

KINETIC VANGUARD *Cryokinesis Player Sheet · v9.8.1*

Acronym	Meaning
PB	Proficiency Bonus
Psi mod	Psionic Ability modifier
MS	Manifested Strike
BT	Blood Tax
OL	Overload
AT	Advanced Training
DS	Deflection Screen
VT	Vectored Thrust (Psychokinesis)

Psi Cost Reference

Level	Feature	Psi	Type
3rd	Glacial Spike	1	Rider
5th	Deflection Screen	1	Reaction
7th	Snow Chains	2	Rider (1×/action)
10th	Frozen Ground	2	Action · Conc
10th	Phase Step	1	Bonus Action
15th	Arctic Tempest	3	Action
15th	AT III pick	Varies	Varies
18th	AT IV pick	Varies	Varies
20th	AT V pick	Varies	Varies
15th+	Barrier	3	Bonus Action
15th+	Leaping Strike	3	Bonus Action
20th	Absolute Zero	5	Action

Psionic Ability	Intelligence, Wisdom, or Charisma (chosen at 3rd)
Save DC	8 + PB + Psionic Ability modifier
Manifested Strike	Special ranged psionic attack, 60 ft (+½ PB to hit), cold damage. Replaces weapon attacks on the Attack action. On a crit, double all damage dice as normal. Counts as a ranged weapon attack for feats/fighting styles. Not a weapon, not a spell, not an object. Holdout Option: you may declare a strike as force damage instead of cold for half damage (rounded down) — riders keep their element and do not benefit. Use it when cold is immune, not merely resisted.
Psi Points	Half Fighter level (rounded up) + PB. Short/long rest recovery.
Psionic Instinct	First Glacial Spike per Attack action = 0 Psi (any tier; 3rd-level rider only). BT still applies if Overloaded.
Kinetic Mastery	Slow. On a hit that deals damage, reduce the target's Speed by 10 ft until the start of your next turn. Multiple Manifested Strikes do not stack this reduction beyond 10 ft total (per the Slow mastery). STACKS with Glacial Spike. Needs damage — vs a cold-immune creature it does nothing unless you use the Holdout Option. Free; does not count against your Weapon Mastery limit.
One Rider Per Hit	Discipline or Advanced Training, pick one. You may never apply both to the same hit.

Level	PB	Psi	MS Die	T1 Die	T2 Die
3–4	+2	4	1d4	1d6	—
5–6	+3	6	1d4	1d6	—
7–8	+3	7	1d6	1d8	—
9	+4	9	1d6	1d8	—
10	+4	9	1d6	1d8	1d10
11–12	+4	10	1d8	1d10	1d12
13–14	+5	12	1d8	1d10	1d12
15–16	+5	13	1d8	1d10	1d12
17–18	+6	15	1d8	1d10	1d12
19–20	+6	16	1d8	1d10	1d12

01 OVERLOAD

OVERLOAD & BLOOD TAX

Declare before rolling. Full package (MS tier + rider + rider tier) committed upfront. **Blood Tax is paid when you declare an Overload, whether or not the attack hits** — the power is spent the moment you channel it, same as Psi. Hit = everything resolves. Miss = Psi and Blood Tax are still spent; no effects resolve.

Blood Tax per Overload declared: Tier 1 = PB. Tier 2 = 2×PB. Sum all Overloads in the sequence. A double-Overload declaration (e.g., T2 MS + T1 rider) pays each separately. Tier 2 may be declared only once per Attack action, on either the MS or one rider; Action Surge creates a new Attack action and a new limit.

Overload Mastery (18th): Once per short rest, when you declare an Overload, you can activate this feature: all Blood Tax you pay this turn — including during a second Attack action from Action Surge — is halved (round down). Overload effects still apply normally.

⚠ *Psychic resistance halves Blood Tax normally. Blood Tax cannot be reduced below half its declared value or prevented entirely, including by psychic immunity.*

02 CORE FEATURES

Psionic Discipline · 3rd · Passive

Choose Int, Wis, or Cha as your Psionic Ability. Used for MS attack/damage, save DCs, and all subclass features.

