

Monk

Though now under Garlean rule, the city-state of Ala Mhigo once boasted the greatest military might of all Eorzea. Among its standing armies were the monks—ascetic warriors as dreaded by foes on the field of battle as the city-state's great pikemen. The monks comprised an order known as the Fist of Rhalgr, and it was to this god—the Destroyer—that they devoted their lives of worship. By mastering seats of power within the body known as chakra, they are capable of performing extraordinary physical feats.

Role: Monks excel at overcoming even the most daunting perils, striking where it's least expected, and taking advantage of enemy vulnerabilities. Fleet of foot and skilled in combat, monks can navigate any battlefield with ease, aiding allies wherever they are needed most.

Hit Die: d10.

Starting Wealth: 1d6 × 10 gil (average 35 gil.) In addition, each character begins play with an outfit worth 10 gil or less.

Class Skills

The monk's class skills (and the key ability for each skill) are Acrobatics (Dex), Climb (Str), Craft (Int), Escape Artist (Dex), Intimidate (Cha), Knowledge (history) (Int), Knowledge (religion) (Int), Perception (Wis), Perform (Cha), Profession (Wis), Ride (Dex), Sense Motive (Wis), Stealth (Dex), and Swim (Str).

Skill Points Per Level: 4 + Int modifier.

Level	Base Attack Bonus	Fort Save	Reflex Save	Will Save	Special	AC Bonus	Fast Movement
1 st	+1	+2	+2	+0	Martial Arts, Stunning Fist, Blitz Techniques, Combo Finisher, Flurry of Blows, Limit Breaks	+0	+0 ft.
2 nd	+2	+3	+3	+0	Evasion	+0	+0 ft.
3 rd	+3	+3	+3	+1	Fast Movement, Combo Finisher	+0	+10 ft.
4 th	+4	+4	+4	+1	Ki Pool (magic), Ki Strike (magic), Ki power	+1	+10 ft.
5 th	+5	+4	+4	+1	Purity of Body, Combo Finisher	+1	+10 ft.
6 th	+6/+1	+5	+5	+2	Ki power, Combo Substitute	+1	+20 ft.
7 th	+7/+2	+5	+5	+2	Combo Finisher	+2	+20 ft.
8 th	+8/+3	+6	+6	+2	Ki Strike (cold iron/silver), Ki power, Boost	+2	+20 ft.
9 th	+9/+4	+6	+6	+3	Improved Evasion, Combo Finisher	+2	+30 ft.
10 th	+10/+5	+7	+7	+3	Ki power	+2	+30 ft.
11 th	+11/+6/+1	+7	+7	+3	Flurry of Blows (bonus attack), Counterattack, Combo Finisher	+3	+30 ft.
12 th	+12/+7/+2	+8	+8	+4	Ki Strike (lawful), Ki power	+3	+40 ft.
13 th	+13/+8/+3	+8	+8	+4	Defensive Roll, Combo Finisher	+3	+40 ft.
14 th	+14/+9/+4	+9	+9	+4	Ki power	+3	+40 ft.
15 th	+15/+10/+5	+9	+9	+5	Combo Finisher	+4	+50 ft.
16 th	+16/+11/+6/+1	+10	+10	+5	Ki power, Ki Strike (adamantine)	+4	+50 ft.
17 th	+17/+12/+7/+2	+10	+10	+5	Timeless Body, Combo Finisher	+4	+50 ft.
18 th	+18/+13/+8/+3	+11	+11	+6	Ki power	+4	+60 ft.
19 th	+19/+14/+9/+4	+11	+11	+6	Improved Counterattack, Combo Finisher	+4	+60 ft.

20 th	+20/+15/+10/+5	+12	+12	+6	Ki power, Perfect Self	+5	+60 ft.
------------------	----------------	-----	-----	----	------------------------	----	---------

Class Features

All of the following are class features of the monk.

Weapon and Armor Proficiency: Monks are proficient with certain basic peasant weapons and some special weapons that are part of monk training. The weapons with which a monk is proficient are club, crossbow (light or heavy), dagger, handaxe, javelin, kama, nunchaku, quarterstaff, sai, shuriken, siangham, sling, and any weapon with the monk special weapon quality. Monks are not proficient with any armor or shields—in fact, many of the monk’s special powers require unfettered movement. When wearing armor, using a shield, or carrying a medium or heavy load, a monk loses her AC bonus, as well as her fast movement and flurry of blows abilities.

Limit Breaks (Su): At 1st level, the monk receives the Limit Breaks (Absolute Perfection and Flawless Fists).

