Monk

The warriors, scholars and healers who take up the journey of the monk dedicate their lives to the pursuit of one goal: perfection. Physical training leads to unparalleled mental discipline and rigorous meditation gives them mastery over their bodies. The sevenfold paths to enlightenment grant various abilities along the way, such as peerless defense, lightning-fast attacks or even limited spellcraft.

You must have a Dexterity score and a Wisdom score of 13 or higher in order to multiclass in or out of this class.

The Monk					
Level	Proficiency Bonus	Martial Arts	Ki Points	Unarmored Movement	Features
1st	+2	1d4	–	–	Intuitive Defense, Martial Arts, Style Tradition
2nd	+2	1d4	2	+10 ft.	Ki, Unarmored Movement, Deflect Blows, *Dedicated Weapon (Optional)*
3rd	+2	1d4	3	+10 ft.	Monastic Tradition, Perfect Defense, *Ki-Fueled Attack (Optional)*
4th	+2	1d4	4	+10 ft.	Ability Score Improvement, Slow Fall, *Quickened Healing (Optional)*

5th	+3	1d6	5	+10 ft.	Extra Attack, Stunning Strike, Martial Arts Expertise *Focused Aim (Optional)*
6th	+3	1d6	6	+15 ft.	Ki-Strike (Magic), Monastic Tradition feature, Inner Harmony
7th	+3	1d6	7	+15 ft.	Evasion, Purity of Mind and Body
8th	+3	1d6	8	+15 ft.	Ability Score Improvement
9th	+4	1d6	9	+15 ft.	Unarmored Movement improvement, Deflect Blows (Melee), Martial Arts Special Ability
10th	+4	1d6	10	+20 ft.	Flawless Attack
11th	+4	1d8	11	+20 ft.	Monastic Tradition feature, 2nd Flurry Attack
12th	+4	1d8	12	+20 ft.	Ability Score Improvement
13th	+5	1d8	13	+20 ft.	Tongue of the Sun and Moon, Deflect Blows (All Attacks), Ki-Strike (Force)

14th	+5	1d8	14	+25 ft.	Diamond Soul
15th	+5	1d8	15	+25 ft.	Timeless Body, Third Eye Open
16th	+5	1d8	16	+25 ft.	Ability Score Improvement,
17th	+6	1d10	17	+25 ft.	Monastic Tradition feature, 3rd Flurry Attack
18th	+6	1d10	18	+30 ft.	Spirit Walker
19th	+6	1d10	19	+30 ft.	Ability Score Improvement
20th	+6	1d10	20	+30 ft.	Bodhisattva

Class Features

As a monk, you gain the following class features.

Hit Points

Hit Dice: 1d8 per monk level
Hit Points at 1st Level: 8 + your Constitution modifier
Hit Points at Higher Levels: 1d8 (or 5) + your Constitution modifier per monk level after 1st

Proficiencies

Armor: None
Weapons: Simple weapons, shortswords
Tools: Choose one type of artisan's tools or one musical instrument
Saving Throws: Strength, Dexterity
Skills: Choose two from Acrobatics, Athletics, History, Insight, Religion, and Stealth

Equipment

You start with the following equipment, in addition to the equipment granted by your background:

- (a) a shortsword or (b) any simple weapon
- (a) a dungeoneer's pack or (b) an explorer's pack
- 10 darts

Intuitive Defense

Beginning at 1st level, you may trust entirely in your . While you are wearing no armor and not wielding a shield, your AC equals 13 + your Wisdom modifier.

Style Tradition

Beginning at 1st level, you specialize in a fighting style with a Favored Ability, which grants a skill proficiency at 1st level and expertise with that skill at 5th level, which means your proficiency bonus is doubled for any ability check you make with it. You also gain a special ability at 9th level.

There are many styles with different names and these are just the most common – for instance, northern monasteries may teach a different Crane Style which favors Dexterity and dwarven schools may teach a Constitution-favored Mountain Style.

- **Tiger Style:** Your Favored Ability is Strength. You gain proficiency in Athletics at 1st level and expertise at 5th level. At 9th level, you gain advantage on Athletics rolls. You may also ignore size restrictions on contests in combat such as shoving or grappling, but lose your advantage if you do so.

  Additionally at 9th level, once per turn when grappling two opponents, you may use an attack on your turn to smash them into each other: if your attack roll beats the AC of both opponents, you deal your unarmed strike damage to them both, but the attack fails if you fail to beat either opponent's AC.

- **Snake Style:** Your Favored Ability is Dexterity. You gain proficiency in Stealth at 1st level and expertise at 5th level. At 9th level, you gain advantage on initiative rolls. Additionally, if you hit a creature with an attack roll, the creature takes an extra 2d6 damage if it hasn't taken a turn yet in the current combat.

- **Crane Style:** Your Favored Ability is Constitution. You gain proficiency in Insight, Perception or Medicine at st level and expertise at 5th level. At 9th level, any creature you hit with a melee monk weapon attack or unarmed strike suffers disadvantage on attack rolls against any other creature than you until the beginning of your next turn. If a creature is affected by another similar effect, the latest effect applied takes precedence.

