Hello gamers Pee Bee here let's get into it.

Disclaimer: This is a work in progress document that will evolve over time as the fight becomes better understood and adjustments are made allowing more single digit DPS gains to be found. As is usually the case, certain things contained within this document are not going to be copy-pasteable to any situation, as every group is going to have slightly different kill times that are going to offer different scenarios that require unique solutions. What is contained here is thought to be best generally applicable advice, but by all means please experiment and discuss for yourself in #mnk_lounge/questions. If you find something that seems to perform even just decimally better on the sheet than what we have listed here you will receive a hero's welcome.

Grinny and Addle

Opener

Dragon Kick		1	1.94	-	00:00.00	10,579
Perfect Balance				-	00:01.32	8,006
Twin Snakes		2	1.94	-	00:01.94	9,277
Riddle of Fire				-	00:03.26	6,364
Demolish		3	1.94	-	00:03.88	6,523
Forbidden Chakra				-	00:04.50	9,457
Bootshine		4	1.94	-	00:05.82	9,910
Brotherhood				-	00:07.15	8,841
Rising Phoenix	2	5	1.94	-	00:07.77	13,515
Demolish 2		6	1.94	NOaB	00:09.71	11,603
Dragon Kick		7	1.94	-	00:11.65	11,382
Twin Snakes		8	1.94	-	00:13.59	11,115
Perfect Balance				-	00:14.91	10,324
Bootshine		9	1.94	-	00:15.53	10,935
Dragon Kick		10	1.94	-	00:17.47	10,861
Bootshine		11	1.94	-	00:19.41	11,013
Elixir Field		12	1.94	-	00:21.36	11,908
Demolish		13	1.94	NOaB	00:23.30	11,345
Dragon Kick		14	1.94	-	00:25.24	11,163
Twin Snakes		15	1.94	-	00:27.18	10,863
Demolish 2		16	1.94	-	00:29.12	10,357

Used to get Demolish ticking on both targets as soon as possible without having to do a Celestial Revolution/Triple Coeurl EF.
You want your first Demolish to be on Adelphel, such that following subsequent reapplications the Demolish ticking on him should be down to only 6s remaining by the time he goes untargetable.
The following mechanic can be done with full uptime; walking all the way to the wall is not required, you need merely go far enough back to not be clipped by 2 lasers, which can be done while keeping your GCD rolling.When Adelphel reappears you can pop Arms Length, walk over to him and apply a Demolish before walking back to Grinnaux and reapplying the Demolish on him. This happens to also be your Odd Window.

In 2 target situations the rules of the Odd Window are the same as in single target, the key is that the Demolish you are fishing for here is Demo 2, as opposed to Demo 1. This ensure both Demolishes are ticking and will not fall while you do your Opo Opo PB sequence.
You should be able to cleave both bosses with Phantom Rush; if not, tell your tanks/physical ranged to silence quicker so that they may be moved together sooner. After your Phantom Rush you will want to reapply Demolish ASAP; though if you feel better doing a Twin Snakes -> Demolish you will suffer a loss of only 0.1 DPS.

After this just hit the bosses, keep Demolish ticking on each of them till they die and do a normal even window on Charibert.
You can get a GCD on Charibert before he stuns you provided you stand in front of him, then mash target + a GCD while being pulled into the middle.

Prog V. Parse

An important concept to keep in mind when looking at planning a fight like this is the concept of playing for your parse vs playing for progression, not just in terms of “respecting mechanics” but also the way you allocate the damage available to you within your kit.
Let’s take Thordan as an example. At the end of Thordan, you have the opportunity to do a 2 minute burst window, which for us would mean using both PB charges. This would end up looking something like this;

Dragon Kick		39	1.94	NTS	02:33.50	5,041
Perfect Balance				NTS	02:34.82	4,998
Twin Snakes		40	1.94	NTS	02:35.44	5,026
Riddle of Fire				-	02:36.76	5,001
Demolish		41	1.94	-	02:37.38	5,011
Brotherhood				-	02:38.70	5,003
Bootshine		42	1.94	-	02:39.32	5,079
Rising Phoenix		43	1.94	-	02:41.27	5,211
Dragon Kick		44	1.94	-	02:43.21	5,239
Twin Snakes		45	1.94	-	02:45.15	5,273
Demolish		46	1.94	-	02:47.09	5,273
Bootshine		47	1.94	-	02:49.03	5,362
Perfect Balance				-	02:50.35	5,358
Dragon Kick		48	1.94	-	02:50.97	5,428
Bootshine		49	1.94	-	02:52.91	5,508
Dragon Kick		50	1.94	-	02:54.86	5,567
Phantom Rush		51	1.94	-	02:56.80	5,838
Bootshine		52	1.94	-	02:58.74	5,888
Riddle of Wind				0.27	03:00.33	5,868
Twin Snakes		53	1.94	-	03:00.95	5,909
Snap Punch		54	1.94	-	03:02.89	5,963
Dragon Kick		55	1.94	-	03:04.83	6,002
Six-sided Star		56	3.90	NDA	03:06.77	6,090

