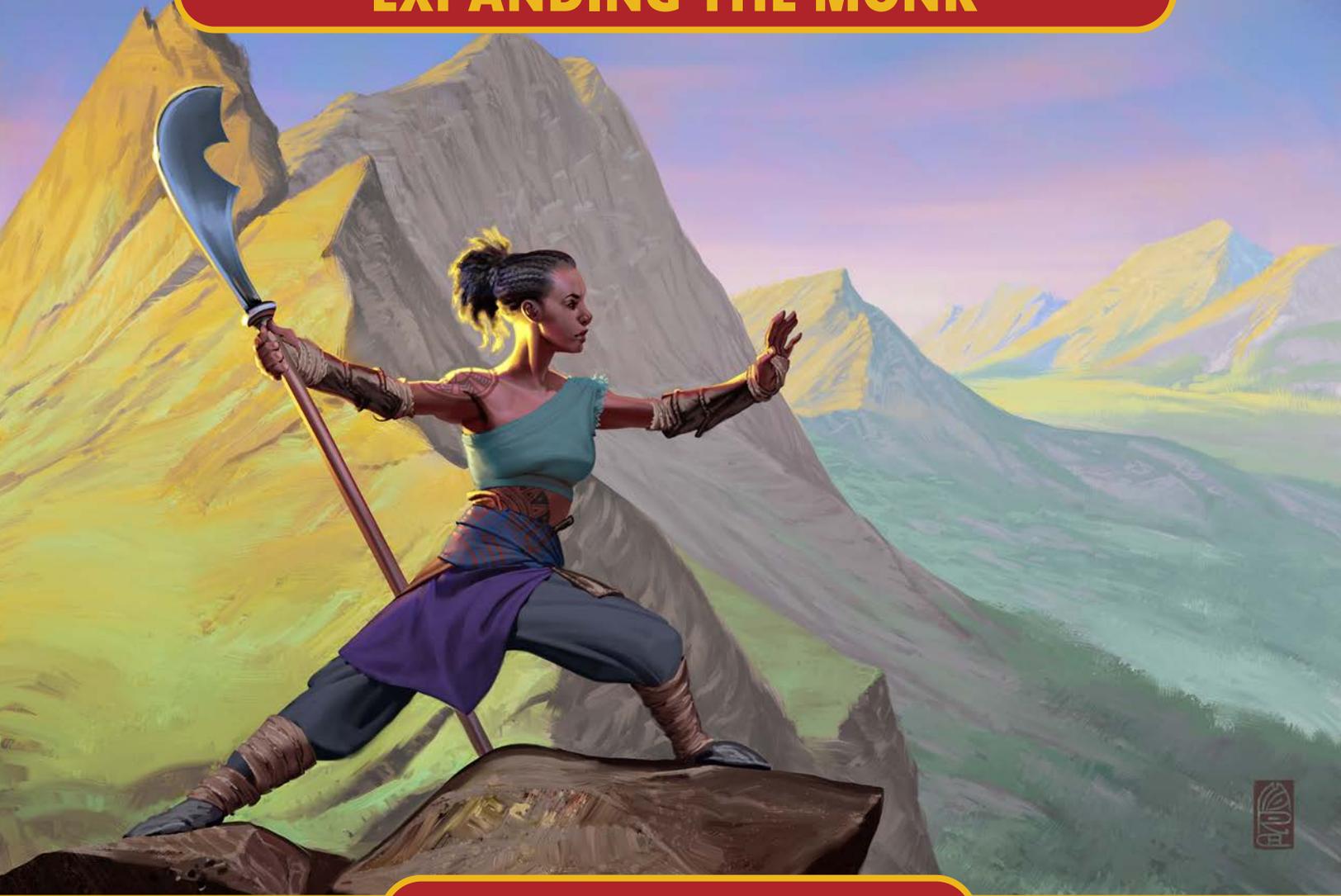


BOOK of BLADES

EXPANDING THE MONK



Sarah Madsen

KOBOLD
Press



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INTRODUCTION

Monks are warriors and sages that hone their bodies, minds, and spirits. These martial arts practitioners seek complete mastery over themselves. They manipulate energy within themselves and others, hampering their foes, bolstering their own capabilities, and harnessing the power of the natural world around them.

Monks are more than just combatants; a monk might be the spiritual or moral center of their monastery, village, or adventuring party.

TACTICAL OVERVIEW

Monks are fleet and dexterous masters of hand-to-hand combat, specializing in manipulating ki energy. Monks can wield a limited number of weapons—versatile blades, clubs, or a quarterstaff—that capitalize on their speed, allowing them to make multiple hits with their weapons and bare hands. Even outside melee range, a monk can be terrifying. They can slide into the fray, incapacitate their enemies with a deft jab and a twist of ki, and dance away before foes have a chance to react.

More than just melee fighters, many monks also follow a particular philosophy. When crafting your monk, consider their background and goals to determine the type of monk you want to play.

Do they struggle with meditation, and find achieving calm and peace a difficult aspiration? Or are they from a militant sect that believes peace can only be achieved through violence? How do they view death? Is suffering a virtue that leads to spiritual enlightenment, or should it be eliminated from the world entirely?

By considering your monk's philosophy, you'll know how to build them, what their goals are, and how they interact with those around them. This foreknowledge informs their strategies on and off the battlefield.

INSPIRATION

It's not hard to see that the monk was inspired by Eastern philosophies and martial arts styles. Fictional interpretations and historical examples of these figures, contain a fountain of inspiration.

