KINETIC VANGUARD

FIGHTER · MARTIAL ARCHETYPE · HOMEBREW · v7.10.0

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

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 Proficiency Bonus — the pain you accept grows with you.

CLIFF NOTES

Mental-stat Fighter.	Your attack rolls, damage, and save DCs all run off Intelligence, Wisdom, or Charisma. Pick one at 3rd and never look back.
Short-rest resource.	Psi Points = half Fighter level (rounded up) + Proficiency Bonus. They refuel on a short rest — enough for meaningful choices without feeling stingy.
Manifested Strike is your weapon.	Replace a weapon attack with a 60 ft magical attack that adds your Psionic Ability modifier to damage. Scales with Fighter level. Your discipline riders attach to hits with this.
Overload is your throttle.	Declare your full package before the roll — MS, one rider, all Overloads in one go. Hit: everything fires and you pay the full Blood Tax. Miss: Psi is spent, but no effects resolve and no Blood Tax. No suppression; healing is always available.
Your Discipline is your identity.	Cryo locks things down, Pyro burns them out, Psychokinesis controls the field. Five features across twenty levels. Your 3rd-level rider fires once per Attack action for free — you're never naked.
Advanced Training is your toolkit.	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 six Advanced Training features — psychic nuke, spell-based control, sensory overload, gravity zone, reactive barrier, or concussive shutdown. Swappable on level-up.

Abbreviations

MS Manifested Strike
BT Blood Tax (psychic self-damage from Overloading)
OL Overload (Tier 1 or Tier 2 escalation)
PB Proficiency Bonus
Psi Psi Points (short-rest resource pool)

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 six 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 your **Proficiency Bonus** (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× your Proficiency Bonus** on top of the Tier 1 Blood Tax — **3× your Proficiency Bonus** total. Only if it hits.

The full attack package — MS Overload tier, rider activation, rider Overload tier — is declared before the roll. One rider per hit (discipline or Advanced 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.

⚠ Declare the full package before the roll — MS, one rider, and all Overloads together. Hit: everything resolves, full Tax. Miss: Psi spent, no effects, no Blood Tax.

⚠ Self-damage bypasses Temporary HP and cannot be reduced.

Attack Declaration Costs

Declaration	Psi	Blood Tax	Notes
T0 MS (no rider)	0	None	Always available
T0 MS + T0 rider	Rider cost	None	Psionic Instinct: first rider 1×/Attack action = 0 Psi. BT still applies if OL'd.
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: PB at Tier 1, +2×PB at Tier 2 (3×PB total). Each Overload declared pays independently — an Overloaded MS plus an Overloaded rider means two separate Blood Taxes on one hit. Psi is spent on declaration (hit or miss). Blood Tax is hit-only. T0 riders cost Psi but no HP. Only T1+ Overloads incur Blood Tax.*

`Blood Tax per Overload that hits: Tier 1 = PB. Tier 2 = 3×PB. Sum all Overloads in the sequence.`

Tier 2 costs 3×PB because it includes Tier 1's PB plus 2×PB 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	PB	—	—
7–9	1d6	1d8 + PB	PB	—	—
10	1d6	1d8 + PB	PB	1d10 + 2×PB	+2×PB = 3×PB
11–14	1d8	1d10 + PB	PB	1d12 + 2×PB	+2×PB = 3×PB
15–18	1d10	1d12 + PB	PB	1d20 + 2×PB	+2×PB = 3×PB
19–20	1d12	1d20 + PB	PB	1d20 + 1d12 + 2×PB	+2×PB = 3×PB

1d20 + 1d12 (Tier 2, levels 19–20): Roll 1d20 + 1d12 for damage. On a critical hit, add one d12 to the roll (1d20 + 2d12). With Savage Attacker: roll the full damage package twice and keep the higher result.

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.

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: 1 × 3 × PB = 3 × 4 = 12.
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: 1 × 3 × PB = 12 (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: (1 × PB) + (1 × PB) = 4 + 4 = 8
Miss: 1 Psi lost. No BT.
Turn totals (all three hit): Psi: 2 of 10. Blood Tax = (T1 × PB) + (T2 × 3 × PB) = (2 × 4) + (1 × 12) = 8 + 12 = 20.
Damage to primary target: Attack 1: ~17. Attack 2: ~25 + primer set. Attack 3: ~43 (MS doubled). Total: ~84 fire. No burn tracking needed — all damage resolves on hit. You paid 2 Psi and 20 HP.

