

KINETIC VANGUARD FIGHTER · FIGHTER SUBCLASS · HOMEBREW · v10.1.0

A mental-stat striker that channels elemental and telekinetic force through disciplined psionic projection.

Created by NixNinja in collaboration with AI assistants. Special thanks to various muses, great and small.

DESIGN NOTES

Kinetic Vanguard is built around three deliberate tensions: resource versus impact, power versus survivability, and identity versus flexibility. Psi Points keep you honest turn to turn — you cannot do everything every fight. Overload lets you spend health for power, which means the most dramatic moments cost something real. Your primary Discipline locks in your identity while Deflection Screen, Phase Step, and the Advanced Training features give you a universal toolkit beyond your discipline.

The subclass rewards players who think one turn ahead. Knowing when to Overload, when to hold Psi for Deflection Screen, and when to conserve is more interesting than any individual feature. The Blood Tax scales with your Proficiency Bonus — the pain you accept grows with you.

CLIFF NOTES

Mental-stat Fighter.	Your attack rolls, damage, and save DCs all run off Intelligence, Wisdom, or Charisma. Pick one at 3rd and never look back.
Short-rest resource.	Psi Points = half Fighter level (rounded up) + Proficiency Bonus. They refuel on a short rest — enough for meaningful choices without feeling stingy.
Manifested Strike is your attack.	Replace a weapon attack with a special ranged psionic attack (60 ft). For feats, Fighting Styles, and other features that reference ranged weapons or attacks made with them, treat it as an attack made with a ranged weapon with which you are proficient. This includes the Archery Fighting Style and Sharpshooter. It is not a weapon, spell, or object for any other purpose. Discipline riders attach to its hits.

Overload is your throttle.

Before the roll, declare one rider and its Overload tier. Psi and Blood Tax are spent on declaration. On a hit, the package resolves; on a miss, the rider does not resolve, but the costs remain spent. Manifested Strike itself is never Overloaded and never generates Blood Tax. Effects that explicitly trigger on a miss, such as Graze, still resolve.

Your Discipline is your identity.

Pyrokinesis melts the boss.
Electrokinesis kills the room.
Cryokinesis stops the room.
Psychokinesis rearranges it. Five features across twenty levels. Your 3rd-level rider's first activation each Attack action is free, even if Overloaded — you're never naked.

Advanced Training is your toolkit.

Deflection Screen (5th) gives you a reaction damage soak. Phase Step (10th) gives you bonus action teleportation. At 15th, 18th, and 20th, you pick three of eight Advanced Training features — a psychic damage nuke, a mental control rider, a mental influence tool, a gravity zone, a barrier, a teleporting detonation, an extra Overload Mastery use, or an expanded Psi pool. Swappable on level-up.

Abbreviations MS — Manifested Strike · Psi mod — Psionic Ability modifier · BT — Blood Tax (psychic self-damage from Overloading) · OL — Overload (Tier 1 or Tier 2 escalation) · PB — Proficiency Bonus · Psi — Psi Points (short-rest resource pool) · T0 / T1 / T2 — Tier 0 (base) / Tier 1 / Tier 2 Overload

HOW TO PLAY THIS SUBCLASS

On your turn, when you attack with Manifested Strike, the first activation of your 3rd-level Discipline rider in each Attack action costs 0 Psi, even if Overloaded; Blood Tax still applies. Higher-level riders always cost their listed Psi. Before each attack roll, declare the rider and its Overload tier. Each hit can carry one rider, and different hits can carry different riders. Psi and Blood Tax are spent on declaration. On a hit, the declared package resolves; on a

miss, the rider does not resolve, but the committed costs remain spent. Manifested Strike itself uses the die set by your Fighter level and is never Overloaded.

A rider is an on-hit feature declared as part of a Manifested Strike. Passive and triggered features are not riders unless their text says otherwise. Advanced Training riders include Psychic Lance and Mind Blast. A hit can carry either one Discipline rider or one Advanced Training rider, never both. Any rider that uses Manifested Strike dice uses the base die for your Fighter level.

Attack Riders and Standalone Actions: You may mix weapon attacks and Manifested Strikes in any order within the Attack action. Each Manifested Strike can carry one rider. Your 3rd-level Discipline rider can be used on any number of Manifested Strike hits in an Attack action, though only its first activation is Psi-free; every other attack rider can be used once per Attack action. Different riders may be attached to different hits. Only one rider in each Attack action may be Overloaded to Tier 2. Action Surge creates a new Attack action and refreshes these per-Attack-action limits. You may activate only one standalone psionic feature whose activation requires an Action on each of your turns; Action Surge can still grant another Attack action, but cannot be used to activate a second standalone psionic Action feature. Unless a feature says otherwise, damage from a hit resolves before any saving throw rider tied to that hit.

Your Discipline defines your identity across five features. Deflection Screen (5th) and Phase Step (10th) are universal psionic tools granted to every Vanguard. Advanced Training III, IV, and V (15th, 18th, and 20th) let you pick three of eight high-tier techniques regardless of discipline.

01 OVERLOAD TIER SYSTEM

Overload is a deliberate escalation that trades hit points for power. It applies to your techniques — riders and standalone psionic features — and never to Manifested Strike itself: the strike cannot be Overloaded and never generates Blood Tax. An Overload is declared when you declare the feature it escalates — for a rider, before the attack roll. Two tiers exist, both gated by character level. As a general principle, Overload tiers are cumulative: Tier 2 includes every effect of Tier 1 unless it explicitly replaces it (some riders say “instead” to swap an effect rather than stack it). Each tier’s text states whether it adds to or replaces the lower tier’s effect.

The Blood Tax

Tier 1 Overload (3rd level): You may Overload a rider or standalone feature to Tier 1, gaining the effect listed in its text. You take psychic self-damage equal to your Proficiency Bonus (Blood Tax), paid when you declare the Overload, whether or not the attack hits.

Tier 2 Overload (10th level): You may Overload a rider or standalone feature to Tier 2, gaining the effects listed in its text. Within each Attack action, only one rider can be Tier 2. Action Surge creates a new Attack action and a fresh Tier 2 rider window. This rider limit does not restrict standalone features.

The full attack package — rider activation and rider Overload tier — is declared before the roll. One rider per hit (discipline or Advanced Training). A hit resolves the whole package. A miss cancels rider effects, but Psi and Blood Tax are still spent — Blood Tax is paid immediately on declaration, never after the attack resolves. If you Overload more than one feature in the same turn (a rider and a standalone feature, say), you pay Blood Tax once per Overload declared.

△ Declare the full package before the roll — one rider and its Overload tier. Hit: everything resolves. Miss: Psi AND Blood Tax are still spent; no effects. (Exception: effects that explicitly trigger on a miss, such as the Graze mastery, still resolve.)

△ **Blood Tax is psychic damage. Resistance to psychic damage halves it normally. Immunity to psychic damage treats it as Resistance against Blood Tax instead of preventing it. Regardless of the source of reduction, you take at least half the declared Blood Tax, rounded down.**

Attack Declaration Costs

Declaration	Psi	Blood Tax	Notes
MS (no rider)	0	None	Always available
MS + T0 rider	Rider cost	None	First 3rd-level rider activation this Attack action is free (Psionic Instinct, any tier)

Declaration	Psi	Blood Tax	Notes
MS + T1 rider	Rider cost	PB	Paid on declaration, hit or miss
MS + T2 rider	Rider cost	2×PB	
Overloaded standalone feature	Feature cost	Per its tier*	
Rider OL + standalone OL (same turn)	Rider cost + feature cost	Sum both*	Two Blood Taxes

**Blood Tax per tier: PB at Tier 1, 2×PB at Tier 2. Each Overload declared pays independently — an Overloaded rider plus an Overloaded standalone feature in the same turn means two separate Blood Taxes. Psi and Blood Tax are both spent on declaration (hit or miss). T0 riders cost Psi but no HP. Only T1+ Overloads incur Blood Tax. Manifested Strike itself never appears in this math — it cannot be Overloaded.*

Blood Tax per Overload declared: Tier 1 = PB. Tier 2 = 2×PB. Sum all Overloads in the sequence.

Tier 2 costs 2×PB because it includes Tier 1's PB plus PB more. T0 riders cost 0 HP. A double-Overload turn (e.g., a Tier 1 Vectored Thrust plus a Tier 2 rider) pays each Overload separately.

Manifested Strike die by level: 1d6 (3rd–4th) → 1d8 (5th–10th) → 1d10 (11th–16th) → 1d12 (17th–20th)

Fighter Level	MS Die
3–4	1d6
5–10	1d8
11–16	1d10
17–20	1d12

Critical hits: On a critical hit, double all damage dice as normal. A critical hit doubles the damage dice of the Manifested Strike, and the damage dice of any rider dealt to the creature you hit (Ember Lance's flat bonus and other flat modifiers are not dice and are not doubled). A critical hit does NOT double a rider's save-based area damage against secondary creatures — Fiery Blast, Arc Nova, Static Discharge, and similar area riders deal their normal dice to everyone other than the struck target, even on a crit. Only the creature actually struck by the critical Manifested Strike takes doubled rider dice.

Using Overload: For a rider, declare the rider and its tier before the attack roll. A hit resolves the declared package; a miss does not resolve the rider, but Psi and Blood Tax remain spent. Standalone features are declared and paid for when activated.

Damage Immunity and Riders: Discipline riders deal your Discipline's damage type unless stated otherwise. Advanced Training riders deal the damage type listed in their text. Damage immunity prevents only the matching damage; it does not skip the rider's saving throw or other effects. For example, a cold-immune creature can still be Restrained by Snow Chains, and a fire-immune creature can still be Blinded by Flare.

Concentration Startup Exception: The Blood Tax from the activation that starts a concentration feature does not trigger a concentration check. Only subsequent Blood Tax and other damage sources require checks as normal. Standard concentration rules still apply — you can only concentrate on one feature at a time.

Blood Tax at 0 Hit Points: Blood Tax is paid before the declared attack or feature resolves. If it reduces you to 0 hit points, you fall Unconscious immediately and the declared attack or feature does not resolve. Any Psi spent and Blood Tax paid remain spent.

Example — Level 11 Cryokinesis (PB 4, Int +3)

Before rolling, you declare: "Glacial Spike T2."

Your strike uses its level-set die: 1d10. The Tier 2 declaration is on Glacial Spike — the strike itself can never be Overloaded.

Hit: Manifested Strike deals 1d10 + 3, and Glacial Spike adds 2 cold damage, for 1d10 + 5 total. On a failed Con save, the target is Restrained until the end of your next turn.

Blood Tax: $1 \times 2 \times \text{PB} = 2 \times 4 = 8$, paid on declaration. Glacial Spike is Psi-free via Psionic Instinct; Tier 2 escalates its control.

Miss: No effects; Blood Tax (8) is still paid — it was spent on declaration. Glacial Spike was free (Psionic Instinct). Roll your next attack.

Example — Full Attack Turn, Level 11 Pyrokinesis (PB 4, Cha +4, MS 1d10, 3 attacks)

You have 10 Psi. Three attacks this turn. You want to burn hard.

Attack 1: MS + T0 Ember Lance (Instinct free) — Declare: "Ember Lance." Psi: 0. On hit: avg 11.5 fire (MS 1d10+4, Ember Lance +2). Blood Tax: 0. Miss: no effects and no resources lost.

Attack 2: MS + T2 Ember Lance (Dex save or no reactions) — Declare: "Ember Lance T2." Psi: 1. On hit: avg 11.5 fire (MS 1d10+4, Ember Lance +2). First, the target makes a Dex save or loses reactions; then Ember Lance primes its next save with disadvantage. Blood Tax: $2 \times \text{PB} = 8$, paid on declaration; a miss still spends the Psi and BT.

Attack 3: MS + Flare — Declare: "Flare." Psi: 2. On hit: avg 15 fire (MS 1d10+4 plus Flare's 1d10). If this is the primed target and the primer is unused, its Flare Dex save is made at disadvantage; on a failure it is Blinded. Blood Tax: 0 — nothing on this attack is Overloaded.

Turn totals (all three hit): Psi: 3 of 10. Blood Tax = 8 (T2 Ember Lance). Damage to the primary target: Attack 1 ~11.5, Attack 2 ~11.5, Attack 3 ~15; total ~38 fire plus Blinded on a failed save. You pay 8 HP even if the Overloaded attack misses.

Example — Sustained Turn, Level 11 Psychokinesis (PB 4, Int +4, MS 1d10, 3 attacks)

You have 10 Psi. No need to nova — control the board.

Bonus Action: Vectored Thrust T1 Overload — Psi: 2. Effect: Fly speed 30 ft, no opportunity attacks (Concentration, up to 10 min). Blood Tax: $1 \times \text{PB} = 4$ (standalone — paid on activation, no roll).

Attack 1: MS + T0 Telekinetic Shove (Instinct free) — Declare: “Telekinetic Shove.” Psi: 0. On hit: avg 11.5 force (1d10+4 plus Shove’s fixed +2), with a Str save against the 10-ft directional push. Blood Tax: 0.

