

# KINETIC VANGUARD

FIGHTER · MARTIAL ARCHETYPE · HOMEBREW · v7.17.0A

*A mental-stat striker that channels elemental and telekinetic force through disciplined psionic projection.*

*Created by NixNinja in collaboration with AI assistants. Special thanks to various muses, great and small.*

## DESIGN NOTES

v7.17.0A — ALTERNATE RELEASE, by request from the fans: Blood Tax is rolled, not flat. Tier 1 = 1 base Manifested Strike die. Tier 2 = 3 base Manifested Strike dice. Everything else is identical to mainline v7.17.0. Kinetic Vanguard is built around three deliberate tensions: resource versus impact, power versus survivability, and identity versus flexibility. Psi Points keep you honest turn to turn — you cannot do everything every fight. Overload lets you spend health for power, which means the most dramatic moments cost something real. Your primary Discipline locks in your identity while Deflection Screen, Phase Step, and the Advanced Training features give you a universal toolkit beyond your discipline.

The subclass rewards players who think one turn ahead. Knowing when to Overload, when to hold Psi for Deflection Screen, and when to conserve is more interesting than any individual feature. The Blood Tax scales with your Manifested Strike die — the pain you accept grows with you.

## CLIFF NOTES

|   |   |
|---|---|
| <b>Mental-stat Fighter.</b>               | Your attack rolls, damage, and save DCs all run off Intelligence, Wisdom, or Charisma. Pick one at 3rd and never look back.   |
| <b>Short-rest resource.</b>               | Psi Points = half Fighter level (rounded up) + Proficiency Bonus. They refuel on a short rest — enough for meaningful choices without feeling stingy.   |
| <b>Manifested Strike is your attack.</b>  | Replace a weapon attack with a special ranged psionic attack (60 ft). Counts as a ranged weapon attack for feats and fighting styles. Not a weapon, not a spell, not an object. Your discipline riders attach to hits with this.  |
| <b>Overload is your throttle.</b>         | 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.   |
| <b>Your Discipline is your identity.</b>  | Cryo locks things down, Pyro burns them out, Psychokinesis controls the field. Five features across twenty levels. Your first rider each Attack action fires for free, even if Overloaded — you're never naked.   |
| <b>Advanced Training is your toolkit.</b> | Deflection Screen (5th) gives you a reaction damage soak. Phase Step (10th) gives you bonus action teleportation. At 15th, 18th, and 20th, you pick three of eight Advanced Training features — psychic nuke, spell-based control, sensory overload, gravity zone, barrier, concussive shutdown, an extra Overload Mastery use, or an expanded Psi pool. Swappable on level-up. |

## Abbreviations

**MS** Manifested Strike  
**Psi mod** Psionic Ability modifier  
**BT** Blood Tax (psychic self-damage from Overloading)  
**OL** Overload (Tier 1 or Tier 2 escalation)  
**PB** Proficiency Bonus  
**Psi** Psi Points (short-rest resource pool)  
**T0 / T1 / T2** Tier 0 (base) / Tier 1 / Tier 2 Overload

## HOW TO PLAY THIS SUBCLASS

On your turn, the core loop is simple: when you attack with Manifested Strike, once per Attack action, your first rider activation costs 0 Psi — even if Overloaded. Blood Tax still applies if you Overload the rider. Want more? Before you roll, declare your full package — which rider you are activating, whether you are Overloading the strike, and whether you are Overloading the rider. One rider per hit, period — discipline or Advanced Training, pick one. MS Overload and rider Overload are independent; you can Overload one, the other, both, or neither. You may use different riders on different hits within the same Attack action. Everything is committed upfront. Roll the die: a hit resolves the entire package and pays the full Blood Tax for each Overload declared. A miss still costs the Psi you committed — no boost, no Blood Tax, no rider effects, but the mental energy is spent. That's the throttle: the decision to escalate always costs something.

A **rider** is any on-hit feature you declare as part of a Manifested Strike package. Passive bonus damage features and triggered passives are not riders unless stated otherwise — this remains true for any future features as well. This includes Advanced Training riders (Psychic Lance, Mind Blast). You may never apply both a discipline rider and an Advanced Training rider to the same hit.

You may mix weapon attacks and Manifested Strikes in any order within the Attack action. Action Surge grants another Attack action, creating a new per-Attack-action window for Psionic Instinct and other per-Attack-action rider limits. Unless a feature says otherwise, damage from the hit resolves before any saving throw rider tied to that hit.

Your Discipline defines your identity across five features. Deflection Screen (5th) and Phase Step (10th) are universal psionic tools granted to every Vanguard. Advanced Training III, IV, and V (15th, 18th, and 20th) let you pick three of eight high-tier techniques regardless of discipline.

## 01 OVERLOAD TIER SYSTEM

Overload is a deliberate escalation that trades hit points for power. It is declared before making a Manifested Strike attack roll. Two tiers exist, both gated by character level. Tier 2 builds on Tier 1 — all Tier 1 bonuses and costs still apply, and Tier 2 adds to them. For Manifested Strike, each tier builds on the previous. For riders, each tier's text states whether it adds to or replaces the lower tier's effect.

### The Blood Tax

**Tier 1 Overload (3rd level):** Increase the Manifested Strike damage die by one step. Add your Proficiency Bonus to damage. If the attack hits, you take psychic self-damage equal to one roll of your **base Manifested Strike die** (Blood Tax).