Absolute Perfection (Su): This Limit Break allows the monk to gain perfection in herself for a short period of time. For a duration of 1 round + 1 round per four monk levels after 1st, the monk gains a +1 competence bonus to attack and damage rolls, and a damage reduction of 2/-. For every four monk levels after 1st, he gains an additional +1 competence bonus to attack and damage rolls, and damage reduction of 2/-. This limit break requires only a swift action.

Flawless Fists (Su): This Limit Break allows the monk to perfectly flow her ki around her body, sharpening her body to a fine edge. For a duration of 1 round + 1 round per four monk levels after 1st, the monk ignores damage reduction and hardness up to double her monk level when using unarmed strikes. This limit break requires only a swift action.

Martial Atts (Ex): At 1st level, a monk gains Improved Unarmed Strike as a bonus feat. Monks are highly trained in fighting unarmed, giving them considerable advantages when doing so. A monk’s attacks may be with either fist interchangeably or even from elbows, knees, and feet. This means that a monk may even make unarmed strikes with her hands full. There is no such thing as an off-hand attack for a monk striking unarmed. A monk may thus apply her full Strength bonus on damage rolls for all her unarmed strikes. Usually a monk’s unarmed strikes deal lethal damage, but she can choose to deal nonlethal damage instead with no penalty on her attack roll. She has the same choice to deal lethal or nonlethal damage while grappling. A monk also deals more damage with her unarmed strikes than a normal person would, as shown on the table below. The unarmed damage values listed on that table are for Medium monks. A Small monk deals less damage than the amount given there with her unarmed attacks, while a Large monk deals more damage; see the following table. A monk’s unarmed strike is treated as both a manufactured weapon and a natural weapon for the purpose of spells and effects that modify either manufactured weapons or natural weapons.

Level	Damage (Small)	Damage (Medium)	Damage (Large)
1st – 3rd	1d4	1d6	1d8
4th – 7th	1d6	1d8	2d6
8th – 11th	1d8	1d10	2d8
12th – 15th	1d10	2d6	3d6
16th – 19th	2d6	2d8	3d8
20th	2d8	2d10	4d8

Blitz Techniques (Ex): Also at 1st level, a monk can utilize these techniques to enable combo finishers (see below). Blitz techniques are special unarmed strike attacks which can be used in place of an attack during an attack action, full-attack action, or charge action.

- *Elbow Smash (Ex)*: A monk who uses this blitz technique suffers a -2 penalty to this Attack roll and deals normal unarmed strike damage + 1. A foe struck by this, must make a Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier) or be staggered for 1 round.
- *Fierce Punch (Ex)*: A monk who uses this blitz technique deals normal unarmed strike damage.
- *Knee Thrust (Ex)*: A monk who uses this blitz technique suffers a -2 penalty to this Attack roll but deals normal unarmed strike damage + 1 and has a chance to sicken a foe hit with this for 1 round unless they make a Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier).
- *Rising Uppercut (Ex)*: A monk who uses this blitz technique suffers a -2 penalty to this Attack roll but deals normal unarmed strike damage + 1 and has a chance to knock a foe prone. The monk can attempt to trip its opponent as a free action without provoking an attack of opportunity if it hits with this blitz technique. If the attempt fails, the monk is not tripped in return.
- *Roundhouse Kick (Ex)*: A monk who uses this blitz technique suffers a -2 penalty to this Attack roll but deals normal unarmed strike damage + 1 and has a chance to knock a foe prone. The monk can attempt to trip its opponent as a free action without provoking an attack of opportunity if it hits with this blitz technique. If the attempt fails, the monk is not tripped in return.
- *Strong Kick (Ex)*: A monk who uses this blitz technique deals normal unarmed strike damage.

Combo Finisher (Ex): At 1st level and every odd level thereafter, a monk gains a combo finisher that allows her to put the blitz techniques into good use by starting and finishing combos. Each combo finisher requires a certain amount of blitz techniques in order that must hit and be completed before the end of her next turn of the last successive hit or the monk must start over. Any blitz techniques used in part to fulfill a combo finisher may be used on any number of creatures. In addition, once the monk is able to use a combo finisher, she must activate it before the end of her next turn or its lost.

The monk may activate a combo finisher as a swift action, unless indicated otherwise on the ability. If the combo finisher requires an attack roll it replaces a melee or ranged attack respectively from her next attack made before the end of her next round. All combo finishers with an attack component are made at the highest base attack bonus. At 6th level, a monk can substitute, as a free action, any blitz technique by spending 1 ki point per technique substituted. Any combo finisher that adds extra weapon damage dice are not multiplied on a critical hit, but are added to the total.

Arm of the Destroyer (Ex): (Requires Fierce Punch → Fierce Punch → Elbow Smash → Elbow Smash) This combo finisher allows the monk to strike the ground with a fierce punch, blasting nearby enemies with rocks. Each enemy adjacent to the monk takes normal unarmed strike damage + 1d6 points of earth damage + an additional 1d6 per three monk levels after 1st, a successful Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier) halves the damage.