Attack 2: MS — On hit: avg 9.5 force. Blood Tax: 0.

Attack 3: MS — On hit: avg 9.5 force. Blood Tax: 0.

Turn totals: Psi: 2 of 10. BT = 4 (Vectored Thrust T1). Damage: ~30 force, one target repositioned, flying. Sustainable with occasional VT refresh.

Example — Lockdown Turn, Level 11 Cryokinesis (PB 4, Int +4, MS 1d10, 3 attacks)

You have 10 Psi. Frozen Ground is already active (2 Psi spent last turn).

Attack 1: MS + T0 Glacial Spike (Instinct free) — Declare: “Glacial Spike.” Psi: 0. On hit: avg 11.5 cold (1d10+4 plus Spike’s fixed +2). Target speed –5 ft automatically, then Con save for –5 ft more. Blood Tax: 0.

Attack 2: MS + T1 Glacial Spike — Declare: “Glacial Spike T1.” Psi: 1. On hit: avg 11.5 cold. On a failed Con save, target speed becomes 0. Blood Tax: PB = 4, paid on declaration; a miss spends the Psi and BT.

Attack 3: MS — On hit: avg 9.5 cold. Blood Tax: 0.

Turn totals: Psi: 1 of 10. BT = 4 (Glacial Spike T1). Damage: ~32 cold. Target likely has speed 0 in difficult terrain; Frozen Ground can knock it Prone on its turn. Low burn, high lockdown.

02 CORE FEATURES

Psionic Discipline · 3rd Level · Passive

Choose one of the following as your Psionic Ability: Intelligence, Wisdom, or Charisma. You use your Psionic Ability for Manifested Strike attack and damage rolls, saving throw DCs, and all subclass features that reference your Psionic Ability.

Psionic save DC = 8 + Proficiency Bonus + Psionic Ability modifier

Discipline Signature Save · 3rd Level · Passive

Each Discipline has one signature saving throw, used by any feature that calls for your “signature save” (such as Improved Phase Step). Pyrokinesis uses Dexterity, Cryokinesis uses Constitution, Psychokinesis uses Strength, and Electrokinetics uses Charisma. This is the saving throw the target makes against those features; it does not change any save another feature already specifies.

Psi Reservoir · 3rd Level · Short/Long Rest

Your Psi Points equal half your Fighter level (rounded up) + your Proficiency Bonus. You regain all expended Psi Points on a short or long rest.

Fighter Level	Proficiency Bonus	Psi Points
3–4	+2	4
5–6	+3	6
7–8	+3	7
9–10	+4	9
11–12	+4	10
13–14	+5	12
15–16	+5	13
17–18	+6	15
19–20	+6	16

Telepathy · 3rd Level · Passive

You can communicate telepathically with any creature you can see within 60 feet, provided you share a common language. The communication is two-way. This does not grant mind reading.

Manifested Strike · 3rd Level · Attack Action

When you take the Attack action, you can replace any number of your weapon attacks with a Manifested Strike. A Manifested Strike is a special ranged psionic attack with a range of 60 feet, formed from psionic force. Your Discipline determines its damage type. Add your Psionic Ability modifier to Manifested Strike damage. Your Manifested Strike attack bonus is your Psionic Ability modifier + your Proficiency Bonus + your Psionic Focus bonus. On a

critical hit, double all damage dice as normal. The damage die scales with Fighter level per the table in Section 01. For the purposes of feats, Fighting Styles, and other features that reference ranged weapons or attacks made with them, treat Manifested Strike as an attack made with a ranged weapon with which you are proficient. It is not a weapon, spell, or object for any other purpose. Manifested Strike is, however, a magical effect: creatures with Magic Resistance (or a similar trait) have advantage on saving throws forced by your riders, though the strike's attack roll and damage are unaffected. Manifested Strike itself costs no Psi — you can always attack.

Magical Effects: For the purpose of Magic Resistance and similar effects, all Kinetic Vanguard features — Manifested Strike, every rider, and every standalone psionic feature — are magical effects. However, none is a spell and none is a Magic action: they cannot be Counterspelled, are unaffected by features that key off spellcasting, and Beguile in particular is a magical effect whose save is always Charisma but which is not a spell.

Manifested Strike in Melee: Manifested Strike is a ranged attack. If a hostile creature that can see you and is not Incapacitated is within 5 feet of you, you have disadvantage on the attack roll. The Sharpshooter feat's Firing in Melee benefit removes this disadvantage. You can also use Phase Step, Disengage, move away, or make a weapon attack instead.

The Holdout Option — Force Damage: When you declare a Manifested Strike, you may have it deal force damage instead of your Discipline's damage type. The strike then deals half damage, rounded down. Declare this before the attack roll with the rest of the attack package. Riders are unchanged: Discipline riders use the Discipline's damage type unless stated otherwise, and Advanced Training riders use the type specified in their text. The Holdout Option is useful against damage immunity, not Resistance. Psychokinesis already deals force damage and gains no benefit from it.

Design Note — Attack Bonus: Your Manifested Strike gains Psionic Focus: +1 at levels 3–8, +2 at levels 9–16, and +3 at levels 17–20. This independent bonus mirrors the expected accuracy progression of magic weapons without making Manifested Strike an item.

Design Note — Melee Pressure: Manifested Strike follows the normal disadvantage rule for ranged attacks made while threatened. Because Psi and Blood Tax are committed before the roll, Overloading from a bad position is especially risky. Reposition rather than treating the subclass as a melee striker.

Overload · 3rd Level · On Declaration

Declare that you are Overloading a rider or standalone feature when you declare that feature — for a rider, before the Manifested Strike attack roll. Manifested Strike itself can never be Overloaded and never generates Blood Tax. See Overload Tier System (Section 01) for full rules.

Psionic Instinct · 3rd Level · Passive

The first time each Attack action you declare your Discipline's 3rd-level rider as part of a Manifested Strike, it costs 0 Psi, even if you Overload it. Psi is never spent on that activation regardless of whether the attack hits or misses (though Blood Tax still applies if the rider is Overloaded — paid on declaration, like every Blood Tax). All other riders, and additional activations of your 3rd-level rider in the same Attack action, cost Psi as normal. The free activation attaches to the 3rd-level rider specifically — declaring a different rider first does not consume it.

Kinetic Mastery · 3rd Level · Passive

Your Manifested Strike has a mastery property determined by your Discipline. You can use that property, and it does not count against the number of weapons you can have mastery with from your Weapon Mastery feature.

Pyrokinesis — Graze: If your Manifested Strike attack roll misses, the target still takes damage equal to your Psionic Ability modifier, of your Manifested Strike's damage type.

Cryokinesis — Slow: If you hit a creature and deal damage to it, you can reduce its Speed by 10 feet until the start of your next turn.

Psychokinesis — Push: If you hit a creature that is Large or smaller, you can push it up to 10 feet straight away from you. If you also apply Telekinetic Shove on that hit, Telekinetic Shove replaces this movement (you move the target once, not twice).

Electrokinesis — Sap: If you hit a creature, it has disadvantage on its next attack roll before the start of your next turn.

Graze and the Holdout Option: Graze deals Manifested Strike damage, so it follows the strike. If you declare the Holdout Option, Graze deals force damage equal to half your Psionic Ability modifier (rounded down), exactly as the strike itself is halved.

Masteries coexist with your riders. Slow adds to Glacial Spike. On a hit where you apply Telekinetic Shove, Shove replaces the Push mastery's movement — you move the target once, using Shove's direction and distance. The replacement happens when you declare Shove, not when it lands, so a successful save leaves you with neither movement. Your mastery remains free and automatic; the rider costs Psi and provides its stronger effect.

Masteries and Damage Immunity: Sap and Push trigger on a hit, so damage immunity does not prevent them. Graze and Slow require damage; against an immune creature, they work only if the Holdout Option allows the strike to deal force damage.

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

Passive: Your passive Insight (Wisdom) score increases by your Psionic Ability modifier. (If your table does not track a passive Insight score, treat it as 10 + your Wisdom modifier + your Proficiency Bonus if proficient, then add your Psionic Ability modifier from this feature.) Active Scan: As a bonus action, you project a telepathic scan for hostile intent. This is a standalone feature (Concentration, up to 1 minute; Blood Tax applies on activation if Overloaded). While concentrating, you sense the presence and direction of creatures within

range that harbor hostile intent toward you, provided they have readable emotions (excludes undead and constructs). You can use this scan a number of times equal to half your Proficiency Bonus (rounded down), regaining all expended uses on a short or long rest. T0: 15-foot range. Tier 1 Overload: Range increases to 30 feet. Tier 2 Overload: Range increases to 60 feet.

Vanguard Training · 7th Level · Passive

You gain proficiency in one of the following skills of your choice: Arcana, Insight, Intimidation, Investigation, Perception, or Persuasion. You also add your Psionic Ability modifier to checks using that skill.

Advanced Training I: Deflection Screen · 5th Level · 1 Psi · Reaction · Once per Round

Your psionic instincts develop a reflexive shield. When you take damage, you may use your reaction and spend 1 Psi to reduce it by 3d8 + your Psionic Ability modifier. Deflection Screen can reduce only damage from a source other than yourself; it cannot reduce Blood Tax or any other damage this subclass inflicts on you.

Advanced Training II: Phase Step · 10th Level · 1 Psi · Bonus Action

Your psionic control extends to spatial displacement. Teleport up to 15 feet to an unoccupied space you can see. This movement does not provoke opportunity attacks.

Advanced Training III · 15th Level · Passive

Your psionic mastery deepens. Choose one feature from the Advanced Training pool (Section 05).

Swapping: You may replace your chosen feature whenever you gain a Fighter level. There is no Psi cost to swap.

Advanced Training IV · 18th Level · Passive

Choose a second feature from the Advanced Training pool (Section 05). You cannot choose the same feature twice.

Swapping: You may replace your chosen feature whenever you gain a Fighter level. There is no Psi cost to swap.

At 18th level a Vanguard holds two Advanced Training picks (2 of 8). At 20th a third pick is added, bringing the total to 3 of 8 alongside Deflection Screen, Phase Step, and the full five-feature discipline progression.

Psionic Apex · 18th Level · Passive

Your psionic mastery reaches its zenith. You gain the following benefit:

Overload Mastery: Once per short rest, when you declare your first Overload of a turn, you can activate this feature before paying Blood Tax. All Blood Tax you pay that

turn, including after Action Surge, is halved (round down). Overload effects resolve normally.

Advanced Training V · *20th Level* · *Passive*

Choose a third feature from the Advanced Training pool (Section 05). You cannot choose the same feature more than once.

Swapping: You may replace your chosen feature whenever you gain a Fighter level. There is no Psi cost to swap.

03 SUBCLASS FEATURE TABLE

Level	Feature
3rd	Psionic Discipline, Discipline Signature Save, Psi Reservoir, Telepathy, Manifested Strike, Overload, Psionic Instinct, Kinetic Mastery, Discipline 3rd Feature
5th	Advanced Training I: Deflection Screen
7th	Empathic Sense, Vanguard Training, Discipline 7th Feature
10th	Discipline 10th Feature, Advanced Training II (Phase Step), Tier 2 Overload
15th	Discipline 15th Feature, Advanced Training III (1 high-tier pick)
18th	Advanced Training IV (1 high-tier pick), Psionic Apex
20th	Discipline 20th Feature, Advanced Training V (pool pick)

Psi Cost Reference

Level	Feature	Discipline	Psi	Type
3rd	Glacial Spike	<i>Cryokinesis</i>	1	Rider
3rd	Ember Lance	<i>Pyrokinesis</i>	1	Rider
3rd	Telekinetic Shove	<i>Psychokinesis</i>	1	Rider
3rd	Static Discharge	<i>Electrokinesis</i>	1	Rider
5th	Deflection Screen	<i>Universal (AT I)</i>	1	Reaction
7th	Snow Chains	<i>Cryokinesis</i>	2	Rider (1×/action)
7th	Flare	<i>Pyrokinesis</i>	2	Rider (1×/action)
7th	Vectored Thrust	<i>Psychokinesis</i>	2	Bonus Action · Conc
7th	Voltaic Bolt	<i>Electrokinesis</i>	2	Rider (1×/action)

Level	Feature	Discipline	Psi	Type
10th	Frozen Ground	<i>Cryokinesis</i>	2	Action • Concentration
10th	Fiery Blast	<i>Pyrokinesis</i>	2	Rider (1×/action)
10th	Explosion/Implosion	<i>Psychokinesis</i>	2	Rider (1×/action)
10th	Arc Nova	<i>Electrokinesis</i>	2	Rider (1×/action)
10th	Phase Step	<i>Universal (AT II)</i>	1	Bonus Action
15th	Arctic Tempest	<i>Cryokinesis</i>	3	Action
15th	Firestorm	<i>Pyrokinesis</i>	3	Action • Concentration
15th	Telekinetic Slam	<i>Psychokinesis</i>	3	Action
15th	Chain Lightning	<i>Electrokinesis</i>	3	Action
15th	AT III pick	<i>Universal</i>	Varies	Varies
18th	AT IV pick	<i>Universal</i>	Varies	Varies
20th	AT V pick	<i>Universal</i>	Varies	Varies
15th+	Psychic Lance	<i>Universal (AT pool)</i>	3	Rider (1×/action)
15th+	Beguile	<i>Universal (AT pool)</i>	3	Action • Concentration
15th+	Mind Blast	<i>Universal (AT pool)</i>	3	Rider (1×/action)
15th+	Gravitic Press	<i>Universal (AT pool)</i>	3	Action • Concentration
15th+	Barrier	<i>Universal (AT pool)</i>	3	Bonus Action
15th+	Improved Phase Step	<i>Universal (AT pool)</i>	3	Bonus Action

Level	Feature	Discipline	Psi	Type
18th+	Overload Mastery II	<i>Universal (AT pool)</i>	0	Passive · Requires Psionic Apex
15th+	Inner Reserve	<i>Universal (AT pool)</i>	0	Passive
20th	Absolute Zero	<i>Cryokinesis</i>	5	Action
20th	Spreading Flames	<i>Pyrokinesis</i>	5	On Kill (special passive)
20th	Mass Levitation	<i>Psychokinesis</i>	5	Action · Concentratio n
20th	Ball Lightning	<i>Electrokinesi s</i>	5	Action · Concentratio n

04 DISCIPLINES

Choose one Discipline at 3rd level. Your Discipline changes your Manifested Strike's damage type and grants features at 3rd, 7th, 10th, 15th, and 20th level.