**Tier 2 Overload (10th 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 rolls of your base Manifested Strike die** on top of the Tier 1 Blood Tax — **3 base Manifested Strike dice** total. Only if it hits.

*The full attack package — MS Overload tier, rider activation, rider Overload tier — is declared before the roll. One rider per hit (discipline or Advanced Training). MS Overload and rider Overload are independent — you can*

Overload one, the other, both, or neither. A hit resolves and pays the whole package. A miss cancels rider effects and Blood Tax, but Psi is still spent. If both the strike and the rider are Overloaded, a hit pays Blood Tax twice — once per Overload declared. Blood Tax damage occurs immediately after the attack resolves. Blood Tax always uses your base Manifested Strike die — never the Overloaded (stepped-up) die. Blood Tax dice are never doubled by critical hits.

- ⚠ 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.
- ⚠ Psychic resistance halves Blood Tax normally, per standard rules.

### Attack Declaration Costs

| Declaration                      | Psi        | Blood Tax           | Notes   |
|----------------------------------|------------|---------------------|---|
| T0 MS (no rider)                 | 0          | None                | Always available  |
| T0 MS + T0 rider                 | Rider cost | None                | First rider this Attack action is free (Psionic Instinct, any tier) |
| Overloaded MS (no rider)         | 0          | Per MS tier*        | Die step + bonus damage only  |
| Overloaded MS + T0 rider         | Rider cost | Per MS tier*        |   |
| T0 MS + Overloaded rider         | Rider cost | Per rider tier*     |   |
| Overloaded MS + Overloaded rider | Rider cost | MS tax + Rider tax* | Two Blood Taxes on hit  |

\*Blood Tax per tier: 1 base MS die at Tier 1, +2 base MS dice at Tier 2 (3 base MS dice total). Each Overload declared pays independently — an Overloaded MS plus an Overloaded rider means two separate Blood Taxes on one hit. Psi is spent on declaration (hit or miss). Blood Tax is hit-only. T0 riders cost Psi but no HP. Only T1+ Overloads incur Blood Tax.

**Blood Tax per Overload that hits: Tier 1 = 1 base MS die. Tier 2 = 3 base MS dice. Sum all Overloads in the sequence.**

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

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

| Fighter Level | MS Die | T1 Effect | T1 Blood Tax (on hit) | T2 Effect          | T2 Blood Tax (on hit) |
|---------------|--------|-----------|-----------------------|--------------------|-----------------------|
| 3–6           | 1d4    | 1d6 + PB  | 1d4                   | —                  | —                     |
| 7–9           | 1d6    | 1d8 + PB  | 1d6                   | —                  | —                     |
| 10            | 1d6    | 1d8 + PB  | 1d6                   | 1d10 + 2×PB        | +2d6 = 3d6            |
| 11–14         | 1d8    | 1d10 + PB | 1d8                   | 1d12 + 2×PB        | +2d8 = 3d8            |
| 15–18         | 1d10   | 1d12 + PB | 1d10                  | 1d20 + 2×PB        | +2d10 = 3d10          |
| 19–20         | 1d12   | 1d20 + PB | 1d12                  | 1d20 + 1d12 + 2×PB | +2d12 = 3d12          |

1d20 + 1d12 (Tier 2, levels 19–20): Roll 1d20 + 1d12 for damage. On a critical hit, double all damage dice as normal (2d20 + 2d12).

**Overloading discipline features and standalone features:** Your full attack package — the MS, one rider, and all Overloads — is declared together before the roll. One rider per hit, regardless of source

(discipline or Advanced Training). MS Overload and rider Overload are independent — you can Overload one, the other, both, or neither. You may use different riders on different hits within the same Attack action. You cannot see the hit land and then decide to Overload. A hit resolves and pays the entire declared package; a miss cancels rider effects and Blood Tax, but any Psi committed to the rider is still spent. Standalone features that involve no attack roll (Deflection Screen, Vectored Thrust) are declared and paid at activation — no roll, so Blood Tax always fires.

**Concentration Startup Exception:** The Blood Tax from the activation that starts a concentration feature does not trigger a concentration check. Only subsequent Blood Tax and other damage sources require checks as normal. Standard concentration rules still apply — you can only concentrate on one feature at a time.

#### **Example — Level 11 Cryokinesis (PB 4, Int +3)**

*Before rolling, you declare: "T2 Overload, Glacial Spike."*

**Your attack die steps up twice: 1d8 → 1d10 → 1d12**

**Hit:** Roll 1d12 + 11 damage. On a failed Con save, target is Restrained until end of your next turn. Blood Tax: 3d8 (avg 13.5).

