



WAY OF THE ELEMENTS

The Way of the Elements is a monastic tradition that teaches a monk to harness the power of the elements. When a monk clears their mind and meditates, their energy can touch and connect with the natural world. Through physical training and practiced forms, they can use their ki to enhance their training with the nature of the elements they connect with. Over time a monk of this tradition learns a number of forms, each representing a different element and augmenting their fighting style.

Monks of this tradition are often fiercely competitive, always seeking to prove how a particular element or form is greater than another. Great tournaments are held at monasteries of this tradition to see who has the greater mastery of the fickle powers of nature.

DISCIPLE OF THE ELEMENTS

When you choose this tradition at 3rd level, you learn magical stances that harness the power of various elements.

Each stance provides you with abilities and benefits that enhance existing monk class features and may provide you with new ones. Starting at 3rd level, when you choose this tradition, you choose one of the elemental stances which are detailed in the Elemental Stances section below. You learn one additional stance at 6th, 11th and 17th level.

As a bonus action on your turn, you can enter an elemental stance you know. Entering a stance costs 2 ki points and you remain in that stance for 1 minute.

All stances allow you to end your stance early by spending your action to perform a dazzling display of

marital and elemental mastery. Your stance also immediately ends if you run out of ki points, or are knocked unconscious. You can only be in one stance at one time.

ELEMENTAL ATTUNEMENT

At 3rd level, as an action you can briefly control elemental forces nearby, causing one of the following effects of your choice:

- Create a harmless, instantaneous sensory effect related to air, earth, fire, or water, such as a shower of sparks, a puff of the wind, a spray of light mist, or gentle rumbling of stone.
- Instantaneously light or snuff out a candle, a torch or small campfire.
- Chill or warm up to 1 pound of nonliving material for up to 1 hour.
- Cause earth, fire, water or mist that can fit within a 1-foot cube to shape itself into a crude form you designate for 1 minute.

ELEMENTAL STANCES

Air Stance. Air represents grace, mobility and the fickle nature of the wind. Whilst you are in air stance, you gain the following benefits:

- When you use the Step of the Wind class feature to take the Dash action, you gain a flying speed equal to your current speed until the end of your turn.
- You are unaffected by difficult terrain.
- If a creature misses you with a melee attack whilst using the Patient Defense class feature, you may swap places with that creature, or move up to 15 feet away from them without provoking attacks of opportunity.

As an action on your turn, you may end this stance early and move up to your Unarmored Movement speed as if you were flying. You do not provoke attacks of opportunity from creatures during this movement and may make one unarmed attack against a creature you pass for every two ki points you choose to spend. You cannot spend more ki points than half your monk level (rounded down) in this way.

You cannot use this feature again until you have completed a short or long rest.

Fire Stance. Fire represents courage, aggression and the destructive nature of fire. Whilst you are in fire stance, you gain the following benefits:

- Whenever you hit a creature with one of the attacks granted by your Flurry of Blows, you deal additional fire damage equal to your Wisdom modifier and score a critical hit on a 19 or 20.
- You have advantage on saving throws against being frightened.

As an action on your turn, you may end this stance early and engulf your enemies in a blast of fire. Choose either all creatures within a 15 foot cone originating from you or all creatures in a 5 foot radius around you. All creatures must make a Dexterity saving throw. On a failed save the creatures take 3d8 fire damage, plus an additional 1d8 fire damage for every two ki points you choose to spend. You cannot spend more ki points than half your monk level (rounded down) in this way. On a successful save the creature takes half as much damage.

You cannot use this feature again until you have completed a short or long rest.

Water Stance. Water represents the constant push and pulls of the tide and the ever-fluid nature of the waves. Whilst you are in water stance, you gain the following benefits:

- Once per round, in place of one of your regular attacks, you can conjure a whip made of water to make an attack against a creature within 30 feet of you. This special attack is considered a melee unarmed strike. If the attack hits, you deal damage as though you had hit them with an unarmed strike and the creature must make a Strength saving throw. On a failed save you can either push the creature up to 10 feet away from you, or pull it

up to 10 feet towards you. On a successful save, you do not push or pull the creature. You can make additional attacks granted by the Extra Attack, Martial Arts or the Flurry of Blows class features as normal.