Discipline I — CRYOKINESIS [Escalating Lockdown] · Cold damage

A control discipline that builds pressure methodically — speed reduction becomes restraint becomes stun, tightening the vice each round until nothing moves.

Glacial Spike · 3rd · 1 Psi · On Manifested Strike Hit

T0: The target takes 2 cold damage on hit (fixed, does not scale), and its speed is reduced by 5 ft until the end of your next turn (no save). The total speed reduction from all Glacial Spike effects cannot reduce any creature's speed below 10 feet. The target must then make a Con save; on a failure, speed is reduced by an additional 5 ft.

Tier 1 Overload: On a failed Con save, speed becomes 0 instead (ignores the 10 ft floor). On a successful save, the guaranteed 5 ft still applies and the target cannot Dash or gain bonus movement until the end of your next turn.

Tier 2 Overload: On a failed Con save, the target becomes Restrained until the end of your next turn instead of having its speed reduced to 0 (ignores the 10 ft floor).

Snow Chains · 7th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

T0: The target's speed becomes 0 until the end of your next turn (no save). The target must then make a Con save; on a failure, it is also Restrained until the end of your next turn.

Tier 1 Overload: On a failed save, the target also cannot take reactions until the end of your next turn.

Tier 2 Overload: On a failed save, the target is Stunned instead of Restrained until the end of your next turn.

Frozen Ground · 10th · 2 Psi · Action · Concentration, up to 1 minute

T0: Create a 15-ft-radius, 20-ft-high Cylinder of icy difficult terrain centered on a point within 60 ft. When a creature enters the Cylinder for the first time on a turn or starts its turn there, it must make a Con save or fall Prone.

Tier 1 Overload: Expand the radius to 25 ft.

Tier 2 Overload: On a failed save, the target is Restrained instead of Prone (until the end of your next turn).

Ribbon: While Frozen Ground is active, you ignore difficult terrain created by your own ice.

Arctic Tempest · 15th · 3 Psi · Action

T0: Up to 3 creatures within 60 ft take 8d10 cold damage (Con save for half) and are Restrained until the end of your next turn on a failed save.

Tier 1 Overload: +2d10 damage.

Tier 2 Overload: Damage increases to 12d10. On a failed save, targets become Stunned until the end of your next turn instead of Restrained.

Absolute Zero · 20th · 5 Psi · Action

T0: Choose one creature within 60 ft. The target must make a Constitution saving throw, taking 10d10 cold damage on a failed save, or half on a successful one. On a failed save, the target's speed becomes 0 until the end of your next turn.

Tier 1 Overload: Damage increases to 12d10. On a failed save, the target is also Restrained until the end of your next turn.

Tier 2 Overload: Damage increases to 14d10. On a failed save, the target is Stunned until the end of your next turn instead of Restrained. The target's speed becomes 0 even on a successful save.

Discipline II — PYROKINESIS [Compounding Pressure] · Fire damage

A front-loaded burst discipline that rewards aggressive sequencing — lock reflexes with searing flame, blind the target, scatter the cluster, then zone the ground they're standing on.

Ember Lance · 3rd · 1 Psi · On Manifested Strike Hit

T0: The target takes an additional 2 fire damage on hit. This bonus is fixed — it does not scale with your Proficiency Bonus or any other statistic. There is no per-Attack-action cap — you may apply Ember Lance to every hit.

Tier 1 Overload: The fire damage stays at 2, but the strike leaves the target off-balance: the first time each Attack action you Overload Ember Lance to Tier 1 or higher, the target has disadvantage on its next saving throw — against any effect, from any source — before the end of your next turn. This primes the target for your own Flare or Fiery Blast, and equally for an ally's control. A creature can be affected by only one Ember Lance disadvantage at a time; a second application does not stack on the same creature. (Because the trigger is once per Attack action, a second Attack action from Action Surge lets you prime a second, different creature — but never a second disadvantage on the same one.)

Tier 2 Overload: The fire damage stays at 2. First resolve the target's Dexterity saving throw; on a failure it cannot take reactions until the start of its next turn. After that save resolves, apply the Tier 1 effect: the target has disadvantage on its next saving throw against any effect. This ordering prevents the Tier 2 reaction save from consuming Ember Lance's own primer.

Flare · 7th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

T0: The target takes additional fire damage equal to 1 Manifested Strike die (always your base Manifested Strike die). The target must make a Dexterity saving throw or be Blinded until the end of your next turn. This save is made even if the creature takes no damage from this rider.

Tier 1 Overload: The fire damage remains 1 Manifested Strike die. On a hit, the target is Blinded until the end of your next turn with no saving throw.

Tier 2 Overload: The target is Blinded until the end of your next turn (as Tier 1, no save). It also cannot take reactions and cannot regain hit points until the end of your next turn. No saving throw applies to any of these effects.

Fiery Blast · 10th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

T0: Psionic fire erupts from the impact in a 15-ft-radius Sphere centered on the target. Each creature in the Sphere (excluding the target) must make a Dexterity saving throw. On a failed save, a creature takes 2d8 fire damage and is pushed up to 10 feet directly away from the target. On a successful save, it takes half damage and is not pushed.

Tier 1 Overload: The burst Sphere radius increases to 20 feet and the damage increases to 3d8 + your Psionic Ability modifier. The push distance increases to 15 feet.

Tier 2 Overload: The damage increases to 4d8 + your Psionic Ability modifier. Creatures that fail the save cannot take the Dash action and have disadvantage on attack rolls until the end of their next turn.

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

T0: Create a 10-ft-radius, 20-ft-high Cylinder of firestorm centered on a point within 60 ft. The area is difficult terrain for the duration. When a creature enters the Cylinder for the first time on a turn or starts its turn there, it must make a Dexterity saving throw, taking 5d8 fire damage on a failed save, or half as much on a successful one.

Tier 1 Overload: Damage increases to 7d8 + your Psionic Ability modifier.

Tier 2 Overload: Damage increases to 9d8 + your Psionic Ability modifier, and the Cylinder's radius increases to 20 feet.

Spreading Flames · 20th · 5 Psi · On Kill

T0: When you reduce a creature to 0 HP with a Manifested Strike hit (whether the killing damage came from the strike itself or from a rider attached to it), you may spend 5 Psi to trigger an eruption. You choose the Overload tier at the moment of the kill. All creatures in a 20-ft-radius Sphere centered on the creature's space make a Dex save or take 3 Manifested Strike dice of fire damage (half on success). One eruption per Attack action.

Tier 1 Overload: Creatures that fail the save also take additional fire damage equal to your Proficiency Bonus.

Tier 2 Overload: The eruption radius expands to 30 ft and creatures that fail the save cannot take reactions until the start of their next turn.

Spreading Flames is not a rider and does not compete with the rider attached to the killing hit. If you Overload it, declare the tier and pay Blood Tax when the eruption triggers.

Discipline III — PSYCHOKINESIS [Tactical Space Control] · Force damage

A repositioning specialist that dictates where enemies stand — controlling entry points, collapsing formations, and punishing poor positioning. Force is the least-resisted damage type in the game, and every inch of displacement is leverage. Forced movement from this subclass follows normal 5e rules unless a feature says otherwise.

Telekinetic Shove · 3rd · 1 Psi · On Manifested Strike Hit

T0: When a Manifested Strike hits, the target takes 2 force damage, then makes a Strength saving throw. On a failed save, push it 10 feet in any horizontal direction. Applying Telekinetic Shove replaces Push mastery for that hit, whether the save succeeds or fails; the target is moved only once, and a successful save leaves it unmoved.

Tier 1 Overload: The push distance increases to 15 ft on this hit.

Tier 2 Overload: The push distance increases to 20 ft, and on a failed save the target's Speed becomes 0 until the end of your next turn.

Vectored Thrust · 7th · 2 Psi · Bonus Action · Concentration, up to 10 minutes

T0: You gain a fly speed of 30 feet for the duration. The effect ends early if you are incapacitated.

Vectored Thrust is a standalone Bonus Action; Blood Tax is paid when it is activated.

Tier 1 Overload: Flying does not provoke opportunity attacks.

Tier 2 Overload: Your fly speed increases by 5 × your Proficiency Bonus in feet.

Explosion/Implosion · 10th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

T0: Release a telekinetic shockwave in a 15-ft-radius Sphere centered on the target. You choose Explosion (outward) or Implosion (inward) when you activate. Each creature in the Sphere, including the struck target, must make a Strength saving throw. On a failed save, a creature is Restrained until the end of your next turn; each creature other than the struck target that fails is also pushed 15 ft away from or pulled 15 ft toward the target, matching your choice. The struck target is never moved by this effect. On a successful save, a creature is neither moved nor Restrained. Creatures cannot be moved into occupied spaces. Resolve the creatures' movement in an order you choose. A creature whose path is fully blocked stops in the nearest unoccupied space along its line of movement.

Tier 1 Overload: The Sphere's radius increases to 20 ft, and the push or pull distance increases to 30 ft.

Tier 2 Overload: Creatures that fail the save also take force damage equal to your Psionic Ability modifier from the impact.

Use Telekinetic Shove on another hit to position the primary target, then Explosion to scatter a cluster or Implosion to collapse it inward.

Telekinetic Slam · 15th · 3 Psi · Action

You seize a foe with overwhelming telekinetic force and slam it violently into the ground with crushing power.

T0: Choose one creature you can see within 60 feet. The target must make a Strength saving throw, taking 8d10 force damage on a failed save, or half as much on a successful one. On a failed save, the target is also pushed 10 ft in any horizontal direction you choose.

Tier 1 Overload: The damage increases to 10d10. On a failed save, the push distance increases to 20 ft.

Tier 2 Overload: The damage increases to 12d10. On a failed save, the push distance increases to 30 ft, provided the target travels along an unobstructed path to an unoccupied space you can see, and its Speed becomes 0 until the end of your next turn. On a successful save, the target is still pushed up to 10 ft in a horizontal direction of your choice.

Mass Levitation · 20th · 5 Psi · Action · Concentration, up to 1 minute

T0: Choose up to five Medium or smaller creatures within 60 ft, or up to two Large creatures. Huge or larger creatures are immune. Each target must make a Str save or be lifted 30 ft into the air and Restrained (hovering). At the start of each affected creature's turn, it may repeat the Str save; on a success, it descends safely and the effect ends for that creature. While concentration is maintained, creatures that remain Restrained continue to hover. If concentration ends, all affected creatures fall.

While Levitated: A creature Restrained by this feature takes bonus force damage equal to your Psionic Ability modifier the first time each turn it is hit by your Manifested Strike. This bonus is automatic and does not count as a rider.

Tier 1 Overload: Levitated creatures have disadvantage on the repeat Str save against this feature. At the start of each of your turns, you may move each creature still levitated by this feature up to 15 ft in any direction to an unoccupied space you can see. This is forced movement; the creature remains lifted and Restrained throughout.

Tier 2 Overload: At the start of each levitated creature's turn, it first repeats the Strength saving throw from T0. On a success, it descends safely and takes no damage from this tier. On a failure, it remains levitated and takes force damage equal to 2× your Psionic Ability modifier.

Discipline IV — ELECTROKINESIS [Arcing Disruption] · Lightning damage

A spreading-burst discipline that arcs through clusters — front-load the shock to pin a knot of enemies, then let the bolt fall where it cannot be dodged. You endure lightning; you do not duck it. Electrokinesis front-loads its control at 3rd level and its raw damage at 7th, the inverse of Pyrokinesis.