Do not feel confined to Eastern versions of the monk, though. Many cultures have similar figures, regardless of their point of origin. Below are a few places to look if you need inspiration or guidance while creating your monk.

FICTIONAL INSPIRATION

The biggest source of fictional inspiration for monk characters is the extensive catalog of kung fu movies and shows that have been made over the past several decades. In American media, a quick Internet search will bring up a dozen media properties that lean heavily on Eastern philosophy. Some of the higher quality shows have a martial arts consultant to ensure that different martial arts styles are depicted appropriately.

The wise warrior-monk character is easy to find elsewhere, however—dozens of characters from various anime and characters from martial arts-themed video games are frequently Eastern-inspired spiritual or philosophical warriors with an RPG edge.

HISTORICAL INSPIRATION

Eastern religions and philosophies are excellent places to start when attempting to find understanding and inspiration for a monk character. It's important, however, not to treat such things as costumes to slip on and off, but as a starting point for research. Shaolin monks, in particular, are well known for their study of both Buddhism and kung fu.

The West also has a rich history of orders that engage in isolation and denial of the physical in favor of the spiritual. The monks of Skellig Michael are one example of such a settlement. On an isolated island off the coast of Ireland, these monks spend their time in study, prayer, and tending to their gardens, living in stone huts with little in the way of luxury. However, monks of the West, when they engaged in battle, favored a more stereotypically knightly style of combat with traditional Western weapons, and their inspiration is more easily visible in the cleric and paladin classes.

CHARACTER OPTIONS

Monks are adept at hand-to-hand combat and masters of their inner energy, using intense concentration and years of training to defy conventional physics and assault their opponents with a blur of attacks. Whether running across rooftops, springing from balconies, or parrying blows from multiple enemies, monks rely not only on their physical abilities, but on their inner strength of spirit.

Monks can come from all walks of life, holding to different philosophies based on their upbringing or conversion later in life. Some may turn their attention inward, seeking to master their own spirit, while others turn their attention outward to the world around them, seeking to live in harmony with the natural world and creatures around them. Some adhere to a strict moral or religious code, while others seek the simplicity of one tenet over others. Consider these elements when creating your monk and crafting their motivations.

This section includes a new background for the monk class, as well as a new monastic tradition for the monk to choose when they reach 3rd level.

NEW SUBCLASS: WAY OF THE RIGHTEOUS

Monks of the Way of the Righteous channel their deep spirituality into energy, dealing devastating strikes infused with holy power. Their deep devotion to a particular religion, spirituality, philosophy, or path empowers them with the will and fortitude to cleanse themselves and others of darkness.



BLAZING STRIKE

At 3rd level, when you choose this tradition, you can infuse your strikes with searing light. When you hit with a weapon attack, you can choose to deal an additional 1d4 radiant damage to your target. If the target is undead, your strikes deal an additional 1d4 radiant damage (for a total of 2d4 radiant damage).

The die for your Blazing Strike changes as you gain monk levels, increasing to d6 at 5th level, d8 at 11th, and d10 at 17th.

You can increase the damage of your Blazing Strike by spending ki points. For each point you spend, the damage increases by 1 die of radiant damage. The maximum number of ki points you can spend on this feature equals half your monk level.

SOUL FLARE

At 6th level, you can expand your inner light to touch those around you. As an action, you spend 2 ki points to magically create a 15-foot-diameter sphere of radiant energy centered on yourself. When you do so, choose one effect:

- **Cleansing Flare.** Each creature of your choice within the area must make a Constitution saving throw. A creature takes 3d6 radiant damage, or half as much on a successful one. You can increase the size of your Cleansing Flare by 10 feet for every 2 ki points you spend above 2.
- **Soothing Flare.** Each creature of your choice within the area regains 1d6 hit points. For every 2 ki points you spend above 2, you can increase the healing done by your Soothing Flare by 1d6.

CLEANSING SOUL

At 11th level, you can extend your soul to cleanse yourself and those around you. At the end of a short rest, you may end an effects on yourself. You can extend this cleansing to include creatures within 30 feet of you by spending 2 ki points for each additional creature you wish to cleanse. The effects:

- Blinded
- Charmed
- Deafened
- Paralyzed
- Poisoned
- A curse
- An effect that reduces an ability score
- An effect that reduces hit point maximum

Spend the ki points at the beginning of the short rest. At the end of the short rest, you may end one effect on a creature. Different creatures may be cleansed of different effects.

SOUL BURST

At 17th level, you can summon the light of the sun to push back darkness. As an action, you spend 5 ki points to cause a flash of sunlight to burst forth from your body. Each creature within a 60-foot radius must make a Constitution saving throw. On a failed save, a creature takes 12d6 radiant damage and is blinded for 1 minute. On a successful save, it takes half as much damage and isn't blinded by this effect. Undead and Oozes have disadvantage on this saving throw. A creature blinded by this effect makes another Constitution saving throw at the end of each of its turns. On a successful save, it is no longer blinded.

When you activate this feature, you can designate any number of creatures within the area, and spend 2 ki points per creature. These creatures automatically succeed on their saving throw.

