

SPEAKING WITH FISTS

You know all about the Art of Peace*, right? Sure, you can set your weapons aside ...but can you so easily part with your fists, or your will to survive? This article is all about warriors who fight with their fists. Unarmed strikes are an integral part to the monk class, but they do not have a monopoly on all fist-fighting archetypes. Fighters, barbarians, rogues, and even spellcasters benefit when they can apply fist-fighting to their unique disciplines. Characters who just want to dip their fingers in fist-fighting can also benefit from the new Fighting Style and weapons found here.

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* Josh Gentry, "The Art of Peace," *EN World ENsider*,
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FIST-FIGHTING & MULTICLASSING

The non-monk subclasses presented below improve their unarmed strikes as per this table. If such a character multiclassed into a class that grants the Martial Arts feature or that also has access to the fist-fighting table, add their levels from all such classes and look on this table to determine their total unarmed strike and Martial Arts damage. Characters with feats that improve unarmed strike damage such as Grappler and Tavern Brawler count as one level higher for the purposes of unarmed strike damage.

FIST-FIGHTING TABLE

Character Level	Unarmed Strike Damage
1-2	1
3-5	1d4
6-11	1d6
12-17	1d8
18-20	1d10



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NEW CLASS OPTIONS

BARBARIAN: PATH OF THE LODESTAR

For barbarians on the Path of the Lodestar, rage transcends mortal fury; instead, their blood burns with the celestial fires of heaven. Their fists become stronger than steel, as though tempered in the furnaces of stars. Throngs of inspired followers liken their hero’s legendary strength to that of Samson, Heracles, and Atlas, and his astral glow to the mark of a demigod.

Your spellcasting ability for spells from this Primal Path is Strength.

Spell Save DC = 8 + your proficiency bonus + your Strength modifier

Fist of the Lodestar

Starting when you choose this path at 3rd level, you gain proficiency with unarmed strikes, and their damage improves as per the Fist-Fighting Table, above. Whenever you make an unarmed strike attack with nothing in either your main hand or off-hand, your unarmed strike’s damage further increases by one step (such as from 1d4 to 1d6, or from 1d10 to 1d12). This damage increase cannot be used in conjunction with Sneak Attack or extra attacks granted by Martial Arts or Flurry of Blows.

While you rage, your unarmed strikes are considered magical and their damage type changes to radiant.

Star-Forged Rage

Also at 3rd level, your rage causes you to shimmer and glow like a constellation. While you rage, you have resistance to fire and radiant damage.



Burden of Heaven

Beginning at 6th level, your superhuman strength inspires hope and awe. As an action you can use this feature to cast either beacon of hope, explosive strength, or herculean force (see “New Spells,” below). Once you use this feature, you cannot use it again until you complete a long rest.

Earth Render

Beginning at 10th level, even the hardest stones are as wet clay before your might. As an action, you can use this feature to cast *wall of stone*, *explosive strength*, or *herculean force* as a 5th-level spell. Once you use this feature, you cannot use it again until you complete a long rest.

Bones of the Heavens

Starting at 14th level, your demigod-like will bears celestial burdens. You can use this feature to cast divine word as a bonus action, or as an action you can cast *explosive strength* or *herculean force* as a 7th-level spell. Once you use this feature, you cannot use it again until you complete a long rest.

When you use this feature at 20th level, *herculean force* is instead cast as a 9th-level spell.

FIGHTER: PUGILIST

The archetypal Pugilists are boxers, wrestlers, and pit fighters. Those who follow this archetype bring forth valor, showmanship, and a competitive spirit to both the ring and in the field of battle.

Heavyweight

Beginning when you choose this archetype at 3rd level, whenever you are not wearing armor or using a shield, your AC equals 10 + your Dexterity modifier + your Constitution modifier.

Additionally, you gain proficiency with unarmed strikes, and they deal improved damage



as per the Fist-Fighting Table, above. Whenever you make an unarmed strike with nothing in either your main hand or off-hand, your unarmed strike's damage die increases by one step (from 1d4 to 1d6, 1d6 to 1d8, and so on). This damage increase cannot be used in conjunction with Sneak Attack or extra attacks granted by Martial Arts or Flurry of Blows.

Bonus Proficiency

At 3rd level, you gain proficiency in the Athletics skill.

Counter-Grab

Starting at 7th level, while you have nothing in either hand and an adjacent creature misses you with a melee attack, you can use your reaction to initiate a grapple.

Fake Out

Starting at 10th level, appearing to miss an enemy puts it right where you want it. When you miss a creature with an unarmed strike, you can use this feature to initiate a grapple. Once you use this feature, you can't use it again until you finish a short rest or a long rest.

Unpinnable

At 15th level, you have advantage on checks made to contest or escape a creature's grab, and on saving throws made to avoid becoming restrained.

