

# KINETIC VANGUARD

Cryokinesis Player Sheet · v7.11.1

Acronym	Meaning
<b>PB</b>	Proficiency Bonus
<b>PAM</b>	Psionic Ability Modifier
<b>MS</b>	Manifested Strike
<b>BT</b>	Blood Tax
<b>OL</b>	Overload
<b>AT</b>	Advanced Training
<b>DS</b>	Deflection Screen
<b>VT</b>	Vectored Thrust (Psychokinesis)

## Psi Cost Reference

Level	Feature	Psi	Type
3rd	Glacial Spike	1	Rider
5th	Deflection Screen	1	Reaction
7th	Snow Chains	2	Rider (1×/action)
10th	Frozen Ground	2	Action · Conc
10th	Phase Step	1	Bonus Action
10th	Steeled Mind	—	Passive
15th	Arctic Tempest	3	Action
15th	AT III pick	3	Varies
18th	AT IV pick	3	Varies
20th	AT V pick	3	Varies
20th	Concussive Surge	3	On MS Hit
20th	Reactive Barrier	2	Bonus Action
20th	Absolute Zero	5	Action

<b>Psionic Ability</b>	Intelligence, Wisdom, or Charisma (chosen at 3rd)
<b>Save DC</b>	8 + PB + Psionic Ability modifier

<b>Manifested Strike</b>	Magical ranged weapon attack, 60 ft (+½ PB to hit), cold damage. Replaces weapon attacks. On a crit, add one base (non-Overloaded) MS die. See main doc for examples.
<b>Psi Points</b>	Half Fighter level (rounded up) + PB. Short/long rest recovery.
<b>Psychic Resistance</b>	Resistant to psychic damage (3rd level). Overload self-damage still applies.
<b>Psionic Instinct</b>	First rider per Attack action = 0 Psi (any tier). BT still applies if Overloaded.
<b>One Rider Per Hit</b>	Discipline or Advanced Training, pick one. You may never apply both to the same hit.

Level	PB	Psi	MS Die	T1 Die	T2 Die
3–4	+2	4	1d4	1d6	—
5–6	+3	6	1d4	1d6	—
7–8	+3	7	1d6	1d8	—
9	+4	9	1d6	1d8	—
10	+4	9	1d6	1d8	1d10
11–12	+4	10	1d8	1d10	1d12
13–14	+5	12	1d8	1d10	1d12
15–16	+5	13	1d10	1d12	1d20
17–18	+6	15	1d10	1d12	1d20
19–20	+6	16	1d12	1d20	1d20+1d12

## 01 OVERLOAD

### OVERLOAD & BLOOD TAX

**Declare before rolling.** Full package (MS tier + rider + rider tier) committed upfront. Hit = everything resolves + full Blood Tax. Miss = Psi spent, no effects, no Blood Tax.

**Blood Tax per Overload that hits:** Tier 1 = PB. Tier 2 = 3×PB. Sum all Overloads in the sequence. A double-Overload hit (e.g., T2 MS + T1 rider) pays each separately.

**Overload Mastery (18th):** Once per short rest, negate Blood Tax for one declared Overload. If the same package includes a second Overload, the other Blood Tax still applies.

△ *Self-damage bypasses Temp HP and cannot be reduced.*

## 02 CORE FEATURES

### Psionic Discipline · 3rd · Passive

Choose Int, Wis, or Cha as your Psionic Ability. Used for MS attack/damage, save DCs, and all subclass features.

### Telepathy · 3rd · Passive

Communicate telepathically with any creature you can see within 60 ft, provided you share a common language. The communication is two-way. No mind reading.

### Psychic Resistance · 3rd · Passive

You are resistant to psychic damage. Overload self-damage still applies as normal.

### Empathic Sense · 7th · Passive / PB× per Short Rest

Add PAM to passive Insight. BA to scan for hostile intent (Conc, 1 min, PB×/short rest): T0 15 ft / T1 30 ft / T2 60 ft. Excludes undead/constructs.

### Vanguard Training · 7th · Passive

Proficiency in one skill (Arcana, Insight, Intimidation, Investigation, Perception, or Persuasion) + add Psionic Ability modifier to that skill.

### Steeled Mind · 10th · Passive

Add PB to Constitution saves to maintain concentration.

## 03 ADVANCED TRAINING

### Deflection Screen · 5th · 1 Psi · Reaction · Once per Round

**T0:** When you take damage, spend 1 Psi to reduce it by 3d8 + Psionic Ability modifier.

**T1:** Reduction increases to 4d8 + Psionic Ability modifier.

**T2:** Attacker makes Str save. Fail: pushed 15 ft + Prone. Success: pushed 5 ft.

### Phase Step · 10th · 1 Psi · Bonus Action

**T0:** Teleport up to 15 ft to an unoccupied space you can see. No opportunity attacks.

**T1:** Teleport up to 30 ft instead.

**T2:** Bring one willing creature within 5 ft. Both appear at destination (you) and adjacent space (them).

### ADVANCED TRAINING III & IV (15TH & 18TH)

Choose 3 of the following 6. Swappable on level-up. One rider per hit still applies.

### Psychic Lance · 3 Psi · On MS Hit · Once per Attack Action

**T0:** Target takes 4d8 psychic damage. Int save or Incapacitated until end of your next turn.

**T1:** Damage increases to 5d8 psychic + PAM. Failed = speed 0 until end of your next turn.

**T2:** Damage increases to 6d8 psychic + 2×PAM. Failed = Stunned instead of Incapacitated.

### Dazzle · 3 Psi · Action

**T0:** You cast charm person (Concentration, up to 1 hour). Uses your Psi save DC. This feature is exclusive — choose one tier. Higher tiers replace, not stack.

