

FIGHTER . MARTIAL ARCHETYPE . HOMEBREW

KINETIC VANGUARD

5th Edition Compatible . Fighter Subclass . **v2.6.7**

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

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01 Overload Tier System

Many features in this subclass can be enhanced through Overload — a deliberate escalation that trades hit points for power. Two tiers exist, gated by character level. Tier 2 Overload inherits all bonuses from Tier 1 — it does not replace them.

TIER	AVAILABLE	EFFECT ON MANIFESTED STRIKE	SELF-DAMAGE
Tier 1	When you learn the feature	Damage die +1 step (max 1d20). Add Proficiency Bonus to damage.	1d4 psychic
Tier 2	11th level onward	Damage die +2 steps. If exceeds 1d20, roll 2d20 take higher. Add PB and Psionic Ability modifier to damage again.	1d4 + 1d8 psychic

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

Each Overload declaration triggers its own independent Blood Tax — self-damage and recovery suppression apply once per declaration. An Overloaded Manifested Strike that triggers an Overloaded discipline feature (e.g. Kinetic Blast) results in two Blood Tax applications. There is no per-turn or per-action cap on Overload declarations; the Blood Tax is the cost.

Note on Enhancements: Features not triggered by a Manifested Strike hit (Deflection Screen, Hover) label upgrades as Tier 1/2 Enhancement rather than Tier 1/2 Overload. Tier 1 and Tier 2 Enhancement upgrades do not cost additional Psi — the Overload Blood Tax is the only cost.

02 Core Features

Psionic Discipline 3rd Level

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 Psychic Awakening prerequisites.

Save DC = 8 + Proficiency Bonus + Psionic Ability modifier

Psi Reservoir 3rd Level

Your Psi Points equal half your Fighter level, rounded up. You regain all expended Psi Points on a short or long rest.

LEVEL 3	LEVEL 5	LEVEL 7	LEVEL 11	LEVEL 15	LEVEL 17	LEVEL 20
2 Psi	3 Psi	4 Psi	6 Psi	8 Psi	9 Psi	10 Psi

Telepathy 3rd Level

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

When you take the Attack action, you may replace one of your weapon attacks with a ranged spell attack formed from psionic force (range 60 feet). The attack deals force damage by default; your Discipline changes the damage type. Add your Psionic Ability modifier to all Manifested Strike damage.

This attack: is a spell attack and is magical . is not a weapon and does not qualify for Divine Smite or similar features . is not a spell and cannot be counterspelled . does not require concentration . scales with subclass level, not total character level. A 3-level multiclass dip is permanently locked at 1d4.

LEVELS 3-6	LEVELS 7-10	LEVELS 11-14	LEVELS 15-18	LEVELS 19-20
1d4	1d6	1d8	1d10	1d12

Psionic Precision 3rd Level 1 Psi / hit

When you hit with Manifested Strike, you may spend 1 Psi Point to add your Proficiency Bonus to that attack's damage. No per-turn limit. Applies only to Manifested Strike.

Tier 1 Overload: Add your Proficiency Bonus to damage twice instead of once.

Tier 2 Overload: This attack's damage bypasses resistance.

Overload 3rd Level

Declare first: You must declare you are using Overload before you make the attack roll. If the attack misses, the self-damage and recovery suppression still apply in full.

The Blood Tax: Overload self-damage bypasses Temporary Hit Points and cannot be reduced by any means. It is taken directly from your actual Hit Point pool.

While Overloaded, until the end of your next turn: you cannot regain hit points, cannot use Second Wind, and cannot spend Hit Dice.

Independent Declarations: Each Overload declaration triggers its own Blood Tax — self-damage applies once per declaration. If you declare Overload more than once in a turn, you take self-damage each time. However, the recovery suppression does not extend. Regardless

of how many Overloads you declare in a turn, you are suppressed only until the end of your next turn.

! *Declare before the roll. A miss still costs you HP and suppresses recovery. Self-damage bypasses Temp HP and cannot be reduced by any means.*

Desperate Overload 3rd Level

Running on Blood: When you are at 0 Psi and use a feature that requires Psi, you may activate it without spending Psi. Spend as much Psi as you have; for each remaining Psi you cannot pay, you take 1d4 psychic self-damage. This self-damage follows all Blood Tax rules — it bypasses Temporary Hit Points and cannot be reduced by any means. Recovery suppression applies as normal. **[NEW v2.6.7]**

Flat Cost: Desperate Overload self-damage is always 1d4 per Psi owed, regardless of your Overload tier. If you also voluntarily Overload the same attack, the voluntary Blood Tax applies at your chosen tier as a separate declaration.