Static Discharge · 3rd · 1 Psi · On Manifested Strike Hit

T0: The struck target takes 2 lightning damage on hit (fixed, does not scale). Lightning also arcs from the point of impact. Each creature within 5 feet of the target (excluding the target) takes lightning damage equal to your Proficiency Bonus. No save. The arc spreads only from the struck target — it does not chain onward from creature to creature.

Tier 1 Overload: The arc damage increases to 2× your Proficiency Bonus. The struck target's fixed 2 lightning damage is unchanged.

Tier 2 Overload: Each creature within 5 feet of the target (excluding the target) must make a Charisma saving throw or be unable to take reactions until the end of your next turn. This save is made even if the creature takes no damage from the arc.

Voltaic Bolt · 7th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

T0: The target takes additional lightning damage equal to 1 Manifested Strike die (always your base Manifested Strike die). There is no saving throw — if the strike hits, the lightning hits.

Tier 1 Overload: The bonus lightning damage increases to 2 Manifested Strike dice.

Tier 2 Overload: The bonus lightning damage increases to 3 Manifested Strike dice, and the target must make a Charisma saving throw. On a failed save, its Speed becomes 0 and it cannot take reactions until the end of your next turn.

Arc Nova · 10th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

T0: Lightning bursts outward in a 10-ft-radius Sphere centered on the struck target. Each other creature in the area must make a Charisma saving throw, taking 3d8 lightning damage on a failed save, or half as much on a successful one.

Tier 1 Overload: The damage increases to 4d8 + your Psionic Ability modifier. The radius remains 10 feet.

Tier 2 Overload: The damage increases to 5d8 + your Psionic Ability modifier. A creature that fails the save also cannot take reactions and has disadvantage on attack rolls until the end of its next turn.

Chain Lightning · 15th · 3 Psi · Action

T0: Choose one creature you can see within 60 feet as the primary target. It takes 8d8 lightning damage (Charisma save for half). The lightning then arcs to up to 3 other

creatures within 30 feet of the primary target; each takes 4d8 lightning damage (Charisma save for half).

Tier 1 Overload: The primary target takes 10d8, and the lightning arcs to up to 5 other creatures, each taking 5d8.

Tier 2 Overload: The primary target takes 12d8, and each secondary target takes 6d8. Every target that fails its save cannot take reactions and has disadvantage on attack rolls until the end of your next turn. If the primary target fails its save, its Speed also becomes 0 for that same duration.

Ball Lightning · 20th · 5 Psi · Action · Concentration, up to 1 minute

T0: Conjure a hovering orb of lightning filling a 15-ft-radius Sphere at a point within 60 feet. When a creature enters the Sphere for the first time on a turn or starts its turn there, it must make a Charisma saving throw, taking 4d8 lightning damage on a failed save, or half as much on a successful one. As a bonus action on your turn, you can move the orb up to 15 feet.

Tier 1 Overload: The radius increases to 30 feet.

Tier 2 Overload: A creature that fails the save cannot take reactions and has disadvantage on attack rolls while it is inside the Sphere. These effects end immediately when the creature is no longer inside the Sphere.

Lightning immunity and resistance exist in the wild (some elementals, constructs, and blue or bronze dragons), so Electrokinesis has a soft spot against those foes. This is milder than Pyrokinesis against fire immunity only because lightning immunity is rarer — when it does land it is just as total, since Manifested Strike itself is lightning-typed.

05 ADVANCED TRAINING

These are universal psionic techniques, not tied to any Discipline. Advanced Training III (15th) grants one pick, Advanced Training IV (18th) grants a second, and Advanced Training V (20th) grants a third, for three of eight at 20th level. You may swap a pick whenever you gain a Fighter level. Deflection Screen and Phase Step are core features granted at 5th and 10th level; their Overload tiers are listed here for reference.

ADVANCED TRAINING I AND II: DEFLECTION SCREEN AND PHASE STEP

Advanced Training I: Deflection Screen · 5th Level · 1 Psi · Reaction · Once per Round

T0: When you take damage, you may use your reaction and spend 1 Psi to reduce it by 3d8 + your Psionic Ability modifier. Not usable against Blood Tax or self-inflicted damage.

Tier 1 Overload: The reduction increases to 5d8 + your Psionic Ability modifier.

Tier 2 Overload: The reduction increases to 7d8 + your Psionic Ability modifier. The attacker must make a Strength saving throw. On a failed save, it is pushed up to 15 feet away from you and knocked Prone. On a successful save, it is pushed 5 feet away. If the damage had no originating creature (a trap, environmental effect, falling damage, or similar), this push-and-Prone effect does not occur; the damage reduction still applies.

Advanced Training II: Phase Step · 10th Level · 1 Psi · Bonus Action

T0: Teleport up to 15 ft to an unoccupied space you can see. This movement does not provoke opportunity attacks.

Tier 1 Overload: Teleport up to 30 ft instead.

Tier 2 Overload: As Tier 1. Choose either the space you left or the space where you appear. Each creature of your choice within 5 feet of that space must make your Discipline's signature saving throw against your Psionic save DC. On a failed save, it cannot take reactions until the start of your next turn.

ADVANCED TRAINING III, IV, AND V (15TH, 18TH, AND 20TH LEVEL)

Psychic Lance · High Tier · 3 Psi · On Manifested Strike Hit · Once per Attack Action

T0: The target takes 4d8 psychic damage. There is no saving throw — if the strike hits, the lance hits.

Tier 1 Overload: Damage increases to 6d8 psychic.

Tier 2 Overload: Damage increases to 8d8 psychic, and this damage ignores Resistance to psychic damage.

Beguile · High Tier · 3 Psi · Action

T0: You produce the effects of charm person (Concentration, up to 1 hour) without casting a spell. The target makes a Charisma saving throw against your Psionic save DC. This feature is exclusive — you choose one tier when you activate it. Higher tiers replace the effect entirely; they do not stack.

Tier 1 Overload: You instead produce the effects of suggestion (Concentration, up to 8 hours) without casting a spell. Charisma save against your Psionic save DC.

Tier 2 Overload: You instead produce the effects of mass suggestion, affecting up to five creatures you can see within 60 feet (Concentration, up to 8 hours), without casting a spell. Each target makes a Charisma saving throw against your Psionic save DC.

Beguile is a standalone Action — it does not require a Manifested Strike hit and is not a rider. All tiers require Concentration and consume your concentration slot. Beguile is not a spell: it requires no components, cannot be Counterspelled or dispelled, is unaffected by features that key off spellcasting (such as Mage Slayer), and its save is always Charisma regardless of your Discipline. It is escalating mental influence, not spellcasting.

Mind Blast · High Tier · 3 Psi · On Manifested Strike Hit · Once per Attack Action

T0: The target is Blinded until the end of your next turn. There is no saving throw — if the strike hits, the blast lands.

Tier 1 Overload: The target is Blinded as at Tier 0 (no save) and must make an Intelligence saving throw. On a failed save it is also Incapacitated until the end of your next turn.

Tier 2 Overload: The target is Blinded as at Tier 0 (no save) and must make an Intelligence saving throw. On a failed save it is Stunned until the end of your next turn instead of Incapacitated.

Mind Blast is the Advanced Training pool's dedicated control pick. Blinded is its reliable floor; Incapacitated and Stunned are the Overload payoff. Psychic Lance is the damage choice, while Mind Blast is the control choice.

Gravitic Press · High Tier · 3 Psi · Action · Concentration, up to 1 minute

T0: Create a 15-ft-radius, 20-ft-high Cylinder of intensified gravity centered on a point within 60 ft. The area is difficult terrain for the duration. Any creature in the zone has its speed halved (no save). A flying creature that enters the zone or starts its turn there immediately falls to the ground, taking fall damage as normal, and cannot fly or gain a fly speed while it remains in the zone. A creature that enters the area for the first time on a turn or starts its turn there must make a Strength saving throw or be unable to take reactions until the start of its next turn.

Tier 1 Overload: Creatures that fail the save also have disadvantage on attack rolls while they remain in the zone.

Tier 2 Overload: Creatures that fail the save are also knocked Prone.

Gravitic Press is a standalone Action — it does not require a Manifested Strike hit and is not a rider. Requires Concentration.

Barrier · High Tier · 3 Psi · Bonus Action

T0: For 1 minute, choose one of the following effects, which lasts for the duration. Blade Shield: you have resistance to bludgeoning, piercing, and slashing damage from weapon attacks. Elemental Shroud: choose one damage type from acid, cold, fire, lightning, or thunder; you have resistance to that damage type. Spellward: you have advantage on saving throws against spells. Steadfast Guard: you have advantage on Strength saving throws, and on ability checks and saving throws to resist being grappled, shoved, knocked prone, or forcibly moved. Mental Bulwark: you have advantage on saving throws against being charmed, frightened, blinded, restrained, incapacitated, paralyzed, or stunned.

Tier 1 Overload: Choose two of the five effects instead of one.

Tier 2 Overload: The duration increases to 10 minutes. While Barrier is active, you can use a bonus action to replace one of your chosen effects with a different one from the list, or — if Elemental Shroud is among your active effects — to change Shroud's chosen damage type to another from its list. Each swap costs 1 Psi point. Changing Shroud's damage type counts as your swap for that bonus action; you cannot also replace an effect. You cannot swap an effect to match one you already have active.

Barrier is a standalone Bonus Action — not a rider.

Improved Phase Step · High Tier · 3 Psi · Bonus Action

T0: As a bonus action, teleport up to 30 feet to an unoccupied space you can see. Choose either the space you left or the space where you appear as the origin of a 5-foot-radius Sphere. Each other creature in the Sphere must make your Discipline's signature saving throw against your Psionic save DC, taking 3d10 damage of your Manifested Strike's damage type on a failed save, or half as much on a successful one. This movement does not provoke opportunity attacks, and you are unaffected by the burst.

Tier 1 Overload: The teleport range increases to 60 feet and the burst damage increases to 4d10.

Tier 2 Overload: The burst damage increases to 5d10. A creature that fails the save also cannot take reactions until the end of its next turn.

Improved Phase Step is a standalone Bonus Action — it is not a rider and does not require a Manifested Strike hit. Where Phase Step is a cheap utility blink, Improved Phase Step is the longer, costlier blink that detonates on either end of the jump.

Overload Mastery II · High Tier · Passive · Requires Psionic Apex (18th)

You can choose this feature only if you have Psionic Apex. You gain one additional use of Overload Mastery per short rest. This stacks with the use granted by Psionic Apex, giving you two total uses per short rest.

Inner Reserve · *High Tier* · *Passive*

Your maximum Psi point pool increases by 4. You cannot choose this feature more than once.

06 DESIGN IDENTITY

Complexity: Advanced — Manages Psi Points, Overload tiers, and concentration. Recommended for players comfortable with resource management. New to 5e? Start with Champion or Battle Master.

Mental-stat Fighter · Short-rest striker/controller hybrid — Voluntary self-destructive nova engine · Blood Tax scales with Proficiency Bonus — Four Discipline identities · Universal psionic toolkit · No Psi recovery in combat

07 DISCIPLINE CHEATSHEETS

Quick-reference feature list per Discipline. Detailed play patterns and sample turns are available in the separate Discipline Player Sheets (not included in this document).

CRYOKINESIS — ESCALATING LOCKDOWN

3rd: Glacial Spike (rider, unlimited). 7th: Snow Chains (rider, once/Attack action). 10th: Frozen Ground (action, concentration). 15th: Arctic Tempest (action, nova). 20th: Absolute Zero (single-target nuke, 10d10 cold). Identity: speed → 0 → Restrained → Stunned. No innate flight; use Phase Step.

PYROKINESIS — COMPOUNDING PRESSURE

3rd: Ember Lance (rider, unlimited). 7th: Flare (rider, once/Attack action). 10th: Fiery Blast (rider, once/Attack action). 15th: Firestorm (action, concentration zone, 5d8/7d8+mod/9d8+mod). 20th: Spreading Flames (5 Psi on-kill, player picks OL tier). Identity: flat fire on every lance, prime the target's saves, zone with Firestorm. High burst. No innate flight; use Phase Step.

PSYCHOKINESIS — TACTICAL SPACE CONTROL

3rd: Telekinetic Shove (rider, unlimited). 7th: Vectored Thrust (bonus action, concentration, flight). 10th: Explosion/Implosion (rider, once/Attack action, push or pull). 15th: Telekinetic Slam (action, single-target nuke). 20th: Mass Levitation (5 Psi, action, concentration, up to 5 targets Restrained). Identity: push, pull, pin, fly. Force is least-resisted. Innate flight via VT.

ELECTROKINESIS — ARCING DISRUPTION

3rd: Static Discharge (rider, 5-ft arc, no save). 7th: Voltaic Bolt (rider, once/Attack action, no-save lightning, T2 Cha save or Speed 0 + no reactions). 10th: Arc Nova (rider, once/Attack action, 10-ft burst). 15th: Chain Lightning (action, primary + 3–5 arcs). 20th: Ball Lightning (5 Psi, action, concentration, movable 15-ft orb). Identity: front-load the shock at 3rd, then the unavoidable bolt at 7th — the inverse of Pyro. Cha signature save. Soft spot: lightning immunity. No innate flight; use Phase Step.

