

KINETIC VANGUARD

FIGHTER · MARTIAL ARCHETYPE · HOMEBREW · v5.29.1

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 weapon.	Replace a weapon attack with a 60 ft magical attack that adds your Psionic Ability modifier to damage. Scales with Fighter level. Your discipline riders attach to hits with this.
Overload is your throttle.	Declare your full package before the roll — MS, one rider, all Overloads in one go. Hit: everything fires and you pay the full Blood Tax. Miss: Psi is spent, but no effects resolve and no Blood Tax. No suppression; healing is always available.
Your Discipline is your identity.	Cryo locks things down, Pyro burns them out, Psychokinesis controls the field. Five features across eighteen levels. Your 3rd-level rider fires once per Attack action for free — 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 and 20th, you pick two of three Advanced Training features — single-target shutdown, force control, or universal AoE. Swappable on level-up.

Abbreviations

- MS** Manifested Strike
- 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, the core loop is simple: when you attack with Manifested Strike, once per Attack action, your first Manifested Strike hit triggers your discipline's T0 rider for free. Want more? Before you roll, declare your full package — which rider you are activating, whether you are Overloading the strike, and whether you are Overloading the rider. One rider per hit, period — discipline or Advanced Training, pick one. MS Overload and rider Overload are independent; you can Overload one, the other, both, or neither. You may use different riders on different hits within the same Attack action. Everything is committed upfront. Roll the die: a hit resolves the entire package and pays the full Blood Tax for each Overload declared. A miss still costs the Psi you committed — no boost, no Blood Tax, no rider effects, but the mental energy is spent. That's the throttle: the decision to escalate always costs something.

A **rider** is any on-hit feature you declare as part of a Manifested Strike package. Passive bonus damage features and triggered passives are not riders unless stated otherwise.

You may mix weapon attacks and Manifested Strikes in any order within the Attack action. Action Surge grants another Attack action, creating a new per-Attack-action window for Psionic Instinct and other per-Attack-action rider limits. Unless a feature says otherwise, damage from the 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 and IV (15th and 20th) let you pick two of three high-tier techniques regardless of discipline.

01 OVERLOAD TIER SYSTEM

Overload is a deliberate escalation that trades hit points for power. It is declared before making a Manifested Strike attack roll. Two tiers exist, both gated by character level. Tier 2 builds on Tier 1 — all Tier 1 bonuses and costs still apply, and Tier 2 adds to them. For Manifested Strike, each tier builds on the previous. For riders, each tier's text states whether it adds to or replaces the lower tier's effect.

The Blood Tax

Tier 1 Overload (3rd level): Increase the Manifested Strike damage die by one step. Add your Proficiency Bonus to damage. If the attack hits, you take psychic self-damage equal to your **Proficiency Bonus** (Blood Tax).

Tier 2 Overload (11th level): Increase the Manifested Strike damage die by one additional step (two total). Add an additional Proficiency Bonus to damage (2×PB total). If the attack hits, you take additional psychic self-damage equal to **2× your Proficiency Bonus** on top of the Tier 1 Blood Tax — **3× your Proficiency Bonus** total. Only if it hits.

The full attack package — MS Overload tier, rider activation, rider Overload tier — is declared before the roll. One rider per hit (discipline or Advanced Training). MS Overload and rider Overload are independent — you can Overload one, the other, both, or neither. A hit resolves and pays the whole package. A miss cancels rider effects and Blood Tax, but Psi is still spent. If both the strike and the rider are Overloaded, a hit pays Blood Tax twice — once per Overload declared. Blood Tax damage occurs immediately after the attack resolves.

- ⚠ Declare the full package before the roll — MS, one rider, and all Overloads together. Hit: everything resolves, full Tax. Miss: Psi spent, no effects, no Blood Tax.
- ⚠ Self-damage bypasses Temporary HP and cannot be reduced.

Attack Declaration Costs

Declaration	Psi	Blood Tax	Notes
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T0 MS (no rider)	0	None	Always available
T0 MS + T0 rider	Rider cost	None	Psionic Instinct covers 3rd-level T0 rider 1×/Attack action free
Overloaded MS (no rider)	0	Per MS tier*	Die step + bonus damage only
Overloaded MS + T0 rider	Rider cost	Per MS tier*	
T0 MS + Overloaded rider	Rider cost	Per rider tier*	
Overloaded MS + Overloaded rider	Rider cost	MS tax + Rider tax*	Two Blood Taxes on hit

*Blood Tax per tier: PB at Tier 1, +2×PB at Tier 2 (3×PB total). Each Overload declared pays independently — an Overloaded MS plus an Overloaded rider means two separate Blood Taxes on one hit. Psi is spent on declaration (hit or miss). Blood Tax is hit-only. T0 riders cost Psi but no HP. Only T1+ Overloads incur Blood Tax.

Blood Tax = (T1 × PB) + (T2 × 3 × PB)

where T1 = number of Tier 1 Overloads that hit, T2 = number of Tier 2 Overloads that hit. Each T2 already includes T1's cost. T0 riders cost 0 HP. Sum across all hits in the sequence.

Die step order: 1d4 → 1d6 → 1d8 → 1d10 → 1d12 → 1d20

Fighter Level	MS Die	T1 Effect	T1 Blood Tax (on hit)	T2 Effect	T2 Blood Tax (on hit)
3–6	1d4	1d6 + PB	PB (2)	—	—
7–10	1d6	1d8 + PB	PB (3–4)	—	—
11–14	1d8	1d10 + PB	PB (4)	1d12 + 2×PB	+2×PB (8) = 3×PB (12)
15–18	1d10	1d12 + PB	PB (5)	1d20 + 2×PB	+2×PB (10) = 3×PB (15)
19–20	1d12	1d20 + PB	PB (6)	2d20kh + 2×PB	+2×PB (12) = 3×PB (18)

2d20kh (Tier 2, levels 19–20): Roll two d20s for damage and use the higher result. On a critical hit, add one d20 to the pool and keep one additional die — 3d20kh2 (roll three, use highest two). With Savage Attacker: roll the full 3d20kh2 package twice, keep the higher set — 2(3d20kh2)kh. Do not mix dice between throws; each set is resolved independently.

Overloading discipline features and standalone features: Your full attack package — the MS, one rider, and all Overloads — is declared together before the roll. One rider per hit, regardless of source (discipline or Advanced Training). MS Overload and rider Overload are independent — you can Overload one, the other, both, or neither. You may use different riders on different hits within the same Attack action. You cannot see the hit land and then decide to Overload. A hit resolves and pays the entire declared package; a miss cancels rider effects and Blood Tax, but any Psi committed to the rider is still spent. Standalone features that involve no attack roll (Deflection Screen, Vectored Thrust) are declared and paid at activation — no roll, so Blood Tax always fires.

Concentration startup exception: If you activate a concentration feature and take Blood Tax from that same activation, you do not make a concentration check for that Blood Tax. This exception applies only during the turn the feature is activated and only to Blood Tax caused by that activation. Any later Blood Tax, or any other damage, requires concentration checks as normal.

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

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

Your attack die steps up twice: 1d8 → 1d10 → 1d12

Hit: Roll 1d12 + 11 damage. On a failed Con save, target is Restrained until end of your next turn. Blood Tax: 1 × 3 × PB = 3 × 4 = 12.

Miss: No effects, no Blood Tax. Glacial Spike was free (Psionic Instinct). Roll your next attack.

Example — Full Attack Turn, Level 11 Pyrokinesis (PB 4, Cha +4, MS 1d8, 3 attacks)

You have 10 Psi. Three attacks this turn. You want to burn hard. Before your first MS roll, you declare Fire Supremacy Bonus Damage (+PB to one hit this turn).

Attack 1: T0 MS + T2 Ember Lance

Declare: "T0 MS, Ember Lance T2, Fire Supremacy."