If you were playing even *harder* for your parse you could convince your entire team to sandbag while you delay burst for the Discomposed debuff - but I digress. The point here is that you would be using your 2nd Blitz on Thordan, in spite of the fact that this boss absolutely *melts* by the end of the phase, and will die handily without using this PB charge. Niddstinien on the other hand is a somewhat less lenient check than Thordan; so why not

move a PB charge? Your burst on Thordan would now look something like this instead, generating just a single Solar nadi such that our next PB will result in a Phantom Rush.

Dragon Kick		39	1.94	NTS	02:33.50	5,041
Twin Snakes		40	1.94	NTS	02:35.44	5,026
Riddle of Fire				-	02:36.76	5,001
Demolish		41	1.94	-	02:37.38	5,011
Brotherhood				-	02:38.70	5,003
Bootshine		42	1.94	-	02:39.32	5,079
True Strike		43	1.94	-	02:41.27	5,120
Snap Punch		44	1.94	-	02:43.21	5,147
Dragon Kick		45	1.94	-	02:45.15	5,191
Perfect Balance				-	02:46.47	5,182
Twin Snakes		46	1.94	-	02:47.09	5,225
Bootshine		47	1.94	-	02:49.03	5,309
Demolish		48	1.94	-	02:50.97	5,322
Rising Phoenix		49	1.94	-	02:52.91	5,492
Dragon Kick		50	1.94	-	02:54.86	5,555
True Strike		51	1.94	-	02:56.80	5,591
Snap Punch		52	1.94	-	02:58.74	5,637
Riddle of Wind				0.27	03:00.33	5,624
Bootshine		53	1.94	-	03:00.95	5,699
Twin Snakes		54	1.94	-	03:02.89	5,733
Snap Punch		55	1.94	-	03:04.83	5,792
Dragon Kick		56	1.94	-	03:06.77	5,852
Twin Snakes		57	1.94	-	03:08.71	5,862
Six-sided Star		58	3.90	NDA	03:10.65	5,916

From doing this, we are now able to get 4 Blitzes into RoF during Estinihogg if we sequence the next phase as follows;

Demolish		61	1.94	-	03:16.00	5,824
Bootshine		62	1.94	-	03:17.94	5,844
Perfect Balance				-	03:19.26	5,829
Dragon Kick		63	1.94	-	03:19.88	5,860
Bootshine		64	1.94	-	03:21.82	5,880
Dragon Kick		65	1.94	-	03:23.77	5,895
Dragon Kick		66	1.94	NTS	03:25.71	5,902
Twin Snakes		67	1.94	NTS	03:27.65	5,892
Demolish		68	1.94	-	03:29.59	5,879
Bootshine		69	1.94	-	03:31.53	5,904
True Strike		70	1.94	-	03:33.47	5,915
Snap Punch		71	1.94	-	03:35.41	5,917
Dragon Kick		72	1.94	-	03:37.36	5,930
Riddle of Fire				-	03:38.68	5,917
Phantom Rush		73	1.94	-	03:39.30	6,084
Bootshine		74	1.94	-	03:41.24	6,112
Twin Snakes		75	1.94	-	03:43.18	6,125
Demolish		76	1.94	-	03:45.12	6,115
Dragon Kick		77	1.94	-	03:47.06	6,127
Perfect Balance				-	03:48.39	6,103
Bootshine		78	1.94	-	03:49.01	6,165
Dragon Kick		79	1.94	-	03:50.95	6,173
Bootshine		80	1.94	-	03:52.89	6,210
Elixir Field		81	1.94	-	03:54.83	6,259

