

CLASSING IT UP

Monks, Mantras, & Monasteries



Beth Jones & Anja Svare



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CREDITS

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A MONK PRACTICES HER FORMS WITH A DEADLY WEAPON.

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MONASTIC TRADITIONS

This supplement offers 14 new monastic traditions, descriptions of martial arts flavored weapons that can be substituted for common simple weapons, new weapons designed specifically for monks, and a map with the unique description of a monastery dedicated to the Way of the Unicorn.

Following are new monastic traditions for the monk class for use in your game subject to GM approval.

WAY OF THE CHAMELEON

Monks that train in the Way of the Chameleon learn to manipulate their bodies at the cellular level. Much like shapeshifters, they can change their appearance from one humanoid to another. They can significantly alter their anatomy like growing fins and gills, or they can make more subtle changes like altering their skin tone to match their surroundings. These monks are sometimes referred to as Shifters and are often employed as infiltrators by a guild or organization hoping to gain intelligence on an opposing organization.

Ki Magic

Starting when you choose this tradition at 3rd level, you can add twice your proficiency bonus to Dexterity (Stealth) checks, and you can use your ki to duplicate the effects of the *alter self* spell. As an action, you can expend 1 ki point to cast *alter self*, without providing material components, expending a spell slot, or maintaining concentration.

Camouflage Guru

At 6th level, you can try to hide when you are lightly obscured from the creature from which you are hiding. You can also try to hide from a creature even if you are in plain view of it as long as you are adjacent to an inanimate solid surface (such as a wall, tree, or rock).

Cellular Manipulation

By 11th level, you can use a bonus action to cause your limbs to elongate. This effect lasts for 10 minutes. Each time you use this feature, you must choose which set of limbs to elongate and you gain the specified bonus detailed below:

Arms: Your reach for your unarmed strikes is 5 feet greater than normal.

Legs: Your speed increases by +10 feet.

Once you use this feature, you can't use it again until you finish a short or long rest.

Hobble Opponents

By 17th level, you can manipulate cellular structures in bodies other than your own. As an action, you can force up to six creatures that you can see within 60 feet to make a Constitution saving throw (DC 8 + your proficiency bonus + your Wisdom modifier) at disadvantage or take 10d6 necrotic damage and fall prone as their bones become jellylike and unable to support weight. On a successful save, a target takes half as much damage and doesn't fall prone. Each round at the start of its turn, a prone creature can make a new Constitution saving throw to see if it can stand. (The saves made on subsequent rounds to determine whether a creature can stand are not made at disadvantage.) Failure means it is unable to stand and must remain prone.

Once you use this feature, you can't use it again until you finish a long rest.



WAY OF THE COBRA

Monks that train in the Way of the Cobra are exposed to minuscule amounts of various poisons over long periods until they develop immunity to poison and can even use their ki to generate poison in their bodies. This unique skill set allows these monks to undertake covert missions that require the elimination of a public figure in a discreet manner or function as a monarch's food taster.

Poison Tolerance

Starting when you choose this tradition at 3rd level, you gain resistance to poison damage.

Poisonous Touch

At 6th level, when you spend 1 ki point as a bonus action to use your flurry of blows feature, you can simultaneously coat your palms with contact poison from your sweat glands. Any successful attack you make with your flurry of blows requires your target to make a Constitution saving throw (DC 8 + your proficiency bonus + your Wisdom modifier). On a failed save the target takes 1d6 points of poison damage in addition to your unarmed attack's normal damage or half as much poison damage on a successful save.

Retaliatory Strike

By 11th level, you can strike back at your attacker by excreting venom from your salivary glands. When you take damage from a melee attack, you can use your reaction to excrete venom from your mouth in a 5-foot line. Your target must make a Dexterity saving throw (DC 8 + your proficiency bonus + your Wisdom modifier). On a failed save the target takes 3d6 points of poison damage and becomes poisoned until the end of your next turn. On a successful save, the target takes half as much damage and does not become poisoned.

You can use this feature a number of times equal to your proficiency bonus. Following a long rest, you regain all expended uses.

Paralyzing Retaliatory Strike

By 17th level, when you use your retaliatory strike feature, in addition to the normal effects, your target also gains the paralyzed condition on a failed save. This paralysis lasts until the end of your next turn.



Erevan Siannodel - Spy of the Cobra

EREVAN SIANNODEL

Medium humanoid (high elf), lawful neutral

Armor Class 16 (unarmored defense)

Hit Points 45 (6d8 + 18)

Speed 45 ft.

STR	DEX	CON	INT	WIS	CHA
13 (+1)	18 (+4)	12 (+1)	12 (+1)	14 (+2)	8 (-1)

Saving Throws Str +4, Dex +7

Skills Acrobatics +7, Perception +5, Stealth +7

Senses darkvision 60 ft., passive Perception 15

Languages Common, Elvish, Orc

Challenge 5 (1,800 XP)

Fey Ancestry. Erevan has advantage on saving throws against being charmed, and magic can't put him to sleep.

Innate Spellcasting. Erevan's innate spellcasting ability is Intelligence (spell save DC 12, +4 to hit with spell attacks). He can innately cast the following spells, requiring no material components:

At will: *true strike*

Ki Pool. Erevan has 6 Ki points, which can be used for the following abilities.

Flurry of Blows: Immediately after he takes the attack action on his turn, he can spend 1 ki point to make two unarmed strikes as a bonus action.

Patient Defense: He can spend 1 ki point to take the Dodge action as a bonus action on his turn.

Step of the Wind: He can spend 1 ki point to take the Disengage or Dash action as a bonus action on his turn, and his jump distance is doubled for the turn.

Poisonous Touch. When Erevan spends 1 ki point as a bonus action to use his flurry of blows feature, he can simultaneously coat his palms with contact poison from his sweat glands. Any successful attack he makes with his flurry of blows requires his target to make a DC 13 Constitution saving throw. On a failed save the target takes 1d6 points of poison damage in addition to the unarmed attack's normal damage or half as much poison damage on a successful save.

Stunning Strike. Erevan can interfere with the flow of ki in an opponent's body. When he hits another creature with a melee weapon attack, he can spend 1 ki point to attempt a Stunning Strike. The target must succeed on a DC13 Constitution saving throw or be stunned until the end of the Cobra Monks next turn.

Trance. After resting for 4 hours, Erevan gains the benefits of 8 hours of sleep.

ACTIONS

Multiaction. Erevan makes two attacks, only one of which can be with the kusari-fundo. He can then make one unarmed strike as a bonus action.

Bichuwa. *Melee or Ranged Weapon Attack:* +7 to hit, reach 5 ft. or range 10/50 ft., one target. *Hit:* 7 (1d6 + 4) piercing damage.

Kusari-Fundo. *Melee Weapon Attack:* +7 to hit, reach 10 ft., one target. *Hit:* 7 (1d6 + 4) bludgeoning damage. Dexterity (Sleight of Hand) checks to conceal this weapon are made at a +2 bonus.

Unarmed Strike. *Melee Weapon Attack:* +7 to hit, reach 5 ft., one target. *Hit:* 7 (1d6 + 4) bludgeoning damage. These unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

REACTIONS

Slow Fall. Erevan can use his reaction when he falls to reduce any falling damage he takes by 30 points.

Deflect Missiles. Erevan can use his reaction to deflect or catch the missile when he is hit by a ranged weapon attack. When he does so, the damage he takes from the attack is reduced by 1d10 + 10.

If the damage is reduced to 0, Erevan can catch the missile if it is small enough for him to hold in one hand and he has at least one hand free. If he catches a missile in this way, he can spend 1 ki point to make a ranged attack (range 20 feet/60 feet) with the weapon or piece of ammunition he just caught, as part of the same reaction. He makes this attack with proficiency, regardless of his weapon proficiencies, and the missile counts as a monk weapon for the attack.





WAY OF THE FIELD WEAVER

Monks that follow the Way of the Field Weaver not only study the magical energy of ki as it flows through living bodies, but they also study ki as it interacts with electromagnetic fields or the electric and magnetic currents that flow through all of creation. This study grants them prowess with lightning magic and the ability to defy gravity.

Hurl Lightning Bolt

Starting when you choose this tradition at 3rd level, you can hurl bolts of lightning at your foes.

You gain a new attack option that you can use with the Attack action. This special attack is a ranged spell attack with a range of 30 feet. You are proficient with it, and you add your Dexterity modifier to its attack rolls and your Wisdom modifier to its damage rolls. Its damage is lightning, and its damage die is a d4. This die changes as you gain monk levels, as shown in the Martial Arts column of the Monk table.

When you take the Attack action on your turn and use this special attack as part of it, you can spend 1 ki point to make the special attack twice as a bonus action.

When you gain the Extra Attack feature, this special attack can be used for any of the attacks you make as part of the Attack action.

Shocking Assault

At 6th level, you gain the ability to infuse your unarmed and monk weapon strikes with electrical charges. Once on each of your turns when you hit a creature with a monk weapon or an unarmed strike, you can cause the attack to deal an extra 1d6 lightning damage to the target. When you reach 12th level, the extra damage increases to 1d8.

Defy Gravity

At 11th level, you gain the ability to channel your ki into gravity-defying power. You can spend 3 ki points as a bonus action to cast *levitate* without needing components or expending a spell slot.

Electrical Conduit

At 17th level, you gain immunity to lightning damage, and once per long rest when you use your hurl lightning bolt feature, you can cause the bolt to split and hit two targets at once as long as both targets are within 15 feet of each other. In addition to taking lightning damage, each target must make a Constitution saving throw (DC 8 + your proficiency bonus + your Wisdom modifier). On a failed save, the target is stunned for 2 rounds, or for 1 round on a successful save.