NEW BACKGROUND: ASCETIC

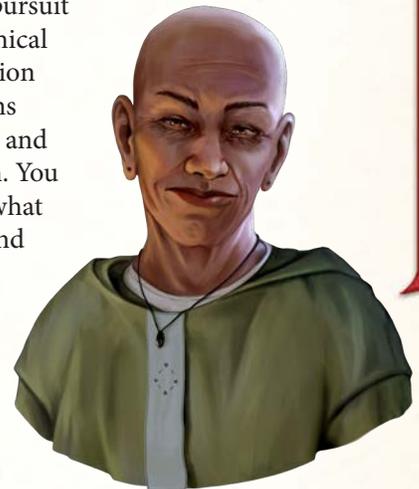
You gave up wealth in pursuit of spiritual or philosophical truths, after the realization that material possessions tie you to this existence and stifle your inner growth. You own little—often only what you need to survive—and quickly give away any coin that comes into your possession.

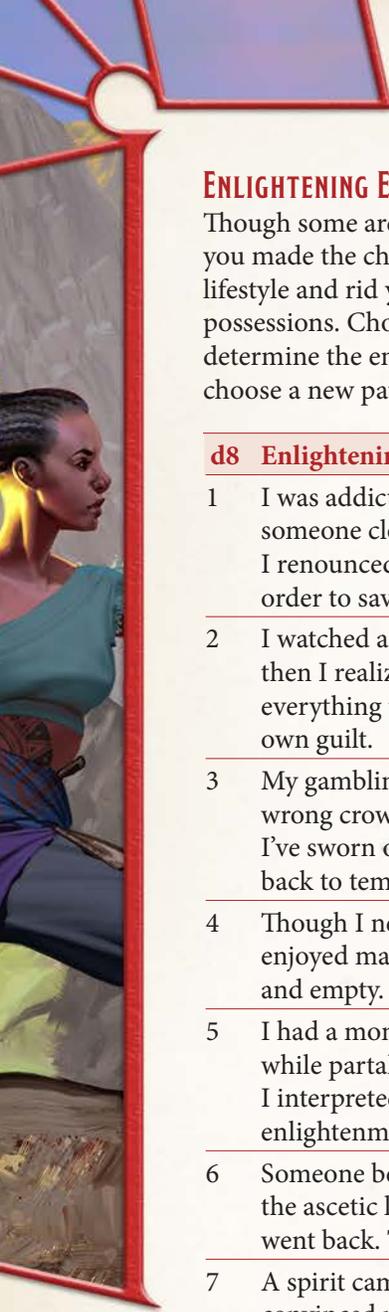
You have learned to go long periods of time with little to eat and no roof above your head. You do not require the comforts and luxuries many others take for granted. Such things are distractions. Whatever your life was before, you left it behind, shedding your old identity along with your assets.

Skill Proficiencies: Choose two from Medicine, Nature, Religion, and Survival

Tool Proficiencies: Herbalism kit

Equipment: A dried and pressed flower, a small knife, a set of common clothes, a pouch containing 5 gp





ENLIGHTENING EVENT

Though some are born into the life of an ascetic, you made the choice to renounce your former lifestyle and rid yourself of your wealth and material possessions. Choose from the table below or roll to determine the enlightening event that caused you to choose a new path.

d8 Enlightening Event

- 1 I was addicted to a particular drug and saw someone close to me die of the same addiction. I renounced the drug and my former life in order to save myself.
- 2 I watched a beggar die from winter's cold. It was then I realized the cruelty of the world. I gave up everything to find a deeper truth and quiet my own guilt.
- 3 My gambling landed me in trouble with the wrong crowd. I barely made it out with my life. I've sworn off everything that could lead me back to temptation.
- 4 Though I never wanted for anything, and enjoyed many luxuries, my existence felt hollow and empty. I left in search of fulfillment.
- 5 I had a moment of cosmic connection while partaking in psychedelic substances. I interpreted the experience as a call to enlightenment and left my old life behind.
- 6 Someone bet me that I couldn't last a year under the ascetic lifestyle. I took the bet, and never went back. This life is far more rewarding.
- 7 A spirit came to me in my dreams and convinced me to give up a life of wealth for one of inner peace and enlightenment.
- 8 I lost a loved one. In their absence, my old life seemed meaningless. I follow a new path in an attempt to find the peace I lost with them.

FEATURE: WANDERING SAGE

You've learned how to survive with little and know where to go for the things you do need. On your travels, you can identify those who would be kind or sympathetic to you, and are likely to offer food, shelter, healing, or other necessities in exchange for your wisdom and insight.

SUGGESTED CHARACTERISTICS

Most ascetics follow quiet lives of contemplation and reflection, abstaining from physical pleasures and forfeiting all wealth. Some take a vow of non-violence, and others extend that vow to all creatures, large and small. They may be known in their village as a sage of wisdom and enlightenment, or may wander from place to place, refusing even the comfort of a hometown.

d8 Personality Trait

- 1 I am calm and measured in all things.
- 2 I speak frequently in proverbs, riddles, and verse.
- 3 When I relinquish my wealth, I give it to those in need. Others should walk my path only by choice.
- 4 I have a soft spot for animals and cannot bear to see them treated cruelly.
- 5 I have lived a sheltered life and am fascinated by the lives led by others.
- 6 Performing the actions of a repetitive task helps me center myself.
- 7 I see omens in everything.
- 8 I can't help but speak my mind, even if it lands me in trouble.