Psi: 0 (Psionic Instinct covers Ember Lance free, 1×/Attack action)

On hit: avg 21 fire. Primes next fire damage doubling (Ember Lance T2).

Blood Tax: $1 \times 3 \times PB = 12$

Miss: No effects, no Blood Tax. Ember Lance was free in Psi via Psionic Instinct, so no Psi is lost.

Attack 2: T2 MS + T1 Flare

Declare: "T2 MS, Flare T1."

Psi: 2 (Flare cost)

On hit: avg 42 fire (first hit doubled by EL T2 primer). Target Blinded.

Blood Tax: $(1 \times PB) + (1 \times 3 \times PB) = 4 + 12 = 16$

Miss: 2 Psi spent. No effects, no Blood Tax.

Attack 3: T1 MS + T1 Ember Lance

Declare: "T1 MS, Ember Lance T1."

Psi: 1 (Ember Lance cost)

On hit: avg 22 fire. Target burning.

Blood Tax: $(1 \times PB) + (1 \times PB) = 4 + 4 = 8$

Miss: 1 Psi lost. No BT.

Turn totals (all three hit): Psi: 3 of 10. Blood Tax = $(T1 \times PB) + (T2 \times 3 \times PB) = (3 \times 4) + (2 \times 12) = 12 + 24 = 36$.

Damage to primary target: Attack 1: 21. Attack 2: 42 (T2 doubled). Attack 3: 22. Burns: 16. Total: ~101 fire across two turns. Target Blinded, burning. You paid 3 Psi and 36 HP.

Example — Sustained Turn, Level 11 Psychokinesis (PB 4, Int +4, MS 1d8, 3 attacks)

You have 10 Psi. No need to nova — control the board. Before your first MS roll, declare Force Supremacy Bonus Damage.

Bonus Action: Vectored Thrust T1 Overload

Psi: 2

Effect: Full fly speed equal to walking speed (Concentration, up to 10 min).

Blood Tax: $1 \times PB = 4$ (standalone — fires on activation, no roll)

Attack 1: T1 MS + T0 Telekinetic Shove (Instinct free)

Declare: "T1 MS, Telekinetic Shove, Force Supremacy."

Psi: 0 (Instinct covers Shove)

On hit: avg 17 force. Target pushed 5 ft (Str save).

Blood Tax: $1 \times PB = 4$

Miss: No Psi lost (Shove was free). No BT.

Attack 2: T0 MS

On hit: avg 9 force.

Blood Tax: 0

Attack 3: T0 MS

On hit: avg 9 force.

Blood Tax: 0

Turn totals: Psi: 2 of 10. BT = $(T1 \times PB) + (T2 \times 3 \times PB) = (2 \times 4) + 0 = 8$. Damage: ~35 force, one target repositioned, flying. Sustainable with occasional VT refresh.

Example — Lockdown Turn, Level 11 Cryokinesis (PB 4, Int +4, MS 1d8, 3 attacks)

You have 10 Psi. Frozen Ground is already active (2 Psi spent last turn). Before your first MS roll, declare Cold Supremacy Bonus Damage.

Attack 1: T0 MS + T0 Glacial Spike (Instinct free)

Declare: “T0 MS, Glacial Spike, Cold Supremacy.”

Psi: 0 (Instinct covers Spike)

On hit: avg 13 cold. Target speed –5 ft (no save). Con save or –5 ft more.

Blood Tax: 0

Attack 2: T0 MS + T1 Glacial Spike

Declare: “T0 MS, Glacial Spike T1.”

Psi: 1 (Glacial Spike cost)

On hit: avg 9 cold. On failed Con save, target speed becomes 0.

Blood Tax: $1 \times \text{PB} = 4$

Miss: 1 Psi lost. No BT.

Attack 3: T0 MS

On hit: avg 9 cold.

Blood Tax: 0

Turn totals: Psi: 1 of 10. BT = $(T1 \times \text{PB}) + (T2 \times 3 \times \text{PB}) = (1 \times 4) + 0 = 4$. Damage: ~31 cold. Target likely speed 0 in difficult terrain. Frozen Ground forces Con save or Prone on their 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.

Save DC = 8 + Proficiency Bonus + Psionic Ability modifier

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 it understands at least one language. 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 magical ranged weapon attack (range 60 feet) formed from psionic force. Your Discipline changes the damage type (which is always magical). Add your Psionic Ability modifier to all Manifested Strike damage. Not a physical weapon (does not qualify for Divine Smite or Infusions). The damage die scales with Fighter level per the table in Section 01. Manifested Strike itself costs no Psi — you can always attack.

Overload · 3rd Level · Before Attack Roll

Declare that you are Overloading before making a Manifested Strike attack roll. See Overload Tier System (Section 01) for full rules.

Psionic Instinct · 3rd Level · Passive

Once per Attack action, the first Manifested Strike hit triggers your Discipline's 3rd-level T0 feature for 0 Psi. This free activation does not inherit any Overload tier. Additional activations cost Psi as normal.

Empathic Sense · 7th Level · Passive

You perceive surface emotions within 60 feet. You gain advantage on Wisdom (Insight) checks against any creature within that range.

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 1d10 + your Psionic Ability modifier. Can be Overloaded normally (see Section 05).

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

Your psionic control extends to spatial displacement. Teleport up to 15 ft to an unoccupied space you can see. This movement does not provoke opportunity attacks. Can be Overloaded normally (see Section 05).

Steeled Mind · 11th Level · Passive

Channeling psionic force through your own body has hardened your concentration against disruption. When you make a Constitution saving throw to maintain concentration, you add your Proficiency Bonus to the roll.

Advanced Training III · 15th Level · Passive

Your psionic mastery deepens. Choose one feature from the Advanced Training pool (Section 05). The chosen feature can be Overloaded normally.

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

Advanced Training IV · 20th Level · Passive

Choose a second feature from the Advanced Training pool (Section 05). You cannot hold the same feature across Advanced Training III and Advanced Training IV. The chosen feature can be Overloaded normally.

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

At 20th level a Vanguard holds two Advanced Training picks (2 of 3) alongside Deflection Screen, Phase Step, and the full five-feature discipline progression.

Psionic Apex · 20th Level · Passive

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

Psychic Resistance: You are resistant to psychic damage. Overload self-damage still applies as normal.

Overload Mastery: Once per short rest, when you declare an Overload, you may choose to take no Blood Tax. The Overload effect — die steps and damage bonuses — still applies normally. You have learned to push past your threshold without tearing yourself apart.

Mental Fortitude: You have advantage on saving throws against being charmed or frightened.

03 SUBCLASS FEATURE TABLE

Level	Feature
3rd	Psionic Discipline, Psi Reservoir, Telepathy, Manifested Strike, Overload, Psionic Instinct, 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)
11th	Steeled Mind
15th	Discipline 15th Feature, Advanced Training III (1 high-tier pick)
18th	Discipline 18th Feature, Discipline Mastery
20th	Advanced Training IV (1 high-tier pick), Psionic Apex

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 18th 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's speed is reduced by 5 ft until the end of your next turn (no save). This reduction cannot reduce a target's speed below 10 ft cumulatively from all Glacial Spike effects. 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).

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

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.

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 start of your next turn).

Cold Supremacy · 10th · Passive

Resistance: You gain resistance to cold damage.

Bonus Damage: Once per turn, when you hit a creature with Manifested Strike, you may deal bonus cold damage equal to your Proficiency Bonus.

Ribbon: You can chill, freeze, or preserve objects and small quantities of liquid by touch at will. You are comfortable in extreme cold environments.

Overload (Bonus Damage — declare before your first Manifested Strike roll this turn):

Tier 1 Overload: The Bonus Damage applies to all hits during the Attack action, not just one.

