

# The Zen Monk(Monk rewrite)

For the truly exemplary, martial skill transcends the battlefield—it is a lifestyle, a doctrine, a state of mind. These warrior-artists search out methods of battle beyond swords and shields, finding weapons within themselves just as capable of crippling or killing as any blade. These monks (so called since they adhere to ancient philosophies and strict martial disciplines) elevate their bodies to become weapons of war, from battle-minded ascetics to self-taught brawlers. Monks tread the path of discipline, and those with the will to endure that path discover within themselves not what they are, but what they are meant to be.

**Role:** Monks excel at overcoming even the most daunting perils, striking where it's least expected, and taking advantage of enemy vulnerabilities. Fleet of foot and skilled in combat, monks can navigate any battlefield with ease, aiding allies wherever they are needed most.

**Alignment:** Any lawful

**Hit Die:** d8

**Starting Wealth:** 1d6 × 10 gp (average 35 gp.) In addition, each character begins play with an outfit worth 10 gp or less.

## Class Skills

The monk's class skills are [Acrobatics](#) (Dex), [Climb](#) (Str), [Craft](#) (Int), [Escape Artist](#) (Dex), [Intimidate](#) (Cha), [Knowledge](#) (history) (Int), [Knowledge](#) (religion) (Int), [Perception](#) (Wis), [Perform](#) (Cha), [Profession](#) (Wis), [Ride](#) (Dex), [Sense Motive](#) (Wis), [Stealth](#) (Dex), and [Swim](#) (Str).

**Skill Ranks per Level:** 4 + [Int](#) modifier.

Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special	Flurry of Blows Attack Bonus	Unarmed Damage	AC Bonus	Fast Movement
1st	+0	+2	+2	+2	<a href="#">Bonus feat, flurry of blows, stunning fist, unarmed strike</a>	-1/-1	1d6	+0	+0 ft.

2nd	+1	+3	+3	+3	<a href="#">Bonus feat</a> , <a href="#">evasion</a>	+0/+0	1d6	+0	+0 ft.
3rd	+2	+3	+3	+3	<a href="#">Fast movement</a> , <a href="#">maneuver training</a> , <a href="#">still mind</a>	+1/+1	1d6	+0	+10 ft.
4th	+3	+4	+4	+4	<a href="#">Ki pool</a> (magic), <a href="#">slow fall</a> 20 ft., <a href="#">Ki power</a>	+2/+2	1d8	+1	+10 ft.
5th	+3	+4	+4	+4	<a href="#">High jump</a> , <a href="#">purity of body</a> , <a href="#">Ki power</a>	+3/+3	1d8	+1	+10 ft.
6th	+4	+5	+5	+5	<a href="#">Bonus feat</a> , <a href="#">slow fall</a> 30 ft.	+4/+4/-1	1d8	+1	+20 ft.
7th	+5	+5	+5	+5	<a href="#">Ki pool</a> ( <a href="#">cold iron</a> /silver), <a href="#">wholeness of body</a> , <a href="#">Ki power</a>	+5/+5/+0	1d8	+1	+20 ft.
8th	+6/+1	+6	+6	+6	<a href="#">Slow fall</a> 40 ft.	+6/+6/+1/+1	1d10	+2	+20 ft.
9th	+6/+1	+6	+6	+6	<a href="#">Improved evasion</a>	+7/+7/+2/+2	1d10	+2	+30 ft.
10th	+7/+2	+7	+7	+7	<a href="#">Bonus feat</a> , <a href="#">Ki pool</a> (lawful), <a href="#">slow fall</a> 50 ft.	+8/+8/+3/+3	1d10	+2	+30 ft.