d6 Ideal

- 1 **Abstinence.** Only by denying our bodies can we nourish our souls. (Neutral)
- 2 **Frugality.** Wealth is a distraction that engenders the worst in people. (Any)
- 3 **Anarchy.** By displaying a lifestyle outside of expectations, we can disrupt the *status quo* and improve life for everyone. (Chaotic)
- 4 **Pacifism.** Violence solves nothing. We gain nothing from harming our fellow creatures. (Lawful)
- 5 **Inner Peace.** Only by simplifying our surroundings can we calm our soul. Only then can we help others find their own path. (Good)
- 6 **Influence.** By denying myself in one sphere, I gain power over the weak and influence over those who see me as righteous. (Evil)

d6 Bond

- 1 I carry a trinket that I will never give up. It serves as memento of who I once was.
- 2 I will follow those I care about anywhere, and help them reach enlightenment.
- 3 I have a mentor—spiritual, philosophical, or otherwise—who I trust implicitly. I would do anything for them.
- 4 I am indebted to the poor who continually show me a truer way.
- 5 Those of us with the knowledge and power must do what we can to change the world.
- 6 Achieving—and maintaining—true inner peace is my ultimate goal. Everything else comes second.

d6 Flaw

- 1 If I succumb to a vice, it takes me a long time to forgive myself.
- 2 I consider myself better than those who still cling to material wealth and vices.
- 3 It is not enough to deny myself wealth and pleasure. If I'm not in pain, I'm too comfortable.
- 4 I have one particular vice I can't refuse.
- 5 Someone wronged me and got away with it. This lingering injustice prevents me from advancing on my path to enlightenment.
- 6 I laugh at inappropriate times.

MARTIAL ARTS EXPANDED

While many monks prefer to use unarmed strikes to pummel their opponent with lightning-fast hits, some monks spend their years of training learning to master one particular weapon or honing their bodies to perfect a particular martial arts style. This section details optional rules for new weapons, weapon maneuvers, and ki forms.

WEAPONS

The weapon your character uses not only affects their actions and their role in combat, it adds flair and flavor to their entire concept. Branching out from traditional Western fantasy weapons adds a wealth of interesting options to to give your character a distinct style.

The weapons detailed here are in addition to the weapons described in the core rules. The nunchaku,

sai, and tonfa can be considered monk weapons for purposes of the monk's Martial Arts class feature.

The Weapons table shows the weapons found in this section, including their price, weight, damage, and properties. Some of those properties are new and are described here.

Hooked. This weapon features one or more hooks or prongs used for catching and trapping an opponent's weapon.

Shielding. A weapon with the shielding property is helpful for both blocking and attacking. If you take the Dodge action while wielding a weapon with this property, you gain +1 to your AC until the beginning of your next turn.

Note: Weapons with the Special property are further described in their listing below.

NEW WEAPONS

Butterfly Sword. A butterfly sword is a short, broad, single-edge sword, typically carried in a pair in the same scabbard. It sports a small crossguard and a hook extending from the guard. This crossguard is used for blocking or trapping an opponent's weapon. The butterfly sword is often used in martial arts styles that involve more maneuverability. Its size and shape makes them ideal for spinning and slashing in close quarters.

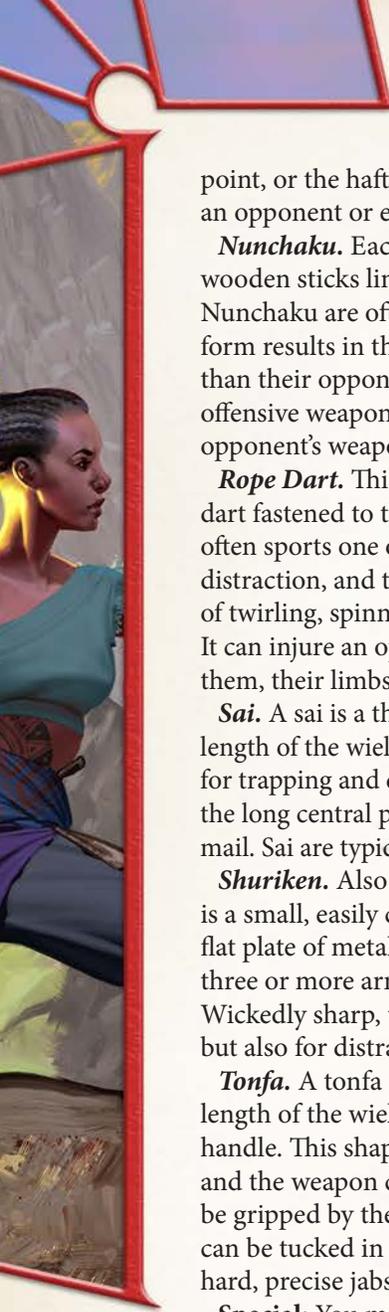
Hook Sword. A hook sword is a long blade with a flanged hook on the end, a sharpened end of the hilt, and a pointed, crescent-shaped crossguard. Typically wielded as a pair, hook sword's shape makes it handy for tripping an enemy, catching their weapons, and deflecting their blows.

Special: As a bonus action, you may link or unlink two hook swords you are wielding by locking their hooked ends together to form a longer, flail-like slashing weapon. When wielding linked hook swords, you gain a reach of 10 feet, and the linked swords function as a single two-handed weapon that deals 1d10 slashing damage.

Ji. The ji is a spear-like polearm with a metal point on the end and a crescent-shaped blade. A versatile weapon, the wielder can strike with the blades, the

OPTIONAL CLASS FEATURE: ADDITIONAL MONK WEAPON PROFICIENCIES

At the GM's discretion, a monk character can be considered proficient with the following weapons in addition to simple weapons and shortswords: butterfly swords, ji, hook swords, and rope dart.



point, or the haft, and can use the blades for hooking an opponent or even knocking them from a mount.

Nunchaku. Each nunchaku is a pair of thick wooden sticks linked together by a rope or a chain. Nunchaku are often used to train students, as a sloppy form results in the wielder being bludgeoned more than their opponent. They are both a defensive and offensive weapon, and can also be used to trap an opponent's weapons.

