

THE MONK, REVISED

Her fists a blur as they deflect an incoming hail of arrows, a half-elf springs over a barricade and throws herself into the massed ranks of hobgoblins on the other side. She whirls among them, knocking their blows aside and sending them reeling, until at last she stands alone.

Taking a deep breath, a human covered in tattoos settles into a battle stance. As the first charging orcs reach him, he exhales and a blast of fire roars from his mouth, engulfing his foes.

Moving with the silence of the night, a black-clad halfling steps into a shadow beneath an arch and emerges from another inky shadow on a balcony a stone's throw away. She slides her blade free of its cloth-wrapped scabbard and peers through the open window at the tyrant prince, so vulnerable in the grip of sleep.

Whatever their discipline, monks are united in their ability to magically harness the energy that flows in their bodies. Whether channeled as a striking display of combat prowess or a subtler focus of defensive ability and speed, this energy infuses all that a monk does.

THE MAGIC OF KI

Monks make careful study of a magical energy that most monastic traditions call ki. This energy is an element of the magic that suffuses the multiverse—specifically, the element that flows through living bodies. Monks harness this power within themselves to create magical effects and exceed their bodies' physical capabilities, and some of their special attacks can hinder the flow of ki in their opponents. Using this energy, monks channel uncanny speed and strength into their unarmed strikes. As they gain experience, their martial training and their mastery of ki gives them more power over their bodies and the bodies of their foes.

TRAINING AND ASCETICISM

Small walled cloisters dot the landscapes of the worlds of D&D, tiny refuges from the flow of ordinary life, where time seems to stand still. The monks who live there seek personal perfection through contemplation and rigorous training. Many entered the monastery as children, sent to live there when their parents died, when food couldn't be found to support them, or in return for some kindness that the monks had performed for their families.

Some monks live entirely apart from the surrounding population, secluded from anything that might impede their spiritual progress. Others are sworn to isolation, emerging only to serve as spies or assassins at the command of their leader, a noble patron, or some other mortal or divine power.

The majority of monks don't shun their neighbors, making frequent visits to nearby towns or villages and exchanging their service for food and other goods. As versatile warriors, monks often end up protecting their neighbors from monsters or tyrants. For a monk, becoming an adventurer means leaving a structured, communal lifestyle to become a wanderer. This can be a harsh transition, and monks don't undertake it lightly.



Those who leave their cloisters take their work seriously, approaching their adventures as personal tests of their physical and spiritual growth. As a rule, monks care little for material wealth and are driven by a desire to accomplish a greater mission than merely slaying monsters and plundering their treasure.

CREATING A MONK

As you make your monk character, think about your connection to the monastery where you learned your skills and spent your formative years. Were you an orphan or a child left on the monastery's threshold? Did your parents promise you to the monastery in gratitude for a service performed by the monks? Did you enter this secluded life to hide from a crime you committed? Or did you choose the monastic life for yourself?

Consider why you left. Did the head of your monastery choose you for a particularly important mission beyond the cloister? Perhaps you were cast out because of some violation of the community's rules. Did you dread leaving, or were you happy to go? Is there something you hope to accomplish outside the monastery? Are you eager to return to your home?

As a result of the structured life of a monastic community and the discipline required to harness ki, monks are almost always lawful in alignment.

QUICK BUILD

You can make a monk quickly by following these suggestions. First, make Dexterity your highest ability score, followed by Wisdom. Second, choose the hermit background.

THE MONK

| Level | Proficiency Bonus | Martial Arts | Ki Points | Unarmored Movement | Heightened Reflexes | Features |
|-------|-------------------|--------------|-----------|--------------------|---------------------|--|
| 1st | +2 | 1d4 | — | — | — | Unarmored Defense, Martial Arts |
| 2nd | +2 | 1d4 | 2 | +10 ft. | — | Dedicated Weapon, Ki, Unarmored Movement |
| 3rd | +2 | 1d4 | 3 | +10 ft. | 2 | Monastic Tradition, Heightened Reflexes |
| 4th | +2 | 1d4 | 4 | +10 ft. | 2 | Ability Score Improvement, Quicken Healing |
| 5th | +3 | 1d6 | 5 | +10 ft. | 3 | Extra Attack, Extra Reaction |
| 6th | +3 | 1d6 | 6 | +15 ft. | 3 | Ki-Empowered Strikes, Monastic Tradition Feature |
| 7th | +3 | 1d6 | 7 | +15 ft. | 3 | Evasion, Stillness of Mind |
| 8th | +3 | 1d6 | 8 | +15 ft. | 3 | Ability Score Improvement |
| 9th | +4 | 1d6 | 9 | +15 ft. | 3 | Unarmored Movement Improvement |
| 10th | +4 | 1d6 | 10 | +20 ft. | 3 | Purity of Body |
| 11th | +4 | 1d8 | 11 | +20 ft. | 4 | Monastic Tradition Feature, Extra Reaction (2) |
| 12th | +4 | 1d8 | 12 | +20 ft. | 4 | Ability Score Improvement |
| 13th | +5 | 1d8 | 13 | +20 ft. | 4 | Tongue of the Sun and Moon |
| 14th | +5 | 1d8 | 14 | +25 ft. | 4 | Diamond Soul |
| 15th | +5 | 1d8 | 15 | +25 ft. | 4 | Timeless Body |
| 16th | +5 | 1d8 | 16 | +25 ft. | 4 | Ability Score Improvement |
| 17th | +6 | 1d10 | 17 | +25 ft. | 5 | Monastic Tradition, Extra Reaction (3) |
| 18th | +6 | 1d10 | 18 | +30 ft. | 5 | Empty Body |
| 19th | +6 | 1d10 | 19 | +30 ft. | 5 | Ability Score Improvement |
| 20th | +6 | 1d10 | 20 | +30 ft. | 5 | Perfect Self |

