

## EXTRA ATTACK (OR TECHNIQUE)

Beginning at 5th level, you can attack twice, instead of once, whenever you take the Attack action on your turn. **If you have this feature from more than one class, you can learn one additional Strike or Monastic technique.**

## STRIKE TECHNIQUES

Replaces *Stunning Strike* and *Focused Aim*

You learn to use your unarmed attacks to manipulate your opponents' ki. Learn one of the following strike techniques at 5th level, and another one each at 9th, 12th, 14th, and 17th levels. When you gain a level as a Monk, you can replace one strike technique with another you could learn.

You can never use more than one strike technique on the same attack, or combine a strike technique with a subclass ability that adds effects to an unarmed attack, such as Way of the Open Hand's Open Hand Technique or Quivering Palm.

**Optional rule:** You can not attempt the same strike technique against the same target more than once per turn. However, if you use a strike technique as part of a critical hit, the target has disadvantage on their first saving throw or ability check against it.

## KI-EMPOWERED STRIKES (UNCHANGED)

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

## EVASION (UNCHANGED)

At 7th level, your instinctive agility lets you dodge out of the way of certain area effects, such as a red dragon's fiery breath or an Ice Storm 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.

## MONASTIC TECHNIQUES

Replaces *Stillness of Mind*, *Purity of Body*, *Tongue of the Sun and Moon*, *Timeless Body*, and *Empty Body*.

Your bodily discipline and your attunement to the flow of ki have benefits outside of combat as well as within it. Learn one of the following techniques at each of the following Monk levels: 7th, 10th, 13th, 15th, and 18th. Certain Monastic Techniques also give you an extra Defensive Reaction.

## IMPROVED BASIC KI ABILITIES

Starting at 11th level, your basic ki abilities all improve:

- When you use **Focused Breathing** (including via Patient Defense), you can forego the "advantage" on your martial arts die, and instead gain the power to use your reaction one additional time before the start of your next turn.
- When you use a **Flurry of Blows**, you can make a total of three unarmed attacks. If you do so, you cannot use monastic tradition features which increase damage.
- When you use **Patient Defense**, then until your next turn starts, your total AC becomes at least 16+your proficiency bonus. This ends if you become incapacitated or your speed drops to 0. (Also, see the improvement to Focused Breathing above.)
- When you use **Step of the Wind**, you can take both the Disengage and Dash actions, and you can use Dexterity in place of Strength to calculate your jump distance.

## DIAMOND SOUL (CHANGED)

Beginning at 14th level, your mastery of ki grants you proficiency in all saving throws. **If you have Ki Block, you can use now use it on saving throws you are proficient in.**

## MARTIAL ARTS MASTERY

At 20th level, your basic ki abilities — Flurry of Blows, Patient Defense, and Step of the Wind — cost no ki to use.

Additionally, after you finish a long rest, you can spend 3 ki points to choose one monastic technique with no prerequisites, or Combat Mastery. Make all choices involved and learn this technique until you next finish a long rest.

## TECHNIQUE OPTIONS

### DEFENSIVE REACTION TECHNIQUES

#### DEFLECT MISSILES

When you are hit by a ranged weapon attack, you can use your reaction to deflect or catch it. When you do so, the damage you take from the attack is reduced by a roll of your Martial Arts die + your Dexterity modifier + your Monk level.

If you reduced the damage to 0, you can choose *one*:

- Until your next turn starts, get +2 to your AC against further ranged attacks.
- If you can hold the missile in one free hand, catch it. You can immediately make a ranged attack with it (range 20/60 feet), using it proficiently as a martial artist weapon.



Ryonosuke-the-Ronin, by [yoritomodaisogun](#)

#### KI BLOCK

As a reaction to making a saving throw against a spell or effect, you can spend 1 ki point. Roll your martial arts die and add the number rolled to the result. Unless noted elsewhere, you can *not* use this for saving throws you're proficient in.

If you have other external bonuses to your saving throw, such as a *Bless* spell and/or a paladin's aura, this does not combine with them. Instead, you can choose whichever is higher, the martial arts die or your other bonuses (combined).

## SLOW FALL

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. You can use your reaction and 10 feet of movement when you are knocked prone to stand back up.

## TUMBLING DODGE

When a creature you can see hits you with a melee attack, and you are not using armor or a shield, you can try to dodge as a reaction. Roll your martial arts die. You can use 5 feet of movement if you roll 4 or 5; or use 10 feet of movement if you roll 6 or higher. This movement doesn't provoke opportunity attacks. If you move out of the attack's range, it misses.

## 4TH LEVEL AND UP

### SELFLESS REACTION

*Prerequisite: 4th level Monk*

You can use any defensive reaction you know, except Iron Flesh, to benefit a willing ally within your melee range.

At DM's discretion, this may include moving yourself or your ally, such as interposing yourself and/or shoving them.

## 10TH LEVEL AND UP

### CONFOUNDING DODGE

*Prerequisite: 10th level Monk, Tumbling Dodge*

Your movement in combat is so unpredictable that your enemies hit each other. When you would be hit by a melee attack, you can spend 1 ki as a reaction. Use up to 10 feet of movement without provoking opportunity attacks. The attacker makes a **Wisdom** or **Intelligence saving throw** (its choice). If it succeeds, the attack hits you. If it fails, you can move it by up to 5 feet, and cause the attack to target another creature or object you can see that is now within melee range of both of you. Use the original attack roll to see if this hits.

### IRON FLESH

*Prerequisite: 10th level Monk, Constitution 13 or higher*

You can prepare your body for one damage type of your choice. As a reaction to taking damage of a different type, you can switch your prepared type to this new damage type. You will remain prepared for this new type until you switch again.

As a reaction to taking damage of the type you're currently prepared for, you can spend 1 ki point to gain resistance to that damage and that damage type, until your next turn starts.

*For instance, say you are prepared for cold damage, but then get hit by a green dragon's poison breath. You could use your reaction to switch your prepared damage type to poison. This would not give resistance to the current damage, but you would then be able to get resistance if hit again later.*

### KI REFLECTION

*Prerequisite: 10th level Monk; Ki Block;*

*and Arcana proficiency, Meridian Sight, or Martial Arcanist*

You can use Ki Block on saving throws you're proficient in. You can also use it against a spell attack, thus increasing your AC against that attack by one roll of your martial arts die.

When you use Ki Block/Adamantine Soul against a spell that targets you, and it changes the outcome (failure to success or hit to miss), you can spend ki points equal to the spell level plus 2 to change the spell's target from you to a creature you can see within the spell's range of you. In that case, the spell has no effect on you.

## 13TH LEVEL AND UP

### ADAMANTINE SOUL

*Prerequisite: 13th level Monk, Ki Block*

When you use Ki Block but still fail the saving throw, you can spend 3 more ki to succeed instead. Once you have done this, you can't do so again until you finish a short or long rest.

If you're targeted by *Magic Missile*, you can spend 1 ki as a reaction to take no damage from it.

### PERFECT BREATH

*Prerequisite: 13th level Monk*

At the end of your turn, you can spend 1 ki to use Focused Breathing without using a bonus action. (*This gives 2 reactions this round, or 1 with "martial arts die advantage"*.)

### WISP'S DODGE

*Prerequisite: 13th level Monk, Tumbling Dodge*

When you use Tumbling Dodge, get +1 to the martial arts die roll. Also, when a spell is cast and you are in the area of effect, you can spend 1 ki to use Tumbling Dodge as your reaction. If you leave the area of effect, the spell misses you.

## STRIKE TECHNIQUES

### GENTLE STRIKES

*Prerequisite: Strength 11+, or Strength 9-10 and Slow Fall*

- When shoving or grappling, you can use Acrobatics (Dexterity) for your ability check.
- When a creature of any size misses you with a melee attack, you can take a Shove action on them as a reaction.
- You can replace an attack of opportunity with an attempt to Shove or Grapple.

### HINDERING STRIKE

When you see a creature either make an attack, or cast a spell with somatic components, you can spend 1 ki and use your reaction to make an unarmed attack on it. It must be within range of your unarmed attacks for you to do this.

If your attack hits, the damage is one roll of your martial arts die with no bonuses or modifiers. Target also makes a **Dexterity saving throw**. It does so with advantage if it's casting a spell of more than one third your level or if it has more than two arms. If it fails, an amount equal to the damage it took from your attack is subtracted from any attack roll and/or spell save DC for its attack and/or spell.

If it fails by over 5, its action (or bonus, legendary, or reaction) fails completely, and does not use up a spell slot.