Rope Dart. This weapon features a heavy metal dart fastened to the end of a long rope or chain. It often sports one or more silk flags, used mainly as distraction, and the weapon is used in a combination of twirling, spinning, twining, shooting, and returning. It can injure an opponent, as well as bind or entangle them, their limbs, or their weapons.

Sai. A sai is a three-pronged weapon roughly the length of the wielder's forearm. Its design makes it ideal for trapping and disarming an opponent's weapons, and the long central prong can punch through metal plate mail. Sai are typically wielded in pairs.

Shuriken. Also known as a throwing star, a shuriken is a small, easily concealed weapon made from a thin, flat plate of metal. Shuriken often resemble stars, with three or more arms radiating out from the center. Wickedly sharp, the shuriken can be used for damage but also for distraction and misdirection.

Tonfa. A tonfa resembles a wooden club, roughly the length of the wielder's forearm, with a perpendicular handle. This shape allows for versatility in combat, and the weapon can be used as a club for striking, can be gripped by the shaft for hooking and tripping, or can be tucked in along the forearm for blocking or for hard, precise jabs. Tonfa are typically wielded in pairs.

Special: You may make unarmed strikes while wielding a tonfa in both hands.

WEAPON OPTIONS

Any dumb ogre can deal massive damage with a weapon. Superior combatants wield their tools inventively, shifting the tides of battle with a flick of the wrist or a swing of the sword arm.

Monks have even more nuance with their distinct weapons, using their lightweight armaments to trip, distract, stun, and entangle foes. This section offers maneuvers inspired by the martial techniques employed by monks.

Unless specified otherwise, any maneuver described here can be used by any character as long as they are wielding the appropriate weapon and are proficient with it. If a technique requires a creature to make a saving throw, the DC equals 8 + the attacker's proficiency bonus + the attacker's Strength or Dexterity modifier (attacker's choice).

Also, unless specified otherwise, when performing a weapon option as an action, the weapon has only the technique's effect and doesn't deal normal weapon damage. If a weapon option instructs a character to make an attack with the weapon, and the character can make multiple attacks with the Attack action, the weapon option replaces only one of those attacks.

At the GM's discretion, some weapon options might not work against certain creatures. For example, the Trip weapon option might not work against a creature that is immune to the prone condition (such as an ooze without discernable legs) or a sufficiently stabilized creature (such as an awakened tree rooted to the ground).

Unarmed Strikes. Unarmed strikes are melee weapon attacks that use an attacker's body—which does not count as a weapon. Similarly, unarmed strikes can be used to perform any weapon option

WEAPONS

Weapon	Cost	Damage	Weight	Properties
<i>Simple Melee Weapons</i>				
Nunchaku	2 sp	1d6 bludgeoning	2 lb.	Finesse
Sai	2 gp	1d4 piercing	2 lb.	Finesse, hooked, light
Tonfa	2 sp	1d4 bludgeoning	3 lb.	Finesse, hooked, light, shielding, special
<i>Martial Melee Weapons</i>				
Butterfly sword	10 gp	1d6 slashing	2 lb.	Finesse, hooked, light
Ji	15 gp	1d10 piercing	6 lb	Heavy, hooked, reach, two-handed
Hook sword	15 gp	1d6 slashing	3 lb.	Finesse, hooked, light, special, versatile (1d8)
Rope dart	5 sp	1d6 bludgeoning	3 lb.	Finesse, reach, two-handed
<i>Simple Ranged Weapons</i>				
Shuriken	5 cp	1d4 piercing	1/8 lb.	Finesse, thrown (range 30/60)

that requires a melee weapon, provided the unarmed strike meets all other prerequisites for the technique.

BLADE CATCH

Prerequisite: any melee weapon with the hooked property

When a creature that you can see attempts to hit you with a melee weapon attack, you can use your reaction to make a Dexterity saving throw with a DC equal to the creature's attack roll. If you succeed, its attack misses and you gain +1 to your AC until the beginning of your next turn.

CHIN STRIKE

Prerequisite: unarmed strike

When you make an attack with your unarmed strike, you can strike your opponent in the jaw, temporarily dazing them. Make an attack roll. On a hit, the target cannot speak until the end of their next turn. This technique only affects opponents who speak using a mouth or similar orifice.

DEAFENING STRIKE

Prerequisite: unarmed strike

When you make an attack with your unarmed strike, you can attempt to box your opponent's ears (or similar aural organs) with your open palms. Make an attack roll. On a hit, the target is deafened until the end of their next turn.

DISARMING TWIST

Prerequisite: any melee weapon with the hooked property

As a bonus action, you attempt to disarm an opponent whose weapon you have trapped using your weapon's hook (see Weapon Trap technique). Make a Dexterity or Strength check (your choice) contested by the target's Strength check. If you succeed, the target drops the trapped weapon.

DISARMING PARRY

Prerequisite: any melee weapon with the hooked property

When a creature that you can see attempts to hit you with a melee weapon attack, you can use your reaction to make a Strength saving throw with a DC equal to the creature's attack roll. If you succeed, its attack misses and it must succeed on a Strength saving throw or drop their weapon.



STUMBLING STRIKE

Prerequisite: unarmed strike

When you make an attack with your unarmed strike against a Large or smaller creature, you can attempt to shove your opponent. On a hit, the target is pushed 5 feet away from you.