Manifested Strike is free: Manifested Strike itself does not require Psi and is not affected by Desperate Overload. You can always attack — you just can't power your riders without paying in blood.

! *This is a lifeline, not a rotation. A 4 Psi capstone at 0 Psi costs 4d4 (~10) self-damage on top of whatever voluntary Overloads you declare. Use it to close out a fight, not to sustain one.*

03 Subclass Feature Table

LEVEL	FEATURES GAINED
3rd	Psionic Discipline, Psi Reservoir, Telepathy, Manifested Strike, Psionic Precision, Overload, Desperate Overload, Discipline (3rd), Awakening (1st)
7th	Discipline (7th), Awakening (2nd)
10th	Discipline (10th), Awakening (3rd)
11th	Tier 2 Unlock (via Fighter level)
15th	Discipline (15th), Awakening (4th)
18th	Discipline (18th), Awakening (5th)

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]

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

Base: The target's speed is reduced by 5 ft until the end of your next turn (no save). The target must then make a Con save; on a failure, speed is reduced by an additional 5 ft (10 ft total).

Tier 1 Overload: On a failed Con save, speed becomes 0 instead of reduced by 10 ft. 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.

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

Base: 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 Attack action, when you hit a creature, you may deal bonus cold damage equal to your Proficiency Bonus.

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

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

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

Tier 2 Overload: The 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.

Frost Cage — 15th — 3 Psi — On Manifested Strike Hit

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

Tier 1 Overload: Instead of Restrained, the target becomes Stunned until the end of your next turn. Once per combat.

Tier 2 Overload: On a failed save, the target also takes cold damage equal to your Psionic Ability modifier at the start of each of its turns while Restrained or Stunned.

v2.4.3: Stun (Tier 1 Overload) is now once per combat. The feature remains gated by 3 Psi and Overload self-damage + recovery suppression. The once-per-combat cap prevents repeated stun attempts while requiring zero bookkeeping between encounters.

Psychic Blizzard — 18th — 4 Psi

Base: Up to 3 creatures within 60 ft take 8d10 cold damage (Con save for half) and are Restrained 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.

v2.4.3: Tier 2 simplified. Removed speed 0/no Dash/no bonus movement clause and the conditional Stun-on-already-Restrained chain. Tier 2 now does one dramatic thing: upgrades Restrained to Stunned on a failed save.

Discipline II

PYROKINESIS

[Compounding Pressure]

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

Base: The target takes fire damage equal to your Proficiency Bonus at the start of its next turn.

Tier 1 Overload: The target also takes the Proficiency Bonus fire damage immediately on hit. Both the immediate and the delayed damage apply.

Tier 2 Overload: The target becomes vulnerable to fire damage until the end of your next turn. Vulnerability takes effect after this attack's damage is resolved. If the target already has vulnerability to fire damage, this has no effect.

v2.6.5: Added timing clause — vulnerability takes effect after this attack's damage is resolved. Prevents same-hit doubling. Matches the precedent set by Psychic Blizzard's vulnerability clause.

Blazing Step — 7th — 2 Psi — Bonus Action

Base: Teleport up to 15 ft. Creatures adjacent to your arrival point must make a Dex save or take fire damage equal to your Psionic Ability modifier.

Tier 1 Overload: Teleport up to 30 ft instead.

Tier 2 Overload: Creatures that fail the save are also pushed 10 ft away from your arrival point.

Flare — 10th — 2 Psi — On Manifested Strike Hit

Base: Detonate a burst of fire around the target. All creatures within 10 ft of the target (excluding the target) take Manifested Strike die fire damage (Dex save for half).

Tier 1 Overload: The original target must make a Con save or be Blinded until the end of your next turn.

Tier 2 Overload: The burst radius increases to 15 ft and includes the original target.

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

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

Spreading Flames — 15th — Passive

Base: 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.

Tier 1 Overload: If the killing blow was a Tier 1 Overloaded Pyrokinesis feature (Ember Lance or Flare), the eruption's damage ignores fire resistance. A plain Overloaded Manifested Strike does not trigger this tier.

Tier 2 Overload: If the killing blow was a Tier 2 Overloaded Pyrokinesis feature (Ember Lance or Flare), creatures that fail the save also gain the Burning condition, taking your Proficiency Bonus fire damage at the start of their next turn. A plain Overloaded Manifested Strike does not trigger this tier.

The tier is inherited from the Pyrokinesis feature used on the killing blow — not from a separate declaration. If you Overloaded Flare at Tier 2 and it kills, Spreading Flames fires at Tier 2. No additional cost.

