KINETIC VANGUARD

Psychokinesis Player Sheet · v7.18.5

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

Psi Cost Reference

Level	Feature	Psi	Type
3rd	Telekinetic Shove	**1**	Rider
5th	Deflection Screen	**1**	Reaction
7th	Vectored Thrust	**2**	BA · Conc
10th	Explosion/Implosion	**2**	Rider (1×/action)
10th	Phase Step	**1**	Bonus Action
10th	Steeled Mind	**—**	Passive
15th	Telekinetic Slam	**3**	Action
15th	AT III pick	**3**	Varies
18th	AT IV pick	**3**	Varies
20th	AT V pick	**3**	Varies
15th+	Concussive Surge	**3**	On MS Hit
15th+	Barrier	**3**	Bonus Action
20th	Mass Levitation	**5**	Action · Conc

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

Manifested Strike	Special ranged psionic attack, 60 ft (+½ PB to hit), force damage. Replaces weapon attacks on the Attack action. On a crit, double all damage dice as normal. Counts as a ranged weapon attack for feats/fighting styles. Not a weapon, not a spell, not an object.
Psi Points	Half Fighter level (rounded up) + PB. Short/long rest recovery.
Psionic Instinct	First Telekinetic Shove per Attack action = 0 Psi (any tier; 3rd-level rider only). BT still applies if Overloaded.
One Rider Per Hit	Discipline or Advanced Training, pick one. You may never apply both to the same hit.

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

01 OVERLOAD

OVERLOAD & BLOOD TAX

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

Blood Tax per Overload that hits: Tier 1 = PB. Tier 2 = 3×PB. Sum all Overloads in the sequence. A double-Overload hit (e.g., T2 MS + T1 rider) pays each separately. Track note: this sheet serves both Blood Tax rules. Mainline (flat): as shown. Rolled variant (v7.18.0A): replace each PB of Blood Tax with 1 roll of your base MS die — N×PB becomes N dice, averages match.

Overload Mastery (18th): Once per short rest, negate all Blood Tax from every Overload declared during your turn, including a second Attack action from Action Surge. Overload effects still apply normally.

⚠ *Psychic resistance halves Blood Tax normally.*

02 CORE FEATURES

Psionic Discipline · *3rd · Passive*

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

Telepathy · *3rd · Passive*

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

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

Passive: Add your Psionic Ability modifier to passive Insight. Active Scan (BA, standalone, Conc 1 min, PB×/short rest): detect hostile intent — T0 15 ft / T1 30 ft / T2 60 ft. BT on activation if Overloaded. Excludes undead/constructs.

Vanguard Training · *7th · Passive*

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

Steeled Mind · *10th · Passive*

Add PB to Constitution saves to maintain concentration.

03 ADVANCED TRAINING

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

T0: When you take damage, spend 1 Psi to reduce it by 3d8 + Psionic Ability modifier.
T1: Reduction increases to 4d8 + Psionic Ability modifier.
T2: Attacker makes Str save. Fail: pushed 15 ft + Prone. Success: pushed 5 ft.

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

T0: Teleport up to 15 ft to an unoccupied space you can see. No opportunity attacks.
T1: Teleport up to 30 ft instead.
T2: Bring one willing creature within 5 ft. Both appear at destination (you) and adjacent space (them).

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

Choose 3 of the following 8. Swappable on level-up. One rider per hit still applies.

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

T0: Target takes 4d8 psychic damage. Int save or Incapacitated until end of your next turn.
T1: Damage increases to 5d8 psychic + Psi mod. Failed = speed 0 until end of your next turn.
T2: Damage increases to 6d8 psychic + 2× Psi mod. Failed = Stunned instead of Incapacitated.

Dazzle · *3 Psi · Action*

T0: You cast charm person (Concentration, up to 1 hour). Uses your Psi save DC. This feature is exclusive — choose one tier. Higher tiers replace, not stack.
T1: You cast suggestion instead (Concentration, up to 8 hours).
T2: You cast hold monster instead (Concentration, up to 1 minute).
Dazzle is a standalone Action — not a rider. All tiers require Concentration.