OPTIONAL RULE: MULTICLASSING

If your group uses this optional rule, here's what you need to know if you choose the monk as one of your classes.

Ability Score Minimum. You must have a Dexterity and Wisdom score of at least 13 to take a level in this class, or to take a level in another class if you are already a monk.

Proficiencies Gained. If monk isn't your initial class, you gain proficiency with simple weapons and shortswords when you take your first level in monk.

CLASS FEATURES

HIT POINTS

Hit Dice: 1d8 per monk level

Hit Points at 1st Level: 8 + your Constitution modifier.

Hit Points at Higher Levels: 1d8 (or 5) + your Constitution modifier per monk level after 1st

PROFICIENCIES

Armor: None

Weapons: simple weapons, shortswords

Tools: Choose one type of artisan's tools or one musical instrument

Saving Throws: Strength, Dexterity

Skills: Choose two from Acrobatics, Athletics, History, Insight, Perception, Religion, and Stealth

EQUIPMENT

You start with the following equipment, in addition to the equipment granted by your background.

- (a) a shortsword or (b) any simple weapon
- (a) a dungeoneer's pack or (b) an explorer's pack
- 10 darts





UNARMORED DEFENSE

Beginning at 1st level, while you are wearing no armor and not wielding a shield, your AC equals 10 + your Dexterity modifier + your Wisdom modifier.

MARTIAL ARTS

At 1st level, your practice of martial arts gives you mastery of combat styles that use unarmed strikes and monk weapons, which are claw bracers, jians, shortswords, war fans, and any simple melee weapons that don't have the two-handed or heavy property.

You gain the following benefits while you are unarmed or wielding only monk weapons and you aren't wearing armor or wielding a shield:

- You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes and monk weapons.
- You can roll a d4 in place of the normal damage of your unarmed strike or monk weapon. This die changes as you gain monk levels, as shown in the Martial Arts column of the Monk table.
- When you use the Attack action with an unarmed strike or a monk weapon on your turn, you can make one unarmed strike as a bonus action. For example, if you take the Attack action and attack with a quarterstaff, you can also make an unarmed strike as a bonus action, assuming you haven't already taken a bonus action this turn.

Certain monasteries use specialized forms of the monk weapons. For example, you might use a club that is two lengths of wood connected by a short chain (called a nunchaku) or a sickle with a shorter, straighter blade (called a kama). Whatever name you use for a monk weapon, you can use the game statistics provided for the weapon.

UNARMORED MOVEMENT

Starting at 2nd level, your speed increases by 10 feet while you are not wearing armor or wielding a shield. This bonus increases when you reach certain monk levels, as shown in the Monk table.

At 9th level, you gain the ability to move along vertical surfaces and across liquids on your turn without falling during the move.

KI

Starting at 2nd level, your training allows you to harness the mystic energy of ki. Your access to this energy is represented by a number of ki points. Your monk level determines the number of points you have, as shown in the Ki Points column of the Monk table.

You can spend these points to fuel various ki features. You start knowing three such features: Flurry of Blows, Patient Defense, and Step of the Wind. You learn more ki features as you gain levels in this class.

When you spend a ki point, it is unavailable until you finish a short or long rest, at the end of which you draw all of your expended ki back into yourself. You must spend at least 30 minutes of the rest meditating to regain your ki points.

If you spend 1 ki point or more as part of your action on your turn, you can make one attack with an unarmed strike or a monk weapon as a bonus action before the end of the turn.

Some of your ki features require your target to make a saving throw to resist the feature's effects. The saving throw DC is calculated as follows:

$$\text{Ki save DC} = 8 + \text{your proficiency bonus} + \text{your Wisdom modifier}$$

FLURRY OF BLOWS

Immediately after you take the Attack action on your turn, you can spend 1 ki point to make two unarmed strikes as a bonus action.

PATIENT DEFENSE

You can spend 1 ki point to take the Dodge action as a bonus action on your turn.

STEP OF THE WIND

You can spend 1 ki point to take the Disengage or Dash action as a bonus action on your turn, and your jump distance is doubled for the turn.