Beat Rush (Ex): (Requires Fierce Punch → Fierce Punch → Rising Uppercut → Elbow Smash) This combo finisher allows the monk to charge an opponent within half of her normal movement speed. During the round this combo finisher is used, any attacks dealt to the opponent she uses Beat Rush on, deals unarmed strike damage + 2.

Bootshine (Ex): (Requires Strong Kick → Knee Thrust) This combo finisher allows the monk to push back an opponent with a decisive kick. The monk makes a single melee attack as part of this combo finisher. If this attack hits, the monk deals normal unarmed strike damage – 2 and she can make a free bull rush attempt without provoking attacks of opportunity.

Combobreaker (Ex): (Requires Elbow Smash → Fierce Punch) This combo finisher allows the monk to make an attack of opportunity as an immediate action and deals normal unarmed strike damage – 2. This counts towards the number of attacks of opportunities the monk can make in a round.

Demolish (Ex): (Requires Rising Uppercut → Rising Uppercut) This combo finisher allows the monk to make a mighty attack against her foe, leaving him temporarily knocked senseless by her attack. The proper application of force to just the right part of a foe's anatomy allows the monk to disrupt his actions. While he stumbles back, senseless, she presses the advantage. The monk makes a single melee attack as part of this combo finisher. If this attack hits, the target takes unarmed strike damage normally and must make a Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier) or be dazed for 1 round.

Dragon Kick (Ex): (Requires Strong Kick → Strong Kick → Roundhouse Kick) This combo finisher allows the monk to make a flying kick attack upon her opponent. The monk makes a single melee attack as part of this combo finisher. If this attack hits, the monk deals double unarmed strike damage and allows the monk to make a free Trip combat maneuver with a +4 bonus. The monk can only affect creatures up to 1 size larger than herself to be affected by this.

Dragon Punch (Ex): (Requires Fierce Punch → Fierce Punch → Rising Uppercut) This combo finisher allows the monk to make a leaping uppercut attack upon her opponent. The monk makes a single melee attack as part of this combo finisher. If this attack hits, the monk deals double unarmed strike damage and allows the monk to make a free Trip combat maneuver with a +4 bonus. The monk can only affect creatures up to 1 size larger than herself to be affected by this.

Final Heaven (Ex): (Requires Fierce Punch → Strong Kick → Elbow Smash → Knee Thrust → Rising Uppercut → Roundhouse Kick) This combo finisher allows the monk to make a terrifying leap upon an opponent within 30 feet. If it hits, the monk deals quintuple unarmed strike damage to the target, and any adjacent enemies must make a Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier) or take half of the damage dealt.

Haymaker (Ex): (Requires Fierce Punch → Rising Uppercut) This combo finisher allows the monk to a stunning fist attack (which doesn't use up any stunning fist uses). The monk makes a single melee attack as part of this combo finisher. If this attack hits, the monk deals normal unarmed strike damage and follows the rules of her stunning fist ability.

Howling Fist (Ex): (Requires Rising Uppercut → Fierce Punch → Rising Uppercut) This combo finisher allows the monk to attack her foe with an overwhelming strike, hammering through his shield and armor to cleave into his flesh. This display of raw power causes him to stumble backward, fear in his eyes. As part of this combo finisher, the monk makes a melee attack against an opponent she threatens. If this attack hits, her foe takes double unarmed strike damage and must make a Will save with a DC equal to the damage she dealt or become shaken for 1 minute.

Hundred Palm Slap (Ex): (Requires Fierce Punch → Fierce Punch → Fierce Punch) This combo finisher allows the monk to make a multitude of attacks. During the round this combo finisher is used, the monk doubles the amount of attacks she has based on her base attack bonus (does not include any additional attacks from anything that grants additional attacks like *haste*, flurry of blows, two-weapon fighting), but cannot use any blitz techniques.

Lightning Kick (Ex): (Requires Strong Kick → Strong Kick → Strong Kick) This combo finisher allows the monk to make a multitude of attacks. During the round this combo finisher is used, the monk doubles the amount of attacks she has based on her base attack bonus (does not include any additional attacks from anything that grants additional attacks like *haste*, flurry of blows, two-weapon fighting), but cannot use any blitz techniques.

Meteor Strike (Ex): (Requires Rising Uppercut → Rising Uppercut → Rising Uppercut) This combo finisher allows the monk to make a destructive launch at an opponent with a fiery fist within 30 feet. The monk

makes a single melee attack as part of this combo finisher. If this attack hits, the monk deals normal unarmed strike damage + 1d6 points of fire damage + an additional 1d6 per three monk levels after 1st, a successful Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier) halves the damage. Any creatures adjacent to the target takes the fire damage unless they make a successful Fortitude save.

