KINETIC VANGUARD

FIGHTER · MARTIAL ARCHETYPE · HOMEBREW · v5.37.0

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. This includes Advanced Training riders (Mind Crush, Dazzle, Burst). You may never apply both a discipline rider and an Advanced Training rider to the same hit.

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
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 per Overload that hits: Tier 1 = PB. Tier 2 = 3×PB. Sum all Overloads in the sequence.`

Tier 2 costs 3×PB because it includes Tier 1's PB plus 2×PB more. T0 riders cost 0 HP. A double-Overload hit (e.g., T2 MS + T1 rider) pays each Overload separately.

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)	1d20 + 1d12 + 2×PB	+2×PB (12) = 3×PB (18)

1d20 + 1d12 (Tier 2, levels 19–20): Roll 1d20 + 1d12 for damage. On a critical hit, add one d12 to the roll (1d20 + 2d12). With Savage Attacker: roll the full damage package twice and keep the higher result.

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 × 3 × 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 44 fire (MS doubled by EL T2 primer, rider at face value). Target Blinded.
Blood Tax: (1 × PB) + (1 × 3 × 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 × PB) + (1 × PB) = 4 + 4 = 8
Miss: 1 Psi lost. No BT.

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

Damage to primary target: Attack 1: 21. Attack 2: 44 (MS doubled). Attack 3: 22. Burns: 16. Total: ~103 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 × 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 × 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 × PB) + (T2 × 3 × PB) = (2 × 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 × 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 × PB) + (T2 × 3 × PB) = (1 × 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. On a critical hit, double the Manifested Strike damage dice per normal 5e rules, including any Overloaded die steps. 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 (excludes creatures without emotions, such as undead and constructs). You gain advantage on Wisdom (Insight) checks against any creature within that range. You also add your Psionic Ability modifier to your passive Perception against creatures within 60 feet that harbor hostile intent toward you, provided they have surface emotions you can perceive.

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 for that Overload. If the same attack package includes a second Overload (e.g., Overloaded MS + Overloaded rider), the other Blood Tax still applies. 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(s)
10th	Discipline 10th Feature(s), Advanced Training II (Phase Step)
11th	Steeled Mind, Vectored Thrust (Psychokinesis)
15th	Discipline 15th Feature, Advanced Training III (1 high-tier pick)
18th	Discipline 18th Feature
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). The total speed reduction from all Glacial Spike effects cannot reduce any creature's speed below 10 feet. 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).

Piercing Cold · *7th · Passive*

Your cold damage from subclass features ignores resistance.

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

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 end of your next turn).

Ribbon: While Frozen Ground is active, you ignore difficult terrain created by your own ice.

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.

Creeping Cold: Each time you hit a creature with Glacial Spike, that creature takes a cumulative −1 penalty to Constitution saving throws against your subclass features (maximum −2). This penalty lasts until the end of your next turn.

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.

Burning (Condition)
A creature that is Burning takes your Proficiency Bonus in fire damage at the start of each of its turns. It can use its action to extinguish the flames (no save required).

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 Manifested Strike hit against the same target before the end of your next turn has its Manifested Strike damage doubled (the strike itself only — rider damage is not doubled). This effect applies only once. Delayed burn ticks do not consume this doubling — only a direct hit qualifies.

Piercing Flame · *7th · Passive*

Your fire damage from subclass features ignores resistance.

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

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 also gain the Burning condition until the end of your next turn. If a creature already has the Burning condition from your Ember Lance when it failed the save, the Burning 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 (use the Overloaded die if MS is Overloaded on this hit). 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 gain the Burning condition. Stacks with Ember Lance's burn.

Spreading Flames · *15th · Passive*

T0: The first time during each Attack action that 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). Only one eruption can occur per Attack action — additional kills during the same Attack action do not trigger further eruptions. 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 gain the Burning condition. Each creature within 5 ft of a Burning 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.

Piercing Force · *7th · Passive*

Your force damage from subclass features ignores resistance.

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

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 · *11th · 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 · Action · 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*

You seize a foe with overwhelming telekinetic force and slam it violently into the ground with crushing power.

