KINETIC VANGUARD

Pyrokinesis Player Sheet · v8.1.1

Acronym	Meaning
PB	Proficiency Bonus
Psi mod	Psionic Ability modifier
MS	Manifested Strike
BT	Blood Tax
OL	Overload
AT	Advanced Training
DS	Deflection Screen
VT	Vectored Thrust (Psychokinesis)

Psi Cost Reference

Level	Feature	Psi	Type
3rd	Ember Lance	**1**	Rider
5th	Deflection Screen	**1**	Reaction
7th	Flare	**2**	Rider (1×/action)
10th	Fiery Blast	**2**	Rider (1×/action)
10th	Phase Step	**1**	Bonus Action
10th	Steeled Mind	**—**	Passive
15th	Firestorm	**3**	Action · Conc
15th	AT III pick	**3**	Varies
18th	AT IV pick	**3**	Varies
20th	AT V pick	**3**	Varies
15th+	Surge	**3**	On MS Hit
15th+	Barrier	**3**	Bonus Action
15th+	Leaping Strike	**3**	Bonus Action
20th	Spreading Flames	**5**	On Kill

Psionic Ability	Intelligence, Wisdom, or Charisma (chosen at 3rd)

Save DC	8 + PB + Psionic Ability modifier
Manifested Strike	Special ranged psionic attack, 60 ft (+½ PB to hit), fire damage. Replaces weapon attacks on the Attack action. On a crit, double all damage dice as normal. Counts as a ranged weapon attack for feats/fighting styles. Not a weapon, not a spell, not an object.
Psi Points	Half Fighter level (rounded up) + PB. Short/long rest recovery.
Psionic Instinct	First Ember Lance per Attack action = 0 Psi (any tier; 3rd-level rider only). BT still applies if Overloaded.
One Rider Per Hit	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 all Blood Tax from every Overload declared during your turn, including a second Attack action from Action Surge. Overload effects still apply normally.

⚠ *Psychic resistance halves Blood Tax normally.*

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.

Empathic Sense · *7th · Passive / ½PB per Short Rest*

Passive: Add your Psionic Ability modifier to passive Insight. Active Scan (BA, standalone, Conc 1 min, ½PB rounded down/short rest): detect hostile intent — T0 15 ft / T1 30 ft / T2 60 ft. BT on activation if Overloaded. 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, & V (15TH, 18TH, 20TH)

Choose 3 of the following 9. 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 + Psi mod. Failed = speed 0 until end of your next turn.
T2: Damage increases to 6d8 psychic + 2× Psi mod. 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. Cha save or Blinded until end of your next turn.
T1: Damage increases to 3d8 psychic + Psi mod. Failed = also Incapacitated until end of your next turn.
T2: Damage increases to 4d8 psychic + 2× Psi mod. 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. Speed halved while in zone (no save). Flying creatures: fall on entry or start of turn (fall damage applies), cannot fly while in zone. Creatures entering or starting turn: Str save or no reactions until start of next turn.
T1: Failed save: also disadvantage on attack rolls while in zone.
T2: Failed save: also Prone.
Gravitic Press is a standalone Action — not a rider. Requires Concentration.

Barrier · 3 Psi · Bonus Action

T0: For 1 min: pick 1 effect. Blade Shield (b/p/s resistance from weapon attacks); Elemental Shroud (pick 1 of acid/cold/fire/lightning/thunder, resistance); Spellward (adv on saves vs spells); Steadfast Guard (adv on Str saves + resist grapple/shove/prone/forced move); Mental Bulwark (adv on saves vs charm/fear/blind/restrain/incap/paralyze/stun).
T1: Pick 2 of the 5 effects instead of 1.
T2: Duration becomes 10 min. BA to swap one effect for another; each swap costs 1 Psi.