One-Inch Punch (Ex): (Requires Fierce Punch → Elbow Smash → Rising Uppercut) This combo finisher allows the monk to make a short but powerful punch at her opponent. The monk makes a single melee attack as part of this combo finisher. If this attack hits, the monk deals double unarmed strike damage and the target must make a Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier) or be pushed back 5 feet + 5 feet per three monk levels after 1st.

Pummel (Ex): (Requires Fierce Punch → Elbow Smash) This combo finisher allows the monk to turn the blow from an opponent straight back at it. When an enemy attacks the monk on its turn, she can attempt to block the blow and send it back at that creature. The monk steps into the attack and redirects it. This combo finisher pits her skill against that of her foe. If an opponent attacks the monk, she can initiate this combo finisher to make an opposed attack roll as an immediate action. If the monk's result is higher, her foe rolls damage as normal for the attack and takes that much damage. Otherwise, the monk is attacked as normal.

Raging Demon (Ex): (Requires Fierce Punch → Fierce Punch → Strong Kick → Rising Uppercut) This combo finisher allows the monk to effortlessly glide towards an opponent within 15 feet. This combo finisher doesn't provoke attacks of opportunity nor is the monk affected by difficult terrain when moving towards her opponent. The monk makes a single charge melee attack as part of this combo finisher. If this attack hits, the monk deals triple unarmed strike damage.

Rockbreaker (Ex): (Requires Fierce Punch → Fierce Punch → Strong Kick) This combo finisher allows the monk to throw herself behind her attack, lending her blow such great weight and force that she leaves injuries that even magical defenses cannot mend. The monk's devotion to her cause gives her boundless energy that allows her to smash through supernatural defenses. When the monk lands an attack, she hits with such force that damage reduction offers little resistance against her. When the monk uses this combo finisher, she makes a melee attack against a single foe. This attack automatically overcomes the opponent's damage reduction and deals double unarmed strike damage.

Shoulder Tackle (Ex): (Requires Elbow Smash → Elbow Smash) This combo finisher allows the monk to launch herself at an opponent within 30 feet with a flying shoulder tackle. The monk makes a single charge melee attack as part of this combo finisher. If this attack hits, the monk deals normal unarmed strike damage and the target must make a Fortitude save (DC 10 + half of the monk's level + her Wisdom modifier) or be stunned for 1 round.

Snap Punch (Ex): (Requires Elbow Smash → Elbow Smash → Fierce Punch) This combo finisher allows the monk to take careful aim at an enemy creature, striking it with the precise amount of force needed to push it off guard and leave it unable to bring all of its attacks to bear. The monk's opponent must spend critical seconds adjusting its guard and reevaluating its surroundings. As part of this combo finisher, the monk makes a single melee attack. If this attack hits, her target takes normal unarmed strike damage and cannot make a full attack on its next turn. Otherwise, it can act normally.

Steel Peak (Ex): (Requires Elbow Smash → Rising Uppercut → Fierce Punch) This combo finisher allows the monk to study her opponent and deliver an attack precisely aimed to ruin his defenses and force him to scramble for his balance. While he struggles to ready himself, he becomes more vulnerable to the monk's attacks. As part of this combo finisher, the monk makes a single melee attack. This attack deals double unarmed strike damage. In addition, the target must make a Reflex save (DC 10 + half of the monk's level + her Wisdom modifier) or become flat-footed until the start of his next turn. If the target cannot be caught flat-footed (he has uncanny dodge, for example), he still takes the unarmed strike damage but otherwise suffers no ill effect.

Suplex (Ex): (Requires Fierce Punch → Roundhouse Kick → Rising Uppercut) This combo finisher allows the monk to grab an opponent and suplex them. The monk makes a grapple combat maneuver on a target within melee range without provoking attacks of opportunity. This attempt has a +4 bonus to the check and can only affect creatures up to 2 sizes larger than herself. If successful, the target takes double unarmed strike damage and is moved into a space adjacent to the monk, knocked prone. The monk may maintain the grapple if she wishes.

Tornado Kick (Ex): (Requires Strong Kick → Strong Kick → Roundhouse Kick → Roundhouse Kick) This combo finisher allows the monk an attack that hits all adjacent enemies. When the monk uses this combo finisher, she makes a melee attack against every enemy adjacent to her. She resolves each attack separately. She gains a +2 bonus on each of these attacks, which are otherwise made at her highest attack bonus.

Twin Snakes (Ex): (Requires Fierce Punch → Fierce Punch) This combo finisher allows the monk to make an attack that injures multiple opponents. The monk makes two melee attacks (these cannot be blitz techniques), each against a different foe that she threatens. She resolves each attack separately.