Tier 2 Overload: Each target of the Bonus Damage must make a Con save or have their speed reduced by 10 ft until the end of your next turn. Stacks with Glacial Spike's lockdown chain.

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

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

Tier 1 Overload: The target also takes cold damage equal to your Psionic Ability modifier at the start of each of its turns while Restrained.

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

Tier 1 Overload: +2d10 damage. Targets that fail their save gain vulnerability to cold damage until the end of your next turn. Vulnerability takes effect after this ability's damage is applied.

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

Discipline II

PYROKINESIS

[Compounding Pressure] · Fire damage

A sustained pressure discipline that rewards relentless aggression — burning targets, erupting kills, and spreading fire compound into an attrition machine that grows deadlier the longer combat runs.

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

T0: The target takes fire damage equal to your Proficiency Bonus immediately on hit and at the start of its next turn.

Tier 1 Overload: The fire damage from both burn instances doubles.

Tier 2 Overload: After this hit fully resolves, the next separate instance of fire damage the target takes from one of your subclass features before the end of your next turn is doubled. This effect applies only once. Delayed burn ticks do not consume this doubling — only a direct hit from a subclass feature qualifies.

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

Piercing Flame: Your fire damage from subclass features ignores resistance.

T0: Psionic fire erupts from the impact. Each creature within 15 feet of the target (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 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: Creatures that fail the save are also ignited until the end of your next turn, taking your Proficiency Bonus fire damage at the start of their next turn. If a creature was already burning from your Ember Lance when it failed the save, the ignition damage is doubled and it cannot take the Dash action until the end of its next turn.

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

T0: The target must make a Constitution saving throw or be Blinded until the end of your next turn.

Tier 1 Overload: On a failed save, the target also takes additional fire damage equal to 1 Manifested Strike die. A successful save negates both the Blind and this damage.

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

Fire Supremacy · 10th · Passive

Resistance: You gain resistance to fire damage.

Bonus Damage: Once per turn, when you hit a creature with Manifested Strike, you may deal bonus fire damage equal to your Proficiency Bonus.

Ribbon: You can ignite or extinguish small fires by thought at will (candle, campfire, torch). You are comfortable in extreme heat environments.

Overload (Bonus Damage — declare before your first Manifested Strike roll this turn):

Tier 1 Overload: The Bonus Damage applies to all hits during the Attack action, not just one.

Tier 2 Overload: Each target of the Bonus Damage must make a Con save or be ignited, taking your Proficiency Bonus in fire damage at the start of its next turn. Stacks with Ember Lance's burn.

Spreading Flames · 15th · Passive · Once per Attack Action

T0: Once per Attack action, when you reduce a creature to 0 HP with Manifested Strike, fire erupts from the body. All creatures within 15 ft must make a Dex save or take 2 Manifested Strike dice of fire damage (half on success). This eruption cannot trigger itself or chain with other eruptions. Delayed burn damage from Ember Lance does not trigger Spreading Flames.

Tier 1 Effect: If you landed a hit with a Tier 1 Overloaded Pyrokinesis feature (Ember Lance, Fiery Blast, or Flare) at any point this turn, the eruption's damage ignores fire resistance.

Tier 2 Effect: If you landed a hit with a Tier 2 Overloaded Pyrokinesis feature (Ember Lance, Fiery Blast, or Flare) at any point this turn, creatures that fail the save also gain the Burning condition, taking your Proficiency Bonus fire damage at the start of their next turn.

The eruption tier matches the highest Overload tier that actually landed a hit this turn. A whiffed T2 declaration does not qualify — if your only T2 missed, the eruption fires at T1 (or T0 if no Overloaded hit landed at all).

Firestorm · 18th · 4 Psi · Action

T0: Call down a cataclysmic firestorm in a 15-ft radius centered on a point within 60 ft. All creatures in the area take 8d10 fire damage (Dex save for half).

Tier 1 Overload: +2d10 damage.

Tier 2 Overload: Creatures that fail their save are ignited, taking your Proficiency Bonus fire damage at the start of their next turn. Each creature within 5 ft of an ignited target also takes your Proficiency Bonus fire damage (no save).

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 · Once per Attack Action

T0: When you hit a creature with Manifested Strike, you may attempt to push that target 5 ft in any horizontal direction (Str save negates). This requires no action and costs 1 Psi. Psionic Instinct covers this cost once per Attack action — your first activation each Attack action is effectively free.

Tier 1 Overload: The push distance increases to 10 ft on this hit.

Tier 2 Overload: The push distance increases to 15 ft and the target is knocked Prone on a failed save.

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

Piercing Force: Your force damage from subclass features ignores resistance.

T0: Release a telekinetic implosion centered on the target. All creatures within 15 ft of the target (including the target itself, which is crushed inward rather than pulled) must make a Strength saving throw or be knocked Prone. Creatures other than the target are also pulled 15 ft directly toward the target's position. The pull is inward — you do not choose the direction. Creatures cannot be pulled into occupied spaces.

Tier 1 Overload: The 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.

Shove and Implosion are each once per Attack action, triggered on separate hits. Use Shove on a first hit to reposition the primary target into a cluster of allies or enemies, then trigger Implosion on a subsequent hit to collapse that cluster inward — Psychokinesis is about making the board look exactly how you want it.

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

T0: Spend 2 Psi and activate a hover speed equal to your walking speed. This hover keeps you no more than 1 foot off the ground — it ignores ground-based effects such as difficult terrain and prone-causing surfaces but grants no elevation advantage in melee.

Overload: *Standalone feature — Blood Tax paid on activation (no attack roll).*

Tier 1 Overload: Gain a full fly speed equal to your walking speed for the duration instead of hovering. The effect ends early if you are incapacitated.

Tier 2 Overload: Flight does not provoke opportunity attacks.

Force Supremacy · 10th · Passive

Resistance: You gain resistance to force damage.

Bonus Damage: Once per turn, when you hit a creature with Manifested Strike, you may deal bonus force damage equal to your Proficiency Bonus.

Ribbon: You gain minor telekinesis at will: manipulate, lift, or move unattended objects up to 10 pounds within 30 feet, as if using Mage Hand (invisible). This does not require concentration.

Overload (Bonus Damage — declare before your first Manifested Strike roll this turn):

Tier 1 Overload: The Bonus Damage applies to all hits during the Attack action, not just one.

Tier 2 Overload: Each target of the Bonus Damage must make a Str save or be pushed 5 ft in any horizontal direction. Stacks with Telekinetic Shove's displacement.

Mass Levitation · 15th · 4 Psi · Concentration, up to 1 minute

T0: Choose up to three Medium or smaller creatures within 60 ft, or one Large creature within 60 ft. Huge or larger creatures are immune. Each target must make a Str save or be lifted 20 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.

Tier 1 Overload: Creatures that fail the initial Str save must also make a Con save or become Incapacitated for the duration.

Tier 2 Overload: Creatures that fail the initial Str save take force damage equal to your Psionic Ability modifier at the start of each of their turns while levitated.

Telekinetic Slam · 18th · 4 Psi · Action

T0: Seize a target within 60 ft with overwhelming telekinetic force and slam it. The target takes 8d10 force damage (Str save for half).

Tier 1 Overload: +2d10 damage. On a failed save, the target is also Stunned until the end of your next turn.

Tier 2 Overload: On a failed save, the target is Stunned (Tier 1) and lifted 15 ft into the air and slammed into the ground — knocked Prone and takes additional force damage equal to your Psionic Ability modifier. The Prone persists after the Stun ends.

05 ADVANCED TRAINING

These are universal psionic techniques — not tied to any Discipline. Advanced Training III (15th) grants one pick; Advanced Training IV (20th) grants a second. You hold 2 of 3. Swapping is free on level-up. Deflection Screen and Phase Step are core features granted at 5th and 10th respectively; 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 1d10 + your Psionic Ability modifier.

