KINETIC VANGUARD

FIGHTER · MARTIAL ARCHETYPE · HOMEBREW · v5.13.0

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

Created by NixNinja in collaboration with AI assistants.

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 the Psionic Arsenal gives you a situational toolkit drawn from universal psionic techniques.

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 (max 10). 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 always, plus your Proficiency Bonus once per turn. Scales with Fighter level. Your discipline riders attach to hits with this.
Overload is your throttle.	Declare before the roll, take psychic self-damage, step up the die and hit harder. Blood Tax at Tier 1 equals your Proficiency Bonus (flat). Tier 2 costs an additional 2×PB on top. A miss still costs you.
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 turn for free — you're never naked.
Psionic Arsenal is your toolkit.	At 10th, choose one entry-tier universal technique. At 20th, choose one high-tier technique. These are discipline-agnostic tools — mobility, defense, disruption — swappable on level-up at no cost.

HOW TO PLAY THIS SUBCLASS

On your turn, the core loop is simple: when you attack with Manifested Strike, your first hit each turn triggers your discipline's base rider for free. Want to stack more riders? Spend Psi. Want more power on top of that? Declare Overload before you roll — you take the Blood Tax in psychic self-damage, your die steps up, and the hit lands harder. Overloading the discipline feature as well costs a second Blood Tax. That's the throttle: every escalation costs you.

Your Discipline defines your identity across five features. The Psionic Arsenal gives you one entry-tier technique at 10th and one high-tier technique at 20th — universal tools any Kinetic Vanguard can reach for 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 inherits all Tier 1 bonuses — it does not replace them.

The Blood Tax

Tier 1 Overload (3rd level): Increase the Manifested Strike damage die by one step. Add your Proficiency Bonus to damage. You take psychic self-damage equal to your **Proficiency Bonus** (flat).

Tier 2 Overload (11th level): Increase the Manifested Strike damage die by two steps. Add your Proficiency Bonus to damage. You take additional psychic self-damage equal to **2× your Proficiency Bonus** (on top of the Tier 1 cost). A full Tier 1 + Tier 2 declaration costs **3× your Proficiency Bonus** in psychic self-damage total.

Recovery Suppression: Until the end of ***your*** next two turns: you cannot regain hit points, cannot use Second Wind, and cannot spend Hit Dice. Each additional Overload declaration in the same turn extends this window by one turn — two Overloads in one turn means suppression lasts three turns total. Overloads declared on later turns reset the timer from that point rather than stacking further.

Each Overload declaration is its own Blood Tax. If you Overload a Manifested Strike and also Overload a discipline feature triggered by that same hit, you pay the Blood Tax twice — once for each declaration.

⚠ Declare before the roll. A miss still costs you HP and suppresses recovery.
⚠ Self-damage bypasses Temporary Hit Points and cannot be reduced by any means.

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

Fighter Level	MS Die	T1 Effect	T1 Blood Tax	T2 Effect	T2 Blood Tax
3–6	1d4	1d6 + PB	PB (2)	—	—
7–10	1d6	1d8 + PB	PB (3–4)	—	—
11–14	1d8	1d10 + PB	PB (4)	1d12 + PB	+2×PB (8) = 3×PB (12)
15–18	1d10	1d12 + PB	PB (5)	1d20 + PB	+2×PB (10) = 3×PB (15)
19–20	1d12	1d20 + PB	PB (6)	2d20kh + 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, roll an additional damage die as normal.

Standalone Overload (non-Manifested Strike features): Every Overload declaration is its own Blood Tax, paid at the moment of activation — whether on a Manifested Strike, a discipline feature, or a standalone feature such as Deflection Screen or Hover. Recovery Suppression lasts two turns. Each additional Overload declaration in the same turn extends this window by one turn. Overloads declared on later turns reset the timer from that point rather than stacking further.

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. You regain all expended Psi Points on a short or long rest.

Fighter Level	Proficiency Bonus	Psi Points
3–4	+ 2	2
5–6	+ 3	3
7–8	+ 3	4
9–10	+ 4	5
11–12	+ 4	6
13–14	+ 5	7
15–16	+ 5	8
17–18	+ 6	9
19–20	+ 6	10

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.

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

Manifested Strike · *3rd Level · Attack Action*

When you take the Attack action, you may replace one 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. Once per turn, you also add your Proficiency Bonus to one Manifested Strike damage roll. 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 · Once per Turn*

Once per turn, when you hit with Manifested Strike, you may activate your Discipline's 3rd-level Base feature (Glacial Spike, Ember Lance, or Telekinetic Shove) for 0 Psi. This free activation does not inherit the Overload tier from the Manifested Strike. Additional activations on the same turn cost Psi as normal. At 18th level, Discipline Mastery expands this coverage.

Vanguard Training · *3rd 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.

Psionic Arsenal · *10th Level · Passive*

You have studied universal psionic techniques beyond your primary Discipline. Choose one entry-tier feature from the Psionic Arsenal (Section 05).

The borrowed feature can be Overloaded normally.

Swapping: You may replace your borrowed feature whenever you gain a Fighter level, choosing again from the Psionic Arsenal entry-tier pool. There is no Psi cost to swap.

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.

Discipline Mastery · *18th Level · Passive*

Psionic Instinct now covers the Psi cost of any Discipline on-hit feature that costs 2 Psi or fewer, once per turn. Your 3rd-level base feature remains free as before; this extends that coverage up to your 7th- and 10th-level on-hit tools (Frozen Ground is concentration-activated, not on-hit, and is excluded). Features costing 3 Psi or more (Frost Cage, Mind Crush) and area/standalone features (Arctic Tempest, Firestorm, Telekinetic Slam, Mass Levitation) still cost Psi as normal. Additional activations of any feature on the same turn cost Psi as normal.

