

# Monk - Way of the Four Elements

## Monk Level:

CHARACTER NAME



Martial Arts: \_\_\_\_\_ Ki points: \_\_\_\_\_ Unarmed Movement: \_\_\_\_\_

Ki save DC: \_\_\_\_\_ (= 8 + prof. bonus + WIS mod.)

### Unarmored Defense LVL 1

Without armor or shield AC = 10 + DEX mod + WIS mod

### Martial Arts LVL 1

Without armor or shield, when you make an unarmed or monk weapon attack:

- Can use DEX instead of STR for attack and damage.
- Can roll d4 in place of normal damage. Increases to d6 at LVL 5, d8 at LVL 11, d10 at LVL 18.
- Can make one unarmed strike as a bonus action.

### Ki LVL 2

Regain Ki points with short or long rest

**Flurry of Blows:** (1 Ki point) as a bonus action after an action, make 2 unarmed strikes.**Patient Defense:** (1 Ki point) as a bonus action, take the Dodge action**Step of the Wind:** (1 Ki Point) as a bonus action, take Disengage or Dash action. Jump dist. is doubled for the turn.

### Unarmored Movement LVL 2

Without armor or shield, speed increases +10, increases to +15 at LVL 6, +20 at LVL 10, +25 at LVL 14, +30 at LVL 19.

### Deflect Missiles LVL 3

As a reaction, deflect or catch missile when you are hit. Reduce damage taken by 1d10 + DEX mod. + Monk level. Catch it if damage is reduced to 0 (if small enough to hold in 1 hand and you have a free hand).

As part of the same reaction, if caught, can make ranged attack with it - range 20/60 ft. (cost 1 Ki point)

### Disciple of the Elements LVL 3,5,9,13,17

You have Elemental Attunement and 1 other of your choice.

You can add one ore at levels 6, 11, and 17.

Refer to the PHB for full descriptions and prerequisites.

### Ability Score Improvement LVL 4, 8, 12, 16, and 19

Increase one ability score by 2, or two ability scores by 1, to a maximum score of 20. Or select one feat.

### Slow Fall LVL 4

As a reaction, reduce falling damage by 5 x your monk level

### Extra Attack LVL 5

With attack action, can attack twice instead of once.

### Stunning Strike LVL 5

(1 Ki point) On a hit with a melee weapon attack, target makes CON save or is stunned until the end of your next turn.

### Ki-Empowered Strikes LVL 6

Your unarmed strikes count as magical to those immune or resistant to nonmagical attacks or damage.

### Evasion LVL 7

On a DEX save for half damage, instead take no damage on a save, or half if you fail.

### Stillness of Mind LVL 7

As an action, end one charmed or frightened effect on yourself

## Elemental Disciplines

- Breath of Winter - LVL 17:** (6 ki points) cast *cone of cold*
- Clench of the North Wind - LVL 6:** (3 ki points) cast *hold person*
- Elemental Attunement:** As an action, cause minor effect to an element
- Eternal Mountain Defense - LVL 17:** (5 ki points) cast *stoneskin* on self
- Fangs of the Fire Snake:** (1 ki point) as an attack action, unarmed strike, reach 10 ft, fire damage, for another 1 ki point, it deals +1d10 fire damage
- Fist of Four Thunders:** (2 ki points) cast *thunderwave*
- Fist of Unbroken Air:** (2 ki points) as an action, range 30 ft, STR save or 3d10 bl. damage, + 1d10 for each additional ki point spent, and push 20 ft and knocked prone. Half damage and not pushed or prone on a save.
- Flames of the Phoenix - LVL 11:** (4 ki points) cast *fireball*
- Gong of the Summit - LVL 6:** (3 ki points) cast *shatter*
- Mist Stance - LVL 11:** (4 ki points) cast *gaseous form* on self
- Ride the Wind - LVL 11:** (4 ki points) cast *fly* on self
- River of Hungry Flame -LVL 17:** (5 ki points) cast *wall of fire*
- Rush of the Gale Spirits:** (2 ki points) cast *gust of wind*
- Shape the Flowing River:** (1 ki point) as an action, 120 ft range, 30 ft x 120 ft of ice or water, change to ice or water, reshape ice
- Sweeping Cinder Strike:** (2 ki points) cast *burning hands*
- Water Whip:** (2 ki points) as an action, range 30 ft, DEX save or 3d10 bl.damage, + 1d10 for each additional ki point spent, and pull 25 ft closer or knock prone. Half damage and not pulled or prone on a save.
- Wave of Rolling Earth - LVL 17:** (6 ki points) cast *wall of stone*

### Unarmored Movement Improvement LVL 9

Without armor or shield, you can move along vertical surfaces and across liquids

### Purity of Body LVL 10

You are immune to disease and poison.

### Tongue of the Sun and Moon LVL 13

You understand all spoken languages. Any creature that can understand a language can understand what you say.

### Diamond Soul LVL 14

You have proficiency in all saving throws. (1 Ki point) to reroll a save and take the second result.

### Timeless Body LVL 15

Don't need food or water. Don't suffer the frailty of old age. Can't be aged magically.

### Empty Body LVL 18

As an action, (4 Ki points) Become invisible for 1 minute. During that time, you also have resistance to all damage but force damage. (8 Ki points) Cast the astral projection spell (can't take others with you)

### Perfect Self LVL 20

When you roll for initiative and have no ki points remaining, you regain 4 ki points.