Direstorm — 18th — 4 Psi

Base: 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). No additional Psi required — the Overload Blood Tax on a 4 Psi ability is the cost.

v2.4.3: Tier 2 spread simplified. Replaced individual Dex saves per adjacent creature with flat PB fire damage to creatures within 5 ft of each ignited target. One sentence, no individual rolls, same fantasy.

Discipline III

PSYCHOKINESIS

[Tactical Space Control]

A repositioning specialist that dictates where enemies stand and punishes poor positioning — force is the least-resisted damage type in the game, and every inch of displacement is leverage.

Telekinetic Shove — 3rd — 1 Psi — On Each Manifested Strike Hit

Base: Each time you hit a creature with Manifested Strike, you may spend 1 Psi to attempt to push that target 5 ft in any horizontal direction (Str save negates). This requires no action. Does not stack with Kinetic Blast — if you use Kinetic Blast on the same hit, use that distance instead. **[CHANGED v2.6.7]**

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.

Deflection Screen — 3rd — 1 Psi — Reaction — Once per Round

Base: When you take damage, you may use your reaction and spend 1 Psi to reduce it by 1d10 + your Psionic Ability modifier. You may use this feature once per round.

Tier 1 Enhancement: The reduction increases to 1d10 + Psionic Ability modifier + Proficiency Bonus. No additional Psi required — the Overload Blood Tax is the cost.

Tier 2 Enhancement: The attacker is automatically pushed 5 ft away from you and their speed is reduced by 10 ft until the end of their current turn. No save. The attacker must then make a Strength saving throw. On a failure, the push becomes 15 ft and they are knocked Prone. No additional Psi required. Requires 11th level.

v2.5.2: Tier 1 and Tier 2 Enhancement no longer cost additional Psi. The Overload Blood Tax is the full cost. Tier 2 reworked: guaranteed 5 ft push + 10 ft speed cut on no save, Str save for 15 ft push and Prone.

Kinetic Blast — 7th — 1 Psi — On Manifested Strike Hit

Base: Release a telekinetic burst centered on the target. All creatures within 15 ft of the target (including the target) must make a Strength saving throw or be pushed 15 ft directly away from the target's position and knocked Prone.

Tier 1 Overload: The push distance increases to 30 ft.

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

Hover — 10th — 2 Psi — Bonus Action — Concentration

Base: 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. **[CHANGED v2.6.7]**

Tier 1 Enhancement: Gain a full fly speed equal to your walking speed for the duration instead of hovering. No additional Psi required — the Overload Blood Tax is the cost.

Tier 2 Enhancement: Flight does not provoke opportunity attacks. No additional Psi required. Requires 11th level.

Minor Telekinesis: 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.

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

Base: 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 you maintain concentration, creatures that remain Restrained continue to hover. If concentration ends, all affected creatures fall.

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.

v2.4.1: Mass Levitation now uses concentration for upkeep with a save-to-end each turn. 4 Psi buys the initial lift; concentration sustains it. Creatures are not automatically freed after one round — they fight their way out.

Telekinetic Slam — 18th — Passive + 4 Psi

Resistance Bypass: Your force damage from subclass features ignores resistance.

Base: Spend 4 Psi: 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 cannot take reactions and has disadvantage on its first attack roll until the end of its next turn. If the target is also Stunned (from Tier 1), its speed becomes 0 for one additional round after the Stun ends.

05 Psychic Awakenings

You gain one Awakening at 3rd, 7th, 10th, 15th, and 18th level (5 total). All Awakenings are freestanding — none require another as a prerequisite. You may replace one Awakening whenever you gain a Fighter level.

STRIKE AWAKENINGS

These trigger off Manifested Strike hits, critical hits, or kills. They compound your attack loop rather than adding separate actions.

Psychic Lash — Strike — Triggered 1 Psi

Effect: Once per turn, when a creature fails a saving throw against one of your discipline features as a direct result of a Manifested Strike hit, you may spend 1 Psi to deal one Manifested Strike die of additional damage (your discipline's damage type) to that creature. This requires no action.

Tier 1 Overload: Deal two Manifested Strike dice of additional damage instead of one.

Tier 2 Overload: The target has disadvantage on saving throws against one mental ability score of your choice (Intelligence, Wisdom, or Charisma) until the end of their next turn. You choose the ability score when the effect triggers.

v2.6.5: Tier 2 scoped from disadvantage on all saving throws to disadvantage on one mental ability score (chosen on hit). Prevents warping the Psionic Ability choice at level 3 around a Tier 2 Awakening, and rewards tactical assessment of the target's weak save.

Psychic Slurp — Strike — Passive — Once per Turn

Effect: On a critical hit with Manifested Strike, roll one additional damage die and regain 1 Psi. Once per turn.

