

Monk

Hit Die: 1d10

Class Skills

The monk's class skills are Acrobatics (Dex), Athletics (Str), Craft (Int), Knowledge (history) (Int), Knowledge (religion) (Int), Perception (Wis), Ride (Dex), Sense Motive (Wis), and Stealth (Dex).

Level	Base Attack Bonus	Fort/Ref/Will Save	Special
1st	+1	+2	Ascetic warrior, bonus feat, flurry of blows, ki pool, unarmed strike (2d3)
2nd	+2	+3	Bonus feat, evasion
3rd	+3	+3	Ki pool, ki strike, still mind
4th	+4	+4	AC bonus +1, <i>ki</i> pool (magic), light body, unarmed strike (1d8)
5th	+5	+4	Purity of body
6th	+6/+1	+5	Bonus feat
7th	+7/+2	+5	<i>Ki</i> pool (cold iron/silver), wholeness of body
8th	+8/+3	+6	AC bonus +2, low fall 40 ft., unarmed strike (2d4)
9th	+9/+4	+6	Improved evasion
10th	+10/+5	+7	Bonus feat, <i>Ki</i> pool (lawful)
11th	+11/+6/+1	+7	Diamond body
12th	+12/+7/+2	+8	Abundant step, AC bonus +3, unarmed strike (1d12)
13th	+13/+8/+3	+8	Diamond soul
14th	+14/+9/+4	+9	Bonus feat

15th	+15/+10/+5	+9	Quivering palm
16th	+16/+11/+6/+1	+10	AC bonus +4, , unarmed strike (2d6)
17th	+17/+12/+7/+2	+10	Timeless body, tongue of the sun and moon
18th	+18/+13/+8/+3	+11	Bonus feat
19th	+19/+14/+9/+4	+11	Empty body
20th	+20/+15/+10/+5	+12	AC bonus +5, perfect self

Class Features

All of the following are class features of the monk.

Ascetic Warrior (Ex)

When unarmored and unencumbered, the monk adds their Wisdom bonus (if any) to AC, and on rolls to both attempt and defend against combat maneuvers, even if the Monk would already add their Wisdom modifier on such rolls. At 4th level, the monk gains a +1 bonus to their AC and on rolls to both attempt and defend against combat maneuvers. 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. The Monk loses these bonuses when immobilized or helpless, while wearing any armor, or when encumbered.

As a Swift Action, a monk can spend 1 ki point to gain a +4 dodge bonus to AC for 1 round

Flurry of Blows (Ex)

At 1st level, whenever the monk makes a full-attack they can make one additional attack, using their monk level on the attack roll in place of their base attack bonus. When using this ability, the monk can make these attacks with any combination of unarmed strikes and weapons, including ranged or thrown weapons provided they can be drawn or reloaded as a free action, taking no penalty for using multiple weapons, but not gaining any additional attacks beyond what's already granted by the flurry for doing so. (The Monk still gains additional attacks from a high base attack bonus, from this ability, two-weapon fighting and from *haste* and similar effects).

At 11th level, the monk can make another additional attack whenever they use flurry of blows.

As a Swift Action, a monk can spend 1 ki point to gain an additional attack when making a flurry of blows attack. This bonus attack stacks with all bonus attacks gained from flurry of blows, as well as those from *haste* and similar effects.

Ki Pool (Su)

At 1st level, a monk gains a pool of *ki* points, supernatural energy they can use to accomplish amazing feats. The number of points in a monk's *ki* pool is equal to 1/2 their monk level + Wisdom modifier. Any effects that duplicate a spell work as spell-like abilities, requiring no somatic, verbal, or material components, and use the Monks level as the caster level. DC's are based off of the Monks wisdom.

As a Swift Action, the Monk can spend 1 ki point to gain an Insight bonus equal to their Wisdom modifier on their next skill check.

Unarmed Strike

At 1st level, a monk gains Close-Quarters Combat as a bonus feat.

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 unarmed strikes than normal, increasing the damage dice to 2d3. At 4th level, and every 4 levels thereafter, the damage dice further increase as follows: 2d3>1d8>2d4>1d12>2d6.

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 leather armor or no armor. A helpless monk does not gain the benefit of evasion.

Ki Power (Ex)

At 2nd level and every 2 levels thereafter, a monk can select one ki power. These powers allow the monk to perform amazing feats of mystical power and acrobatic prowess by expending points from their ki pool. Once a ki power is selected, it cannot be changed. Some ki powers require the monk to be of a specific level or higher before they can be chosen. Unless otherwise noted, a monk cannot select an individual ki power more than once.

Light Body (Ex)

Starting at 3rd level, the Monks mastery of their own body begins to make them lighter than air. The Monk adds their Wisdom modifier as a bonus to their Acrobatics and Athletics checks, halves any distance they fall, and the Monk may also ignore nonmagical difficult terrain. In addition, the Monk is always treated as having a running jump. If the Monk would already be treated as having a running jump, they can add an additional +4 bonus to the jump check.

At 7th level the Monk can fall any distance without harm, adds their Wisdom modifier on all saves to avoid magical difficult terrain, and halves the DC of all jump checks. In addition, the Monk becomes able to move on any surface that will support them by taking a double move action, no matter how much they weigh. This allows the monk to move across water, lava, or even the thinnest tree branches. They must end their movement on a surface that can support them normally. The monk cannot move across air in this way, nor can they walk up walls or other vertical surfaces. When moving in this way, they do not take damage from surfaces or hazards that react to being touched, such as lava or caltrops, nor do they need to make Acrobatics checks to avoid falling on slippery or rough surfaces. Finally, this movement allows the monk to ignore any mechanical traps that use a location-based trigger.

At 10th level, the Monk can spend 1 ki point to gain the Fly ability for a number of minutes equal to their Monk level. This is a Supernatural effect.

Mind over Body (Ex)

At 3rd level, the Monk can perform Grapple, Overrun, and Shove attempts against creatures up to two size categories larger than them. As a swift action, the Monk may spend 1 ki point before attempting a combat maneuver to roll greater for that maneuver. At 6th level, the Monk can perform these maneuvers against creatures up to three size categories larger, four size categories larger at 9th level, and five categories larger at 12th level.

Still Mind (Ex)

A monk of 3rd level or higher gains a +2 bonus on saving throws against mind-affecting effects.

At 13th level, whenever a monk is the target of a mind-affecting effect, they can roll greater on the save. If they fail and the spell effect lasts longer than 1 hour, they may reroll a new save against the original DC every hour after the first.

Ki Strike (Su)

At 3rd level, a monk can shatter stone and sunder flesh with the gentlest touch. The Monk can ignore a number of points of Hardness and DR equal to their Monk level. In addition, whenever the Monk scores a critical hit, they may add their Wisdom modifier to the damage + half their Monk level.

At 7th level, the Monk treats their attacks as having the ghost touch property, allowing them to deal full damage to incorporeal beings. This also means the Monk becomes able to use combat maneuvers against incorporeal beings, though any other abilities the ethereal creature may have are not negated. In example, the Monk still cannot trip an ethereal creature that can fly, but the Monk can grapple an ethereal creature.

Purity of Body (Ex)

At 5th level, a monk gains immunity to all diseases, including supernatural and magical diseases. As a Standard Action, the Monk can use 1 ki point to draw out and cure diseases from another body. This works as Remove Disease, using the Monks level as their caster level.

Sohei (Ex)

At 5th level, when wielding a weapon, the Monk uses their unarmed strike damage instead of the base damage for that weapon (for example, a 5th-level Medium Monk wielding a dagger deals 1d8 points of damage instead of the weapon's normal 1d6). If the weapon normally deals more damage than this, its damage is unchanged. This ability does not affect any other aspect of the weapon. The Monk can decide to use the weapon's base damage instead of her adjusted unarmed strike damage—this must be declared before the attack roll is made.