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: 1 × PB = 4 (standalone — fires on activation, no roll)
Attack 1: T1 MS + T0 Telekinetic Shove (Instinct free)
Declare: "T1 MS, Telekinetic Shove."
Psi: 0 (Instinct covers Shove)
On hit: avg 17 force. Target pushed 5 ft (Str save).
Blood Tax: 1 × PB = 4
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 = (T1 × PB) + (T2 × 3 × PB) = (2 × 4) + 0 = 8. Damage: ~35 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 13 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: 1 × PB = 4

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 = (T1 × PB) + (T2 × 3 × PB) = (1 × 4) + 0 = 4. Damage: ~31 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

Psionic Discipline · *3rd Level · Passive*

Choose one of the following as your Psionic Ability: Intelligence, Wisdom, or Charisma. You use your Psionic Ability for Manifested Strike attack and damage rolls, saving throw DCs, and all subclass features that reference your Psionic Ability.

Save DC = 8 + Proficiency Bonus + Psionic Ability modifier

Psi Reservoir · *3rd Level · Short/Long Rest*

Your Psi Points equal half your Fighter level (rounded up) + your Proficiency Bonus. You regain all expended Psi Points on a short or long rest.

Fighter Level	Proficiency Bonus	Psi Points
3–4	+ 2	4
5–6	+ 3	6
7–8	+ 3	7
9–10	+ 4	9
11–12	+ 4	10
13–14	+ 5	12
15–16	+ 5	13
17–18	+ 6	15

19–20	+ 6	16

Telepathy · *3rd Level · Passive*

You can communicate telepathically with any creature you can see within 60 feet, provided 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 magical ranged weapon attack (range 60 feet) formed from psionic force. Your Discipline changes the damage type (which is always magical). Add your Psionic Ability modifier to all Manifested Strike damage. On a critical hit, add one die equal to the base (non-Overloaded) Manifested Strike die for your level. Example: a level 11 T2 Overload crit deals 1d12 + 1d8 (not 2d12) — the extra die is the base 1d8, not the Overloaded 1d12. Non-Overloaded crits follow the same rule (base die doubled as normal). Not a physical weapon (does not qualify for Divine Smite or Infusions). The damage die scales with Fighter level per the table in Section 01. You also add half your Proficiency Bonus (rounded down) to Manifested Strike attack rolls. 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.*

Design Note — Feat Compatibility: *Manifested Strike is a magical ranged weapon attack, so any feat or feature triggered by "ranged weapon attack" applies normally — including Sharpshooter, the Archery fighting style, and Elven Accuracy. Resilient (Con) stacks with Steeled Mind and is strongly recommended at higher levels for reliable concentration. War Caster does not apply: it requires spellcasting (which Manifested Strike is not), and even via Dazzle its advantage only covers concentration on spells, not discipline features. Damage-type feats (Crusher, Piercer, Slasher) do not apply, as MS never deals bludgeoning, piercing, or slashing damage. Crossbow Expert and Gunner do not grant their loading or bonus-action benefits, since MS is not a wielded weapon; the "no disadvantage when adjacent to a hostile creature" clause may apply at DM discretion.*

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*

Once per Attack action, the first rider activation on a Manifested Strike hit costs 0 Psi — regardless of the rider's Overload tier. If the rider is Overloaded, you still pay the Blood Tax on hit, but the Psi cost is waived. Additional rider activations in the same Attack action cost Psi as normal.

Psychic Resistance · *3rd Level · Passive*

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

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

You add your Psionic Ability modifier to your passive Insight score. Additionally, as a bonus action you can project a telepathic scan for hostile intent (Concentration, up to 1 minute). 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 6). At 20th a third pick is added, bringing the total to 3 of 6 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, when you declare an Overload, you may choose to take no Blood Tax for that Overload. If the same attack package includes a second Overload (e.g., Overloaded MS + Overloaded rider), the other Blood Tax still applies. The Overload effect — die steps and damage bonuses — still applies normally. You have learned to push past your threshold without tearing yourself apart.