AC Bonus (Ex): A monk is highly trained at dodging blows, and she has a sixth sense that lets her avoid even unanticipated attacks. When unarmored and unencumbered, the monk adds her Wisdom bonus (if any) to her AC and her CMD. If the monk gains an attribute bonus to her AC or CMD from some other source, it does not stack. In addition, a monk gains a +1 bonus to AC and CMD at 4th level. This bonus increases by 1 for every four monk levels thereafter, up to a maximum of +5 at 20th level. These bonuses to AC apply even against touch attacks or when the monk is flat-footed. She loses these bonuses when she is immobilized or helpless, when she wears any armor, when she carries a shield, or when she carries a medium or heavy load.

Flurry of Blows (Ex): At 1st level, a monk can make a flurry of blows as a full-attack action. When making a flurry of blows, the monk can make one additional attack at her highest base attack bonus. This additional attack stacks with the bonus attacks from *haste* and other similar effects. When using this ability, the monk can make these attacks with any combination of her unarmed strikes and weapons that have the monk special weapon quality. She takes no penalty for using multiple weapons when making a flurry of blows, but she does not gain any additional attacks beyond what's already granted by the flurry for doing so. (She can still gain additional attacks from a high base attack bonus, from this ability, and from *haste* and similar effects).

At 11th level, a monk can make an additional attack at her highest base attack bonus whenever she makes a flurry of blows. This stacks with the first attack from this ability and additional attacks from *haste* and similar effects.

Stunning Fist (Ex): At 1st level, the monk gains Stunning Fist as a bonus feat, even if she does not meet the prerequisites.

At 4th level, and every 4 levels thereafter, the monk gains the ability to apply a new condition to the target of her Stunning Fist. This condition replaces stunning the target for 1 round, and a successful saving throw still negates the effect.

At 4th level, she can choose to make the target fatigued.

At 8th level, she can make the target sickened for 1 minute.

At 12th level, she can make the target staggered for 1d6+1 rounds.

At 16th level, she can permanently blind or deafen the target.

At 20th level, she can paralyze the target for 1d6+1 rounds.

The monk must choose which condition will apply before the attack roll is made. These effects do not stack with themselves (a creature sickened by Stunning Fist cannot become nauseated if hit by Stunning Fist again), but additional hits do increase the duration.

Evasion (Ex): At 2nd level or higher, a monk can avoid damage from many area-effect attacks. If a monk makes a successful Reflex saving throw against an attack that normally deals half damage on a successful save, she instead takes no damage. Evasion can be used only if a monk is wearing no armor. A helpless monk does not gain the benefit of evasion.

Fast Movement (Ex): At 3rd level, a monk gains an enhancement bonus to her land speed, as shown on the table above. A monk in armor or carrying a medium or heavy load loses this extra speed.

unarmed strike Master (Ex): At 4th level, a monk may use her monk level to qualify for feats with a fighter level prerequisite when those feats are applied to unarmed strikes.

Ki Pool (Su): At 4th level, a monk gains a pool of ki points, supernatural energy she can use to accomplish amazing feats. The number of points in a monk's ki pool is equal to half her monk level + her Wisdom modifier. As long as she has at least 1 point in her ki pool, she can make a ki strike. At 4th level, ki strike allows her unarmed attacks to be treated as magic weapons for the purpose of overcoming damage reduction. At 8th level, her unarmed attacks are also treated as cold iron and silver for the purpose of overcoming damage reduction. At 12th level, her unarmed attacks are also treated as having her chosen alignment for the purpose of overcoming damage reduction. At 16th level, her unarmed attacks are treated as adamantite weapons for the purpose of overcoming damage reduction and bypassing hardness.

By spending 1 point from her ki pool as a swift action, a monk can make one additional unarmed strike at her highest attack bonus when making a flurry of blows attack. This bonus attack stacks with all bonus attacks gained from flurry of blows, as well as those from *haste* and similar effects. A monk gains additional powers that consume points from her ki pool as she gains levels.

The ki pool is replenished each morning after 8 hours of rest or meditation; these hours do not need to be consecutive.

Ki Powers (Su): At 4th level and every two levels thereafter, a monk can select one ki power. These powers allow the monk to perform amazing feats of mystical power and acrobatic prowess by expending points from her ki pool. Once a ki power is selected, it cannot be changed. Some ki powers require the monk to be of a specific level or higher before they can be chosen. Unless otherwise noted, a monk cannot select an individual ki power more than once.

Abundant Step (Su): A monk with this ki power can slip magically between spaces, as if using the spell *dimension door*. Using this ability is a move action that consumes 2 points from her ki pool. The monk's caster level for this effect is equal to her monk level. She cannot take other creatures with her when she uses this ability. **Prerequisite:** A monk must be at least 8th level before selecting this ki power.