Psionic Arsenal II · *20th Level · Passive*

Your psionic training extends into deeper territory. Choose one high-tier feature from the Psionic Arsenal (Section 05).

The borrowed feature can be Overloaded normally. You cannot hold the same feature across Psionic Arsenal and Psionic Arsenal II.

Swapping: You may replace your borrowed feature whenever you gain a Fighter level, choosing again from the Psionic Arsenal high-tier pool. There is no Psi cost to swap.

At 20th level a Vanguard holds two Arsenal features — one entry-tier tool and one high-tier pick. The primary discipline remains dominant through Overload, Mastery, and its full five-feature 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 step, bonus PB, recovery suppression — 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, Vanguard Training, Discipline 3rd Feature
7th	Discipline 7th Feature

10th	Discipline 10th Feature, Psionic Arsenal (1 entry-tier pick)
11th	Steeled Mind
15th	Discipline 15th Feature
18th	Discipline 18th Feature, Discipline Mastery
20th	Psionic Arsenal II (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*

Base: 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.

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 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.

Frost Cage · *15th · 3 Psi · On Manifested Strike Hit · Once per Turn*

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.

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 Stunned.

Arctic Tempest · *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.

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*

Base: The target takes fire damage equal to your Proficiency Bonus immediately on hit and at the start of its next turn. If the target dies while the start-of-turn burn is still active, creatures within 10 ft take fire damage equal to your Proficiency Bonus (no save).

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

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

Blazing Eruption · *7th · 2 Psi · On Manifested Strike Hit · Once per Turn*

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

Base: 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 Turn*

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).

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.

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.

Spreading Flames · *15th · Passive · Once per Turn*

Base: Once per turn, 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 Effect: If you used a Tier 1 Overloaded Pyrokinesis feature (Ember Lance, Blazing Eruption, or Flare) at any point this turn, the eruption's damage ignores fire resistance.

Tier 2 Effect: If you used a Tier 2 Overloaded Pyrokinesis feature (Ember Lance, Blazing Eruption, 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 you used on any Pyrokinesis feature this turn — no additional cost. T2 anywhere this turn means T2 eruption, regardless of which hit landed the kill.

Firestorm · *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).

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.

Telekinetic Shove · *3rd · 1 Psi · On Manifested Strike Hit · Once per Turn*

Base: 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 turn — your first activation each turn is effectively free. (At 18th level, Discipline Mastery extends this free coverage to your higher-tier on-hit features as well.)

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 Turn*

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

Base: 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 turn, 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.

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.

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.

Overload:

Tier 1 Overload: Gain a full fly speed equal to your walking speed for the duration instead of hovering.

Tier 2 Overload: Flight does not provoke opportunity attacks.

Kinetic Bonus Damage · *10th · Passive*

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

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*

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 concentration is maintained, creatures that remain Restrained continue to hover. If concentration ends, all affected creatures fall.

While Levitated: Creatures that remain Restrained by this feature take bonus force damage equal to your Psionic Ability modifier whenever they are 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*

Base: 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 PSIONIC ARSENAL

These are universal psionic techniques — not tied to any Discipline. Psionic Arsenal (10th) grants one entry-tier pick; Psionic Arsenal II (20th) grants one high-tier pick. Swapping is free on level-up.

ENTRY TIER — PSIONIC ARSENAL (10TH LEVEL)

Deflection Screen · *Entry Tier · 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.

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

Tier 2 Overload: The attacker is automatically pushed 5 ft away and their speed is reduced by 10 ft (no save). The attacker then makes a Str save; on a failure, the push becomes 15 ft and they are knocked Prone.

Psionic Step · *Entry Tier · 1 Psi · Bonus Action*

Base: 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).

HIGH TIER — PSIONIC ARSENAL II (20TH LEVEL)

Mind Crush · *High Tier · 3 Psi · On Manifested Strike Hit · Once per Turn*

Base: 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 become Incapacitated until the end of your next turn.

Tier 1 Overload: On a failed save, the target also cannot use reactions until the end of your next turn.

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

Psychic Shell · *High Tier · 2 Psi · Bonus Action*

Base: You project a psychokinetic barrier around yourself. Gain temporary hit points equal to twice your Psionic Ability modifier + your Proficiency Bonus. These THP are lost when you next take a short or long rest.

Tier 1 Overload: Temporary hit points = twice your Psionic Ability modifier + twice your Proficiency Bonus.

Tier 2 Overload: While you have these temporary hit points, you have resistance to bludgeoning, piercing, and slashing damage from nonmagical attacks.

Psychic Shell can be used proactively — activating it before a fight burns 2 Psi but may save more in avoided damage than Overloading another attack would gain.

Astral Anchor · *High Tier · 2 Psi · Reaction*

Base: When a creature within 60 ft of you attempts to teleport, blink, plane shift, or use any effect that would move it via extradimensional means, you may use your reaction to anchor it psionically. The creature must make a Wisdom saving throw. On a failure, the teleportation fails and the action, bonus action, or spell slot used is wasted.

Tier 1 Overload: On a failed save, the creature also takes psychic damage equal to your Psionic Ability modifier + Proficiency Bonus.

Tier 2 Overload: On a failed save, the creature is also Stunned until the end of its next turn from the psychic feedback.

Astral Anchor is a situational pick — devastating against BBEG types with escape abilities or teleporting mages. Its value is table-dependent; swap to Mind Crush or Psychic Shell at the next level-up if the campaign doesn't reward it.

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 CHANGELOG

v5.13.0 — Current

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, Psionic 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. Redesigned 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.