Universal tools (all disciplines): Deflection Screen (5th, 3d8/5d8/7d8+mod soak). Phase Step (10th, teleport 15 ft). AT III (15th, 1 of 8 picks). AT IV + Psionic Apex (18th, 2nd pick + Overload Mastery). AT V (20th, 3rd pick). 20th: Discipline capstone + AT V.

08 CHANGELOG

v10.1.0 — Current

v10.1.0 — The constant-step and dead-tier pass. Damage ladders that increase dice now advance by the same number of dice at each Overload tier: Psychic Lance 4d8/6d8/8d8; Deflection Screen 3d8/5d8/7d8 + modifier; Firestorm 5d8/7d8+modifier/9d8+modifier; Arctic Tempest 8d10/10d10/12d10; Absolute Zero 10d10/12d10/14d10; Telekinetic Slam 8d10/10d10/12d10; Voltaic Bolt 1/2/3 Manifested Strike dice; Fiery Blast 2d8/3d8/4d8; Arc Nova 3d8/4d8/5d8; Chain Lightning 8d8/10d8/12d8 on the primary and 4d8/5d8/6d8 on arcs; and Improved Phase Step 3d10/4d10/5d10. Firestorm is rebuilt as a compact punishment zone: 10-foot radius at Tier 0 and Tier 1, 20 feet at Tier 2, difficult terrain retained, and the no-Dash rider removed. Phase Step Tier 2 no longer transports an ally; it emits a 5-foot discipline-signature-save pulse at the departure or arrival space that denies reactions on a failed save. Leaping Strike is renamed Improved Phase Step. Blood Tax wording now states its resistance and immunity interactions directly: psychic Resistance halves it, psychic Immunity behaves as Resistance, and no reduction can take it below half the declared amount, rounded down. Harnesses are updated to publish the official 25% Blood Tax baseline, retain 50% as a stress run, gate Tier 2 riders at level 10, and report Firestorm with a two-trigger baseline and three-trigger ceiling.

v10.0.0

v10.0.0 — The chassis release. Manifested Strike can no longer be Overloaded — the strike never steps its die and never generates Blood Tax. Overload now belongs entirely to techniques: riders and standalone features keep their Tier 1 and Tier 2 Overloads, their Blood Tax (PB / 2×PB, paid on declaration), and the one-Tier-2-per-Attack-action limit, which now simply reads one Tier 2 rider. In exchange, the base die is rebuilt on the Monk ladder: d6 at 3rd–4th, d8 at 5th–10th, d10 at 11th–16th, d12 at 17th–20th — answering the magic-weapon damage gap with growth the class no longer bleeds for, and collapsing the six-column die table to two. Rider dice inherit the new base die, as always. Declaration shortens to rider + tier, and the die-step machinery, Option 3 wording, and dual-Overload attack packages are all retired. Four smaller changes ship in the same pass. Ember Lance loses its twice-per-Attack-action cap and becomes unlimited like the other three 3rd-level riders; the Tier 1 save-primer remains once per Attack action and non-stacking, exactly as fenced in v9.2. Arctic Tempest's Tier 1 is simplified to +2d10 damage — the cold-vulnerability clause is deleted, since it multiplied an uncontrolled quantity (Action Surge follow-ups, allies, three targets) against creatures Restrained was already amplifying the party's output on. Barrier's Tier 2 swap may now change Elemental Shroud's damage type instead of replacing an effect; either way it consumes the swap — one per bonus action, 1 Psi, no double-dipping. And a documentation bug is fixed: one Section 01 passage still said Blood Tax damage occurs after the attack resolves, contradicting the immediate-on-declaration rule

confirmed in v9.8.1. Every worked example, Blood Tax figure, sequence table, and build summary across all five documents is rewritten for the new economy. Balance note: the official harness is re-baselined to a 25% voluntary Blood Tax budget (50% is retained as an aggressive-cadence stress run), and published figures remain attack-loop damage only — Cryokinesis in particular runs on one modelled feature where the others run on two. Against the damage-optimized Eldritch Knight benchmark under the new baseline, at levels 7/11/15/20: Pyrokinesis 98.9 / 83.2 / 105.5 / 93.1, Cryokinesis 85.1 / 72.9 / 101.7 / 91.9, Psychokinesis 85.1 / 73.3 / 101.7 / 91.9, Electrokinetics 105.5 / 89.3 / 101.6 / 93.1 — roughly five EK-percentage-points above v9.8 at 7/11/15 and ten at 20, all inside the accepted band. The control build moves from 66.7 to 72.1 at 20th; the 15th-level control figure is unchanged at 63.8, the d10 exactly replacing the lost Tier 1 step.

v9.8.1

v9.8.1 — Maintenance patch. No balance changes; a full documentation sweep after v9.8 shipped, plus two rules clarifications that were always intended but never written down. Corrections: the Advanced Training pool is described as eight picks throughout — three references in the main rules and one on each player sheet still said nine after Surge was cut. The Attack Declaration Costs table said an Overloaded Manifested Strike gives “die step + bonus damage”; v9.4 removed that flat bonus, so it now reads die step only. Advanced Training III, IV and V said the chosen feature “can be Overloaded normally,” which is untrue of Inner Reserve and Overload Mastery II — both passive — so the wording is now conditional, and those picks list their Psi cost as Varies rather than 3. On the Electrokinetics sheet, a pattern note still described Voltaic Bolt’s Tier 2 as imposing Restrained (v9.7 changed it to Speed 0 and no reactions), and a Mini Nova row credited Static Discharge Tier 1 with a no-reactions save that belongs only to Tier 2. Static Discharge’s Tier 1 text now specifies that only the arc damage scales, not the struck target’s fixed 2. On the Psychokinesis sheet, two level-15 patterns still described Explosion/Implosion’s movement as automatic, which v9.6 changed to a Strength save gating both movement and Restrained; and the level-20 example claimed that ending Vectored Thrust means “you land this turn” — it grants no safe descent, so an airborne Vanguard falls normally. Magic Resistance language is standardized: creatures with it have advantage on saves against all Kinetic Vanguard features, not only riders. Clarifications: Telekinetic Shove replaces the Push mastery on declaration, not on success — if the target saves, it is not moved, and Push cannot be applied as a fallback. That is a deliberate trade, and against a strong Strength save the mastery’s guaranteed movement is often the better play. Blood Tax is taken immediately when the Overload is declared and is never held until the attack resolves; the intent was always immediate payment, and deferring it would add bookkeeping for no benefit. Nothing here changes a damage number, saving throw, or condition, so both harnesses and every published figure stand unaltered.

v9.8

v9.8 — The Advanced Training audit. A control-reliability harness run against real SRD monsters exposed a problem the damage sims had only hinted at: the Advanced Training picks were not competing with each other. Psychic Lance dealt substantially more damage than Mind Blast at identical cost, matched its control on ordinary creatures, and beat it badly against bosses — because Lance targeted Intelligence while Mind Blast targeted Charisma, and Intelligence save proficiency is rare at high CR. Surge, meanwhile, was a third rider in the same slot with flat damage across all three tiers and a save that changed quality depending on your Discipline. One pick was correct and the others were traps. Four changes fix it by giving every pick a single job. Psychic Lance is now pure damage: 4d8, 5d8, 6d8 psychic with no saving throw at all, and its Tier 2 ignores Resistance to psychic damage. It answers “I want this thing dead” and nothing else. Mind Blast is now pure control, built on a floor rather than a gamble: the target is Blinded with no saving throw at every tier, and the Intelligence save governs only the escalation to Incapacitated at Tier 1 and Stunned at Tier 2. It deals no damage, and its saving throw moves from Charisma to Intelligence — with Psychic Lance no longer rolling a save at all, the more favourable save type was free, and the real-monster data shows Intelligence is the weaker save on most high-CR creatures (liches and other high-Intelligence casters being the legible exception). The reason for the no-save floor is the harness itself — against creatures with Magic Resistance, save-gated lockdowns landed as low as 3% of the time, while Cryokinesis’s Snow Chains stayed useful at around 80% because its Speed 0 requires no save. A control pick that can do nothing at all is not a control pick. Dazzle is renamed Beguile and becomes purely social. Its Tier 2 is now mass suggestion on up to five creatures rather than hold monster, and a Social Influence clause states that its commands cannot dictate how a creature participates in combat. This also resolves a reliability problem that was never really a problem: hold monster and charm person are blocked outright by the Paralyzed and Charmed immunities that almost every high-CR boss carries, which matters enormously for a combat lockdown and not at all for a tool you use on a harbourmaster. Surge is cut. Its identity as “a shutdown strike” was exactly the job Mind Blast now holds, its damage never scaled with Overload, and its signature save made it quietly worse for Cryokinesis than for Psychokinesis through no design intent. The pool is now eight picks across seven roles — damage, control, social, zone, defence, mobility, and two economy options — with no two picks answering the same question.

v9.7

v9.7 — The turn-denial pass. v9.6 started looking at the control half of the class; this finishes the job it began. An audit of every condition in the subclass found that Tier 2 had quietly become a synonym for “and then it is Stunned” — twelve features could deny a creature its turn outright, and nine of them reached Stunned specifically. The result was that all four Disciplines, which spend the

whole game establishing distinct identities, converged on the same outcome at exactly the level identity should matter most. The new rule: turn-denial conditions — Stunned, Incapacitated, and Paralyzed — belong to Cryokinesis, whose identity is lockdown, and to Advanced Training picks, where you spend one of only three slots to get them. Restrained is explicitly NOT covered: a Restrained creature still takes its action, bonus action, and reaction, so it is positional control rather than turn denial, and it stays wherever the fiction earns it. That distinction is what keeps the Disciplines from having to buy all their control from the Advanced Training pool. Seven features change. Flare's Tier 2 no longer Incapacitates; the target is Blinded, cannot take reactions, and cannot regain hit points, with no saving throw — an automatic package because Blinded is already automatic at Tier 1 and the tier needs a floor it cannot whiff past. Telekinetic Shove's Tier 2 replaces Restrained with Speed 0. Telekinetic Slam loses Prone at Tier 1 as well as Stunned at Tier 2, and its ladder becomes a clean escalation of forced movement instead — a 10 ft push, then 20 ft, then 30 ft along an unobstructed path with the target's Speed dropping to 0, and a 10 ft push even on a successful save. Prone came out because Slam is an Action and Action Surge into an Attack action is a legitimate line: knocking a target down and then shooting it from 60 ft means attacking at disadvantage, which is the same self-sabotage this Discipline removed from its riders several versions ago. Mass Levitation keeps its Restrained — suspended helplessly in midair is exactly what that condition describes — but its Tier 1 drops Incapacitated in favour of letting you reposition every levitated creature 15 ft at the start of each of your turns. Voltaic Bolt's Tier 2 trades Restrained for Speed 0 and no reactions. Chain Lightning's Tier 2 drops the primary Stun; every target that fails now loses reactions and attacks at disadvantage, with the primary also rooted at Speed 0. Ball Lightning's Tier 2 becomes zone-tied suppression — no reactions and disadvantage on attacks while inside the Sphere, ending the moment a creature leaves it — which also retires the once-per-activation Stun limiter added in v9.6, since there is no longer a Stun for it to cap. An honest note on the numbers: no direct damage expression changes, so the Monte Carlo harness needs no recalculation and the v9.5 figures stand. But this is still a real reduction in combat power. Restrained and Stunned both grant attackers advantage, and Stunned additionally auto-fails Strength and Dexterity saves, so removing them lowers the party's realised damage. The harness does not need re-running because it never measured any of that — this is a nerf the tool cannot see, not a change that is not happening.

v9.6

v9.6 — The control pass. The last several patches were about damage: v9.4 flattened the curve, v9.5 re-priced Tier 2 and the premium shutdowns. With the numbers sitting where they should, this release turns to the other half of what the class does. Three changes, all of them control. (1) Explosion/Implosion now gates its forced movement behind the Strength saving throw it was already rolling. Previously the push or pull was automatic — no save — and the save only

determined whether a creature was also Restrained. That made Implosion a guaranteed way to collapse a scattered group into a tidy cluster for someone else's area spell, every Attack action, forever. Setting up your party is a good thing for a martial to do, and the combo is deliberately preserved; what it should not be is automatic. Now one Strength save decides both outcomes: fail and you are moved and Restrained, succeed and you are neither. The struck target rolls against being Restrained but is never moved, since it is the point everything else moves relative to. Both modes use the identical rule — no one should have to remember which half of a feature allows a save. Strong creatures now plant their feet, which is what should happen when you try to drag a giant across a battlefield. (2) Explosion/Implosion's Tier 1 Overload is fixed. It read "the push or pull distance increases to 30 ft," which was a real upgrade for Explosion and did nothing whatsoever for Implosion — every eligible creature already began within 15 feet of the centre and could not be pulled past it. Tier 1 now also increases the Sphere's radius to 20 feet, so Implosion gets what it actually wanted from an Overload: a wider collection area. Explosion keeps its 30-foot launch untouched. (3) Ball Lightning can now Stun a given creature only once per activation. A 20th-level concentration capstone is entitled to be dramatic, but a persistent orb that re-rolls a Stun every time a creature enters it or starts a turn in it could erase several turns off a single bad roll. Damage continues to apply normally on every trigger; only the Stun is limited. Nothing in this patch changes any damage number, so the Eldritch Knight benchmark figures from v9.5 stand unaltered.