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

T0: Target takes 2d8 psychic damage. Cha save or Blinded until end of your next turn.
T1: Damage increases to 3d8 psychic + Psi mod. Failed = also Incapacitated until end of your next turn.
T2: Damage increases to 4d8 psychic + 2× Psi mod. Failed = Stunned instead of Incapacitated.
A focused psionic burst that overloads the target's nervous system.

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

T0: Create a 15-ft radius zone of intensified gravity on a point within 60 ft. Difficult terrain. Speed halved while in zone (no save). Flying creatures: fall on entry or start of turn (fall damage applies), cannot fly while in zone. Creatures entering or starting turn: Str save or no reactions until start of next turn.
T1: Failed save: also disadvantage on attack rolls while in zone.
T2: Failed save: also Prone.
Gravitic Press is a standalone Action — not a rider. Requires Concentration.

Barrier · *3 Psi · Bonus Action*

T0: For 1 min: pick 1 effect. Blade Shield (b/p/s resistance from weapon attacks); Elemental Shroud (pick 1 of acid/cold/fire/lightning/thunder, resistance); Spellward (adv on saves vs spells); Steadfast Guard (adv on Str saves + resist grapple/shove/prone/forced move); Mental Bulwark (adv on saves vs charm/fear/blind/restrain/incap/paralyze/stun).
T1: Pick 2 of the 5 effects instead of 1.
T2: Duration becomes 10 min. BA to swap one effect for another; each swap costs 1 Psi + T1 Blood Tax (PB / 1 MS die). BT not an Overload — OM does not waive it; Psi always spent.

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

T0: 2 MS dice force (always). Con save or no reactions until end of next turn.
T1: Also Restrained on failed save.
T2: Stunned instead of Restrained.

Overload Mastery II · *Passive · Requires 18th*
Gain 1 additional use of Overload Mastery per short rest (2 total with Psionic Apex).

Inner Reserve · *Passive · Take once*
Max Psi pool increases by your Proficiency Bonus. Cannot be taken more than once.

PSYCHOKINESIS

Tactical Space Control · Force damage

A repositioning specialist that dictates where enemies stand. Force is the least-resisted damage type; every inch of displacement is leverage.

Telekinetic Shove · *3rd · 1 Psi · On MS Hit*

T0: Push target 5 ft any horizontal direction (Str save negates). Psionic Instinct covers cost 1×/Attack action.

T1: Push distance increases to 10 ft.

T2: Push 15 ft + Restrained until end of your next turn on failed save.

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

T0: Fly speed 30 ft. Ends early if incapacitated.

T1: Flying does not provoke opportunity attacks.

T2: Fly speed +5×PB ft.

Standalone feature — Blood Tax fires on activation (no attack roll).

Explosion/Implosion · *10th · 2 Psi · On MS Hit · Once per Attack Action*

T0: Choose Explosion (push) or Implosion (pull). Non-target creatures within 15 ft are automatically pushed 15 ft away or pulled 15 ft toward the target (no save). All within 15 ft (incl. target) then make Str save or Prone. Cannot push/pull into occupied spaces.

T1: Push/pull distance increases to 30 ft.

T2: Creatures that fail also take force damage = Psionic Ability mod.

Shove and Explosion/Implosion are each once per Attack action on separate hits. Shove to position, then Explosion to scatter or Implosion to collapse.

Telekinetic Slam · *15th · 3 Psi · Action*

T0: One creature within 60 ft makes Str save. 8d10 force (half on success). Failed = also pushed 10 ft any horizontal direction.

T1: Damage 10d10. Failed = also Prone.

T2: Damage 13d10. Failed = Stunned instead of Prone until end of your next turn. Prone guaranteed even on success.

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

T0: Up to 5 Medium or smaller (or 2 Large) within 60 ft. Huge+ immune. Str save or lifted 30 ft and Restrained (hovering). Repeat Str save at start of each turn; success = safe descent. While levitated, first MS hit each turn deals bonus force damage = Psionic Ability mod (automatic, not a rider).

T1: Failed Str save = also Con save or Incapacitated for duration. Levitated creatures have disadvantage on the repeat Str save against this feature.

T2: Failed Str save = 2× Psionic Ability mod force damage at start of each turn while levitated.