Dragon Kick		82	1.94	-	03:56.77	6,267
Twin Snakes		83	1.94	-	03:58.71	6,279
Demolish		84	1.94	-	04:00.65	6,266
Bootshine		85	1.94	-	04:02.60	6,280
True Strike		86	1.94	-	04:04.54	6,287
Snap Punch		87	1.94	-	04:06.48	6,285
Dragon Kick		88	1.94	-	04:08.42	6,294
Twin Snakes		89	1.94	-	04:10.36	6,298
Snap Punch		90	1.94	-	04:12.30	6,296
Bootshine		91	1.94	-	04:14.24	6,318
True Strike		92	1.94	-	04:16.19	6,324
Demolish		93	1.94	-	04:18.13	6,301
Dragon Kick		94	1.94	-	04:20.07	6,308
Twin Snakes		95	1.94	-	04:22.01	6,312
Snap Punch		96	1.94	-	04:23.95	6,310
Bootshine		97	1.94	-	04:25.89	6,331
True Strike		98	1.94	-	04:27.84	6,337
Snap Punch		99	1.94	-	04:29.78	6,335
Tincture				-	04:31.10	6,312
Dragon Kick		100	1.94	-	04:31.72	6,338
Perfect Balance				-	04:33.04	6,317
Bootshine		101	1.94	-	04:33.66	6,364
Demolish		102	1.94	-	04:35.60	6,345
Twin Snakes		103	1.94	-	04:37.54	6,351
Riddle of Fire				-	04:38.86	6,341
Rising Phoenix		104	1.94	-	04:39.48	6,424
Brotherhood				-	04:40.19	6,420
Riddle of Wind				-	04:40.81	6,406
Dragon Kick		105	1.94	-	04:41.43	6,438
Twin Snakes		106	1.94	-	04:43.37	6,454
Demolish		107	1.94	-	04:45.31	6,471
Bootshine		108	1.94	-	04:47.25	6,515
Perfect Balance				-	04:48.57	6,506
Dragon Kick		109	1.94	-	04:49.19	6,549
Bootshine		110	1.94	-	04:51.13	6,577
Dragon Kick		111	1.94	-	04:53.08	6,610
Phantom Rush		112	1.94	-	04:55.02	6,757
Bootshine		113	1.94	-	04:56.96	6,780
Twin Snakes		114	1.94	-	04:58.90	6,792
Demolish		115	1.94	-	05:00.84	6,782
Dragon Kick		116	1.94	-	05:02.78	6,778
Twin Snakes		117	1.94	-	05:04.72	6,779
Snap Punch		118	1.94	-	05:06.67	6,775
Bootshine		119	1.94	-	05:08.61	6,791
Six-sided Star		120	3.90	-	05:10.55	6,818

Again, this isn't necessarily optimal for the perfect parse, but in terms of consistent progression it allocates more of our damage into the phase with the tighter DPS check. This isn't me saying "you should be following exactly this plan during progression", because of course **it depends on your killtime**, this is merely an example of 1 situation in which we can apply this idea of shifting damage in order to make progression easier and more consistent.

King Thordan

Opener

Skill	oGCD	AOE	Analysis				
			GCD		ERR	Time	DPS
Twin Snakes			1	1.94	-	00:00.00	9,517
Riddle of Fire					-	00:01.32	7,202
Demolish			2	1.94	-	00:01.94	7,252
Forbidden Chakra					-	00:02.56	12,233
Dragon Kick			3	1.94	-	00:03.88	10,963
Brotherhood					-	00:04.58	9,916
Perfect Balance					-	00:05.20	9,228
Bootshine			4	1.94	-	00:05.82	10,974
Riddle of Wind					-	00:06.44	10,367
Dragon Kick			5	1.94	-	00:07.77	10,494
Bootshine			6	1.94	-	00:09.71	10,893
Elixir Field			7	1.94	-	00:11.65	11,693
Dragon Kick			8	1.94	-	00:13.59	11,316
Perfect Balance					-	00:14.91	10,679
Twin Snakes			9	1.94	-	00:15.53	11,103
Demolish			10	1.94	-	00:17.47	10,621
Bootshine			11	1.94	-	00:19.41	10,557
Rising Phoenix			12	1.94	-	00:21.36	11,132
Dragon Kick			13	1.94	-	00:23.30	10,726
True Strike			14	1.94	-	00:25.24	10,466
Snap Punch			15	1.94	-	00:27.18	10,253
Bootshine			16	1.94	-	00:29.12	10,104
Six-sided Star			17	3.90	-	00:31.06	10,177

In this phase we do an Early opener as it doesn't lose an Opo GCD and gets us extra demo ticks. Doing Demo as the last GCD in the 2nd PB causes Demo to clip anyway when Thordan goes untargetable, so we refresh it a GCD early in order to trade ticks of the initial Demo solely buffed by RoF for ticks of a Demo buffed by RoF, BH, and whatever raid buffs your team has. If you want to pot, do it prepull. It isn't required as the check is very lax.