**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: T0 MS + T0 Ember Lance (Instinct free)**

**Declare:** "T0 MS, Ember Lance."

**Psi:** 0 (Psionic Instinct covers Ember Lance free, 1×/Attack action)

**On hit:** avg 17 fire (MS 1d8+4, Ember Lance 2×PB on hit).

**Blood Tax:** 0 (no Overloads)

**Miss:** No effects, no Blood Tax. Ember Lance was free in Psi via Psionic Instinct, so no Psi is lost.

##### **Attack 2: T0 MS + T2 Ember Lance (sets primer)**

**Declare:** "T0 MS, Ember Lance T2."

**Psi:** 1 (Ember Lance cost)

**On hit:** avg 25 fire (MS 1d8+4, EL 4×PB on hit). Primes next MS hit for doubled damage.

**Blood Tax:** 3d8, avg 13.5 (T2 Ember Lance Overload)

**Miss:** 1 Psi spent. No effects, no Blood Tax.

##### **Attack 3: T1 MS + T1 Ember Lance**

**Declare:** "T1 MS, Ember Lance T1."

**Psi:** 1 (Ember Lance cost)

**On hit:** avg 43 fire (T1 MS doubled by primer + T1 EL 4×PB).

**Blood Tax:** 1d8 + 1d8 = 2d8 (avg 9)

**Miss:** 1 Psi lost. No BT.

**Turn totals (all three hit):** Psi: 2 of 10. Blood Tax = 1d8 + 1d8 + 3d8 = 5d8 (avg 22.5).

**Damage to primary target:** Attack 1: ~17. Attack 2: ~25 + primer set. Attack 3: ~43 (MS doubled).

Total: ~85 fire. No burn tracking needed — all damage resolves on hit. You paid 2 Psi and ~22 HP on average (rolled).

**Example — Sustained Turn, Level 11 Psychokinesis (PB 4, Int +4, MS 1d8, 3 attacks)**

*You have 10 Psi. No need to nova — control the board.*

**Bonus Action: Vectored Thrust T1 Overload**

**Psi:** 2

**Effect:** Fly speed 30 ft, no opportunity attacks (Concentration, up to 10 min).

**Blood Tax:** 1d8, avg 4.5 (standalone — fires on activation, no attack roll)

**Attack 1: T1 MS + T0 Telekinetic Shove (Instinct free)**

**Declare:** “T1 MS, Telekinetic Shove.”

**Psi:** 0 (Instinct covers Shove)

**On hit:** avg 14 force. Target pushed 5 ft (Str save).

**Blood Tax:** 1d8 (avg 4.5)

**Miss:** No Psi lost (Shove was free). No BT.

**Attack 2: T0 MS**

**On hit:** avg 9 force.

**Blood Tax:** 0

**Attack 3: T0 MS**

**On hit:** avg 9 force.

**Blood Tax:** 0

**Turn totals:** Psi: 2 of 10. BT = 1d8 + 1d8 = 2d8 (avg 9). Damage: ~31 force, one target repositioned, flying. Sustainable with occasional VT refresh.

**Example — Lockdown Turn, Level 11 Cryokinesis (PB 4, Int +4, MS 1d8, 3 attacks)**

*You have 10 Psi. Frozen Ground is already active (2 Psi spent last turn).*

**Attack 1: T0 MS + T0 Glacial Spike (Instinct free)**

**Declare:** “T0 MS, Glacial Spike.”

**Psi:** 0 (Instinct covers Spike)

**On hit:** avg 9 cold. Target speed -5 ft (no save). Con save or -5 ft more.

**Blood Tax:** 0

**Attack 2: T0 MS + T1 Glacial Spike**

**Declare:** “T0 MS, Glacial Spike T1.”

**Psi:** 1 (Glacial Spike cost)

**On hit:** avg 9 cold. On failed Con save, target speed becomes 0.

**Blood Tax:** 1d8 (avg 4.5)

**Miss:** 1 Psi lost. No BT.

**Attack 3: T0 MS**

**On hit:** avg 9 cold.

**Blood Tax:** 0

**Turn totals:** Psi: 1 of 10. BT = 1d8 (avg 4.5). Damage: ~26 cold. Target likely speed 0 in difficult terrain. Frozen Ground forces Con save or Prone on their turn. Low burn, high lockdown.

## 02 CORE FEATURES

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 you share a common language. The communication is two-way. This does not grant mind reading.

### **Manifested Strike** · 3rd Level · Attack Action

When you take the Attack action, you can replace any number of your weapon attacks with a Manifested Strike. A Manifested Strike is a special ranged psionic attack with a range of 60 feet, formed from psionic force. Your Discipline determines its damage type. Add your Psionic Ability modifier to Manifested Strike damage. Your Manifested Strike attack bonus is your Psionic Ability modifier + your Proficiency Bonus + half your Proficiency Bonus (rounded down). On a critical hit, double all damage dice as normal. The damage die scales with Fighter level per the table in Section 01. For the purposes of feats, fighting styles, and other features that reference ranged weapons or ranged weapon attacks, Manifested Strike counts as a ranged weapon attack. It is not a weapon, not a spell, and not an object. Manifested Strike itself costs no Psi — you can always attack.

**Design Note — Attack Bonus:** *The half-Proficiency Bonus to attack rolls compensates for the absence of a magic weapon. Physical fighters accumulate +1 to +3 over a campaign through arms and equipment; the Kinetic Vanguard carries no weapon and receives no such scaling. This bonus approximates that curve without requiring item dependency.*

### **Overload** · 3rd Level · Before Attack Roll

Declare that you are Overloading before making a Manifested Strike attack roll. See Overload Tier System (Section 01) for full rules.

---

### **Psionic Instinct** · 3rd Level · Passive

When you first declare a rider as part of a Manifested Strike this Attack action, it costs 0 Psi, even if you Overload it. Psi is never spent on that first rider regardless of whether the attack hits or misses (though Blood Tax still applies on hit if the rider is Overloaded). Additional rider activations in the same Attack action cost Psi as normal.

---

### **Empathic Sense** · 7th Level · Passive / PB× per Short Rest

Passive: You add your Psionic Ability modifier to your passive Insight score. Active Scan: As a bonus action, you project a telepathic scan for hostile intent. This is a standalone feature (Concentration, up to 1 minute; Blood Tax applies on activation if Overloaded). While concentrating, you sense the presence and direction of creatures within range that harbor hostile intent toward you, provided they have readable emotions (excludes undead and constructs). You can use this scan a number of times equal to your Proficiency Bonus, regaining all expended uses on a short or long rest. T0: 15-foot range. Tier 1 Overload: Range increases to 30 feet. Tier 2 Overload: Range increases to 60 feet.