### TARGETED STRIKE

When you hit with an unarmed or monk weapon attack, you can spend 1 ki to aim your blow against specific parts. Target makes a **Constitution saving throw**. If they fail, they are effected by a condition, depending on what part you targeted:

- Throat/mouth/lungs: If target needs to breathe, it temporarily cannot. Its attacks are made at disadvantage, and it cannot speak or make oral noises. Also, you can roll Dexterity (Stealth) to make this attack silently.
- Eyes: Temporarily blind up to 2 of targets eyes.
- Legs/wings: Target's speed is reduced to one third of normal, rounded down; it makes Athletics and Acrobatics checks at disadvantage; and it gets -2 AC.

This effect lasts until the end of your next turn or, if target fails its saving throw by over 5, for up to a minute. In either case, the target can make another saving throw as an action and/or at the end of each of its turns, to end the effect.

### STUNNING STRIKE

Your strikes can block the natural flow of ki in the body of your target. When you hit with an unarmed attack, you can spend 1 ki to try to daze or stun the target. Target makes a **Constitution saving throw**. If it fails, it is Dazed (see condition above) until the end of your next turn. If it fails by over 5, it is Stunned until then instead.

### SUBDUING STRIKE

Your blows can be calculated not to physically wound, but to humiliate and subjugate. When you hit with an unarmed attack, you can spend 2 ki points and do nonlethal damage. Target must make a **Wisdom saving throw**.

If it currently has more hit points than 10 times your level, it makes this save with advantage. If it has more than 20 times your level, if it is immune to the frightened condition, or if it has successfully saved against this technique in the last 24 hours, it automatically succeeds.

If it fails, it is charmed by you for 1 minute. If it fails by over 5, this effect lasts for an hour. You know which happened.

Unlike the normal "charmed" effect, it does not see you as a friend, merely as a threat to be appeased; but it still will obey reasonable requests or orders. It will not try to escape if you or your allies are attentively watching it and within 30 ft.

If you or your companions do anything further to harm it, the effect ends. When it senses you or your companions harm its allies it sincerely cares about, it can make another **Wisdom saving throw**, ending the effect on a success. In either case, it doesn't have to reveal that the effect has ended.

### SWIFT SALVO STRIKE

You are trained in speed and distraction:

- After rolling initiative, you can immediately spend 1 ki point to either reroll and use the new value, or roll your Martial Arts die and add it to your initiative score.
- You can replace any attack by drawing and throwing a Martial Artist weapon with the Light and Thrown properties. The first target you hit like this in a turn can't use reactions, has disadvantage on Perception checks, and has -5 passive perception; all until its next turn ends.

### UNERRING STRIKE

You can use your ki to gain pinpoint accuracy. After making an attack roll, you can use your reaction to spend ki points to change the outcome in one of these two ways: For 1, 2, or 3 ki points you can add +2, +4, or +6 to the result; this can turn a miss into a hit. Or instead, for 1 ki point, you can increase the raw die roll by 1; this can turn a hit into a critical hit.

## 7TH LEVEL AND UP

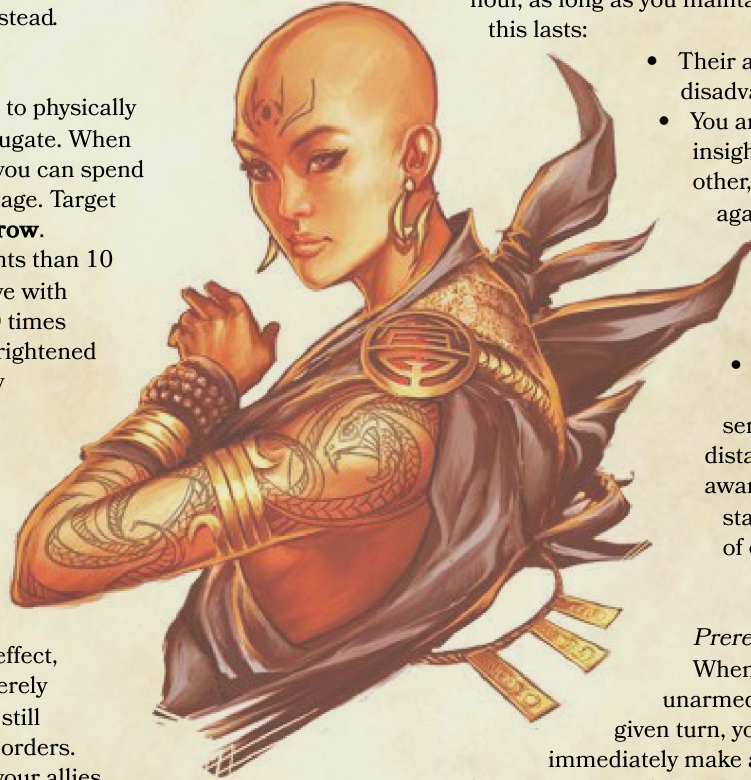
### BONDING STRIKE

*Prerequisite: 7th level Monk*

You can temporarily connect your ki to that of another creature with a blow. When you touch a creature or hit it with an unarmed attack, you can spend 1 ki point and concentrate.

If target's Intelligence is 2 or more, they make an **Intelligence saving throw**. If they fail, then until the end of your next turn, you have a mental connection to them. If they fail by more than 5, or fail deliberately, this lasts for up to 1 hour, as long as you maintain concentration. While this lasts:

- Their attacks against you have disadvantage.
- You and they have advantage on insight checks against each other, and on saving throws against being charmed or frightened by the other.
  - You understand each other's speech.
  - If they are within 1000 feet, you have a rough sense of their direction and distance, and you are each aware of the other's general state of mind and/or surges of emotion.



### COMBO STRIKE

*Prerequisite: 7th level Monk*

When you hit with the first unarmed attack you make in a given turn, you can spend 2 ki points to immediately make another unarmed attack against the same target. If this also hits, the damage is one roll of your martial arts die with no bonuses or modifiers, and target must subtract the same amount from the next saving throw it makes before or at the end of the turn.

After you use Combo Strike, the next strike technique you use in the same turn costs 1 ki point less.

### PROVOKING STRIKE

*Prerequisite: 7th level Monk and Charisma 11+*

Your blows can capture and command attention. When you hit with an unarmed attack, you can spend 1 ki point. Target must make a **Charisma saving throw**. If it fails, then until the end of its next turn, target's attacks on any creature but you have disadvantage, but its attack rolls against you ignore disadvantage.

If the target fails by more than 5, then you also capture its attention so fully that all creatures except you are considered hidden from it for up to 10 minutes as long as you concentrate, stay in sight, and stay within 30 feet. This "concealment" ends for any creature which attacks the target, touches it, or speaks to it.

### EXPOSING STRIKE

*Prerequisite: 7th level Monk*

One blow finds a weakness that the next blow exploits.



When you hit with an unarmed attack, you can spend 1 ki point. Target makes a **Dexterity saving throw**. If it fails, then it is exposed until the end of your next turn or until it suffers a critical hit (whichever comes first). If you hit it while it's exposed, the hit is automatically critical.

If target fails by over 5, then while it is exposed, you can use your reaction to turn any hit on it into a critical hit.

## TORNADO STRIKE

*Prerequisite: 7th level Monk*

You can streak across the battlefield in a whirlwind of blows. You can spend 5 ki to cast *Steel Wind Strike*, without a material component, using Dexterity as your spellcasting ability. You can't use a bonus action the same turn unless you spend 1 more ki.

## DISPELLING STRIKE

*Prerequisites: 7th Level Monk; and Hindering Strike, Meridian Sight, or Arcana proficiency*

When you hit a creature with an unarmed attack, you can spend 3 ki to cast *Dispel Magic* on them. If you use this technique on a creature as part of a reaction to them casting a spell, this casts *Counterspell* instead. In either case, this is cast at 3rd level using Wisdom as your spellcasting modifier.

## MONASTIC TECHNIQUES

### ASCETIC HABITS

You have disciplined and strengthened your body with habitual fasts and vigils. You require only half as much food and drink as normal, and have advantage on saving throws against exhaustion due solely to lack of food, drink, or sleep.

If your exhaustion level is less than or equal to one fourth your Monk level, you can choose to ignore all its normal effects. If you do so, your ki point maximum goes down by 1 per exhaustion level until the exhaustion ends.

### ASPECT OF CLAY

You can spend 3 ki points to gain the effects of *Alter Self*. This uses your concentration, but does not count as a spell. For the duration, you count as a shapechanger.

### BREATH CONTROL

By attending to your breathing during meditation, you have sharpened your control. Gain the following benefits:

- When you use **Focused Breathing**, then until your next turn starts, your attacks have advantage, and can do double damage to objects or structures.
- You can hold your breath for an extra minute (10 rounds) per level. Doing so, you count as not needing to breathe.
- As an action, you can spend 1 ki point to gain the effects of *feign death* on yourself.

### JUGGLER'S HANDS

You learn the Deflect Missiles defensive reaction, and you can draw thrown weapons as part of attacking with them.

