KINETIC VANGUARD

Fighter · Martial Archetype · Cryokinesis

Character Sheet · v3.4

Quick Reference

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

Save DC = 8 + Proficiency Bonus + Psionic Ability modifier

Psi Points = ⌈Fighter level ÷ 2⌉ + Proficiency Bonus. Regain all on short/long rest.

Manifested Strike: Magical ranged attack (60 ft), cold damage, +Psionic Ability mod to damage. Replaces any weapon attacks.

Psionic Instinct: First Manifested Strike hit each Attack action triggers your 3rd-level T0 rider for 0 Psi.

Blood Tax Formula (hit only): (T1 × PB) + (T2 × 3 × PB). Self-damage bypasses THP, cannot be reduced.

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

01 OVERLOAD

The Blood Tax

Tier 1 Overload (3rd level): Increase MS die by one step. Add PB to damage. On hit: BT = PB.

Tier 2 Overload (11th level): Increase MS die by two steps total. Add 2×PB to damage total. On hit: BT = 3×PB (includes T1).

Declare full package before the roll: MS + one rider + all Overloads. Hit: everything resolves, full Blood Tax. Miss: Psi spent, no effects, no Blood Tax.

One rider per hit. MS Overload and rider Overload are independent — Overload one, the other, both, or neither.

02 CORE FEATURES

Telepathy 3rd Level · Passive

Communicate telepathically with any creature you can see within 60 ft that understands at least one language. Does not grant mind reading.

Empathic Sense 7th Level · Passive

Perceive surface emotions within 60 ft. Advantage on Wisdom (Insight) checks against creatures in range. Add your Psionic Ability modifier to passive Perception against creatures within 60 ft that harbor hostile intent toward you, provided they have readable surface emotions.

Vanguard Training 7th Level · Passive

Gain proficiency in one of: Arcana, Insight, Intimidation, Investigation, Perception, or Persuasion. Add Psionic Ability modifier to checks using that skill.

Steeled Mind 11th Level · Passive

Add your Proficiency Bonus to Constitution saving throws made to maintain concentration.

Psionic Apex 20th Level · Passive

Psychic Resistance: Resistant to psychic damage. Overload self-damage still applies.

Overload Mastery: Once per short rest, declare an Overload with no Blood Tax. Effects still apply normally.

Mental Fortitude: Advantage on saves against charmed or frightened.

03 ADVANCED TRAINING

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

T0: When you take damage, spend 1 Psi to reduce it by 1d10 + Psionic Ability modifier.

T1: Reduction increases to 1d10 + Psionic Ability modifier + Proficiency Bonus.

T2: Attacker makes a Str save: fail = pushed 15 ft + Prone; success = pushed 5 ft.

Phase Step 10th Level · 1 Psi · Bonus Action

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

T1: Teleport up to 30 ft instead.

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

Advanced Training III (15th) and IV (20th): Choose 2 of 3. Swappable on level-up. You cannot hold the same feature across both slots.

Mind Crush High Tier · 3 Psi · On MS Hit · Once per Attack Action

T0: Target makes an Int save or loses the ability to take reactions until end of your next turn.

T1: On failed save, target is also Incapacitated until end of your next turn.

T2: Target is Stunned instead of Incapacitated on a failed save.

Dazzle High Tier · 3 Psi · Action

T0: Choose a creature within 60 ft that you can see. Target makes a Wis save or is Charmed by you until end of your next turn.

T1: On failed save, target is Blinded instead of Charmed until end of your next turn.

T2: On failed save, target is Incapacitated instead of Blinded until end of your next turn.

Burst High Tier · 3 Psi · On MS Hit · Once per Attack Action

T0: All creatures within 15 ft of target make a Dex save, taking 2 MS dice force damage on failure (half on success).

T1: Radius increases to 20 ft.

T2: Creatures that fail are also knocked Prone and pushed 10 ft away from the target.

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 MS Hit

T0: Target's speed is reduced by 5 ft until end of your next turn (no save). Cannot reduce below 10 ft cumulatively. Target then makes a Con save; on failure, speed reduced by an additional 5 ft.

T1: On failed Con save, speed becomes 0 instead (ignores 10 ft floor). On success, guaranteed 5 ft still applies and target cannot Dash or gain bonus movement until end of your next turn.

T2: On failed Con save, target becomes Restrained until end of your next turn instead of speed 0 (ignores 10 ft floor).

Frozen Ground 7th · 2 Psi · Action · Concentration, up to 1 min

Piercing Cold: Your cold damage from subclass features ignores resistance.

T0: Create a 15-ft radius area of icy difficult terrain centered on a point within 60 ft. Creatures that enter or start their turn in the area must make a Con save or fall Prone.

T1: Expand the radius to 25 ft.

T2: On a failed save, target is Restrained instead of Prone (until start of your next turn).

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

Cold Supremacy 10th · Passive

Resistance: You gain resistance to cold damage.

Bonus Damage: Once per turn, when you hit with MS, deal bonus cold damage equal to PB.

Creeping Cold: Each Glacial Spike hit applies a cumulative −1 penalty to the target's Con saves against your subclass features (max −3). Lasts until end of your next turn.

Ribbon: Chill, freeze, or preserve objects and small quantities of liquid by touch at will. Comfortable in extreme cold.

Overload (declare before first MS roll this turn):

T1: Bonus Damage applies to all hits during the Attack action, not just one.

T2: Each target of the Bonus Damage must make a Con save or have speed reduced by 10 ft until end of your next turn. Stacks with Glacial Spike.

Snow Chains 15th · 3 Psi · On MS Hit · Once per Attack Action

T0: Target must make a Con save or become Restrained until end of your next turn.

T1: Target also takes cold damage equal to Psionic Ability modifier at the start of each of its turns while Restrained.

T2: On failed save, target is Stunned instead of Restrained until end of your next turn.

Arctic Tempest 18th · 4 Psi · Action

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

T1: +2d10 damage. Targets that fail gain vulnerability to cold damage until end of your next turn. Vulnerability takes effect after this ability's damage.

T2: On failed save, targets become Stunned until end of your next turn instead of Restrained.

05 FEATURE TABLE

Level	Feature
3rd	Psionic Discipline, Psi Reservoir, Telepathy, Manifested Strike, Overload, Psionic Instinct, Glacial Spike
5th	Advanced Training I: Deflection Screen
7th	Empathic Sense, Vanguard Training, Frozen Ground

10th	Cold Supremacy, Advanced Training II: Phase Step
11th	Steeled Mind
15th	Snow Chains, Advanced Training III (1 high-tier pick)
18th	Arctic Tempest, Discipline Mastery
20th	Advanced Training IV (1 high-tier pick), Psionic Apex