Tier 1 Overload: The reduction increases to 1d10 + Psionic Ability modifier + Proficiency Bonus.

Tier 2 Overload: 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.

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: You may bring one willing creature within 5 ft of you. Both of you appear in the destination space (you) and an adjacent unoccupied space (them).

ADVANCED TRAINING III AND IV (15TH AND 20TH LEVEL)

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

T0: When you hit a creature with Manifested Strike, you may spend 3 Psi to assault its mind directly. The target must make a Wisdom saving throw or lose the ability to take reactions until the end of your next turn.

Tier 1 Overload: On a failed save, the target is also Incapacitated until the end of your next turn.

Tier 2 Overload: The target is Stunned instead of Incapacitated on a failed save.

Concussive Surge · High Tier · 3 Psi · On Manifested Strike Hit · Once per Attack Action

T0: When you hit a creature with Manifested Strike, psionic force fractures space around the target. The creature must make a Constitution saving throw. On a failure, it takes additional force damage equal to 2 Manifested Strike dice and cannot take reactions until the end of its next turn.

Tier 1 Overload: The target is also Restrained until the end of your next turn.

Tier 2 Overload: The target is Stunned until the end of your next turn instead of Restrained.

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

T0: When you hit a creature with Manifested Strike, psionic energy detonates from the impact. All creatures within 15 feet of the target must make a Dexterity saving throw, taking 2 Manifested Strike dice of force damage on a failed save (half on success).

Tier 1 Overload: The radius increases to 20 feet.

Tier 2 Overload: Creatures that fail the save are also knocked Prone and pushed 10 ft directly away from the target.

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 at Tier 1

Three Discipline identities · Universal Arsenal toolkit · Multiclass-resistant by design · No Psi recovery in combat

07 DISCIPLINE CHEATSHEETS

Quick-reference play patterns for each Discipline at two key breakpoints: Level 11 (T2 unlock, 3 attacks, 10 Psi) and Level 20 (full build, 4 attacks, 16 Psi). These are not prescriptive — adapt to the fight. All Blood Tax math uses the reference formula: $BT = (T1 \times PB) + (T2 \times 3 \times PB)$.

LEVEL 11 — FIRST T2 POWER SPIKE

Quick Stats & Overload Reference

Manifested Strike (1d8 base, magical, 60 ft, +Int/Wis/Cha to damage)

T1 Overload: 1d10 + PB damage (BT = PB on hit)

T2 Overload: 1d12 + 2×PB damage (BT = 3×PB on hit)

Blood Tax Formula (only on hit): $(T1 \times PB) + (T2 \times 3 \times PB)$. Example: T2 MS + T1 rider = $4 + 12 = 16$ psychic self-damage.

Universal Tools (available to all disciplines)

Deflection Screen (1 Psi, reaction): Reduce damage by 1d10 + mod (T1: +PB more; T2: push attacker)

Phase Step (1 Psi, bonus action): Teleport 15 ft (T1: 30 ft)

Steeled Mind: +PB to all concentration saves

Overload Mastery: *Not yet (arrives 20th)*

Psionic Instinct: First discipline T0 rider is free each Attack action.

CRYOKINESIS

Cold · Level 11 · PB 4 · 10 Psi · 3 Attacks

Available Riders

Glacial Spike (1 Psi, T0 free via Instinct)

Frozen Ground (2 Psi, Concentration)

Cold Supremacy (passive bonus damage + Overload)

Sample Turn (3 attacks)

1. Bonus Action: Phase Step T1 (1 Psi, BT = PB; reposition).

2. Declare Cold Supremacy.

3. Attack 1 (free Instinct): T0 Glacial Spike → speed -5 ft + Con save.

4. Attack 2: Frozen Ground T0 (2 Psi) under target → Prone + difficult terrain.

5. Attack 3: T2 MS + Glacial Spike T1 (1 Psi) → speed 0 on failed save.

Budget Tip: Typical lockdown turn: 4 Psi, BT = $(1 \times PB) + (1 \times 3 \times PB) = 4 + 12 = 16$. Focus: stack speed penalties fast, then Frozen Ground. Use T2 MS once you have them slowed.

PYROKINESIS

Fire · Level 11 · PB 4 · 10 Psi · 3 Attacks

Available Riders

Ember Lance (1 Psi, T0 free via Instinct)

Fiery Blast (2 Psi, Once per Attack Action)

Flare (2 Psi, Once per Attack Action)

Fire Supremacy (passive bonus damage + Overload)

Sample Turn (3 attacks)

1. Bonus Action: Phase Step T1 (1 Psi, BT = PB; optimize angles).

2. Declare Fire Supremacy.

3. Attack 1 (free Instinct): Ember Lance T2 → burn + doubling primer.

4. Attack 2: T2 MS + Flare T1 (2 Psi) → doubled damage + Blind.

5. Attack 3: Fiery Blast T0 (2 Psi) → AoE push + ignition.

Budget Tip: Typical nova turn: 5 Psi, BT = $(1 \times PB) + (2 \times 3 \times PB) = 4 + 24 = 28$. Focus: Ember Lance T2 first to prime doubling, then Flare/Fiery Blast. Watch for Spreading Flames triggers on kills.

PSYCHOKINESIS

Force · Level 11 · PB 4 · 10 Psi · 3 Attacks

Available Riders

Telekinetic Shove (1 Psi, T0 free via Instinct)
Implosion (2 Psi, Once per Attack Action)
Vectored Thrust (2 Psi, bonus action, Concentration)
Force Supremacy (passive bonus damage + Overload)

Sample Turn (3 attacks)

1. Bonus Action: Vectored Thrust T1 Overload (2 Psi, BT = PB; full flight + no OA).
2. Declare Force Supremacy.
3. Attack 1 (free Instinct): T0 Telekinetic Shove → push 5 ft into cluster.
4. Attack 2: Implosion T2 (2 Psi) → Prone + 30 ft pull.
5. Attack 3: T2 MS + T0 Shove (1 Psi, if needed) or naked MS.

Budget Tip: Typical control turn: 4–5 Psi, BT = $(1 \times PB) + (1 \times 3 \times PB) = 4 + 12 = 16$. Focus: fly first, then Shove + Implosion to clump enemies. T2 MS is huge with Supremacy.

Level 11 Playstyle Note. You now have real nova power (T2 Overload) but only 10 Psi, so choose your escalations carefully. Steeled Mind makes concentration (Frozen Ground / Vectored Thrust) much safer. Use Phase Step or flight every turn to stay out of melee.

LEVEL 20 — FULL BUILD

CRYOKINESIS

Escalating Lockdown

Core Identity

You turn fast, mobile enemies into statues. Stack speed penalties → 0 speed → Restrained → Stunned while the battlefield itself fights for you. No innate flight; use Phase Step for repositioning or potions/gear for elevation.

Core Turn Loop

Bonus Action: Phase Step T1 Overload (1 Psi, BT = PB; teleport 30 ft for safe range).

Pre-Attack: Declare Cold Supremacy (bonus cold damage + resistance).

Attack Action (4 Manifested Strikes):

Hit 1 (free via Psionic Instinct): T0 Glacial Spike → speed -5 ft (no save) + Con save for another -5 ft.

Hits 2–4: Snow Chains (3 Psi) or overloaded Glacial Spike to escalate (speed 0 → Restrained → Stunned on failed Con save).

Early in fight (or when clustered): Drop Frozen Ground T0 (2 Psi) under the main target for Prone + difficult terrain.

Finisher: Arctic Tempest T2 (4 Psi) when 2–3 enemies are slowed — massive damage + Stunned rider.

Resource & Overload Tips

Psi budget: Frozen Ground first (area denial), then Snow Chains.