Wholeness of Body (Su)

At 7th level, a monk can heal a number of hit points equal to 1d8 + double their Monk level by spending 1 Ki point as a Swift action. The Monk also becomes able to heal the wounds of others as a Standard Action, this costs and heals the same amount as if the Monk used a swift action to heal themselves. The Monk needs at least one hand free in order to use Wholeness of Body.

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.

Beyond the Boundary (Su)

At 10th level, the lines between the material and ethereal begin to blur for a monk. The monk becomes able to see ethereal creatures even if they are invisible and can spend 2 ki points to become ethereal as the ethereal jaunt spell.

Diamond Body (Su)

At 11th level, a monk gains immunity to poisons of all kinds. As a Standard Action, the Monk can use 1 ki point to draw out and cure poisons from another body. This works as Neutralize Poison, using the Monk's level as their caster level.

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, whenever the Monk makes a saving throw against a spell that has a reduced effect on a successful save, they instead avoid the effect entirely. If the spell does not have a reduced effect, the Monk adds half their level to the save.

Read the Flow (Su)

Starting at 14th level, the monk becomes able to see the flow of energy within the bodies of other creatures. The monk gains the Blindsight ability against living creatures out to Short Range. The monk increases this range by using 1 ki point per additional Range Band, out to extreme. This increased range lasts a number of rounds equal to their Wisdom modifier (Minimum 1). A Monk cannot detect anything that does not possess life (equipment, buildings, etc. These do not block the Monk blindsight.) but is able to distinguish between undead and living creatures, as well as how healthy they are based on their hit points as the Deathwatch spell.

Quivering Palm (Su)

Starting at 15th level, a monk can set up vibrations within the body of another creature that can thereafter cause various effects if the monk so desires. The monk can use this quivering palm attack once per day, and must announce their intent before making the attack roll, as well as choosing what effect they wish to inflict. 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 inflict an effect on the victim at any later time, as long as the attempt is made within a number of days equal to their monk level. To make such an attempt, the monk merely wills the effect on the target (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 suffers the effect. 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.

The effects that the Monk can inflict are:

-Coma: The subject falls unconscious and is helpless for a number of days equal to your monk level. The Monk can awaken the subject at any point as a free action.

-Memory Loss: The subject falls unconscious for 24 hours and awakens with huge gaps in its memory. The target's memories of the recent past (a number of consecutive days equal to your monk level) are completely obliterated, and can only be restored by a wish or miracle spell.

-Pain: The subject takes 1d6 points of nonlethal damage per monk level you possess.

-Charm: The target takes no damage from the Monks attack and is charmed as if the monk had cast charm monster with a caster level equal to the monk's level. The creature is charmed for 1 day per level. If the monk or his allies attack the charmed creature, or if the monk asks or commands the charmed creature to take hostile actions, the effect ends. This is a mind-affecting effect.

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 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.

Archetypes

Iron Skin Monk

Through discipline and training, an ironskin monk hardens his body to withstand punishing blows. Though slow on his feet, his calloused hands and feet can shatter stone and stagger foes.

Iron Skin (Ex): At 1st level, when unarmored and unencumbered, the ironskin monk adds their Constitution bonus (if any) to AC, and on rolls to both attempt and defend against combat maneuvers, even if the Monk would already add their Constitution modifier on such rolls. In addition, an ironskin monk gains a +1 natural bonus to AC at 4th level. This bonus increases by 1 for every four monk levels thereafter, up to a maximum of +5 at 20th level.

An ironskin monk can spend 1 point from their *ki* pool to gain an amount of temporary hit points equal to twice their Monk level. These temporary hit points do not stack with themselves or any other source of temporary hit points and last until the end of the Monk's next turn. This replaces ascetic warrior.

Tempered Ki (Su): This functions as the monk's *ki* pool ability, but is based off of the iron skin monk's Constitution modifier instead of Wisdom.

As a Swift Action, the iron skin monk can spend 1 *ki* point to add their Constitution modifier to their next attack roll. This replaces *ki* pool.

Resilience (Ex): At 2nd level, an ironskin monk can shake off the physical effects of certain attacks. If they make a Fortitude saving throw against an attack that has a reduced effect on a successful save, they instead avoid the effect entirely. This ability can be used only when the monk is unarmored and unencumbered. A helpless monk does not gain the benefits of resilience. This ability replaces evasion.

Iron Strike (Su): At 3rd level, the iron skin monk can spend 1 point of *ki* as a swift action to inflict an additional 1d6 + their Constitution modifier in damage on a single successful melee attack. The monk can choose to apply the damage after the attack roll is made. At 5th level, and every two levels thereafter, the additional damage increases by 1d6. This ability replaces *ki* strike.

Rugged Stance (Ex): At 3rd level, the ironskin monk's doubles their bonus from Iron Skin when defending against grapple and shove attempts. In addition, the ironskin monk ignores non-magical difficult terrain, and gains a +1 natural armor bonus at the start of a turn where they had not moved range bands the round before. This bonus stacks with itself, up to the ironskin monk's Constitution modifier.

At 10th level, the iron skin monk can ignore magical difficult terrain, and their natural armor bonus from standing still increases by +2 per turn instead of +1. In addition, the iron skin monk may spend 1 *ki* point as a swift action to gain the benefits of the ironskin spell.

This replaces light body.

Extreme Endurance (Ex): At 5th level, the iron skin monk gains immunity to fatigue. At 10th level, he also gains immunity to exhaustion. At 15th level, he gains immunity to staggering and stunning. This ability replaces purity of body and diamond body.

Iron Muscle (Ex) At 5th level, the iron skin monk has a 25% chance of ignoring precision damage. This increases to 50% at 10th level and 75% at 15th level. This replaces *sohei*.

Physical Resistance (Ex): At 7th level, if the iron skin monk suffers any effect that causes ability damage, ability drain, or temporary ability score penalties, the effect is reduced by 1 point. This reduction increases by 1 for every three levels beyond 7th (to a maximum reduction of 5 at 19th level). This ability replaces wholeness of body, timeless body, and tongue of sun and moon.

Improved Resilience (Ex): At 9th level, an ironskin monk's resilience ability improves. He is still unaffected on a successful Fortitude saving throw against attacks, but henceforth takes only partial effect on a failed save. This replaces improved evasion.

Iron Soul (Su): At 13th level, whenever the iron skin monk takes damage from a melee attack, they may spend 1 ki point as a free action to halve the damage and deal the same amount as the damage they take to the weapon or creature that struck them. This damage is subject to DR and hardness as normal. This replaces diamond soul.

Iron Body (Su): At 19th level, as a move action, an ironskin monk can make his tissues ultra-dense for 1 minute as the iron body spell by spending 3 points from his ki pool. This ability replaces empty body.

Unbreakable (Ex): At 20th level, an ironskin monk gains immunity to death, energy drain, and precision damage. He is not subject to ability damage or ability drain. This ability replaces perfect self.

Soul of Stone (Su): At 12th level, as a swift action, a student of stone can spend 1 ki point to gain tremorsense 15 feet until his next turn. At 16th level, the range of this tremorsense increases to 30 feet. This ability replaces abundant step.

Sudden Adit (Su): At 12th level, a terra-cotta monk can create passages through stone or dirt as if using the spell passwall with a caster level equal to his monk level. Using this ability is a move action that consumes 2 points of the monk's ki pool. This ability replaces abundant step.

Ki Sacrifice (Su): At 11th level, a monk of the healing hand can bring a person back to life. It takes 1 hour to perform this ritual. At the end of the ritual, the monk uses 6 points of ki in order to cast raise dead (as the spell) with a caster level equal to his monk level. At 15th level, the monk may sacrifice 8 points of ki to cast resurrection. These rituals do not require material components. This ability replaces both diamond body and quivering palm.

