Monk

Monks are masters of unarmed combat. They train in monasteries where they pursue personal perfection through action and contemplation. Monks have no need for weapons and armor, for their relentless practice has allowed them to unlock their physical and spiritual abilities.

While most monks are lawful—the focus and

discipline needed to master their arts demands rigid dedication—they vary among good, neutral, and evil alignments. Lawful evil monks are schemers and conquerors. The insidious Scarlet Brotherhood of GREYHAWK is the most notable example of an evil monk tradition in D&D. Lawful neutral monks focus on inner mastery and care little for the world at large. Lawful good monks are tireless champions of the common folk.

# Creating a Monk

When you create a character whose first class is monk, you gain these benefits.

**Ability Adjustment:** +1 to your Wisdom or Dexterity score. You need Wisdom to improve your special monk abilities and Dexterity for unarmed combat.

**Starting Hit Points:** 8 + your Constitution modifier

**Armor and Shield Proficiencies:** None

**Weapon Proficiencies:** Club, dagger, handaxe, light crossbow, pike, quarterstaff, sling, spear

You can make a monk quickly by following these suggestions.

**Suggested Background:** Commoner **Suggested Specialty:** Skirmisher **Suggested Equipment:** Quarterstaff, dagger,

light crossbow, 20 bolts, adventurer’s kit, caltrops, climber’s kit, silk rope (50 feet), and belt pouch containing 74 gp and 8 sp

**THE MONK**

**Attack**

|  |  |  |  |
| --- | --- | --- | --- |
| **Level**  1 | **Bonus**  +1 | **Ki**  1/day | **Class Features**  Martial Arts, Mindful Defense, Monastic Tradition |
| 2 | +1 | 1/day | Undaunted Strike |
| 3 | +1 | 2/day | – |
| 4 | +2 | 2/day | Martial Feat |
| 5 | +2 | 2/day | Deadly Strike (roll twice), Ki Ability, Purity of Body |
| 6 | +2 | 3/day | – |
| 7 | +2 | 3/day | Clear Mind, Martial Feat |
| 8 | +2 | 3/day | Ki Ability |
| 9 | +3 | 4/day | – |
| 10 | +3 | 4/day | Deadly Strike (roll three times), Martial Feat |
| 11 | +3 | 4/day | Diamond Body |
| 12 | +3 | 4/day | Abundant Step |
| 13 | +3 | 4/day | Diamond Soul |
| 14 | +4 | 5/day | – |
| 15 | +4 | 5/day | Deadly Strike (roll four times), Quivering Palm |
| 16 | +4 | 5/day | Timeless Body |
| 17 | +4 | 5/day | Tongue of Sun and Moon |
| 18 | +4 | 6/day | – |
| 19 | +5 | 6/day | Empty Body |
| 20 | +5 | 6/day | Deadly Strike (roll five times), Perfect Self |

# Class Features

A monk gains the following class features.

**Hit Dice:** 1d8 per monk level

**Hit Points:** 1d8 (or 5) + your Constitution modifier per monk level gained

## Level 1: Attack Bonus

Your extensive training makes you deadly on the battlefield. You are also more accurate and more deadly than many other combatants.

**Benefit:** You gain a +1 bonus to your attack roll when you’re using a weapon with which you have proficiency. This bonus increases as you gain levels, as noted on the Monk table.

## Level 1: Mindful Defense

You use intuition and your sense of your surroundings to protect yourself from harm. You move a moment before an enemy attacks or steel yourself before a spell affects you.

**Benefit:** While you are wearing no armor and

are not using a shield, your Armor Class equals 10

+ your Dexterity modifier + your Wisdom modifier.

## Level 1: Martial Arts

You have trained in the art of unarmed combat and excel at fighting without weapons.

**Benefit:** You gain the Martial Arts feat as a bonus feat.

## Level 1: Ki

Ki is an energy that flows through all living things. Your intense training and unmatched mental focus allow you to draw forth this energy and channel it into extraordinary effects.

**Benefit:** Once per day, you can use your ki to

activate a ki ability granted by the Monastic Tradition feature. You gain an additional daily use of ki at 3rd, 6th, and 9th level.

If a ki ability calls for a saving throw, the DC equals 10 + your Wisdom modifier + the weapon attack bonus for your level, as noted on the Monk table.