Telepathy · 3rd · Passive

Communicate telepathically with any creature you can see within 60 ft, provided you share a common language. The communication is two-way. No mind reading.

Empathic Sense · 7th · Passive / ½PB per Short Rest

Passive: Add your Psionic Ability modifier to passive Insight. Active Scan (BA, standalone, Conc 1 min, ½PB rounded down/short rest): detect hostile intent — T0 15 ft / T1 30 ft / T2 60 ft. BT on activation if Overloaded. Excludes undead/constructs.

Vanguard Training · 7th · Passive

Proficiency in one skill (Arcana, Insight, Intimidation, Investigation, Perception, or Persuasion) + add Psionic Ability modifier to that skill.

03 ADVANCED TRAINING

Deflection Screen · 5th · 1 Psi · Reaction · Once per Round

T0: When you take damage, spend 1 Psi to reduce it by 3d8 + Psionic Ability modifier.

T1: Reduction increases to 4d8 + Psionic Ability modifier.

T2: Attacker makes Str save. Fail: pushed 15 ft + Prone. Success: pushed 5 ft. If the damage had no originating creature, only the reduction applies.

Phase Step · 10th · 1 Psi · Bonus Action

T0: Teleport up to 15 ft to an unoccupied space you can see. No opportunity attacks.

T1: Teleport up to 30 ft instead.

T2: Bring one willing creature within 5 ft. Both appear at destination (you) and adjacent space (them).

ADVANCED TRAINING III, IV, & V (15TH, 18TH, 20TH)

Choose 3 of the following 8. Swappable on level-up. One rider per hit still applies.

Psychic Lance · 3 Psi · On MS Hit · Once per Attack Action

T0: Target takes 4d8 psychic damage. No saving throw.

T1: Damage increases to 5d8 psychic.

T2: Damage increases to 6d8 psychic; ignores Resistance to psychic damage.

Beguile · 3 Psi · Action

T0: Produce the effects of charm person (Concentration, up to 1 hour) without casting a spell. Cha save vs your Psi save DC. Exclusive tier; higher tiers replace rather than stack.

T1: Produce the effects of suggestion instead (Concentration, up to 8 hours), without casting a spell.

T2: Produce the effects of mass suggestion instead, up to five creatures within 60 ft (Concentration, up to 8 hours), without casting a spell.

Beguile is a standalone Action — not a rider or spell. All tiers require Concentration. Social Influence: its commands cannot dictate how a creature participates in combat. Targets have advantage on the save if you or your allies are fighting them.

Mind Blast · 3 Psi · On MS Hit · Once per Attack Action

T0: Target is Blinded until end of your next turn. No saving throw.

T1: Blinded (no save) + Int save or also Incapacitated until end of your next turn.

T2: Blinded (no save) + Int save or Stunned instead of Incapacitated.

A focused psionic burst that overloads the target's nervous system.

Gravitic Press · 3 Psi · Action · Concentration, up to 1 min

T0: Create a 15-ft-radius, 20-ft-high Cylinder of intensified gravity on a point within 60 ft. Difficult terrain. Speed halved while in zone (no save). Flying creatures: fall on entry or start of turn (fall damage applies), cannot fly while in zone. Creatures entering or starting turn: Str save or no reactions until start of next turn.

T1: Failed save: also disadvantage on attack rolls while in zone.

T2: Failed save: also Prone.

Gravitic Press is a standalone Action — not a rider. Requires Concentration.

Barrier · 3 Psi · Bonus Action

T0: For 1 min: pick 1 effect. Blade Shield (b/p/s resistance from weapon attacks); Elemental Shroud (pick 1 of acid/cold/fire/lightning/thunder, resistance); Spellward (adv on saves vs spells); Steadfast Guard (adv on Str saves + resist grapple/shove/prone/forced move); Mental Bulwark (adv on saves vs charm/fear/blind/restrain/incap/paralyze/stun).

T1: Pick 2 of the 5 effects instead of 1.