WAY OF HONOR

Duty, honor, leadership, order, and self-sacrifice...these are the tenets of the Way of Honor. Monks that follow this tradition lead others in the fight to eradicate injustice. Others respect these monks and follow their lead, not because of the monks' compelling personalities, but because of their sagacity. Monks that walk the Way of Honor make wise choices that result in success earning them the reputation of great leaders. They are also forthright, disciplined, and efficient in all they do. Once an honor monk gives their promise, nothing short of death will keep them from fulfilling it.

Commanding Presence

Starting when you choose this tradition at 3rd level, you gain proficiency with the Intimidation or Persuasion skill (your choice). You use your Wisdom modifier on the skill selected in place of your Charisma modifier. Furthermore, once per long rest, you can spend 1 ki point as an action to create the effects of *charm person* (as a 1st level spell) without expending a spell slot. The Wisdom saving throw DC to avoid the effects of your *charm person* spell is 8 + your proficiency bonus + your Wisdom modifier.

Battlefield Awareness

At 6th level, you can assess your surroundings for threats and react immediately with the perfect strategy to gain victory over your foes. You gain advantage on all initiative rolls. You also gain two superiority dice, which are d8s. A superiority die is expended when you use it. You regain all of your expended superiority dice when you finish a short or long rest. You can use a superiority die to accomplish any of the strategies listed below.

Disarming Attack^{PHB}. When you hit a creature with an unarmed or melee weapon attack, you can expend one superiority die to attempt to disarm the target, forcing it to drop one item of your choice that it's holding. You add the superiority die to the attack's damage roll, and the target must make a Strength saving throw (DC 8 + your proficiency bonus + your Wisdom modifier). On a failed save, it drops the object you choose. The object lands at its feet.

Prompt Allies. When you make a successful melee attack against a foe, you can use a bonus action to direct your allies to attack. When you do so, choose up to two friendly creatures who can see or hear you and expend one superiority die. The creature/s can immediately use their reaction to make one weapon attack, adding the superiority die to the attack's damage roll.

Rally^{PHB}. On your turn, you can use a bonus action and expend one superiority die to bolster the resolve of one of your companions. When you do so, choose a friendly creature who can see or hear you. That creature gains temporary hit points equal to the superiority die roll + your Wisdom modifier.

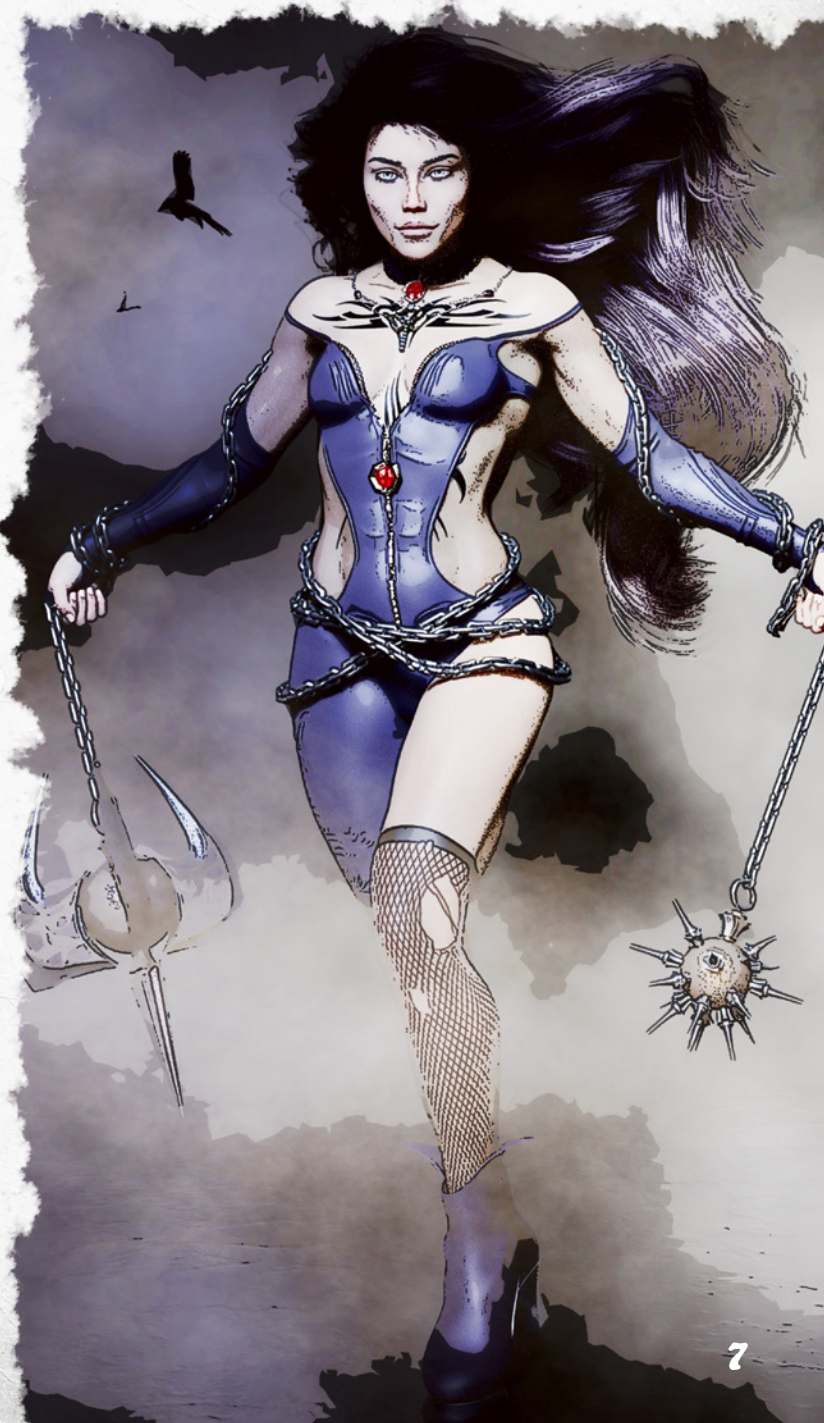
Instill Fear

By 11th level, your presence causes would-be attackers to think twice about confronting you. When you make an initiative roll, you can force all foes within 60 feet that you are aware of to make their initiative rolls at disadvantage. Any creature rolling an initiative less than yours must then make a successful Wisdom saving throw (DC 8 + your proficiency bonus + your Wisdom modifier) or gain the frightened condition until the start of your next turn.

Once you use this feature, you can't use it again until you finish a long rest.

Duty-Bound

By 17th level, whenever an ally within 10 feet of you misses a foe with a melee attack, you can use your reaction to make one melee attack against the foe if it is within your reach.



WAY OF THE HOODED MONK

Monks that follow the Way of the Hooded Monk conduct the majority of their training blindfolded to better develop and hone their senses other than sight. These monks can function as easily in the dark as in the light. This ability, coupled with a hooded monk's heightened sense of their environment makes them excellent choices for scouts and look-outs.

Blindsight

Starting when you choose this tradition at 3rd level, you gain blindsight with a range of 10 feet. Within the specified range, you can perceive your surroundings without relying on sight, so your ability to perceive is not hampered by darkness, by being blind, or if the creature you are perceiving is invisible.

Visualizing Ki

At 6th level, you can visualize in your mind's eye the ki that radiates from the vital spots in a creature's anatomy as a bright light.

Once on each of your turns, when you hit a creature with a monk weapon or an unarmed strike, you can target a vital spot and cause the attack to deal more damage than usual. Roll one dice equal to the value of your martial arts die and add the amount to the damage inflicted upon the target.

Sixth Sense

By 11th level, you have become preternaturally aware of your surroundings and can detect the slightest fluctuations in tone and pace when listening for falsehoods. Whenever you roll for initiative, roll a d4 and add it to your initiative roll. Additionally, you gain proficiency with Wisdom (Insight) skill checks. If you already have proficiency with Insight, you double your proficiency bonus when you make Wisdom (Insight) skill checks to determine if a creature is lying.

Appearance of Innocence

At 17th level, you can trick others into thinking you are less capable than you are. When a creature attempts a melee attack against you, it must make a successful Wisdom saving throw (DC 8 + your proficiency bonus + your Wisdom modifier) or take a -3 penalty on the attack roll. If the attack misses, you can use your reaction to make 1 melee attack against the creature with your unarmed strike or monk weapon.



Aoth Sepret - Scout of the Hooded Monk

AOTH SEPRET

Medium humanoid (human), lawful good

Armor Class 16 (unarmored defense)

Hit Points 60 (11d8 + 11)

Speed 50 ft.

STR	DEX	CON	INT	WIS	CHA
11 (+0)	18 (+4)	13 (+1)	11 (+0)	15 (+2)	13 (+1)

Saving Throws Str +4, Dex +8

Skills Insight +6 (+10 to detect lying), Stealth +8

Damage Immunities poison; disease

Senses blindsight 10 ft., darkvision 60 ft., passive Perception 12

Languages Common, Draconic

Challenge 9 (5,000 XP)

Evasion. If Aoth is subjected to an effect that allows him to make a Dexterity saving throw to take only half damage, he instead takes no damage if he succeeds on the saving throw, and only half damage if he fails.

Ki Pool. Aoth has 11 Ki points, which can be used for the following abilities.

Flurry of Blows: Immediately after he takes the attack action on his turn, Aoth can spend 1 ki point to make two unarmed strikes as a bonus action.

Patient Defense: Aoth can spend 1 ki point to take the Dodge action as a bonus action on his turn.

Step of the Wind: Aoth can spend 1 ki point to take the Disengage or Dash action as a bonus action on his turn, and his jump distance is doubled for the turn.

Sixth Sense. Aoth has become preternaturally aware of his surroundings and can detect the slightest fluctuations in tone and pace when listening for falsehoods. Whenever he rolls for initiative, he rolls a d4 and adds it to his initiative roll. He can also double his proficiency bonus when making Wisdom (Insight) checks to detect whether a creature is lying.