T0: Choose one creature you can see within 60 feet. The target must make a Strength saving throw, taking 8d10 force damage on a failed save, or half as much on a successful one. On a failed save, the target is also pushed 10 ft in any horizontal direction you choose.

Tier 1 Overload: The damage increases to 10d10. On a failed save, the target is also knocked Prone.

Tier 2 Overload: The damage increases to 13d10. On a failed save, the target is Stunned until the end of your next turn instead of being knocked Prone. The target is knocked Prone even on a successful save.

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 an Intelligence 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.

Dazzle · *High Tier · 3 Psi · Special*

A psionic flashbang that overloads the target's senses.

T0: As an action, choose a creature within 60 feet that you can see. The target must make a Wisdom saving throw or be Charmed by you until the end of your next turn.

Tier 1 Overload: When you hit a creature with Manifested Strike, the target must make a Wisdom saving throw or be Blinded until the end of your next turn.

Tier 2 Overload: When you hit a creature with Manifested Strike, the target must make a Wisdom saving throw or be Incapacitated until the end of your next turn. Creatures immune to the Charmed condition are unaffected by T0 but can still be Blinded (T1) or Incapacitated (T2) normally.

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. Blood Tax per Overload that hits: Tier 1 = PB, Tier 2 = 3×PB. Sum all Overloads.

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): Tier 1 = PB, Tier 2 = 3×PB. Sum all Overloads that hit. Example: T2 MS + T1 rider = 12 + 4 = 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 Features
- 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 × PB) + (1 × 3 × 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 Features

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 × PB) + (2 × 3 × 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 Features

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).
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 × PB) + (1 × 3 × 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× T2 rider + 1× T1 MS = (1 × PB) + (1 × 3 × PB) = 4 × 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× T2 + 1× T1 = (1 × PB) + (2 × 3 × PB) = 7 × 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 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 (3 Psi) from Advanced Training for AoE Prone/push. Or use Dazzle T0 (3 Psi, Action) for Charm, or T1/T2 as on-hit riders for Blinded/Incapacitated.

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 → Mass Levitation.

Overload priority: Implosion T2 (Prone + big pull) and Dazzle T2 (Incapacitated, on-hit rider).

Blood Tax example (control turn): 1× T1 MS + 1× T2 rider = (1 × PB) + (1 × 3 × PB) = 4 × 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: Mind Crush 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

v5.37.0 — Current

Nitpick pass. Removed stale “Discipline Mastery” label from 18th-level table row. Vectored Thrust moved from 10th to 11th level (needs Steeled Mind to function safely with Concentration). Piercing Cold/Flame/Force extracted from inside 7th-level features into standalone 7th-level passives for consistency. Frozen Ground T2 Restrained duration changed from “start” to “end” of your next turn. Crit rule added to Manifested Strike. AT rider exclusion explicitly stated in How to Play. Overload Mastery clarified: negates one Overload’s Blood Tax, not the entire package. Dazzle header changed to “3 Psi · Special.” Blood Tax formula rephrased for readability. Cheatsheet headers renamed “Available Features” (was “Riders”). VT cheatsheet tier mismatch fixed. Stale “Burst/Surge” reference cleaned up. Table rows updated: 7th and 10th now say “Feature(s).”

v5.36.0 — Previous

Dazzle split into dual activation modes. T0 (Charm) remains a standalone Action — works in social play, no hit needed. T1 (Blinded) and T2 (Incapacitated) now require a Manifested Strike hit, consistent with every other Overloaded rider. Rationale: you cannot hit something you are trying to charm, but blinding and incapacitating channel naturally through the strike. Charmed-immune clause updated: immune targets skip T0 but T1/T2 still proc on hit. Header changed from “3 Psi · Action” to “3 Psi · Special” since action economy varies by tier.

v5.35.0 — Previous

Dazzle Charmed-immunity scoping removed. Dazzle no longer fizzles entirely against Charmed-immune targets. Creatures immune to the Charmed condition ignore the T0 effect but are still affected by Tier 1 (Blinded) and Tier 2 (Incapacitated) normally. This makes Dazzle viable against undead, constructs, and other Charmed-immune creatures at higher Overload tiers.