T2: Duration becomes 10 min. BA to swap one effect for another; each swap costs 1 Psi. You cannot swap into an effect already active.

Leaping Strike · 3 Psi · Bonus Action

T0: BA: teleport 30 ft to a space you can see. Detonate at origin OR destination (5-ft-radius Sphere): signature save, 3d10 of your MS damage type (half on success). No opportunity attacks; you are unaffected by your own burst.

T1: Range 60 ft. Damage 4d10.

T2: Failed save = also no reactions until end of next turn.

Overload Mastery II · Passive · Requires 18th

Gain 1 additional use of Overload Mastery per short rest (2 total with Psionic Apex).

Inner Reserve · Passive · Take once

Max Psi pool increases by 4. Cannot be taken more than once.

CRYOKINESIS — Escalating Lockdown · Cold damage

A control discipline that builds pressure methodically — speed reduction becomes restraint becomes stun.

Glacial Spike · 3rd · 1 Psi · On MS Hit

T0: Target takes 2 cold damage on hit (fixed) and its speed is reduced by 5 ft until end of your next turn (no save). Total reduction from all Glacial Spike effects cannot reduce speed below 10 ft. Con save; fail = additional 5 ft.

T1: On failed Con save, speed becomes 0 (ignores floor). On success, 5 ft still applies + cannot Dash or gain bonus movement until end of your next turn.

T2: On failed Con save, Restrained until end of your next turn (ignores floor).

Snow Chains · 7th · 2 Psi · On MS Hit · Once per Attack Action

T0: Speed 0 until end of your next turn (no save). Con save or also Restrained.

T1: On failed save, also cannot take reactions until end of your next turn.

T2: Stunned instead of Restrained until end of your next turn.

Frozen Ground · 10th · 2 Psi · Action · Concentration, up to 1 min

T0: 15-ft-radius, 20-ft-high Cylinder of icy difficult terrain within 60 ft. Enter first time on a turn or start turn there: Con save or Prone.

T1: Radius expands to 25 ft.

T2: On failed save, Restrained instead of Prone (until end of your next turn).

Ribbon: You ignore difficult terrain from your own ice.

Arctic Tempest · 15th · 3 Psi · Action

T0: Up to 3 creatures within 60 ft: 8d10 cold (Con half). Failed = Restrained until end of your next turn.

T1: +2d10 damage. Failed = vulnerability to cold until end of your next turn (after this damage).

T2: Stunned instead of Restrained on failed save.

Absolute Zero · 20th · 5 Psi · Action

T0: One creature within 60 ft makes Con save. 10d10 cold (half on success). Failed = speed 0 until end of your next turn.

T1: 12d10 damage. Failed = also Restrained until end of your next turn.

T2: 15d10 damage. Failed = Stunned instead of Restrained. Speed 0 even on success.

04 PLAY PATTERNS

LEVEL 11 — FIRST THREE-ATTACK T2 TURN

MS 1d8 · PB 4 · 10 Psi · 3 Attacks

Sample turn (lockdown):

1. Bonus Action: Phase Step T1 (1 Psi, BT = PB; teleport 30 ft for safe range).
2. Attack 1 (Instinct free): T0 Glacial Spike → speed −5 ft + Con save.
3. Attack 2: T0 MS + Glacial Spike T2 (1 Psi) → Restrained until end of your next turn on a failed Con save.
4. Attack 3: Snow Chains T0 (2 Psi) on a second target → speed 0 automatically, Restrained on a failed Con save.

Budget: 4 of 10 Psi. BT = PB (Phase Step) + 2×PB (T2 Glacial Spike) = 3×PB = 12 at PB 4, paid on declaration. One target is likely Restrained; a second is pinned at speed 0 and may also be Restrained.

LEVEL 15 — OPTIMAL ATTACK SEQUENCES

MS 1d8/1d10/1d12 · PB 5 · Psi 13 · 3 Attacks · +12 to hit

Pick a pattern based on what the round demands. All five are rules-legal turns at L15.