---

### **Vanguard Training** · 7th Level · Passive

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

---

### **Advanced Training I: Deflection Screen** · 5th Level · 1 Psi · Reaction · Once per Round

Your psionic instincts develop a reflexive shield. When you take damage, you may use your reaction and spend 1 Psi to reduce it by 3d8 + your Psionic Ability modifier. Can be Overloaded normally (see Section 05).

---

### **Advanced Training II: Phase Step** · 10th Level · 1 Psi · Bonus Action

Your psionic control extends to spatial displacement. Teleport up to 15 ft to an unoccupied space you can see. This movement does not provoke opportunity attacks. Can be Overloaded normally (see Section 05).

---

### **Steeled Mind** · 10th Level · Passive

Channeling psionic force through your own body has hardened your concentration against disruption. When you make a Constitution saving throw to maintain concentration, you add your Proficiency Bonus to the roll.

---

### **Advanced Training III** · 15th Level · Passive

Your psionic mastery deepens. Choose one feature from the Advanced Training pool (Section 05). The chosen feature can be Overloaded normally.

**Swapping:** You may replace your chosen feature whenever you gain a Fighter level. There is no Psi cost to swap.

---

### **Advanced Training IV** · 18th Level · Passive

---

Choose a second feature from the Advanced Training pool (Section 05). You cannot hold the same feature across Advanced Training III and Advanced Training IV. The chosen feature can be Overloaded normally.

**Swapping:** You may replace your chosen feature whenever you gain a Fighter level. There is no Psi cost to swap.

*At 18th level a Vanguard holds two Advanced Training picks (2 of 8). At 20th a third pick is added, bringing the total to 3 of 8 alongside Deflection Screen, Phase Step, and the full five-feature discipline progression.*

### Psionic Apex · 18th Level · Passive

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

**Overload Mastery:** Once per short rest, you may negate all Blood Tax from every Overload declared during your turn — Manifested Strike overloads, rider overloads, standalone Overloaded activations, and any Overloads declared during a second Attack action gained through Action Surge. Overload effects (die steps, damage bonuses, and conditions imposed) still apply normally. You have learned to push past your threshold without tearing yourself apart — once.

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

### Advanced Training V · 20th Level · Passive

Choose a third feature from the Advanced Training pool (Section 05). You cannot hold the same feature across Advanced Training III, IV, and V. 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.

## 03 SUBCLASS FEATURE TABLE

| Level | Feature   |
|-------|---|
| 3rd   | Psionic Discipline, Psi Reservoir, Telepathy, Manifested Strike, Overload, Psionic Instinct, Discipline 3rd Feature |
| 5th   | Advanced Training I: Deflection Screen  |
| 7th   | Empathic Sense, Vanguard Training, Discipline 7th Feature   |
| 10th  | Steeled Mind, Discipline 10th Feature, Advanced Training II (Phase Step), Tier 2 Overload                           |
| 15th  | Discipline 15th Feature, Advanced Training III (1 high-tier pick)   |
| 18th  | Advanced Training IV (1 high-tier pick), Psionic Apex   |
| 20th  | Discipline 20th Feature, Advanced Training V (pool pick)  |

### Psi Cost Reference

| Level | Feature           | Discipline              | Psi | Type              |
|-------|-------------------|-------------------------|-----|-------------------|
| 3rd   | Glacial Spike     | <i>Cryokinesis</i>      | 1   | Rider             |
| 3rd   | Ember Lance       | <i>Pyrokinesis</i>      | 1   | Rider             |
| 3rd   | Telekinetic Shove | <i>Psychokinesis</i>    | 1   | Rider             |
| 5th   | Deflection Screen | <i>Universal (AT I)</i> | 1   | Reaction          |
| 7th   | Snow Chains       | <i>Cryokinesis</i>      | 2   | Rider (1×/action) |
| 7th   | Flare             | <i>Pyrokinesis</i>      | 2   | Rider (1×/action) |

|       |                     |                            |   |                           |
|-------|---------------------|----------------------------|---|---------------------------|
| 7th   | Vectored Thrust     | <i>Psychokinesis</i>       | 2 | Bonus Action · Conc       |
| 10th  | Frozen Ground       | <i>Cryokinesis</i>         | 2 | Action · Concentration    |
| 10th  | Fiery Blast         | <i>Pyrokinesis</i>         | 2 | Rider (1×/action)         |
| 10th  | Explosion/Implosion | <i>Psychokinesis</i>       | 2 | Rider (1×/action)         |
| 10th  | Phase Step          | <i>Universal (AT II)</i>   | 1 | Bonus Action              |
| 15th  | Arctic Tempest      | <i>Cryokinesis</i>         | 3 | Action                    |
| 15th  | Firestorm           | <i>Pyrokinesis</i>         | 3 | Action · Concentration    |
| 15th  | Telekinetic Slam    | <i>Psychokinesis</i>       | 3 | Action                    |
| 15th  | AT III pick         | <i>Universal</i>           | 3 | Varies                    |
| 18th  | AT IV pick          | <i>Universal</i>           | 3 | Varies                    |
| 20th  | AT V pick           | <i>Universal</i>           | 3 | Varies                    |
| 15th+ | Concussive Surge    | <i>Universal (AT pool)</i> | 3 | On MS Hit                 |
| 15th+ | Barrier             | <i>Universal (AT pool)</i> | 3 | Bonus Action              |
| 20th  | Absolute Zero       | <i>Cryokinesis</i>         | 5 | Action                    |
| 20th  | Spreading Flames    | <i>Pyrokinesis</i>         | 5 | On Kill (special passive) |
| 20th  | Mass Levitation     | <i>Psychokinesis</i>       | 5 | Action · Concentration    |