Stunning Strike. Aoth can interfere with the flow of ki in an opponent's body. When he hits another creature with a melee weapon attack, he can spend 1 ki point to attempt a Stunning Strike. The target must succeed on a DC 14 Constitution saving throw or be stunned until the end of Aoth's next turn.

Visualizing Ki. Once on each of his turns, when Aoth hits a creature with a monk weapon or an unarmed strike, he can target a vital spot and cause the attack to deal an extra 1d8 hit points of damage.

ACTIONS

Multiattack. Aoth makes two attacks. He can then make one unarmed strike as a bonus action.

Sanjiegun. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit:* 8 (1d8 + 4) bludgeoning damage. Aoth gains a +1 bonus on his armor class for 1 round anytime he makes all of his attacks for the round with this weapon.

Katar. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit:* 8 (1d8 + 4) piercing damage. Ability checks made to avoid a disarm attempt while wielding this weapon are made at a +2 bonus.

Unarmed Strike. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit:* 8 (1d8 + 4) bludgeoning damage. These unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

Stillness of Mind. Aoth can use his action to end one effect on himself that is causing him to be charmed or frightened.

REACTIONS

Slow Fall. Aoth can use his reaction when he falls to reduce any falling damage he takes by 55 points.

Deflect Missiles. Aoth can use his reaction to deflect or catch the missile when he is hit by a ranged weapon attack. When he does so, the damage he takes from the attack is reduced by 1d10 + 15.

If the damage is reduced to 0, Aoth can catch the missile if it is small enough for him to hold in one hand and he has at least one hand free. If he catches a missile in this way, he can spend 1 ki point to make a ranged attack (range 20 feet/60 feet) with the weapon or piece of ammunition he just caught, as part of the same reaction. He makes this attack with proficiency, regardless of his weapon proficiencies, and the missile counts as a monk weapon for the attack.





WAY OF THE PERFECT HOST

Monks of the Way of the Perfect Host consider themselves to be humble servants of the communities within which they reside. These monks practice humility and mindfulness. Completing tasks slowly, deliberately, and one at a time with a focus on excellence is at the core of their beliefs. Monks of the Perfect Host believe rituals create a sense of importance around daily activities. Above all, these monks practice simplicity of lifestyle, service to others, and active listening skills to meet the needs of those they serve.

Tea Ceremony

Starting when you choose this tradition at 3rd level, once after a long rest, you can expend 1 ki point and spend 10 minutes creating a pot of tea made from herbs, flowers, roots, berries, and other ingredients readily available for free in natural settings.

The ki-infused tea serves up to six creatures. If imbibed within 1 minute of being created, the tea boosts the imbiber's health and stamina. Imbibers gain a number of temporary hit points equal to $1d8 +$ your Wisdom modifier. The number of temporary hit points gained from this feature increases by $+1d8$ each time you gain another monk feature from your monastic tradition. For example, imbibers gain a number of temporary hit points equal to $2d8 +$ your Wisdom modifier at 6th level, $3d8 +$ your Wisdom modifier at 11th level, and so on. A creature can't benefit from more than one dose of this tea per day.

Comfort Measures

At 6th level, whenever you finish a long rest, you can magically produce a tonic that heals what ails your guest.

When you touch an empty flask, it magically fills with your choice of one of the tonics listed below. As an action, a creature can drink the tonic or administer it to an incapacitated creature.

Healing. The drinker gains a number of hit points equal to $2d4 +$ your Wisdom modifier + your proficiency bonus.

Resilience. The drinker can roll a $d6$ and add the number rolled to every saving throw they make for the next 10 minutes.

Restorative. The drinker is cured of one disease or condition affecting it. The condition can be blinded, deafened, charmed, frightened, poisoned, or up to 2 levels of exhaustion.

As soon as you create a new tonic, any previously created and unused tonic automatically becomes inert, losing all of its magical properties.

Mindfulness

By 11th level, you excel at attending to the task at hand. As a bonus action, you can choose to focus your attention on defense or offense. If you focus on defense, your AC increases by $+2$ for 1 minute. If you focus on offense, your attack rolls gain a $+2$ bonus for 1 minute.

Once you use this feature, you can't use it again until you finish a short or long rest.

Word of Encouragement

By 17th level, your allies have come to rely upon you for help and advice. After an ally within 30 feet of you that you can see misses a foe with a melee attack, you can use your reaction to speak a word of advice. The next attack your ally makes against the foe they missed gains a bonus on the attack roll equal to your Wisdom modifier.

WAY OF THE RISING AND SETTING SUN

Time marches on. Change is inevitable. This too shall pass. Time heals all wounds. These are the mantras that form the basis of the governing philosophy for devotees of the Way of the Rising and Setting Sun. They teach that change is the only constant in the universe. They cite many examples of change in the natural world, and even the name of this monastic tradition varies depending upon the location where the monastery is situated. Monasteries located in mountainous regions or beside a river adopt the title Way of the Currents. Those located by the sea choose the Way of the Moon and Tides. Other orders refer to this common tradition as the Way of the Seasons.

Regardless of which title these monks adopt to identify themselves, they all learn ways to manipulate ki to interact with the constant flow of time and evolution of existence. Adherents of this tradition believe that growth and positive change are driven by experience and practice, so novices spend countless hours in study adding to their knowledge and skill base. By the time these monks near the end of their training, they have mastered the amazing ability to use their ki to alter reality!

Filling the Vessel

Starting when you choose this tradition at 3rd level, you gain proficiency with any two of the following skills: Acrobatics, Athletics, History, Insight, Religion, and Stealth. You also gain proficiency in one language of your choice. Alternatively, you can gain proficiency with a second or third language by forfeiting proficiency with one skill for each additional language you select beyond the first.

Time Heals all Wounds

By 6th level, you have learned to harness your ki to knit injuries back together. After you take bludgeoning, piercing, or slashing damage, you can expend 1 ki point and use your reaction to begin a chain of slow and steady healing. On the round you use this feature and at the start of your turn every round thereafter for the next minute, you heal 2 hit points of damage. You can't heal more hit points than your maximum with this feature and you can't heal hit points if you are dead at the start of your turn.

Once you use this feature, you can't use it again until you finish a short or long rest.

Time Flies and Time Drags

By 11th level, you can use your ki to both slow and speed up time simultaneously for a brief period. As an action, you can spend 3 ki points and select up to three creatures within 30 feet of you that you can see to be the target of either a *haste* or *slow* spell. You can decide individually which spell each of the targets is affected by. An unwilling target gains a Wisdom saving throw (DC 8 + your proficiency bonus + your Wisdom modifier) to avoid the effects. To use this feature, you do not need any components nor do you need to maintain concentration or expend a spell slot. The effects of this feature last for 1 minute.

If you want to use this feature a second time before completing a long rest, you must expend 6 ki points to do so. After a second use, you must finish a long rest before you can use this feature again.

SPECIAL

AT 15TH LEVEL, TYPICAL MONKS GAIN THE CLASS FEATURE TIMELESS BODY. THIS ABILITY DOESN'T FIT WELL WITH THE CONCEPT THAT TIME CHANGES EVERYTHING, SO WE PROPOSE THE FOLLOWING ALTERNATE 15TH LEVEL ABILITY FOR MONKS THAT FOLLOW THE WAY OF THE RISING AND SETTING SUN (WITH GM APPROVAL OF COURSE):

Ravages of Time

At 15th level, you can spend 1 ki point to cause rapid cellular degeneration in a creature's body making them feeble and clumsy. You can force up to three living creatures within 30 feet that you can see to make a Constitution saving throw (DC 8 + your proficiency bonus + your Wisdom modifier) at disadvantage. On a failed save, the creature takes a -3 penalty on their attack and damage rolls and on their AC. These penalties are reduced to -1 on a save. These penalties last for 1 minute.

Once you use this feature, you can't use it again until you finish a long rest.

Alter Reality

At 17th level, you gain two flux dice, which are d8s. A flux die is expended when you use it. You regain all of your expended flux dice when you finish a short or long rest. When you are hit by a melee attack and before damage is rolled, you can use your reaction and expend one flux die to force your attacker to roll a d6 and subtract that amount from their attack roll. If the adjusted total is not enough to hit you, the attack turns into a miss instead.

WAY OF THE SHAMAN

This monastic tradition is known by several names, including the Way of Divinity and the Way of the Animist. Regardless of which name various orders use to identify themselves, the overriding philosophy of these monks is that nature spirits inhabit every aspect of the natural world from rocks to rain. Guarding the inhabitants of the locations where these spirits abide is one job of the nature spirit. Punishing intruders is another.

Different terms are used to describe this spiritual life force depending on the geographical location of each order, but whether these spiritual forces are referred to as anito, shen, kami, iye, or landvaettir by the order, all monks of the Way of the Shaman agree upon three primary principles. The first is that these spirits are powerful, divine, and deserve respect. The second is that the spirits are invisible, existing simultaneously alongside that which is seen as intangible conscious entities. The third is that the nature spirits can be both benevolent and malevolent.

Way of the Shaman monks use a form of art called oritaberu which is akin to origami. Oritaberu are constructed of foodstuffs found in nature and then folded into three-dimensional designs. Mashed berries or pulverized grains mixed with water are rolled out into paper-thin sheets and dried. As a monk folds these sheets into aspects of nature like birds or trees, they invite a nature spirit into their oritaberu design. When a monk eats the oritaberu, the nature spirit resides within the monk for a time granting them special powers.

Vessel for Divinity

Starting when you choose this tradition at 3rd level, you can use an oritaberu to invite a nature spirit into your body for a brief period.

After you finish a long rest, you can create one oritaberu sheet. Anytime thereafter, as an action, you can fold the sheet into any one of the oritaberu shapes listed below and consume it to gain the benefits conveyed by it. These benefits last for 1 hour, or until you finish a long rest, whichever comes first. This duration increases by 1 hour each time you gain another monk feature from your monastic tradition (ie. 2 hours at 6th level, 3 hours at 11th level, and 4 hours at 17th level). As soon as you create a sheet of oritaberu after a long rest, any previously created unused sheets disintegrate and become useless.