- **Monkey Style:** Your Favored Ability is Intelligence. You gain proficiency in Investigation at 1st level and expertise at 5th level. At 9th level, you learn one spell each of 1st, 2nd and 3rd level from any class. Your spellcasting ability for these spells is Intelligence. You do not gain any means of casting these spells apart from the ki points or spell slots that you already have.

- **Dragon Style:** Your Favored Ability is Charisma. You gain proficiency in Intimidate at 1st level and expertise at 5th level. At 9th level, when you roll initiative, every creature of your choice within 60ft must make a Wisdom saving throw or be Frightened for 1 minute. A creature can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. The save DC is 8 + your proficiency bonus + your Charisma modifier.

Martial Arts

At 1st level, your practice of martial arts gives you mastery of combat styles that use unarmed strikes and monk weapons, which are shortswords and any simple melee weapons that don't have the two-handed or heavy property.

You gain the following benefits while you are unarmed or wielding only monk weapons and you aren't wearing armor or wielding a shield:

· You can use Wisdom or Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes and monk weapons.

· You can roll a d4 in place of the normal damage of your unarmed strike or monk weapon. This die changes as you gain monk levels, as shown in the Martial Arts column of the Monk table.

· You may Dash or Disengage as a bonus action. If you use this ability, your jump distance is doubled for the turn.

· **Flurry of Blows:** When you use the Attack action with an unarmed strike or a monk weapon on your turn, you can make one unarmed strike or combat contest – such as a grapple or shove – as a bonus action. For example, if you take the Attack action and attack with a quarterstaff, you can also make a grapple as a bonus action, assuming you haven't already

taken a bonus action this turn. You may make a second attack or contest at 11th level and third at 17th level. You may not move between these bonus attacks.

Certain monasteries use specialized forms of the monk weapons. For example, you might use a club that is two lengths of wood connected by a short chain (called a nunchaku) or a sickle with a shorter, straighter blade (called a kama). Whatever name you use for a monk weapon, you can use the game statistics provided for the weapon on the Weapons page.

Ki

Starting at 2nd level, your training allows you to harness the mystic energy of ki. Your access to this energy is represented by a number of ki points. Your total number of ki points is equal to your monk level plus your Favored Ability modifier.

You can spend these points to fuel various ki features. You start knowing three such features: Flurry of Strikes, Patient Defense, and Step of the Wind. You learn more ki features as you gain levels in this class.

If you know a spell that can be cast with spell slots, you may cast it with a number of ki points equal to 1 + the spell's level instead. You do not need to provide material components without a cost for these spells. You may only cast spells of 3rd level or lower this way. You may use this ability to cast spells a number of times per day equal to your proficiency bonus, and regain uses at the end of a long rest.

When you spend a ki point, it is unavailable until you finish a short or long rest, at the end of which you draw all of your expended ki back into yourself. You must spend at least 30 minutes of the rest meditating to regain your ki points.

Some of your ki features require your target to make a saving throw to resist the feature's effects. The saving throw DC is calculated as follows:

Ki save DC = 8 + your proficiency bonus + your Wisdom modifier

- **Flurry of Strikes.** If you take your Martial Arts bonus attack immediately after you take the Attack action on your turn, you can spend 1 ki point to make some or all of the bonus attacks with a monk weapon instead of an unarmed strike.

- **Patient Defense.** You can spend 1 ki point to take the Dodge action as a bonus action on your turn.

- **Step of the Wind.** You can spend 1 ki point to Disengage and Dash with a flying speed equal to half your movement speed as a bonus action. If you do not end the movement on a solid surface, you immediately fall. If you land on a surface that cannot hold your weight, you must spend an additional ki point at the start of each turn to keep from falling.

Unarmored Movement

Starting at 2nd level, your speed increases by 10 feet while you are not wearing armor or wielding a shield. This bonus increases when you reach certain monk levels, as shown in the Monk table.

At 9th level, you gain the ability to move along vertical surfaces and across liquids on your turn without falling during the move.

Dedicated Weapon (Optional)

Also at 2nd level, you train yourself to use a variety of weapons as monk weapons, not just simple melee weapons and shortswords. Whenever you finish a short or long rest, you can touch one weapon, focus your ki on it, and then count that weapon as a monk weapon until you use this feature again.

The chosen weapon must meet these criteria:

- The weapon must be a simple or martial weapon.
- You must be proficient with it.
- It must lack the heavy and special properties.

Deflect Blows

Starting at 2nd level, you can use your reaction to deflect or catch the missile when you are hit by a ranged weapon attack that deals Bludgeoning, Piercing or Slashing. When you do so, the damage you take from the attack is reduced by 1d10 + your Favored Ability modifier + your monk level.

If you reduce the damage to 0, you can catch the missile if it is small enough for you to hold in one hand and you have at least one hand free. If you catch a missile in this way, you can spend 1 ki point to make a ranged attack with a range of 20/60 using the weapon or piece of ammunition you just caught, as part of the same reaction. You make this attack with proficiency, regardless of your weapon proficiencies, and the missile counts as a monk weapon for the attack.