**T1:** You cast suggestion instead (Concentration, up to 8 hours).

**T2:** You cast hold monster instead (Concentration, up to 1 minute).

*Dazzle is a standalone Action — not a rider. All tiers require Concentration.*

### Mind Blast · 3 Psi · On MS Hit · Once per Attack Action

**T0:** Target takes 2d8 psychic damage. Wis save or Blinded until end of your next turn.

**T1:** Damage increases to 3d8 psychic + PAM. Failed = also Incapacitated until end of your next turn.

**T2:** Damage increases to 4d8 psychic + 2×PAM. Failed = Stunned instead of Incapacitated.

*A focused psionic burst that overloads the target's nervous system.*

### Gravitic Press · 3 Psi · Action · Concentration, up to 1 min

**T0:** Create a 15-ft radius zone of intensified gravity on a point within 60 ft. Difficult terrain. Creatures entering or starting turn: Str save or Prone.

**T1:** Failed save: also cannot take reactions until start of their next turn.

**T2:** Failed save: also disadvantage on attack rolls while in the zone.

*Gravitic Press is a standalone Action — not a rider. Requires Concentration.*

### Reactive Barrier · 2 Psi · Bonus Action · Conc 1 min

**T0:** Gain 6×PB THP. While active, blast melee attackers for free (Str save or pushed 10 ft).

**T1:** THP increases to 8×PB.

**T2:** While THP remain: resistance to bludgeoning, piercing, slashing from weapon attacks.

### Concussive Surge · 3 Psi · On MS Hit · Once per Attack Action

**T0:** 2 MS dice force (always). Con save or no reactions until end of next turn.

**T1:** Also Restrained on failed save.

**T2:** Stunned instead of Restrained.

# CRYOKINESIS

Escalating Lockdown · Cold damage

*A control discipline that builds pressure methodically — speed reduction becomes restraint becomes stun.*

## **Glacial Spike** · 3rd · 1 Psi · On MS Hit

**T0:** Target's speed reduced by 5 ft until end of your next turn (no save). Total reduction from all Glacial Spike effects cannot reduce speed below 10 ft. Con save; fail = additional 5 ft.

**T1:** On failed Con save, speed becomes 0 (ignores floor). On success, 5 ft still applies + cannot Dash until end of your next turn.

**T2:** On failed Con save, Restrained until end of your next turn (ignores floor).

## **Snow Chains** · 7th · 2 Psi · On MS Hit · Once per Attack Action

**T0:** Speed 0 until end of your next turn (no save). Con save or also Restrained.

**T1:** On failed save, also cannot take reactions until end of your next turn.

**T2:** Stunned instead of Restrained.

## **Frozen Ground** · 10th · 2 Psi · Action · Concentration, up to 1 min

**T0:** 15-ft radius icy difficult terrain within 60 ft. Creatures entering or starting turn: Con save or Prone.

**T1:** Radius expands to 25 ft.

**T2:** On failed save, Restrained instead of Prone (until end of your next turn).

*Ribbon: You ignore difficult terrain from your own ice.*

## **Arctic Tempest** · 15th · 3 Psi · Action

**T0:** Up to 3 creatures within 60 ft: 8d10 cold (Con half). Failed = Restrained until end of your next turn.

**T1:** +2d10 damage. Failed = vulnerability to cold until end of your next turn (after this damage).

**T2:** Stunned instead of Restrained on failed save.

## **Absolute Zero** · 20th · 5 Psi · Action

**T0:** One creature within 60 ft makes Con save. 10d10 cold (half on success). Failed = speed 0 until end of your next turn.

**T1:** 12d10 damage. Failed = also Restrained until end of your next turn.

**T2:** 15d10 damage. Failed = Stunned instead of Restrained. Speed 0 even on success.

### LEVEL 10 — FIRST T2 POWER SPIKE

MS 1d8 · PB 4 · 10 Psi · 3 Attacks

#### Sample turn (lockdown):

1. Bonus Action: Phase Step T1 (1 Psi, BT = PB; teleport 30 ft for safe range).
  2. Attack 1 (Instinct free): T0 Glacial Spike → speed -5 ft + Con save.
  3. Attack 2: T1 MS + Glacial Spike T1 (1 Psi) → speed 0 on failed save.
  4. Attack 3: Snow Chains T0 (2 Psi) → Restrained on failed save.
- Budget: 4 Psi. BT = PB + PB + PB = 12. Target likely speed 0, Restrained on failed save.*

### LEVEL 20 — FULL BUILD

MS 1d12 · PB 6 · 16 Psi · 4 Attacks

#### Sample boss turn:

1. Phase Step T1 to range (1 Psi, BT = PB).
  2. Hit 1 (Instinct free): T0 Glacial Spike → speed -10 ft.
  3. Hit 2: Snow Chains T2 (2 Psi) → Stunned on failed save.
  4. Hit 3-4: T2 MS + Glacial Spike T1 → stack lockdown.
  5. If clustered: Arctic Tempest T2 (3 Psi) for 10d10 + Stunned on 3 targets.
  6. Nova finisher: Absolute Zero T2 (5 Psi) for 15d10 cold + Stunned.
- Identity: Boss is a statue in ice while you kite with teleports. Pick Cryo if you love control.*

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