ORITABERUS

Camel: You do not need to eat or drink until your next long rest, you automatically save on any saving throws made against environmental heat conditions that would inflict levels of exhaustion, and you have advantage on Constitution saving throws.

Cloud: You gain resistance to your choice of lightning or thunder damage.

Crow: You gain advantage on all Intelligence saving throw rolls and Intelligence-based skill checks.

Dung Beetle: Your Strength ability score increases by +2.

Eagle: You gain advantage on Wisdom (Perception) checks and can add double your proficiency bonus on Perception checks.

Flying Squirrel: You gain advantage on Dexterity saving throws and can add double your proficiency bonus on Dexterity (Acrobatics) skill checks.

Gorilla: You can add double your proficiency bonus on Charisma (Intimidation) skill checks and you can speak with all types of apes and monkeys as though you are under the effects of *Speak with Animals*.

Leech: You gain a swim speed of 20 feet and can breathe water as well as air.

Leopard: You gain advantage on Strength saving throws and can add double your proficiency bonus on Strength (Athletics) skill checks.

Mountain: Your AC with your unarmored defense monk class feature is 11 + your Dexterity modifier + your Wisdom modifier.

Mountain Goat: You gain a climb speed of 20 feet and loose rubble is not considered difficult terrain for you.

Owl: Your Wisdom ability score increases by +2 points.

Panda: Your Charisma ability score increases by +2 points.

Peacock: You gain advantage on Charisma (Performance) skill checks and can add double your proficiency bonus on Charisma (Performance) skill checks.

Peregrine Falcon: Your unarmored movement from your monk class feature increases by +10 feet.

Quarter Moon: You gain darkvision with a range of 30 feet or if you already have darkvision, it is extended 30 feet.

Raccoon: Your Dexterity ability score increases by +2 points.

Sea Urchin: You gain resistance to slashing damage.

Sun: You gain resistance to your choice of cold or fire damage.

Tree: You gain resistance to bludgeoning damage.



Kindred Spirits

At 6th level, after you finish a long rest, you can create two sheets of oritaberu. You can eat both oritaberus at the same time to gain their benefits simultaneously, or you can eat them at separate times, in which case, you will need to track their durations separately.

Unbound and Unseen

By 11th level, you can take on some of the qualities of spirits. As an action, you can become invisible, and you can move through other creatures and objects as if they were difficult terrain. You take 5 (1d10) force damage if you end your turn inside an object. The effects of this feature last for 1 minute and you remain invisible for the entire duration regardless of what actions you take including making attacks or casting spells.

Once you use this feature, you can't use it again until you finish a long rest.

Greater Oritaberu

At 17th level, the nature spirits associated with your oritaberu grant you a second power (in addition to the power you gain at 3rd level) while inhabiting your body as detailed below.

ORITABERUS

Camel: Twice while this oritaberu is active, you can use your reaction after taking damage to roll a d4 die. You immediately heal all the damage that triggered this reaction except a number of hit points equal to the roll on the d4.

Cloud: You gain immunity to your choice of lightning or thunder damage. (This is in addition to the resistance granted at 3rd level. So you could have resistance to lightning damage and immunity to thunder damage or vice versa.)



Crow: Select two tools. You can add double your proficiency bonus on any checks you make with the chosen tools.

Dung Beetle: For the purpose of determining your carrying capacity and how much you can push, drag, or lift, you are treated as though you are one Size category larger than you really are. In addition, once while this oritaberu is active, you can cast *enlarge/reduce*, without using components or expending a spell slot.

Eagle: You can speak Auran and anytime you make a Wisdom saving throw, you can roll a d6 and add the result to your total.

Flying Squirrel: You can fall any distance without taking damage and you always land on your feet. When you use your step of the wind monk feature to take the Disengage action, you do not need to spend a ki point.

Gorilla: Once while this oritaberu is active, you can use a bonus action to cause your arms to grow in length for 1 hour. This adds +5 feet to your reach when you make melee attacks. During this time, any unarmed strikes you make deal +1 additional points of bludgeoning damage.

Leech: You deal 1 additional hit point of damage with any melee attacks that deal piercing damage and you gain blindsight to a range of 10 feet (you use chemoreception to perceive creatures within this range).

Leopard: When you are prone, standing up does not use any of your movement and you can make a running long jump or a running high jump without moving (rather than moving the standard 10 feet). When you use your step of the wind monk feature to take the Dash action or to double your jumping distance, you do not need to spend a ki point.

Mountain: Your AC with your unarmored defense monk class feature is 12 + your Dexterity modifier + your Wisdom modifier.

Mountain Goat: You gain advantage on Strength and Dexterity saving throws made against effects that would knock you prone and you gain three spirit dice, which are d8s. A spirit die is expended when you use it. When the duration of your oritaberu expires, any unused spirit dice are wasted. When you hit a creature with an unarmed attack, you can expend one spirit die to attempt to drive the target back. You add the spirit die to the attack's damage roll, and if the target is Large or smaller, it must make a Strength saving throw (DC 8 + your proficiency bonus + your Wisdom modifier). On a failed save, you push the target up to 15 feet away from you.

Owl: You have advantage on Wisdom (Perception) checks that rely on hearing or sight. If you already have advantage or lose advantage due to an opponent's action or feature, you can instead double your proficiency bonus when making your check.

Panda: You gain resistance to cold and once while this oritaberu is active, you can expend 1 ki point as a bonus action to cast *charm person* as a 1st level spell without expending a spell slot or using components. The creature makes its Wisdom saving throw at disadvantage and is charmed for as long as your oritaberu is active (rather than the spell's set time of 1 hour).

Peacock: While this oritaberu is active, your hair turns into a lush fan of plumage. Once on each of your turns when you hit a creature with a monk weapon or an unarmed strike, you can cause your plumage to wave about in the creature's face, distracting it and giving your allies an opening. The next attack roll against the target by an attacker other than you has advantage if the attack is made before the start of your next turn.

Peregrine Falcon: Your unarmored movement from your monk class feature increases by +15 feet.

Quarter Moon: The range of your darkvision increases by +30 feet.

Raccoon: Your Intelligence ability score temporarily increases by +2 points.

Sea Urchin: After a creature makes a successful melee attack against you, you can use your reaction to cause sharp spikes to erupt from uncovered portions of your body which automatically deal 10 (2d10) points of piercing damage to your attacker and then immediately retract. You can use this feature a number of times equal to your proficiency bonus as long as your oritaberu is active.

Sun: You gain immunity to your choice of cold or fire damage. (This is in addition to the resistance granted at 3rd level. So you could have resistance to cold damage and immunity to fire damage or vice versa.)

Tree: As long as you spend at least 10 minutes in natural sunlight, you do not need to eat the day you have consumed a tree oritaberu. Also, you can't be involuntarily moved from your spot. All attempts to push you, trip you, or knock you prone automatically fail. Once while this oritaberu is active, you can expend 1 ki point as a bonus action to cast *enlarge* on yourself. You do not need to use components, expend a spell slot, or maintain concentration to use this feature.

WAY OF THE SPHINX

The first practitioner of the Way of the Sphinx was a humble monk (named Belzar the Quiet One) who risked his life to save an **androsphinx**. As a reward and heartfelt thanks for the monk's selflessness, the sphinx taught Belzar to infuse his voice with the power of his ki to produce painful and frightening vocalizations. The irony of a monk known for his quiet demeanor being the father of a monastic tradition that develops a powerful voice is not lost on devotees. To this day, monks that learn this unique technique begin their educational journey with the mantra, "from the silence, a whisper—from a whisper, a word—from a word, a roar".

Vocal Arts

Starting when you choose this tradition at 3rd level, you can use your voice to damage your enemies.

You can use your action to emit a thrumming vocalization that slams into your enemies inflicting thunder damage. The shape of this vocal attack is a 15 ft. cone that requires each creature in the cone's area to make a Constitution saving throw. The DC for this saving throw equals 8 + your Wisdom modifier + your proficiency bonus. A creature takes 2d6 thunder damage on a failed save, and half as much damage on a successful one. The damage increases as you gain monk levels, to 3d6 at 6th level, 4d6 at 11th level, and 5d6 at 16th level.

Once you use this feature, you can't use it again until you complete a short or long rest.

Seeds of Discord

At 6th level, you gain a new vocal art that causes foes to become agitated and distrustful of their allies.

As a bonus action, you can expend 1 ki point and make a verbal suggestion laced with innuendo to cause all foes (that you can see and who can hear you) within 30 feet to make a Wisdom saving throw (DC 8 + your proficiency bonus + your Wisdom modifier). Creatures that fail their save consider all previous allies to be their mortal enemies for 1 minute. If a "mortal enemy" is within 30 feet of an affected creature, the affected creature must use its Action to attack the mortal enemy using the most lethal means at its disposal, even if this means breaking off a combat they are already engaged in. A creature doesn't need to share a language with you to be affected by this feature, but they must be able to understand at least one language even if they can't speak it.

Once you use this feature, you can't use it again until you finish a long rest.

Empowered Vocalizations

Beginning at 11th level, creatures failing their saving throw against your vocal arts feature not only take thunder damage, but also suffer an additional penalty. You can select which penalty each creature incurs from the following options (each creature does not need to suffer the same penalty):

- The creature is knocked prone.
- The creature is pushed back 10 ft. in a straight line.
- The creature gains the frightened condition for 1 minute.

Devastating Vocalizations

Beginning at 17th level, your vocal arts feature increases in power and range. When you use your vocal arts feature, you add double your proficiency bonus to the save DC, the cone becomes 30 feet, and you also gain the new penalty options listed below to apply to creatures that fail their saving throw:

- The creature is knocked prone and permanently deafened until cured by magic.
- The creature is pushed back 10 ft. in a straight line and takes an additional 2d6 points of thunder damage.
- The creature gains the frightened condition for 1 minute and is stunned for 3 rounds.