## 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 20th level.

*Discipline I*

### CRYOKINESIS

[ Escalating Lockdown ] · Cold damage

*A control discipline that builds pressure methodically — speed reduction becomes restraint becomes stun, tightening the vice each round until nothing moves.*

#### Glacial Spike · 3rd · 1 Psi · On Manifested Strike Hit

**T0:** The target's speed is reduced by 5 ft until the end of your next turn (no save). The total speed reduction from all Glacial Spike effects cannot reduce any creature's speed below 10 feet. The target must then make a Con save; on a failure, speed is reduced by an additional 5 ft.

**Tier 1 Overload:** On a failed Con save, speed becomes 0 instead (ignores the 10 ft floor). On a successful save, the guaranteed 5 ft still applies and the target cannot Dash or gain bonus movement until the end of your next turn.

**Tier 2 Overload:** On a failed Con save, the target becomes Restrained until the end of your next turn instead of having its speed reduced to 0 (ignores the 10 ft floor).

#### Snow Chains · 7th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

**T0:** The target's speed becomes 0 until the end of your next turn (no save). The target must then make a Con save; on a failure, it is also Restrained until the end of your next turn.

**Tier 1 Overload:** On a failed save, the target also cannot take reactions until the end of your next turn.

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

---

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

**T0:** Create a 15-ft radius area of icy difficult terrain centered on a point within 60 ft. Creatures that enter or start their turn in the area must make a Con save or fall Prone.

**Tier 1 Overload:** Expand the radius to 25 ft.

**Tier 2 Overload:** On a failed save, the target is Restrained instead of Prone (until the end of your next turn).

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

---

### Arctic Tempest · 15th · 3 Psi · Action

**T0:** Up to 3 creatures within 60 ft take 8d10 cold damage (Con save for half) and are Restrained until the end of your next turn on a failed save.

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

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

---

### Absolute Zero · 20th · 5 Psi · Action

**T0:** Choose one creature within 60 ft. The target must make a Constitution saving throw, taking 10d10 cold damage on a failed save, or half on a successful one. On a failed save, the target's speed becomes 0 until the end of your next turn.

**Tier 1 Overload:** Damage increases to 12d10. On a failed save, the target is also Restrained until the end of your next turn.

**Tier 2 Overload:** Damage increases to 15d10. On a failed save, the target is Stunned until the end of your next turn instead of Restrained. The target's speed becomes 0 even on a successful save.

*Discipline II*

## PYROKINESIS

*[ Compounding Pressure ] · Fire damage*

*A front-loaded burst discipline that rewards aggressive sequencing — prime the doubling strike, blind the target, scatter the cluster, then zone the ground they're standing on.*

---

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

**T0:** The target takes additional fire damage equal to  $2 \times$  your Proficiency Bonus on hit.

**Tier 1 Overload:** The additional fire damage increases to  $4 \times$  your Proficiency Bonus on hit.

**Tier 2 Overload:** The bonus fire damage from Tier 1 still applies on this hit. After this hit fully resolves, the next Manifested Strike hit against the same target before the end of your next turn has its Manifested Strike damage doubled (the strike itself only — rider damage is not doubled). This effect applies only once.

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

**T0:** The target takes additional fire damage equal to 1 Manifested Strike die (use the Overloaded die if MS is Overloaded on this hit). The target must then make a Constitution saving throw or be Blinded until the end of your next turn.

**Tier 1 Overload:** The bonus fire damage increases to 2 Manifested Strike dice.

**Tier 2 Overload:** On a failed save, the target is Incapacitated instead of Blinded until the end of your next turn.

**Fiery Blast** · 10th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

**T0:** Psionic fire erupts from the impact. Each creature within 15 feet of the target (excluding the target) must make a Dexterity saving throw. On a failed save, a creature takes 2d8 fire damage and is pushed up to 10 feet directly away from the target. On a successful save, it takes half damage and is not pushed.

**Tier 1 Overload:** The burst radius increases to 20 feet and the damage increases to 3d8 + your Psionic Ability modifier. The push distance increases to 15 feet.

**Tier 2 Overload:** Creatures that fail the save cannot take the Dash action and have disadvantage on attack rolls until the end of their next turn.

**Firestorm** · 15th · 3 Psi · Action · Concentration, up to 1 minute

**T0:** Create a 20-ft radius firestorm centered on a point within 60 ft. The area is difficult terrain for the duration. A creature that enters the area for the first time on a turn or starts its turn there must make a Dex save, taking 5d8 fire damage on a failed save, or half as much on a successful one.

**Tier 1 Overload:** Damage increases to 6d8 + your Psionic Ability modifier. Creatures that fail the save cannot take the Dash action until the start of their next turn.

**Tier 2 Overload:** Creatures that fail the save also take additional fire damage equal to 2 × your Proficiency Bonus. The zone's radius expands to 30 ft.