At 9th level, you may also use this ability to deflect a melee attack that deals Bludgeoning, Piercing or Slashing damage. If you reduce the damage to zero, you can spend 1 ki point to redirect the weapon and make an attack against another creature within 5ft of you. You make this attack with proficiency, regardless of your weapon proficiencies, and the weapon counts as a monk weapon for the attack. This also works with natural weapons and unarmed strikes.

At 13th level, you may use this ability to deflect any attack – including a spell attack – that deals any damage type. If you reduce a spell attack's damage to zero, you may spend 1 ki point make a spell attack against any creature within 60ft that does not have total cover which delivers the same damage and effects as the original spell attack. Wisdom is your modifier for the attack roll.

Perfect Defense

When you reach 3rd level, you master the defensive techniques of your Martial Arts Style. Once per turn when you use an action to Attack or Dodge while not wearing armor or wielding a shield, you receive an AC bonus equal to your Favored Ability modifier until the start of your next turn.

Monastic Tradition

When you reach 3rd level, you commit yourself to a monastic tradition. Your tradition grants you features at 3rd level and again at 6th, 11th, and 17th level.

Ki-Fueled Attack (Optional)

Also at 3rd level, if you spend 1 ki point or more as part of your action on your turn, you can make a Flurry of Blows, including any bonus attacks gained at 11th and 17th, as a bonus action before the end of the turn.

Ability Score Improvement

When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1. As normal, you can't increase an ability score above 20 using this feature.

Slow Fall

Beginning at 4th level, you can use your reaction when you fall to reduce any falling damage you take by an amount equal to five times your monk level.

Quickened Healing (Optional)

Also at 4th level, as an action, you can spend 2 ki points and roll a Martial Arts die. You regain a number of hit points equal to the number rolled plus your proficiency bonus.

Extra Attack

Beginning at 5th level, you can attack twice, instead of once, whenever you take the Attack action on your turn.

Stunning Strike

Starting at 5th level, you can interfere with the flow of ki in an opponent's body. When you hit another creature with an unarmed strike or melee weapon attack, you can spend 1 ki point to attempt a stunning strike. The target must succeed on a Constitution saving throw or be stunned until the end of your next turn.

Focused Aim (Optional)

Also at 5th level, when you miss with an attack roll, you can spend 1 to 3 ki points to increase your attack roll by 2 for each of these ki points you spend, potentially turning the miss into a hit.

Ki-Strike

Starting at 6th level, your unarmed strikes and monk weapons count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

At 13th level, whenever you deal damage with your unarmed strikes or monk weapons, it can deal your choice of Force damage or its normal damage type.

Inner Harmony

Starting at 6th level, you add your Favored Ability modifier as a bonus to all your saving throws as long as you are not incapacitated.

Evasion

At 7th level, your instinctive agility lets you dodge out of the way of certain area effects, such as a blue dragon's lightning breath or a fireball spell. When you are subjected to an effect that allows you to make a Dexterity saving throw to take only half damage, you instead take no damage if you succeed on the saving throw, and only half damage if you fail.

Purity of Mind and Body

Starting at 7th level, you may spend 2 ki points at the end of your turn to remove one disease or condition from yourself. The condition can be charmed, frightened, blinded, deafened, paralyzed, or poisoned.

Flawless Attack

Starting at 10th level, you add your Favored Ability modifier or your Wisdom modifier - whichever is lower - as a bonus to damage rolls with monk weapons and unarmed strikes that you make as part of an Attack action.

If your Perfect Defense is not active, this bonus also applies to Flurry of Blows and opportunity attacks as well. You may end your Perfect Defense bonus early before making an attack roll.

Tongue of the Sun and Moon

Starting at 13th level, you learn to touch the ki of other minds so that you understand all spoken languages. Moreover, any creature that can understand a language can understand what you say.

Diamond Soul

Starting at 14th level, you have advantage on saving throws against spells. Furthermore, you have resistance against the damage of spells.

Third Eye Open

Starting at 15th level, you can see the true form of any shapechanger or creature concealed by illusion or transmutation magic while the creature is within 30 feet of you and within line of sight.

Timeless Body

At 15th level, your ki sustains you so that you suffer none of the frailty of old age, and you can't be aged magically. You can still die of old age, however. In addition, you no longer need food or water.

Spirit Walker

Beginning at 18th level, you can use a bonus action to shift to the Ethereal Plane or back to the Material Plane, duplicating the *etherealness* spell except the duration is instantaneous and you must use the ability again to return. You may use this ability a number of times per day equal to your proficiency modifier and replenish uses when you finish a long rest. Additionally, you can spend 8 ki points to cast the *astral projection* spell, without needing material components. When you use either ability, you can't take any other creatures with you.

Bodhisattva

At 20th level, you achieve enlightenment and transcend mortality. Your creature type changes to Celestial, you no longer need to sleep and you can no longer die of old age. Additionally, if you die, your body disappears and then reforms in 70 years on an Outer Plane of your choice within one step of your alignment, unless you are resurrected sooner.

You have also mastered a 10-minute meditation that duplicates the effects of the foresight spell (self only), which cannot be dispelled and lasts for as long as you can maintain concentration, as if concentrating on a spell.