DEDICATED WEAPON

Also at 2nd level, you train yourself to use a variety of weapons as monk weapons. Whenever you finish a short or long rest, you can touch one simple or martial weapon, focus your ki on it, and then count that weapon as a monk weapon until you use this feature again. You must be proficient with the chosen weapon, and it cannot have the heavy and special properties.

HEIGHTENED REFLEXES

In your practice of the martial arts, you have improved your reflexes beyond the norm. You have trained to respond to certain events with startling speed.

At 3rd level, you gain two Heightened Reflexes of your choice. A list of the available options can be found at the end of this class. When you gain certain monk levels, you gain additional reflexes of your choice.

Additionally, when you gain a level in this class, you can choose one of the reflexes you know and replace it with another reflex that you could learn at that level. A level prerequisite in a reflex refers to monk level, not character level.

MONASTIC TRADITION

When you reach 3rd level, you commit yourself to a monastic tradition: the Way of the Open Hand, the Way of the Argent Fist, the Way of the Ascendant Dragon, the Way of the Heaven Piercer, the Way of Reclamation, the Way of the Rime Warden, the Way of the Serpent, the Way of the Still Tide, the Way of the Sun Soul, or the Way of the Four Elements, all detailed at the end of the class description. Your tradition grants you features at 3rd level and again at 6th, 11th, and 17th level.

ABILITY SCORE IMPROVEMENT

When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1. As normal, you can't increase an ability score above 20 using this feature.

QUICKENED HEALING

At 4th level, you gain the ability to use ki to stimulate healing in your body. As an action, you can spend a ki point to spend and roll one of your Hit Die. You regain a number of hit points equal to the number rolled plus your Wisdom modifier.

EXTRA ATTACK

Beginning at 5th level, you can attack twice, instead of once, whenever you take the Attack action on your turn.

EXTRA REACTION

Beginning at 5th level, you can use a reaction up to twice before the start of your next turn. You can only use one reaction on a given trigger. If a feature or effect would prevent you from taking reactions but does not incapacitate you, you instead lose one use of your reaction for the duration of the effect.

The number of times you can use a reaction in between the start of your turns increases to three when you reach 11th level in this class and to four when you reach 17th level in this class.

If you gain the ability to use extra reactions from another source, you choose which feature to benefit from.

KI-EMPOWERED STRIKES

Starting at 6th level, your unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

EVASION

At 7th level, your instinctive agility lets you dodge out of the way of certain area effects, such as a blue dragon's lightning breath or a *fireball* spell. When you are subjected to an effect that allows you to make a Dexterity saving throw to take only half damage, you instead take no damage if you succeed on the saving throw, and only half damage if you fail.

STILLNESS OF MIND

Starting at 7th level, you can use your action to end one effect on yourself that is causing you to be charmed or frightened.

PURITY OF BODY

At 10th level, your mastery of the ki flowing through you makes you immune to disease and poison.

TONGUE OF THE SUN AND MOON

Starting at 13th level, you learn to touch the ki of other minds so that you understand all spoken languages. Moreover, you can choose to let any creature understand you if they can understand a language.



DIAMOND SOUL

Beginning at 14th level, your mastery of ki grants you proficiency in all saving throws.

Additionally, whenever you make a saving throw and fail, you can use a reaction and spend 1 ki point to reroll it. You must take the second result.

TIMELESS BODY

At 15th level, your ki sustains you so that you suffer none of the frailty of old age, and you can't be aged magically. You can still die of old age, however. In addition, you no longer need food or water, and you can hold your breath for a number of hours equal to half of your monk level.

EMPTY BODY

Beginning at 18th level, you can use your action to spend 4 ki points to become invisible for 1 minute. During that time, you also have resistance to all damage but force damage.

Additionally, you can spend 8 ki points to cast the *astral projection* spell, without needing any components. When you do so, you can't take any other creatures with you.

PERFECT SELF

At 20th level, when you roll for initiative and have no ki points remaining, you regain 4 ki points. Additionally, whenever you spend and roll a Hit Die to restore hit points, you double the number it restores.

HEIGHTENED REFLEXES

Listed below are the heightened reflexes available to a monk. If a reflex has prerequisites, you must meet them to learn it. A level prerequisite refers to your monk level. You can learn a reflex at the same time that you meet its prerequisites. Any DCs listed use your Ki save DC unless otherwise stated.

DEFLECT MISSILES

This reaction allows you to deflect or catch the missile when you are hit by a ranged weapon attack. When you do so, the damage you take from the attack is reduced by 1d10 + your Dexterity modifier + your monk level.

If you reduce the damage to 0, you can catch the missile if it is small enough for you to hold in one hand and you have at least one hand free. If you catch a missile in this way, you can spend 1 ki point to make a ranged attack with the weapon or piece of ammunition you just caught, as part of the same reaction. You make this attack with proficiency, regardless of your weapon proficiencies, and the missile counts as a monk weapon for the attack, which has a normal range of 20 feet and a long range of 60 feet.