11th	+8/+3	+7	+7	+7	<a href="#">Diamond body, Ki power</a>	+9/+9/+4/+4/-1	1d10	+2	+30 ft.
12th	+9/+4	+8	+8	+8	<a href="#">Abundant step, slow fall</a> 60 ft., <a href="#">Ki power</a>	+10/+10/+5/+5/+0	2d6	+3	+40 ft.
13th	+9/+4	+8	+8	+8	<a href="#">Diamond soul, Ki power, Ki power</a>	+11/+11/+6/+6/+1	2d6	+3	+40 ft.
14th	+10/+5	+9	+9	+9	<a href="#">Bonus feat, slow fall</a> 70 ft.	+12/+12/+7/+7/+2	2d6	+3	+40 ft.
15th	+11/+6/+1	+9	+9	+9	<a href="#">Quivering palm, Ki power</a>	+13/+13/+8/+8/+3/+3	2d6	+3	+50 ft.
16th	+12/+7/+2	+10	+10	+10	<a href="#">Ki pool (adamantine)</a> , <a href="#">slow fall</a> 80 ft.	+14/+14/+9/+9/+4/+4/-1	2d8	+4	+50 ft.
17th	+12/+7/+2	+10	+10	+10	<a href="#">Timeless body, tongue of the sun and moon, Ki power</a>	+15/+15/+10/+10/+5/+5/+0	2d8	+4	+50 ft.
18th	+13/+8/+3	+11	+11	+11	<a href="#">Bonus feat, slow fall</a> 90 ft.	+16/+16/+11/+11/+6/+6/+1	2d8	+4	+60 ft.
19th	+14/+9/+4	+11	+11	+11	<a href="#">Empty body, Ki power</a>	+17/+17/+12/+12/+7/+7/+2	2d8	+4	+60 ft.

20th	+15/ +10/ +5	+1 2	+12	+12	<a href="#">Perfect self</a> , <a href="#">slow fall any distance</a> , <a href="#">Ki power</a>	+18/+18/+13/ +13/+8/+8/+3	2d10	+5	+60 ft.
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## Class Features

All of the following are class features of the monk.

**Weapon Proficiency:** Monks are proficient with the [brass knuckles](#), [cestus](#), [club](#), crossbow ([light](#) or [heavy](#)), [dagger](#), [handaxe](#), [javelin](#), [kama](#), [nunchaku](#), [quarterstaff](#), [sai](#), [shortspear](#), [short sword](#), [shuriken](#), [siangham](#), [sling](#), [spear](#), [temple sword](#), and all monk weapons.

**Armor and Shield Proficiency:** Monks are not proficient with any armor or shields. When wearing armor, using a shield, or carrying a medium or heavy load, a monk loses his [AC](#) bonus, as well as his [fast movement](#) and [flurry of blows](#) abilities.

### AC Bonus (Ex)

When unarmored and unencumbered, the monk adds his [Wisdom](#) bonus (if any) to his [AC](#) and his [CMD](#). In addition, a monk gains a +1 bonus to [AC](#) and [CMD](#) at 4th level. This bonus increases by 1 for every four monk levels thereafter, up to a maximum of +5 at 20th level.

These bonuses to [AC](#) apply even against touch attacks or when the monk is [flat-footed](#). He loses these bonuses when he is immobilized or [helpless](#), when he wears any armor, when he carries a shield, or when he carries a medium or heavy load.

### Flurry of Blows (Ex)

Starting at 1st level, a monk can make a flurry of blows as a full-attack action. When doing so, he may make one additional attack, taking a -2 penalty on all of his [attack rolls](#), as if using the [Two-Weapon Fighting](#) feat. These attacks can be any combination of unarmed strikes and attacks with a [monk](#) special weapon (he does not need to use two weapons to utilize this ability).

For the purpose of these attacks, the monk's [base attack bonus](#) from his monk class levels is equal to his monk level. For all other purposes, such as qualifying for a feat or a prestige class, the monk uses his normal [base attack bonus](#).

At 8th level, the monk can make two additional attacks when he uses flurry of blows, as if using [Improved Two-Weapon Fighting](#) (even if the monk does not meet the prerequisites for the feat).

At 15th level, the monk can make three additional attacks using flurry of blows, as if using [Greater Two-Weapon Fighting](#) (even if the monk does not meet the prerequisites for the feat).

