

MONK (ADVANCED)

THE MONK

Level	Proficiency Bonus	Ki Points	Ki Abilities	Features
1st	+2	—	—	Unarmored Defense, Martial Arts
2nd	+2	2	2	Ki, Ki abilities
3rd	+2	3	2	Deflect Blows, Monastic Tradition
4th	+2	4	2	Ability Score Improvement
5th	+3	5	3	Extra attack, Ki ability
6th	+3	6	3	Ki-Empowered strikes, Monastic Tradition ability
7th	+3	7	4	Evasion, Ki ability
8th	+3	8	4	Ability Score Improvement
9th	+4	9	5	Ki ability
10th	+4	10	5	Martial Arts Improvement
11th	+4	11	6	Ki ability, Monastic Tradition ability
12th	+4	12	6	Ability Score Improvement
13th	+5	13	7	Ki ability
14th	+5	14	7	Diamond Body
15th	+5	15	8	Ki ability, Timeless body
16th	+5	16	8	Ability Score Improvement
17th	+6	17	9	Ki ability, Monastic Tradition ability
18th	+6	18	9	Empty Body
19th	+6	19	10	Ability Score Improvement
20th	+6	20	10	Perfect Self

This is an advanced, more customizable version of the monk. You can use the monk as described in the PHB, or this form of the monk to build a character. You cannot mix the two classes together.

HIT POINTS

Hit Dice: 1d8 per monk level

Hit Points at 1st Level: 8 + your Constitution modifier

Hit Points at Higher Levels: 1d8 (or 5) + your Constitution modifier per monk level after 1st

PROFICIENCIES

Armor: None

Weapons: Simple weapons, shortwords

Tools: Choose one type of artisan's tools or one musical instrument

Saving Throws: Strength, Dexterity

Skills: Choose two from Acrobatics, Athletics, History, Insight, Religion, and Stealth

EQUIPMENT

You start with the following equipment, in addition to the equipment granted by your background:

- (a) a shortsword or (b) any simple weapon

- (a) a dungeoneer's pack or (b) an explorer's pack
- 10 darts

UNARMORED DEFENSE

Beginning at 1st level, while you are wearing no armor and not wielding a shield, your AC equals 10 + your Dexterity modifier + your Wisdom modifier.

MARTIAL ARTS

Starting at 1st level, due to your combat training you gain a martial arts fighting style of your choice from the options below.

Regardless of the number of times you hit a target, they only make one saving throw against any carrier effects from your unarmed attack. The saving throw for any special style effect is equal to your Ki saving throw.

You can use shortwords and simple weapons that are not two-handed or have the heavy property with your style special abilities.

BURNING WEST WIND STYLE

You can use Strength, Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d8 bludgeoning damage.

CLAWING TIGER STYLE

You use Strength or Dexterity for attack and damage rolls, and your unarmed strikes deal 1d8 piercing damage. Also, when you hit an enemy you can choose to start a grapple against the target for free.

DRUNKEN MONKEY STYLE

You can use Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d6 bludgeoning damage. As a reaction, when an enemy misses with an attack roll, you gain advantage against that enemy until the end of your next turn.

EAST WIND FLURRY STYLE

You use Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d4 bludgeoning damage. When you use the attack action to make unarmed strikes, you can make two attacks instead of one. You only apply your damage modifier to one of the attacks. When you gain the extra attack ability or use Flurry of Blows, you can make one more additional attack than normal.

FROZEN SOUTH WIND STYLE

You use Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d6 bludgeoning damage. Also, on a hit you can force a target to make a Wisdom saving throw. On a failure, the target's speed is reduced by 10 feet and it has disadvantage on any reaction it takes until the end of their next turn.

FURIOUS BEAR STYLE

You use Strength for attack and damage rolls with your unarmed strikes, however they deal 1d12 bludgeoning damage on a hit. Also, on a hit you can force a target to make a Strength saving throw. On a failure, the target is moved your Strength modifier x 5 feet in a direction of your choice.

GRACEFUL CRANE STYLE

You use Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d6 bludgeoning damage. Also, on your turn you can take the Disengage or Dodge action as a bonus action.