Overload priority: Snow Chains T2 (Stunned) and Glacial Spike T2 (Restrained) on the boss. T2 MS is great when you already have them slowed.

Blood Tax example (typical lockdown turn): $1 \times T2 \text{ rider} + 1 \times T1 \text{ MS} = (1 \times PB) + (1 \times 3 \times PB) = 4 \times PB$ total on hit.

Sample Level 20 Boss Turn

Phase Step to range.

Hit 1: Free Glacial Spike + Supremacy → speed -10 ft.

Hit 2: Snow Chains T2 (3 Psi) → Stunned.

Hit 3–4: T2 MS + Glacial Spike T1 → speed 0 + extra lockdown.

Drop Frozen Ground if needed.

Result: Boss is a statue in ice while you keep distance with teleports.

Best for: Single tough bosses, kiting flyers, or any fight where “they can’t reach you” wins the day. Pick Cryo if you love control.

PYROKINESIS

Compounding Pressure

Core Identity

You light the fuse and walk away. Burns stack, explosions chain, and every kill feeds the next wave of fire. No innate flight; use Phase Step for repositioning or potions/gear for elevation.

Core Turn Loop

Bonus Action: Phase Step T1 (1 Psi, BT = PB; teleport 30 ft to optimize angles for spreads).

Pre-Attack: Declare Fire Supremacy (bonus fire damage + resistance).

Attack Action (4 Manifested Strikes):

Hit 1: Ember Lance T2 (1 Psi) — sets up doubling for the next fire instance.

Hit 2: Flare (2 Psi) — Blind or Incapacitated + extra MS die on failed save.

Hits 3–4: Fiery Blast (2 Psi) — AoE push + ignition on failed Dex save.

When something dies: Spreading Flames auto-triggers (2×MS dice + possible Burning).

Finisher: Firestorm T2 (4 Psi) on clustered/ignited groups — huge AoE + ignition rider.

Resource & Overload Tips

Psi budget: Ember Lance (setup) → Flare (debuff) → Fiery Blast (spread).

Overload priority: Ember Lance T2 (primes doubling) then full T2 MS. Use T2 Flare for Incapacitated on priority targets.

Blood Tax example (nova turn): $2 \times T2 + 1 \times T1 = (1 \times PB) + (2 \times 3 \times PB) = 7 \times PB$ total on hit.

Sample Level 20 Nova Turn

Phase Step to flank.

Hit 1: Ember Lance T2 (free via Instinct) + Supremacy → burn + doubling primer.

Hit 2: T2 MS + Flare T1 (2 Psi) → doubled damage + Blind.

Hit 3–4: Fiery Blast T1 + T0 MS → spread ignition.

Kill trigger: Spreading Flames explodes for massive AoE.

Result: One target melts, the room catches fire, and burns keep ticking.

Best for: Groups, prolonged fights, or when you want to feel like a walking wildfire. Pick Pyro if you love damage-over-time and explosions.

PSYCHOKINESIS

Tactical Space Control

Core Identity

You are the battlefield. Shove, pull, levitate, and slam enemies exactly where you want them while staying completely untouchable. Innate flight via Vectored Thrust makes this the mobility king.

Core Turn Loop

Bonus Action: Vectored Thrust T1 Overload (2 Psi, BT = PB; full flight + no OA for elevation and kiting).

Pre-Attack: Declare Force Supremacy (bonus force damage + minor telekinesis ribbon).

Attack Action (4 Manifested Strikes):

Hit 1 (free via Psionic Instinct): T0 Telekinetic Shove → push 5 ft into a cluster.

Hit 2: Implosion (2 Psi) → Prone + pull everyone inward.

Hits 3–4: Burst or Concussive Surge (3 Psi each) from Advanced Training for AoE Prone/push or single-target Stun.

Big plays: Mass Levitation T0 (4 Psi) on 1–3 Medium targets or Telekinetic Slam T2 as finisher.

Resource & Overload Tips

Psi budget: Implosion → Burst/Surge → Mass Levitation.

Overload priority: Implosion T2 (Prone + big pull) and Concussive Surge T2 (Stun).

Blood Tax example (control turn): $1 \times T1 \text{ MS} + 1 \times T2 \text{ rider} = (1 \times PB) + (1 \times 3 \times PB) = 4 \times PB$ total on hit.

Sample Level 20 Turn (vs clustered enemies)

Vectored Thrust to soar up.

Hit 1: Free Shove + Supremacy → cluster them.

Hit 2: Implosion T2 (2 Psi) → Prone + 30 ft pull.

Hit 3: Burst T2 (3 Psi) → 20-ft AoE + Prone/push.

Hit 4: Concussive Surge T2 (3 Psi) → Stun the boss.

Result: Enemies are ragdolled into a perfect kill zone while you float safely above.

Best for: Tactical players who love positioning, kiting, and turning the map into a weapon. Pick Psychokinesis if you want to feel like a Jedi general.

08 CHANGELOG

v5.29.1 — Current

Level 11 cheatsheets added. Section 07 now covers two breakpoints: Level 11 (T2 unlock, 3 attacks, 10 Psi) and Level 20 (full build, 4 attacks, 16 Psi). Level 11 block includes a Quick Stats & Overload Reference box, per-discipline sample turns with BT math using the $(T1 \times PB) + (T2 \times 3 \times PB)$ formula, and a playstyle note on Psi budgeting and Steeled Mind. Section intro updated to reference both levels.

v5.29.0 — Previous

Discipline Cheatsheets added (Section 07). Quick-reference play patterns for each Discipline at high level: core turn loop, resource priorities, Overload sequencing, Blood Tax budgets, and a sample Level 20 turn per discipline. Covers Cryokinesis (boss lockdown), Pyrokinesis (nova/AoE), and Psychokinesis (tactical repositioning). All BT math uses the $(T1 \times PB) + (T2 \times 3 \times PB)$ reference formula. Changelog renumbered to Section 08.

v5.28.2 — Previous

Blood Tax formula corrections. Reference formula rewritten to $(T1 \times PB) + (T2 \times 3 \times PB)$ — directly shows cost per tier without a multiplied-out PB factor. All three example turn totals and per-attack Blood Tax lines updated to show the formula expansion (e.g., Pyro nova: $(3 \times 4) + (2 \times 12) = 36$). Legend simplified: T1 = Tier 1 Overloads that hit, T2 = Tier 2 Overloads that hit.

v5.28.0 — Previous

Rename and rules tightening. Concussive Burst renamed to Burst (mirrors Blast). Telekinetic Slam T2 now explicitly states “the target is Stunned (Tier 1) and knocked Prone” so T2 is readable in isolation without relying on tier-inheritance. Ember Lance T2 doubling exclusion added: delayed burn ticks do not consume the doubling — only a direct hit from a subclass feature qualifies. Flare T1 clarified: a successful save negates both the Blind and the extra damage die.

v5.27.x — Previous

Rules clarifications and example corrections (v5.27.0–v5.27.4). Rider formally defined: any on-hit feature declared as part of a Manifested Strike package; passive bonus damage and triggered passives are not riders unless stated otherwise. Spreading Flames header corrected from Once per Turn to Once per Attack Action. Delayed burn from Ember Lance explicitly excluded from triggering Spreading Flames. Forced movement rule added to Psychokinesis intro. Action Surge clarified: grants a new per-Attack-action window for Psionic Instinct and rider limits. Weapon attack / MS mixing clarified: any order permitted within the Attack action. Damage-before-save order codified: damage resolves before any saving throw rider on that hit. Psychokinesis example corrected: Vectored Thrust T1 Overload bonus action step was missing.