Psychic Sustenance — Strike — Passive — Once per Turn

Effect: When you reduce a creature to 0 HP with Manifested Strike, regain 1 Psi. Once per turn.

Tier 1 Overload: Regain 2 Psi instead of 1.

Tier 2 Overload: Also recover hit points equal to your Proficiency Bonus. You drain vital force from the kill, partially offsetting the Blood Tax.

ACTIVE AWAKENINGS

These require you to spend Psi and typically an action or bonus action. Deliberate, resourced plays that expand what you can do on your turn.

Mind Lance — Active — Action 2 Psi

Effect: Target one creature within 60 ft. It takes 3d10 psychic damage (Intelligence save for half).

Tier 1 Overload: +2d10 damage.

Tier 2 Overload: On a failed save, the target has disadvantage on its next attack roll (until the end of its next turn).

Mental Veil — Active — Bonus Action — 1 minute 2 Psi

Effect: Gain advantage on Stealth checks and impose disadvantage on Perception checks against you for 1 minute.

Tier 1 Overload: You become lightly obscured by psionic distortion.

Tier 2 Overload: You may move through occupied spaces as difficult terrain for the duration.

Subtle Suggestion — Active — Concentration 2 Psi

Effect: Cast Suggestion once per long rest. You may spend 2 additional Psi to cast it again.

Tier 1 Overload: The target has disadvantage on the saving throw.

Tier 2 Overload: On a failed save, the target is also Charmed by you for the spell's duration.

Mental Dominance — Active — Action — Concentration 3 Psi

Effect: Cast Hold Person once per long rest. You may spend 3 additional Psi to cast it again. Requires your action and concentration. You cannot make an Attack action on the same turn you use this feature. The target can repeat the saving throw whenever it takes damage. **[CHANGED v2.6.7]**

Tier 1 Overload: While you maintain concentration on this feature, you may make one Manifested Strike against the Paralyzed target as a bonus action (once per turn). **[CHANGED v2.6.7]**

Tier 2 Overload: While Paralyzed, the target takes psychic damage equal to your Proficiency Bonus at the start of each of its turns.

v2.6.6: Save-on-damage added to base — each hit gives the target a chance to break free, making the auto-crit chain self-limiting. Tier 1 reworked: replaced disadvantage on save with a bonus action Manifested Strike against the Paralyzed target. This makes Mental Dominance a Vanguard tool (you exploit your own setup) rather than a party force multiplier (hand free auto-crits to the Paladin). The harder you exploit the Paralysis, the faster it ends.

Astral Perception — Active — 1 minute 3 Psi

Effect: Gain Truesight 30 ft for 1 minute.

Tier 1 Overload: Range increases to 60 ft.

Tier 2 Overload: Range increases to 120 ft.

Farsight — Active 3 Psi

Effect: Cast Arcane Eye once per long rest. Spend 3 Psi to cast again.

Tier 1 Overload: Gain auditory input from the eye's location as well as visual.

Tier 2 Overload: Duration extends to 2 hours.

PASSIVE AWAKENINGS

Always-on enhancements. No activation required. These define the shape of your character rather than expanding your action economy.

Deep Focus — Passive

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

Inner Reservoir — Passive — Once per Long Rest

Effect: Once per long rest, when you drop to 0 Psi, regain Psi equal to your Proficiency Bonus.

Mental Link — Passive — 1 hour

Effect: Establish a telepathic link with a number of willing creatures equal to your Psionic Ability modifier for 1 hour.

Tier 1 Overload: Duration becomes 8 hours.

Tier 2 Overload: Duration becomes 24 hours.

Psychic Impression — Passive

Effect: When you gain this Awakening, choose one skill: Persuasion, Deception, or Intimidation. Add your Psionic Ability modifier to checks using that skill. This choice cannot be changed unless you replace this Awakening.

06 Design Identity

PRINCIPLE	IMPLEMENTATION
Mental-stat martial	No STR or DEX dependency. Psionic Ability drives attack, damage, save DC, and skill options.
Striker / controller hybrid	Discipline determines the balance: Cryo = escalating lockdown, Pyro = compounding pressure, Psycho = tactical space control.
Self-destructive nova engine	Overload must be declared before the roll. A miss still costs HP. Self-damage bypasses Temp HP and cannot be reduced by any means.
Multiclass resistant	Manifested Strike scales with subclass level. A dip locks your strike at 1d4 permanently.
Fighter chassis	d10 hit die, Second Wind, Action Surge, and Extra Attack (3) provide the durability the Overload system assumes.
Tier progression	Dangerous (3–10) → Disciplined (11–17) → Confident (18+)

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