WAY OF SUFFERING

“Whatever doesn’t kill you makes you stronger” is the mantra often quoted by monks that ascribe to the Way of Suffering. This tradition is a physically challenging one consisting of extreme conditioning exercises that stretch the body to its limit. These monks are repeatedly brought to the brink of collapse until their ability to withstand pain and other physical stressors such as frigid temperatures, hot coals, and toxic substances far exceeds that of a normal individual.

Other mantras that are commonly recited by initiates undergoing physically arduous training are “no pain, no gain” and “adversity strengthens resolve”. Laymen that don’t understand the necessity for the rigorous and painful training techniques derisively refer to this monastic tradition as the Way of the Flagellant or the Way of the Marked.

Trial by Fire and Ice

Starting when you choose this tradition at 3rd level, you gain your choice of resistance to cold or fire damage.

Toughened by Trials

At 6th level, your hit dice per monk level increases from a 1d8 to a 1d10. Henceforth, you gain a number of hit points equal to 6 (or 1d10) + your Constitution modifier per monk level. Additionally, your AC from your unarmored defense increases to 12 + your Dexterity modifier + your Wisdom modifier.

Unrivaled Perseverance

By 11th level, you can use a bonus action and expend 1 ki point to regain hit points equal to 1d10 + your monk level.

Once you use this feature, you can’t use it again until you finish a short or long rest.

Ceremonial Scarring

At 17th level, you undergo a ceremony in which ki is woven into the fabric of your skin with a secret scarring ritual.

When you take damage from a melee attack, you can use your reaction and expend 2 ki points to gain immunity to all types of damage except psychic and radiant for 1 minute.

Once you use this feature, you can’t use it again until you finish a long rest.

WAY OF TRANSCENDENCE

Monks that follow the Way of Transcendence are known as mentalists for their highly developed minds. Daily meditation practices coupled with self-reflection awaken psychic abilities in these monks such as telepathy and mind reading.

Mastery of the Mind

Starting when you choose this tradition at 3rd level, you gain your choice of one of the following features (this choice is permanent and can't be changed):

- You gain resistance to psychic damage and proficiency with Wisdom saving throws.
- You can cast the cantrip *mind sliver*^{TCoE} and gain proficiency with Wisdom saving throws.
- You can use your Wisdom modifier in place of your Strength or Dexterity modifier for your attack and damage rolls with your unarmed attacks and monk weapons.
- Once per turn, after you succeed on an unarmed attack, you can choose to make the damage from that attack be psychic damage instead of bludgeoning damage and force your target to make an Intelligence saving throw DC 8 + your proficiency bonus + your Wisdom modifier. On a failed save, the target can't take bonus actions until the end of your next turn.

Thought Made Solid

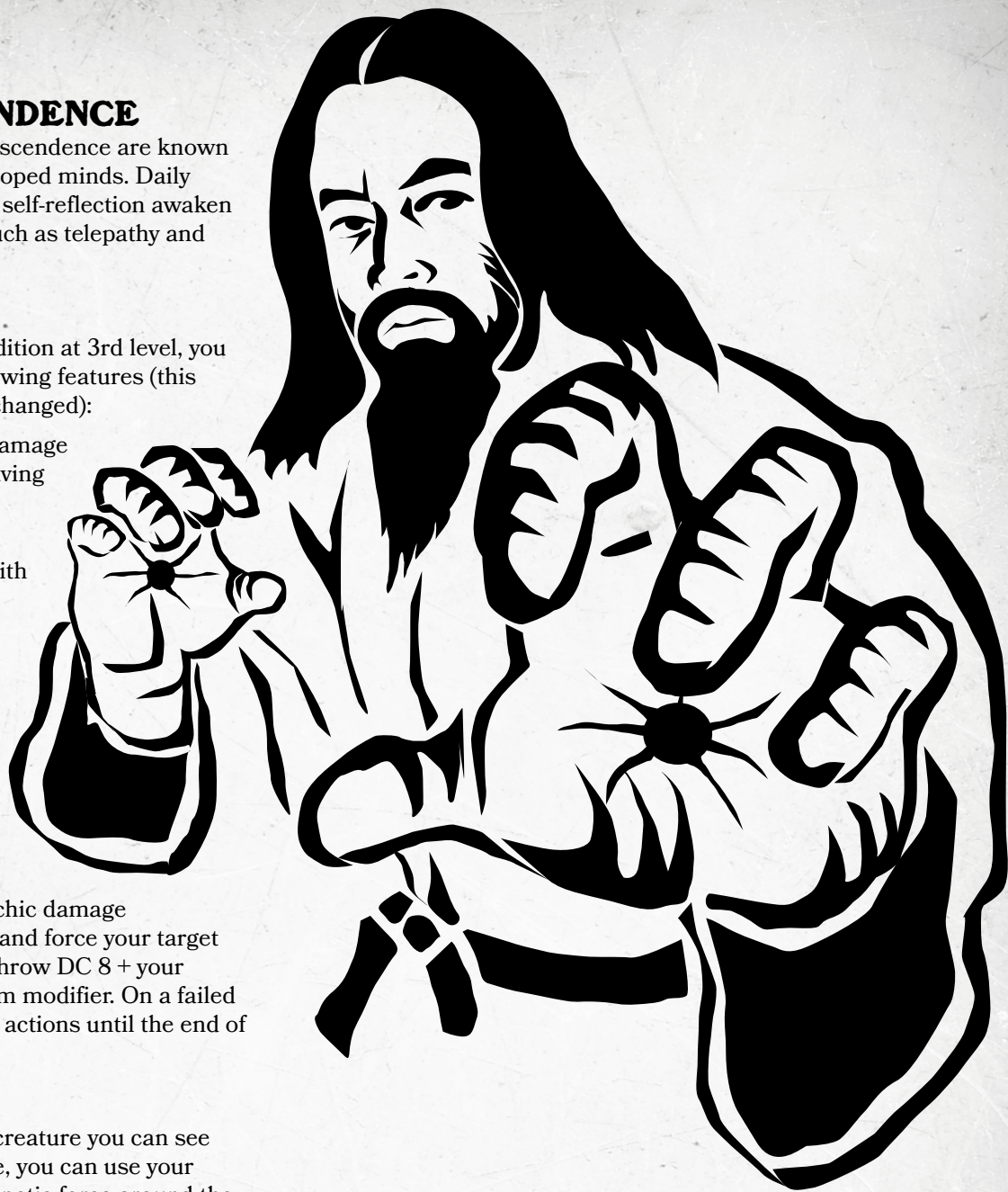
At 6th level, when you or another creature you can see within 30 feet of you takes damage, you can use your reaction to create a shield of telekinetic force around the creature which remains in effect for 1 minute. This shield increases the creature's Armor Class by +2. A creature can't gain this benefit if it is already wielding a shield.

You can't use this feature again until you finish a short or long rest.

Mind to Mind

At 11th level, you can speak telepathically to any creature that you can see that is within 30 feet of you. Your telepathic communication is in a language you know, and the creature understands it if they know that language.

Additionally, you can use your ki to duplicate the effects of the *detect thoughts* spell. As an action, you can expend 2 ki points to cast *detect thoughts*, requiring no spell slot or components.



Synaptic Short Circuit

At 17th level, you gain immunity to psychic damage.

Additionally, you can reach into another's mind to interrupt messages from the brain to the rest of the body. As an action, you can release a wave of psychically charged energy in a 30-foot radius of yourself. All enemies within range that have an Intelligence score of 1 or more must make an Intelligence saving throw (DC 8 + your proficiency bonus + your Wisdom modifier). On a failed save, a target takes 10d6 psychic damage and is paralyzed for 1d4 rounds. On a successful save, a target takes half as much damage and isn't paralyzed.

You can't use this feature again until you finish a long rest.

WAY OF THE UNICORN

Protecting the innocent and nature's treasures is a monk of the Way of the Unicorn's priority. Any monk wishing entrance must demonstrate dedication to protecting and preserving nature and its inhabitants. The first monk of this tradition (Liang Shuu) was gifted a spark of guardianship magic by an ancient unicorn. Since that day, all monks joining the Way of the Unicorn take a vow to care for those in danger as arduously as possible.

Safe and Sound

Starting when you choose this tradition at 3rd level, you gain proficiency with Intelligence (Nature) checks, and all allies within 60 feet that can see or hear you gain advantage on their saving throws made against fear effects.

Peaceful Presence

At 6th level, you can distract enemies from their harmful intentions. You gain two peacekeeping dice, which are d8s. A peacekeeping die is expended when you use it. When you or an ally that you can see within 30 feet of you takes damage from a melee attack, you can use your reaction to expend a peacekeeping die. Roll the die and subtract the amount from the total damage that the attack that triggered this reaction deals. The creature that inflicted the damage must then make a successful Wisdom saving throw (DC 8 + your proficiency bonus + your Wisdom modifier) or lose the ability to take bonus actions and reactions until the end of your next turn.

You regain all of your expended peacekeeping dice when you finish a short or long rest.

Close Wounds

By 11th level, you can use your ki to heal allies and yourself. You can spend 1 ki point as an action and touch a creature to heal it. The touched creature heals a number of hit points equal to three times your level + your Wisdom modifier.

You can't use this feature again until you finish a long rest.

To the Rescue

By 17th level, you can teleport away to safety as a bonus action. You can teleport yourself and up to one additional creature. The creature must be adjacent to you and either willing or unconscious. You teleport up to 30 feet to an unoccupied space.

If you wish to use this feature again before you finish a long rest, you must expend 5 ki points to do so.

Intevar Mossvale - Abbot of the Unicorn

INTEVAR MOSSVALE

Medium humanoid (wood elf), neutral good

Armor Class 16 (unarmored defense)

Hit Points 93 (17d8 + 17)

Speed 60 ft.