GENTLE PALM

You've mastered the art of narrowly deflecting incoming blows. Whenever another creature hits you with a melee attack, you can use your reaction to add +2 to your AC for that attack, potentially causing the attack to miss you.

HAWK SEEKS PREY

Hiding from your keen senses becomes all but impossible. Whenever a creature within 60 feet of you that you are aware of attempts to Hide, you may use a reaction to take the Search action and search for them.

SLOW FALL

You can use your reaction when you fall to reduce any falling damage you take by an amount equal to five times your monk level. If you still take fall damage from the triggering fall, it does not knock you prone.

BEAR WATCHES OVER

Prerequisite: 5th level

You become a retaliatory force on the battlefield. Whenever a creature within your reach attacks an ally, you can use your reaction to make an unarmed strike against the attacking creature.

CASCADING STRIKES

Prerequisite: 5th level

When you successfully land both attacks granted by your Flurry of Blows, you may spend an additional ki point to make a third unarmed strike as a reaction, which counts as an attack granted by Flurry of Blows for the purposes of other features.

FOCUSED AIM

Prerequisite: 5th level

You focus your perception to the very instant you make your attack, making minute adjustments to assure the blow hits. When you miss with an attack roll, you can spend 1 to 3 ki points to increase your attack roll by 2 for each of these ki points you spend, potentially turning the miss into a hit.

MONKEY STEP

Prerequisite: 5th level

You become difficult to pin down during a fight. You can move up to half your movement speed as a reaction when an enemy ends its turn within 5 feet of you. This movement doesn't provoke opportunity attacks.

TIGER POUNCES

Prerequisite: 5th level

Your predatory instincts keep your opponents from escaping. Whenever a hostile creature moves out of your reach, you can use your reaction to leap up to half your movement speed towards them, landing in an unoccupied space adjacent to the target. This movement doesn't provoke opportunity attacks. The creature must then succeed on a Strength saving throw, or be knocked prone.

PANTHER STALKS THE QUARRY

Prerequisite: 11th Level

When you are forcibly moved, you can use a reaction to pull an adjacent creature or object with you. If the target is an unwilling creature, it must succeed on a Strength saving throw to avoid being moved.

PART THE WEAVE

Prerequisite: 11th level

Your knowledge of magic and its users allows you to react swiftly to their machinations, and even use your ki to disrupt their work. Whenever a creature within your reach begins casting a spell, you can spend 3 ki points to make an unarmed strike against them as a reaction. On a hit, they take damage as normal, and you attempt to disrupt the spell's magic. If the creature is casting a spell of 3rd level or lower, its spell fails and has no effect. If it is casting a spell of 4th level or higher, make a Wisdom ability check. The DC is equal to 10 + the spell's level. On a success, the creature's spell fails and has no effect.

SNAKE STRIKE

Prerequisite: 11th level

You learn to strike like a cobra at any openings your enemies present. Whenever a creature misses you with a melee attack roll, you can use your reaction to make an unarmed strike against them.

TURN THE TIDE

Prerequisite: 11th level

This reaction lets you spend 1 ki point to divert the force of a melee weapon attack you are hit by. When you do so, the damage you take from the attack is reduced by 1d10 + your Dexterity modifier + your monk level.

If you reduce the damage to 0, you can divert the attack completely if you have at least one hand free. If you divert an attack in this way, you can spend 1 ki point to make an unarmed strike against the attacking creature as part of the same reaction.

FLASH FOCUS DEFENSE

Prerequisite: 17th Level

Your focus hones to a razor's edge, helping you roll with punches before they are even thrown. When an attacker that you can see hits you with an attack, you can use your reaction to halve the attack's damage against you.

SPECTER HAUNTS THE SPIRIT

Prerequisite: 17th Level

As a reaction when another creature within 30 feet of you teleports or is shunted to another plane of existence, you may spend 4 ki points to attune to their ki and also be shunted, appearing in an unoccupied space nearest to the target.

STILL LAKE'S SURFACE

Prerequisite: 17th Level

When a creature within your reach begins to activate a magical effect, you may use your reaction to expend 5 ki and totally sever their connection to the weave. The target must succeed on a Charisma saving throw, or the triggering effect fails and is wasted. Moreover, on a failed save, the target loses the ability to cast spells and ongoing magical effects (other than this one) on the creature are suppressed until the start of your next turn. The powers and properties of magic items in the target's possession are suppressed until the start of your next turn.





MONASTIC TRADITIONS

There are myriad traditions of monastic pursuit that are common in the monasteries scattered across the multiverse. Most monasteries practice one tradition exclusively, but a few honor many traditions and instruct each monk according to his or her aptitude and interest. The vast majority of traditions rely on the same basic techniques, diverging as the student grows more adept. Thus, a monk need choose a tradition only upon reaching 3rd level.