Cryo example hit line corrected: T2 Glacial Spike gives Restrained, not speed 0. Pyro example miss line polished: “free in Psi via Psionic Instinct” to prevent conflating Psi cost with Blood Tax waiver.

v5.26.0 — Previous

Two play-pattern examples added. Psychokinesis sustained turn: T1 MS + T0 Telekinetic Shove (free), then 2× T0 MS. 0 Psi, 4 BT, ~35 force, one target repositioned — sustainable indefinitely. Cryokinesis lockdown turn: Frozen Ground already active, Glacial Spike T0 free then T1 paid, third hit naked. 1 Psi, 4 BT, ~31 cold, target likely speed 0 in difficult terrain. Three examples now cover nova (Pyro), sustained (Psycho), and lockdown (Cryo) — one per discipline, each showing a different approach vector.

v5.25.1 — Previous

Advanced Training I/II — feature names restored. Deflection Screen and Phase Step keep their names. Advanced Training I/II are now umbrella headers that tie them thematically to III/IV. Feature headers read “Advanced Training I: Deflection Screen” etc. Feature table shows both. Functional references in rules text, examples, and callouts use the feature name (Deflection Screen, Phase Step) since that’s what you declare at the table.

v5.25.0 — Previous

Major polish pass. Renames: Deflection Screen → Advanced Training I. Phase Step → Advanced Training II. Advanced Technique/II → Advanced Training III/IV. Pyrokinetic Blast → Blast. Frost Cage → Snow Chains. Snow Chains T1/T2 swapped: T1 now Restrained + PAM cold damage per turn, T2 now Stunned instead of Restrained. Telekinetic Slam T2 rewritten: lift 15 ft and slam — Prone + PAM force damage, Prone persists after Stun. Crit/SA clarification: Savage Attacker rolls the full 3d20kh2 package twice, keeps higher set — do not mix dice between throws. T0 rider Psi cost explicitly stated. Example Attack 3 changed to T1 MS + T1 Ember Lance (shows Psi cost in action). Example math simplified to averages. Muses credited.

v5.24.3 — Previous

Example Blood Tax lines use equation. Both example boxes now express Blood Tax using the equation format $((T1 \times PB) + (T2 \times 3 \times PB) = \text{result})$. Turn totals show the full sum across all hits. Reinforces the formula from v5.24.2 through worked examples.

v5.24.2 — Previous

Blood Tax equation added. Monospace equation block below the cost table footnote: $BT = (T1 \times PB) + (T2 \times 3 \times PB)$. Collapses the entire Blood Tax calculation into one line with a plain-language legend. Example verification: $(1 \times 4) + (1 \times 12) = 16$. ✓

v5.24.1 — Previous

Grok audit pass. Full turn example now explicitly declares Fire Supremacy Bonus Damage before Attack 1, shows +PB (4) in Attack 1 On hit math, and recalculates totals (~100 fire, up from ~95). “Flare T0 cost” changed to “Flare cost” — activation cost is not tier-dependent. How to Play phrasing standardized to match Psionic Instinct: “once per Attack action, your first Manifested Strike hit.” All three Supremacy Overload blocks verified complete and parallel (Cold, Fire, Force).

v5.24.0 — Previous

Pyrokinesis rework, MS PB removed. Manifested Strike no longer adds PB to one damage roll per turn — Supremacy passives (10th) are now the sole PB-to-damage source. Ember Lance kill-trigger splash removed (was AoE cheese on a single-target rider). Flare rewritten as single-target debuff: T0 Con save or Blinded, T1 adds 1 MS die damage, T2 Incapacitated instead of Blinded. Blazing Eruption renamed Pyrokinetic Blast (heat/pressure wave, not lava). Spreading Flames references updated. Full turn example recalculated.

v5.23.1 — Previous

Psionic Instinct — simplified, once per Attack action. Rewritten to two sentences. Changed from once per turn to once per Attack action — Action Surge now grants a second free T0 rider, rewarding the Fighter chassis instead of fighting it. Dropped the feature name list (redundant), the 18th-level forward reference (Discipline Mastery explains itself), and the “Once per Turn” tag (now Passive). Telekinetic Shove’s Psionic Instinct reference updated to match. MS Overload and rider Overload explicitly stated as independent (can Overload one, the other, both, or neither) in How to Play, Blood Tax box, and declaration paragraph.

v5.23.0 — Previous

Base → T0, MS clarified. All “Base:” labels renamed to “T0:” throughout the document — riders now read T0/T1/T2 instead of Base/T1/T2, making the tier progression immediately readable. Overload intro adds clarification: for MS, each tier builds on the previous; for riders, each tier’s text states whether it adds to or replaces the lower tier. Manifested Strike now reads “you can replace any number of your weapon attacks” (was “one of your weapon attacks”). Abbreviations box updated to include T0.

v5.22.0 — Previous

Duration and cheese audit. Vectored Thrust now reads “Concentration, up to 10 minutes” (was “Concentration” with no cap). T1 fly text adds “ends early if you are incapacitated” — no floating while KO’d. Arctic Tempest base Restrained now has explicit duration (“until the end of your next turn”). Mass Levitation While Levitated damage capped to first hit each turn (was “whenever hit”). Deflection Screen T2 rewritten: auto speed reduction removed, now a Str save for 15 ft push + Prone (save for 5 ft push only). Abbreviations box added after Cliff Notes.

v5.21.0 — Previous

Psi spent on declaration — miss penalty added. Psi committed to a rider is now spent on declaration, hit or miss — matching how spell slots work. Blood Tax remains hit-only (the physical feedback only fires when the force channels through). Reverses the v5.14.0 “miss costs nothing” rule. A whiffed Overloaded MS with no rider is still free (0 Psi, Blood Tax denied). A whiffed rider burns the Psi but not your HP. Makes the declare-before-roll decision meaningfully heavier.

v5.20.0 — Previous

Full turn breakdown added. New example box in Section 01: a three-attack Level 11 Pyrokinesis turn showing T0 MS + T2 Ember Lance, T2 MS + T1 Flare, and a naked Base MS. Breaks down declaration, Psi cost, on-hit effects, Blood Tax, and miss outcome for each attack, plus turn totals with full damage math including vulnerability doubling (~90 fire to primary for 2 Psi and 28 HP).

Steeled Mind — stub added to Section 02. Was listed in the feature table at 11th but missing its own feature header block in the core features section. Now has a proper entry between Phase Step and Advanced Technique.

v5.19.2 — Previous

Attack Declaration Costs table added. New reference table in Section 01 showing Psi and Blood Tax costs for every declaration combination (base MS, base rider, overloaded MS, overloaded rider, and all combos). Footnote clarifies Blood Tax math per tier and confirms each Overload pays independently.

v5.19.1 — Previous

One rider per hit — codified. Each Manifested Strike hit triggers at most one on-hit feature, regardless of source (discipline or Advanced Technique). You may use different riders on different hits within the same Attack action. Previously implicit; now stated in How to Play, the Blood Tax box, the declaration paragraph, and the Cliff Notes.

v5.19.0 — Previous

Psi Reservoir — expanded. Formula changed from $\lceil \text{Fighter level} \div 2 \rceil$ to $\lceil \text{Fighter level} \div 2 \rceil + \text{Proficiency Bonus}$. Pool ranges from 4 (3rd) to 16 (20th) instead of 2–10. A 3-Psi high-tier feature now costs $\leq 25\%$ of the pool from 13th onward, down from 43%. No other mechanics change — Blood Tax scales with PB, Overload costs HP, feature costs are flat. This is purely breathing room.

v5.18.0 — Previous

Name pass. Six renames: Psionic Arsenal / Psionic Arsenal II → Advanced Technique / Advanced Technique II (“arsenal” oversold a pool of three). Psionic Step → Phase Step (more flavor). Reality Fracture → Concussive Surge (no “reality” theme in the subclass; force impact fits). Hover → Vectored Thrust (matches Psychokinesis’s tactical identity). Kinetic Bonus Damage → Force Supremacy (was a mechanics label; now parallels Cold Supremacy and Fire Supremacy). Force resistance and Minor Telekinesis ribbon added to Force Supremacy; Minor Telekinesis removed from Vectored Thrust.

v5.17.1 — Previous

2d20kh crit rule — corrected to 5.5e. Was “double all damage dice — 4d20kh.” Now “add one d20 to the pool and keep one additional die — 3d20kh2.” 2024 5e crits duplicate the kept (effective) dice, not the entire selection pool. Old rule rolled 8 dice with Savage Attacker; corrected rule rolls 6.

v5.17.0 — Previous

Arsenal restructured — every 5 levels. Deflection Screen moves to 5th level as a fixed core feature (was entry-tier elective at 10th). Psionic Step moves to 10th level as a fixed core feature. The old entry-tier “choose 1 of 2” pool is gone — both tools are now guaranteed progression. Psionic Arsenal (15th) and Psionic Arsenal II (20th) each grant one high-tier pick from three options (Mind Crush, Concussive Surge, Psionic Detonation). Players hold 2 of 3 — a real build-defining choice at each late-game breakpoint.