IRON MOUNTAIN STYLE

You use Strength for attack and damage rolls, and your unarmed strikes deal 1d8 bludgeoning damage. As a reaction, when you are successfully hit by a melee weapon attack you can reduce the damage by 1d6 + your proficiency modifier.

NORTH STAR STRIKE STYLE

You use Strength, Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 2d4 slashing damage. Also, on a hit you can force a target to make a Constitution saving throw. On a failure, the target cannot take a reaction until the start of your next turn.

POUNCING LEOPARD STYLE

You use Strength or Dexterity for attack and damage rolls, and your unarmed strikes deal 1d6 bludgeoning damage. Also, on your turn you can take the Dash or Disengage action as a bonus action.

RISING NORTH WIND STYLE

You use Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d8 bludgeoning damage. Also, on a hit you can force a target to make a Wisdom saving throw. On a failure, the target is restrained until they succeed a Constitution saving throw at the end of their turn.

ROARING DRAGON STYLE

You use Strength, Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d8 bludgeoning damage. Also, on a hit you can force a target to make a Wisdom saving throw. On a failure, the target is frightened. At the end of its turn, the target may repeat the save to end the condition.

RUSHING RIVER STYLE

You use Strength or Dexterity for attack and damage rolls, and your unarmed strikes deal 1d8 bludgeoning damage. On a successful hit, you can move up to 15 feet after the attack without provoking an attack from your target.

SLASHING MANTIS STYLE

You use Strength or Dexterity for attack and damage rolls, and your unarmed strikes deal 1d10 piercing damage. Also, on a hit you can force a target to make a Constitution saving throw. On a failure, the target takes disadvantage on its next attack roll.

STINGING SCORPION STYLE

You use Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d4 piercing damage. Also, on a hit you can force a target to make a Wisdom saving throw. On a failure, the target is poisoned and takes damage equal to your Wisdom modifier at the start of its turn. The target must succeed a Wisdom saving throw at the end of each of its turn to end the condition.

STRIKING SNAKE STYLE

You use Strength or Dexterity for attack and damage rolls, and your unarmed strikes deal 1d6 piercing damage. Also, on a hit you can force a target to make a Constitution saving throw. On a failure, the target takes 1d4 poison damage.

TRANQUIL VALLEY STYLE

You use Wisdom for attack and damage rolls, and your unarmed strikes deal 1d4 psychic damage. As a reaction when an enemy makes a melee attack against you or an ally within 5 feet, the attacker takes bludgeoning damage equal to half the damage it inflicted on you or the ally if the attack hits. If the enemy's attack missed, they take 1d6 psychic damage instead.

WHISPERING WOODS STYLE

You use Dexterity or Wisdom for attack and damage rolls, and your unarmed strikes deal 1d6 bludgeoning damage. As a reaction, you gain a bonus to your AC equal to your proficiency modifier until your next turn. You can use this ability a number of times equal to your Wisdom modifier before you must take a long rest to regain all uses of this ability.

KI

Starting at 2nd level, your training allows you to harness the mystic energy of ki. Your access to this energy is represented by a number of ki points. Your monk level determines the number of points you have, as shown in the Ki Points column of the Monk table.

You can spend these points to fuel various ki features. You start knowing two such features from the list below. At 5th, 7th, 9th, 11th, 13th, 15th and 17th level, you gain an additional ki ability. You cannot choose the same ki ability twice.

You may choose to change one ki ability you know when you gain a level in monk.

When you spend a ki point, it is unavailable until you finish a short or long rest, at the end of which you draw all of your expended ki back into yourself. You must spend at least 30 minutes of the rest meditating to regain your ki points.

Some of your ki features require your target to make a saving throw to resist the feature's effects. The saving throw DC is calculated as follows:

Ki save DC = 8 + your proficiency bonus + your Wisdom modifier

AGGRESSIVE STANCE

At the start of your turn, you can choose this stance. When active, you gain advantage on attacks rolls with your unarmed attacks, but you cannot take reactions. You can only have one stance active at a time.

ATHLETIC GRACE

You can spend 1 ki point to gain a +5 bonus on the next Athletics, Acrobatics or Performance skill check that requires physical activity or motion.