Hone Soul (Su): At 13th level, a disciple of wholeness can dispel a spell affecting a living creature by touching it as a standard action and spending 1 point from her ki pool. This power functions like the targeted dispel option of greater dispel magic, with the caster level equal to the disciple of wholeness's monk level.

This ability replaces the diamond soul ability.

Untapped Potential (Su)

Starting at 8th level, the monk can unlock the hidden potential both within themselves and others. A number of times per day equal to the Monks Wisdom modifier (minimum 1), the Monk can grant an Insight bonus equal to their wisdom modifier to another creature, or themselves, for 1 round per monk level. When using this ability, the target chooses one of their stats, they then receive the insight bonus to all rolls related to that stat. Using this ability takes a full-round action and can only be used on adjacent targets. A Monk cannot grant this Insight bonus to their own Wisdom score.

Monk Talents

Any talents that requires a saving throw have a DC of 10 + half the Monks level + their Wisdom modifier.

Outer Talents

Jarring Jab		If the monk hits successfully with an unarmed strike, the target must make a Fortitude Save or become staggered for 1 round. If the Monk hits the same target multiple times with Flurry of Blows, each additional hit increases the duration of the staggered condition by 1 round. A successful Fortitude Save negates the entire duration.
Curse of 108 Strikes	Jarring Jab	When using Jarring Jab, the Monk can choose to inflict a different condition by consuming the rounds that the target would be staggered. The Monk can exchange 2 rounds of

		stagger for 1 round of daze, 3 rounds of stagger for 1 round of stun, 4 rounds of stagger for 1 round of paralyzed, and 5 rounds of stagger for 1 round of unconscious.
Stunning Fist		The Monk may attempt to stun their target. They must declare that they are using this ability before making the attack roll (thus, a failed attack roll ruins the attempt), and the attempt costs 1 ki point. Stunning Fist forces a foe damaged by the Monks unarmed attack to make a Fortitude saving throw, in addition to dealing damage normally. A defender who fails this saving throw is stunned for 1 round (until just before the Monks next turn). At 4th level, and every 4 levels thereafter, the monk gains the ability to apply a new condition to their Stunning Fist target. 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.
Elemental Fist		When you use Elemental Strike pick one of the following energy types: acid, cold, electricity, or fire. On a successful hit, the attack deals damage normally plus 1d6 points of damage of the chosen type. You must declare that you are using this

		feat before you make your attack roll (thus a failed attack roll ruins the attempt). You may attempt an Elemental Fist attack once per day for every four levels you have attained (see Special), and no more than once per round. Special: A monk of the four winds receives Elemental Fist as a bonus feat at 1st level, even if he does not meet the prerequisites. A monk may attempt an Elemental Fist 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. instead, each time she hits with an Elemental Fist attack, she can choose acid, cold, electricity, or fire for the type of the additional damage granted by that feat. At 5th level, and every five levels thereafter, the monk increases the damage of his Elemental Fist by 1d6 (2d6 at 5th level, 3d6 at 10th level, and so on).
Unbreakable Skin		The Monk can spend 2 Ability Points as an Immediate Action to gain a +1 bonus to Natural Armor and a +1 bonus to DR against a single attack. For every 2 Ability Points spent, the bonus to Natural Armor and DR increases by 1, up to the Monks level.
Unyielding Sinew		Whenever the Monk uses Unbreaking Skin, they can choose to double the bonus to either Natural Armor or DR by negating the bonus of the other. In addition, the Monk can choose to grant the bonus to CMD in place of Natural Armor or DR.
Uncrushable Bones		The cost of Unbreakable Skin is reduced to 1 Ability Point per

		additional bonus granted. If the Monk uses Unyielding Sinew to double their DR bonus, they can an additional DR bonus equal to that amount against nonlethal damage.
Untouchable Spirit		Whenever the Monk uses Unbreakable Skin, they can grant the bonus to all of their saving throws against one effect.
Unbowed Soul		By spending 4 additional Ability Points, the Monk can extend the effect of Unbreakable Skin to 1 round.
Kiai		The Monk can spend 6 Ability Points as a Standard Action to deal double their unarmed strike damage against a single target within 30 feet and stun them for 1 round. Alternatively, the Monk can turn this into a burst effect with a radius of 15 feet that only deals the monks unarmed strike damage and staggers. A successful Fortitude save halves the damage and negates the stun or stagger duration. This is a sonic effect.
Cross-Counter		Whenever an opponent makes a close attack against the Monk, the Monk can spend 2 Ability Points as a Free Action to make a retaliatory close attack against that opponent. The Monks attack is resolved after the triggering attack. The Monk can make a number of these attacks per round up to their Monk level.
Counter Cross		The Monk can spend an additional 2 Ability Points when using Cross-Counter to have their retaliatory unarmed strikes resolved before the triggering attacks. If the retaliatory unarmed strike deals

		damage to an opponent, that opponent takes a penalty on attack and damage rolls with the triggering attack equal to the Monks level.
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Inner Talents

Acupuncture		The Monk can spend 4 Ability Points to heal 1 point of Ability Damage, or deal 2 points of Strength or Dexterity damage against an enemy they hit with an unarmed strike. A successful Fortitude save negates this damage.
Flow Manipulation	Acupuncture	If the Monk hits an enemy with Acupuncture while they're suffering from ability damage, the Monk can choose to damage the targets Ability Point pool, removing twice their Monk level in points from the targets pool. If used on an ally, but not the Monk themselves, they regain 6 Ability Points per turn while in combat for 1 minute, or double the Monks level while out of combat. Regardless of use, each target can only be affected by Flow Manipulation once per day.
Lock Joint Sequence	Block the Flow	If the Monk hits an enemy that they previously hit with Block the Flow, the Monk can choose to disable one limb of the target. If an arm is disabled, the target automatically drops any items held in that hand, and cannot use their arm. If a leg is disabled, the target falls to Kneeling and cannot stand up, and takes a penalty to CMD on trip attempts. Either effect lasts for 1 minute. If used on an ally, the Monk can roll twice their Monk level against an effect that rendered the ally Immobile, using the original DC, and removing the Immobile condition on a success.

Internal Prison Seal	Lock Joint Sequence	If the Monk disables at least 2 limbs of the target creature, they can spend 6 Ability Points to force the creature to make a Fortitude save. On a failure, the creature becomes paralyzed for 1 minute.
Ethereal Rending		Whenever the Monk hits with an unarmed strike, they can make an opposed level check against the target. If the Monk succeeds, they recover double their Monk level in Ability Points. This talent can only be used against the same enemy every 24 hours. If used against an incorporeal target, the Monk can deal full damage on the attack if they normally wouldn't, and deal additional damage equal to their Monk level instead of recovering Ability Points.
Rupturing Blow		Whenever the Monk hits with an unarmed strike, they can spend 4 Ability Points to delay the damage for a number of rounds equal to their Monk level (minimum 1 round). At the end of the delay, the damage is applied to the enemy, bypassing DR, and with a damage bonus of +1 per round delayed.
Circle of Replenishment		A Monk can lead a group of up to 2 creatures per level, including themselves, in prayer, meditation, or light exercise. This activity takes 1 hour. All the creatures that are involved for the duration are treated as being fed and sated for the day. In addition, each creature is subject to a Heal check by the monk, as though they had administered care to them for that hour. If any creatures are diseased or suffering from poison, any onset or frequency is delayed until the end of the activity, whereupon the Monk rolls their Heal check against the creatures affliction.
Body-Restoring Mantra	Circle of Replenishment	When using Circle of