**Spreading Flames** · 20th · 5 Psi · On Kill

**T0:** When you reduce a creature to 0 HP with Manifested Strike, you may spend 5 Psi to trigger an eruption. You choose the Overload tier at the moment of the kill. All creatures within 20 ft make a Dex save or take 3 Manifested Strike dice of fire damage (half on success). One eruption per Attack action.

**Tier 1 Overload:** Creatures that fail the save also take additional fire damage equal to your Proficiency Bonus.

**Tier 2 Overload:** The eruption radius expands to 30 ft and creatures that fail the save cannot take reactions until the start of their next turn.

*Spreading Flames is not a rider. It is a special passive gated by a Psi cost that triggers on a separate proc window (enemy death). It does not compete with your rider for the killing hit. Blood Tax is paid when Spreading Flames fires (on the kill), not on the killing hit itself — the general rule is that Blood Tax for an Overloaded feature is paid when that feature actually triggers, regardless of whether the trigger is an attack roll, an activation, or an on-kill proc.*

Discipline III

## PSYCHOKINESIS

[ Tactical Space Control ] · Force damage

*A repositioning specialist that dictates where enemies stand — controlling entry points, collapsing formations, and punishing poor positioning. Force is the least-resisted damage type in the game, and every inch of displacement is leverage. Forced movement from this subclass follows normal 5e rules unless a feature says otherwise.*

---

**Telekinetic Shove** · 3rd · 1 Psi · On Manifested Strike Hit

---

**T0:** When you hit a creature with Manifested Strike, you may attempt to push that target 5 ft in any horizontal direction (Str save negates). This requires no action and costs 1 Psi. Psionic Instinct covers this cost once per Attack action — your first activation each Attack action is effectively free.

**Tier 1 Overload:** The push distance increases to 10 ft on this hit.

**Tier 2 Overload:** The push distance increases to 15 ft and the target is Restrained until the end of your next turn on a failed save.

---

**Vectored Thrust** · 7th · 2 Psi · Bonus Action · Concentration, up to 10 minutes

---

**T0:** You gain a fly speed of 30 feet for the duration. The effect ends early if you are incapacitated.

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

**Tier 1 Overload:** Flying does not provoke opportunity attacks.

**Tier 2 Overload:** Your fly speed increases by 5 × your Proficiency Bonus in feet.

---

**Explosion/Implosion** · 10th · 2 Psi · On Manifested Strike Hit · Once per Attack Action

---

**T0:** Release a telekinetic shockwave centered on the target. You choose Explosion (outward) or Implosion (inward) when you activate. Each creature within 15 ft of the target other than the target is automatically pushed 15 ft away from or pulled 15 ft toward the target (matching your choice) — no save applies to this movement. Creatures cannot be pushed or pulled into occupied spaces. All creatures within 15 ft of the target (including the target) must then make a Strength saving throw or be knocked Prone.

**Tier 1 Overload:** The push or 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 Explosion/Implosion are each once per Attack action, triggered on separate hits. Use Shove to position the primary target, then Explosion to scatter a cluster or Implosion to collapse it inward — Psychokinesis is about making the board look exactly how you want it.*

---

**Telekinetic Slam** · 15th · 3 Psi · Action

---

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

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

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

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

---

**Mass Levitation** · 20th · 5 Psi · Action · Concentration, up to 1 minute

---

**T0:** Choose up to five Medium or smaller creatures within 60 ft, or up to two Large creatures. Huge or larger creatures are immune. Each target must make a Str save or be lifted 30 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. This bonus is automatic and does not count as a rider.

**Tier 1 Overload:** Creatures that fail the initial Str save must also make a Con save or become Incapacitated for the duration. Levitated creatures have disadvantage on the repeat Str save against this feature.

**Tier 2 Overload:** Creatures that fail the initial Str save take force damage equal to 2× your Psionic Ability modifier at the start of each of their turns while levitated.

## 05 ADVANCED TRAINING

These are universal psionic techniques — not tied to any Discipline. Advanced Training III (15th) grants one pick; Advanced Training IV (18th) grants a second; Advanced Training V (20th) grants a third. You hold 3 of 8. Swapping is free on level-up. Deflection Screen and Phase Step are core features granted at 5th and 10th respectively; their Overload tiers are listed here for reference.

### ADVANCED TRAINING I AND II: DEFLECTION SCREEN AND PHASE STEP

#### Advanced Training I: Deflection Screen · 5th Level · 1 Psi · Reaction · Once per Round

**T0:** When you take damage, you may use your reaction and spend 1 Psi to reduce it by 3d8 + your Psionic Ability modifier.

**Tier 1 Overload:** The reduction increases to 4d8 + Psionic Ability modifier.

**Tier 2 Overload:** The attacker must make a Strength saving throw. On a failed save, it is pushed up to 15 feet away from you and knocked Prone. On a successful save, it is pushed 5 feet away.

#### Advanced Training II: Phase Step · 10th Level · 1 Psi · Bonus Action

**T0:** Teleport up to 15 ft to an unoccupied space you can see. This movement does not provoke opportunity attacks.

**Tier 1 Overload:** Teleport up to 30 ft instead.

**Tier 2 Overload:** You may bring one willing creature within 5 ft of you. Both of you appear in the destination space (you) and an adjacent unoccupied space (them).

### ADVANCED TRAINING III, IV, AND V (15TH, 18TH, AND 20TH LEVEL)

#### Psychic Lance · High Tier · 3 Psi · On Manifested Strike Hit · Once per Attack Action

**T0:** The target takes 4d8 psychic damage and must make an Intelligence saving throw or be Incapacitated until the end of your next turn.