## Level 1: Monastic Tradition

Your training placed great demands on you and allowed you to achieve an unmatched level of mastery over your ki.

**Benefit:** Choose a monastic tradition. Your

choice grants you ki abilities at certain levels.

### The Path of Mercy

At first blush, this path’s focus on deadly attacks might seem like a non sequitur. The initiates of this tradition express mercy in combat by using ki to quickly disrupt or slay their enemies. They believe first in attempting to end a fight through peaceful means, disrupting a creature’s ki so that it cannot act. If their enemies persist in violence, the initiates of mercy believe that a swift, painless death is the best recourse for those who cannot see the wisdom of peace.

**Monk Level Ki Ability**

1 Stunning Strike

5 Wholeness of Body

8 Heart-­‐Stopping Strike

### The Path of the Phoenix

The path of the phoenix focuses on aggression, teaching its initiates to use their inner fury to transform ki energy into a roaring flame. In battle, these monks are implacable and borderline reckless, often throwing themselves into crowds of foes, confident that the flame that burns within them can carry the day. If all else fails, their inner fire will roar forth to devour those who seek to defeat them.

**Monk Level Ki Ability**

1 Flames of the Phoenix

5 Fiery Soul

8 Vengeful Flame

### The Path of Four Storms

The path of the four storms focuses on mastering the power of the wind and the storms it carries. The monks of this order gain unmatched maneuverability. They swirl through their enemies like a howling gale, dealing terrible blows and slipping away before their enemies can respond.

**Monk Level Ki Ability**

1 Warrior’s Gale

5 Hurricane Defense

8 Vortex Punch

### The Path of Stone’s Endurance

The path of stone’s endurance teaches its initiates

## Level 5: Purity of Body

The ki that flows through you provides an indomitable defense against disease.

**Benefit:** You are immune to disease.

## Level 7: Clear Mind

to infuse their ki with the magic of earth and stone.

These monks are indomitable in battle, as they can turn themselves into statues impervious to attack and catch their foes in a vise-­‐like, stony grip.

**Monk Level Ki Ability**

1 Grasp of Stone

5 Stone’s Defense

8 Touch of Stony Doom

## Level 2: Undaunted Strike

Your command of your ki has allowed you to attune your strikes so that they overcome your enemies’ resistances.

**Benefit:** Your unarmed strike counts as being magical, adamantine, cold iron, and silver for the purposes of overcoming resistance.

## Level 4: Martial Feat

You are skilled in a variety of attack techniques, which give you the ability to keep your opponents guessing.

**Benefit:** You gain a martial feat of your choice

as a bonus feat. You gain an additional martial feat of your choice at 7th and 10th level.

## Level 5: Deadly Strike

You are such a skilled combatant that your attacks deal more grievous wounds to your foes.

**Benefit:** Once per turn, when you roll damage for an attack, you can roll the weapon’s damage dice twice and add the rolls together.

At higher levels, you can roll the damage even more times: three times starting at 10th level, four times starting at 15th level, and five times at 20th level.

Your mastery of the ki energy within you grants you a nearly impervious mental defense.

**Benefit:** You cannot be charmed or frightened.

## Level 11: Diamond Body

Your knowledge of your mind and body allow you to take absolute control of your metabolism. Any poison introduced to your system is quickly processed and rendered inert.

**Benefit:** You are immune to poison.

## Level 12: Abundant Step

You can now magically slip between spaces, allowing you to move through the gaps and tiny holes that permeate the planes. In the blink of an eye, you move from one spot to another.

**Benefit:** On your turn, you can give up your normal movement to teleport up to 30 feet to a location you can see.

## Level 13: Diamond Soul

Spells are carefully designed methods for tapping into magic, and you have developed an intuitive understanding of how such formulas interact with your mind and body and can therefore defend yourself against them.

**Benefit:** You have advantage on all saving throws against spells.

## Level 15: Quivering Palm

The fearsome quivering palm is the ultimate application of ki in battle. Few monks ever master this powerful ability, and few still use it without great cause. With the quivering palm, you set up vibrations within the body of another creature that can become fatal if you so desire.