WAY OF THE OPEN HAND

Monks of the Way of the Open Hand are the ultimate masters of martial arts combat. They learn techniques to push and trip their opponents, manipulate ki to heal their bodies, and practice advanced meditation that shields them from harm.

OPEN HAND TECHNIQUE

Starting when you choose this tradition at 3rd level, you can manipulate your enemy's ki when you harness your own. Whenever you hit a creature with one of the attacks granted by your Flurry of Blows, you can impose one of the following effects on that target:

- It must succeed on a Dexterity saving throw or be knocked prone.
- It must make a Strength saving throw. If it fails, you can push it up to 15 feet away from you.
- It can't take reactions until the end of your next turn.

WHOLENESS OF BODY

At 6th level, you gain the ability to heal yourself. As an action, you can regain hit points equal to three times your monk level. You must finish a long rest before you can use this feature again. Additionally, when you use your Quickened Healing feature, you can expend a number of hit dice up to half of your monk level as a part of the action. You add your Wisdom modifier to each hit die, and regain hit points equal to the total.

TRANQUILITY

Beginning at 11th level, you can enter a special meditation that surrounds you with an aura of peace. At the end of a short or long rest, you gain the effect of a *sanctuary* spell that lasts until the start of your next short or long rest (the spell can end early as normal). The saving throw DC for the spell is equal to your ki save DC.

QUIVERING PALM

At 17th level, you gain the ability to set up lethal vibrations in someone's body. When you hit a creature with an unarmed strike, you can spend 3 ki points to start these imperceptible vibrations, which last for a number of days equal to your monk level. The vibrations are harmless unless you use your action to end them. To do so, you and the target must be on the same plane of existence. When you use this action, the creature must make a Constitution saving throw. If it fails, it is reduced to 0 hit points. If it succeeds, it takes 10d10 necrotic damage.

You can have only one creature under the effect of this feature at a time. You can choose to end the vibrations harmlessly without using an action.

WAY OF THE HEAVEN PIERCER

Those that fall into the teachings of the heaven piercer are taught the way of willpower. Learn, adapt, evolve, and believe. One does succeed not just by wanting to do so, but by believing that they will. Those that practice it are often travelers. They are difficult to hold down, because they follow their heart, their dreams, and the will of their soul.

Monasteries that teach the way of the heaven piercer are often known for their reputations involving rather impulsive courses of action. Being first to act stand in the face of tyrants, or slaying incredible threats. Most notably of all, they are known for doing so with incredibly bad odds, and still come out on top.

*"We evolve, beyond the person that we were a minute before.
Little by little, we advance with each turn.
That's how a drill works!"*

DO THE IMPOSSIBLE

When you take this tradition at 3rd level, you gain the ability to harness the energy inside you to succeed when there seems to be no hope in sight of doing so. When you would fail an ability check or saving throw, you may use your reaction to spark the constantly turning energy inside you.

When you do this, you learn how far off your roll was from the DC required to succeed.

When you do this, you can choose to spend a number of ki points equal to half the difference between your roll and the DC required to succeed (rounded up) to choose to treat your roll as a success.

SEE THE INVISIBLE

Upon reaching 6th level, your eyes pierce with the fury of your soul. Few can shy from your gaze so long as your eyes burn with the fire of your soul. You can spend 2 ki points to cast the spell *see invisibility*.

In addition to the normal benefits of the spell's effects, when you cast *see invisibility* in this way you also gain advantage on Wisdom (perception) checks made to detect hidden creatures for the duration of the spell.

TOUCH THE UNTOUCHABLE

Once you've reached level 11, you have learned the ability to force your towering energy into your strikes, and reach out at those who attempt to evade you. When you expend your energy, your inner willpower manifests as large spinning spears of energy on your hands and around your wrists.

When you expend a ki point in any way, for the next minute your unarmed strikes have their reach increased by 5 feet, and deal piercing damage instead of its normal damage type.

BREAK THE UNBREAKABLE

Finally at 17th level, your pure force of will is unimaginable. When you hit a creature with an attack, you may narrow all of your will to win to empower your strike and deal an extra 1d6 force damage for every ki point you have less than your maximum, as your incredible will is empowered the more dire the situation. You may use this ability once, and cannot do so again until you complete a long rest or are critically struck.



WAY OF THE RIME WARDEN

In the frigid reaches of northern Sedden, there exists a time honored monastic tradition, handed down since the founding of the nation of Kurai; the way of the Rime Warden. The elder sages of the Kuranese monasteries teach that Kura himself developed this tradition to protect the explorers under his charge, and refined it by training in the presence of the great white dragon Kagen.

Followers of the Way of the Rime Warden train their bodies and minds in frigid conditions, manifesting a icy ki that they use to enhance their strikes and protect their allies. Monks of this tradition are taught to be the sentinels of their society, protecting their communities from the vicious monsters that thrive in such adverse conditions.

FRIGID KI

When you adopt this tradition at 3rd level, you learn how to chill your ki to better suit the coldest stretches of the plane. You gain the following benefits.

