

## MONK MARTIAL MASTERY

### Class Function

**Combat Training:** Weapons, Light Armor

**Maneuvers:** You learn all Attack Maneuvers. You learn additional Maneuvers as shown in the Maneuvers Known column of the Monk Class Table.

**Techniques:** The number of Techniques you know increases as shown in the Techniques Known column of the Monk Class Table.

**Stamina Points:** Your maximum number of Stamina Points increases as shown in the Stamina Points column of the Monk Class Table.

## MONK STAMINA

### Level 1 Feature

You can regain **1 SP** when you hit a target with a Melee Martial Attack. You don't regain **SP** in this way if you spend **SP** on the Attack.

## MONK TRAINING

### Level 1 Feature

Your martial arts training grants you greater offense, defense, and movement.

**Iron Palm:** Your Unarmed Strikes deal 2 damage and are considered Melee Light Weapons with the Impact Property.

**Patient Mystical Defense:** You gain access to the following MD formula:  
**8 + Combat Mastery + Charisma + Intelligence + 2**

**Patient Physical Defense:** While you aren't wearing Armor, you gain access to the following PD formula:  
**8 + Combat Mastery + Agility + 2**

## MONK TRAINING (CONT'D)

### Level 1 Feature

**Step of the Wind:** While you aren't wearing Armor, you gain the following benefits:

- You gain **+1** Speed and Jump Distance.
- You can move a number of Spaces up to your Speed along vertical surfaces and across liquids without falling during your move.
- You can use your Prime Modifier instead of Agility to determine your Jump Distance and the damage you take from Falling.

## MONK STANCE

### Level 1 Feature

You learn 2 Monk Stances from the list below.

**Entering & Exiting.** Upon entering Combat you can choose which stance you start in, then on your turn you can spend **1 SP** swap to a different stance. You can end your Stance at any moment for free. You can only be in 1 Monk Stance at a time.

## BEAR STANCE (BIG HITS)

### Level 1 Feature

- **+1** damage when you score a Heavy, Brutal, or Critical Hit with a Melee Martial Attack.
- Once on each of your turns, when you Miss an Attack with a Melee Martial Attack, you gain ADV on the next Melee Martial Attack you make before the end of your turn.

## BULL STANCE (KNOCKBACK)

### Level 1 Feature

- You deal **+1** Bludgeoning damage whenever you Succeed on a Physical Check to push a target or knock them back.
- When you shove or push a target, it's knocked back **1** additional space. Additionally, you can choose to move in a straight line with the target an amount of spaces equal to how far they're knocked back. This movement requires no AP and doesn't provoke Opportunity Attacks.

## COBRA STANCE (COUNTER)

### Level 1 Feature

- **+1** damage with Melee Martial Attack against creatures that have damaged you since the start of your last turn.
- When a creature within your Melee Range misses you with a Melee Attack, you can spend **1 AP** as a Reaction to make a Melee Martial Attack against it.



## GAZELLE STANCE (NIMBLE)

### Level 1 Feature

While not wearing Heavy Armor you gain the following benefits:

- **+1** Movement Speed and Jump Distance.
- Ignore Difficult Terrain.
- ADV on Agility Saves and Acrobatics Checks.

## MANTIS STANCE (GRAPPLE)

### Level 1 Feature

- ADV on all Martial Checks to initiate, maintain, or escape Grapples.
- If you have a creature **Grappled** at the start of your turn you get **+1 AP** to use on a Grapple Maneuver against the **Grappled** creature.

## MONGOOSE STANCE (MULTI)

### Level 1 Feature

- Your Melee Martial Attacks deal **+1** damage while you're Flanked.
- When you make a Melee Martial Attack against a target, you can make another Melee Martial Attack for free against a different target within your Melee Range. You can only make this bonus Melee Martial Attack once on each of your turns. Make a single Attack Check and apply the number rolled to each target's Physical Defense. **Attack Hit:** You deal your Melee Martial Attack damage.

## SCORPION STANCE (QUICK STRIKE)

### Level 1 Feature

- When a creature enters your Melee Range, you can make an Opportunity Attack against them with a Melee Martial Attack.
- When you make a Melee Martial Attack, you can spend **1 AP** to deal **+1** damage and force the target to make a Physical Save against your Save DC. **Failure:** The target is **Impaired** (DisADV on Physical Checks) on the next Physical Check it makes before the end of your next turn.

## TURTLE STANCE (STURDY)

### Level 1 Feature

- Your Speed becomes 1 (unless it is already lower).
- You gain **1** Physical Damage Reduction and **1** Mystical Damage Reduction.
- You have ADV on Might Saves and Saves against being moved or knocked **Prone**.