v9.5

v9.5 — The re-pricing patch. A tightening pass on the Overload economy and the two premium Advanced Training shutdowns, plus a couple of clean-ups. Five changes. (1) Tier 2 Blood Tax drops from $3 \times \text{PB}$ to $2 \times \text{PB}$. v9.4 nerfed Tier 2 twice — it removed the flat damage bonus and capped Tier 2 to one declaration per action — but left the old $3 \times \text{PB}$ price from when Tier 2 was worth more. This re-prices it to what a Tier 2 is now actually worth. It also makes the tier math cleaner: Tier 1 costs PB, Tier 2 costs $2 \times \text{PB}$ — each tier is one PB, instead of Tier 2 tripling Tier 1 for a single extra die-step. Damage is unchanged; this only lowers the self-damage cost of Overloading. (2) Psychic Lance loses its flat modifier bonus. Tier 2 was $6d8 + 2 \times \text{your modifier}$; it is now $6d8$. Tier 1 was $5d8 + \text{modifier}$; it is now $5d8$. The dice are untouched — Lance is still the biggest single rider in the kit — but it was out-damaging every other option by enough that it had become the auto-pick for all four disciplines at high level, flattening their identities into "whoever casts Lance." (3) Mind Blast loses its flat modifier the same way: Tier 2 $4d8 + 2 \times \text{modifier}$ becomes $4d8$, Tier 1 $3d8 + \text{modifier}$ becomes $3d8$. Its control ladder — Blinded, then Incapacitated, then Stunned — is untouched. Dropping the modifier on both shutdowns together preserves the gap between them while pulling the whole high-tier damage band down: Lance remains the higher-damage Intelligence-save shutdown, while Mind Blast remains the lower-damage Charisma-save option with Blinded at T0. They are

distinct choices instead of Lance being strictly better. (4) Inner Reserve now grants a flat +4 Psi instead of +PB — a clean quarter of a 20th-level pool, no lookup. (5) Cleanups: the level-11 Cryokinesis worked example is rebuilt as a legal one-Tier-2 package (T0 MS + Glacial Spike T2); all Blood Tax worked examples are updated for the 2×PB price; and stale Ember Lance +3 references are fixed to the v9.4 uniform +2. Balance note: against the Eldritch Knight benchmark — the closest official peer, a Fighter who also trades weapon damage for a limited magic kit — these changes bring the level-15 spike (where the Vanguard had been running 117–121% of a damage-optimized EK, entirely on the back of Psychic Lance) down to roughly parity, and settle 20th-level output more comfortably below the EK. The Vanguard now sits at or below its hybrid peer at every sampled level.

v9.4

v9.4 — The flatten-and-simplify patch. Fourth step of the 9.x arc, and the one that finally gets Pyrokinesis cleanly below a pure striker while making the Overload economy simpler to run. Five changes. (1) Tier 2 Overload no longer adds a flat damage bonus — the second die-step is the entire benefit; the old +1×PB is gone. This removes the level-10 damage spike and flattens Pyrokinesis's curve so it never breaks 100% of the Champion benchmark at any level. (2) One Tier 2 per Attack action, on your Manifested Strike OR one rider — never both. Tier 2 is now a single declaration per action; Action Surge still grants a second action and a second Tier 2. Simpler to track, and it prices the double-dip burst. (3) Every Discipline's 3rd-level rider now deals a flat +2 damage on hit — uniform across all four. Ember Lance drops +3→+2; Glacial Spike, Telekinetic Shove, and Static Discharge each gain +2 on the struck target. One rule: the 3rd-level rider always adds +2. This floats the control trio into the 65–76% band and brings Pyrokinesis to ~81% at 20th — genuinely below a dedicated striker. (4) Area-shape standardization: persistent ground zones are Cylinders (Frozen Ground, Firestorm, Gravitic Press, 20 ft high); instantaneous bursts are Spheres (Fiery Blast, Explosion/Implosion, Arc Nova, Spreading Flames, Ball Lightning, Leaping Strike). (5) Zone re-entry unified to the 2024 standard — enters for the first time on a turn or starts its turn there — closing Frozen Ground's walk-out-and-back-in exploit. The official harness is updated for all of this and corrects a lingering Ember-Lance-at-PB discrepancy; rules-aligned numbers are now Pyro ~81% / trio 65–76% at 20th.

v9.3

v9.3 — The let-them-burn patch: Blood Tax pays on declaration, Overload Mastery halves instead of negates, riders standardize on the base die, Ember Lance goes flat, and two defensive ribbons are stripped. Third step of the 9.x party-sanity arc, and the first to price the throttle instead of capping it. (1) Blood Tax timing: Blood Tax is now paid when you declare an Overload, whether or not the attack hits or the target resists — the power is spent the moment you

channel it, same as Psi. The old miss exception made a whiffed Overload cost only Psi; now escalation always costs blood, and a bad position bleeds both bars. Every example, table, and design note referencing hit-only Tax is updated. (2) Overload Mastery (18th) now halves (round down) all Blood Tax for the turn instead of negating it — still once per short rest, still covering Action Surge. The free nova is gone: your mastered turn costs half price, and under the new timing it bills you even for the misses. (3) Base-die standardization: Flare and Surge always roll your base Manifested Strike die, even riding an Overloaded strike — Voltaic Bolt's v8.1.1 no-double-dip rule, extended class-wide and stated once in the rider definition. (4) Ember Lance deals a fixed +3 fire damage at every level and tier (was +PB). Simple table math — no lookup, no first-versus-second asymmetry, Hex-precedent flat rider. Slight buff at 3–4, identical at 5–8 (PB 3), and a deliberate back-loaded trim (–1/–2/–3 per hit at 9–12/13–16/17–20) that brings Pyrokinesis's no-Overload loop down where the mid-game heat actually lived. (5) Steeled Mind (10th) and Mental Fortitude (18th) are removed entirely. Steeled Mind's concentration Expertise was a safety net at odds with the let-them-burn economy — Overloading while you hold a zone now carries a real, compounding concentration risk, priced like everything else (and note the RAW consequence, accepted deliberately: Resilient (Con) is dead on a Fighter chassis and War Caster requires a Spellcasting feature this class lacks, so there is no feat path around the risk). Mental Fortitude is deleted rather than softened, which also resolves a suite desync — some player sheets still printed a pre-9.x immunity wording. 10th and 18th remain full levels. (6) Sweep catches fixed in passing: the Section 01 Tier 2 Blood Tax sentence read "1×PB... 1×PB total," contradicting the 3×PB figure everywhere else; the level-11 Pyro example still said EL T1 primes "vs a Pyro feature" (broadened to any effect in v9.2); the Pyro cheatsheet still referenced the doubling primer removed in v9.1; the level-11 Psychokinesis example still pushed 5 ft on Telekinetic Shove (10 ft since v8.1.7); worked-example averages recomputed (Pyro turn ~38 → ~37). (7) Suite sync: all four player sheets and the DM Quick Reference are rebuilt at v9.3, correcting stale text found in the sweep — the Pyrokinesis sheet's Flare Tier 1 still printed the pre-v9.1 "2 MS dice" wording and its Firestorm Tier 2 printed 1×PB instead of 2×PB, the Electrokinesis sheet's Voltaic Bolt Tier 2 still said 3 MS dice (2 since v9.1), and the Psychokinesis sheet carried pre-v8.1.7 Telekinetic Shove distances. Official balance numbers (exact harness kv_montecarlo_v9_3_official.py, rules-aligned scripted play, % of the legacy Champion comparator at L5/10/15/20): Pyrokinesis 101.1 / 106.3 / 99.6 / 85.4 (was 101.1 / 114.3 / 111.0 / 96.3), Cryokinesis 65.0 / 75.7 / 72.3 / 66.9, Psychokinesis 65.0 / 84.8 / 77.4 / 70.4, Electrokinesis 65.0 / 95.8 / 86.8 / 77.0 — the last three unchanged, since only Pyro's kit and the shared cost rules are touched. Under scripted cadence the declaration-paid Blood Tax now runs 24–79% of max HP per three-turn cycle depending on level and discipline, and Overload Mastery trims one turn of it by half: the price is the cap.

v9.2 — Ember Lance low-level fix, second step of the 9.x party-sanity arc. v9.1 turned Ember Lance into a control rider (flat damage, Overload adds control), but its Tier 1 effect — disadvantage on the target's next save against a Pyrokinesis feature — was inert at levels 3–6, because no Pyrokinesis feature forces a save until Flare arrives at 7th. A 3rd-level rider whose Overload did nothing for four levels (while still charging Blood Tax) was a trap, and that is not acceptable in a class that already asks careful resource management of its players. The fix: Ember Lance's Tier 1 disadvantage now applies to the target's next saving throw against ANY effect, from any source, not just your own Pyrokinesis features. This gives it real value from level 3 — it primes the target for an ally's Hold Person or a teammate's control just as well as for your own Flare — and gives Pyrokinesis a light party-support identity it lacked. Two guards keep it from being too cheap or exploitable, both prompted by a Monte Carlo check against the stacked-save-or-lose / Legendary Resistance scenario: it triggers only the first time each Attack action you Overload Ember Lance (not once per strike), and a creature can be affected by only one Ember Lance disadvantage at a time (a second application does not stack on the same target). Because the trigger is per Attack action, Action Surge lets you prime a second, different creature — respecting the Fighter chassis — but never a second disadvantage on the same one, so the single-boss case is unchanged. The simulation confirmed the ungated version roughly tripled a party's odds of landing a save-or-lose on a legendary boss; the once-per-turn plus no-stack guards bring that back close to baseline while still fixing the dead levels. No damage numbers change — this is a control-only adjustment, and the balance figures from v9.1 are unaffected.

v9.1

v9.1 — first chassis step of the 9.x party-sanity arc, and an honest correction. Two things happened. First, the disclosure: the published Monte Carlo harness was undercounting Kinetic Vanguard damage. It stepped the Manifested Strike die for Overload but never added the Overload's flat damage bonus (+PB at Tier 1, +2×PB at Tier 2) that the rules require — so every Overloaded strike was scored low by that bonus, across multiple versions. The corrected harness (which also now models the Archery Fighting Style, Graze on misses, and critical rider dice) shows the real baseline: the class was running at roughly 170% of a Champion fighter at high level — not the ~96% the v9.0 changelog claimed. Every published balance number before this was low. The v9.0 die cap and Ember Lance trim were real changes, but they were calibrated against a false floor, so they under-delivered. This is the same full-disclosure standard as the earlier sim-fix notes, but it touches the headline numbers, so it leads this entry. Second, the fix. The purpose of the whole 9.x arc is to make the Kinetic Vanguard a party member instead of a solo act — at 170% of a pure striker WHILE controlling the battlefield, a Vanguard makes the other four seats at the table feel redundant. v9.1 rebuilds the Overload economy to bring that down: (1) Tier

1 Overload no longer adds a flat damage bonus (it still steps the die); Tier 2 Overload adds 1×PB instead of 2×PB. Blood Tax — the self-damage cost — is unchanged, so you pay the same and get less, which is the nerf stated plainly. (2) Tier 2 Overload can be applied to only one Manifested Strike per Attack action; a Tier 2 is a big, near-guaranteed hit and you should not chain it across every strike. Action Surge still grants a second Attack action, and therefore a second Tier 2, because Action Surge is a core Fighter feature this class respects. (3) Ember Lance's bonus drops from 2×PB to 1×PB, and its Tier 2 doubling primer is removed entirely — replaced with immediate control: on a Tier 2 Ember Lance hit, the target makes a Dexterity saving throw (Pyrokinesis's signature save) or cannot take reactions until the start of its next turn. No primer, no marker, nothing to track. The prime-and-detonate damage spike is gone; a clean reflex-disruption takes its place. Net result against a Champion: Pyrokinesis lands around 96% at 20th (still the clear damage king, still a touch hot in the mid-game, which is its hook), and the other three Disciplines land in the 65–80% band — controllers first, strikers second, teammates rather than protagonists. Two more damage trims land here as well, tuned against a corrected harness: Flare's Tier 1 no longer doubles its die (it stays one Manifested Strike die and instead makes its Blind unsavable), and Voltaic Bolt's Tier 2 no longer adds a third die (it stays two dice and keeps its Restrained). These bring Pyrokinesis and Electrokinesis into line under optimized play. Note on the numbers: the published Monte Carlo harness had further errors beyond the Overload bonus — it made Flare's and Voltaic Bolt's Overload dice unreachable, forced the single Tier 2 strike onto the first attack rather than the optimal one, and granted Psychokinesis a free Mass Levitation bonus it never paid for. An exact-expectation harness that models optimal play (correct rider handling, best Tier 2 placement, no free capstone) is now the official balance oracle. The figures below are optimized-play numbers, not best-case-for-the-designer numbers. This is a big step, not the finish line: the 9.x arc will continue tuning toward true party-parity as playtest data comes in. The corrected harness is now the official sim.