04 PLAY PATTERNS

LEVEL 10 — FIRST T2 POWER SPIKE

MS 1d8 · PB 4 · 10 Psi · 3 Attacks

Sample turn (control):

1. Bonus Action: Vectored Thrust T1 (2 Psi, BT = PB; 30 ft fly + no OA).
2. Attack 1 (Instinct free): T0 Telekinetic Shove → push 5 ft into cluster.
3. Attack 2: Explosion/Implosion T2 (2 Psi) → Prone + 30 ft push/pull + mod force damage.
4. Attack 3: T1 MS + T0 Shove (1 Psi) → reposition stragglers.

Budget: 5 Psi. BT = PB + 3×PB + PB = 20. Focus: fly first, Shove + Implosion to clump/scatter enemies.

LEVEL 15 — OPTIMAL ATTACK SEQUENCES

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

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

Pattern	Sequence	Damage	Psi	BT	Effects / Notes
Sustain	3× T0 MS, TK Shove T0 hit 1 (Instinct free)	~32	0	0	Repeatable. TK Shove T0 = push 5 ft (Str save negates). No damage rider.
Control	BA Vectored Thrust T0, T0 MS×3, E/I T0 hit 1 (2 Psi), TK Shove hit 2 (Instinct free)	~32	4	0	BA: fly 30 ft (Conc). Hit 1: auto push/pull 15 ft + Str save or Prone (cluster). Hit 2: push 5 ft.
Mob	T0 MS×3, E/I T0 hit 1 (2 Psi), TK Shove T0 hit 2 (Instinct free)	~32 + repositioning	2	0	Hit 1: auto push/pull 15 ft AoE + Str save or Prone for all enemies in 15 ft of target. Hit 2: push 5 ft. Scatter or collapse the cluster.
Mini Nova	T1 MS×3, E/I T2 hit 1 (2 Psi), Concussive Surge T1 hit 2, Mind Blast T1 hit 3 (AT)	~81 + AoE	8	40 (8×PB)	Hit 1: 30-ft push/pull + Psi mod force AoE + Prone save. Hit 2: Con save vs Restrained. Hit 3: Cha save vs Incapacitated.
→ Next round	Sustain (3× T0 MS, TK Shove T0 hit 1 Instinct)	~32	0	0	Mini Nova → Sustain pair: ~113 total dmg / 8 Psi / 40 BT over two rounds.
Full Nova	Mini Nova + Action Surge → Action: TK Slam T1 (3 Psi)	~136	11	45 (9×PB)	TK Slam T1: 10d10 force (Str save half), Prone on fail. Single target. No concentration conflict (VT can stay up).

Assumptions: PB 5, +5 Psi mod (Int/Wis/Cha boosted), all attacks hit, all saves fail. Hit chance at +12 to hit: ~80% vs AC 17 typical, ~70% vs AC 19 boss — multiply damage accordingly. Full Nova at 11/13 Psi is heavy commitment — plan for a Sustain round after to recover.

LEVEL 20 — FULL BUILD

MS 1d12 · PB 6 · 16 Psi · 4 Attacks

Sample turn (vs clustered enemies):

1. Bonus Action: Vectored Thrust T1 (2 Psi, BT = PB) — fly 30 ft + no OA (Concentration).
2. Attack action — Hit 1 (Instinct free): T0 Telekinetic Shove → push target 5 ft into cluster.
3. Hit 2: Explosion/Implosion T2 (2 Psi) → auto push or pull 30 ft + Psi mod force damage, Str save or Prone.
4. Hit 3: Concussive Surge T2 (3 Psi, AT pick) → 2 MS dice force damage, Con save or Stunned.
5. Hit 4: Mind Blast T2 (3 Psi, AT pick) → 4d8 + 2× Psi mod psychic, Cha save or Stunned.
6. Action Surge → Action: Mass Levitation T1 (5 Psi) → up to 5 targets Str save or Restrained (hovering) + Incapacitated on failed Con save. Note: concentration transfers to Mass Levitation, ending Vectored Thrust — you land this turn.

Identity: Enemies are ragdolled into a kill zone while you float above. Pick Psycho for positioning.

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