		Replenishment, the Heal check is also made to treat deadly wounds for each creature. Creatures afflicted by disease or poison can roll an additional save against the affliction without the benefit from the Heal check. Failure on this check does not count towards curing the affliction.
Inner Peace	Wisdom +3, Monk 4	The Monk can spend 4 Ability Points to put themselves into a meditative trance as a Free Action for up to 1 hour. During this time, the Monk cannot move or act, but they can take purely mental actions. They also cannot be targeted by mind-affecting effects. At the end of this time, the Monk gains a bonus to the next Wisdom check or Will save they make equal to their Monk level. This bonus last for 24 hours or until expended, whichever comes first.
Inner Sanctum	Inner Peace, Monk 8	The Monk can meditate for an indefinite amount of time. After meditating for 8 hours, the Monk no longer needs to eat or drink for as long as they continue to meditate. In addition, each hour spent meditating is treated as 8 hours of normal rest, allowing the Monk to recover hit points and make saves against afflictions at the end of each hour.
Prayer of Renewal	Inner Peace	At the end of the meditation period of Inner Peace, the Monk is treated as having rested for 8 hours, healing as appropriate, rolling any necessary saves, regaining 20 Ability Points, and renewing any abilities or feats that the Monk can only use once per day. Prayer of Renewal can only be used once per day and its effect does not renew itself. This talent can be used with Third Eye Blink in succession.
Third Eye Blink	Inner Peace	Once per day, the Monk can perform Inner Peace as an Immediate Action. This can be

		used in the moment the Monk is affected by a mind-affecting effect, negating it entirely.
Inner Nirvana	Inner Sanctum, Prayer of Renewal	When the Monk uses Inner Peace, they can expend additional 10 Ability Points to separate themselves from reality entirely. The Monk is still visible, but they are treated as non-existent for the purposes of attacks or any other effects. The Monk can still speak and be spoken to. While in this state, the Monk adds their level on all knowledge skills. This state ends when the Monk chooses to cease meditating. This talent cannot be used if the Monk has attacked or harmed a creature within the past minute.
Sky Walker	Monk 5	The Monk decreases the cost of Light Body to gain a fly speed to 6 Ability Points and increases the duration to 1 hour.
Ninjutsu	Varies	When the Monk takes this talent, they can learn one spell as a spell-like ability with a caster level equal to their Monk level. Any associated DCs are equal to 10 + half the Monks level + their Wisdom modifier. The spells, ki point costs to activate them, and what level each spell can be learned are: 2nd-Level Entropic shield (1 ki point) Hide from undead (self only, 1 ki point) 4th-level Ki Powers augury (1 ki point) barkskin (1 ki point, self only) blur (1 ki point, self only) calm spirit (1 ki point) gust of wind (1 ki points) hydraulic push (1 ki point) invisibility (self only, 2 ki points) psychic reading (1 ki point)

		scorching ray (2 ki points) see invisibility (2 ki points) spider climb (self only, 1 ki point) true strike (self only) 6th-level Ki Powers calm emotions (1 ki point) cloak of winds (self only, 2 ki points) displacement (self only, 2 ki points) enshroud thoughts (1 ki point) gaseous form (self only, 1 ki point) hydraulic torrent (2 ki points) object reading (1 ki point) water walk (self only, 1 ki point) 8th-level Ki Powers dragon's breath (2 ki points) greater invisibility (self only, 2 ki points) poison (2 ki points) purge spirit (1 ki point) restoration (self only, 2 ki points) share memory (0 ki points) 10th-level Ki Powers aura alteration (1 ki point) death ward (self only, 2 ki points) discern lies (3 ki points) discordant blast (2 ki points) freedom of movement (self only, 3 ki points) glimpse of truth (2 ki points) mark of justice (3 ki points) persistent vigor (1 ki point) retrocognition (1 ki point) sessile spirit (2 ki points) shadow step (1 ki point) spit venom (2 ki points) 12th-level Ki Powers battlemind link (4 ki points) dust form (2 ki points)
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		entrap spirit (3 ki points) shadow walk (3 ki points) 14th-level Ki Powers cold ice strike (3 ki points) repress memory (2 ki points) sonic thrust (2 ki points) 16th-level Ki Powers strangling hair (3 ki points) unshakable zeal (2 ki points) 18th-level Ki Powers bilocation (3 ki points) Foresight (self only, 3 ki points) Greater restoration (self only, 3 ki points) Repulsion (3 ki points) 20th-level Ki Powers earthquake (4 ki points) By spending 1 point from his <i>ki</i> pool as a swift action, a monk can do one of the following: • Gain a Move Action which can only be used for movement.
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Insightful Wisdom (Su): A monk with this ability can spend 2 ki points as an immediate action to give another ally within 30 feet just the right word of advice to prevent disaster. If the ally can hear the monk, she can reroll a single attack roll or saving throw. The ally must take the second result, even if it is worse. A monk must be at least 8th level before selecting this ki power.

Ki Blocker (Su): A monk with this ability can spend 1 ki point as a free action before making an unarmed strike against a foe. If the attack hits, the monk can interrupt the target's flow of ki. If the monk successfully damages the target of his attack, that opponent's cost to activate abilities with ki increases by 1 ki point for 1 hour. If the monk spends 2 points from his ki pool, he can use this ability to affect the target's arcane pool, arcane reservoir, grit points, inspiration, or panache points instead of its ki pool. The effects of this ability do not stack, but multiple hits increase the duration by 1 hour for each hit. A monk must be at least 10th level before selecting this ki power.

Ki Metabolism (Su): A monk with this ability uses his ki to control his metabolism. As long as he has at least 1 point remaining in his ki pool, the monk needs to eat and drink only 1/4 as often as normal, needs only 2 hours of sleep each night (including to replenish his ki pool), and can hold his breath for up to 1 hour per point of Constitution. As a move action, he can spend 1 ki point to enter a state of suspended animation, falling unconscious and appearing dead to all senses. At the time he enters this state, he indicates a preset period of time or a triggering condition, after which he awakens.

Kiheï (Su): A monk with this ability can spend 1 ki point as a standard action to grant 2 temporary hit points per monk level he possesses to his mount for 1 hour per monk level. As long as the monk and his mount are adjacent or the monk is mounted, the mount shares the benefits of whichever of the AC bonus, diamond soul, evasion, improved evasion, ki strike, light body, perfect self, and still mind abilities the monk possesses. When a sohei spends points from his ki pool, his mount gains the same benefits as the sohei. A monk must be at least 6th level before selecting this ki power.

Ki Volley (Su): When the Monk successfully saves against a targeted spell or spell-like ability, he can spend 2 ki points as an immediate action to send that spell back at its caster as spell turning. A monk must be 14th level or higher before selecting this ki power.

One Touch (Ex): As long as he has at least 1 point remaining in his ki pool, as a standard action, a monk with this power can make an unarmed strike against a foe as a touch attack. He adds 1/2 his monk level as a bonus on the damage roll. He can spend 1 ki point to double this bonus for that attack. A monk must be at least 12th level before selecting this ki power.

Elemental Talents

Elemental Ki	—	The Monk can spend 2 Ability Points to coat their close weapons in ki, including unarmed strikes. The next attack made with such a weapon deals acid, cold, electricity, fire, or force damage equal to the Monks level, in addition to its regular damage.
True Nature	Elemental Ki	The Monk chooses one type of damage from the Elemental Ki talent. Henceforth, they can only use that element when using the Elemental Ki talent or derived talents. The Monk treats their level as being 2 higher for determining the damage done with the Elemental Ki talent.