Pattern	Sequence	Damage	Psi	BT	Effects / Notes
Sustain	3× T0 MS, Glacial Spike T0 hit 1 (Instinct free)	~31	0	0	Repeatable. Three T0 MS average 28.5; Glacial Spike adds 2 cold on the struck target, plus −5 ft auto and a Con save for −5 more.
Control	T0 MS×3, Snow Chains T1 hit 1 (2 Psi), Glacial Spike T1 hits 2-3 (first free via Instinct)	~33	3	15 (3×PB)	Hit 1: auto speed 0, Con save or Restrained + no reactions. Hits 2–3: each Glacial Spike T1 adds 2 cold and pays its own T1 Blood Tax; one is Psi-free via Instinct.
Mob	T0 MS×3, Snow Chains T0 hit 1 (2 Psi), Glacial Spike T0 hits 2-3 (first free via Instinct)	~33 across 3	3	0	Hit 1: target 1 speed 0 + save vs Restrained. Hits 2–3: targets 2–3 take +2 cold, speed −5 auto + save. Add Action Surge → Arctic Tempest T0 for ~44 per target AoE.
Mini Nova	T1 MS×3, Snow Chains T2 hit 1 (2 Psi), Glacial Spike T1 hits 2-3 (first free via Instinct)	~36	3	35 (7×PB)	Legal one-T2 sequence. Three T1 MS cost 3×PB; Snow Chains T2 costs 2×PB; two Glacial Spike T1 declarations cost 2×PB. Hit 1 Stuns on a failed save; hits 2–3 add damage + speed lockdown.
→ Next round	Sustain (3× T0 MS, Glacial Spike T0 hit 1 Instinct)	~31	0	0	Mini Nova → Sustain pair: ~67 total damage / 3 Psi / 35 BT over two rounds. Boss locked down for both rounds.
Full Nova	Mini Nova + Action Surge → Action: Arctic Tempest T0 (3 Psi)	~36 + ~44/target	6	35 (7×PB)	Arctic Tempest T0 adds ~44 per target, Restrained on fail; no BT.

Assumptions: PB 5, +5 Psi mod (Int/Wis/Cha boosted), all attacks hit, all saves fail. Hit chance at +12 to hit: ~80% vs AC 17 typical, ~70% vs AC 19 boss — multiply damage accordingly. One Tier 2 declaration maximum per Attack action. Cryo damage totals are lower because the value is in lockdown, not DPR. A 35-BT mini nova is roughly one quarter of a typical L15 Fighter's HP. **Blood Tax figures are paid on declaration — a miss does not refund them.**

LEVEL 20 — FULL BUILD

MS 1d8/1d10/1d12 · PB 6 · 16 Psi · 4 Attacks

Sample boss turn:

1. Bonus Action: Phase Step T1 (1 Psi, BT = PB) — reposition to range.
2. Attack action — Hit 1 (Instinct free): T0 Glacial Spike → speed -5 ft auto, Con save or -5 ft more.
3. Hit 2: Snow Chains T2 (2 Psi) → speed 0 auto, Con save or Stunned.
4. Hits 3–4: T1 MS + Glacial Spike T1 each hit → each declaration pays 2×PB total (one T1 MS plus one T1 rider). Snow Chains is the sole Tier 2 in this Attack action.
5. Action Surge → Action: Absolute Zero T2 (5 Psi) → 15d10 cold + Stunned on a failed Con save; speed 0 even on a success.
6. Budget: 10 Psi. BT = 9×PB = 54 before Overload Mastery, or 27 with it. On all hits and a failed Absolute Zero save, the turn averages ~129 cold damage while locking the boss down.

Identity: the boss becomes a statue in ice while you kite with teleports. Pick Cryo if you love control.

Kinetic Vanguard is released under a simple attribution license.

You are free to use, copy, modify, and redistribute this homebrew content for any non-commercial purpose, provided that you credit **NixNinja** as the original author. A link back or a mention is all that's required. Commercial use requires prior written permission.

© 2024–present NixNinja. All rights reserved.