Mind Crush — ladder corrected. Base now removes reactions (was Incapacitated). T1 now Incapacitates (was no reactions). T2 unchanged (Stunned). Ladder is now: no reactions → Incapacitated → Stunned, increasing in severity per tier.

v5.16.0 — Previous

Psionic Arsenal II — revamped. Psychic Shell and Astral Anchor removed. Both were situational picks that rarely justified their slot — Shell’s THP partially negated Blood Tax tension, and Anchor was too campaign-dependent. Replaced with Concussive Surge (3 Psi, Con save, 2 MS dice force + no reactions → Restrained → Stunned) and Psionic Detonation (3 Psi, Dex save, 15 ft AoE force + Prone/push at T2). Mind Crush retained. High-tier pool now has three picks: single-target mental shutdown, single-target force + control, and universal AoE.

v5.15.1 — Previous

Empathic Sense and Vanguard Training — moved to 7th level. Empathic Sense is now its own 7th-level passive (was a sub-feature of Telepathy at 3rd). Vanguard Training moves from 3rd to 7th. Telepathy stays at 3rd as a pure communication ribbon. Thins the 3rd-level feature load from eight features to six and gives 7th level core features beyond the discipline pick.

v5.15.0 — Previous

Capstone action tags added. Arctic Tempest, Firestorm, and Telekinetic Slam now read “18th · 4 Psi · Action” — every active feature in the document now has an explicit action type tag.

Fire Supremacy — split from Flare. Resistance, Bonus Damage, and Ribbon pulled out of Flare into a new standalone passive, Fire Supremacy (10th · Passive). Matches Cold Supremacy and Kinetic Bonus Damage layout. Bonus Damage now has an Overload block: T1 applies to all hits; T2 ignites targets (Con save), stacking with Ember Lance's burn. Closes the gap where Pyro's Bonus Damage was the only 10th-level passive without Overload tiers.

Tier 2 Overload — rewritten as deltas. Tier 2 description now reads as additive over Tier 1 (“one additional step,” “an additional Proficiency Bonus”) instead of restating totals. Intro sentence changed from “Tier 2 inherits all Tier 1 bonuses” to “Tier 2 builds on Tier 1.” Reference table unchanged.

v5.14.4 — Previous

Blood Tax timing clarified. Blood Tax damage occurs immediately after the attack resolves. Closes the window on arguments about healing before the Tax lands or absorbing self-damage with Deflection Screen.

v5.14.3 — Previous

Example box added to Section 01. A stripped-down play example closes the Overload section — Level 11 Cryo, T2 declaration with Glacial Spike, showing the die step (1d8 → 1d12), hit outcome, and miss outcome in plain language. No rule cross-references; the document is expected to be read in full before play.

v5.14.2 — Previous

Spreading Flames — hit-only tier tracking. Eruption tier now matches the highest Overload tier that actually landed a hit this turn. A missed T2 declaration does not qualify — whiffing T2 then killing with a plain hit gives a base eruption, not T2. Consistent with hit-only Blood Tax (v5.14.0).

Declaration package — all-in pre-roll. The MS, all riders, and all Overloads are declared together as a single package before the roll. You cannot see a hit land and then decide to Overload a rider. Hit: entire package resolves, full Blood Tax per Overload declared. Miss: nothing fires, no cost. Psychic Resistance applying to Blood Tax reviewed and held — Overload Mastery already covers the designed tax relief.

v5.14.1 — Previous

Errata and clarity pass (Grok audit). Six fixes: Overload Mastery wording updated to “die steps and damage bonuses” to cover both tiers correctly. 2d20kh crit clarified — double all damage dice (e.g. 4d20kh). Flare restructured to match Cold Supremacy/Kinetic Bonus Damage layout — Base and Overloads lead, passive benefits follow. Discipline Mastery tightened from a long exclusion list to a clean rule with examples. Hover Overload now notes Blood Tax fires on activation (standalone feature). Spreading Flames truncation confirmed non-issue.

v5.14.0 — Previous

Recovery Suppression — removed entirely. The healing denial window is gone. Blood Tax still costs HP on a hit — that is the only cost. If your table wants to spam Overload every turn and the cleric wants to keep patching you up, that is a legitimate strategy. Removes the most fiddly tracking mechanic in the subclass without softening the core risk-reward loop.

Blood Tax — hit-only. Blood Tax now only fires on a hit. Declare Overload before the roll as normal; if you miss, you get no power boost and pay no HP — the declaration costs nothing. Standalone feature Overloads (Deflection Screen, Hover) still pay at activation since they involve no attack roll. A miss is a whiff, not a punishment.

Tier 2 damage bonus — increased to +2×PB. Tier 2 Overload now adds twice your Proficiency Bonus to damage instead of once. Blood Tax self-damage is unchanged (still +2×PB on a hit, 3×PB total with Tier 1). The T2 damage bonus at 11th level goes from +4 to +8, making the Tier 2 decision feel meaningfully more powerful relative to its cost.

v5.13.0 — Previous

Recovery Suppression — lockout removed, v5.5 model restored. The "while suppressed, you cannot Overload on a subsequent turn" restriction is gone. Suppression now blocks healing only. Same-turn Overloads extend the window by one turn each; subsequent-turn Overloads reset the timer from that point. Players who want to spam Overload can — at the cost of never recovering HP.

Steeled Mind — new 11th-level feature. Blood Tax psychic self-damage forces concentration checks every time you Overload. Rather than carve a raw exception, a new passive at 11th level adds your Proficiency Bonus to Constitution saving throws made to maintain concentration. Fills the slot vacated by Psionic Extra Attack (removed v5.10.0). Especially valuable for Cryo and Psychokinesis builds relying on Frozen Ground, Hover, and Mass Levitation.

v5.12.1 — Previous

Discipline Mastery — Second Wind Nova removed. Stacked with Psionic Apex's Overload Mastery to produce three consecutive Overload turns per short rest, one of them free — unintended nova ceiling. Overload Mastery alone already delivers two nova turns cleanly. Feature tag reverted to Passive.

Feature table — 10th row corrected. "Discipline 10th Feature" was accidentally stripped from the 10th level row during Psionic Extra Attack removal. Restored.

Spreading Flames — Blazing Eruption added to qualifying features. T1 and T2 Effects previously listed only Ember Lance and Flare. Blazing Eruption is now an on-hit Pyrokinesis feature and is added to both lists.

Implosion — target clarified. "Including the target" was ambiguous — a target cannot be pulled toward its own position. Rewritten: surrounding creatures are pulled toward the target; the target itself is crushed inward and saves against Prone only.

Cold Supremacy — redundant Overload sentence removed. The sentence following the Overload header restated its own label. Removed.