ENSNARE

Prerequisite: any whip

When a creature you can see attempts to move out of your reach, you can use your reaction to make an attack roll against it. On a hit, you entangle the creature with your weapon. It can't move until the start of your next turn or until you release it sooner.

Special. A rope dart (see New Weapons) can be used to perform this weapon option.

EYE RAKE

Prerequisite: unarmed strike

When you make an attack with your unarmed strike, you can attempt to strike at your opponent's eyes (or similar ocular organs). Make an attack roll. On a hit, the target is blinded until the end of their next turn.

FIND AN OPENING

Prerequisite: any melee weapon with both the light and finesse properties

When a creature you can see attempts to hit you with a melee attack, you can use your reaction to immediately make a melee weapon attack against them.

FOREARM BLOCK

Prerequisite: any melee weapon with the shielding property

If you are wielding a tonfa in each hand and a creature you can see hits you with a melee weapon attack, you can use your reaction to make a Dexterity check with a DC equal to the creature's attack roll. If you succeed, its attack misses.

HOOK AND PIVOT

Prerequisite: melee weapon with the hooked property

When a Medium or smaller creature you can see misses with a melee weapon attack, you can use your reaction to force the creature to make a Dexterity saving throw. On a failure, you change places with the creature and can immediately attempt to hit it with a melee weapon attack or shove it 5 feet.

PINNING POINT

Prerequisite: any thrown weapon that deals piercing damage

When you make an attack with this weapon, you can choose to shoot part of a Large or smaller creature's clothing and pin the clothing to the ground or nearby object or structure. The target must be wearing clothing, such as boots or a cloak, and must be on the ground or within 5 feet of an object or structure.

Make an attack roll with this weapon. On a hit, the target can't move from its current space. A creature, including the target, can take its action to rip the cloth, pull out the arrow or bolt, unclasp or wriggle out of the clothing, or free itself in some other way by succeeding on a Strength or Dexterity check (target's choice). The target must make only one check to free itself, using the highest DC of the characters performing this weapon option, regardless of the number of arrows or bolts holding its clothing in place.

LEG SWEEP

Prerequisite: unarmed strike

When you make an attack with your unarmed strike, you can attempt to sweep a Large or smaller creature's legs (or similar supports) out from under them. Make an attack roll. On a hit, the creature must succeed on a Strength or Dexterity saving throw (target's choice) or fall prone.

MISDIRECTION

Prerequisite: any thrown weapon

When you make a ranged weapon attack, you can attempt to distract your target by intentionally missing them. Make an attack roll. On a hit, the target must succeed on a Wisdom saving throw or the next attack roll against it is made with advantage.

TRIP

Prerequisite: melee weapon with the reach property

When you make an attack with this weapon, you can attempt to sweep the weapon at a Large or smaller creature's legs (or similar supports). The target must succeed on a Strength or Dexterity saving throw (target's choice) or fall prone. If the target is mounted, it has advantage on the saving throw.

Special. Hook swords (see the New Weapons) or a quarterstaff can be used to perform this weapon option. At the GM's discretion, a target with more than two legs has advantage on the saving throw.

TWINE

Prerequisite: any whip

When you make an attack with this weapon, you can attempt to grapple a creature. On a hit, the weapon tangles around it, and you can immediately pull them 5 feet directly toward you. If this movement would pull a creature into damaging terrain, such as lava or a pit, it must succeed on a Strength or Dexterity saving throw (target's choice) to avoid the pull.

Special. A rope dart (see New Weapons) can be used to perform this weapon option.

WEAPON TRAP

Prerequisite: any weapon with the hooked property

When a creature you can see attempts to hit you with a melee weapon attack, you can use your reaction to make a Strength or Dexterity saving throw (your choice) with a DC equal to the creature's attack roll. You have advantage if you are wielding a hooked

weapon in each hand. If you succeed, its attack misses and you trap its weapon until the end of your next turn or until you release it sooner. When a creature's weapon is trapped in this way, it has disadvantage on attack rolls with that weapon, and you have disadvantage on attacks using your trapping weapon.

WHIRLING DISTRACTION

Prerequisite: any whip

As a bonus action, you whirl your weapon through an intricate set of spins to confuse a creature who can see you. The creature must succeed on a Wisdom saving throw or you have advantage on melee weapon attacks against that creature until the start of your next turn.

Special. A quarterstaff, nunchaku, or rope dart (see New Weapons) can be used to perform this weapon option.

OPTIONAL CLASS FEATURE: KI FORMS

The monk has mastered ki, the magical energy that flows through living bodies. They can manipulate the ki in others, as well as in themselves, to achieve amazing feats or debilitate their foes. Below are a few ki forms a monk can use. To use these forms, you must choose a specialization when you gain access to ki at 2nd level. You gain one form immediately in addition to the other ki features you normally receive. If a form has a level requirement, you must be that level in the monk class to learn it.

ACROBATIC FORMS

Some monks harness their ki to aid in acrobatic maneuvers, such as jumping, flipping, and balancing. When you specialize in acrobatic forms, learn Perfect Balance immediately. You learn one additional form at 5th, 10th, and 16th level.

Flip Kick. When you make an unarmed strike against a creature, you can spend 2 ki points to move into an unoccupied space within 5 feet of you. This movement does not provoke opportunity attacks.

Keen Reflexes. If you fail a Dexterity saving throw, you may spend 4 ki points to reroll the saving throw, using the new result.

Perfect Balance. As a bonus action, you can spend 1 ki point to gain advantage on Dexterity (Acrobatics) checks for 1 minute.