Frigid Strikes. At the start of your turn, you can spend 1 ki to circulate frigid energy through your veins. Until the end of your turn, when you make an unarmed strike or an attack with a monk weapon, you can choose to make the damage cold instead of its normal type.

Reflexive Adaptation. When you take cold damage, you can use your reaction to spend 1 ki point to gain resistance to cold of cold damage until the start of your turn.

Tundra Traveler. You become naturally adapted to cold climates, granting you immunity to wilderness hazards associated with the cold, and the effects of extreme cold. Moreover, you ignore difficult terrain made of ice or snow.

LESSONS OF THE RIME WARDEN

Also at 3rd level, you learn the ancient techniques necessary of the first Rime Warden. When you hit a creature with a Frigid Strike, their speed is reduced by 5 feet until the end of their next turn. If you hit a target whose speed has been reduced to 0 with a Frigid Strike, you can force the target to make a Constitution saving throw or become restrained until the end of their next turn.

Additionally, you learn from the stories of the first Rime Warden. You gain proficiency in your choice of History, Persuasion or Survival.

SUBZERO KI

By 6th level, your frigid ki becomes even more pure. Your Frigid Strikes ignore resistance to cold damage.

Additionally, you can use your Reflexive Adaptation on a willing creature within 30 feet of you when they take cold damage, which lasts until the start of their turn. If multiple creatures take cold damage from the same source, you can use multiple reactions for the same instance of cold damage, spending ki for each target.

Finally, when you channel your frost ki, you reduce the target's speed by 10 feet, instead of 5.

FROST SENTINEL

At 11th level, you learn how to manipulate other's life energy to inure them. At the end of a long rest, you can choose a number of willing creatures within 30 feet of you, up to your Wisdom modifier. You and your chosen targets gain the benefit of your Tundra Traveler feature, and gain temporary hit points equal to your Wisdom modifier + your monk level. While a creature has these temporary hit points, the targets gain resistance to cold damage.

Additionally, when you channel your frost ki, you reduce the target's speed by 15 feet, instead of 10, and your Frigid Strikes treat immunity to cold damage as resistance instead.

ABSOLUTE ZERO

By 17th level, you have refined your frigid ki to the point of perfection. You gain the following benefits.

- When you use your Reflexive Adaption, you grant the target immunity to cold damage, including against the triggering effect, until the start of the target's next turn.
- When you channel your frost ki, you reduce the target's speed by 20 feet instead of 15.
- Your Frigid Strikes ignore resistance and immunity to cold damage.
- Once per turn, when you hit a creature with a Frigid Strike, you can expend 2 ki points to completely sap the heat from them. The target must succeed on a Constitution saving throw or gain a level of exhaustion. Any levels of exhaustion gained in this way are removed if the creature completes a short or long rest, but only if they aren't in an environment of extreme cold. A creature who dies from exhaustion while they have a level of exhaustion from this feature freezes over. A corpse frozen in this way is considered an invalid target for the purposes of being revived or raised as an undead. The corpse can only be thawed by taking 50 fire damage from a single source.



WAY OF RECLAMATION

Healing and restoration magic may knit wounds or remove curses, but recovering from some trauma is a lifelong journey. These wounds run deep and affect how you develop as a person. Monks of this tradition focus on learning to cope with their wounds and emerge stronger because of it.

You may wish to work with your DM on how to integrate your character's trauma into their backstory. If you decided on this subclass later in the game, perhaps your character was in denial of the trauma's effects beforehand, or simply had not started on their healing path. You may also wish to consider how the stages of this subclass influence how you roleplay your character.

BONUS PROFICIENCIES

When you choose this tradition at 3rd level, you begin to reflect more deeply on your experiences and find a creative outlet to channel your energy. You gain proficiency in Insight, or another skill of your choice if you already have proficiency with Insight. You also gain proficiency with one set of artisan's tools or one instrument.

PAIN

Also at 3rd level, as you start your healing process, your wounds are more raw. You react to stress by lashing out—a sign that you are fighting through your struggles rather than surrendering to them.

As a reaction to being hit with a melee attack, you can spend 1 ki point to make a single unarmed strike at advantage.

HOPE

At 6th level, even when things seem their darkest, you don't give into despair. If you succeed on a death saving throw, you can spend 1 ki to immediately regain 1 hit point.

ACCEPTANCE

When you reach 11th level, you make peace with your trauma. You may not like the fact that you went through what you did, but you accept that it is now a part of you, and that it allowed you to grow from your experience.

When you take damage, you can use your reaction to gain temporary hit points equal to your Wisdom modifier. If you choose to spend a ki point as a part of the reaction, you gain temporary hit points equal to one roll of your martial arts die plus your Wisdom modifier instead.

FORGIVENESS

At 17th level, you reach the final stage of your journey—learning to show compassion and forgive those that wronged you, even if that person is yourself.