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

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, Psychic Resistance, 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	*Cryokinesis*	**1**	Rider
3rd	Ember Lance	*Pyrokinesis*	**1**	Rider
3rd	Telekinetic Shove	*Psychokinesis*	**1**	Rider
5th	Deflection Screen	*Universal (AT I)*	**1**	Reaction
7th	Snow Chains	*Cryokinesis*	**2**	Rider (1×/action)
7th	Flare	*Pyrokinesis*	**2**	Rider (1×/action)
7th	Vectored Thrust	*Psychokinesis*	**2**	Bonus Action · Conc
10th	Frozen Ground	*Cryokinesis*	**2**	Action · Concentration
10th	Fiery Blast	*Pyrokinesis*	**2**	Rider (1×/action)
10th	Explosion/Implosion	*Psychokinesis*	**2**	Rider (1×/action)
10th	Phase Step	*Universal (AT II)*	**1**	Bonus Action
15th	Arctic Tempest	*Cryokinesis*	**3**	Action
15th	Firestorm	*Pyrokinesis*	**3**	Action · Concentration
15th	Telekinetic Slam	*Psychokinesis*	**3**	Action
15th	AT III pick	*Universal*	**3**	Varies
18th	AT IV pick	*Universal*	**3**	Varies
20th	AT V pick	*Universal*	**3**	Varies
20th	Concussive Surge	*Universal*	**3**	On MS Hit
20th	Reactive Barrier	*Universal (AT V)*	**2**	Bonus Action
20th	Absolute Zero	*Cryokinesis*	**5**	Action
20th	Spreading Flames	*Pyrokinesis*	**5**	On Kill (special passive)
20th	Mass Levitation	*Psychokinesis*	**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 must make a Con save or become Restrained until the end of your next turn.

Tier 1 Overload: The target also takes cold damage equal to your Psionic Ability modifier at the start of each of its turns while Restrained.

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.

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 × your Proficiency Bonus on hit.

Tier 1 Overload: The additional fire damage increases to 4 × your Proficiency Bonus on hit.

Tier 2 Overload: 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 must make a Constitution saving throw or be Blinded until the end of your next turn.

Tier 1 Overload: On a failed save, the target also takes additional fire damage equal to 1 Manifested Strike die (use the Overloaded die if MS is Overloaded on this hit). A successful save negates both the Blind and this damage.

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.

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 knocked Prone 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 30 feet (60 feet total).

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. All creatures within 15 ft of the target (including the target) must make a Strength saving throw or be knocked Prone. Creatures other than the target are also pushed 15 ft away from or pulled 15 ft toward the target (matching your choice). Creatures cannot be pushed or pulled into occupied spaces.

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 6. 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 AND IV (15TH AND 18TH 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 Wisdom 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. 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 knocked Prone.

Tier 1 Overload: Creatures that fail the save also cannot take reactions until the start of their next turn.

Tier 2 Overload: Creatures that fail the save also have disadvantage on attack rolls while they remain in the zone.

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

Reactive Barrier · *High Tier · 2 Psi · Bonus Action*

T0: Gain temporary hit points equal to 4 × your Proficiency Bonus. While these temporary hit points remain, you may use your reaction for free (no Psi) to blast any creature that hits you with a melee attack — the attacker must make a Strength saving throw or be pushed 10 ft away from you.

Tier 1 Overload: Temporary hit points increase to 6 × your Proficiency Bonus.

Tier 2 Overload: On a failed Strength saving throw, the attacker is also knocked Prone.

The blast reaction is free while the barrier's temporary hit points remain. Once they are depleted, the barrier collapses and the reaction window closes. Reactive 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 must make a Constitution saving throw. On a failed save, it takes additional force damage equal to 2 Manifested Strike dice and cannot take reactions until the end of its next turn.

Tier 1 Overload: 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.

06 DESIGN IDENTITY

Complexity: Advanced

Manages Psi Points, Overload tiers, and concentration. Recommended for players comfortable with resource management. New to 5e? Start with Champion or Battle Master.