## WOLF STANCE (HIT & RUN)

### Level 1 Feature

- After you make an Attack with a Melee Martial Attack, you can immediately move up to 1 Space for free.
- You have ADV on Opportunity Attacks, and creatures have DisADV on Opportunity Attacks made against you.

## MEDITATION

### Level 1 Feature (flavor)

You can enter a state of meditation during a Short Rest (1 hour) or longer. Choose 1 Charisma or Intelligence Skill. When you complete the Rest, your Skill Mastery level increases by 1 (up to your Skill Mastery Cap) for the chosen Skill until you complete another Short or longer Rest. While meditating, you remain alert to danger.

## SPIRITUAL BALANCE

### Level 2 Feature

You gain the power to harness your inner spirit as a counterbalance against to your physical energy.

#### Ki Points

You have a maximum number of Ki Points equal to your Stamina Points. When your Stamina Point maximum increases, your Ki Point maximum also increases equally.

**Regaining Ki:** When you spend a Stamina Point you regain a Ki Point. While out of Combat, any Ki Points you spend replenish immediately.





## SPIRITUAL BALANCE (CONT'D)

### Level 2 Feature

#### Ki Actions

You can spend 1 Ki Point at any time to perform 1 of the activities listed below

- **Deflect Attack:** When a creature misses you with a Ranged Attack using a physical projectile that targets your PD, you can catch the projectile with a free hand. Additionally, you can immediately redirect the Attack as part of the same action at a different creature you can see within 5 Spaces. Make an Attack Check against the new target.

**Hit:** The target takes the projectile's normal damage.

## SPIRITUAL BALANCE (CONT'D)

### Level 2 Feature

- **Slow Fall:** Reduce damage you take from falling by an amount equal to your level.

- **Uncanny Dodge:** When a creature makes an Attack against you, you can impose DisADV on the Attack.

## ASTRAL AWAKENING

### Level 3 Subclass Feature

**Astral Damage:** When you gain this feature, choose a Mystical damage type. This damage type is your Astral Damage.

During Combat, you can spend **1 AP** and **1 SP** to manifest a portion of your astral self for 1 minute. For the duration, you gain the following benefits:

- **Astral Arms:** You manifest 2 astral arms that can only be used to make Unarmed Strikes. They can't otherwise interact with creatures or objects. Attacks made using these astral arms have the Reach property, target MD instead of PD, and deal **1 Astral Damage**.

## ASTRAL AWAKENING (CONT'D)

### Level 3 Subclass Feature

- **Mystical Deflection:** You can use your Deflect Attack against any Ranged Attack that targets your PD or MD.

**Ending Early:** The effect ends early if you fall Unconscious, die, or choose to end it for free.

## ASTRAL WATCH

### Level 3 Subclass Feature (flavor)

While **Unconscious**, your astral self remains aware of your surroundings. You can hold conversations with nearby creatures as if you were awake. While sleeping normally, you can choose to wake yourself up at any time.

## EBB AND FLOW

### Level 3 Subclass Feature

You gain the following benefits:

**Ebb:** When you enter a new **Monk Stance**, you gain 2 Spaces of movement.

**Flow:** When you use your Uncanny Dodge against a Melee Attack, you can spend **1 AP** to make an Opportunity Attack against the Attacker.

**Changing Tides:** You can use your **Deflect Attack** on Melee Martial Attacks from Large or smaller creatures. When you do, you can redirect the Attack to another target within 1 Space of you.

## FLUID MOVEMENT

### Level 3 Subclass Feature (flavor)

You can move through Spaces as if you were one size Smaller.

## STEEL FIST

### Level 3 Subclass Feature

*Requirements: Monk Training, Level 3*  
Your Unarmed Strikes deal **2** damage but no longer have the Impact Property. Once on each of your turns when you make a Melee Martial Attack, you can spend **1 SP** to immediately make an Unarmed Strike against a creature within range. This Unarmed Strike isn't subjected to the Multiple Check Penalty and doesn't advance that penalty.



<div>INTERNAL DAMAGE</div> <div>Level 3 Subclass Feature</div> <div>Requirements: 1 or more Monk Features, Level 3</div> <div>When you make an Unarmed Strike, you can spend any amount of <b>SP</b> to cause the target to make a Repeated Physical Save. <b>Failure:</b> They become <b>Impaired</b> for 1 minute. While <b>Impaired</b> this way they take Sonic damage at the start of each of their turns equal to the <b>SP</b> spent.</div>			