**Benefit:** When you hit a creature with an unarmed attack, you can expend three uses of your ki to strike the creature with the quivering palm. The creature must make a Constitution saving throw. On each of your subsequent turns, when you take an action you can also force the creature to make another Constitution saving throw. If the creature fails a total of three saving throws against this effect, the creature dies. If you do not force the creature to make a saving throw on your turn, this effect ends.

## Level 16: Timeless Body

You have attained such great mastery of ki that your body sustains itself on it. You no longer age, and you have no need for mundane food and drink.

**Benefit:** You suffer none of the drawbacks of old age, cannot be magically aged, no longer age, and no longer need food or water.

## Level 17: Tongue of Sun and Moon

Ki is an energy that binds all things together, and your very words are now infused with its power. Knowledge and enlightenment flow from you regardless of language barriers.

**Benefit:** You understand all spoken languages, and any creature capable of understanding speech can understand what you say regardless of what language you use.

## Level 19: Empty Body

Your physical body becomes a relic of your prior, unenlightened existence. When you will it, your body fades from existence, leaving only your spirit behind.

**Benefit:** As an action, you can expend one use of your ki to become ethereal for 1 minute. You can end this effect at any time.

## Level 20: Perfect Self

You are the living embodiment of ki, a perfect expression of the potential that always struggled to emerge from your mind and body.

**Benefit:** All of your ability scores that are lower than 20 become 20.

# Ki Abilities

Theses ki abilities are presented in alphabetical order.

### Fiery Soul

When you are hit by a melee attack, you can use your reaction to expend a use of your ki to channel magical fire into the attacker. The attacker takes fire damage equal to 5 + your monk level, or half damage on a successful Constitution saving throw.

### Flames of the Phoenix

As an action, you can expend a use of your ki to create a 15-­‐foot cone of magical fire from your hands. Each creature in the cone takes fire damage equal to 2d6 + your monk level, or half damage on a successful Dexterity saving throw.

### Grasp of Stone

When you hit a creature with an unarmed attack, you can expend a use of your ki to catch the creature in your crushing grip. The creature must succeed on a Strength saving throw or be grappled by you.

Until this grapple ends, your unarmed attacks automatically hit the creature, but it has advantage on all melee attacks against you.

### Heart-­‐Stopping Strike

When you hit a creature with an unarmed attack, you can expend a use of your ki to magically disrupt its life force. The creature takes maximum damage from the attack.

### Hurricane Defense

As a reaction when you are missed by a melee attack, you can expend a use of your ki to magically hurl the attacking creature away from you. The creature must succeed on a Strength saving throw or be thrown up to 30 feet through the air in a straight line away from you, landing prone and taking 3d6 bludgeoning damage.

### Stone’s Defense

As a reaction when you take damage, you can expend a use of your ki to magically reduce the damage to 0.

### Stunning Strike

When you hit a creature with an unarmed attack, you can expend a use of your ki to try to stun that creature. The creature must succeed on a Wisdom saving throw or be stunned until the end of your next turn. A creature that is a nonhumanoid or of a size larger than yours makes this saving throw with advantage.

### Touch of Stony Doom

When you hit a creature with an unarmed attack, you can expend a use of your ki to magically cause its flesh to become like brittle stone. The target must succeed on a Constitution saving throw or else become vulnerable to bludgeoning damage for 1 minute.

### Vengeful Flame

If you are reduced to 0 hit points or fewer or are even killed, you can expend one use of your ki to

cause magical flames to lash out. Choose up to three creatures within 50 feet of you. Each of those creatures takes 20 fire damage, plus an additional 20 fire damage for each unexpended use of ki you have remaining.

### Vortex Punch

When you hit a creature with an unarmed attack, you can expend a use of your ki to spawn a swirling mote of magical wind. Each creature in a 50-­‐foot line that must include the target of your attack must succeed on a Strength saving throw or take 2d6 force damage and be pushed up to 30 feet in a direction of your choice. This movement must be in a straight line.

### Warrior’s Gale

In place of your movement and before taking your action on your turn, you can expend a use of your ki to magically fly up to 40 feet. If your flight ends in midair, you do not fall until the end of your turn.

### Wholeness of Body

As an action, you can expend a use of your ki to magically regain hit points equal to your monk level + your Wisdom modifier.