**Monk Stunning Fist Abilities**

**(1) Stunning Fist :** Stunning Fist forces a foe damaged by your unarmed attack to make a **Fortitude saving throw (DC 10 + 1/2 your character level + your Wis modifier)**, in addition to dealing damage normally. A defender who fails this saving throw is stunned for 1 round (until just before your next turn). **A stunned character can’t take actions, loses any Dexterity bonus to AC, and takes a –2 penalty to AC.** You may attempt a stunning attack once per day for every four levels you have attained (but see Special), and no more than once per round. Constructs, oozes, plants, undead, incorporeal creatures, and creatures immune to critical hits

cannot be stunned. **A monk may attempt a stunning attack a number of timesper day equal to his monk level.**

**(4)** **Fatigued:** A fatigued character can neither run nor charge and takes a **–2 penalty to Strength and Dexterity**. Doing anything that would normally cause fatigue causes the fatigued character to become exhausted.

**(8) Sickened:** The creature takes a **–2 penalty on all attack rolls, weapon damage rolls, saving throws, skill checks, and ability checks.**

**(12) Staggered {1d6+1 rounds}: A staggered creature may take** **a single move action or standard action each round (but not both, nor can he take full-round actions)**. **A staggered creature can still take swift and immediate actions.**

**(16) Blind {Permanently}:** A Blinded character cannot see. Ittakes a **–2 penalty to Armor Class, loses its Dexterity bonus to AC (if any), and takes a –4 penalty on most Strength- and Dexterity-based skill checks and on opposed Perception skill checks.** **All checks and activities that** **rely on vision (such as reading and Perception checks based on sight) automatically fail.** All opponents are considered to have total concealment (50% miss chance) against the blinded character. Blind creatures must make a DC 10 Acrobatics skill check to move faster than half speed. **Creatures that fail this check fall prone**. Characters who remain blinded for a long time grow accustomed to these drawbacks and can overcome some of them.

**(16) Deafen {Permanently}:** A deafened character cannot hear. He takes a **–4 penalty on initiative checks, automatically fails Perception checks based on sound, takes a –4 penalty on opposed Perception checks, and has a 20% chance of spell failure when casting spells with verbal components.**

**(20) Paralyze {1d6+1 rounds}:** A paralyzed character is frozen in place and unable to move or act. A paralyzed character **has effective Dexterity and Strength scores of 0 and is Helpless**, but can take purely mental actions. A winged creature f lying in the air at the time that it becomes paralyzed cannot f lap its wings and falls. A paralyzed swimmer can’t swim and may drown. A creature can move through a space occupied by a paralyzed creature—ally or not. Each square occupied by a paralyzed creature, however, counts as 2 squares to move through.

 **Helpless:** A helpless character is paralyzed, held, bound, sleeping, unconscious, or otherwise completely at an opponent’s mercy. **A helpless target is treated as having a Dexterity of 0 (–5 modifier). Melee attacks against a helpless target get a +4 bonus (equivalent to attacking a prone target). Ranged attacks get no special bonus against helpless targets. Rogues can sneak attack helpless targets. As a full-round action, an enemy can use a melee weapon to deliver a coup de grace to a helpless foe. An enemy can also use a bow or crossbow, provided he is adjacent to the target. The attacker automatically hits and scores a critical hit. (A rogue also gets his sneak attack damage bonus against a helpless foe when delivering a coup de grace.) If the defender survives, he must make a Fortitude save (DC 10 + damage dealt) or die.** Delivering a coup de grace provokes attacks of opportunity. Creatures that are immune to critical hits do not take critical damage, nor do they need to make Fortitude saves to avoid being killed by a coup de grace.