Ki Missile	Elemental Ki	The Monk can spend 4 Ability Points to turn a close attack into a ranged attack. The monk rolls the close attack roll as normal but treats it as a ranged attack with a range of 30 feet. Damage dealt in this way is halved but is treated entirely as an energy type chosen by the Monk.
Ki Aura	Elemental Ki	The Monk can spend 6 Ability Points as a Standard Action to gain an aura that deals damage of an energy type chosen by the Monk. This aura only affects those who strike the monk with a close weapon, taking damage as Elemental Ki when they do so. This aura also grants a +2 Deflection bonus and energy resistance equal to the monks level against the the chosen energy type. The aura lasts for 1 minute.
Ki Blast	Ki Aura	The Monk can spend 6 Ability Points to make an attack with their ki. This deals Ki Damage and an additional 1d8 damage of the same type. This attack affects a 60-foot line. A successful Reflex save halves the damage. By spending 1 additional Ability Point, the Monk can increase the range increment of the blast by 30 feet. By spending 2 additional Ability Points, the Monk may use this talent as an Immediate Action when hit by a line effect. The Monk makes an opposed level check, and if successful, the line effect ends in front of the Monk. If the monks wins the level check by 5 or more, the Monk deals the damage from this talent against the creator of the line effect with no save allowed.
Energy-Eating Fist	Ki Aura	Whenever the Monk negates energy damage through the resistance from Ki Aura, they can store the energy, up to an amount equal to twice the Monks level. They can then use this stored energy in place of

		the Ability Point cost for Elemental Ki or a talent derived from it. 2 points of stored energy damage are equal to 1 Ability Point.
Soul Flare Strike	Energy-Eating Fist	The Monk can fire the energy damage absorbed with Energy-Eating Fist as a ranged thrown attack with a ranged of 300 feet. By spending an amount of Ability Points up to their Monk level, the Monk can add a bonus to the attack roll equal to twice the Ability Points spent and a bonus to damage equal to the same amount spent.
Coldsnap	Frozen Touch, Ki Missile	The Monk can spend 4 Ability Points as a Standard Action to unleash a 30-foot line of frigid water. Creatures caught in the line take double the Monks cold damage from Elemental Ki and are entangled in ice as per the Frozen Touch talent. A successful Reflex save reduces the damage by half and prevents a target from becoming entangled.
Frozen Touch	True Nature (Cold)	Creatures that take cold damage from the Monk must succeed at a Fortitude save or become entangled in ice for 1d4 rounds. The ice has hit points equal to three times the monks level, and break DC of 15 + the monk level. Destroying or breaking the ice ends the entangled condition.
Soul of Lightning	Soul of Thunder	As a Full-Round action, the Monk can spend 4 Ability Points to deal double Ki damage against all adjacent creatures. A successful Fortitude save reduces the damage by half . This Fortitude save also includes the effect of Soul of Thunder, but targets that make

		their save are still deafened for 1 round.
Soul of Thunder	True Nature (Electricity)	Creatures that take electricity damage from the Monk must succeed at a Fortitude save or be deafened for 1d4 rounds.
Flash Step	True Nature (Electricity)	The Monk can spend 6 Ability Points to double their base land speed for 1 round. During that round, the Monk does not physically move the distance to their destination. This is a teleportation effect.
Ignition Point	True Nature (Fire)	Creatures that take Ki damage from the Monk must succeed at a Reflex save or catch on fire.
Flame Fan	Ignition Point	As a standard action, the Monk can unleash a 15-foot cone-shaped burst of flame. Creatures caught in the cone take the Monks unarmed strike damage plus the fire damage from your Elemental Fist and catch on fire. A successful Reflex save reduces the damage by half and prevents a target from catching on fire.

General Talents

Jawbreaker	Monk 4	When you make a successful Stunning Fist attempt against an opponent that is grappled, helpless, or stunned, instead of imparting any other Stunning Fist effect, you can cripple that opponent's mouth, dealing normal unarmed strike damage and 1d4 points of bleed damage. Until the bleed damage ends, the target is unable to use its mouth to attack, speak clearly, and employ verbal spell components. A creature that is immune to critical hits or that
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		has no discernible mouth is immune to the effects of this feat.
Bonebreaker	Jawbreaker	When you make a successful Stunning Fist attempt against an opponent that is grappled, helpless, or stunned, you can forgo any other Stunning Fist effect to deal 1d6 Strength or Dexterity damage to that opponent.
Neckbreaker	Bonebreaker	If you have an opponent your size or smaller helpless or pinned, after you initiate or maintain a grapple, you can make a Stunning Fist attempt at a –5 penalty on the attack roll. If you succeed, you wrench that opponent's neck, dealing 2d6 Strength or Dexterity damage. If the targeted ability score is reduced to 0, any remaining damage is dealt to that opponent's Constitution score. A creature that is immune to critical hits or that has no discernible head and neck is immune to the effects of this feat.
Spiritual Balance		The saving throw bonus from your still mind class feature applies against possession effects, and as an immediate action you can spend 1 point from your ki pool to double the bonus provided by still mind.
Dragon Ferocity	Dragon Style, Stunning Fist, Acrobatics 5 ranks	While using Dragon Style, you gain a bonus on unarmed strike damage rolls equal to half your Strength bonus. When you score a critical hit or a successful Stunning Fist attempt against an opponent while using this style, that opponent is also shaken for a

		number of rounds equal to 1d4 + your Strength bonus.
Dragon Roar	Dragon Style, Stunning Fist, Acrobatics 8 ranks	While using Dragon Style, as a standard action you can unleash a concussive roar in a 15-foot cone. Creatures caught in the cone take your unarmed strike damage and become shaken for 1d4 rounds. A successful Will save (DC 10 + 1/2 your character level + your Wis modifier) reduces the damage by half and prevents a target from being shaken. If you have the Elemental Fist feat choose an element, this choice is permanent and cannot be changed. Whenever you use Dragon Roar, you can expend a daily use of Elemental Fist to deal its damage to those caught in the cone instead of your unarmed strike. This damage is not halved even on a save. The damage from Elemental Fist is always the same element as the one you choose for this feat and deals an additional 1d6 damage, and a further 1d6 per 5 monk levels. You can take Dragon Roar again in order to choose an additional element to use in place of your unarmed strike damage or the first element you chose.
Shaitan Earthblast	Monk 10	While using the Shaitan Style, as a full-round action, you can stomp the ground to perform a trip attempt against a foe within 30 feet of you who is also touching the ground. On a successful trip, the creature takes your unarmed strike damage and is staggered for 1 round. A successful Reflex save halves the damage and

		prevents a target from being staggered.
Scorpion Style	Improved Unarmed Strike	To use this feat, you must make a single unarmed attack as a standard action. If this unarmed attack hits, you deal damage normally, and the target's base land speed is reduced to 5 feet for a number of rounds equal to your Wisdom modifier unless it makes a Fortitude saving throw).
Gorgon's Fist	Scorpion Style	As a standard action, make a single unarmed melee attack against a foe whose speed is reduced (such as from Scorpion Style). If the attack hits, you deal damage normally and the target is staggered until the end of your next turn unless it makes a Fortitude saving throw. This feat has no effect on targets that are staggered.
Medusa's Wrath	Gorgon's Fist, base attack bonus +6	Whenever you use the full-attack action and make at least one unarmed strike, you can make two additional unarmed strikes at your highest base attack bonus. These bonus attacks must be made against a dazed, flat-footed, paralyzed, staggered, stunned, or unconscious foe.
Touch of Serenity	Wisdom +4, Improved Unarmed Strike, base attack bonus +8	You must declare that you are using this feat before you make your attack roll (thus a failed attack roll ruins the attempt). On a successful hit, the attack deals no damage and bestows no other effect or condition, but the target cannot cast spells or attack (including attacks as immediate or free actions) for 1 round unless it succeeds on a Will saving throw with a DC of 10 + 1/2 your character level +

		your Wisdom modifier. You may attempt a touch of serenity once per day for every four levels you have attained (but see Special), and no more than once per round.
Wind Pressure Fist	Monk 2	Whenever the Monk misses by 4 or less, they can spend 1 ki point as a free action to still deal half of their unarmed strike damage. The Monk is still considered to have successfully hit, but this is not treated as hitting for delivering disease or poison effects.
Body of Stone	Monk 2	As an Immediate Action against an attack, the Monk can spend a number of Ability Points up to their Monk level. They gain a bonus to DR and to CMD against Bull Rush and Grapple attempts equal to the number of Ability Points spent, but are automatically hit without applying AC.