STR	DEX	CON	INT	WIS	CHA
9 (-1)	18 (+4)	12 (+1)	10 (+0)	18 (+4)	13 (+1)

Saving Throws Str +5, Dex +10, Con +7, Int +6, Wis +10, Cha +7

Skills Insight +10, Medicine +10, Nature +6, Perception +10, Religion +6, Stealth +10

Damage Immunities poison; disease

Senses darkvision 60 ft., passive Perception 20

Languages All

Close Wounds. Intevar can use her ki to heal allies and herself. She can spend 1 ki point as an action and touch a creature to heal it. The touched creature is healed for 55 hit points. She can't use this feature again until she finishes a long rest.

Diamond Soul. Intevar's mastery of ki grants her proficiency in all saving throws. Additionally, whenever she makes a saving throw and fails, she can spend 1 ki point to reroll it and take the second result.

Evasion. If Intevar is subjected to an effect that allows her to make a Dexterity saving throw to take only half damage, she instead takes no damage if she succeeds on the saving throw, and only half damage if she fails.

Fey Ancestry. Intevar has advantage on saving throws against being charmed, and magic can't put her to sleep.

Innate Spellcasting. Intevar's innate spellcasting ability is Charisma (spell save DC 15, +7 to hit with spell attacks). She can innately cast the following spells, requiring no material components:

At will: *friends*

Ki Pool. Intevar has 17 Ki points, which can be used for the following abilities.

Flurry of Blows: Immediately after she takes the attack action on her turn, she can spend 1 ki point to make two unarmed strikes as a bonus action.

Patient Defense: She can spend 1 ki point to take the Dodge action as a bonus action on her turn.

Step of the Wind: She can spend 1 ki point to take the Disengage or Dash action as a bonus action on her turn, and her jump distance is doubled for the turn.

Mask of the Wild. Intevar can attempt to hide even when she is only lightly obscured by foliage, heavy rain, falling snow, mist, or other natural phenomena.

Safe and Sound. All allies within 60 feet of Intevar that can see or hear her gain advantage on their saving throws made against fear effects.

Intevar Mossvale - Abbot of the Unicorn

Sentinel. Intevar has mastered techniques to take advantage of every drop in any enemy's guard, gaining the following benefits.

- When she hits a creature with an opportunity attack, the creature's speed becomes 0 for the rest of the turn.
- Creatures provoke opportunity attacks from her even if they take the Disengage action before leaving her reach.
- When a creature makes an attack against a target other than Intevar (and that target doesn't have this feat), she can use her reaction to make a melee weapon attack against the attacking creature.

Stunning Strike. Intevar can interfere with the flow of ki in an opponent's body. When she hits another creature with a melee weapon attack, she can spend 1 ki point to attempt a Stunning Strike. The target must succeed on a DC 16 Constitution saving throw or be stunned until the end of Intevar's next turn.

Timeless Body. Intevar's ki sustains her so that she suffers none of the frailty of old age, and she can't be aged magically. She can still die of old age, however. In addition, she no longer needs food or water.

To the Rescue. Intevar can teleport away to safety as a bonus action. She can teleport herself and up to one additional creature. The creature must be adjacent to her and either willing or unconscious. She teleports up to 30 feet to an unoccupied space.

If Intevar wishes to use this feature again before she finishes a long rest, she must expend 5 ki points to do so.

Tongue of the Sun and Moon. Intevar has learned to touch the ki of other minds so that she understand all spoken languages. Moreover, any creature that can understand a language can understand what she says.

Trance. After resting for 4 hours, Intevar gains the benefits of 8 hours of sleep.

ACTIONS

Multiattack. Intevar makes two attacks. She can then make one unarmed strike as a bonus action.

Wind and Fire Wheel. *Melee Weapon Attack:* +10 to hit, reach 5 ft., one target. *Hit:* 9 (1d10 + 4) piercing or slashing damage. Intevar gains a +1 bonus to her armor class for 1 round anytime she makes all of her attacks for the round with this weapon.

Unarmed Strike. *Melee Weapon Attack:* +10 to hit, reach 5 ft., one target. *Hit:* 9 (1d10 + 4) bludgeoning damage. These unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

Stillness of Mind. Intevar can use her action to end one effect on herself that is causing her to be charmed or frightened.

REACTIONS

Deflect Missiles. Intevar can use her reaction to deflect or catch the missile when she is hit by a ranged weapon attack. When she does so, the damage she takes from the attack is reduced by 1d10 + 21.

If the damage is reduced to 0, Intevar can catch the missile if it is small enough for her to hold in one hand and she has at least one hand free. If she catches a missile in this way, she can spend 1 ki point to make a ranged attack (range 20 feet/60 feet) with the weapon or piece of ammunition she just caught, as part of the same reaction. She makes this attack with proficiency, regardless of her weapon proficiencies, and the missile counts as a monk weapon for the attack.

Peaceful Presence. Intevar can distract enemies from their harmful intentions. She has two peacekeeping dice, which are d8s. A peacekeeping die is expended when she uses it.

When Intevar or an ally that she can see within 30 feet of her takes damage from a melee attack, she can use her reaction to expend a peacekeeping die. Roll the die and subtract the amount from the total damage that the attack that triggered this reaction deals. The creature that inflicted the damage must then make a successful DC 16 Wisdom saving throw or lose the ability to take bonus actions and reactions until the end of Intevar's next turn. She regains all of her expended peacekeeping dice when she finishes a short or long rest.

Slow Fall. Intevar can use her reaction when she falls to reduce any falling damage she takes by 85 points.



WHEELS OF WIND AND FIRE



WAY OF UNTAPPED POTENTIAL

Self-perfection, both physically and mentally, is the foremost goal of followers of the Way of Untapped Potential. These monks engage in rigorous physical training to become top-notch athletes. They advocate hitting hard and fast and prefer strength over subtlety. "Meet force with force" is a common mantra among those studying the Way of Untapped Potential. These monks believe that everyone has the potential for perfection within them, but such perfection cannot be obtained without single-minded devotion to developing it.

Extreme Conditioning

Starting when you choose this tradition at 3rd level, you experience your pinnacle of athletic prowess.

You can add double your proficiency bonus to all Strength (Athletics) checks and you gain your choice of a swim or climb speed of 25 feet.

Potential Fulfilled

At 6th level, you can dig deep within your reserves of determination to achieve your objectives. You gain two potential dice, which are d8s. A potential die is expended when you use it. When you attempt a skill check or an attack roll, you can expend one potential die and add it to your roll.

You regain all of your expended potential dice when you finish a short or long rest.

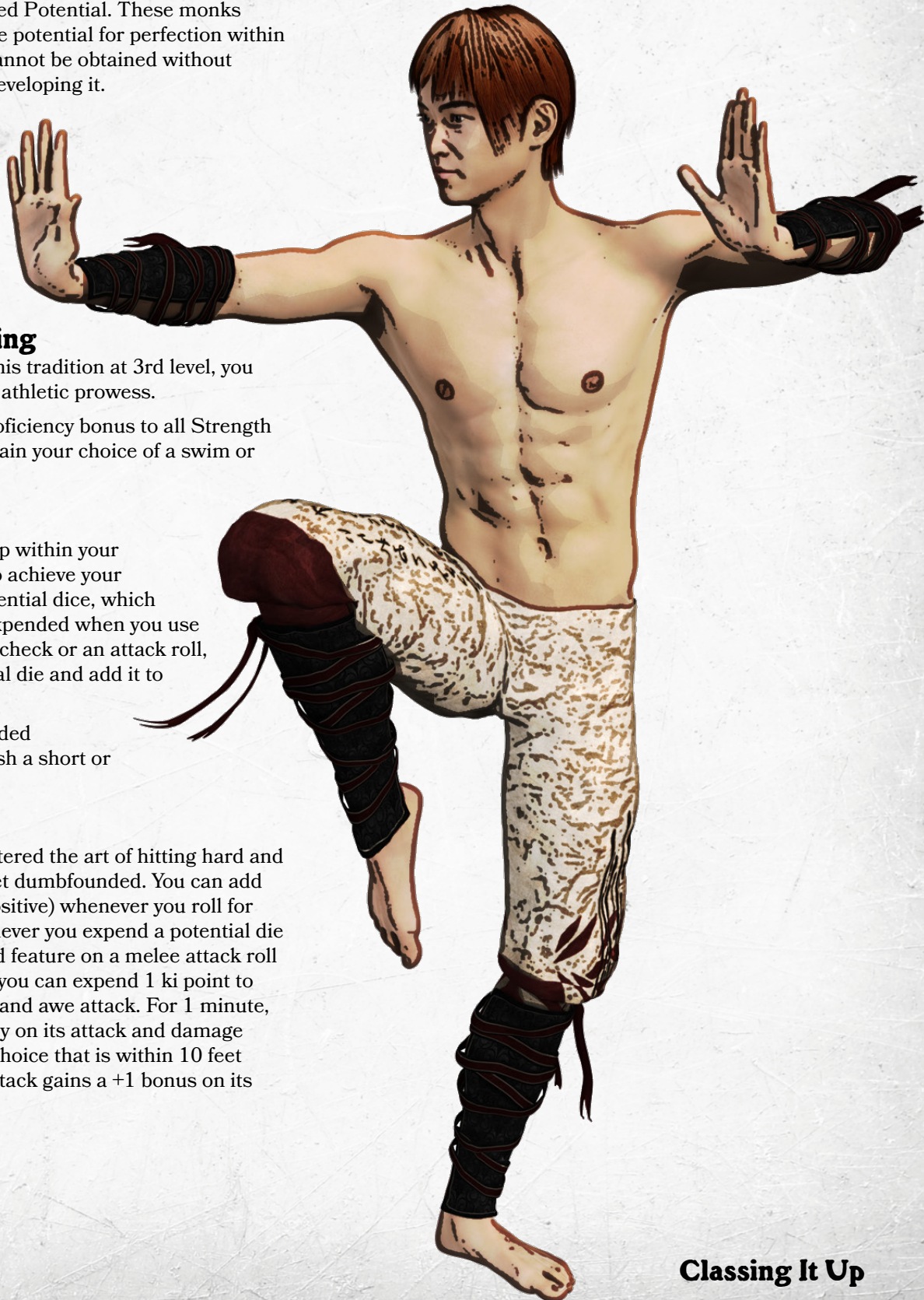
Shock and Awe

By 11th level, you have mastered the art of hitting hard and fast, often leaving your target dumbfounded. You can add your Wisdom modifier (if positive) whenever you roll for initiative. Additionally, whenever you expend a potential die to use your potential fulfilled feature on a melee attack roll and the attack is a success, you can expend 1 ki point to turn the attack into a shock and awe attack. For 1 minute, the target suffers a -2 penalty on its attack and damage rolls while one ally of your choice that is within 10 feet of you and could see your attack gains a +1 bonus on its attack and damage rolls.