A monk applies his full [Strength](#) bonus to his damage rolls for all successful attacks made with flurry of blows, whether the attacks are made with an off-hand or with a weapon wielded in both hands. A monk may substitute [disarm](#), [sunder](#), and [trip combat maneuvers](#) for unarmed attacks as part of a flurry of blows. A monk cannot use any weapon other than an [unarmed strike](#) or a special monk weapon as part of a flurry of blows. A monk with [natural weapons](#) cannot use such weapons as part of a flurry of blows, nor can he make [natural attacks](#) in addition to his flurry of blows attacks.

### Unarmed Strike

At 1st level, a monk gains [Improved Unarmed Strike](#) as a bonus feat. A monk's attacks may be with fist, elbows, knees, and feet. This means that a monk may make unarmed strikes with his hands full. There is no such thing as an off-hand attack for a monk striking unarmed. A monk may thus apply his full [Strength](#) bonus on damage rolls for all his unarmed strikes.

Usually a monk's unarmed strikes deal lethal damage, but he can choose to deal [nonlethal damage](#) instead with no penalty on his [attack roll](#). He has the same choice to deal lethal or [nonlethal damage](#) while [grappling](#).

A monk's unarmed strike is treated as both a manufactured weapon and a natural weapon for the purpose of spells and effects that enhance or improve either manufactured weapons or [natural weapons](#).

A monk also deals more damage with his unarmed strikes than a normal person would, as shown above on **Table: Monk**. The unarmed damage values listed on **Table: Monk** is for Medium monks. A Small monk deals less damage than the amount given there with his unarmed attacks, while a Large monk deals more damage; see **Table: Small or Large Monk Unarmed Damage**.

Level	Damage (Small monk)	Damage (Large monk)
1st-3rd	1d4	1d8
4th-7th	1d6	2d6

8th-11th	1d8	2d8
12th-15th	1d10	3d6
16th-19th	2d6	3d8
20th	2d8	4d8

### Bonus Feat

At 1st level, 2nd level, and every 4 levels thereafter, a monk may select a bonus feat. These feats must be taken from the following list:

[Catch Off-Guard](#), [Combat Reflexes](#), [Deflect Arrows](#), [Dodge](#), [Improved Grapple](#), [Scorpion Style](#), and [Throw Anything](#).

At 6th level, the following feats are added to the list:

[Gorgon's Fist](#), [Improved Bull Rush](#), [Improved Disarm](#), [Improved Feint](#), [Improved Trip](#), and [Mobility](#).

At 10th level, the following feats are added to the list:

[Improved Critical](#), [Medusa's Wrath](#), [Snatch Arrows](#), and [Spring Attack](#).

A monk need not have any of the prerequisites normally required for these feats to select them.

Alternatively a monk may select any style feat at 4th level as a bonus feat. at 6th level and beyond a monk may select any feat that lists the style feat chosen at 4th as a prerequisite.

### Stunning Fist (Ex)

At 1st level, the monk gains [Stunning Fist](#) as a bonus feat, even if he does not meet the prerequisites. The monk may attempt a stunning attack a number of times per day equal to his monk level, plus one more time per day for every four levels he has in classes other than monk.

At 4th level, and every 4 levels thereafter, the monk gains the ability to apply a new condition to the target of his [Stunning Fist](#). This condition replaces stunning the target for 1 round, and a successful [saving throw](#) still negates the effect.

At 4th level, he can choose to make the target [fatigued](#).

At 8th level, he can make the target [sickened](#) for 1 minute.

At 12th level, he can make the target [staggered](#) for 1d6+1 rounds.

At 16th level, he can permanently [blind](#) or [deafen](#) the target.

At 20th level, he can [paralyze](#) the target for 1d6+1 rounds.

The monk must choose which condition will apply before the [attack roll](#) is made.

These effects do not stack with themselves (a creature [sickened](#) by [Stunning Fist](#) cannot become [nauseated](#) if hit by [Stunning Fist](#) again), but additional hits do increase the duration. After the monk gains a ki pool, he may spend any number of Ki to increase the DC of his next stunning fist attempt by an amount equal to the number of ki spent.

