

# Monk - Warrior of The Elements

CHARACTER NAME

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## Martial Arts

LVL 1

Without armor or shield, For use on unarmed or monk weapon attacks.

**Damage:** LVL 1 1d6, LVL 5 1d8, LVL 11 1d10, LVL 17 1d12

- Can use DEX instead of STR for attack and damage & for save DC against your Grapple or Shove options.
- Can make one Unarmed Strike as a Bonus Action.

## Unarmored Defense

LVL 1

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

## Monk's Focus

LVL 2

All Focus Points are Renewed on a Short or Long Rest.

**Flurry of Blows.** Bonus Action. Cost: 1 Focus Point.

Make two Unarmed Strikes.

**Patient Defense.** Bonus Action. Free to Disengage, or spend 1 Focus Point to both Disengage and Dodge.

**Step of the Wind.** Bonus Action. Free to Dash, or spend 1 Focus Point to both Dash and Disengage. Also, your jump distance is doubled for the turn.

## Unarmored Movement

LVL 2

Without armor or shield. **Speed increases.**

LVL 2 +10 ft, LVL 16 +15, LVL 14 +20, LVL 18 +30

## Uncanny Metabolism

LVL 2

1 / Long Rest On Initiative roll. **Refresh all Focus Points** and

**Heal HP** = 1 Martial Arts die + Monk level.

## Deflect Attacks

LVL 3

Reaction: **Reduce Bludgeoning, Piercing, or Slashing**

**damage** taken by 1d10 + DEX mod. + Monk level. If damage is reduced to 0 you can spend 1 Focus Point and a creature you can see that's not behind Total Cover, within 5 feet (melee attack) or within 60 feet (ranged attack) must make a DEX save or take damage = 2 Martial Arts dice + your DEX mod. The same damage type as original hit.

## Elemental Attunement

LVL 3

On your turn. Cost: 1 Focus Point. Duration: 10 minutes or you are Incapacitated.

**Reach.** Your Unarmed Strike reach is 10 feet greater

**Elemental Strikes.** Your Unarmed Strike hits can deal Acid, Cold, Fire, Lightning, or Thunder damage, and target makes a STR save or moves up to 10 feet toward or away from you.

## Manipulate Elements

LVL 3

You know the *Elementalism* spell.

## Ability Score Improvement

LVL 4, 8, 12, 16

You gain the Ability Score Improvement or another feat of your choice for which you qualify.

## Slow Fall

LVL 4

Reaction. **Reduce falling damage** by 5 x your Monk level

## Extra Attack

LVL 5

Attack action. You can **attack twice** instead of once.

## Stunning Strike

LVL 5

1 / Turn. Cost: 1 Focus Point.

Monk weapons & Unarmed Strikes stun until your next turn. or a CON save to half its Speed 'til your next turn, and the next attack against it before then is made with Advantage.

## Empowered Strikes

LVL 6

Your Unarmed Strike can deal your choice of Force damage or its normal damage type.

## Elemental Burst

LVL 6

Magic action. Cost: 2 Focus Points. AoE: 20-foot-radius Sphere centered on a point within 120 ft.

**Choose** Acid, Cold, Fire, Lightning, or Thunder.

Each creature in AoE takes damage of the chosen type = 3 *Martial Arts* dice, or makes a DEX save for half as much.

## Evasion

LVL 7

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

## Acrobatic Movement

LVL 9

Without armor or shield. You can move along vertical surfaces and across liquids

## Heightened Focus

LVL 10

**Flurry of Blows.** Gains ability to make three Unarmed Strikes instead of two.

**Patient Defense.** Gains ability to add a number of Temporary HP = 2 *Martial Arts* dice.

**Step of the Wind.** Gains ability to move with you, a willing Large or smaller creature within 5 feet until the end of your turn. It's movement doesn't provoke Opportunity Attacks.

## Self-Restoration

LVL 10

Remove the Charmed, Frightened, or Poisoned condition from yourself at the end of each of your turns. Also, you don't get levels of Exhaustion from not eating or drinking.

## Stride of the Elements

LVL 11

**Elemental Attunement Enhancement:** You also have a Fly Speed and Swim Speed = your Speed.

## Deflect Energy

LVL 13

You can now use your *Deflect Attacks* feature against attacks that deal any damage type.

## Disciplined Survivor

LVL 14

You have proficiency in all saving throws. When you fail a saving throw, you can spend 1 Focus Point to reroll it.

## Perfect Focus

LVL 15

When you roll Initiative and don't use Uncanny Metabolism, you regain Focus Points until you have 4 if you have less.

## Elemental Epitome

LVL 17

**Elemental Attunement Enhancement.** Damage Resistance; Acid, Cold, Fire, Lightning, or Thunder.

**Step of the Wind Enhancement.** Until the end of this turn. Your Speed increases by 20 feet and any creature of your choice takes damage = 1 *Martial Arts* die when you enter a space within 5 feet of it. Damage type is Acid, Cold, Fire, Lightning, or Thunder (your choice). A creature can take this damage only once per turn.

**Empowered Strikes.** 1/turn. Unarmed Strikes deal extra damage = 1 *Martial Arts* die (damage type same as hit).

## Superior Defense

LVL 18

Cost: 3 Focus Points. Duration: 1 minute or until Incapacitated.

You have **Resistance** to all damage except Force damage.

## Epic Boon

LVL 19

You gain an Epic Boon feat or another feat of your choice for which you qualify. Irresistible Offense is recommended.

## Body and Mind

LVL 20

Your DEX and WIS scores increase by 4, to a max. of 25.