Haymaker

At 18th level, your mighty punches leave opponents limp on the ground. When you score a critical hit on a creature with an unarmed strike, you may choose to force the creature to make a Constitution saving throw. The DC equals 8 + your proficiency bonus + your Strength modifier. On a failed save, the creature falls unconscious for 1 minute, and on successful save the creature instead falls prone. Once a creature fails its save against this feature, you cannot use it again until you complete a long rest.

MONK: WAY OF THE ARCANE FIST

Prerequisite: Proficiency in the Arcana skill

The ability to cast arcane magic through the mystical power of ki is a rare gift. The first students of the Way of the Arcane Fist were wizards whose powers mysteriously faded over time. Directionless, these powerless wizards joined a monastery, where they witnessed the monks commune with the cosmos through meditation and the power of ki. They studied the monks' teachings, and came to found a new discipline that merged their knowledge of the arcane with the power of ki.

Spellcasting

You have learned a discipline that allows you to transform your ki into magic.

Cantrips. At 3rd level, you learn two cantrips of your choice from the wizard spell list. You learn a third cantrip at 10th level.

Spellbook. Also at 3rd level, you gain a spellbook which contains three 1st-level spells. As your insights into arcane mysteries grow, and you add spells to your spellbook of the highest level you know as per this table. The total number of spells you can record in your spellbook is equal to your Wisdom modifier + half your monk level (minimum 3).

WAY OF THE ARCANE EYE SPELLBOOK

Monk Level	Highest Spell Level
3rd–6th	1st
7th–12th	2nd
13th–18th	3rd
19th and above	4th

Ki Spellcasting. You can expend your ki to cast a spell written in your spellbook. The amount of ki required for a spell is 1 + the spell level. For example, the 2nd-level spell invisibility costs 3 ki points to cast. You can cast low-level spells you know as higher level spells by expending the appropriate amount of ki points, up to the highest spell level you can cast from your spellbook.

Spellcasting Ability. As a monk, Wisdom is your spellcasting ability. Even though your magic requires understanding of arcane theory, all that would be for naught without your inner clarity and connection to the power of the Multiverse.

Spell Save DC = 8 + your proficiency bonus + your Wisdom modifier

Spell attack modifier = your proficiency bonus + your Wisdom modifier

Meditations on Spellcasting

At 6th level, your understanding of magic lets you cast spells with the grace and speed of a monk.

Arcane Insight. When you make a saving throw against a spell effect, you may expend 2 ki points as a reaction to gain advantage on that saving throw.

Meditative Arcana. When you cast a spell, you can expend 1 ki point to cast it without verbal or somatic components.

Spell Flurry. Immediately after you cast a spell, you can spend 1 ki point to make two unarmed attacks as a bonus action. You can spend an additional ki point to cast two cantrips that require spell attack rolls instead of making two unarmed attacks.

Astral Visionary

Beginning at 11th level, you can cast *contact other plane*, but only as a ritual. Doing so does not consume ki points. At your option, instead of contacting an extraplanar intelligence you may open your mind to the cosmic power of the Multiverse to make omniscient observations yourself. Choosing this option grants you advantage on the spell's saving throw, but each question you ask has a cumulative 10% chance of being incorrect.

Cosmic Ripple

Starting at 17th level, when you use Flurry of Blows, Patient Defense, or Spell Flurry, you can teleport up to 30 feet into an unoccupied space. You can teleport before or after the bonus action.

ROGUE: SPEEDSTER

Must go faster! Speedsters such as yourself seem to bend the fabric of reality when they run. The source of your incredible speed may be a divine blessing, the result of an arcane experiment, the power of the wind, or just your hyperactive personality. Speedsters count among their number deities, tricksters, and comic-book heroes like the Flash and Quicksilver.

Fast Fists

When you choose this archetype at 3rd level, you gain the ability to fling your fists faster than the eye can see.

- ▶ You gain proficiency with your unarmed strikes, and you can use them to Sneak Attack.
- ▶ Your attack and damage rolls with unarmed strikes use Dexterity instead of Strength.
- ▶ Your unarmed strikes deal improved damage, as per the fist-fighting table.

Speed Boost

Starting at 3rd level, you gain a pool of extra movement that helps you stay on the move. This pool of extra movement is equal to 5 feet × the total of your rogue level and your Dexterity modifier (a minimum of 5 feet). Whenever you move, you can draw extra movement from this pool to move that distance, up to a maximum of your Dexterity modifier × 5 feet (a minimum of 5 feet) per turn.

This pool refreshes when you finish a short rest or a long rest.

Supersonic Punch

Starting at 9th level, your momentum makes your punches explode with resounding force. Whenever you use the Dash action or draw the maximum amount of Speed Boost extra movement for your turn, the next unarmed strike you make before the end of your turn deals extra thunder damage equal to your Dexterity modifier.