Action Before Thought (Ex): A monk with this ability can spend 2 ki points as a free action as part of rolling initiative to roll twice on the initiative check and take the higher result. **Prerequisite:** A monk must be at least 6th level before selecting this ki power.

Aurablast (Su): A monk with this ki power can emit a blast of pure chi at an enemy. As a standard action and a ranged touch attack, the monk can spend 2 points from her ki pool to throw a blast of ki at an enemy for

1d6 points of non-elemental damage per two monk levels attained. The range for this ability is 30 feet.

Prerequisite: A monk must be at least 6th level before selecting this ki power.

Bare-Hand Block (Ex): A monk with this ability can spend 1 ki point as an immediate action when attacked with a manufactured weapon to attempt an unarmed sunder combat maneuver check against it. If he successfully sunders the weapon and grants it the broken condition, the attack deals no damage. He can spend an additional 1 ki point when using this ability to activate ki sunder as a free action. **Prerequisites:** A monk must be at least 8th level and have the ki sunder ki power before selecting this ki power.

Chakra (Su): A monk with this ki power can heal her own wounds as a standard action. By spending 2 points from her ki pool, she can heal an amount of damage equal to 1d8 + her monk level.

Cobra Breath (Su): Whenever a monk with this ki power uses *diamond body* to neutralize a poison, she can instead release that poison as a ranged touch attack against a single foe within 30 feet. If the attack hits, the foe must succeed at a saving throw (using the poison's original DC) or suffer the poison's effects, even if it was not originally a contact poison. **Prerequisites:** A monk must be at least 12th level and must possess the *diamond body* ki power before selecting this ki power.

Diamond Body (Su): By spending 1 point from her ki pool, a monk with this power can remove one toxin from her body as if using *panacea*, using her monk level as her caster level. She can remove only one poison in this way per use of this ability. **Prerequisite:** A monk must be at least 8th level before selecting this ki power.

Diamond Resilience (Ex): By spending 1 ki point as a swift action, the monk gains DR 2/—. At 16th level, the damage reduction increases to 4/—. At 19th level, it increases to DR 6/—. This DR lasts for 1 minute. **Prerequisite:** A monk must be at least 12th level before selecting this ki power.

Diamond Soul (Ex): A monk can spend 2 points from her ki pool as a swift action to gain spell resistance equal to her monk level + 10. This spell resistance lasts for a number of rounds equal to the monk's level. **Prerequisite:** A monk must be at least 12th level before selecting this ki power.

Elemental Fury (Su): A monk who selects this ki power must select one type of element: earth, fire, ice, lightning, water, or wind. Once this choice is made, it cannot be changed. The monk can expend 1 point from her ki pool as a swift action to imbue her natural attacks with this energy, causing them to deal 1d6 points of damage of the chosen type for a number of rounds equal to half her monk level. **Prerequisite:** A monk must be at least 6th level before selecting this ki power.

Elemental Burst (Su): A monk with this ability can spend 4 ki points to unleash a gout of energy in a 30-foot cone. Creatures within the cone take 20d6 points of damage of the same type as the monk's *elemental fury* ki power. A successful Reflex save (DC 10 + half of the monk's level + her Wisdom modifier) halves the damage. **Prerequisites:** A monk must be at least 18th level and must possess the *elemental fury* ki power before selecting this ki power.

Feather Balance (Ex): A monk with this ability can spend 1 ki point as a swift action to achieve perfect balance. While this is active, the monk treats any Acrobatics attempt made to balance as if he had rolled a 20. This ability lasts for 1 minute.

Formless Mastery (Ex): A monk with this ability varies her styles, never repeating the same move twice and capitalizing on the weaknesses of an opponent's style. As long as she does not possess any style feat, the monk can spend 1 point from her ki pool as an immediate action to gain the following against opponents in the stance of a style feat: a +4 dodge bonus to AC, a +4 circumstance bonus on attack rolls, and a bonus equal to her monk level on damage rolls. These bonuses last until the end of the monk's next turn (or her current turn if

she uses this ability on her own turn). The monk can activate this ability and the *furious defense* ki power with the same immediate action for a total cost of 3 ki points. **Prerequisite:** A monk must be at least 6th level before selecting this ki power.

Furious Defense (Ex): By spending 1 point from her ki pool as an immediate action, a monk with this ki power can grant herself a +4 dodge bonus to AC until the end of her next turn. The monk can activate this ability and the *formless mastery* ki power with the same immediate action for a total cost of 3 ki points. **Prerequisite:** A monk must be at least 6th level before selecting this ki power.