When you reduce a creature to 0 hit points and choose to do so nonlethally, you can cause it to no longer be a threat when it awakens. When you do so, the creature loses all features that allow it to deal damage or affect an unwilling creature (such as multiattack, heated body, or shapeshifting), weapon proficiencies, and spellcasting. Any natural weapons become improvised weapons that deal 1d4 damage, with no other effects. These effects can only be reversed by a *wish* spell.

Additionally, the target is freed from any mind-altering effects it suffers from, such as madness or a *geas* spell.

Sparing a creature this way grants you temporary hit points equal to double its challenge rating or level (whichever is higher). These temporary hit points are not removed at the end of a long rest.



WAY OF THE SERPENT

Monks of the Way of the Serpent learn how to capitalize on keeping enemies close, on and off the battlefield. These monks constrict their foes like a snake, and can enter and exit melee as easily as a snake enters and exits its burrow.

The Way of the Serpent places emphasis on emulating the snake in every day life as well. Followers of this tradition are capable of emulating a serpent's guile to snatch the upper hand in a conversation, making them excellent infiltrators that hide in plain sight.

CONSTRICING VICE

At 3rd level, you learn to ensnare your foes, crushing the life from them. You can choose to use your Dexterity modifier instead of your Strength modifier when you make a Strength (Athletics) check. Once per turn when you hit a creature with one of the attacks granted by your Flurry of Blows feature, you can choose to attempt to grapple the target as a part of the attack.

When a creature you are grappling attempts and fails to break free of your grapple, you can spend 1 ki point as a reaction to constrict them, dealing bludgeoning damage equal to your Martial Arts die + your Dexterity modifier. The target is also restrained until the start of your next turn or until the grapple ends.

OPHIDIAN STANCE

At 6th level, you learn to adapt your body to the movements of the more advanced techniques of this style. You can move at full speed while you are prone, and you gain the benefits of the Disengage action while you are prone. You can stand up from prone without spending additional movement. When you are the target of an attack, you can use your reaction to stand up from prone or drop prone before the attack roll is made.

EYES OF THE SERPENT

At 11th level, your reptilian ki infuses your eyes, sharpening your vision and causing your pupils to become snake-like slits. You gain darkvision out to 60 feet, and your darkvision is not impeded by magical darkness. If you already had darkvision, it increases by 30 feet instead.

As a bonus action, you can attempt to transfix a target that can see you, overpowering their senses with your mental influence. The target must make a Wisdom saving throw against your Ki save DC. If it fails, it is charmed by you until the start of your next turn. A creature who succeeds on its saving throw is immune to the effect to this feature for 1 minute.

Additionally, when you make a Charisma ability check or Wisdom (Insight) check to socially interact with another creature, you may use your reaction to attempt to charm them in the same way, potentially granting advantage on the triggering check.

MEDUSA'S GAZE

By 17th level, you have learned to emulate the gaze of one of the most infamous serpentine creatures. When you hit a creature charmed by you with an unarmed strike, you can spend 2 ki points to force them to make a Constitution saving throw. If they fail, they are paralyzed until the end of their next turn.

If you critically hit the target, you may spend 3 ki points to petrify the target instead. You cast the *flesh to stone* spell on the target without any components, however your eyes flash with the malevolent gaze of the medusa. The target has disadvantage on their saving throws to avoid this petrification if they are grappled by you.



WAY OF THE STILL TIDE

Monks that follow the Way of the Still Tide believe that magic is not meant to be used lightly. Some monasteries of this order are religious in nature, acting on behalf of gods of magic such as Mystra, Icae, Wee Jas or Vecna. Others are secular in nature, but respect the power that magic holds.

Regardless of their possible faiths, these monasteries see magic as a mighty current that could overflow if left unchecked, and safeguard against the misuse of magic, from people and monster alike. Followers of the way of the Still Tide refrain from traditional spellcraft, relying on their inner cultivation to produce wondrous effects.

INSIGHTS OF THE TIDE

Starting when you choose this tradition at 3rd level, you learn some insights from the flocs of magic itself. You gain the following benefits:

Read the Waters. You can use your Wisdom in place of your Intelligence when you make a Intelligence (Arcana) check. Additionally, you can expend 1 ki to cast *detect magic*.

Ripples of Magic. When you succeed on a saving throw against a magical effect that originated from a creature you can see within 30 feet of you, you can use your reaction to spend 1 ki to redirect the residual magic. That creature must make a Charisma saving throw. On a failed save, the creature takes force damage equal to your Martial Arts die plus your Wisdom modifier.

CALM THE WAVES

At 6th level, you learn to use your ki to still the flow of magic. When a creature within your reach begins casting a spell, you can use your reaction to make an unarmed strike against the target. If the attack hits, the target takes damage as normal, and you can expend 1 ki point to force that creature to make a Charisma saving throw or suffer one of the following effects (your choice).

Dam Magic. The target loses their lowest level spell slot. If they have no remaining spell slots, they take force damage equal to your Martial Arts die plus your Wisdom modifier.