v9.0

v9.0 — the honest pass. This is the largest rebalance in the subclass's history, and unlike every patch before it, it is a deliberate power reduction rather than a bug fix or clarification. The design realization: a ranged striker/controller hybrid that approaches or exceeds a pure striker's damage is overtuned by definition — it is getting striker damage AND controller utility. A Kinetic Vanguard should sit below a pure martial on raw damage, paying for the control half of its kit, with Pyrokinesis the clear internal damage king but no longer a rival to a dedicated striker. Three levers bring the whole class down: (1) The Manifested Strike die now caps at 1d8 base / 1d10 Tier 1 / 1d12 Tier 2 from level 11 onward, instead of continuing to grow to 1d12 / 1d20 / 1d20+1d12 at 20. Levels 3–10 are unchanged; the cut lands entirely at the high end where the class was hottest. (2) Ember Lance's bonus is reduced from 3× to 2× your

Proficiency Bonus. (3) Ember Lance's Tier 2 primer now grants a half-strike bonus (the next strike deals an extra half of its damage) instead of doubling the strike outright, and Voltaic Bolt is trimmed from 2/3 to 1/2 Manifested Strike dice. Net single-target result versus a Champion fighter: Pyrokinesis falls from roughly 164% at 20th to about 96%, and the other three Disciplines land in the 55–75% band — controllers first, strikers second. Pyrokinesis keeps its crown (clearly the top damage Discipline and still able to run a little above a martial in the mid-game, which is its hook) but no longer outshines a class whose entire job is damage. Blood Tax values are unchanged. The prime-and-detonate play pattern is intact — the primer is smaller, not gone. Worked examples, the die tables on all player sheets, and the published Monte Carlo harness are updated to match.

v8.1.9

v8.1.9: Current-rules pass plus a rules-lawyer sweep. The subclass now targets current 5e (2024 rules plus errata) only; the old 2014 fallbacks (Crossbow Expert, “ignore under 2014” gating on Weapon Mastery, and various “under the 2024/2014 rules” qualifiers) are removed, which lets several features stop hedging and simply state the rule. No damage numbers changed anywhere in this patch. Fixes prompted by a deep edge-case audit: (1) The half-Proficiency-Bonus to Manifested Strike attack rolls is now written as a flat Psionic Focus bonus (+1/+2/+3 by level) and called an independent bonus, so it can never be read as adding Proficiency twice — same numbers, cleaner wording. (2) Steeled Mind now grants Expertise (double Proficiency Bonus) on Concentration saves; the old “+PB” did nothing, since Fighters are already Constitution-proficient. (3) A critical hit doubles rider dice dealt to the struck target only — it does NOT double save-based area damage against secondary creatures (Fiery Blast, Arc Nova, Static Discharge). (4) Ember Lance's doubling primer now defines its object precisely (Manifested Strike dice and modifier, strike only) and its critical-hit order (crit first, then primer; dice never roll more than twice — no ×4). (5) Overload Mastery must be declared before your first Overloaded roll of the turn. (6) Deflection Screen's Tier 2 push-and-Prone only applies when the damage had an originating creature. (7) Dazzle no longer says “you cast” — it produces the effects of charm person / suggestion / hold monster without casting a spell; it is a magical effect, not a spell, and its save is always Charisma. (8) All Kinetic Vanguard features are classified as magical effects for Magic Resistance while remaining non-spells and non-Magic-actions. (9) You can take only one standalone psionic Action per turn, even with Action Surge (a second Attack action is still fine). (10) Cryokinesis's Slow mastery now includes the official no-stacking-past-10-feet cap. (11) Graze correctly resolves on a miss despite the general “no effects on a miss” rule. Plus smaller corrections: Surge Tier 2 now reads “on a failed save,” Leaping Strike no longer catches the Vanguard in its own burst, Explosion/Implosion has simultaneous-movement and collision wording, the level-3 feature table lists Kinetic Mastery and the Discipline Signature Save, Empathic Sense defines its passive Insight locally,

“Martial Archetype” is now “Fighter Subclass,” and a stale 4×PB Ember Lance reference on the Pyrokinesis sheet is corrected to 3×PB. Area-shape templates (Sphere/Cylinder/Emanation) and zone re-entry timing are deferred to a dedicated v8.2 pass.

v8.1.8

v8.1.8: Rules-lawyer patch — six clarifications and one design note, zero balance changes. Prompted by a deep edge-case audit. (1) Blood Tax can no longer be reduced below half or prevented entirely by any means, including psychic immunity; psychic resistance still halves it as before. This closes an infinite-free-Overload hole without touching the intended resistance interaction. (2) Deflection Screen cannot be used against Blood Tax or any self-inflicted damage — it is a shield against the world, not a refund on your own throttle. (3) Critical hits: a crit doubles the damage dice of the Manifested Strike AND of any rider on that hit, per standard 5e rules (flat bonuses like Ember Lance are not dice and are not doubled). This was always the RAW reading; it is now explicit. (4) Dazzle is not a spell. It requires no components, cannot be Counterspelled, and is unaffected by anti-spellcasting features; its save is always Charisma. It is escalating mental domination that mimics charm person / suggestion / hold monster, not the spells themselves. (5) Manifested Strike now explicitly counts as a ranged weapon attack made with a ranged weapon you are proficient with, so Archery, Sharpshooter, Crossbow Expert, and Elven Accuracy all apply without argument — the same treatment the Soulnife’s Psychic Blades receive. (6) Spreading Flames triggers on a killing Manifested Strike hit whether the lethal damage came from the strike or from a rider attached to it. (7) Design note added to Psychic Lance and Mind Blast: their weakness to Magic Resistance and Legendary Resistance is intended, not a bug — hard single-target control is precisely what those defenses answer.

v8.1.7

v8.1.7: Psychokinesis control pass, plus a parked clarification. (1) Psychokinesis was the weakest of the four controllers, and it had a self-inflicted problem: it knocked targets Prone, and Prone gives a creature disadvantage on its own attacks — but it also gives DISADVANTAGE to attackers more than 5 feet away. A 60-foot psionic striker who knocks a target Prone was then shooting at that target with disadvantage: the discipline was sabotaging its own follow-ups. Explosion/Implosion’s base effect is now Restrained instead of Prone. Restrained locks the target down harder (Speed 0, not merely a crawl) and gives ranged attackers ADVANTAGE, turning a self-inflicted wound into a genuine control tool. Telekinetic Slam and Mass Levitation keep their Prone→Stunned ladders, which already end stronger than Restrained. (2) Telekinetic Shove’s base push is raised from 5 to 10 feet, matching the Push mastery from v8.1.6. Direction, not distance, is what you pay Psi for: Push moves a target straight away from you, Telekinetic Shove moves it 10 feet in any horizontal direction.

They no longer stack — if you apply Telekinetic Shove on a hit, it replaces the Push mastery for that hit, so the ceiling stays 10 feet of forced movement, never 20. (3) Clarified in the DM Quick Reference that Voltaic Bolt always rolls its base Manifested Strike die and does not inherit the strike's Overload step-up — already true in the rules, now called out where a DM will see it mid-combat.

v8.1.6

v8.1.6: Weapon Mastery arrives, plus one errata. (1) New feature — Kinetic Mastery (3rd level). This subclass sits on a Fighter chassis, and the Fighter's Weapon Mastery feature was doing nothing for it: a Kinetic Vanguard does not swing weapons, so a whole class feature sat dead. Your Manifested Strike now has a mastery property set by your Discipline — Pyrokinesis: Graze; Cryokinesis: Slow; Psychokinesis: Push; Electrokinetic: Sap — and it does not count against your Weapon Mastery limit. (This mirrors the Soulknife Rogue, whose Psychic Blades get Vex for free and off-limit.) Masteries stack with your Discipline riders rather than replacing them. Vex was considered for Electrokinetic and rejected: Monte Carlo showed it as a flat 20% damage increase at every level, which would have broken the parity the other three Disciplines were just tuned to. Graze, by contrast, is a flat bonus that shrinks as a proportion — about +16% at 3rd level, falling to +4% at 20th — which is exactly the right shape: strongest when your mastery is all you have. Sap, Push and Slow deal no damage and so change no damage numbers at all. Graze follows the Holdout Option (force damage, halved and rounded down); Sap and Push trigger on a hit alone and therefore work even against a creature immune to your element. (2) Errata — Psionic Instinct named the 3rd-level riders explicitly, and that list was written when there were three Disciplines. Read strictly, an Electrokinetic did not get their free Static Discharge. The wording is now Discipline-agnostic and will not go stale again.

v8.1.5

v8.1.5: Ember Lance reined in, plus a rename and a clarity pass. (1) Monte Carlo stress-testing kept flagging Pyrokinesis as far too strong at high level — roughly double a comparable martial's single-target damage at 20th. The cause was structural: Ember Lance was the only damage rider in the class with no per-Attack-action cap, so its damage multiplied by your attack count AND your Proficiency Bonus, growing about 3× from 5th to 20th while a martial's grows about 2×. Ember Lance is now capped at twice per Attack action, and its damage is your Proficiency Bonus / 3× PB / 3× PB (was 2× / 4× / 4×). Pyrokinesis remains the single-target damage king by a wide margin — it is simply no longer double a martial. Levels 5 through 10 are almost unchanged; the correction lands where the problem was, at 15th and 20th. (2) Static Shock is renamed Static Discharge. No mechanical change: "shock" implied a single-target jolt, but the feature arcs outward from the struck target, and Electrokinetic is the crowd discipline. (3) The four Discipline identities are now stated plainly up front: Pyrokinesis melts the boss, Electrokinetic kills the room, Cryokinesis stops the

room, Psychokinesis rearranges it. (4) New rule — the Holdout Option. A Manifested Strike may be declared as force damage instead of your Discipline's type, dealing half damage (rounded down). Riders are unaffected and keep their element. This closes the worst structural hole in the subclass: a Discipline used to deal literally zero to a creature immune to its element, and Pyrokinesis in particular fell off a cliff against fire-immune enemies. It is a fallback, not an escape hatch — half damage, no rider benefit, and full Blood Tax if you Overload. Against a merely resistant creature it gains you nothing, so it is a tool for immunity alone. Psychokinesis already deals force and so has no use for it.

v8.1.4

v8.1.4: Clarification plus one genuine bug fix, both about damage immunity. (1) A rider's control was always meant to survive damage immunity — the saving throw and any condition it inflicts apply even when the target takes no damage — but the rules never actually said so. They do now, and it matters: roughly half of what this subclass does is control, and none of it cares whether your element is resisted. (2) Static Shock's Tier 2 was worded as "each creature that takes this damage must make a Charisma saving throw," which meant a lightning-immune creature took no damage, never made the save, and silently ignored the control. It now targets each creature in the arc regardless of damage taken. Flare and Surge carried a looser "must then make" phrasing that could be read the same way; both tightened. No damage values changed.

v8.1.3

v8.1.3: Clarification — Manifested Strike in melee. Manifested Strike is a ranged attack, and it now says so plainly: a hostile creature within 5 feet that can see you and isn't Incapacitated imposes disadvantage on the strike, exactly as it would on a bow. There is no carve-out and no discipline removes it. The Kinetic Vanguard is a ranged striker, and being dragged into melee is meant to be a painful, recoverable lesson — not a death sentence. The ordinary answers apply, since Manifested Strike counts as a ranged weapon attack: the 2024 Sharpshooter feat's Firing in Melee benefit (or, under the 2014 rules, Crossbow Expert) removes the disadvantage; Phase Step gets you out; or you can simply draw a real weapon and swing it. This also settles a standing ambiguity — the DM Quick Reference previously listed the feat adjacency clause as a DM call, and it is now a definite yes. No mechanics changed.

v8.1.2

v8.1.2: Pyrokinesis single-target trim from Monte Carlo stress-testing. Ember Lance's Tier 2 doubling-primer now resolves only once per Attack action. Ember Lance is still usable on multiple hits for its flat fire damage, but you can no longer chain the doubled strike from hit to hit (prime hit 2, double hit 2 and re-prime hit 3, and so on) — which was pushing Pyrokinesis's high-level

single-target well past a strong martial. This shaves the level 15–20 ceiling without touching the early game or Pyrokinesis’s damage-king identity. Also fixed: two Pyrokinesis player-sheet sample turns still listed Flare’s save as Constitution; corrected to Dexterity (Flare became a Dexterity save in v8.1.0). No other disciplines are affected.