### **Evasion (Ex)**

At 2nd level or higher, a monk can avoid damage from many area-effect attacks. If a monk makes a successful [Reflex saving throw](#) against an attack that normally deals half damage on a successful save, he instead takes no damage. Evasion can be used only if a monk is wearing light armor or no armor. A [helpless](#) monk does not gain the benefit of [evasion](#).

### **Fast Movement (Ex)**

At 3rd level, a monk gains an [enhancement bonus](#) to his land speed, as shown on **Table: monk**. A monk in armor or carrying a medium or heavy load loses this extra speed.

### **Maneuver Training (Ex)**

At 3rd level, a monk uses his monk level in place of his [base attack bonus](#) when calculating his [Combat Maneuver Bonus](#). Base attack bonuses granted from other classes are unaffected and are added normally.

### **Still Mind (Ex)**

A monk of 3rd level or higher gains a +2 bonus on [saving throws](#) against [enchantment](#) spells and effects.

### **Ki Power (Su)**

Ki powers are abilities that draw on the power of a monk's ki. Ki powers are divided into three categories: feats, monk abilities, and spells. However all ki powers are treated as supernatural abilities. A Monk receives Ki powers at

**Feats:** These ki powers duplicate the effects of specific feats. A monk does not need to qualify for a feat to select it as a ki power. For example, a monk can select [Spring Attack](#) as a ki power even if she doesn't meet the prerequisites for selecting [Spring Attack](#) as a feat. Activating one of these ki powers is a [free action](#) on the monk's turn; until the start of her next turn, the monk is

treated as if she had that feat. Some of these ki powers that duplicate feats may also be activated as an [immediate action](#); these powers are noted in the ki powers list.

Spells: These ki powers duplicate the effects of a spell, and are [spell-like abilities](#). A qinggong monk's class level is the [caster level](#) for these [spell-like abilities](#), and she uses [Wisdom](#) to determine her [concentration](#) check bonus. However unlike regular spell-like abilities these only require a swift action, don't provoke attacks of opportunity, ignore spell resistance, and don't require a material component or focus.

Requirements: All ki powers have a minimum monk level requirement to select them. A monk who does not meet this requirement cannot select that ki power.

Activation: Most ki powers require the monk to spend ki points; the exact amount is listed after the ki power. Ki powers that cost 0 ki do not require the monk to have any ki points in her ki pool to use the ability.

The [saving throw](#) against a monk's ki power, if any, is equal to 10 + 1/2 the monk's level + the monk's [Wisdom](#) bonus.

#### 4th-Level Ki Powers

[Acrobatic Steps](#) (1 ki point)  
[Augury](#) (1 ki point)  
[Barkskin](#) (self only, 1 ki point)  
[Deny Death](#),  $\pm$  (0 ki points)  
[Feather step](#) (self only, 1 ki point)  
[Hydraulic push](#) (1 ki point)  
[Ki arrow](#) (1 ki point)  
[Ki Stand](#),  $\pm$  (0 ki points)  
[Message](#) (1 ki point)  
[Power Attack](#) (1 ki point)  
[Quick Draw](#) (1 ki point)  
[Scorching ray](#) (2 ki points)  
[Throw Anything](#) (1 ki point)  
[True strike](#) (self only, 1 ki point)

#### 6th-Level Ki Powers

[Cloak of winds](#) (self only, 2 ki points)  
[Gaseous form](#) (self only, 1 ki point)  
[Heroic Recovery](#),  $\pm$  (1 ki point)  
[Hydraulic torrent](#) (2 ki points)  
[Remove disease](#) (2 ki points)  
[Sidestep](#),  $\pm$  (1 ki point)  
[Snatch Arrows](#),  $\pm$  (1 ki point)



[Spring Attack](#) (1 ki point)

#### 8th-Level Ki Powers

[Dragon's breath](#) (2 ki points)

[Gliding Steps](#),  $\pm$  (1 ki point)

[Neutralize poison](#) (3 ki points)

[Poison](#) (2 ki points)

[Restoration](#) (self only, 2 ki points)

[Share memory](#) (0 ki points)

[Silk to steel](#) (1 ki point)

[Spider Step](#) (1 ki point)