Rolling Dodge. When a creature you can see hits you with an attack, you can use your reaction to spend 2 ki points to attempt a rolling dodge. Make a Dexterity



(Acrobatics) check. If your check is higher than the creature's attack roll, the attack misses and you move into an unoccupied space within 5 feet of you. This movement does not provoke opportunity attacks.

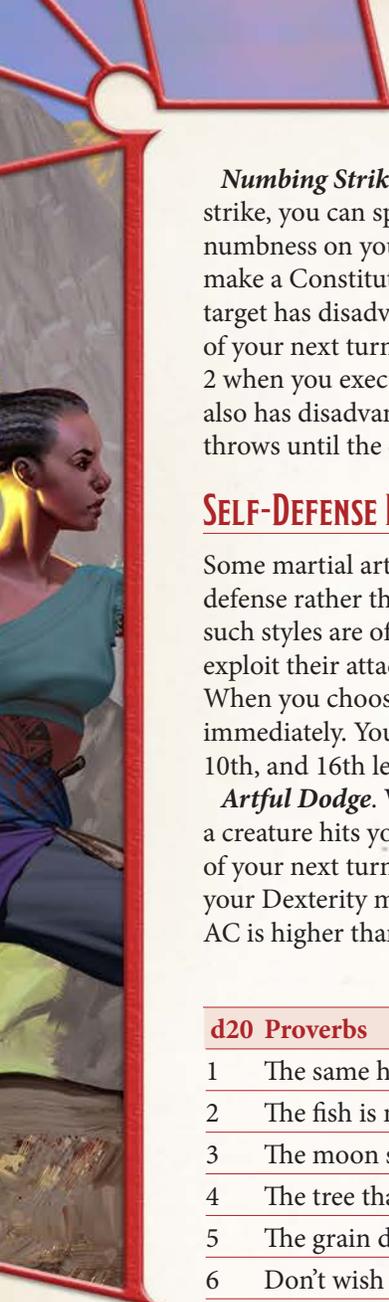
PRESSURE POINT FORMS

Monks who specialize in pressure points use sharp jabs to exploit the weak points in a creature's anatomy and turn a target's body against them. When you specialize in pressure point forms, learn Hobbling Strike immediately. You learn one additional form at 5th, 10th, and 16th level.

Disorienting Strike. When you hit with an unarmed strike, you can spend 4 ki points to attempt to disorient your target. The creature must make a Wisdom saving throw. On a failure, it has disadvantage on Dexterity and Intelligence checks and saving throws until the end of your next turn.

Heart Strike. When you hit with an unarmed strike, you can spend 4 ki points to attempt to hinder your target's ability to heal. The creature must make a Constitution saving throw. On a failure, it cannot regain hit points until the end of your next turn.

Hobbling Strike. When you hit with an unarmed strike, you can spend 1 ki point to injure one of your opponent legs. Its movement speed is reduced to half until the end of your next turn.



Numbing Strike. When you hit with an unarmed strike, you can spend 2 ki points to attempt to inflict numbness on your target's limbs. The creature must make a Constitution saving throw. On a failure, the target has disadvantage on all attack rolls until the end of your next turn. If you spend 4 ki points instead of 2 when you execute this form, on a failure your target also has disadvantage on Dexterity checks and saving throws until the end of your next turn.

SELF-DEFENSE FORMS

Some martial arts forms focus primarily on self-defense rather than offense. Monks who focus on such styles are often difficult to hit, and know how to exploit their attacker's movements and weak points. When you choose a specialization, learn Artful Dodge immediately. You learn one additional form at 5th, 10th, and 16th level.

Artful Dodge. When you take the Dodge action, and a creature hits you with an attack before the beginning of your next turn, you may spend 1 ki point to add your Dexterity modifier to your AC again. If your new AC is higher than the attack roll, it misses you.

Bear to the Ground (10th Level Required). When a creature moves more than 5 feet and then makes an attack against you, you can use your reaction to spend 2 ki points to attempt to interrupt its attack and use its momentum against it. The creature must make a Dexterity saving throw. On a failure, its attack misses, and it lands prone in an unoccupied space of your choice within 5 feet of you.

Quick Step. When a creature moves within 5 feet of you, you can use your reaction to spend 1 ki point to move 10 feet in the direction of your choice. This does not provoke opportunity attacks.

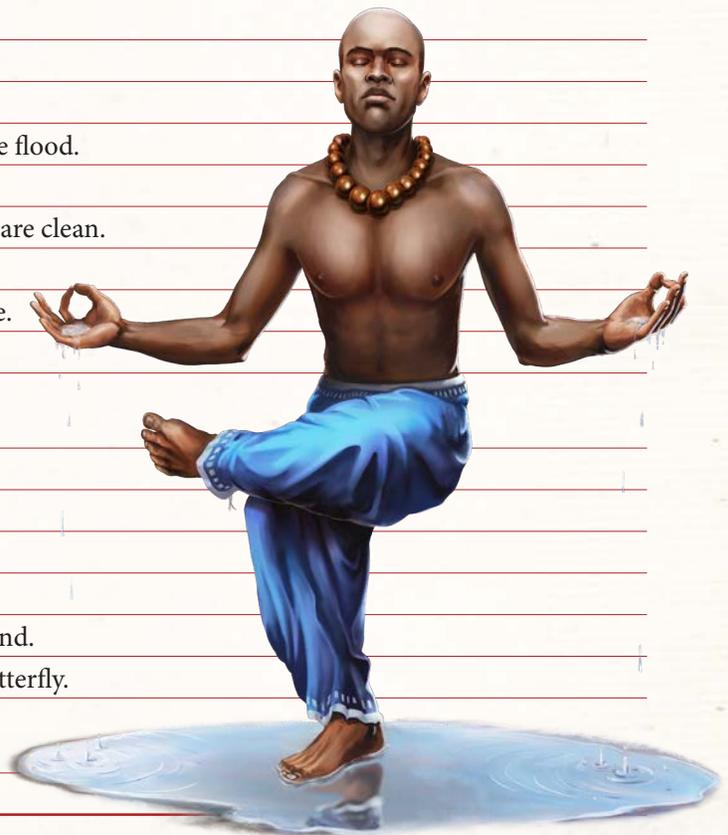
Twist Escape. You may spend 2 ki points to gain advantage on a Dexterity (Acrobatics) check made to resist or escape a grapple.