High Jump (Ex): A monk with this ki power adds her level as a bonus on all Acrobatics checks to jump, both for vertical jumps and horizontal jumps. In addition, she always counts as having a running start when attempting Acrobatics checks to jump. By spending 1 point from her ki pool as a swift action, the monk gains a +20 bonus on Acrobatics checks to jump for 1 round.

Insightful Wisdom (Su): A monk with this ability can spend 2 ki points as an immediate action to give another ally within 30 feet just the right word of advice to prevent disaster. If the ally can hear the monk, she can reroll a single attack roll or saving throw. The ally must take the second result, even if it is worse. **Prerequisite:** A monk must be at least 8th level before selecting this ki power.

Ki Blocker (Su): A monk with this ability can spend 1 ki point as a free action before making an unarmed strike against a foe. If the attack hits, the monk can interrupt the target's flow of ki. If the monk successfully damages the target of her attack, that opponent's cost to activate abilities with ki increases by 1 ki point for 1 hour. If the monk spends 2 points from her ki pool, she can use this ability to affect the target's arcane pool, arcane reservoir, grit points, inspiration, or panache points instead of its ki pool. The effects of this ability do not stack, but multiple hits increase the duration by 1 hour for each hit. **Prerequisite:** A monk must be at least 10th level before selecting this ki power.

Ki Guardian (Su): As an immediate action before she rolls a saving throw against a targeted effect that also targets other allies or an area effect whose area includes other allies, a monk with this ability can spend any number of ki points and designate a number of adjacent allies equal to the number of ki points spent. The monk rolls one saving throw for each designated ally, using her bonus instead of the ally's. For each successful saving throw, the corresponding ally treats the effect as if that ally had succeeded at the saving throw, and for each saving throw failed, the corresponding ally treats the effect as if that ally had failed the saving throw. If the monk fails any of the saving throws (including her own original saving throw), the monk treats the effect as if she had failed the saving throw. **Prerequisite:** A monk must be at least 6th level before selecting this ki power.

Ki Hurricane (Ex): As a full-round action, a monk with this ability can move up to twice her speed. At any point in that movement, the monk can spend 1 ki point to make the first attack in her flurry of blows. She can later spend another ki point to make the next attack in her flurry of blows, and so on, until she either stops spending ki points or has exhausted all the attacks from her flurry of blows. **Prerequisites:** A monk must be at least 10th level and possess the *sudden speed* ki power before selecting this ki power.

Ki Metabolism (Su): A monk with this ability uses her ki to control her metabolism. As long as she has at least 1 point remaining in her ki pool, the monk needs to eat and drink only 1/4 as often as normal, needs only 2 hours of sleep each night (including to replenish her ki pool), and can hold her breath for up to 1 hour per point of Constitution. As a move action, she can spend 1 ki point to enter a state of suspended animation, falling unconscious and appearing dead to all senses. At the time she enters this state, she indicates a preset period of time or a triggering condition, after which she awakens.

Ki Mount (Su): A monk with this ability can spend 1 ki point as a standard action to grant 2 temporary hit points per monk level she possesses to her mount for 1 hour per monk level. As long as the monk and her mount are adjacent or the monk is mounted, the mount shares the benefits of whichever of the AC bonus,

evasion, high jump, improved evasion, ki strike, and perfect self abilities the monk possesses. **Prerequisite:** A monk must be at least 6th level before selecting this ki power.

Ki Range (Su): A monk with this ability can spend 1 ki point as a swift action to increase the range increment of any thrown monk weapon by 20 feet. Apply this benefit before doubling the range increment with the Far Shot feat.

Ki Sunder (Ex): A monk with this ability can spend 1 ki point as a free action when attempting a sunder combat maneuver check to add his monk level as a bonus to the damage roll.

Ki Volley (Su): When a targeted spell or spell-like ability fails to overcome the monk's spell resistance from *diamond soul*, she can spend 2 ki points as an immediate action to send that spell back at its caster as spell turning. **Prerequisites:** A monk must be 16th level or higher and possess the *diamond soul* ki power before selecting this ki power.

Light Steps (Ex): A monk with this ki power can move effortlessly across nearly any surface. Whenever the monk activates her *feather balance* ki power, she can also ignore all difficult terrain. In addition, while active, she can cross any solid surface, even if it would normally not support her weight. This does not allow her to walk on liquids. **Prerequisites:** A monk must be at least 8th level and have the *feather balance* ki power before selecting this ki power.

One Touch (Ex): As long as she has at least 1 point remaining in her ki pool, as a standard action, a monk with this power can make an unarmed strike against a foe as a touch attack. She adds half her monk level as a bonus on the damage roll. She can spend 1 ki point to double this bonus for that attack. **Prerequisite:** A monk must be at least 12th level before selecting this ki power.