You become proficient in Performance.

### HIDDEN KI

You can spend 3 ki points to cast *Nondetection*. If you target yourself, the effect extends to any other creatures while you are touching them with your hand.



You can spend 2 ki points to cast *Blend Into Crowd* (spell described below).

### MARTIAL ARCANIST

You gain the benefits of the *Martial Arcanist* optional feature described below, except that you learn only one fixed cantrip from the Druid list. This doesn't give elemental disciplines.

### MERIDIAN SIGHT

Your study of ki flows lets you see arcane energy too. As an action, you can spend 2 ki points to cast *detect magic* and make one Wisdom (Perception) check with advantage.

### MONASTIC EXPERTISE

Gain proficiency in one skill and expertise (2x proficiency bonus) in one skill that you were already proficient in. Both must be skills available to a level 1 Monk.

### OWL'S SENSES

You can ignore any environmental circumstances (such as dim lighting) that would cause you to make Wisdom (Perception) checks with disadvantage.

As a bonus action, you can spend 1 ki and concentrate for up to an hour. While this lasts, add your proficiency bonus to your passive perception up to a maximum of 20, and add a roll of your martial arts die to any Wisdom (Perception) rolls you make. While this lasts, then when you use **Focused Breathing**, you can attack at long range without disadvantage until the end of your next turn.

### RESTORING MANTRA

You can gain the effects of *Catnap* on yourself and up to one more target. Targets stay conscious but the spell ends if they move, take an action, or stop repeating a verbal mantra.

Once you have used this technique, you can not do so again until you finish a long rest.

### STEP OF THE AIR

You learn the Slow Fall defensive reaction.

Whenever you use Step of the Wind, you step lightly, gaining various benefits until the end of your next turn:

- +1 on your Martial Arts die rolls for Tumbling Dodge
- the ability to move on vertical surfaces and across liquids on your turn without falling during your move.
- You leave no tracks, trigger no pressure plates, and are invisible to tremorsense.

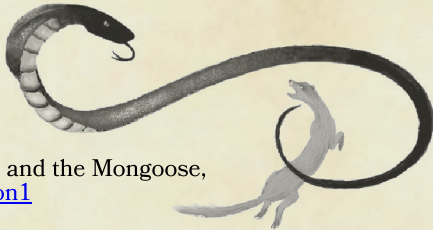
### TIMELY GUIDANCE

Your teachers used unusual methods to train you, and you can repeat these methods for others. As a reaction when you see a creature make a skill or ability check that doesn't use Intelligence or Charisma, you can spend 1 ki point to say something that prompts them to readjust.

If they hear you, they can use their reaction to roll your martial arts die and add it to their total, possibly changing the outcome. If they roll one of the highest two numbers on the die, the cost of this technique increases by 1 ki point until you next finish a long rest.

### TONGUE OF THE STARS

You have learned to touch the ki of simpler beings, allowing mutual understanding. You can gain the effects of *Speak with Animals* at will; this is not a spell. As an action, you can spend 3 ki points to cast *Speak with Plants*.



The Cobra and the Mongoose, by [Donlavon1](#)

### TOUCH OF INSIGHT

You can feel how deception alters the flow of ki.

You immediately save with advantage against illusion effects if you touch them or the spellcaster concentrating on them. If you are touching a creature, its Charisma (Deception) checks against you are made with disadvantage, and if your Wisdom (Insight) check beats them, you clearly know they are lying.

### TRANQUILITY OF MIND

You have refined your sense of mental calm. You can use your bonus action to end one effect on yourself that is causing you to be charmed or frightened. You can choose to use this technique even if you do not otherwise control your actions.

You have resistance to psychic damage. This resistance does not apply if you are incapacitated or if you and the DM agree you are unusually upset.

### 9TH LEVEL OR HIGHER

#### ALERT PROTECTOR

*Prerequisites: 9th level Monk and Selfless Reaction*

As a reaction to an ally within 10 feet making a Dexterity saving throw, you can give your Evasion feature to that ally. If you do, you yourself do not benefit from Evasion against the same effect. Also, when you take the Dodge action (including via Patient Defense), you can choose to do so selflessly. If you do, then you gain no benefits for yourself, but any allies within 10 feet of you gain all its benefits.

### EXTRA TRAINING

*Prerequisite: 9th level Monk, and you took a feat rather than an ASI at the most recent opportunity*

Increase one of your ability scores by +1.

### FLOW OF THE WIND

*Prerequisite: 9th level Monk*

You can use Step of the Wind without spending ki.

You can spend 3 ki points to gain the effects of *Freedom of Movement* on yourself. This is not a spell.

### GUIDED MEDITATION

*Prerequisites: 9th level Monk; Ki Block defensive reaction*

As part of a short rest, you can spend 10 minutes meditating on a skill you're proficient in, or a saving throw for which your combined modifier is at least +4. Up to three creatures you choose who can hear and understand you can also participate. After the rest ends, spend 4 ki points.

Each participant, including you, gets 4 temporary hit points. While they have any of these temporary hp, each of them can get proficiency or (if they were already proficient) +2 on one roll of the skill or saving throw you chose.

### NATURE MEDITATION

*Prerequisites: 9th level Monk; Nature or Survival skill*

You can spend 4 ki points to cast *Commune with Nature*.

### PURE AND TIMELESS BODY

*Prerequisite: 9th level Monk*

Your mastery of your ki makes you immune to disease and poison. Also, your ki sustains you so that you suffer none of the frailty of old age, though you can still die of old age. You can't be aged magically, and you no longer need food or water.

When you successfully make a Constitution saving throw against an effect, you take no damage from that effect.

### SECRET LEARNING

*Prerequisite: 9th level Monk*

Gain a feat that would normally grant you +1 to an ability that you have 13 or higher in. You do not get the +1 bonus. If your DM approves and it relates to your existing abilities or character, you can instead get "half" the benefits of any feat.

*The DM is encouraged to include a teacher and/or training montage to explain where you learned this feat.*

### 11TH LEVEL OR HIGHER

#### STEP OF THE CLOUDS

*Prerequisites: 11th level Monk; Slow Fall defensive reaction*

When you spend ki to use Step of the Wind, you gain a fly speed equal to your walking speed until the end of the turn.

### TONGUE OF THE SUN AND MOON

*Prerequisite: 11th level Monk*

You learn to touch the ki of other minds. You understand all spoken languages. Any creature that can understand a language can understand what you say.

### VIGIL'S VIRTUE

*Prerequisite: 11th level Monk*

If you have spent at least 1 hour resting, and it has been at least 12 hours since you last completed a long rest, you can gain all the benefits of a long rest, then spend 4 ki points.

When you do so, then until you complete a long rest without this technique, you cannot reuse this technique.

### KI RESIDUE

*Prerequisite: 11th level Monk*

You can spend 4 ki points to cast *Psychic Residue* (spell described below). Once you use this technique, you can not do so again until you finish a long rest.

### 15TH LEVEL OR HIGHER

#### COMBAT MASTERY (CAN BE LEARNED TWICE)

*Prerequisite: 15th level Monk.*

You know two additional Defensive Reactions, or two additional strike techniques, or one of each.

### PURE MINDFULNESS

*Prerequisites: 15th level; Owl's Senses or Meridian Sight*

You can spend 5 ki points to gain 60 feet of **truesight** for ten minutes. Once you use this technique, you can't do so again until you finish a long rest.

This is a taxing technique. When the effect ends, make a Constitution check. The DC is 5 + the count of times you've used a taxing technique. If you fail, suffer one level of exhaustion. If you ever go 24 hours without spending any ki and with no exhaustion, reset the count to 0.

### 18TH LEVEL

#### EMPTY BODY

*Prerequisite: 18th level Monk*

You can use your action to spend 4 ki points to become invisible for 1 minute. During that time, you have resistance to all non-force damage. Also, you can spend 8 ki points to cast the *astral projection* spell, without needing material components, and without taking any others with you.

#### EXTRA ATTACK

*Prerequisite: 18th level Monk*

When you take the Attack action, you attack three times.

#### FOCUSED PRESCIENCE

*Prerequisites: 18th level Monk*

You can spend 1 minute and 10 ki points to gain a limited ability to see into the immediate future.

For one hour, you can't be surprised; you have advantage on attack rolls, ability checks (including initiative rolls), and saving throws; and other creatures have disadvantage on attack rolls against you. This effect ends if you are resting.

This is a taxing technique. When the effect ends, make a Constitution check. The DC is 5 + the count of times you've used a taxing technique. If you fail, suffer one level of exhaustion. If you ever go 24 hours without spending any ki and with no exhaustion, reset the count to 0.

#### PERFECTED ARTS

*Prerequisite: 18th level Monk*

Your Martial Arts die is 1d12. Also, gain expertise (2 times proficiency bonus) with 2 sets of tools you're proficient in.

