

KINETIC VANGUARD

FIGHTER · MARTIAL ARCHETYPE · HOMEBREW · v5.22.0

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 Deflection Screen, Phase Step, and the Advanced Techniques 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 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 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 turn for free — you're never naked.
Advanced Techniques are 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 Technique 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)

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 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 Technique, pick one. 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. Your Discipline defines your identity across five features. Deflection Screen (5th) and Phase Step (10th) are universal psionic tools granted to every Vanguard. Advanced Techniques (15th and 20th) lets 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.

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 Technique). 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
Base MS (no rider)	0	None	Always available
Base MS + Base rider	Rider cost	None	Psionic Instinct covers 3rd-level rider 1×/turn free
Overloaded MS (no rider)	0	Per MS tier*	Die step + bonus damage only
Overloaded MS + Base rider	Rider cost	Per MS tier*	
Base 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.

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

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

2d20kh (Tier 2, levels 19–20): Roll two d20s for damage and use the higher result. On a critical hit, add one d20 to the pool and keep one additional die — 3d20kh2 (roll three, use highest two).

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 Technique). 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.

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. Target speed drops to 0. You take 12 psychic damage.

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.

Attack 1: Base MS + T2 Ember Lance

Declare: "Base MS, Ember Lance T2."

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

On hit: 1d8 + 4 (Cha) + 4 (PB, once/turn) = 1d8+8 fire. Ember Lance T1+T2: 2×PB (8) fire immediate, 2×PB (8) fire at start of target's next turn. Target gains vulnerability to fire.

Blood Tax: 3×PB = 12 psychic (T2 rider Overload)

Miss: No effects, no Blood Tax. Ember Lance was free (Psionic Instinct), so no Psi lost.

Attack 2: T2 MS + T1 Flare

Declare: "T2 MS, Flare T1."

Psi: 2 (Flare base cost)

On hit: 1d12 (stepped twice) + 4 (Cha) + 8 (2×PB, T2 MS) = 1d12+12 fire. Flare base: creatures within 10 ft take 1d8 fire (Dex half). Flare T1: target Con save or Blinded.

Blood Tax: 3×PB (12, T2 MS) + PB (4, T1 rider) = 16 psychic (two Overloads, two Taxes)

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

Attack 3: Base MS, no rider

Declare: "Base MS."

Psi: 0

On hit: 1d8 + 4 (Cha) = 1d8+4 fire. No PB bonus (already applied on Attack 1).

Blood Tax: 0

Turn totals (all three hit): Psi spent: 2 of 10. Blood Tax: 28 psychic self-damage.

Damage to primary target: Attack 1 deals 1d8+16 (avg 20). Vulnerability kicks in after Attack 1 resolves, doubling Attacks 2 and 3: Attack 2 deals (1d12+12)×2 (avg 37), Attack 3 deals (1d8+4)×2 (avg 17). Ember Lance burn next turn is also doubled: 16. Total to primary: ~90 fire across two turns. Plus 1d8 Flare splash to nearby creatures and a potential Blind. You paid 2 Psi and 28 HP for it.

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 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.

Empathic Sense · 7th Level · Passive

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

Vanguard Training · 7th Level · Passive

You gain proficiency in one of the following skills of your choice: Arcana, Insight, Intimidation, Investigation, Perception, or Persuasion. You also add your Psionic Ability modifier to checks using that skill.

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).

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 Technique · 15th Level · Passive

Your psionic mastery deepens. Choose one feature from the Advanced Techniques (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 Technique II · 20th Level · Passive

Choose a second feature from the Advanced Techniques (Section 05). You cannot hold the same feature across Advanced Technique and Advanced Technique II. 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 Technique picks (2 of 3) alongside Deflection Screen, Phase Step, and the full five-feature discipline progression.

Psionic Apex · 20th Level · Passive

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

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

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

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

03 SUBCLASS FEATURE TABLE

Level	Feature
3rd	Psionic Discipline, Psi Reservoir, Telepathy, Manifested Strike, Overload, Psionic Instinct, Discipline 3rd Feature
5th	Deflection Screen
7th	Empathic Sense, Vanguard Training, Discipline 7th Feature
10th	Discipline 10th Feature, Phase Step
11th	Steeled Mind
15th	Discipline 15th Feature, Advanced Technique (1 high-tier pick)
18th	Discipline 18th Feature, Discipline Mastery
20th	Advanced Technique 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 · Action

Base: Up to 3 creatures within 60 ft take 8d10 cold damage (Con save for half) and are Restrained until the end of your next turn on a failed save.

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

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

Discipline II

PYROKINESIS

[*Compounding Pressure*] · Fire damage

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

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

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).

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.

Fire Supremacy · 10th · Passive

Resistance: You gain resistance to fire damage.

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

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

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

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

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

Spreading Flames · 15th · Passive · Once per 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 landed a hit with 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 landed a hit with 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 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 base if no Overloaded hit landed at all).

Firestorm · 18th · 4 Psi · Action

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.

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

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.

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

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

Tier 2 Overload: Flight does not provoke opportunity attacks.

Force Supremacy · 10th · Passive

Resistance: You gain resistance to force damage.

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

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

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

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

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

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

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: 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

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. Advanced Technique (15th) grants one pick; Advanced Technique II (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.

CORE TECHNIQUES (5TH AND 10TH LEVEL)

Deflection Screen · 5th Level · 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 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.

Phase Step · 10th Level · 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).

ADVANCED TECHNIQUES (15TH AND 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 lose the ability to take reactions until the end of your next turn.

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

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

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

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

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

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

Psionic Detonation · High Tier · 3 Psi · On Manifested Strike Hit · Once per Turn

Base: 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 CHANGELOG

v5.22.0 — Current

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

v5.21.0 — Previous

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

v5.20.0 — Previous

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

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

v5.19.2 — Previous

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

v5.19.1 — Previous

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

v5.19.0 — Previous

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

v5.18.0 — Previous

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

v5.17.1 — Previous

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

v5.17.0 — Previous

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

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

v5.16.0 — Previous

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

Mind Crush retained. High-tier pool now has three picks: single-target mental shutdown, single-target force + control, and universal AoE.

v5.15.1 — Previous

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

v5.15.0 — Previous

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

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

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

v5.14.4 — Previous

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

v5.14.3 — Previous

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

v5.14.2 — Previous

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

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

v5.14.1 — Previous

Errata and clarity pass (Grok audit). Six fixes: Overload Mastery wording updated to “die steps and damage bonuses” to cover both tiers correctly. 2d20kh crit clarified — double all damage dice (e.g. 4d20kh). Flare restructured to match Cold Supremacy/Kinetic Bonus Damage layout — Base and Overloads lead, passive benefits follow. Discipline Mastery tightened from a long exclusion list to a clean

rule with examples. Hover Overload now notes Blood Tax fires on activation (standalone feature). Spreading Flames truncation confirmed non-issue.

v5.14.0 — Previous

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

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

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

v5.13.0 — Previous

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

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

v5.12.1 — Previous

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

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

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

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

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

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

v5.12.0 — Previous

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

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

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

v5.11.0 — Previous

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

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

v5.10.0 — Previous

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

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

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

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

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

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

v5.9.0 — Previous

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

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

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

v5.7.1 — Previous

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

v5.7.0 — Previous

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

v5.6.1 — Previous

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

v5.6.0 — Previous

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

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

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

v5.5 — Previous

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

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

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

v5.0 — Previous

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

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

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

Kinetic Blast (now Implosion) — pull, not push. 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.