**Tier 1 Overload:** Damage increases to 5d8 psychic + your Psionic Ability modifier. On a failed save, the target's speed also becomes 0 until the end of your next turn.

**Tier 2 Overload:** Damage increases to 6d8 psychic + 2 × your Psionic Ability modifier. On a failed save, the target is Stunned until the end of your next turn instead of Incapacitated.

#### Dazzle · High Tier · 3 Psi · Action

**T0:** You cast charm person (Concentration, up to 1 hour). Uses your Psi save DC. This feature is exclusive — you choose one tier when you activate it. Higher tiers replace the effect entirely; they do not stack.

**Tier 1 Overload:** You cast suggestion instead (Concentration, up to 8 hours). Uses your Psi save DC.

**Tier 2 Overload:** You cast hold monster instead (Concentration, up to 1 minute). Uses your Psi save DC.

*Dazzle is a standalone Action — it does not require a Manifested Strike hit and is not a rider. All tiers require Concentration and consume your concentration slot.*

---

### **Mind Blast** · High Tier · 3 Psi · On Manifested Strike Hit · Once per Attack Action

---

**T0:** The target takes 2d8 psychic damage and must make a Charisma saving throw or be Blinded until the end of your next turn.

**Tier 1 Overload:** Damage increases to 3d8 psychic + your Psionic Ability modifier. On a failed save the target is also Incapacitated until the end of your next turn.

**Tier 2 Overload:** Damage increases to 4d8 psychic + 2 × your Psionic Ability modifier. On a failed save the target is Stunned until the end of your next turn instead of Incapacitated.

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

---

### **Gravitic Press** · High Tier · 3 Psi · Action · Concentration, up to 1 minute

---

**T0:** Create a 15-ft radius zone of intensified gravity centered on a point within 60 ft. The area is difficult terrain for the duration. Any creature in the zone has its speed halved (no save). A flying creature that enters the zone or starts its turn there immediately falls to the ground, taking fall damage as normal, and cannot fly or gain a fly speed while it remains in the zone. A creature that enters the area for the first time on a turn or starts its turn there must make a Strength saving throw or be unable to take reactions until the start of its next turn.

**Tier 1 Overload:** Creatures that fail the save also have disadvantage on attack rolls while they remain in the zone.

**Tier 2 Overload:** Creatures that fail the save are also knocked Prone.

*Gravitic Press is a standalone Action — it does not require a Manifested Strike hit and is not a rider. Requires Concentration.*

---

### **Barrier** · High Tier · 3 Psi · Bonus Action

---

**T0:** For 1 minute, choose one of the following effects, which lasts for the duration. Blade Shield: you have resistance to bludgeoning, piercing, and slashing damage from weapon attacks. Elemental Shroud: choose one damage type from acid, cold, fire, lightning, or thunder; you have resistance to that damage type. Spellward: you have advantage on saving throws against spells. Steadfast Guard: you have advantage on Strength saving throws, and on ability checks and saving throws to resist being grappled, shoved, knocked prone, or forcibly moved. Mental Bulwark: you have advantage on saving throws against being charmed, frightened, blinded, restrained, incapacitated, paralyzed, or stunned.

**Tier 1 Overload:** Choose two of the five effects instead of one.

**Tier 2 Overload:** The duration increases to 10 minutes. While Barrier is active, you can use a bonus action to replace one of your chosen effects with a different one from the list; this swap costs no Psi and no Blood Tax. You cannot swap an effect to match one you already have active.

*Barrier is a standalone Bonus Action — not a rider.*

---

### **Concussive Surge** · High Tier · 3 Psi · On Manifested Strike Hit · Once per Attack Action

---

**T0:** The target takes additional force damage equal to 2 Manifested Strike dice (use the Overloaded die if MS is Overloaded on this hit). The target must then make a Constitution saving throw or be unable to take reactions until the end of its next turn.

**Tier 1 Overload:** On a failed save, 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.

### Overload Mastery II · High Tier · Passive · Requires Psionic Apex (18th)

You gain one additional use of Overload Mastery per short rest. This stacks with the use granted by Psionic Apex (18th level), giving you two total uses per short rest. If you do not yet have Psionic Apex, this feature has no effect until you reach 18th level.

### Inner Reserve · High Tier · Passive

Your maximum Psi point pool increases by an amount equal to your Proficiency Bonus. This pick cannot be taken more than once — selecting Inner Reserve for a second Advanced Training slot has no additional effect.

## 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 rolls base Manifested Strike dice (1 at Tier 1, 3 at Tier 2)

Three Discipline identities · Universal Arsenal toolkit · No Psi recovery in combat

## 07 DISCIPLINE CHEATSHEETS

*Quick-reference feature list per Discipline. Detailed play patterns and sample turns are available in the separate Discipline Player Sheets (not included in this document).*

### CRYOKINESIS — ESCALATING LOCKDOWN

3rd: Glacial Spike (rider, unlimited). 7th: Snow Chains (rider, once/Attack action). 10th: Frozen Ground (action, concentration). 15th: Arctic Tempest (action, nova). 20th: Absolute Zero (single-target nuke, 10d10 cold). Identity: speed → 0 → Restrained → Stunned. No innate flight; use Phase Step.