## MARTIAL ARCANIST

*For the Four Elements subclass, replaces Tradition Technique and/or Elemental Attunement*

When you start on the Way of the Four Elements (at 3rd level), you have trained to blend spellcasting with your attacks. This gives the following benefits:

- If you have spent any ki since the start of your last turn, you can reduce the ki cost to cast a spell by 1.
- You can use Ki Block on concentration saving throws (once per saving throw, total) without using your reaction.
- When you finish a long rest, you can learn 2 cantrips from the following list: *control flame*, *create bonfire*, *fire bolt*, *frostbite*, *gust*, *magic stone*, *mold earth*, *produce flame*, *ray of frost*, *shape water*, or *thorn whip* (reflavored as *water whip*, with slashing damage). When you do so, you forget any cantrips you learned from this technique before. From 11th level, this technique gives you 3 of these cantrips; from 17th level, 4 in total.
- Once on your turn, you can replace one attack with a cantrip, without using any incidental material components. This cantrip must have a casting time of one action, and does any damage as if you were only first level.

At 3rd level, you still learn 2 elemental disciplines, but Elemental Attunement does not have to be one of them. At 6th, 11th, and 17th levels, you learn 2 new elemental disciplines each.



## NEW SPELLS MENTIONED

### BLEND INTO CROWD

2nd-level abjuration

**Casting Time:** 1 action

**Range:** Self

**Components:** S

**Duration:** Concentration, up to 1 hour

**Classes:** Bard, Druid, Ranger, Sorcerer

Whenever you are within 30 feet of 3 or more humanoids, you can add an additional 1d20 to Dexterity (Stealth) rolls. Additionally, you get advantage on the first d20 of Dexterity (Stealth) rolls if you are within 30 feet of 8 or more non-hostile humanoids. For these benefits to apply, you do not hide behind anything as usual, but instead act similarly to the others around you.

Anyone attempting to count the group, to notice your differences from the others, or to look at you specifically, must succeed on an Intelligence (Investigation) roll against your Dexterity (Stealth) roll.

This spell ends immediately if, while within sight of any creature, you begin to hide, make an attack, use verbal components for a spell, or speak or act in a hostile or conspicuous manner.

### PSYCHIC RESIDUE

5th-level divination

**Casting Time:** 10 minutes

**Range:** Touch

**Components:** V, S

**Duration:** Instantaneous

**Classes:** Artificer, Bard, Ranger, Sorcerer, Wizard

You gain visions of the past from the mental and emotional residue that adhere to objects and places.

You spend 10 minutes in stationary meditative concentration on a place, object, or willing or unconscious creature, gaining snatches of vision of their past. You get at least 1 and no more than 6 short visions, each of which lasts for a period as brief as moment and no longer than 10 seconds. At DM's discretion, you might roll 1d6 for this.

At least one of the visions will be something that happened recently—no more than 3 days (72 hours) ago. Events that are involve heavy magic, strong emotions, and/or important changes are the most likely to appear, and more than one of the visions may involve the same such event.

If you concentrate on a specific question, and there is a past event which would help answer it, then you can roll a Wisdom check to see if that event appears. Use the table below for base DC and modifiers.

Once you have used this technique on a given target, doing so again on the same target has at least a 50% chance of repeating the same visions (1-10 on 1d20). The DM may decide this roll fails automatically.

### PSYCHIC RESIDUE DC TABLE

Condition	Ki Residue DC	Condition	Modifier
<24 hours	base DC: 8	Magic involved	-1 DC per spell level
<1 week	base DC: 10	Life-changing emotions	-5 DC
<1 year	base DC: 15		
<10 years	base DC: 20	Death of powerful creature	-1 DC for every 3 CR
<100 years	base DC: 25		

## MAGIC ITEMS

### BELT OF MARTIAL ARTS

*Wondrous item, rarity varies (requires attunement by a Monk)*

While attuned to such a belt, you know one or more additional Martial Arts techniques. The rarity (and in some cases, the color) of the item depends on the technique or techniques available. A belt which grants more than one technique will still generally only grant one technique with the maximum level prerequisite shown.

Number/type of techniques	Rarity
1 defensive	<b>Common</b> (Can be attuned by Rangers, Rogues, Fighters, or Barbarians, if they are not wearing medium or heavy armor)
1 Strike (w/ no prereq)	<b>Uncommon</b>
1 Monastic (w/ no prereq)	<b>Uncommon</b> (also increases your ki point maximum by 1)
1 Strike or monastic; prereq <L12	<b>Rare</b> (also increases your ki point maximum by 1)
1 strike, 1 monastic; prereq <L15	<b>Very Rare</b> (also increases your ki point maximum by 1)
3, any kind, prereq <L15	<b>Very Rare</b> (also increases your ki point maximum by 2, 1 minor beneficial property [DMG p219])
3, any kind, any prereq	<b>Legendary</b> (also increases your ki point maximum by 4, 1 minor and 1 major beneficial property)

### MANUAL OF MARTIAL ARTS

*Wondrous item, various rarities*

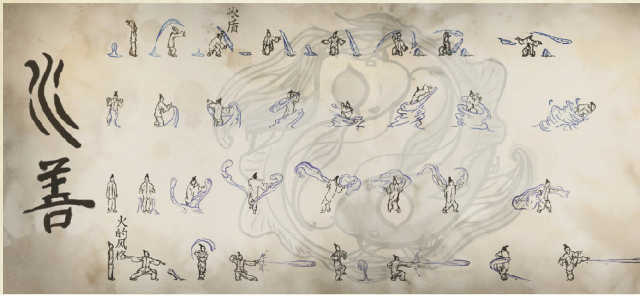
This book or scroll (or tapestry, mosaic, etc.) offers instructions on one or more martial arts techniques.

If a Monk spends 48 hours over a period of 6 days or fewer studying the contents and practicing its guidelines, they permanently learn the given technique(s). The manual then loses its magic, but regains it in a decade.

A non-Monk may be able to gain the same benefits, if they can pass a Dexterity or Wisdom check (DM's discretion) with a DC equal to 15 plus half the maximum level prerequisite of the technique(s). In any case, this takes a total of 96 hours of study time over 12 days or fewer.

If you ever study another manual of martial arts, you lose any techniques you learned from the first one.

The rarity of such a manual is one level rarer than a corresponding belt of martial arts would be.



Waterbending Scroll, by [moptop4000](#)

## UMBRELLA MOVEMENT QUARTERSTAFF

*Weapon, rare (allows attunement by a Monk)*

If you are wielding this quarterstaff, you can open it into a parasol at one end. When it is open, you can not use it as a weapon, but your fall speed is 60 feet; you take no fall damage; and you have 3/4 cover against radiant, poison, or acid damage from ranged attacks, spells, or effects. It can be opened as an action or as a reaction to being targeted by such an attack, spell, or effect. It can be closed as a bonus action.

The above effects do not require attunement, but they do require having spent 10 minutes of familiarizing oneself with the mechanism. If, however, you attune to this item as a Monk, it gains a +1 bonus to attack and damage, and you get understanding of the Selfless Reaction and Alert Protector techniques. If you already knew either of those techniques, you can use Patient Defense without spending ki.

## BOOTS OF SIDESTEP

*Wondrous item, rare (requires attunement)*

When you wear these split-toed boots, and are not wearing medium or heavy armor, they provide the ability to disengage, dodge, or dash as a bonus action or as a reaction to being targeted by an opportunity attack. If this ability is used to disengage in response to an opportunity attack, the attack automatically misses. Once you have used this ability, you can not do so again until the following dawn.

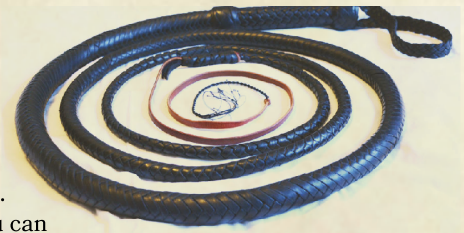
If you are a Monk, then when you wear these boots, you gain the benefits of the Flow of the Wind technique. If you already know this technique, its cost is reduced to 1 ki point.

## DOMINATING WHIP

*Weapon (whip), very rare (requires attunement)*

This black leather bullwhip is considered a Monk weapon. You gain a +2 bonus to its attacks and damage rolls.

Leather Bullwhip,  
by [jonzou](#)



This item has up to 7 charges. It regains 1d6+1 charges at sunset.

When you hit with it, you can expend 1 charge to gain the effect of Bonding Strike, or 2 charges to gain the effect of Subduing Strike. In both cases, the duration of any effects is tripled.