 **Thunderstomp:** Trip one creature within range.

 **Thunderstomp, Greater:** Trip multiple creatures within range.

<http://archivesofnethys.com/SpellDisplay.aspx?ItemName=Ki%20Shout>

 **Blood Crow Strike^Y:** Unarmed strikes create crows that deal fire and negative energy damage.

 **Ghost Step (Su) (*Ultimate Combat* pg. 17 (Amazon)):** As a swift action, a ninja with this trick can pass through walls as if she were a ghost. Until the end of her turn, she can pass through a wall or other surface that is up to 5 feet thick per level as if she were incorporeal. She must exit the solid material by the end of her turn. Each use of this ability uses up 1 *ki* point.

Phantom Step (Su)	Rogue 12	As a full-round action, the Rogue can move up to half their move speed. During this time, they become ethereal and can pass through walls. If the Rogue would not be able to rematerialize on the other side of the wall, they are unable to pass through it in the first place. If the Rogue is forced to rematerialize while inside a wall, they are shunted back from where they first started and are staggered for one round.
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 **Pressure Points* (Su)** (*Ultimate Combat pg. 15 (Amazon)*): A ninja with this trick can strike at an opponent's vital pressure points, causing weakness and intense pain. Whenever the ninja deals sneak attack damage, she also deals 1 point of Strength or Dexterity damage, decided by the ninja. Unlike normal ability damage, this damage can be healed by a DC 15 Heal check. Each successful check heals 1 point of damage caused by this trick. A ninja with this trick receives a +10 insight bonus on this Heal check.

 **Ki Charge (Su)** (*Ultimate Combat pg. 15 (Amazon)*): A ninja with this trick can invest a portion of her *ki* into a single thrown weapon, such as a shuriken, and throw it as a standard action. The thrown weapon explodes on impact in a 5-foot burst, dealing 1d6 points of fire damage plus 1d6 points of fire damage for every four levels of the ninja above 2nd, to a maximum 4d6 at 18th level. Creatures caught in the blast receive a Reflex save to halve the damage. The DC of this save is 10 + 1/2 the ninja's level + the ninja's Charisma modifier. If the thrown weapon hits a creature, that creature takes a –2 penalty on the saving throw. If the thrown weapon misses, treat it as a thrown splash weapon. Using this ability expends 1 *ki* point from her *ki* pool.

 **Shadow Split (Su)** (*Ultimate Combat pg. 17 (Amazon)*): This trick allows the ninja to create an illusory double of herself that moves away from her, allowing the ninja to create a distraction. When she uses this ability, an illusory double appears and moves away from the ninja, heading in one direction. The double climbs walls, jumps pits, or simply passes through obstacles, moving at twice the ninja's speed in the direction indicated by the ninja when the ability is used. Its course cannot be changed. The double persists for 1 round per level of the ninja. Those who interact with the double receive a Will saving throw to recognize that it is fake. The DC of this save is 10 + 1/2 the ninja's level + the ninja's Charisma modifier. Each use of this ability uses up 1 *ki* point. The ninja must possess the shadow clone ninja trick before selecting this trick.

Throat Crush (Martial Arts Handbook pg. 7): The monk gives a sharp blow to a foe's throat, hampering its ability to speak for 1 round as if it had the *caster croak* spellblight. Creatures without a discernible throat, or with multiple vocal organs, are unaffected (subject to GM discretion).

Drunken Courage (Su): At 11th level, a drunken master is immune to fear as long as he has at least 1 point of drunken ki. This ability replaces diamond body.

At 18th level, when the elemental monk gains the benefits of *Djinni Spirit*, *Efreeti Stance*, *Marid Spirit*, or *Shaitan Skin*, her elemental resistance from that feat instead becomes immunity to that element, as long as she is not denied her Dexterity bonus to AC. While she is using *Janni Style*, she gains the effects of *enlarge person* or *reduce person* (her choice), even if she is not humanoid. This is a spell-like ability with a caster level equal to the elemental monk's level.

This replaces evasion, purity of body, and diamond body.

Planar Guide (Sp): At 14th level as a standard action, an elemental monk can spend 1 ki point to transport herself and up to seven additional willing creatures, as per the *plane shift* spell, to one of the four Elemental Planes. Each additional creature increases the cost by 1 ki point.

Redirection (Ex): At 1st level, as an immediate action, a flowing monk can attempt a trip combat maneuver against a creature that the flowing monk threatens and that attacks him. If the combat maneuver is successful, the attacker is sickened for 1 round (Reflex DC = 10 + 1/2 the monk's level + monk's Wisdom modifier to halve the duration), plus 1 additional round at 4th level and for every four levels afterward (to a maximum of 6 rounds at 20th level). The monk gains a +2 bonus on the trip combat maneuver check and the save DC for redirection increases by 2 if the attacker is charging when attacking him.

At 4th level, a flowing monk can use redirection against an opponent that the flowing monk threatens and that attacks an ally with a melee attack. This ability replaces stunning fist.

Elusive Target (Ex): At 5th level, as an immediate action, a flowing monk may spend 2 points from his ki pool to attempt a Reflex save opposed by an attacker's attack roll to halve damage from that attack. At 11th level and above, the flowing monk suffers no damage on a successful save, or half damage on a failed save. If the attacker is flanking the monk, the flanking opponent who is not attacking becomes the target of the attack. Use the same attack roll, and if the attack hits the new target, that creature takes half damage (or full damage if the attack is completely avoided). Any associated effects from the attack (such as bleed, poison, or spell effects) apply fully even if the attack deals only half damage. This ability replaces purity of body and diamond body.

Earth Glide (Su): At 12th level, as a swift action, the gray disciple can spend a ki point to walk through solid stone for 1 round. This functions as the earth glide universal monster ability. The gray disciple may continue earth gliding as long as he spends 1 ki point every round as a swift action. If he ceases earth gliding within a solid object, he is violently ejected and takes 5d6 points of damage. The gray disciple is not harmed by damage caused to material he is earth gliding through, but a stone to flesh spell cast upon it causes violent ejection as described above. This ability replaces abundant step.

Infernal Resilience (Ex): At 5th level, a hamatulatsu master gains immunity to all spells, spell-like abilities, and effects with the pain descriptor, as well as a +2 bonus on saving throws against effects that would sicken, nauseate, stagger, or stun her. This ability replaces purity of body.

Hellcat Fury (Ex): At 4th level, whenever a hellcat confirms a critical hit with his slashing unarmed strike, the target of that attack also takes 1d4 points of bleed damage. At 8th level, the bleed damage increases to 1d6 points; at 12th level, the bleed damage increases to 1d8 points; at 16th level, the bleed damage increases to 1d10 points; and at 20th level, the bleed damage increases to 1d12 points.

This ability replaces stunning fist and fast movement.

Torture Training (Ex): At 2nd level, a hellcat who fails a save against an effect that causes him to become fatigued, sickened, or staggered can attempt a second save against the effect at the end of his next turn. Only one additional save is allowed. At 5th level, he can also attempt this second save against effects that would cause him to become frightened or shaken. At 9th level, he can also attempt this second save against effects that would cause him to become exhausted, nauseated, or dazed.

This ability replaces evasion, purity of body, and improved evasion.

Mystic Insight (Su): At 5th level, a ki mystic becomes apt at giving just the right word of advice in just the nick of time. As an immediate action, the monk can spend 2 ki points to grant an ally within 30 feet the ability to reroll a single attack roll or saving throw. The ally must be able to hear the monk to gain the reroll benefit. This ability replaces purity of body.

Mystic Visions (Su): At 11th level, a ki mystic may receive mystic visions when he rests. These visions can come as a dream, an epiphany, or even as the voice of an old friend whispering in the monk's mind. The effect is similar to a divination spell with a caster level equal to the monk's level. The divination has no casting time; it is just part of the normal dreams or visions that occur every night. Using this ability costs 2 ki points that are removed from the next day's total. This ability replaces diamond body.