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

***T0:** 2 MS dice, your MS damage type. Signature save or no reactions until end of next turn.*
***T1:** Also Restrained on failed save.*
***T2:** Stunned instead of Restrained.*

Leaping Strike · *3 Psi · Bonus Action*

T0: *BA: teleport 30 ft to a space you can see. Detonate at origin OR destination (5-ft radius): signature save, 3d10 of your MS damage type (half on success). No opportunity attacks.*
T1: *Range 60 ft. Damage 4d10.*
T2: *Failed save = also no reactions until end of next turn.*

Overload Mastery II · *Passive · Requires 18th*

Gain 1 additional use of Overload Mastery per short rest (2 total with Psionic Apex).

Inner Reserve · *Passive · Take once*

Max Psi pool increases by your Proficiency Bonus. Cannot be taken more than once.

PYROKINESIS

Compounding Pressure · Fire damage

A front-loaded burst discipline that rewards aggressive sequencing — prime the doubling strike, blind the target, scatter the cluster, then zone the ground they're standing on.

Ember Lance · *3rd · 1 Psi · On MS Hit*

T0: Target takes additional fire damage = 2×PB on hit.

T1: Fire damage increases to 4×PB on hit.

T2: T1 damage still applies on this hit. Next MS hit against same target before end of your next turn has its MS damage doubled (strike only, not rider). Applies once.

Flare · *7th · 2 Psi · On MS Hit · Once per Attack Action*

T0: 1 MS die fire damage (always; Overloaded die if MS Overloaded). Dex save or Blinded until end of your next turn.

T1: Bonus fire damage increases to 2 MS dice.

T2: Incapacitated instead of Blinded.

Fiery Blast · *10th · 2 Psi · On MS Hit · Once per Attack Action*

T0: Each creature within 15 ft of target (excl. target): Dex save. Fail: 2d8 fire + pushed 10 ft. Success: half, no push.

T1: Radius 20 ft. Damage 3d8 + mod. Push 15 ft.

T2: Failed = can't Dash + disadvantage on attack rolls until end of next turn.

Firestorm · *15th · 3 Psi · Action · Concentration, up to 1 min*

T0: 20-ft radius within 60 ft. Difficult terrain. Creatures entering or starting turn: Dex save, 5d8 fire on fail (half on success).

T1: 6d8 + mod. Failed = cannot Dash until start of next turn.

T2: Failed = also +2×PB fire damage. Radius expands to 30 ft.

Spreading Flames · *20th · 5 Psi · On Kill*

T0: When you reduce a creature to 0 HP with MS, you may spend 5 Psi to trigger an eruption. You choose the OL tier at the moment of the kill. All within 20 ft: Dex save or 3 MS dice fire (half on success). One eruption per Attack action.

T1 Overload: Creatures that fail also take +PB fire damage.

T2 Overload: Radius expands to 30 ft + creatures that fail cannot take reactions until start of next turn.

Spreading Flames is not a rider. It is a special passive gated by a Psi cost that triggers on a separate proc window (enemy death). It does not compete with your rider for the killing hit. Blood Tax is paid when Spreading Flames fires (on the kill), not on the killing hit itself — the general rule is that Blood Tax for an Overloaded feature is paid when that feature actually triggers, regardless of whether the trigger is an attack roll, an activation, or an on-kill proc.

04 PLAY PATTERNS

LEVEL 10 — FIRST T2 POWER SPIKE

MS 1d8 · PB 4 · 10 Psi · 3 Attacks

Sample turn (nova):

1. Bonus Action: Phase Step T1 (1 Psi, BT = PB; optimize angles).
2. Attack 1 (Instinct free): Ember Lance T2 → 4×PB fire damage + doubling primer.
3. Attack 2: T2 MS + Flare T1 (2 Psi) → MS damage doubled by primer + 2 MS dice bonus fire + save vs Blinded.
4. Attack 3: Fiery Blast T0 (2 Psi) → AoE fire damage + push.