When wielded by a Monk, this weapon gains additional properties:

- The wielder is able to use the Bonding Strike and Subduing Strike techniques. If they already know either of these techniques, they can choose other strike techniques they could learn, gaining the ability to use these techniques until attunement ends.
- When they hit with this weapon, the wielder can use the weapon for a strike technique. This costs 1 ki point, plus the technique's normal ki cost.
- The wielder can spend 3 ki to add one charge to this weapon, as a free action.

**Curse** (DMs option): Some, but not all, examples of this item were used in an ancient conflict against a holy order, and that order's patron deity was able to impose a powerful curse on the ones which were used in this manner. If such an item is used to help enslave any creature (that is, to force it to perform work useful to others against its will), the curse is activated for 7 years. While this curse is activated, anyone attuned to this weapon will not voluntarily unattune from it.

While under this curse:

- They find healing magic to be painful; whenever they magically recover hit points, they must succeed on a DC 18 Constitution saving throw, or be stunned until the end of their next turn.
- They are vulnerable to radiant damage, but they find suffering this damage pleasurable.

## "SUGGESTED" BUILDS

The wide variety of optional techniques above can tend to paralyze some players with too many choices. To help alleviate this problem, here are some "suggested" builds. If DMs want to, they could limit players to the choices suggested for their chosen subclass, or to an appropriate "themed" build.

On the following page are four "themed" builds, to give some idea of what is possible:

- **Traditional Monk** reproduces the 5e Monk. Techniques that do not correspond to the 5e Monk are marked with "?". Note that this class has only 2 abilities (at 10th and 14th level) that are unlike those of the vanilla Monk, though the correspondence isn't perfect.
- **Support:** Focused on options that help others.
- **Iron Body:** A Strength-based Monk.
- **Mage's Bane:** Optimized for shutting down enemy mages. If you are a variant human, get the Mage Slayer feat to start out, and get a strike technique at level 10.

Lvl: Tech	Traditional Monk	Support	Iron Body	Mage's Bane
1	—	—	Iron Body	—
2:D	Deflect Missiles	Ki Block	Tumbling Dodge	Ki Block
3	—	—	—	—
4*:D	Slow Fall	Selfless Reaction	Deflect Missiles	Deflect Missiles
5:S	Stunning Strike	Swift Salvo Strike	Gentle Strikes	Hindering Strike
6:M	Tranquility of Mind	Timely Guidance	Breath Control	Meridian Sight
7:S	Unerring Strike	Combo Strike	Exposing Strike	Dispelling Strike
8*	—	—	—	—
9:M	Step of the Air	Alert Protector	Pure and Timeless Body	Tranquility of Mind
10:D (Tumbling Dodge?)	—	Tumbling Dodge	Iron Flesh	Ki Reflection
11:M	Pure and Timeless Body	Guided Meditation	Secret Learning OR Extra Training	Touch of Insight OR Hidden Ki
12*	—	—	—	—
13:D	Ki Block	Wisp's Dodge	Confounding Dodge	Wisp's Dodge
14:S (Exposing Strike?)	—	Exposing Strike	Stunning Strike	Swift Salvo Strike
15:M	Tongue of the Sun and Moon	Combat Mastery	Combat Mastery	Pure Mindfulness
16*	—	—	—	—
17	—	—	—	—
18:M	Empty Body	Restoring Mantra	Extra Attack	Focused Prescience

- Levels with an Ability Score Improvement.



## DEFAULT TECHNIQUE PROGRESSION

Way	Mercy	Shadow	Astral Self	Cobalt Soul	Drunken Master
1	—	—	—	—	(Iron Body?)
2:D	Ki Block	Deflect Missiles	Ki Block	Tumbling Dodge	Tumbling Dodge
3(M)	(Tranquility of Mind)	(Hidden Ki)	(Meridian Sight)	(Juggler's Hands)	(Step of the Air)
4:D	Selfless Reaction	Tumbling Dodge	Slow Fall	Ki Block	Selfless Reaction
5:S	Subduing Strike OR Stunning Strike	Swift Salvo Strike OR Targeted Strike	Hindering Strike OR Stunning Strike	Snatching Strike OR Targeted Strike	Gentle Strikes OR Stunning Strike
6:M	Restoring Mantra OR above (L3)	Aspect of Clay OR above (L3)	Monastic Expertise OR above (L3)	Touch of Insight OR above (L3)	Timely Guidance OR above (L3)
7:S	Combo Strike OR above (L5)	Exposing Strike OR above (L5)	Dispelling Strike OR above (L5)	Bonding Strike OR above (L5)	Provoking Strike OR above (L5)
8	—	—	—	—	—
9:M	Alert Protector OR Guided Meditation	Secret Learning OR Restoring Mantra	Tranquility of Mind OR Guided Meditation	Step of the Air OR Nature Meditation	Flow of the Wind OR Tongue of the Stars
10:D	Ki Reflection	Ki Block	Ki Reflection	Selfless Reaction	Confounding Dodge
11:M	Timely Guidance	Martial Arcanist	Ki Residue	Tongue of the Sun & Moon OR Ki Residue	Vigil's Virtue
12	—	—	—	—	—
13:D	Perfect Breath	Wisp's Dodge	Adamantine Soul	Ki Reflection	Wisp's Dodge
14:S	Bonding Strike	Stunning Strike	Gentle Strikes	Dispelling Strike	Tornado Strike
15:M	Combat Mastery	Owl's Senses	Pure Mindfulness	Pure Mindfulness	Combat Mastery
16-17	—	—	—	—	—
18:M	Focused Prescience	Empty Body	Empty Body	Focused Prescience	Extra Attack

Way	Four Elements	Kensei	Long Death	Open Hand	Sun Soul
1	—	(Iron Body?)	—	(Iron Body?)	—
2:D	Ki Block	Tumbling Dodge	Ki Block	Deflect Missiles	Deflect Missiles
3(M)	Martial Arcanist	(Owl's Senses)	(Ascetic Habits)	(Monastic Expertise)	(Restoring Mantra)
4:D	Tumbling Dodge	Deflect Missiles	Tumbling Dodge	Tumbling Dodge	Slow Fall
5:S	Hindering Strike OR Stunning Strike	Unerring Strike OR Targeted Strike	Stunning Strike OR Targeted Strike	Gentle Strikes OR Targeted Strike	Subduing Strike OR Stunning Strike
6:M	Restoring Mantra	Breath Control OR above (L3)	Breath Control OR above (L3)	Owl's Senses OR above (L3)	Martial Arcanist OR above (L3)
7:S	Tornado Strike OR above (L5)	Stunning Strike OR above (L5)	Provoking Strike OR above (L5)	Tornado Strike OR above (L5)	Hindering Strike OR above (L5)
8	—	—	—	—	—
9:M	Step of the Air	Extra training OR Secret Learning	Tongue of the Stars OR Alert Protector	Extra training OR Secret Learning	Touch of Insight OR Meridian Sight
10:D	Ki Reflection	Confounding Dodge	Selfless Reaction	Iron Flesh	Ki Block
11:M	Step of the Clouds	Tranquility of Mind	Pure & Timeless Body	Vigil's Virtue	Tongue of the Sun & Moon
12	—	—	—	—	—
13:D	Iron Flesh	Perfect Breath	Perfect Breath	Wisp's Dodge	Adamantine Soul
14:S	Subduing Strike	Exposing Strike	Exposing Strike	Stunning Strike	Dispelling Strike
15:M	Flow of the Wind	Combat Mastery	Combat Mastery	Combat Mastery	Step of the Clouds
16-17	—	—	—	—	—
18:M	Extra Attack	Perfected Arts	Perfected Arts	Extra Attack	Focused Prescience

Subclass builds

## MONK NPC STATBLOCKS

Below, you can find basic stat blocks for three different levels of NPC Monk; an Initiate (CR3, corresponding to a PC Monk at about 6th level); a Disciple (CR7, corresponding to a PC Monk at about 12th level); and a Master (CR17, corresponding to a PC Monk at about 19th level, but with legendary actions).

In all 3 cases, in order to complete the statblocks, you must select specific techniques and attack types from the lists that follow the statblocks. For instance, to build a Monk Initiate, select one NPC Strike Technique and two NPC Basic Defensive Reactions; or, to build a Master Monk, select one Master Strike, three Passive Techniques, and one Master Reaction.

All saving throws from effects are made against the monk's ki save DC.

### MONK INITIATE

Medium Humanoid

**Armor Class** 16 (Natural Armor)  
**Hit Points** 39(6d8 + 12)  
**Speed** 40ft.

STR	DEX	CON	INT	WIS	CHA
14 (+2)	16 (+3)	14 (+2)	10 (+0)	16 (+3)	10 (+0)

**Saving Throws** Str +5, Dex +6  
**Skills** Athletics +5, Acrobatics +6, Perception +6  
**Senses** passive Perception 15  
**Languages** Common and one language of its choice  
**Challenge** 3 (700 XP)

**Martial Arts:** die size 1d6, Ki Save DC 13  
**Techniques:** Choose one Strike Technique and two Basic Reactions from the lists below.