Mystic Persistence (Su): At 19th level, a ki mystic can create an aura once per day as a swift action at the cost of at least 2 points of ki. The aura emanates out to a 20-foot radius. The monk and all allies within the aura can roll two dice when making an attack roll or a saving throw and take the better result. The aura lasts for 1 round, plus an additional round for every 2 ki points spent when the monk created the aura. The monk can dismiss the aura at any time as a free action, but the ki points for the full duration of the aura are lost. This ability replaces empty body.

Slow Time (Su): At 12th level, a monk of the four winds can use his ki to slow time or quicken his movements, depending on the observer. As a swift action, the monk can expend 6 ki points to gain three standard actions during his turn instead of just one. The monk can use these actions to do the

following: take a melee attack action, use a skill, use an extraordinary ability, or take a move action. The monk cannot use these actions to cast spells or use spell-like abilities, and cannot combine them to take full-attack actions. Any move actions the monk makes this turn do not provoke attacks of opportunity. This ability replaces abundant step.

Aspect of the Carp: The monk can breathe water and gains a swim speed equal to his land speed.

Immortality (Su): At 20th level, a monk of the four winds no longer ages. He remains in his current age category forever. Even if the monk comes to a violent end, he spontaneously reincarnates (as the spell) 24 hours later in a place of his choosing within 20 miles of the place he died. The monk must have visited the place in which he returns back to life at least once. This ability replaces perfect self.

Touch of Serenity (Su): At 1st level, a monk of the lotus gains Touch of Serenity as a bonus feat, even if he does not meet the prerequisites. At 6th level, and every six levels thereafter, the duration of Touch of Serenity increases by 1 round. Each round on its turn, the target may attempt a new Will save to end the effect. This duration does not stack; only the longest remaining duration applies. This ability replaces Stunning Fist.

Touch of Surrender (Su): At 12th level, a monk of the lotus makes a foe into a friend with a single show of mercy. As an immediate action, when one of his melee attacks would reduce a creature to 0 or fewer hit points, the monk can spend 6 ki points to make the target of that attack surrender. When the target surrenders, it is reduced to 0 hit points, becomes disabled, and is charmed, as if the monk had cast charm monster with a caster level equal to the monk's level. The target does not get a saving throw against this effect. This charm lasts until its duration expires, until the monk dismisses it or uses it on another creature, or until the target is again reduced to 0 or fewer hit points, whichever happens first. The monk can only have one creature charmed with touch of surrender at a time. This is a mind-affecting charm effect. This ability replaces abundant step.

Pressuring Strikes (Ex): At 2nd level, a monk of the mantis gains the sneak attack ability. This ability functions as the rogue ability of the same name, except it can be used only during a flurry of blows. The initial sneak attack damage is +1d6, and the damage increases by 1d6 every 4 levels beyond 2nd. This ability replaces the monk's 2nd-, 6th-, 10th-, 14th-, and 18th-level bonus feats.

Debilitating Blows (Ex): A monk of the mantis's knowledge of anatomy allows her to deal blows that both deal damage and impose debilitating conditions. At 7th level, if a monk of the mantis stuns a target with Stunning Fist, the target is also entangled for 1 round after the Stunning Fist effect ends. At 11th level, if the monk of the mantis stuns a target with Stunning Fist, the target is also exhausted for 1 round after the Stunning Fist effect ends. At 13th level, the monk can spend 1 point from her ki pool as part of her Stunning Fist attack to increase the duration of these additional effects to a number of rounds equal to her Wisdom bonus (minimum 2 rounds). This ability replaces wholeness of body, diamond body, and diamond soul. (For the unchained monk from Pathfinder RPG Pathfinder Unchained, this ability is gained at 6th level, improves at 10th and 12th levels, and replaces the ki powers gained at those levels.)

Forewarned (Su): A nornkith can always act in the surprise round, even if he does not notice her enemies, though she remains flat-footed until she takes an action. In addition, she gains a bonus on initiative rolls equal to half her monk level (minimum +1). At 20th level, a nornkith's initiative roll is automatically a natural 20.

This ability replaces stunning fist.

Action Before Thought (Ex) (Martial Arts Handbook pg. 20): A monk with this ability can spend 2 ki points as a free action as part of rolling initiative to roll twice on the initiative check and take the higher result. A monk must be at least 6th level before selecting this ki power.

Resist Death's Lure (Su): At 5th level, a nornkith gains a +4 morale bonus on saves against death effects, energy drain, and negative energy. At 10th level, she gains immunity to energy drain and negative energy.

This ability replaces purity of body and the bonus feat gained at 10th level.

Awaken Divinity (Su): At 8th level, an affected creature can spend the ki point to ignore all Strength, Dexterity, and Constitution penalties it would otherwise take for 1 round. At 16th level, an affected creature can spend this ki point to roll all saving throws twice and take the higher result for 1 round. At 20th level, an affected creature can spend the ki point to benefit from the Ouath's perfect self class ability for 1 round. If the creature already has the perfect self class feature, its damage reduction and any spell resistance it has increases by 2 for 1 round.

An Ouath can use this ability a number of times per day equal to his class level, but no more than once per round. This ability replaces the stunning fist monk class feature and the greed and hatred racial traits.

Spurn Tradition (Ex): Ouath dwarves strive to separate themselves from the rest of their race and the traditions that bind them. The bonuses for nonmagical effects that target or specifically affect dwarf subtype creatures (such as a ranger's favored enemy class feature) are all reduced by half.

Class Skills: A perfect scholar adds Knowledge (all) and Linguistics to his list of class skills, instead of Intimidate and Perform.

This ability alters the monk's class skills.

Learn from Failure (Ex): At 4th level, when the perfect scholar misses with an attack roll or fails a Research check (Ultimate Intrigue 148), he gains a +1 insight bonus on his next attack roll or Research check against the same target attempted in the next 24 hours. An individual target cannot be affected by this ability more than once in a 24-hour period. At 6th level, and every 2 monk levels thereafter, this bonus increases by 1.

This ability replaces slow fall.

Eye of the Sun and Moon (Ex): At 17th level, a perfect scholar can read all languages and write all languages he has read or heard.

This ability replaces tongue of the sun and moon.

Walk with the Master (Su): At 20th level, the perfect scholar has mastered his spiritual resonance, allowing him to travel as if using etherealness, plane shift, or shadow walk at his monk level by spending only 1 point from his ki pool. He cannot bring other creatures with him. He is treated as an outsider rather than his original type, although he can be brought back to life as if he were still of his former type.

This ability alters perfect self.

Draconic Might : Any of the scaled fist's class abilities that make calculations based on her Wisdom (including bonus feats with DCs or uses per day, such as Stunning Fist, but not Wisdom-based skills or Will saving throws) are instead based on her Charisma.

Draconic Mettle (Su) : At 3rd level, a scaled fist gains a +2 bonus on saving throws attempted against all fear, paralysis, and sleep effects.

This ability replaces the still mind ability.

Draconic Fury (Su) : At 3rd level, the scaled fist has gained some control over the draconic energies she studies. She must select one type of energy: acid, cold, electricity, or fire. Once this choice is made, it cannot be changed. The scaled fist can expend 1 point from her ki pool as a swift action to imbue her natural attacks with this energy, causing them to deal an extra 1d6 points of damage of the chosen energy type for a number of rounds equal to 1/2 her monk level.

This ability replaces maneuver training.

Draconic Breath (Su) : At 15th level, a scaled fist can spend 3 points from her ki pool to make a breath weapon attack as a standard action. This breath weapon deals 1d6 points of damage of her energy type per monk level in a 30-foot cone. Those caught in the area of the breath can attempt a Reflex save (DC = 10 + 1/2 the scaled fist's monk level + her Charisma modifier) to halve the normal damage.

This ability replaces quivering palm.