Design Notes — stale "Desperate" reference removed. "When to go Desperate" survived from before Desperate Overload was cut in v5.9.0. Updated to "when to conserve."

v5.12.0 — Previous

Thought Spike — removed. The on-miss consolation mechanic required players to track mid-miss whether the attack was standard or Overloaded before deciding whether it applied. Low friction at a dedicated table, higher friction for Arsenal borrowers. The feature is gone. Entry tier Arsenal now has two picks: Deflection Screen and Psionic Step.

Spreading Flames — tier resolution simplified. Was: tier inherited from the Pyrokinesis feature used on the killing blow specifically. Now: eruption tier equals the highest Overload tier used on any Pyrokinesis feature this turn. T2 anywhere = T2 eruption.

Blazing Eruption T1 — wording tightened. "The radius increases" updated to "the burst radius increases" to read naturally for an on-hit trigger. No mechanical change.

v5.11.0 — Previous

Discipline Mastery — rewritten. Previous text told you the thing you'd been doing free since 3rd level was still free — no meaningful upgrade. New version: Psionic Instinct's free once-per-turn coverage now extends to any Discipline on-hit feature costing 2 Psi or fewer (covers 3rd-, 7th-, and eligible 10th-level on-hit tools; features costing 3+ Psi and area/standalone features still cost Psi normally).

Blazing Eruption — converted to on-hit trigger. Was a Bonus Action AoE at a chosen point within 60 ft. Now triggers on a Manifested Strike hit, once per turn: fire erupts from the impact, hitting creatures within 15 ft of the target (excluding the target). Push direction is directly away from the target.

v5.10.0 — Previous

Psionic Extra Attack — removed. Replacing a feat-granted bonus action attack with a Manifested Strike has no thematic grounding — Polearm Master and TWF are physical fighting styles, and piggybacking them for ranged psionic attacks is an incoherent interaction. The feature is gone.

Hover — restructured. Kinetic Bonus Damage is now its own labeled section with its own Overload block. Eliminates the Blood Tax ambiguity and the confusing dual-header format.

Telekinetic Shove — cost simplified. Flattened from 0–1 Psi conditional to a clean 1 Psi. Psionic Instinct covers the cost of the first activation each turn. Matches the cost model of Glacial Spike and Ember Lance.

Implosion — direction clarified, Shove interaction reworded. Removed "you choose the pulling direction" — an implosion collapses inward, period. The Shove/Implosion tactical note removes the "same hit" error and clarifies the intended play pattern.

Recovery Suppression — sentence reordered. The permission (multiple same-turn Overloads are allowed) now leads; the restriction follows. Previous ordering buried the exception after the prohibition.

Psionic Arsenal damage type clause — removed. "Borrowed features use your primary Discipline's damage type" is gone. Arsenal features now deal their native damage type.

v5.9.0 — Previous

Desperate Overload — removed. The bleed-for-Psi emergency valve averaged ~18 self-damage on a 4-Psi activation. In practice it fired maybe once per campaign. The rules text and cognitive load were not justified by its table impact.

Piercing Cold / Piercing Flame / Piercing Force — moved from 10th to 7th. The 10th-level features were overloaded. Moving Piercing to 7th thins 10th, arrives when Tier 2 monsters start having more resistances, and rewards discipline commitment earlier.

Recovery Suppression — simplified (superseded by v5.13.0). Flat two turns, no stacking. While suppressed you could not Overload on a subsequent turn. Nova turn, two cooldown turns, nova again. (Reverted in v5.13.0 — lockout removed.)

v5.7.1 — Previous

Readability and consistency pass. Four stale "CDT" references updated to "Psionic Arsenal" in rules text. Flare (Pyro 10th) now grants fire resistance, matching Cold Supremacy and Hover's pattern. Psychokinesis "Resistance Bypass" renamed "Piercing Force." Ember Lance kill-trigger wording clarified. Cold Supremacy Bonus Damage frequency corrected from "once per Attack action" to "once per turn."

v5.7.0 — Previous

Blood Tax Tier 2 — simplified to flat 2×PB. Was 2d6 + 1d6 per Psi spent on the Overloaded feature (minimum 3d6). Now a flat 2×Proficiency Bonus, paid on top of the Tier 1 cost. A full Tier 1 + Tier 2 declaration costs 3×PB total.

v5.6.1 — Previous

Cross-Discipline Training renamed Psionic Arsenal / Psionic Arsenal II. The features access a dedicated universal pool, not discipline tools. New names match the section they reference.

v5.6.0 — Previous

Blazing Step (Pyro 7th) — removed. Mobility was Psychokinesis's identity. Teleport as a CDT option (Psionic Step) is the correct place for that fantasy.

Blazing Eruption (Pyro 7th) — added. 2 Psi Bonus Action AoE. Fully integrates with the Compounding Pressure identity.

Direstorm — name restored to Firestorm. The v4.0 rename was inadvertently dropped during the v5.0 rewrite. Mechanics unchanged.

v5.5 — Previous

Spreading Flames — once per turn. Was once per action (v5.4). Now once per turn — one eruption per turn regardless of how many actions you have.

Psychic Blizzard renamed Arctic Tempest. The new name better reflects Cryo's identity — a slow, encroaching environmental force.

Kinetic Blast renamed Implosion. The name now matches the redesigned pull mechanic — an implosion collapses inward.

v5.0 — Previous

Blood Tax Tier 1 — flat Proficiency Bonus. Was 1d4 (avg 2.5 at all levels). Now equals your Proficiency Bonus — 2 at level 3, scaling to 6 by level 17.

Psionic Arsenal — replaces Cross-Discipline Training's discipline borrowing. Psionic Arsenal (10th) and Psionic Arsenal II (20th) now pick from a dedicated pool of universal techniques (Deflection Screen, Phase Step, Mind Crush, Psychic Shell, Astral Anchor).

CDT swap tax removed. The 1 Psi permanent cost per swap is gone. Swapping on level-up is free.

Kinetic Blast (now Implosion) — pull, not push. Redesignated as a telekinetic implosion. Psychokinesis now has push (Shove), pull (Implosion), and vertical control (Mass Levitation).

Mass Levitation — bonus damage rider added. Creatures Restrained by Mass Levitation take bonus force damage equal to your Psionic Ability modifier when hit by Manifested Strike.

Deflection Screen — moved to Arsenal entry tier. All disciplines can now reach for it via CDT.

Ember Lance — kill-trigger eruption added. Seeds the Spreading Flames fantasy from level 3.

Psionic Apex rewritten. Psychic Resistance (kept), Overload Mastery (once per short rest, no Blood Tax), and Mental Fortitude (advantage on charmed and frightened saves).

Version	Summary
v4.8	Telekinetic Shove capped to once per turn. Desperate Overload raised from 1d4 to 1d8 per Psi owed. Psionic Apex added as 20th-level ribbon — replaced in v5.0.
v4.7	Discipline Mastery capped (once per turn without Psionic Instinct). Psionic Extra Attack once per turn. Hover Bonus Damage added. CDT swap tax added (removed v5.0).
v4.6	Psionic Instinct (3rd, free rider once per turn) and Psionic Extra Attack (11th, bonus action MS replacement) added.
v4.5	Tier 2 Overload bonus damage capped to +PB. Recovery Suppression clarified. Pyro Bonus Damage passive added at 10th.
v4.4	Full revision incorporating external critique. Psi Reservoir restored to half Fighter level. MS reworked to magical weapon attack.

v4.0–4.3	Structural overhaul. Awakenings removed. Psionic Precision removed. No in-combat Psi recovery. Psionic Arsenal (as Cross-Discipline Training) introduced.
v2.x–v3.x	Awakenings system, tiered Psi recovery features, Desperate Overload introduction, Blood Tax progressive tuning, Psionic Arsenal (as Cross-Discipline Training) introduced.