Budget: 5 of 10 Psi. BT = PB + 3×PB + 3×PB + PB = 8×PB = 32 at PB 4. Focus: EL T2 to prime, cash in with Flare doubling, AoE finisher with Fiery Blast. Heavy nova for L10 — keep Deflection Screen ready.

LEVEL 15 — OPTIMAL ATTACK SEQUENCES

MS 1d10/1d12/1d20 · PB 5 · Psi 13 · 3 Attacks · +12 to hit · AT III pick: Mind Blast (assumed)

Pick a pattern based on what the round demands. All five are rules-legal turns at L15.

Pattern	Sequence	Damage	Psi	BT	Effects / Notes
Sustain	3× T0 MS, EL T0 hit 1 (Instinct free)	~42	0	0	Repeatable. EL T0 = +2×PB fire on hit 1. No saves imposed.
Control	T0 MS×3, Flare T0 hit 1 (2 Psi), Fiery Blast T0 hit 2, EL T0 hit 3 (Instinct free)	~47 + AoE	4	0	Hit 1 Con save vs Blinded. Hit 2 AoE 2d8 (~9) per other enemy in 15 ft, Dex save half. Hit 3: +2×PB fire (free).
Mob	T0 MS×3, EL T0 hit 1 (Instinct), Fiery Blast T1 hit 2 (2 Psi)	~42 + ~19/enemy	2	5 (1×PB)	Hit 1: +2×PB fire. Hit 2: 3d8 + Psi mod AoE fire to all enemies in 20 ft of target (Dex half), pushed 15 ft on fail. Best AoE in the class.
Mini Nova	T1 MS×3, EL T2 hit 1 (Instinct, primer), EL T1 hit 2 (cash in), Flare T1 hit 3	~119	3	40 (8×PB)	Hit 1: T1 dmg + +4×PB fire + sets primer. Hit 2: T1 MS doubled + +4×PB fire. Hit 3: Con save vs Blinded.
→ Next round	Sustain (3× T0 MS, EL T0 hit 1 Instinct)	~42	0	0	Mini Nova → Sustain pair: ~161 total dmg / 3 Psi / 40 BT over two rounds. Action Surge preserved for later use.
Full Nova	Mini Nova + Action Surge → Action: Firestorm T0 (3 Psi, Conc)	~141 + zone	6	40 (8×PB)	Adds 20-ft fire zone (5d8 per creature, Dex save half) lasting 1 min Conc. Firestorm T0 adds no BT.

Assumptions: PB 5, +5 Psi mod (Int/Wis/Cha boosted), all attacks hit, all saves fail. Hit chance at +12 to hit: ~80% vs AC 17 typical, ~70% vs AC 19 boss — multiply damage accordingly. BT note: 40 BT is roughly 30% of typical L15 fighter HP. Run nova turns with Deflection Screen up.

LEVEL 20 — FULL BUILD

MS 1d12 · PB 6 · 16 Psi · 4 Attacks

Sample nova turn:

1. Bonus Action: Phase Step T1 (1 Psi) — reposition to flank.
2. Attack action — Hit 1 (Instinct free): Ember Lance T2 → 4×PB fire damage + doubling primer.
3. Hit 2: T2 MS + Flare T1 (2 Psi) → MS damage doubled by primer + 2 MS dice bonus fire + save vs Blinded.
4. Hits 3–4: Fiery Blast T1 (2 Psi) on Hit 3 → 3d8 + Psi mod AoE fire + 15 ft push. Hit 4: naked MS.
5. If a hit drops a creature: Spreading Flames T1 (5 Psi, on-kill trigger) → 3 MS dice AoE fire eruption + PB bonus fire on failed save.
6. Action Surge → Action: Firestorm T2 (3 Psi, Concentration) → 30-ft fire zone, 6d8 + Psi mod/round + 2×PB bonus fire.

Identity: damage front-loaded and sequenced — prime, double, scatter, zone. Pick Pyro if you love hitting hard and fast.

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