### PYROKINESIS — COMPOUNDING PRESSURE

3rd: Ember Lance (rider, unlimited). 7th: Flare (rider, once/Attack action). 10th: Fiery Blast (rider, once/Attack action). 15th: Firestorm (action, concentration zone, 5d8/round). 20th: Spreading Flames (5 Psi on-kill, player picks OL tier). Identity: sequence the primer, cash in the doubling hit, zone with Firestorm. High burst. No innate flight; use Phase Step.

### PSYCHOKINESIS — TACTICAL SPACE CONTROL

3rd: Telekinetic Shove (rider, unlimited). 7th: Vectored Thrust (bonus action, concentration, flight). 10th: Explosion/Implosion (rider, once/Attack action, push or pull). 15th: Telekinetic Slam (action, single-target nuke). 20th: Mass Levitation (5 Psi, action, concentration, up to 5 targets Restrained). Identity: push, pull, Prone, fly. Force is least-resisted. Innate flight via VT.

**Universal tools (all disciplines):** Deflection Screen (5th, 3d8+mod soak). Phase Step (10th, teleport 15 ft). Steeled Mind (10th, +PB to concentration saves). AT III (15th, 1 of 6 picks). AT IV + Psionic Apex (18th, 2nd pick + OL Mastery + Mental Fortitude). AT V (20th, 3rd pick). 20th: Discipline capstone + AT V.

## 08 CHANGELOG

v7.17.0A — Current (Alternate)

**v7.17.0A: Alternate release — roll-based Blood Tax, by request from the fans. Blood Tax is rolled instead of flat: Tier 1 = 1 base Manifested Strike die (replaces PB), Tier 2 = 3 base Manifested Strike dice (replaces 3×PB). The 1:3 tier ratio is preserved, and the average rolled tax tracks the flat values within about 1.5 at every level band (levels 11–14: 1d8 avg 4.5 vs PB 4; 3d8 avg 13.5 vs 12), so mainline balance carries over — this variant adds variance, not a rebalance. Clarifications: always roll the base Manifested Strike die for your level, never the Overloaded (stepped-up) die; Blood Tax dice are never doubled by critical hits; psychic resistance halves the rolled total normally; Overload Mastery negates rolled Blood Tax exactly as it negates flat. The Section 01 Blood Tax table, declaration footnotes, and all worked examples have been converted to dice. Everything else is identical to v7.17.0. Mainline continues from v7.17.0 — this A-release is a variant, not a replacement.**

### **v7.17.0**

**v7.17.0: Three additions. (1) Two new Advanced Training pool picks bring the pool from 6 to 8 features. Overload Mastery II is a passive AT pick that grants one additional use of Overload Mastery per short rest, stacking with the use from Psionic Apex (18th) for two total nova turns per short rest. Has no effect before 18th level. Inner Reserve is a passive AT pick that increases your maximum Psi pool by your Proficiency Bonus. Cannot be taken more than once — selecting it for a second AT slot does nothing. (2) Telekinetic Shove Tier 2 Overload reworked from “push 15 ft + Prone” to “push 15 ft + Restrained until end of your next turn.” Brings Psychokinesis’s 3rd-level rider into parity with Cryokinesis’s Glacial Spike T2 (also Restrained), which was the only hard-CC effect on an unlimited 3rd-level rider until now. Prone alone didn’t give Psycho enough lockdown teeth on the rider — enemies just stood back up. Restrained pins them in place, fits the discipline identity (“Tactical Space Control”), and keeps the one-save pattern (single Str save, no Con save tacked on). Hard Stun stays on TK Slam T2 (15th-level Action) where it belongs. (3) Cliff Notes, AT section intros, Psi Cost Reference tables, and DMQR AT picks row all updated to reflect the new pool size and picks.**

### **v7.16.3**

**v7.16.3: Gravitic Press now grounds flying creatures. A flying creature that enters the zone or starts its turn there immediately falls to the ground, taking fall damage as normal. Creatures in the zone cannot fly or gain a fly speed. This is a zone baseline effect — no Overload tier required. Also: Mind Blast saving throw changed from Wisdom to Charisma. Charisma represents force of personality and strength of will — resisting a psionic assault is an act of self-assertion, not perception. This also targets a less common strong save than Wisdom. Updated across all docs.**

### **v7.16.2**

**v7.16.2: Gravitic Press reworked. The zone baseline now halves speed for any creature inside (no save), on top of the existing difficult terrain. The tier effects have been reordered: T0 is now Str save or no reactions (was Prone), T1 is disadvantage on attack rolls while in zone (was no reactions), T2 is Prone (was disadvantage on attacks). Prone moves to T2 because it’s the strongest single condition in the list. Also added a Mob row to the Level 15 optimal attack sequence tables on all three player sheets: Pyro gets AoE damage (Fiery Blast T1 burst), Cryo gets multi-target lockdown (Snow Chains + Glacial Spike on separate targets), Psycho gets AoE repositioning (Explosion/Implosion scatter/collapse).**

### **v7.16.1**

**v7.16.1: Final polish pass. Fixed main doc title header (was still v7.15.10 from the version bump). Rewrote v7.16.0 changelog entry to remove an internal contradiction (first paragraph described the pre-Action-Surge OM scope while the addendum described the post-Action-Surge scope). Standardized Overload Mastery wording across DMQR to match the player sheet phrasing exactly. Clarified DMQR Deflection Screen T2 row to show that T2 inherits T1’s damage reduction and adds the Str save pushback. No mechanical changes from v7.16.0.**

---

*Full changelog for v7.16.0 and earlier is available in previous releases.*

## 09 LICENSE

**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.