Reopener 1

Dragon Kick		19	1.94	NTS	01:03.80	5,611
Twin Snakes		20	1.94	NTS	01:05.74	5,558
Demolish		21	1.94	-	01:07.68	5,493
Bootshine		22	1.94	-	01:09.62	5,595
Perfect Balance				-	01:10.95	5,556
Dragon Kick		23	1.94	-	01:11.57	5,645
Riddle of Fire				-	01:12.89	5,580
Bootshine		24	1.94	-	01:13.51	5,739
Dragon Kick		25	1.94	-	01:15.45	5,806
Phantom Rush		26	1.94	-	01:17.39	6,247
Bootshine		27	1.94	-	01:19.33	6,319
Twin Snakes		28	1.94	-	01:21.27	6,351
Demolish		29	1.94	-	01:23.22	6,317
Dragon Kick		30	1.94	-	01:25.16	6,346
Perfect Balance				-	01:26.48	6,311
Bootshine		31	1.94	-	01:27.10	6,440
Dragon Kick		32	1.94	-	01:29.04	6,456
Bootshine		33	1.94	-	01:30.98	6,543
Elixir Field		34	1.94	-	01:32.92	6,691
Dragon Kick		35	1.94	-	01:34.86	6,682
Twin Snakes		36	1.94	-	01:36.81	6,687
Six-sided Star		37	3.90	-	01:38.75	6,776

Here we hold Riddle of Fire slightly in order to buff 2 blitzes, avoiding a PB overcap/naked blitz. This is completely free for us to do, as the following downtime would force RoF to drift anyway.

From this point onwards is a massive microsoft Excel based mental breakdown of “well it really seriously honestly depends on your killtime”; more information will be added over time, but time in the Excel cave is required.

Estinidhogg

It’s full uptime, just don’t die. Blitz usage depends on how your groups DPS is, see “Prog V. Parse” for more info.

Eyeballs

Basically the same; full uptime blitzes depend on the groups damage. Make sure to double dot the eyes making use of Sprint/Thunderclap where safe to do so.

Can we get a “Save Him” in the chat

Time	Type	Ability	Source
06:46.527	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:46.571	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:46.615	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:46.661	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:46.707	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:46.750	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:46.796	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:46.839	Apply Debuff	Stun 1.00 sec — Planar Prison	Ser Grinnaux 2
06:47.509	Remove Debuff	Stun	Ser Grinnaux 2
06:47.552	Remove Debuff	Stun	Ser Grinnaux 2
06:47.598	Remove Debuff	Stun	Ser Grinnaux 2
06:47.642	Remove Debuff	Stun	Ser Grinnaux 2
06:47.689	Remove Debuff	Stun	Ser Grinnaux 2
06:47.733	Remove Debuff	Stun	Ser Grinnaux 2
06:47.776	Remove Debuff	Stun	Ser Grinnaux 2
06:47.821	Remove Debuff	Stun	Ser Grinnaux 2

https://streamable.com/sl7cce

Did you know that Grinnaux does *not* treat all party members equally? The stun he applies actually ripples from his centre, stunning the closest person first and the furthest last. This means you can actually get a GCD in before you're stunned provided you mash Tab(or your equivalent targeting hotkey) and whatever GCD you're trying to reopen with.

Since you can't queue your GCD before Charibert becomes targettable, macroing your GCD makes it slightly more responsive, ensuring it executes on the first frame.
As long as you ensure either position ⅞ for the stun however, a macroed GCD shouldn't be necessary.

King Thordan, Second of his Name

Basically just a couple of small periods of uptime inbetween mechanics. You probably do something that looks like this;

1st uptime

Time	Type	Ability	
07:44.554	Cast	Twin Snakes	+21% damage
07:45.671	Cast	the Forbidden Chakra	+39% damage
07:46.517	Cast	Demolish	+47% damage
07:48.434	Cast	Dragon Kick	+47% damage
07:49.058	Cast	Perfect Balance	
07:50.351	Cast	Bootshine	+47% damage
07:52.311	Cast	Dragon Kick	+47% damage
07:54.275	Cast	Bootshine	+47% damage
07:56.195	Cast	Elixir Field	+47% damage
07:58.116	Cast	Dragon Kick	+47% damage
08:00.071	Cast	Twin Snakes	+47% damage
08:02.034	Cast	Demolish	+39% damage
08:03.955	Cast	Bootshine	+39% damage
08:04.578	Cast	the Forbidden Chakra	+21% damage
08:05.914	Cast	True Strike	+21% damage
08:07.830	Cast	Snap Punch	+21% damage
08:09.792	Cast	Dragon Kick	+21% damage
08:10.372	Cast	Leg Sweep	
08:11.710	Cast	Dragon Kick	+21% damage
08:13.672	Cast	Dragon Kick	+21% damage
08:15.586	Cast	Six-sided Star	+21% damage