Mental-stat Fighter · Short-rest striker/controller hybrid

Voluntary self-destructive nova engine · Blood Tax scales with Proficiency Bonus at Tier 1

Three Discipline identities · Universal Arsenal toolkit · Multiclass-resistant by design · No Psi recovery in combat

07 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

v7.10.0 — Current

v7.10.0: Vectored Thrust refactored. T0 now grants flat 30-ft fly speed (previously hover = walking speed, ignore ground effects). T1 grants no opportunity attacks (previously T2; previously T1 was full fly speed). T2 adds +30 ft (60 ft total). The old T0 hover / ground-effect-ignoring behavior is removed — VT is pure flight now. v7.9.0: Feat Compatibility ruling added (new Design Note callout). Manifested Strike is a magical ranged weapon attack: Sharpshooter, Archery fighting style, and Elven Accuracy all apply. Resilient (Con) stacks with Steeled Mind for concentration. War Caster does not apply (spellcasting prereq, spell-only advantage). Damage-type feats (Crusher/Piercer/Slasher) do not apply. Crossbow Expert/Gunner partial: adjacency clause only, at DM discretion. v7.8.1: Empathic Sense retooled — passive now adds PAM to passive Insight (replaces emotion perception + Insight advantage). Active scan reworked: telepathic hostile-intent detection with Overload-gated range (T0 15 ft / T1 30 ft / T2 60 ft). Still BA, Conc 1 min, PB×/short rest. v7.8.0: Empathic Sense split — emotion perception and Insight advantage remain passive. Hostile-detection bonus to passive Perception is now an active effect (BA, Concentration, up to 1 min, PB uses/short rest). Competes for concentration slot. v7.7.0: Feature ordering fixed in main doc — all three disciplines now list features in level order (3rd → 7th → 10th → 15th → 20th) matching player sheets. Play pattern math corrected across all discipline sheets (Psi costs, Blood Tax totals, action economy). Stale feature references removed from Psychokinesis play patterns (Burst → Concussive Surge, Mind Crush → Mind Blast). DM Quick Reference: TK Slam damage corrected (6–8d10 → 8–13d10), AT pool Psi note updated. AT V no longer singles out Reactive Barrier as default pick. v7.6.2: Psionic Instinct updated — first rider per Attack action = 0 Psi regardless of Overload tier; BT still applies if Overloaded. Removes T0-only restriction (play patterns already assumed this). Cost table updated. Discipline doc ordering fix: 7th and 10th level discipline features were listed out of level order in all three player sheets since v7.0.0. Now 3rd → 7th → 10th → 15th → 20th. v7.6.1: Crit ruling clarified — on a critical hit with an Overloaded MS, add one die equal to the base (non-Overloaded) MS die, not the Overloaded die. AT V relocated from changelog to class body.

v7.6.0

Concussive Surge added to AT pool as 6th option (Con save, 2 MS dice force + no reactions / Restrained / Stunned). Pool is now 3 of 6. Explosion/Implosion (push/pull polarity) replaced Implosion. Burst cut from AT pool, replaced by Gravitic Press (3 Psi, Action, Concentration zone — difficult terrain + Prone / +no reactions / +disadvantage on attacks). AT pool remains 2 of 4: Psychic Lance, Dazzle, Mind Blast, Gravitic Press. v7.1.1: Explosion/Implosion T1 fix, Pyro example fixed for Instinct T0-only. v7.2.0: Ember Lance DOT folded to on-hit (2×PB/4×PB). Burning condition removed. Fiery Blast T2 → can't Dash + disadvantage on attacks. Firestorm T2 → +2×PB. SF T1 → +PB.

v7.5.0

Reactive Barrier (5th AT option) + AT V slot at 20th + MS attack bonus sidebar. Pool 3 of 5. Explosion/Implosion (push/pull polarity) replaced Implosion. Burst cut from AT pool, replaced by Gravitic Press. AT pool remains 2 of 4: Psychic Lance, Dazzle, Mind Blast, Gravitic Press. Ember Lance DOT folded to on-hit (2×PB/4×PB). Burning condition removed. Fiery Blast T2 → can't Dash + disadvantage on attacks. Firestorm T2 → +2×PB. SF T1 → +PB.

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