AVOIDANCE STANCE

At the start of your turn, you can choose this stance. When an opponent misses with a melee or ranged weapon attack you can spend 1 ki point and an opponent within 5 feet you must make a Dexterity saving throw. On a failure, the target takes 1d8 damage. This increases to 2d8 damage at 10th level, and 3d8 at 17th level. You can only have one stance active at a time. This ability does not cost your reaction, but you must have your reaction to benefit from it.

BLOW FOR BLOW

When an opponent attacks, you can spend 1 ki point to make a single unarmed attack against the opponent after the opponent's attack is resolved. You must have your reaction available, though this ability does not cost you your reaction to use.

CALMING FOCUS

You can spend 1 ki point to use a bonus action to heal 1d4 hit points, up to a number of ki equal to your proficiency modifier. You can spend multiple ki points at once for healing. At 11th level, this increases to healing 1d6 hit points per ki point.

DEFENSIVE STANCE

At the start of your turn, you can choose this stance. While active and when wearing no armor and not using a shield, you increase your AC by half your proficiency modifier (rounded up). You can only employ one stance at a time.

DIAMOND FORTITUDE (19TH LEVEL)

At 19th level, as a bonus action, you expend 6 ki to gain resistance to all damage but force damage for one minute.

DIAMOND RESISTANCE

Whenever you make a saving throw and fail, you can spend 1 ki point to reroll it and take the second result.

DISORIENTATING STRIKE

You can spend 1 ki point when you hit with an unarmed attack to make the opponent unable to take reactions until the start of your next turn.

FEIGN DEATH (7TH LEVEL)

At 7th level, as an action, you can expend 2 or more ki to enter a death-like state that resembles death for up to an hour, plus an additional hour for each ki you expend beyond the initial 2. You appear dead to all outward inspection and to spells used to determine your status. You are blinded and incapacitated, and your speed drops to 0. You can exit this state at any time you desire simply by willing it.

While in this state, you have resistance to all damage except psychic damage. If you are diseased or poisoned when you enter this state, or becomes diseased or poisoned while under this effect, the disease and poison have no effect until you awaken.

LIFE SENSE

You can focus your senses to detect the presence of nearby living creatures. As an action, you expend 1 ki points and can sense the presence and general direction of living creatures within 60 feet that is not behind total cover. You can sense the type (beast, humanoid, celestial, fiend), but not its identity. This awareness lasts for one turn.

At 19th level, if you instead spend 5 ki points, you can locate a creature (living, dead or otherwise) known to you within 1,000 feet of you for up to one hour.

LIMITLESS SOUL (17TH LEVEL)

At 17th level, you can spend 8 ki points to cast the *Astral Projection* spell, without needing material components. When you do so, you can't take any other creatures with you.

GRAPPLING BLOW

You can spend 1 ki point when you hit with an unarmed attack to start a grapple.

GOLDEN AURA

You can spend 2 ki points to cast *Sanctuary* on yourself.

FLURRY OF BLOWS

Immediately after you take the Attack action on your turn, you can spend 1 ki point to make an unarmed strike as a free action.

FOCUSED STRIKE

You can spend 1 ki point to add 1d4 to your next attack roll. This increases to 1d6 at 6th level, 1d8 at 11th level and 1d10 at 16th level.

FRIEND OF THE BEAST

As an action, you can befriend or calm an animal. As an action, you expend 1 ki point and choose a single beast within 30 feet that you can see whose Intelligence is 4 or less. The beast must succeed a Wisdom save or it is charmed by you for 24 hours. If you or one of your companions harm the creature, the effect instantly ends. You can only keep a number of creatures equal to your proficiency modifier charmed at one time. If you successfully charm a number of creature that exceeds this number, the effect ends on one creature of your choice that you previously charmed.

INTROVERTED EYE (7TH LEVEL)

At 7th level, you can use your action to spend 3 or more ki points to become invisible for 10 minutes. You can expend additional ki points beyond the initial 3 to extend the duration by an additional 10 minutes - up to a total ki equal to your proficiency modifier. If you attack or use an ability that costs ki points, the invisibility is broken.