Fast Learner

By 17th level, your mistakes become a learning experience.

Once per round, when you miss a target with a melee attack, the next attack you make against that target in the same round is made at advantage.



WAY OF WATER

Rushing water is both powerful and flexible. Over time, water can smooth and shape the hardest of rocks as easily as it can flow around obstacles and continue unhindered on its way. Likewise, monks training in the Way of Water learn to execute evasive maneuvers combined with powerful blows to gain victory over their opponents.

Redirecting the Flow

Starting when you choose this tradition at 3rd level, you gain two flexibility dice, which are d8s. A flexibility die is expended when you use it. After you take bludgeoning, piercing, or slashing damage from a melee attack made by an attacker you can see and that is within your reach, you can use your reaction and expend one flexibility die to turn the attacker's momentum against them. Roll your flexibility die and add its value to your attacker's attack roll. If the total hits the attacker's AC, your attacker takes one-half the amount of damage you took from the attack.

You regain all of your expended flexibility dice when you finish a short or long rest.

Rush of the Rapids

At 6th level, when you gain your unarmored movement monk feature at 6th level, your Unarmored Speed bonus increases to 20 feet instead of 15 feet.

Crashing Wave Assault

At 11th level, when you hit a Large or smaller creature with an unarmed attack, you can attempt to knock the target down. The target must make a Strength saving throw (DC 8 + your proficiency bonus + your Wisdom modifier) at disadvantage. On a failed save, you knock the target prone and it takes an additional 2d6 points of bludgeoning damage.

You can't use this feature again until you finish a short or long rest.

Going with the Flow

By 17th level, you have mastered the art of rolling with a punch. After a creature that you can see successfully hits you with a melee attack that deals bludgeoning, piercing, or slashing damage, you can use your reaction to soften the blow. Make a DC 15 Dexterity saving throw. On a failed save, you take only half damage, and on a successful save, you take only one quarter the damage instead.

You can't use this feature again until you finish a short or long rest.



MONK WEAPONS — NOT JUST A DAGGER!

Under the monk's martial arts class feature gained at 1st level, the PHB states that monks can use unarmed strikes and "monk weapons, which are shortswords and any simple melee weapons that don't have the two-handed or heavy property". It goes on to state that you can describe your weapon's appearance differently, but you should use a similar weapon's statistics from the basic list provided.

There are two distinct sections below. The first section describes weapons that can be directly substituted as the PHB suggests. The weapons described fall within the parameters dictated for monk weapons and are more flavorful and thematically in tune with the spirit of the monk class. Some of the new weapons listed are known by more than one name depending upon the region they are used in. If this is the case, the various names are separated by a slash. For example, an old man's staff is also known as a tonfa so this is presented in the chart as old man's staff/

tonfa. A few of the weapons will list changes in weight or an additional property beyond what the standard weapon offers that doesn't create a noticeable change in the power level. These changes are noted in blue. These additional benefits can be used with Dungeon Master permission.

The second section provides the full details for weapons that are not common and would require specialized training. Therefore, they are listed as martial weapons, so they wouldn't technically meet the PHB's definition of a monk weapon. However, they are equivalent in power level to the simple weapons allowed as monk weapons, and historically they symbolize well-established weapons wielded by individuals employing martial arts fighting styles. For this reason, we have added a new weapon property called "monk" to designate that these weapons can be considered monk weapons for the purposes of the monk's martial arts feature gained at 1st level. Feel free to use these new weapon descriptions to further individualize your monk with your Dungeon Master's permission.

WEAPONS SUBSTITUTIONS

Standard	New
Dagger	Bichuwa, Katar, & Punching Dagger
Ckub	Old Man's Staff/Tonfa & Tabak-Toyok/Nunchuck
Handaxe	Kama
Sickle	Karambit

SIMPLE WEAPONS

Name	Cost	Damage	Weight	Properties
<i>Simple Melee Weapons</i>				
Bichuwa	2 gp	1d4 piercing	1 lb.	Finesse, light, thrown (range 10/50)
Kama	3 gp	1d6 piercing or slashing	3 lb.	Light, (no thrown property)
Karambit	1 gp	1d4 slashing	1/2 lb.	Concealable*, finesse, light
Katar/Punching Dagger	2 gp	1d4 piercing	1 lb.	Finesse, light, secure* (no thrown property)
Old Man's Staff/Tonfa	1 sp	1d4 bludgeoning	2 lb.	Blocking*, light
Tabak-Toyok/Nunchuck	1 sp	1d4 bludgeoning	2 lb.	Light

MARTIAL WEAPONS

Name	Cost	Damage	Weight	Properties
<i>Martial Melee Weapons</i>				
Kusari-Fundo	10 gp	1d6 bludgeoning	3 lb.	Concealable*, finesse, monk*
Pinyin/Sanjiegun/Sansetsukon/Three-section Staff	8 gp	1d6 bludgeoning	3 lb.	Blocking*, finesse, monk*
War Fan	4 gp	1d4 slashing	1/4 lb.	Concealable*, finesse, light, monk*
Wind and Fire Wheel	20 gp	1d4 piercing or slashing	2 lb.	Blocking*, finesse, light, monk*

New optional weapon properties introduced in this supplement.

Blocking: When used in conjunction with the monk's martial arts feature, a monk gains a +1 bonus on their armor class for 1 round anytime the monk makes all of their attacks for the round with a weapon with this property.

Concealable: Dexterity (Sleight of Hand) checks to conceal these weapons are made at a +2 bonus.

Monk: These weapons can be considered monk weapons for the purposes of the monk's martial arts feature at 1st level.

Secure: Ability checks made to avoid a disarm attempt are made at a +2 bonus.

Weapon Descriptions

BICHUWA

A bichuwa is a dagger with a narrow, wavy blade with an all metal, looped hilt cast in one single piece. It is slightly longer and thinner than a typical dagger (roughly 30 centimeters) and resembles the stinger of a scorpion. Its wavy blade makes it less aerodynamic than a typical dagger which accounts for its shorter range.

DABURU GUREIBU/DOUBLE GLAIVE

This double-headed glaive is a powerful weapon in the right hands. Although taking time to master and limiting the assailant to one weapon, the ability to use either end of this glaive while blocking opponent's attacks makes it a popular large weapon

KAMA

Kamas originated as farming implements for reaping crops, especially rice. They are inexpensive and consist of a scythe-like blade with a sharpened point attached to a short stick.

KARAMBIT

A karambit looks like a tiny sickle with a metal finger loop at the end instead of a handle. The loop can be used to attach a ribbon to be worn in one's hair where it can easily be concealed. It is particularly small and light, roughly only a hand's length.

KATAR/PUNCHING DAGGER

This dagger has a short, wide, triangular blade, but where the hilt and pommel would normally be, there is a horizontal metal bar connected to two vertical metal bars on either side, forming the letter H. The wielder grips the horizontal bar in their palm so that the dagger ends up sitting above their knuckles. The wielder uses the weapon to make short, quick jabs at an opponent. This unique grip makes it more difficult to disarm a wielder of their katar.

OLD MAN'S STAFF/TONFA

This L-shaped baton or fighting stick has a perpendicular handle attached 1/3 of the way down the 20-inch-long stick which rests against the wielder's forearm. Having the stick rest against the forearm provides a measure of protection when it is used to block incoming blows.

TABAK-TOYOK/NUNCHUCK

This weapon consists of two short sticks attached by a short chain. It combines the straightforward bludgeoning elements of a club with the flexible nature of a flail.

KUSARI-FUNDO

This whip-like weapon consists of a length of chain with a metal weight attached to the end. The length of the chain varies from 12-inches to 36-inches. When all rolled up, it is easier to conceal than a sword.

PINYIN/SANJIEGUN/SANSETSU KON/ THREE-SECTION STAFF

This flail-like weapon consists of three short, wooden staffs, (typically made of hardwood, rattan, or bamboo) connected by metal rings. The staffs can be spun to gather momentum to deliver a more powerful strike and the articulation has the benefit of being able to strike over and around shields and defensive cover.

WAR FAN

Resembling a courtier's fan, this weapon consists of silk paper stretched over a folding frame of steel ribs punctuated at the tips by sharp spikes. As a direct extension of the hand, a war fan can be manipulated with speed and precision and more easily passed off as a mundane item rather than a weapon.

WIND AND FIRE WHEEL

This weapon consists of a flat metal ring about 15-inches in diameter. One of the quarter segments has a cross-guard padded grip and the other three ring segments have 2 to 3-inch-long protruding flame-style blades that can be used to slash or stab an opponent or to parry an opponent's attack.