Quivering Palm (Su): A monk can set up vibrations within the body of another creature that can thereafter be fatal if the monk so desires. Using this ability is a standard action that costs 4 ki points, and the monk must announce her intent to use this ability (and spend the ki points) before making the attack roll. Creatures immune to critical hits cannot be affected. Otherwise, if the attack hits and the target takes damage from the blow, the *quivering palm* attack succeeds. Thereafter, the monk can try to slay the victim at any time within a number of days equal to her monk level. To make such an attempt, the monk merely wills the target to die (a free action); unless the target succeeds at a Fortitude saving throw (DC 10 + half of the monk's level + her Wisdom modifier), it dies. If the saving throw is successful, the target is no longer in danger from that particular *quivering palm* attack, but it can still be affected by another one at a later time. A monk can have no more than one quivering palm in effect at one time. If a monk uses *quivering palm* while another is still in effect, the previous one is negated. **Prerequisite:** A monk must be at least 16th level before selecting this ki power.

Slow Fall (Su): A monk within arm's reach of a wall can use it to slow her descent by expending 1 point from her ki pool. When she uses this ability, she takes no damage from the fall (as if using *choco feather*), but she must be adjacent to a wall for the length of the fall (although this can be used to reduce the damage from a fall if only part of it is adjacent to a wall).

Sudden Speed (Su): A monk with this ki power can spend 1 point from her ki pool as a swift action to grant herself a sudden burst of speed. This increases the monk's base land speed by 30 feet for 1 minute.

Water Sprint (Su): A monk with this ki power can spend 1 point from her ki pool as a swift action to gain the ability to walk on water, as if under the effects of *water walk*. Once activated, this ability lasts for 1 minute per monk level. **Prerequisite:** A monk must be at least 6th level before selecting this ki power.

Wind Jump (Su): A monk with this ki power can spend 1 point from her ki pool as a move action to grant herself a fly speed (with perfect maneuverability) equal to her base land speed. She must end her

movement each round on solid ground (or some other surface that can support her weight) or fall as normal. Once activated, this ability lasts for 1 minute. **Prerequisites:** A monk must be at least 8th level and have the *high jump* ki power before selecting this ki power.

Purity of Body (Ex): At 5th level, a monk gains immunity to all diseases, including supernatural and magical diseases.

Boost (Ex): At 8th level, a monk learns to harness the power of her strikes for the short duration. As a swift action, she can increase the damage of her attacks equal to half her monk level for the round. The monk can use this ability a number of times per day equal to 3 + her Wisdom modifier.

Improved Evasion (Ex): At 9th level, a monk's evasion ability improves. She still takes no damage on a successful Reflex saving throw against attacks such as a dragon's breath weapon, but henceforth she takes only half damage on a failed save. A helpless monk (such as one who is unconscious or paralyzed) does not gain the benefit of improved evasion.

Counterattack (Ex): At 11th level, a monk gains the ability to counter blows when attacked. During her action, she designates an opponent and once per round, if that opponent attacks her, she can immediately make an attack of opportunity. She can select a new opponent on any action. A helpless monk (such as one who is unconscious or paralyzed) does not gain the benefit of this ability, nor can she use this ability when flat-footed.

Defensive Roll (Ex): At 13th level, a monk may use the defensive roll advanced thief talent once per day, plus once per three levels beyond 13th (to a maximum of 3 times a day at 19th level).

Timeless Body (Ex): At 17th level, a monk no longer takes penalties to her ability scores for aging and cannot be magically aged. Any such penalties that she has already taken, however, remain in place. Age bonuses still accrue, and the monk still dies of old age when her time is up.

Improved Counterattack (Ex): At 19th, the monk's ability to counter blows when attacked improves. Anytime an opponent attacks the monk, she can make an attack of opportunity. She may make a number of additional attacks of opportunity equal to her Dexterity bonus. She cannot counterattack the same opponent twice. A helpless monk (such as one who is unconscious or paralyzed) does not gain the benefit of this ability, but can use this ability while flat-footed. This ability does not stack with Combat Reflexes.

Perfect Self (Ex): At 20th level, a monk becomes a magical creature. She is forevermore treated as an outsider rather than a humanoid (or whatever her original creature type was) for the purpose of spells and magical effects. Additionally, the monk gains damage reduction 10/chaotic, which allows her to ignore the first 10 points of damage from any attack made by a non-chaotic weapon. Unlike other outsiders, the monk can still be brought back from the dead as if she were a member of her previous creature type. Finally, the monk gains the ability to enter a state of perfect calm. During this time, the monk can take no actions, but she does regain ki at the rate of 1 point per 10 minutes spent at calm. She cannot use this ability to gain an amount of ki in excess of her maximum.