At 19th level, you can use your action to spend 5 ki points to gain an improved invisibility for 1 minute that does not end if you attack or use other ki abilities.

INVISIBLE MIND (13TH LEVEL)

You can spend 4 ki points to become untargetable by any divination magic and prevent being perceived through magical scrying sensors. This protection lasts for 8 hours.

IMPROVED SPEED

Your Unarmored Speed speed bonus increases by 5 feet times your proficiency modifier while you are not wearing armor or wielding a shield.

At 13th level, you gain the ability to move along vertical surfaces and across liquids on your turn without falling during your move.

LEAP OF THE CLOUDS

You can spend 1 ki point to triple your jump distance until the end of your turn.

LIGHTNING REFLEXES

You can take a number of reactions equal to your proficiency modifier.

MENTAL RESISTANCE

As a reaction, you can expend 1 ki point to add 1d4 to a saving throw. This increases to 1d6 at 6th level, 1d8 at 11th level and 1d10 at 16th level.

MYSTICAL INSIGHT

You can spend 1 ki point to automatically succeed one Arcana, History, Nature, Religion, Insight or Survival skill check for knowledge whose DC is 20 or less.

At 15th level, you can succeed against one of the above checks whose DC is 30 or less.

PATIENT DEFENSE

You can spend 1 ki point to take the Dodge action as a bonus action on your turn or as a reaction when targeted by an attack.

PURITY OF BODY

As a reaction, you can spend 1 ki point to gain resistance to disease or poison.

At 9th level, you instead gain immunity to disease or poison by spending a ki point as a reaction. Further, if you currently are afflicted by the diseased or poisoned condition, spending a ki point ends the condition.

PROTECTED SOUL

As an action, you can spend 1 ki point to cast *Protection from Evil and Good* on yourself without need for material components.

PUSHING STRIKE

You can spend 1 ki point when you hit with an unarmed attack to push the target 15 feet away from you.

OFFENSIVE STANCE

At the start of your turn, you can choose this stance. While active, you gain advantage when rolling damage with your unarmed attacks. You can only have one active stance at a time.

SLOW FALL

You can use your reaction when you fall to reduce any falling damage you take by an amount equal to five times your monk level.

STEP OF THE WIND

You can spend 1 ki to take the Dash or Disengage action as a bonus action.

STILLNESS OF MIND

As a bonus action, you can spend 1 ki to remove one condition affecting you. The condition can be blinded, deafened, paralyzed, or poisoned.

SUDDEN BLOCK

You can spend 1 ki point as a reaction to gain a +4 bonus to AC against a single attack.

THOUSAND FACES

As an action, you can expend 1 ki point to alter your physical appearance as you wish. You can appear up to 1 foot taller or shorter and can appear fat, thin or in between. You can change the color and texture of your skin, skin and eyes and change gender as you choose. This alteration lasts for one hour.

TONGUE OF THE EARTH AND GRASS

You learn to touch the ki of beasts so that you can understand each other. As an action, you expend 1 ki to gain the ability to comprehend and verbally communicate with beasts for 10 minutes. The knowledge and awareness of many beasts is limited by their intelligence, but at minimum, beasts can give you information about nearby locations and monsters, including whatever they can perceive or have perceived within the past day. You might be able to persuade a beast to perform a small favor for you, at the DM's discretion.

TONGUE OF THE SUN AND MOON

You learn to touch the ki of other minds so that you understand all spoken languages. As an action, you can expend 1 ki to read, write or speak a language of your choice that you normally do not know. This effect lasts for 1 hour. You can use this ability multiple times, maintaining a number of additional languages at one time equal to your proficiency modifier.

TRIPPING BLOW

You can spend 1 ki when you hit with an unarmed attack to knock the target prone and reduce their speed to 0 until the end of their turn.

WARRIOR MONK

You gain 2 additional hit points for each monk level you possess.

UNBOUND

As an action you can expend 1 ki to overcome any sort of physical barrier to your movement until your next turn. Your movement is unaffected by difficult terrain, and spells and other magical effects can neither reduce your speed nor cause you to be restrained.