#### ACTIONS

**Strike Technique (recharge 5-6)** Monk initiate makes 4 martial arts strikes against the same target, and applies the effects of its chosen Strike Technique.

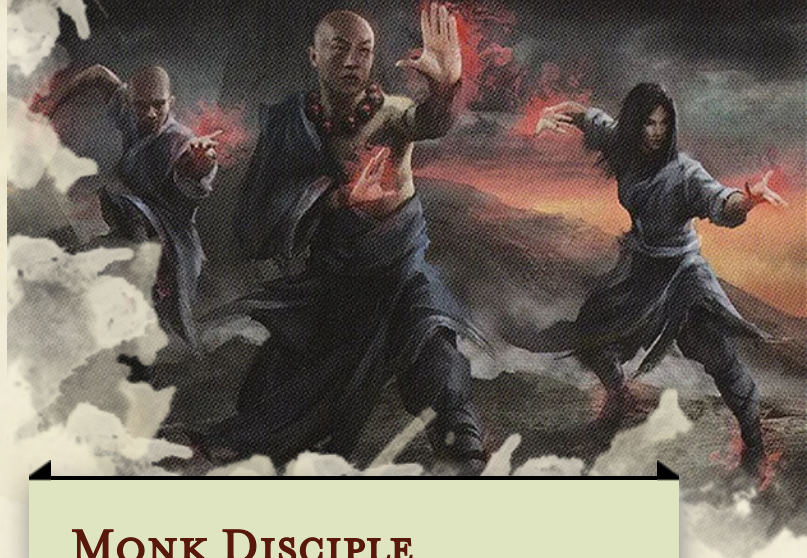
**Multiattack** Monk initiate makes 3 attacks, either martial arts or ranged.

**Dodging attack** Monk initiate makes 2 martial arts strikes and takes the Dodge, Dash, or Disengage action.

**Martial Arts Strike** +5 to hit, 5ft., one target. *Hit* 6 (1d6 + 2) damage.

**Ranged Strike** +5 to hit, range 30ft., one target. *Hit* 5 (1d6 + 2) damage

#### REACTIONS: 2 BASIC (BELOW)



### MONK DISCIPLE

Medium Humanoid

**Armor Class** 18 (Natural Armor)  
**Hit Points** 90(12d8 + 36)  
**Speed** 50ft.

STR	DEX	CON	INT	WIS	CHA
16 (+3)	18 (+4)	16 (+3)	10 (+0)	18 (+4)	10 (+0)

**Saving Throws** Str +7, Dex +8  
**Skills** Athletics +7, Acrobatics +8, Perception +8, Stealth +8  
**Senses** passive Perception 18  
**Languages** Common and one language of its choice  
**Damage Immunities** Falling  
**Challenge** 7 (2900 XP)

**Martial Arts:** die size 1d8, Ki Save DC 16, mastery 1  
**Evasion:** When the monk makes a Dexterity save against an effect that deals damage, they take half damage on success and none on failure.

**Techniques:** Choose one Strike Technique, two Passive Techniques, and three Basic Reactions from the lists below.

#### ACTIONS

**Strike Technique (recharge 4-6)** Monk initiate makes 5 martial arts strikes against the same target, and applies the effects of its chosen Strike Technique.

**Multiattack** Monk makes 4 attacks, either martial arts or ranged.

**Dodging attack** Monk makes 3 martial arts strikes, takes the Disengage action, and takes the Dodge or Dash action.

**Martial Arts Strike** +7 to hit, 5ft., one target. *Hit* 9 (1d8 + 4) bludgeoning damage.

**Ranged Strike** +7 to hit, range 30ft., one target. *Hit* 9 (1d8 + 4) slashing damage

#### REACTIONS: 3 BASIC (BELOW)



# MASTER MONK

Medium Humanoid

Armor Class 22 (Natural Armor, Bracers of Defense)  
Hit Points 150(20d8 + 60)  
Speed 60ft.

STR	DEX	CON	INT	WIS	CHA
16 (+3)	20 (+5)	17 (+3)	11 (+0)	20 (+5)	10 (+0)

**Saving Throws** Str +9, Dex +11, Con +9, Int +6, Wis +11, Cha +6

**Skills** Athletics +9, Acrobatics +11, Stealth +11, Perception +11 (Passive Perception 21)

**Languages** Common and one language of its choice

**Damage Immunities:** Falling, Poison

**Damage Resistances:** One elemental damage type: fire, cold, lightning, thunder, radiant (sun), necrotic, slashing (water), or bludgeoning (earth)

**Condition Immunities:** Poisoned

**Challenge** 17 (15000 XP)

**Martial Arts:** die 1d12, Ki Save DC 19, mastery 2

**Evasion:** When the monk makes a Dexterity saving throw against an effect that deals damage, they take half damage on success and none on failure.

**Techniques:** Choose one Master Strike, three Passive Techniques, and one Master Reaction from the lists below. The master monk also has access to all basic strike techniques and all basic reactions.

**Legendary Resistance: (3/day)** Upon failing a saving throw, the monk can choose to succeed. This uses up their next legendary action.

## ACTIONS

**Master Strike (recharge 4-6)** The monk uses its chosen Master Strike

**Strike Technique** Monk makes 5 unarmed strikes and applies any strike technique (below). They cannot use the same strike technique twice in a row.

**Martial Arts attack** +11 to hit, 5ft., one target. *Hit* 12 (1d12 + 5) damage.

**Ranged attack** +11 to hit, range 60ft., one target. *Hit* 12 (1d12 + 5) damage

## REACTIONS: ALL BASIC, 1 MASTER

### LEGENDARY ACTIONS (2/TURN)

**Perfect Breath:** Monk recovers the use of their reaction & makes 1 unarmed strike with advantage.

**Step of the Patient Wind:** Monk takes the Dash action and the Dodge action. They cannot use this as their first legendary action since their turn.

**Tranquility of Mind (2 actions):** Monk gains 40 temporary hit points and removes one condition affecting them. This works even if incapacitated.

[Deflecting Palm,](#)  
[by Eric Deschamps](#)  
[©WOTC](#)

## MONK NPC TECHNIQUES

### PASSIVE ABILITIES

**Elemental Shield:** When the monk takes the Dodge action, they get a shield which does their Wisdom modifier in elemental damage (see types above) to any creature that hits it with a melee attack. It gets an additional benefit as follows, until the end of its next turn: fire/cold:resistance to fire, cold, and lightning damage; lightning/thunder: fly speed 60ft; slashing:10 temporary hit points per mastery; bludgeoning: resistance to bludgeoning, piercing, and slashing damage.

**Elemental Step:** When the monk takes the dash action and leaves the 5 foot range of a creature, that creature takes damage equal to the monk's Wisdom modifier. Choose the damage type: fire, cold, lightning, thunder, radiant, necrotic, slashing (water), or bludgeoning (earth).

**Improved Elemental Control: (requires Elemental Step and/or Elemental Shield)** When the monk deals elemental step/shield damage, the target makes a Constitution saving throw against their ki save DC. On a failure, the target gets a condition depending on the damage type. Fire:ignited; cold:restrained; lightning/radiant:blinded; thunder:dazed & deafened; necrotic:poisoned; slashing/bludgeoning:prone or pushed back 20 feet. Conditions with an intrinsic duration last until the end of the target's next turn.

**Ki-empowered Strikes:** The monk's attacks are magical & ignore bludgeoning damage resistance.

**Open Hand:** Whenever the monk hits a creature with an unarmed strike, they may apply one of the following effects: reduce speed by 10ft, push by 10ft in the direction of the Monk's choice, or can't take reactions. Any target suffering all 3 of these in a turn makes a Dexterity saving throw against becoming grappled or prone (monk's choice).

**Psionic Form:** When the monk takes the Dash action, they can move through creatures and solid objects. Any creature whose space they move through takes the monk's Wisdom modifier in force damage and loses its reaction. If they end their turn in an occupied space, they take 10 force damage and shift to the nearest unoccupied space.

**Perfect Training:** The monk has advantage on Strength (Athletics) and Dexterity (Acrobatics), and can jump a distance equal to their speed. For every point of mastery, increase their critical range by 1. For instance, mastery 2 would score a critical hit on a roll of 18-20.

**Reaper:** When the monk reduces a meaningful enemy to 0 hit points, target immediately dies, & the monk gains 20×mastery temporary hit points.

**Shadow Arts:** When the monk takes the Dodge action, they become invisible until they deal damage. When the monk takes the Dash action, they can teleport up to 60 feet, and their next attack has advantage. Also, the monk cannot be targeted or affected by divination spells. These abilities don't work in bright light.