Elemental Fury (Su): A monk who selects this ki power must select one type of energy: acid, cold, electricity, or fire. Once this choice is made, it cannot be changed. The monk can expend 1 point from his ki pool as a swift action to imbue his natural attacks with this energy, causing them to deal 1d6 points of damage of the chosen type for a number of rounds equal to 1/2 his monk level. A monk must be at least 6th level before selecting this ki power.

Elemental Burst (Su): A monk with this ability can spend 4 ki points to unleash a gout of energy in a 30-foot cone. Creatures within the cone take 20d6 points of damage of the same type as the monk's elemental fury ki power. A Reflex save (DC = 10 + 1/2 the monk's level + his Wisdom modifier) halves the damage. A monk must be at least 18th level and must possess the elemental fury ki power before selecting this ki power.

Skills: A sensei gains Diplomacy, Linguistics, and all Knowledge skills as class skills.

Mystic Wisdom (Su): At 6th level, a sensei may use his advice ability when spending points from his ki pool to activate a class ability (using the normal actions required for each) in order to have that ability affect one ally within 30 feet rather than the sensei himself. At 10th level, a sensei may affect all allies

within 30 feet rather than himself (spending points from his ki pool only once, not once for each target).

At 10th level, a sensei may instead spend 1 point from his ki pool (as a swift action) while using advice to provide a single ally within 30 feet with evasion, fast movement, high jump, purity of body, or slow fall. At 14th level, a sensei may spend 2 points to grant one of the abilities listed above to all allies within 30 feet, or diamond body, diamond soul, or improved evasion to a single ally within 30 feet. These abilities function at the sensei's level and last 1 round. This ability replaces the bonus feats at 6th, 10th, and 14th level.

Burden with Sin (Su): At 12th level, a sin monk can spend a swift action and one daily use of Stunning Fist to draw his sinful nature to the fore of his consciousness. The next person he hits with a melee attack before the end of his next turn must succeed at a Will save ($DC = 10 + \text{half the sin monk's class level} + \text{his Wisdom modifier}$) or suffer the burden of the sin monk's sins. The target is treated as if she were carrying a load one step heavier (from a light load to a medium load, and so on) and must succeed at a caster level check to use any form of teleportation ($DC = 10 + \text{the monk's class level}$). This is a curseUM effect that lasts a number of rounds equal to the sin monk's Wisdom modifier unless it is removed through remove curse or a similar effect.

This replaces abundant step.

Simultaneous Sins (Su): At 19th level, a sin monk can spend 3 points from his sin pool as a swift action to gain the benefits of two different sins simultaneously.

This replaces empty body.

Spawn of Sin (Ex): At 20th level, the sin monk becomes the physical manifestation of his sins. He is forevermore treated as an aberration rather than a humanoid (or whatever the monk's creature type was) for the purpose of spells and magical effects, and his mind is so consumed by sin that he gains immunity to mind-affecting effects. He does not change in appearance or gain other abilities; however, should the sin monk be slain and brought back from the dead, he returns to life as a sinspawn (Pathfinder RPG Bestiary 2 246), retaining his class levels but otherwise replacing his creature type and racial abilities with those of his new form and becoming an NPC under the GM's control.

This replaces perfect self.

Calming Strike (Su): As an immediate action after hitting an incorporeal undead creature with an unarmed strike, a soul shepherd can attempt to calm the creature, encouraging it to move peacefully to the next stage of its metaphysical journey. The target must succeed at a Will save ($DC = 10 + \text{half soul shepherd's level} + \text{the soul shepherd's Wisdom modifier}$) or be calmed, as calm spirit, for 1 minute.

The soul shepherd can use this ability against a haunt by making a touch attack against an AC of 10 + the haunt's CR. A haunt does not receive a saving throw against this ability, but the ability's duration changes to concentration + 1 round, up to 1 round per level. A soul shepherd can use this ability a number of times per day equal to his soul shepherd level.

This replaces stunning fist.

Diamond Spirit (Ex): At 5th level, a spirit master becomes fortified against the effects of energy drain. When the spirit master gains a negative level, he does not take any penalties, his total hit points remain unchanged, and he is not considered lower level for the purpose of level-dependent variables. Once per day when attempting a Fortitude save to remove a temporary negative level, the spirit master may choose to automatically succeed. The spirit master still dies if his number of negative levels equals or exceeds his number of Hit Dice. This ability replaces purity of body.

Purifying Palm (Su): At 15th level, the spirit master gains the ability to alter the balance of positive and negative energy within an opponent's body. The spirit master can make a purifying palm attack once per day, and must announce his intention before making a melee attack roll. If his attack deals damage, the target must attempt a Will save (DC = 10 + 1/2 the spirit master's class level + the spirit master's Wisdom modifier). On a failed save, the target cannot channel energy, nor can it be healed by positive or negative energy. This effect lasts for 1 round per class level. If the target is an undead creature, it must succeed at its Will save or be instantly destroyed. This ability replaces quivering palm.

Spirit Mastery (Su): At 20th level, a spirit master gains DR 10/evil and becomes immune to ability drain and ability damage. Additionally, once per week, the spirit master may bring a dead creature back to life. This ability functions as true resurrection, except the spirit master may not resurrect a creature that has been dead for longer than 1 day per class level. This ability replaces perfect self.

Graceful Grappler (Ex): At 4th level, he suffers no penalties on attack rolls, can make attacks of opportunity while grappling, and retains his Dexterity bonus to AC when pinning an opponent or when grappled.

Break Free (Ex): At 5th level, a tetori adds his monk level on combat maneuver or Escape Artist checks made to escape a grapple. If a tetori fails a save against an effect that causes him to become entangled, paralyzed, slowed, or staggered, he may spend 1 point from his ki pool as an immediate action to attempt a new save. This ability replaces high jump.

Inescapable Grasp (Su): At 9th level, a tetori can spend 1 point from his ki pool to suppress his opponents' freedom of movement and magical bonuses to Escape Artist or on checks to escape a grapple. At 13th level, this ability also duplicates the effect of dimensional anchor. At 17th level, the tetori's unarmed strike gains the ghost touch special ability, and an incorporeal creature that he strikes gains the grappled condition (Reflex negates, DC 10 + 1/2 the wrestler's level + his Wisdom modifier). Inescapable grasp is a swift action and lasts until the beginning of the wrestler's next turn. This ability replaces abundant step, improved evasion, timeless body, and tongue of sun and moon.

Form Lock (Su): At 13th level, a tetori can negate a polymorph effect by touch with a Wisdom check, adding a bonus equal to his monk level, against a DC of 11 + the caster level of the effect (or HD of the creature, for supernatural polymorph effects). This is a standard action requiring 2 points from the tetori's ki pool, or an immediate action if a creature the tetori is grappling attempts to use a polymorph effect. This ability replaces diamond soul.

Class Skills: The wanderer adds Diplomacy, Knowledge (geography), Knowledge (local), Linguistics, and Survival to his list of class skills.

Long Walk (Ex): At 3rd level, the wanderer gains Endurance as a bonus feat, and the feat bonus doubles when he makes Constitution checks because of a forced march. In addition, a wanderer gains

a +2 bonus on saving throws against spells and effects that cause exhaustion and fatigue. This ability replaces still mind.

Light Step (Su): At 5th level, a wanderer leaves no trail and cannot be tracked, though he can leave a trail if desired. By spending 1 point from his ki pool, he can use ant haul, feather step, pass without trace, or tireless pursuit as a spell-like ability (with a caster level equal to his monk level). This ability replaces slow fall.

Inscrutable (Su): At 5th level, the wanderer gains a supernatural air of mystery. The DC to gain information or insight into the wanderer with Diplomacy, Knowledge skills, or Sense Motive increases by 5. In addition, by spending 1 point from his ki pool, the wanderer gains nondetection for 24 hours with a caster level equal to his monk level. This ability replaces high jump.