KINETIC VANGUARD

Cryokinesis Player Sheet · v7.8.0

Acronym	Meaning
PB	Proficiency Bonus
PAM	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
10th	Steeled Mind	**—**	Passive
15th	Arctic Tempest	**3**	Action
15th	AT III pick	**3**	Varies
18th	AT IV pick	**3**	Varies
20th	AT V pick	**3**	Varies
20th	Concussive Surge	**3**	On MS Hit
20th	Reactive Barrier	**2**	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	Magical ranged weapon attack, 60 ft (+½ PB to hit), cold damage. Replaces weapon attacks. On a crit, add one base (non-Overloaded) MS die. See main doc for examples.
Psi Points	Half Fighter level (rounded up) + PB. Short/long rest recovery.
Psychic Resistance	Resistant to psychic damage (3rd level). Overload self-damage still applies.
Psionic Instinct	First rider per Attack action = 0 Psi (any tier). BT still applies if Overloaded.
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	1d10	1d12	1d20
17–18	+6	15	1d10	1d12	1d20
19–20	+6	16	1d12	1d20	1d20+1d12

01 OVERLOAD

OVERLOAD & BLOOD TAX

Declare before rolling. Full package (MS tier + rider + rider tier) committed upfront. Hit = everything resolves + full Blood Tax. Miss = Psi spent, no effects, no Blood Tax.

Blood Tax per Overload that hits: Tier 1 = PB. Tier 2 = 3×PB. Sum all Overloads in the sequence. A double-Overload hit (e.g., T2 MS + T1 rider) pays each separately.

Overload Mastery (18th): Once per short rest, negate Blood Tax for one declared Overload. If the same package includes a second Overload, the other Blood Tax still applies.

⚠ *Self-damage bypasses Temp HP and cannot be reduced.*

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.

Psychic Resistance · *3rd · Passive*

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

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

Perceive surface emotions within 60 ft (excludes undead/constructs). Advantage on Insight checks in range. BA to focus (Conc, 1 min, PB×/short rest): add PAM to passive Perception vs. hostile creatures within 60 ft with readable emotions.

Vanguard Training · *7th · Passive*

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

Steeled Mind · *10th · Passive*

Add PB to Constitution saves to maintain concentration.

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.

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 (15TH & 18TH)

Choose 3 of the following 6. 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. Int save or Incapacitated until end of your next turn.
T1: Damage increases to 5d8 psychic + PAM. Failed = speed 0 until end of your next turn.
T2: Damage increases to 6d8 psychic + 2×PAM. Failed = Stunned instead of Incapacitated.

Dazzle · *3 Psi · Action*

T0: You cast charm person (Concentration, up to 1 hour). Uses your Psi save DC. This feature is exclusive — choose one tier. Higher tiers replace, not stack.
T1: You cast suggestion instead (Concentration, up to 8 hours).
T2: You cast hold monster instead (Concentration, up to 1 minute).
Dazzle is a standalone Action — not a rider. All tiers require Concentration.

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

T0: Target takes 2d8 psychic damage. Wis save or Blinded until end of your next turn.
T1: Damage increases to 3d8 psychic + PAM. Failed = also Incapacitated until end of your next turn.
T2: Damage increases to 4d8 psychic + 2×PAM. Failed = 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 zone of intensified gravity on a point within 60 ft. Difficult terrain. Creatures entering or starting turn: Str save or Prone.
T1: Failed save: also cannot take reactions until start of their next turn.
T2: Failed save: also disadvantage on attack rolls while in the zone.
Gravitic Press is a standalone Action — not a rider. Requires Concentration.

Reactive Barrier · *2 Psi · Bonus Action*

T0: Gain 4×PB THP. While active, blast melee attackers for free (Str save or pushed 10 ft).
T1: THP increases to 6×PB.
T2: Failed save: also Prone.

Concussive Surge · *3 Psi · On MS Hit · Once per Attack Action*

T0: Con save or 2 MS dice force + no reactions until end of next turn.
T1: Also Restrained on failed save.
T2: Stunned instead of Restrained.

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's speed 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 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: Con save or Restrained until end of your next turn.

T1: While Restrained, cold damage = Psionic Ability mod at start of each of its turns.

T2: Stunned instead of Restrained.

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

T0: 15-ft radius icy difficult terrain within 60 ft. Creatures entering or starting turn: 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 10 — FIRST T2 POWER SPIKE

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: T1 MS + Glacial Spike T1 (1 Psi) → speed 0 on failed save.
4. Attack 3: Snow Chains T0 (2 Psi) → Restrained on failed save.

Budget: 4 Psi. BT = PB + PB + PB = 12. Target likely speed 0, Restrained on failed save.

LEVEL 20 — FULL BUILD

MS 1d12 · PB 6 · 16 Psi · 4 Attacks

Sample boss turn:

1. Phase Step T1 to range (1 Psi, BT = PB).
2. Hit 1 (Instinct free): T0 Glacial Spike → speed −10 ft.
3. Hit 2: Snow Chains T2 (2 Psi) → Stunned on failed save.
4. Hit 3–4: T2 MS + Glacial Spike T1 → stack lockdown.
5. If clustered: Arctic Tempest T2 (3 Psi) for 10d10 + Stunned on 3 targets.
6. Nova finisher: Absolute Zero T2 (5 Psi) for 15d10 cold + Stunned.

Identity: Boss is a statue in ice while you kite with teleports. Pick Cryo if you love control.

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