**Speedy:** The monk does not provoke attacks of opportunity from creatures it can see. Their speed increases by 10ft. When they use a reaction, they make 1 martial arts attack.

### NPC STRIKE TECHNIQUES

For all of the below, critical hits count as 2 hits.

**Dispelling Strike:** If the monk hits a target at least 3 times, the monk casts Dispel Magic on the target, at 3rd level, using Wisdom.

If the monk hits a target with its first 4 attacks, they can instead force the target to lose attunement with a magic item of the target's choice, or force the target to return to their original form and not change it until the end of target's next turn. Also, the monk can use a Counterspelling Strike (master reaction) any time before its next turn starts.

**Elemental Strike:** At the end of the turn, the monk does extra elemental damage to each target equal to the square of the number of times that target was hit. Additionally, any target that was hit at least 3 times suffers the effects of Improved Elemental Control, above, with no saving throw. See Improved Elemental Control for available damage types.

**Enthralling Strike:** If the monk hits the same target at least 3 times, target automatically loses concentration and makes all attacks with disadvantage until the end of its next turn. If the monk hits a target with its first 4 attacks, target is Charmed until the end of its next turn.

**Exposing Strike** If the monk hits the same target at least 3 times, the monk can concentrate until the end of their next turn on weakening their defenses. While this lasts, attacks against that target have advantage. When another creature hits the same target, the monk can end concentration and use its reaction to make the target vulnerable to the damage.

**Hindering Strike:** At the end of the turn, the monk does extra force damage to each target equal to the square of the number of times that target was hit. Also, each target, until the end of its next turn, has the save DC of its spells, and all its rolls to hit, reduced by the number of times it was hit.

**Snatching Strike:** If the monk hits a target at least 3 times, it can take the item of the monk's choice that the target is holding. For magic items the target is attuned to, this only works if the monk hits the target with its first 4 attacks.

**Stunning Strike:** If the monk hits a target at least 3 times, target is Dazed. If the monk hits the same target with its first 4 attacks, target is Stunned. In either case, this lasts until the end of the monk's next turn.

**Targeted Strike:** The monk can aim at a specific body part with a series of blows. If the monk hits a target at least 3 times, target makes a Constitution saving throw, with -1 for each time they were hit after the third. The effects of failure depend on what part was targeted:

- Eyes: Target is blinded.
- Legs: Target's speed is reduced to 10 feet, they have disadvantage on all Strength (Athletics) and Dexterity (Acrobatics) skill checks, and they get -2 to AC.
- Solar Plexus: Target cannot breath, speak, or cast spells with verbal components. It attacks with disadvantage.

These effects each last for up to a minute or until target regains 5 or more hit points. Target makes a Constitution saving throw to end this condition/effect at the end of each of its turns and when it uses an action to do so.

### MASTER STRIKES

**Death touch:** Monk makes 5 martial arts attacks. The first target it hits makes a Constitution saving throw against their ki save DC, taking 12d10 extra necrotic damage on a failed save or half as much on a success.

Thanks [SoniverseLabs](#) for inspiring these.

**Elemental Frenzy:** Monk makes 6 martial arts attacks and uses the Elemental Strike ability above. The additional effects apply to any target they hit at least 2 times.

**Ki Burst:** Monk casts *Destructive Wave*.

**Mercy:** Monk can cast *Raise Dead* once/day as an action on a target who has only died once, and *Healing Word* 20 times/day with a range of touch.

**Quivering Palm:** Monk makes 5 martial arts attacks. If they hit a target at least 3 times, they can concentrate on establishing vibrations in the target. If they are still concentrating at the start of their next turn, target drops to 0 hit points and the effect ends. *Lesser* or *Greater Restoration*, or 50 points of healing, end the vibrations.

**Tornado Strike / Frenzy of Blows:** Monk casts *Steel Wind Strike*.

## NPC DEFENSIVE REACTIONS

### BASIC

**Deflect Missile:** When the monk is attacked with a ranged weapon, they can add +5 AC against this attack. If the attack misses, they can cause it to target a creature of their choice within 60 feet of them instead.

**Elemental Retribution:** When the monk is damaged by a creature within 30 feet that they can see, they can cast *Hellish Rebuke*. The base damage is two rolls of their martial arts die in their chosen elemental damage type, not 2d10 fire.

**Ki Block:** When the monk makes a saving throw, it can use its reaction to add one martial arts die (same as damage die) to the total.

**Tumbling Dodge:** When the monk is hit with a melee weapon attack, they can roll one martial arts die (same as damage die). On a 4 or higher, they can move 5 feet without provoking attacks of opportunity. If they move out of range of the attack, it misses.

### MASTER

**Ki Reflection: (Recharge 6)** When the monk is targeted by a spell, they can roll one martial arts die (same as damage die) and subtract 2. If this is equal to or higher than the level of the spell, they can change the target of the spell to a creature of their choice within 40 feet.

**Counterspelling Strike:** When a creature within 15 feet of the monk attempts to cast a spell, the monk can move to within 5 feet and make an unarmed strike. If this hits, the Monk casts *Counterspell* at 3rd level using Wisdom.

**Wisp's Dodge:** When the monk is within the area of effect of a spell being cast, they can roll one martial arts die (same as damage die). On a 4 or higher, they can move 20 feet without provoking attacks of opportunity. If they move out of the area of effect, the spell does not affect them. When choosing where to move, they are aware of being in the area of effect, but do not know its exact boundaries.

## ATTACK TYPES:

Each monk can have its own style or styles of attacks. All monks have access to unarmed strikes.

### RANGED

**Daggers:** The monk's ranged attacks do piercing damage.

**Elemental:** The monk's ranged attacks can do damage of a chosen "elemental" type: fire, cold, lightning, thunder, radiant (sun), necrotic, slashing (water), or bludgeoning (earth).

**Longbow:** The monk's ranged attacks do piercing damage.

**Shuriken:** The monk's ranged attacks do slashing damage.

### MELEE

**Elementally enhanced:** The monk's martial arts attacks do bludgeoning damage for the damage die, but elemental damage for the +x bonus. The elemental damage is of their chosen "elemental" type: fire, cold, lightning, thunder, radiant (sun), necrotic, slashing (water), or bludgeoning (earth).

**Quarterstaff:** The monk's martial arts attacks do bludgeoning damage.

**Spear:** The monk's martial arts attacks can do piercing damage.

**Shortsword:** The monk's martial arts attacks can do slashing damage.

**Unarmed:** The monk's Martial Arts attacks can do bludgeoning damage. Note that even monks using a weapon can make unarmed strikes (such as kicks) if they choose to.

## NEW GENERAL CONDITION: DAZED

(Repeated from above so it's easy to include along with NPC statblocks)

A creature who is dazed suffers the following penalties:

- Their speed is halved.
- They can't take reactions.
- During their turn, they can only take an action or a bonus action, not both.
- They get -2 to attacks, ability checks, dexterity saving throws, and to the DC of their spells and abilities.
- They can end this condition by spending a total of two actions (including legendary- or bonus-). They cannot use legendary actions for any other purpose until they do so.
- Any lair actions they have are unaffected.

Immunity to the Stunned condition confers immunity to the Dazed condition. If you are Dazed twice, you are Stunned. DM should consider replacing Stun with Daze in monster abilities.



[Diana the Acrobat,](#)  
[by robsOn](#)

## FAQ: RULES

### **CAN TERRAIN STOP TUMBLING DODGE?**

If you roll a 4 or 5, then yes, difficult terrain can prevent any movement. Tumbling Dodge says "use 5 feet of movement", not "move 5 feet", so difficult terrain reduces that to 0.

Similarly, if you are grappled or otherwise have your movement speed reduced to 0, you do not have 5 feet of movement to use, so Tumbling Dodge automatically fails.

### **HOW DOES IRON FLESH WORK?**

When you initially get the technique, you choose a damage type. You can change that choice as a reaction whenever you take damage. You are not resistant to that damage type, but you are *ready to become* resistant to that damage type later.

In other words, the ideal use for this is when a player can correctly predict what damage type will be important in upcoming encounters, then do a small amount of that upcoming damage type to themselves to get ready.

This technique does not allow you to switch or improve any damage resistance(s) you have from other sources.

Some other abilities allow you to use two reactions in the same round. Since you can't react twice to the same event, you still couldn't both switch to a damage type and resist that damage type in response to a single damage event. But what if you gain resistance as your first reaction, then change damage types as a second reaction when you take damage again? In that case, you keep the old resistance, but have the ability to gain the new resistance later.

### **HOW DOES KI REFLECTION WORK?**

Say your AC is 19 and the enemy rolls 21 to hit on a spell attack. You use Ki Block, rolling 3, so your AC increases to 22 for this attack. That changes a hit to a miss, so you can spend 3 more ki (4 total) redirect the spell.