[Whirlwind Attack](#) (2 ki points)

#### 10th-Level Ki Powers

[Discordant blast](#) (2 ki points)

[Greater Bull Rush](#) (2 ki points)

[Greater Disarm](#) (2 ki points)

[Greater Feint](#) (2 ki points)

[Greater Sunder](#) (2 ki points)

[Improved Blind-Fight](#),  $\pm$  (1 ki point)

[Ki leech](#) (0 ki points)

[Lunge](#) (1 ki point)

[Shadow step](#) (1 ki point)

[Spit venom](#) (2 ki points)

[Step Up and Strike](#),  $\pm$  (2 ki points)

[Wind Stance](#) (2 ki points)

#### 12th-Level Ki Powers

[Battlemind link](#) (4 ki points)

[Diamond body](#) (monk ability)

[Elemental Fist](#) (2 ki points)

[Improvised Weapon Mastery](#) (2 ki points)

[Ki Throw](#) (2 ki points)

[Punishing Kick](#) (2 ki points)

[Shadow walk](#) (3 ki points)

#### 14th-Level Ki Powers

[Blood crow strike](#) (2 ki points)

[Cloud Step](#) (3 ki points)

[Cold ice strike](#) (3 ki points)

[Diamond soul](#) (monk ability)

[Disarming Strike](#) (2 ki points)

[Improved Ki Throw](#) (2 ki points)

[Ki shout](#) (3 ki points)

[Sonic thrust](#) (2 ki points)

#### 16th-Level Ki Powers

[Bleeding Critical](#) (3 ki points)

[Greater Blind-Fight](#), [+](#) (2 ki points)

[Improved Vital Strike](#) (2 ki points)

[Lightning Stance](#) (3 ki points)

[Penetrating Strike](#) (2 ki points)

[Strangling hair](#) (3 ki points)

#### 18th-Level Ki Powers

[Timeless body](#) (monk ability, 0 ki points)

#### 20th-Level Ki Powers

[Blinding Critical](#) (3 ki points)

[Crippling Critical](#) (3 ki points)

[Deafening Critical](#) (3 ki points)

[Greater Penetrating Strike](#) (3 ki points)

[Tiring Critical](#) (3 ki points)

### **Ki Pool (Su)**

At 4th level, a monk gains a pool of *ki* points, supernatural energy he can use to accomplish amazing feats. The number of points in a monk's *ki* pool is equal to his monk level + his [Wisdom](#) modifier + 1 for every Quingong power he has learned. As long as he has at least 1 point in his *ki* pool, he can make a *ki* strike.

- At 4th level, *ki* strike allows his unarmed attacks to be treated as magic weapons for the purpose of overcoming [damage reduction](#).
- At 7th level, his unarmed attacks are also treated as [cold iron](#) and silver for the purpose of overcoming [damage reduction](#).
- At 10th level, his unarmed attacks are also treated as lawful weapons for the purpose of overcoming [damage reduction](#).
- At 16th level, his unarmed attacks are treated as [adamantine](#) weapons for the purpose of overcoming [damage reduction](#) and bypassing [hardness](#).

By spending 1 point from his *ki* pool, a monk can do one of the following:

- Make one additional attack at his highest [attack bonus](#) when making a flurry of blows attack, or
- Increase his speed by 20 feet for 1 round, or
- Give himself a +4 [dodge bonus](#) to [AC](#) for 1 round.

Each of these powers is activated as a [swift action](#).

The *ki* pool is replenished each morning after 8 hours of rest or meditation; these hours do not need to be consecutive.

### **Slow Fall (Ex)**

At 4th level or higher, a monk within arm's reach of a wall can use it to slow his descent. When first gaining this ability, he takes damage as if the fall were 20 feet shorter than it actually is. The monk's ability to slow his fall (that is, to reduce the effective distance of the fall when next to a wall) improves with his monk level until at 20th level he can use a nearby wall to slow his descent and fall any distance without harm.