2nd uptime



08:39.585	Cast	Bootshine	+5% damage
08:41.502	Cast	Twin Snakes	+5% damage
08:42.661	Cast	the Forbidden Chakra	+21% damage
08:43.421	Cast	Demolish	+24% damage
08:44.311	Cast	Riddle of Fire	
08:45.425	Cast	Dragon Kick	+47% damage
08:46.006	Cast	Brotherhood	
08:46.631	Cast	Feint	
08:47.343	Cast	Rising Phoenix	+55% damage
08:48.593	Cast	Riddle of Wind	
08:49.263	Cast	Bootshine	+72% damage
08:49.887	Cast	the Forbidden Chakra	+82% damage
08:51.224	Cast	Twin Snakes	+82% damage
08:51.847	Cast	Perfect Balance	
08:52.604	Cast	the Forbidden Chakra	+82% damage
08:53.184	Cast	Dragon Kick	+82% damage
08:55.144	Cast	Bootshine	+82% damage
08:55.768	Cast	the Forbidden Chakra	+82% damage
08:57.103	Cast	Dragon Kick	+82% damage
08:59.019	Cast	Phantom Rush	+82% damage
08:59.642	Cast	the Forbidden Chakra	+82% damage
09:00.980	Cast	Demolish	+82% damage
09:01.602	Cast	Leg Sweep	
09:02.894	Cast	Bootshine	+64% damage
09:04.856	Cast	Twin Snakes	+50% damage
09:06.819	Cast	Snap Punch	+31% damage
09:08.739	Cast	Dragon Kick	+24% damage
09:10.657	Cast	Dragon Kick	+24% damage
09:12.622	Cast	Dragon Kick	+24% damage
09:14.543	Cast	Six-sided Star	+21% damage

In this instance the Rising Phoenix was generated during the mechanic via a downtime PB to get PB on cooldown ASAP. You can achieve the same result by simply opening Opo PB Twin Demo DK etc. if your phase timings and cooldowns allow.

3rd uptime
Literally just an odd window, press RoF on CD and do your blitz. You're probably holding anyway so Thordan doesn't accidentally fall over.

Double Dragon

Opener

Time	Type	Ability
10:39.909	Cast	Dragon Kick +27% damage
10:41.868	Cast	Twin Snakes +27% damage
10:43.787	Cast	Demolish +31% damage
10:45.258	Cast	Riddle of Fire
10:45.839	Cast	Rising Phoenix +55% damage
10:46.507	Cast	Brotherhood
10:47.801	Cast	Bootshine +72% damage
10:48.427	Cast	the Forbidden Chakra +72% damage
10:49.721	Cast	Twin Snakes +82% damage
10:50.346	Cast	Perfect Balance
10:51.683	Cast	Dragon Kick +92% damage
10:53.602	Cast	Demolish +92% damage
10:54.359	Cast	the Forbidden Chakra +92% damage
10:55.565	Cast	Bootshine +92% damage
10:56.147	Cast	Riddle of Wind
10:57.532	Cast	Phantom Rush +92% damage
10:58.917	Cast	the Forbidden Chakra +92% damage
10:59.585	Cast	Demolish +92% damage
11:01.505	Cast	Dragon Kick +92% damage
11:02.127	Cast	Leg Sweep
11:03.462	Cast	Twin Snakes +72% damage
11:04.085	Cast	Second Wind +5% healing
11:04.665	Cast	Thunderclap
11:05.422	Cast	Demolish +58% damage

Make sure whenever you RP/EF in this phase you position to hit both dragons, make sure you are double dotting (except when something is about to go untargetable). Hopefully the 2 target practice on the door bosses has prepared you for this moment.
If you want to risk it, when Nidd and Hrae stand next to each other to cast Cauterise you can Phantom Rush and it'll cleave both dragons.

DK Thordan

Full uptime phase, consider triple blitzing. More info on triple blitzing can be found in the Monk guide, might copy paste it into here in the future who knows….