Faster than Gravity

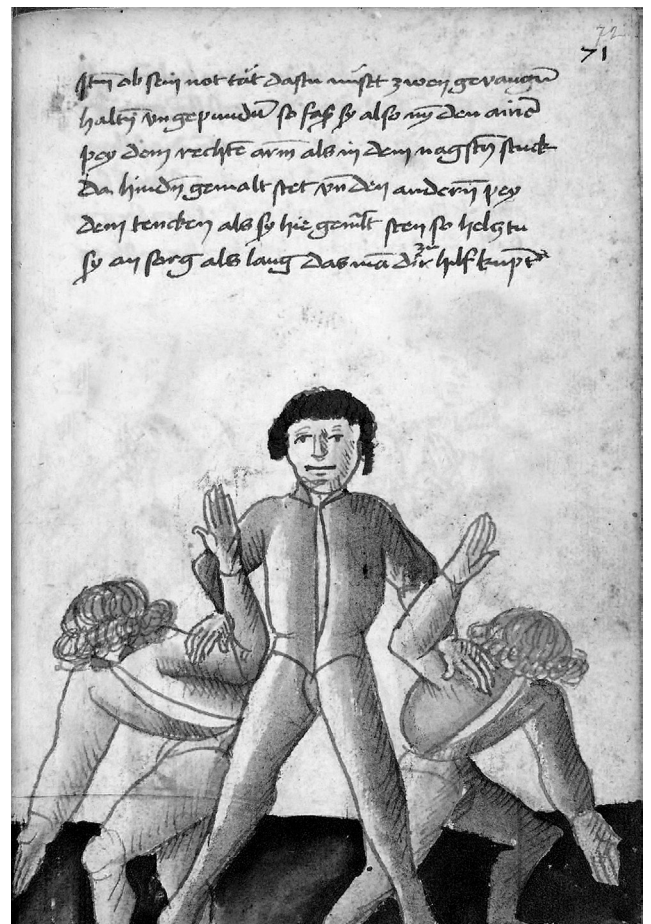
At 13th level, you run so fast that the earth can't pull you down. When you take the Dash action or use the Speed Boost feature, you gain the following benefits until the end of your next turn:

- ▶ You gain the benefits of the water walk spell.
- ▶ You gain the benefits of the feather fall spell and can move your full land speed through air while falling.
- ▶ You can traverse and stand on vertical surfaces as though they were horizontal.

The duration of these effects end if you fall prone or if your speed is reduced to 0.

Faster than Space Itself

When you reach 17th level, you can run almost anywhere in the cosmos. When you expend all your movement from your Speed Boost pool in a single turn, you may cast either *teleport* or *plane shift* (self only) as a bonus action.



NEW WEAPONS

SIMPLE MELEE WEAPONS

Weapon	Cost	Damage	Weight	Properties
Brass knuckles (pair)	1 gp	1d4 bludgeoning	1 lb.	Light, unarmed, special
Fist wraps	5 cp	2 bludgeoning	—	Light, unarmed, special

NEW WEAPON PROPERTIES

Unarmed: If you are proficient with this weapon, you are proficient with unarmed strikes made with them. When making an unarmed strike, you deal this weapon's damage instead of your unarmed strike damage.

Special

Brass Knuckles: You can use unarmed strikes made with this weapon to Sneak Attack.

Fist Wrap: This item does not hinder the hands' movement, and they can be equipped without occupying the hand slot.

NEW FIGHTING STYLE

Fisticuffs

You gain proficiency in unarmed strikes, and your attacks with them deal +2 damage.

NEW SPELLS

The following spells were originally published in *Arcane Warrior Spells** and are reprinted with permission. These spells are available to barbarians who follow the Path of the Lodestar. At the GM's discretion, these spells are also available to paladins, rangers, and fighters of the Eldritch Knight archetype.



* Josh Gentry, *Arcane Warrior Spells*, DriveThru RPG, <http://www.drivethrurpg.com/product/171090/Arcane-Warrior-Spells-5e>

Explosive Strength

3rd-level transmutation

Casting Time: 1 action

Range: Self

Components: V, S, M (a droplet of sweat)

Duration: Instantaneous

With a roar, your display of sheer strength blows away nearby creatures. Creatures other than you within a 20-foot-radius sphere emanating from yourself must make a Strength saving throw. On a failed saving throw, a creature takes 8d6 force damage, and is pushed 20 feet and knocked prone. On a success, a creature takes half as much damage, is pushed only 10 feet, and is not knocked prone.

At Higher Levels. When you cast this spell using a spell slot of 4th-level or higher, the damage increases by 1d6 for each slot level above 3rd.

Herculean Force

3rd-level transmutation

Casting Time: 1 action

Range: Self

Components: V, S, M (a droplet of sweat)

Duration: Concentration, up to 1 minute

Your body surges with superhuman might. For the duration of this spell, you count as Large-sized when determining how much weight you can carry. You can also lift, push, and drag Medium-sized objects, regardless of weight, and throw them up to 5 feet.

At Higher Levels. If you cast this spell using a spell slot of 5th level or higher, increase both size categories mentioned by one, and the throwing distance by 5 feet, for each two slot levels above 5th. 🦊