v8.1.1

v8.1.1: Electrokinesis tuning pass from Monte Carlo stress-testing. Voltaic Bolt now uses your base Manifested Strike die instead of the Overloaded die — it no longer double-dips on the strike’s own Overload — and its Tier 2 stops adding a fourth die; instead the target must make a Charisma saving throw or be Restrained. Static Shock’s Tier 2 softens from Restrained to “can’t take reactions,” so the Electrokinesis control ladder now climbs cleanly by level and delivery: no reactions on the 3rd-level arc, Restrained on the 7th-level single-target bolt, and Stunned on the 15th-level Chain Lightning. The design note on lightning immunity is clarified — it is rarer than Pyrokinesis’s fire problem, but just as total when it lands, since Manifested Strike itself is lightning-typed. No other disciplines are affected.

v8.1.0

v8.1.0: New discipline — Electrokinesis, and the rules cleanup that made room for it. Electrokinesis (Arcing Disruption, lightning damage, Charisma signature save) joins as the fourth Discipline: Static Shock (3rd), Voltaic Bolt (7th), Arc Nova (10th), Chain Lightning (15th), and Ball Lightning (20th). It front-loads control at 3rd and pure damage at 7th — the inverse of Pyrokinesis — and trades per-die power for more targets (d8-based bursts). A new cross-cutting rule, Discipline Signature Save, is now formalized: Pyrokinesis resists with Dexterity, Cryokinesis with Constitution, Psychokinesis with Strength, and Electrokinesis with Charisma. Type-flexible Advanced Training picks (Surge, Leaping Strike) inherit the striker’s discipline damage type and signature save; Psychic Lance and Mind Blast stay psychic. To make the Signature Save table true with no carve-out, Flare’s save changed from Constitution to Dexterity — dodging a flash is a reflex, and “endure” is Cryo’s word — so Pyrokinesis is now uniformly Dexterity. Concussive Surge is renamed Surge (its damage is no longer always force): it now deals your Manifested Strike’s damage type and uses your signature save. A new universal Advanced Training pick, Leaping Strike, is added — a bonus-action teleport with an origin-or-destination detonation of your MS damage type — bringing the AT pool to nine picks (you still choose three). Finally, Empathic Sense’s Active Scan now grants uses equal to half your Proficiency Bonus (rounded down) rather than your full Proficiency Bonus. A new Electrokinesis player sheet ships alongside this version.

v8.0.2

v8.0.2: Two fixes. (1) Magic Resistance ruling, now stated in the rules. Manifested Strike is not a spell, but it IS a magical effect — so a creature with Magic Resistance (or a similar trait) has advantage on the saving throws your riders force (Glacial Spike, Telekinetic Shove, Mind Blast, and so on). The strike's attack roll and damage are not affected at all. This hits the control disciplines (Cryo, Psycho) hardest, since their value is in landing conditions, while a Pyrokinesis damage build barely notices; it also stacks unpleasantly with Legendary Resistance against bosses like the Tarrasque. The note now lives in the Manifested Strike feature text (source of truth) and in the DM Quick Reference Common Rulings. (2) Psychokinesis player sheet, Level 15 Mini Nova corrected. The old Mini Nova row used both Concussive Surge and Mind Blast in one turn — two Advanced Training riders — which is illegal, since you have exactly one AT pick at 15th level. The row now assumes Barrier as the AT pick (a bonus-action buff, not a rider — and the pick most players actually take) and rebuilds the nova from Psychokinesis discipline riders only (Explosion/Implosion plus Telekinetic Shove), with Telekinetic Slam via Action Surge for the Full Nova. Damage, Psi, and Blood Tax figures recomputed. The Pyrokinesis and Cryokinesis sheets were already legal and are unchanged.

v8.0.1

v8.0.1: Barrier Tier 2 swap is cheaper. By popular request, the mid-combat effect swap no longer costs Blood Tax — it now costs only 1 Psi point per swap. The Psi was always the part of the cost that made swapping a real decision (Psi is the scarce, no-in-combat-recovery resource); the Tier 1 Blood Tax on top of it was, at the levels where you hold Barrier, close to a rounding error on your hit points while still feeling punitive on a purely defensive option. Removing it keeps the meaningful brake (Psi) and drops the one that was mostly just stinging. Because there is no longer any Blood Tax on the swap, the “not waived by Overload Mastery” clause is gone too — there is nothing left for Overload Mastery to interact with, and the 1 Psi is always spent regardless. The 10-minute duration and two carried effects are unchanged. Also cleaned up: the player-sheet shorthand for this cost still carried a leftover rolled-track notation (“PB / 1 MS die”) from before the v8.0.0 track merge; with the Blood Tax gone, that orphaned reference is removed.

v8.0.0

v8.0.0: Single track. The tables have spoken — the rolled-Blood-Tax variant was a fun experiment but a headache to run at speed, so it is retired. Flat Blood Tax (Tier 1 = your Proficiency Bonus, Tier 2 = 3× your Proficiency Bonus) is now the one and only Blood Tax rule, and the separate v7.18.xA alternate document is discontinued. All track-conversion scaffolding has been removed from the three player sheets and the DM Quick Reference — the “this sheet serves both rules” notes, the N×PB-to-dice conversion lines, and the pointer to the rolled variant

are all gone, leaving a single clean rules set. No mechanics changed for anyone who was already playing the mainline (flat) rules: this is the promotion of that track to the sole official version, plus a documentation deep-clean. Also folded in: the Advanced Training rider list in How to Play now names Concussive Surge alongside Psychic Lance and Mind Blast for completeness. Thank you to everyone who playtested both tracks and sent session reports — that feedback is exactly what decided this.

v7.18.5

v7.18.5: Barrier Tier 2 swap — final cost tuning. The mid-combat effect swap now costs 1 Psi point in addition to the Tier 1 Blood Tax introduced in v7.18.4. Reason: at high levels the Blood Tax alone is nearly a rounding error on a Fighter's hit point bar — not enough friction to make round-by-round swapping a real decision. Psi is the deliberately scarce resource (no in-combat recovery), so spending 1 Psi per swap is drawn from the same pool funding your Overloads, Deflection Screens, and riders. That is where the cost actually bites, and it ensures no character can shrug the swap off on a deep HP pool. The Blood Tax portion is still not an Overload, so Overload Mastery does not waive it; the 1 Psi is always spent regardless. This is the intended resting point for Barrier — the swap is available and useful, but priced on both health and resource so it is a choice, not a reflex. Applies to both the flat (mainline) and rolled (v7.18.5A) tracks.

v7.18.4

v7.18.4: Barrier Tier 2 swap restored — now with a cost. Community feedback found the v7.18.3 hard lock too blunt, so the mid-combat effect swap is back: while Barrier is active you may again use a bonus action to replace one chosen effect with another. The difference from the original is that each swap now costs psychic self-damage equal to a Tier 1 Overload's Blood Tax (your Proficiency Bonus on the flat track; one base Manifested Strike die on the rolled track). That price keeps round-by-round re-tuning a real decision instead of the free always-correct defense it used to be, while staying well short of a Tier 2 Blood Tax, which playtesters judged too punishing for a defensive utility. Important: the swap cost is not itself an Overload, so Overload Mastery does not waive it — this prevents free swaps on your nova turn. The 10-minute duration and the two carried effects are unchanged. Applies to both the flat (mainline) and rolled (v7.18.4A) tracks.

v7.18.3

v7.18.3: Barrier Tier 2 toned down. T2 previously let you spend a bonus action each round to swap one active effect for another from the list, free of Psi and Blood Tax — which turned Barrier into an always-correct defense that re-tuned itself to whatever threat showed up, round by round. T2 now keeps its two

upgrades over T1 (two chosen effects, carried from T1; duration raised to 10 minutes) but locks those effects in: once Barrier is active, your choices are committed for the duration. You still pick the right two for the situation when you cast it — you just can't hot-swap mid-fight anymore. Applies to both the flat (mainline) and rolled (v7.18.3A) tracks. No other features touched.

v7.18.2

v7.18.2: Layout fix on the Cryokinesis player sheet. Overload Mastery II and Inner Reserve (Advanced Training pool picks added in v7.17.0) had been inserted into the Cryokinesis discipline block — between Snow Chains and Frozen Ground — instead of at the end of the Advanced Training section. Cause: the v7.17.0 insertion anchored on the line “T2: Stunned instead of Restrained,” which Snow Chains T2 and Concussive Surge T2 share verbatim, and matched the wrong one on this sheet only. The two picks now sit after Concussive Surge, matching the Pyrokinesis and Psychokinesis sheets. No text or mechanical changes — the blocks moved, nothing else.

v7.18.1

v7.18.1: Docs-only release — the support docs are now officially track-agnostic. The three discipline player sheets and the DM Quick Reference now serve both Blood Tax rules: mainline flat (this document) and the v7.18.0A rolled variant. This works because the two systems share an exact unit structure — Tier 1 = 1 unit, Tier 2 = 3 units, where a unit is PB (flat) or 1 roll of the base Manifested Strike die (rolled) — so every N×PB figure on the sheets converts to N dice with matching averages. A track-conversion note has been added to the Overload & Blood Tax box on all three player sheets and to the DMQR Blood Tax section. The main rules document gains a pointer to the variant. No mechanical changes to either track.

v7.18.0

v7.18.0: Psionic Instinct reined in. The free rider each Attack action is now restricted to your 3rd-level discipline rider (Glacial Spike, Ember Lance, or Telekinetic Shove). Previously the freebie covered any rider — including 2-Psi riders (Snow Chains, Flare, Fiery Blast, Explosion/Implosion) and 3-Psi Advanced Training riders (Psychic Lance, Mind Blast, Concussive Surge) — at any Overload tier, with Action Surge doubling the windows. A free Concussive Surge T2 Stun attempt every Attack action at high levels was too large a subsidy. The freebie attaches to the 3rd-level rider specifically and is order-independent: declaring a different rider first does not waste it. The “never naked” identity is preserved — your signature rider is always free once per Attack action, any tier, Blood Tax still applying if Overloaded. Level 15 optimal attack sequence tables recomputed on all three player sheets (Psi totals rose where a 7th/10th/AT rider had claimed the freebie). Also fixed: Section 07 cheatsheet said “1 of 6 picks” for

AT III (now 1 of 8); removed stale version tag from the DMQR Psionic Instinct header.

v7.17.0

v7.17.0: Three additions. (1) Two new Advanced Training pool picks bring the pool from 6 to 8 features. Overload Mastery II is a passive AT pick that grants one additional use of Overload Mastery per short rest, stacking with the use from Psionic Apex (18th) for two total nova turns per short rest. Has no effect before 18th level. Inner Reserve is a passive AT pick that increases your maximum Psi pool by your Proficiency Bonus. Cannot be taken more than once — selecting it for a second AT slot does nothing. (2) Telekinetic Shove Tier 2 Overload reworked from “push 15 ft + Prone” to “push 15 ft + Restrained until end of your next turn.” Brings Psychokinesis’s 3rd-level rider into parity with Cryokinesis’s Glacial Spike T2 (also Restrained), which was the only hard-CC effect on an unlimited 3rd-level rider until now. Prone alone didn’t give Psycho enough lockdown teeth on the rider — enemies just stood back up. Restrained pins them in place, fits the discipline identity (“Tactical Space Control”), and keeps the one-save pattern (single Str save, no Con save tacked on). Hard Stun stays on TK Slam T2 (15th-level Action) where it belongs. (3) Cliff Notes, AT section intros, Psi Cost Reference tables, and DMQR AT picks row all updated to reflect the new pool size and picks.

v7.16.3

v7.16.3: Gravitic Press now grounds flying creatures. A flying creature that enters the zone or starts its turn there immediately falls to the ground, taking fall damage as normal. Creatures in the zone cannot fly or gain a fly speed. This is a zone baseline effect — no Overload tier required. Also: Mind Blast saving throw changed from Wisdom to Charisma. Charisma represents force of personality and strength of will — resisting a psionic assault is an act of self-assertion, not perception. This also targets a less common strong save than Wisdom. Updated across all docs.

v7.16.2

v7.16.2: Gravitic Press reworked. The zone baseline now halves speed for any creature inside (no save), on top of the existing difficult terrain. The tier effects have been reordered: T0 is now Str save or no reactions (was Prone), T1 is disadvantage on attack rolls while in zone (was no reactions), T2 is Prone (was disadvantage on attacks). Prone moves to T2 because it’s the strongest single condition in the list. Also added a Mob row to the Level 15 optimal attack sequence tables on all three player sheets: Pyro gets AoE damage (Fiery Blast T1 burst), Cryo gets multi-target lockdown (Snow Chains + Glacial Spike on separate targets), Psycho gets AoE repositioning (Explosion/Implosion scatter/collapse).

v7.16.1

v7.16.1: Final polish pass. Fixed main doc title header (was still v7.15.10 from the version bump). Rewrote v7.16.0 changelog entry to remove an internal contradiction (first paragraph described the pre-Action-Surge OM scope while the addendum described the post-Action-Surge scope). Standardized Overload Mastery wording across DMQR to match the player sheet phrasing exactly. Clarified DMQR Deflection Screen T2 row to show that T2 inherits T1's damage reduction and adds the Str save pushback. No mechanical changes from v7.16.0.

Full changelog for v7.16.0 and earlier is available in previous releases.

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