WAY OF THE UNICORN MONASTERY

Way of the Unicorn monasteries are always located in a remote wilderness location in a glade protected by a **unicorn**. The glade is considered the unicorn's lair (MM, p.293) and it has three unique lair properties. First, the glade that houses the monastery has an ambient temperature of 65 degrees regardless of the temperature of the forest outside the glade. Second, any open flames are automatically snuffed out within the confines of the glade. Since monks dedicated to the Way of the Unicorn only eat raw vegetable matter, fire is not needed for cooking. Nor is it needed for providing warmth or light. After the sun goes down, the entire glen is lit by a preponderance of fireflies. Third, whenever monks are required to fight within the confines of the monastery glade, they can use their ki to cast the following spells once each per long rest: *sanctuary*, *calm emotions*, and *beacon of hope*. The number of ki points spent must be equal to the level of the spell being cast. Components and spell slots are not required to cast these spells.

The mild 65 degree temperature allows the shelters in the glen to be made of sticks, fallen branches, and thatch, without the need for protection against extremes of heat, cold, or storm conditions. Numerous small thatched huts are nestled high above the ground amid the sturdy branches of the trees encircling the glade. The huts are accessed by vine ladders and are generally airy and sparsely furnished, embellished with simple pieces of art like small wood carvings of forest creatures or miniature rock cairns. Each of these structures provides the sleeping quarters and personal space for a pair of monks.

A pebble walking path separates the central space of the circular glade into four equal quarters, each of which is designed with a special purpose in mind. The first quarter has a well in the center and is otherwise unadorned. The lush grass provides a soft carpet for the monks to perform their morning and evening calisthenics and meditations.

The second quarter contains a covered building that houses a surgery with medical supplies useful for treating sick or injured animals of all sorts from a tiny chipmunk to a massive moose.

The building constructed of stone in the third quarter serves as an ornate bathhouse. Windows on the roof allow the sunshine to nurture the plethora of hanging plants within that accentuate every nook and cranny. The natural smooth stone tubs vary in size, with some able to accommodate a single individual and others large enough for a half dozen monks. Various floral scents waft through the airy building accompanied by the sound of the pan flute and sitar that add to the ambiance of relaxation.

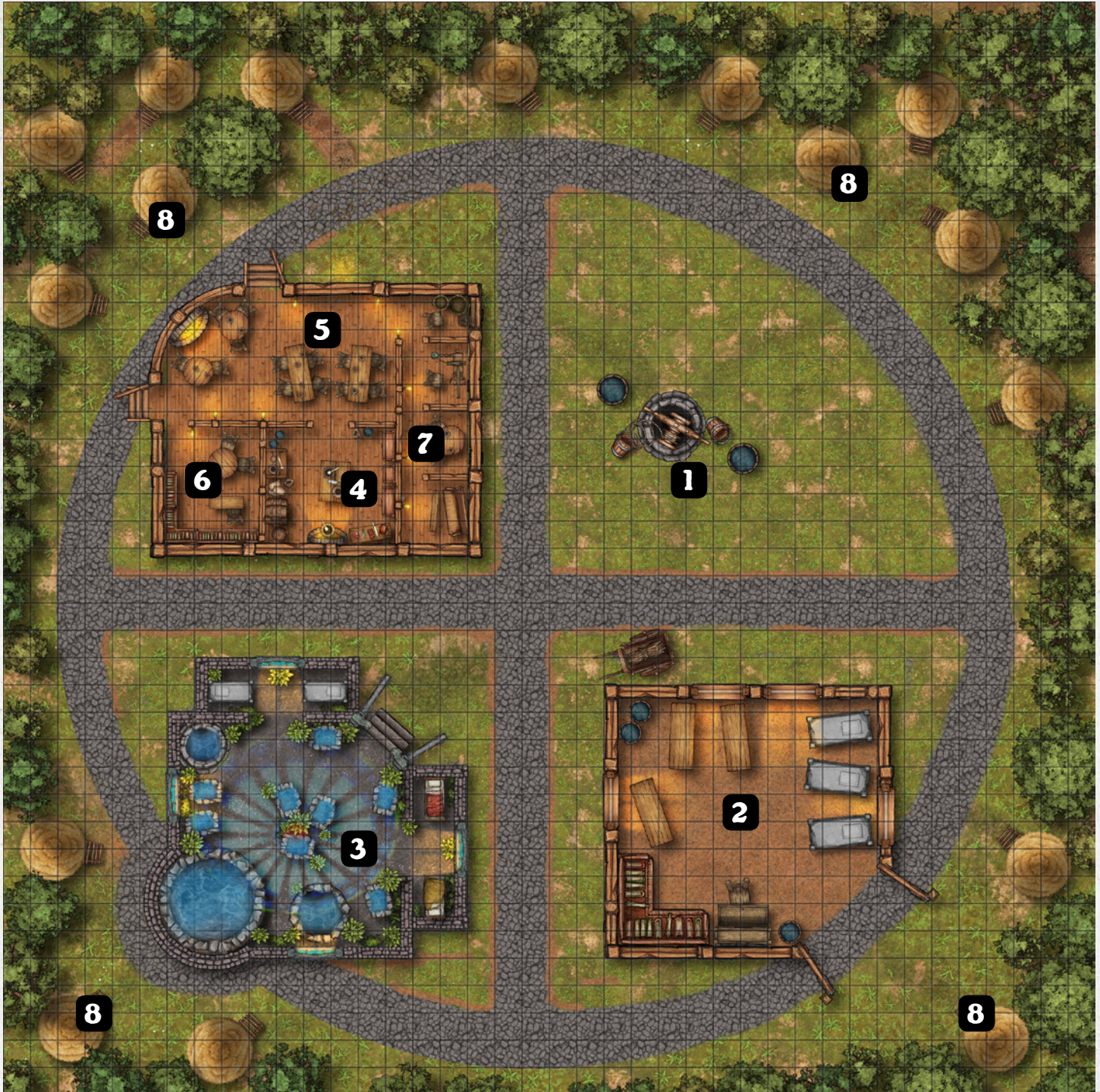
Two smaller rooms adjacent to the bathing area are used for administering acupuncture, massage, or reflexology treatments to nurture the health of the monks as well as visitors seeking relief from various ailments.

The covered building in the fourth quarter has numerous rooms designed for a variety of purposes. There is a food preparation and storage area, an area for communal meals, a small library of books mainly relating to wildlife, weather, and terrain, and several crafting rooms where monks engage in a variety of artistic and creative pursuits including painting, basket weaving, and sculpting clay.

The overall ambiance of a monastery of the Way of the Unicorn is that of peace and tranquillity. Birdsong and the rustling of leaves on the gentle breeze have a calming and spirit-lifting effect on most visitors. Surrounded by nature, each monastery provides its monks with a haven free from urban crime, pollution, and conflict. These monks are well prepared to live off the land in harmony with its flora and fauna, preserving its natural state.



WAY OF THE UNICORN MONASTERY MAP



Map Key

- | | |
|--------------------------------|--------------------------|
| 1. Well and calisthenics area. | 5. Communal eating area. |
| 2. Vetrinarian center. | 6. Library. |
| 3. Bathhouse. | 7. Crafting rooms. |
| 4. Kitchen. | 8. Sleeping huts. |

This map is also included in your download as a high-resolution battlemat sized for virtual tabletop play.

MAGIC ITEMS

COWL OF SHADOWS

WONDROUS ITEM, RARE (REQUIRES ATTUNEMENT)

WOVEN FROM AN UNKNOWN FABRIC, ONCE ATTUNED THIS HEADPIECE INTEGRATES SEEMLESSLY ONTO AN EXISTING CLOAK, CAPE, OR OTHER HOODLESS OUTERWEAR. THE WEARER CAN LIFT THE COWL OVER THEIR HEAD AS A FREE ACTION AND GAIN ADVANTAGE ON ALL DEXTERITY (STEALTH) CHECKS USED TO HIDE. THIS FEATURE CAN ONLY BE USED A NUMBER OF TIMES EACH DAY EQUAL TO THE ATTUNED WEARER'S DEXTERITY MODIFIER. THE NUMBER OF USES RESETS EACH NIGHT AT DUSK.



STORMY STAFF

WEAPON (QUARTERSTAFF), VERY RARE (REQUIRES ATTUNEMENT BY A MONK)

THIS QUARTERSTAFF CAN BE USED TO MAGICALLY CONTROL WINDS. AS AN ACTION, THE WEAPON CAN BE SPUN RAPIDLY AND USED TO CAST THE FOLLOWING SPELLS, REQUIRING ONLY THE VERBAL COMPONENT OF THE COMMAND WORDS AND THE SOMATIC COMPONENT OF SPINNING THE WEAPON AS YOUR ACTION.

YOU DO NOT HAVE TO USE YOUR ACTION TO SPIN THE GUSTING STAFF AFTER YOU HAVE USED YOUR ACTION TO CAST A SPELL, BUT YOU MUST MAINTAIN CONCENTRATION. ALL SPELL SAVES FOR VARIOUS EFFECTS ARE DC 14.

THE WEAPON HAS 5 CHARGES, AND REGAINS 1 D 4 CHARGES AT DAWN.

- **GUST OF WIND** (1 CHARGE).
- **WARDING WIND** (1 CHARGE).
- **WHIRLWIND** (4 CHARGES). THE SPELL EFFECTS ARE CENTERED ON YOU, DO NOT AFFECT YOU, AND CANNOT BE MOVED.



SPINNING WHEEL

WEAPON (WIND AND FIRE WHEEL), UNCOMMON

THIS FINELY BALANCED WIND AND FIRE WHEEL CAN BE THROWN AT OPPONENTS WITH GREAT ACCURACY, AND RETURNS TO THE WIELDER AUTOMATICALLY. USING A COMMAND WORD, THE WHEEL GAINS THE TROWN WEAPON PROPERTY WITH A RANGE OF 20/60, BUT INFLECTS ONLY SLASHING DAMAGE WHEN USED IN THIS MANNER.

WHEN THROWN, THE WHEEL LOSES THE BLOCKING PROPERTY DURING THAT ROUND, BUT DOES AUTOMATICALLY RETURN TO THE WIELDER AT THE END OF THEIR TURN.