20 PROVERBS

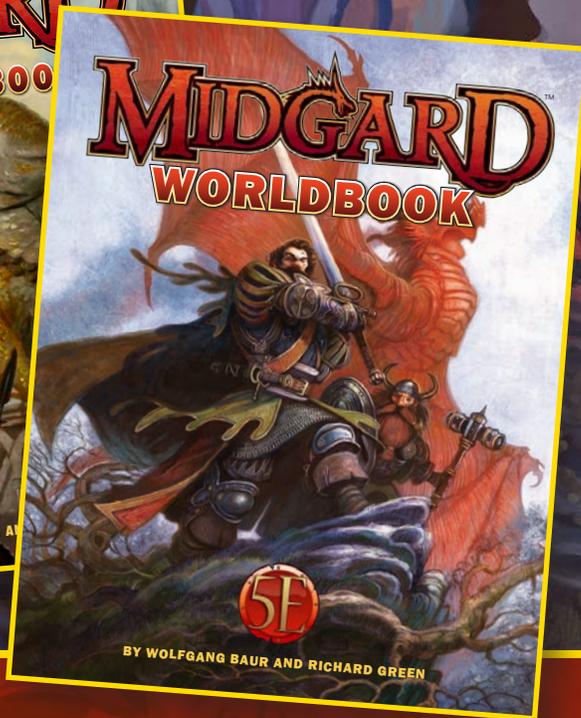
Many monks spend time honing their minds and spirits as well as their bodies. If your monk is introspective or philosophical, they may be called on to offer guidance to other party members or NPCs. The list below offers a set of short, insightful sayings for such occasions.

d20 Proverbs

- 1 The same heat that melts butter toughens the egg.
- 2 The fish is not a failure because it cannot climb a tree.
- 3 The moon shines brightest in the darkness.
- 4 The tree that bends with the wind does not break.
- 5 The grain does not harvest itself.
- 6 Don't wish for too much rain, lest you drown in the flood.
- 7 Dough only rises when it's allowed to rest.
- 8 Two stained hands can wash each other until both are clean.
- 9 A single spark can ignite a forest fire.
- 10 Time and the tides smooth even the roughest stone.
- 11 Even a blind man can hear a falsehood uttered.
- 12 The fire does not care what it consumes, it only knows it must eat.
- 13 A blossom does not bloom in a day.
- 14 The smoothest path is often the least interesting.
- 15 You catch no fish in an uncast net.
- 16 The mirror casts only one version of the truth.
- 17 The dewdrop sparkles just as brightly as the diamond.
- 18 No one mourns when the caterpillar becomes a butterfly.
- 19 Inks can only conceal the color of the wool. They cannot change the sheep.
- 20 A tarnished blade is better than no blade at all.



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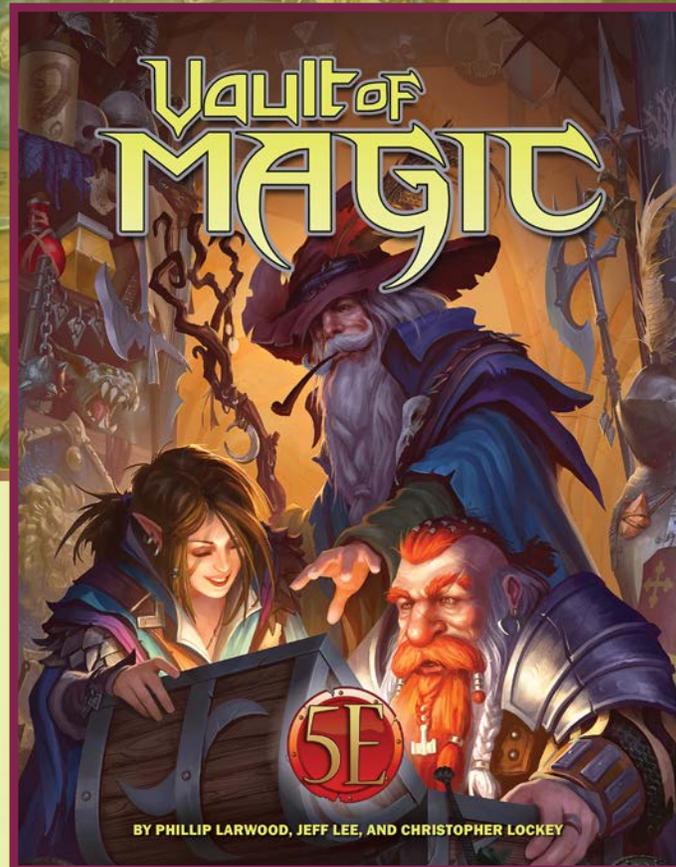
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