### **High Jump (Ex)**

At 5th level, a monk adds his level to all [Acrobatics](#) checks made to jump, both for vertical jumps and horizontal jumps. In addition, he always counts as having a running start when making jump checks using [Acrobatics](#). By spending 1 point from his *ki* pool as a [swift action](#), a monk gains a +20 bonus on [Acrobatics](#) checks made to jump for 1 round.

### **Purity of Body (Ex)**

At 5th level, a monk gains [immunity](#) to all diseases, including [supernatural](#) and magical diseases.

### **Wholeness of Body (Su)**

At 7th level or higher, a monk can heal his own wounds as a [swift action](#) or free action. He can heal a number of [hit points](#) of damage equal to twice his monk level by using 1 point from his *ki* pool.

### **Improved Evasion (Ex)**

At 9th level, a monk's [evasion](#) ability improves. He still takes no damage on a successful [Reflex saving throw](#) against attacks, but henceforth he takes only half damage on a failed save. A [helpless](#) monk does not gain the benefit of [improved evasion](#).

### **Diamond Body (Su)**

At 11th level, a monk gains [immunity](#) to poisons of all kinds.

### **Abundant Step (Su)**

At 12th level or higher, a monk can slip magically between spaces, as if using the spell [dimension door](#). Using this ability is a [move action](#) that consumes 2 points from his *ki*

pool. His [caster level](#) for this effect is equal to his monk level. He cannot take other creatures with him when he uses this ability.

#### **Diamond Soul (Ex)**

At 13th level, a monk gains [spell resistance](#) equal to his current monk level + 10, except it only applies to spells cast by enemies. In order to affect the monk with a spell, an enemy spellcaster must get a result on a [caster level](#) check (1d20 + [caster level](#)) that equals or exceeds the monk's [spell resistance](#).

#### **Quivering Palm (Su)**

Starting at 15th level, a monk can set up vibrations within the body of another creature that can thereafter be fatal if the monk so desires. He can use this quivering palm attack once per day, and he must announce his intent before making his [attack roll](#). Creatures immune to critical hits cannot be affected. Otherwise, if the monk strikes successfully and the target takes damage from the blow, the quivering palm attack succeeds. Thereafter, the monk can try to slay the victim at any later time, as long as the attempt is made within a number of days equal to his monk level. To make such an attempt, the monk merely wills the target to die (a [free action](#)), and unless the target makes a [Fortitude saving throw](#) (DC 10 + 1/2 the monk's level + the monk's [Wis](#) modifier), it dies. If the [saving throw](#) is successful, the target is no longer in danger from that particular quivering palm attack, but it may still be affected by another one at a later time. A monk can have no more than 1 quivering palm in effect at one time. If a monk uses quivering palm while another is still in effect, the previous effect is negated.

#### **Timeless Body (Ex)**

At 17th level, a monk no longer takes penalties to his ability scores for aging and cannot be magically aged. Any such penalties that he has already taken, however, remain in place. Age bonuses still accrue, and the monk still dies of old age when his time is up.

#### **Tongue of the Sun and Moon (Ex)**

A monk of 17th level or higher can speak with any living creature.

#### **Empty Body (Su)**

At 19th level, a monk gains the ability to assume an ethereal state for 1 minute as though using the spell [etherealness](#). Using this ability is a [move action](#) that consumes 3 points from his *ki* pool. This ability only affects the monk and cannot be used to make other creatures ethereal.

## **Perfect Self**

At 20th level, a monk becomes a magical creature. He is forevermore treated as an [outsider](#) rather than as a [humanoid](#) (or whatever the monk's creature type was) for the purpose of spells and magical effects. Additionally, the monk gains [damage reduction](#) 10/[chaotic](#), which allows him to ignore the first 10 points of damage from any attack made by a nonchaotic weapon or by any [natural attack](#) made by a creature that doesn't have similar [damage reduction](#). Unlike other [outsiders](#), the monk can still be brought back from the [dead](#) as if he were a member of his previous creature type.

### **New Feat**

#### **Extra quigong Power**

##### **Prerequisite**

quigong power class feature

##### **Benefit**

You may gain an additional quigong power appropriate to your monk level. However you do not receive an additional ki point for learning this power.