At 9th level, you can spend 2 ki to automatically escape from nonmagical restraints, such as manacles, a creature that has grappled you or end a paralysis effect. Likewise, spending 1 ki while being underwater imposes no penalties on your movement or attacks until the end of your turn.

DEFLECT BLOWS

Starting at 3rd level, you can use your reaction to deflect or block attacks when you are hit by a melee or ranged weapon attack. When you do so, the damage you take from the attack is reduced by 1d10 + your Dexterity modifier + your monk level.

If you reduce the damage to 0 and the attack is a ranged weapon attack, you can catch the missile if it is small enough for you to hold in one hand and you have at least one hand free. If you catch a missile in this way, you can spend 1 ki point to make a ranged attack with the weapon or piece of ammunition you just caught, as part of the same reaction. You make this attack with proficiency, regardless of your weapon proficiencies, and the missile counts as a monk weapon for the attack.

If you reduce the damage to 0 and the attack is a melee weapon (or unarmed) attack, you counterstrike the attacker. To counterstrike, you spend 1 ki point to make a melee unarmed or melee weapon attack against the original attacker.

EXTRA ATTACK

At 5th level, you can attack twice, instead of once, whenever you take the Attack action on your turn.

KI-EMPOWERED STRIKES

At 6th level, your unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

EVASION

At 7th level, your instinctive agility lets you dodge out of the way of certain area effects, such as a blue dragon's lightning breath or a fireball spell. When you are subjected to an effect that allows you to make a Dexterity saving throw to take only half damage, you instead take no damage if you succeed on the saving throw, and only half damage if you fail.

MARTIAL ARTS IMPROVEMENT

At 10th level, your martial arts unarmed attacks and attacks with monk weapons improves. Increase the damage die of your unarmed attacks and the die used with monk weapons one grade.

1d4 → 1d6 → 1d8 → 1d10 → 1d12/2d6 → 1d6+1d8 → 2d8 → 1d8+1d10 → 2d10 → 1d10+1d12 → 2d12 (max).

DIAMOND SOUL

At 14th level, your mastery of ki grants you proficiency in all saving throws.

TIMELESS BODY (15TH LEVEL)

At 15th level, your ki sustains you so that you suffer none of the frailty of old age, and you can't be aged magically. You can still die of old age, however. In addition, you no longer need food or water.

PERFECT SELF

At 20th level, when you roll for initiative and have no ki points remaining, you regain 4 ki points.

SUBCLASSES

The following two subclasses can be used by the basic PHB or advanced monk. The advanced monk can also utilize any of the standard monk subclasses.

WAY OF THE FOUR ELEMENTS

Listed below are additional elemental disciplines you can choose.

Death of Air (9th level). Your strikes paralyze opponents. When you hit an opponent, you can expend 3 ki to cast *Hold Person* on the target as a free action. You can use this ability only once per round, regardless of the number of attacks you make.

Fury of Flame (17th level). You gather sparks of heat into flame and a whirling shield of fire. As an action, you can expend 5 ki to cast *Fire Shield* as a warm shield only.

Leap Of the Wind (13th level). In the blink of an eye, you draw on your inner ki and run or leap to your destination, faster than those around you can react. As an action, you can expend 4 ki to use *Dimension Door* on yourself.

Ripples on the Lake (13th level). Your balance is so focused you can walk on water. As an action, you can expend 4 ki to use *Water Walk* on yourself.

Stance of the Silent Wind (9th level). You gather the quiet air around you, vanishing from sight. As an action, you can expend 3 ki to use *Invisibility* on yourself.

Steps of the Unfettered Wind (19th level). By will or inhuman speed, you instantly transport yourself to a destination of your choice. As an action, you can expend 6 ki to use *Teleport* on yourself. You can expend an additional ki point for each additional willing being you wish to accompany you, up to a maximum additional beings equal to your Wisdom modifier.

Tongue of Fire (6th level). You draw into being a weapon of fire. As a bonus action, you can expend 3 ki to cast *Flame Blade*. The created weapon is treated as a monk weapon and you are proficient with it.

Touch of Everlasting Stone (19th level). You use your own ki to draw out the ki of your opponent, transforming them to stone. When you hit an opponent with a melee unarmed attack, you can expend 6 ki to use *Flesh to Stone* on the target as a free action. You can use this ability only once per round, regardless of the number of attacks you make.