### **CAN WISP'S DODGE AVOID FORCECAGE?**

Yes — as few other martial character features can.

### **HOW SHOULD I DO COMBO STRIKE IF I ROLL MY FIRST TWO ATTACKS SIMULTANEOUSLY?**

If you roll two attacks simultaneously, and only one of them hits, technically you don't know if the "first attack you make in a turn" hit so that Combo Strike is available.

In this one-out-of-two-attacks-hit case, if you want to use Combo Strike, you should then make the attack roll that you would have done for Combo Strike. If it's even or it's a natural 1, count that as a Combo Strike attack roll. If it's odd but not 1, count it as if you never got to attempt a Combo Strike (so you didn't spend ki).

This is very, very slightly in your favor versus rolling one-by-one (you waste a tiny bit more ki on average, but also get a tiny bit more critical hits), but it's much faster, so it's fine.

### **CAN COMBO STRIKE AFFECT MONSTERS' SAVING THROWS AGAINST YOUR ALLIES' SPELLS?**

Ordinarily, no. Because Combo Strike's effect only lasts until the end of the current turn, this will usually be your turn or, for reaction attacks, the monster's turn, not your ally's turn.

However, if they hold their action to cast a spell after you make two attacks, this could work. In that case, according to standard rules, they would need to concentrate on holding the spell, and would lose the spell slot if that concentration was broken.

It could also work if you held your action to make a combo strike during your ally's turn. In that case, you'd forego Extra Attack, and this would fail if the monster moved out of your range or if you chose to use a defensive reaction first.

### **WHAT HAPPENS IF YOU ROLL A CRITICAL HIT WITH COMBO OR HINDERING STRIKE?**

The second die of critical damage also subtracts from the enemy's effectiveness.

### **CAN I USE THE OPPORTUNITY SHOVE FROM GENTLE STRIKE TO MAKE SOMETHING PRONE?**

Yes; as always, a shove can either move the target or force it prone. It falls prone in your melee range, but 5 feet of its movement are used in the attempt to leave that range.

### **CAN YOU CHANGE MONASTIC TECHNIQUES WHEN LEVELING UP?**

By rules as written, no. This is to prevent shenanigans with skills (ie, Juggler's Hands) or abilities (ie, Extra Training). However, as always, a good DM makes things fun; if a beginning player chose the wrong technique and wants to change it at level up, it usually makes sense to let them.

### **CAN THE BONUSES TO PERCEPTION CHECKS FROM MERIDIAN SIGHT OR OWL'S SENSES APPLY TO CHECKS THAT LAST LONGER?**

Yes. The extra focus from spending that ki can be short or long, so it can work for cases like an hours-long watch.

### **CAN YOU USE TIMELY GUIDANCE TO HELP AN ALLY WITH THEIR STEALTH?**

Yes, but... Timely Guidance itself requires saying something or making some noise. So in many cases you'd then have to roll stealth (again?) yourself.

### **HOW SHOULD PSYCHIC RESIDUE WORK?**

As always, the mechanics of this spell are subject to the DM's interpretation, with the overall goal of advancing but not trivializing the plot. Ideally, the spell should give useful information, but not make things too easy.

Of course, what counts as "useful" and/or "too easy" depends a lot on other factors that are impossible to include in a table like the above — including, for instance, how long the party has been facing the current riddle, and how central it is to the plot and style of the campaign.

## FAQ: GAME DESIGN

### **WHAT'S THE POINT OF A MONK?**

Monk is an unarmored, mobile martial class that's fun to play because you can make tactical choices between various cool moves. It should fulfill the fantasy of martial arts movies, but minimize the hokey orientalism.

## SO, NERFING STUN MAKES ROOM FOR FUN?

The SRD Monk makes around 3 tactical choices per round:

- What to do with their bonus action: Martial Arts for 1 attack, Flurry of Blows, Patient Defense, or Step o.t. Wind
- When you hit, do you use special attacks (ie, Stunning Strike or subclass strikes)?
- How to use your reaction? (Deflect Missiles, Slow Fall)?

This makes all 3 of these more fun and balanced. Patient Defense buffs defensive techniques, so bonus action choices are less skewed toward Flurry of Blows. Stunning Strike is slightly nerfed, and there are other strikes, so it becomes less boring and spammy and more fun and tactical. And most of all, **defensive techniques make your reaction into a fun and effective tactical resource almost every combat turn.**

In terms of balance, it makes the Monk more survivable starting in mid-tier-I, less save-or-suck starting in tier II, more of a damage threat starting in tier III, more epic in tier IV, and more flexible in terms of RP ribbons throughout.

Overall that's a boost, but the tier II change is a nerf.

## WHAT'S THE ARE GAME DESIGN PHILOSOPHIES?

Basically, the idea here is that leveling up should involve making one fun choice, but not overwhelm you with more than one. Also, you should have simple, fun tactical choices in combat. Also, as much as possible, options should not be strictly too much better ("mandatory") or worse ("trap").

It's easier to balance these techniques because I've made the choices mostly apples-to-apples, grouping similar options that compete for the same action economy.

## HOW DOES THE NUMBER OF FEATURES FOR THIS CLASS COMPARE TO VANILLA MONK?

At level 19, this class has 4 basic + 4 defensive + 3 strike + 5 monastic = 16 techniques (12 freely chosen). A vanilla Monk has 3 basic (flurry, patient, step) + 2 defensive (deflect, slow) + 1 strike (stun) + and 6 monastic (stillness, wallrunning, purity, tongue, timeless, empty) = 12 railroaded "techniques".

So this class has more, and they're individually a bit more powerful if anything. But that's not as much of a raw power boost as it might seem, because they're competing for the same resources (ki, bonus actions, reactions, and/or unarmed hits). It's also substantially less than the number of spell/cantrip/invocation choices for any full spellcasting class.

## ISN'T THIS CLASS (STILL) KINDA ORIENTALIST/ EXOTICIZING?

It's hard to get away from that issue, though I've done my best. Ultimately, it's up to the players and the DM what they do with this. Please have fun and take care of each other. Related: "[May I Play A Character From Another Race?](#)".

## LEGAL NOTICE

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## CHANGELOG

- v7.0: General rework of levels & prereqs. Iron Flesh, Ki Reflection, +Confounding Dodge, Adamantine Soul, Swift Salvo Strike, +Targeted Strike, Tornado Strike, +NPC Statblocks, +Suggested Builds
- v6.2: Reorder. Ki Block. Rework Iron Flesh, Ki Reflection. Aspect of Clay. Flicking Strike->Swift Salvo Strike
- v6.1: Focused Breathing. Clarify Defensive Reaction, Iron Flesh, Wisp's Dodge,
- v6.0: Energy Reserves->Focused Breathing. Patient Defense. Wisp's Dodge, Ki Reflection, Perfect Breath, Gentle Strikes +prereq, Breath Control, Juggler's Hands, Timely Guidance, Guided Meditation, +Tradition Technique
- v5.3: +Monastic Expertise, +Hindering Strike, +Combo Strike, -Tripping Strike. Tumbling Dodge, Gentle Strikes, Provoking (<-Picaro) Strike, Meridian Sight, Step of the Air, Timely Guidance, Guided Meditation, Vigil's Virtue.
- v5.2.1: Wording edits. Expanded FAQ with rules section.
- v5.2: Gentle Strike. Tripping Strike. Pure Mindfulness. Clarify Focused Breathing. Restoring Mantra. Tranquility of Mind.
- v5.1: +Juggler's Hands. Snatching Strike, Step of the Air.
- v5.0: Twitchy->Reactive Readiness. +Tripping Strike. L1 Patient Defense. Timely Guidance. v5.0.1: proofreading
- v4.2: +Base monk feature text. -Unparalleled speed. Iron Flesh; Aspect of Clay.
- v4.1: Improved Basic Ki Techniques (SotW), Ki Initiate, Slow Fall, Ki Reflection, Unparalleled Speed. Strikes: +Snatching, +Flicking, +Gentle; -Draining, -Grabbing.
- v4.0: **FINAL VERSION!** (aside from possible minor wording fixes.) Iron Body, Iron Flesh, Aspect of Clay, Tornado Strike, Hidden Ki, Ki Residue. Added Ki Reflection, Improved Tumbling Dodge, Timely Guidance, Flow of the Wind, Martial Arcanist (technique), Twitchy, spells, items.
- v3.1: Simpler (eg Meridian Sight). Iron Body AC=10+Str+Dex
- v3.0: Slow Fall as def tech. Buff Deflect Missiles.
- v2.2: Table at start. One choice per level. Ki Block. Defense Mastery.
- v2.1: Strike techniques on crit: disadvantage.
- v2.0: +Iron Flesh, +Grabbing Strike, +Nature Meditation, +Secret Learning. L6 defensive technique.