Disrupt Magic. The target has disadvantage on saving throws to maintain concentration on the triggering spell.

Still Magic. If the spell requires an attack roll, it is made with disadvantage. If the spell requires a saving throw, it is made with advantage.

COMPLETE STILLNESS

Beginning at 11th level, your mastery of your own body extends to how you interact with the flow of magic. You can use your Stillness of Mind feature to repeat a saving throw against one magical effect afflicting you. You suffer no consequences (such as taking damage) for failing this saving throw. Once you end a magical effect due to this feature, you cannot use it again until you complete a short or long rest.

PARTY COHESION

Before playing a monk of this tradition, talk with your group about how an anti-magic monk will affect party dynamics. Remember to be courteous to your fellow players and avoid making a character so strict they can't function with others!

PERFECT PLACIDITY

At 17th level, you master the art of controlling the flow of magic in other creatures. You can use your Calm the Waves feature whenever a creature uses a magical effect, and it causes the following additional effects if the creature fails its saving throw.

Dam Magic. You regain hit points equal to twice the level of the spell. If the effect was not a spell, you gain hit points equal to the challenge rating or level of the creature it originated from (whichever is higher). If this healing would go over your maximum hit points, you gain the remainder as temporary hit points.

Disrupt Magic. The target has disadvantage on Constitution saving throws for 1 minute. The target must repeat their saving throw at the end of each turn, ending this extra effect on a success.

Still Magic. The effect's range is halved. If the effect has an area of effect, each measurement in the area calculation is halved for the duration.



WAY OF THE SUN SOUL

Monks of the Way of the Sun Soul learn to channel their life energy into searing bolts of light. They teach that meditation can unlock the ability to unleash the indomitable light shed by the soul of every living creature.

LUMINOUS SOUL

Starting when you choose this tradition at 3rd level, you emit a radiant light that comes from your very soul. You shed bright light in a 10-foot radius and dim light for an additional 10 feet. You can extinguish or restore the light as a bonus action. The radius of both the bright and dim light increases by 5 feet when your unarmored movement increases, as shown in the Monk table.

When you reach 10th level, this light becomes sunlight.

RADIANT ARTS

Also at 3rd level, you learn techniques to utilize your radiant soul. You gain the following features.

Solar Flare. When you are targeted with an attack by a creature within the bright light of your Luminous Soul feature, you can use your reaction to force them to make a Constitution saving throw against your ki save DC or make the attack at disadvantage as your inner light flares up. A creature who is immune to the blinded condition automatically succeeds.

You can use this feature a number of times equal to your Wisdom modifier (a minimum of once), and you regain all expended uses when you finish a long rest. While you have no uses available, you can spend 1 ki point to use this feature again.

Sun Bolt. You gain a new attack option. This special attack is a ranged spell attack with a range of 30 feet, and counts as an unarmed strike for the purposes of other features. You can choose to add Wisdom, instead of Strength or Dexterity, to its attack and damage rolls, and it deals radiant damage.

The range of this attack increases by 5 feet when your unarmored movement increases, as shown in the Monk table.

SEARING ARC STRIKE

At 6th level, you gain the ability to channel your ki into searing waves of energy. You can spend 2 ki points to produce a blinding flash of light in either a 15-foot cone or a 30-foot line that is 5 feet wide (your choice) as a bonus action. Each creature within the area must make a Constitution saving throw against your ki save DC or take 3d6 radiant damage and become blinded until the start of your next turn. A creature who succeeds takes half as much damage and is not blinded.

You can spend additional ki points to make a brighter flash. Each additional ki point you spend increases the damage by 1d6 and range by 5 feet if it is a cone or extends its length 10 feet if it is a line. The maximum number of ki points that you can spend on a Searing Arc Strike equals half of your monk level.

SEARING SUNBURST

At 11th level, you gain the ability to create an orb of light that erupts into a devastating explosion. When you take the Attack action, you can forgo all of your attacks to magically create an orb and hurl it at a point you choose within 150 feet, where it erupts into a sphere of radiant light for a brief, deadly instant.

Each creature in that 20-foot radius sphere must succeed on a Constitution saving throw against your ki save DC or take radiant damage equal to two rolls of your Martial Arts die. The explosion goes around corners, but a creature doesn't need to make the save if they are behind total cover that is opaque.

You can increase the sphere's damage by spending ki points. Each point you spend, to a maximum of 3, increases the damage by two dice.

SUN SHIELD

By 17th level, the light that emanates from your soul shelters your allies and sears your foes. If a creature hits another creature that's within the bright light from your Luminous Soul feature, you can use your reaction to deal radiant damage to the attacking creature. The radiant damage equals a roll of your Martial Arts die + your Wisdom modifier.



THE MONK

A revision of the Monk class for the world's greatest roleplaying game! The revised monk is redesigned to have less polarizing abilities, while bringing the class up to par with the other options available simultaneously. The Revised Monk works with all official monk subclasses.

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