Whirlwind of Blows (6th level). As an action, you expend 2 ki points and choose an unobstructed target within 30 feet of you, who is no closer than 15 feet away. In a burst of sudden speed you move adjacent to the foe and begin whipping about the opponent, buffeting them with winds or blows created by circling them rapidly, like a tornado. You make an attack as if using Flurry of Blows. If a blow hits, the target must make a Constitution saving throw. On a failure, the target is knocked prone and stunned until the end of your next turn. Regardless of the number of hits, the target only makes one save.

WAY OF THE GOLDEN PATH

When you reach 3rd level, you augment your martial prowess with the ability to cast spells. See chapter 10 for the general rules of spellcasting and chapter 11 for the sorcerer spell list.

Cantrips. You learn two cantrips of your choice from the sorcerer spell list. You learn an additional sorcerer cantrip of your choice at 10th level.

Spell Slots. The Golden Path Spellcasting table shows how many spell slots you have to cast your spells of 1st level and higher. To cast one of these spells, you must expend a slot of the spell's level or higher. You regain all expended spell slots when you finish a long rest.

For example, if you know the 1st-level spell shield and have a 1st-level and a 2nd-level spell slot available, you can cast shield using either slot.

Spells Known of 1st-Level and Higher. You know three 1st-level sorcerer spells of your choice, two of which you must choose from the abjuration and evocation spells on the sorcerer spell list.

The Spells Known column of the Golden Path Spellcasting table shows when you learn more sorcerer spells of 1st level or higher. Each of these spells must be an abjuration, enchantment, evocation or transmutation spell of your choice, and must be of a level for which you have spell slots. For instance, when you reach 5th level in this class, you can learn one new spell of 1st or 2nd level.

The spells you learn at 5th, 9th, 13th and 17th level can come from any school of magic.

Whenever you gain a level in this class, you can replace one of the sorcerer spells you know with another spell of your choice from the sorcerer spell list. The new spell must be of a level for which you have spell slots, and it must be an abjuration, enchantment, evocation or transmutation spell, unless you're replacing the spell you gained at 7th, 13th, or 19th level.

Spellcasting Ability. Wisdom is your spellcasting ability for your sorcerer spells, since you learn your spells through study and meditation. You use your Wisdom whenever a spell refers to your spellcasting ability. In addition, you use your Wisdom modifier

when setting the saving throw DC for a sorcerer spell you cast and when making an attack roll with one.

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

Spell attack modifier = your proficiency bonus + your Wisdom modifier

MARTIAL MAGIC

At 3rd level, you can expend your Ki points to cast a spell you know instead of using a spell slot. You must expend a number of Ki points equal to twice the spell level to cast the spell.

WAR MAGIC

Beginning at 7th level, when you use the attack action, you can replace one of your attacks with a cantrip. You cannot use flurry of blows when using this ability.

ENLIGHTENED STRIKE

At 10th level, you learn how to make your weapon strikes undercut a creature's resistance to your spells.

When you hit a creature with a weapon attack, that creature has disadvantage on the next saving throw it makes against a spell you cast before the end of your next turn.

ARCANE CHARGE

At 15th level, instead of moving, you gain the ability to teleport to an unoccupied space you can see at the cost of 1 or more ki points. You can travel up to 30 feet for each ki point you expend.

IMPROVED WAR MAGIC

Starting at 18th level, when you use your action to cast a spell, you can make one weapon attack as a bonus action.

Monk Level	Cantrips Known	Spells Known	1st	2nd	3rd	4th	5th
3rd	2	3	2	–	–	–	–
4th	2	4	3	–	–	–	–
5th-6th	2	5	3	2	–	–	–
7th-8th	2	6	4	2	–	–	–
9th-10th	2	7	4	2	2	–	–
11th-12th	3	8	4	3	2	–	–
13th-14th	3	9	4	3	3	1	–
15th-16th	3	10	4	3	3	2	–
17th-18th	3	11	4	3	3	3	1
19th-20th	3	12	4	3	3	3	2