- If you are grappled whilst in this stance, you can use your reaction to immediately attempt to break free of the grapple.
- When you use the Step of the Wind class feature on your turn, you may move through a hostile creature's space without penalty.
- You gain a swim speed equal to your current speed.

As an action on your turn, you may end this stance early to conjure a 10 foot cube of ice originating from you. Any creatures in the area must make Dexterity saving throws or be restrained until the end of their next turn. You may increase the area of the effect by 5 feet for every two ki points you choose to spend. You cannot spend more than half your monk level (rounded down) in this way.

You cannot use this feature again until you have completed a short or long rest.

Earth Stance. Earth represents vitality, strength and the enduring nature of the land. Whilst you are in earth stance, you gain the following benefits:

- Bludgeoning, slashing, and piercing damage you take is reduced by your Proficiency modifier plus your Wisdom modifier, but you lose the benefits of the Unarmoured Speed and Evasion class features.
- You have advantage on Strength saving throws against any effects that push you, pull you or knock you prone.
- You gain tremorsense out to 15 feet, and can detect and pinpoint the origin of vibrations within that radius, provided that you and the source of the vibrations are in contact with the same surface or substance.

As an action on your turn, you may end this stance early to channel the durability of the earth into your body. You gain temporary hit points equal to half your monk levels plus your Wisdom modifier. You may gain 5 additional temporary hit points for every two ki points you choose to spend. You cannot spend more than half your monk level (rounded down) in this way.

You cannot use this feature again until you have completed a short or long rest.

Metal Stance (Requires 6th level). Metal represents reliability, leadership, and precision. Whilst you are in Metal stance, you gain the following benefits:

- When you roll a 1 or 2 on a damage die for an attack you make with a monk weapon, excluding unarmed strikes, you can reroll that damage die but must use the new result.

- You have advantage on saving throws against being charmed, paralyzed or stunned.
- When you use the Patient Defense monk feature, you can choose to gain the following benefit instead of taking the Dodge action: Until the start of your next turn you may use your reaction to make a melee attack against a creature within 5 feet that attacks you. You must use a monk weapon, excluding unarmed attacks, and you cannot spend ki to make this attack a Stunning Strike.

As an action on your turn, you may end this stance early to send out vibrations of ki to empower and enhance your allies' weapons. Choose a creature that is within 60 feet and can hear you. That creature gains advantage on their next weapon attack and deals your martial arts die in bonus damage. You may choose an additional creature for every two ki points you choose to spend. You cannot spend more than half your monk level (rounded down) in this way. Each creature can only benefit from this ability once per turn.

You cannot use this feature again until you have completed a short or long rest.

Storm Stance (Requires 11th level). Storm represents speed, spirit and the deadly power of the natural world. Whilst you are in storm stance, you gain the following benefits:

- When you use the Step of the Wind monk feature, you may choose to teleport up to 30 feet to any unoccupied space you can see, instead of taking the Dash or Disengage actions. When you appear in the chosen space, a loud thunderclap erupts and can be heard up to 300 feet away.
- When you hit a creature with a melee attack, you deal bonus lightning damage equal to your Wisdom modifier. You may add this bonus damage only once per creature each round.
- When you take lightning damage from a spell or attack, you may use your reaction to reduce the damage as though you were using the Deflect Missiles class feature. You may reduce the damage by $1d10 + \text{your Dexterity modifier} + \text{your monk level}$. If you reduce the damage to 0 and have one hand free you may spend 2 ki points to redirect the attack as part of the same reaction. If the attack requires a Dexterity saving throw, the new target must make a save against your ki save DC. If the attack was a ranged attack, you make a ranged spell attack, which you are proficient in and uses your Dexterity modifier for the attack roll, and which has a range of 60 feet.

As an action on your turn, you may end this stance early to enshroud yourself in swirling storm energies. Until the end of your next turn, you gain resistance to lightning and thunder damage and any creature that starts its turn within 5

feet of you takes half your monk level in lightning damage. You may increase the duration of this effect by one round for every two ki points you spend up to a maximum of half your monk level (rounded down).

You cannot use this feature again until you have completed a short or long rest.

Void Stance: (Requires 11th level). Void represents the ability to overcome obstacles, sensing the unseen and the mystical nature of the universe. Whilst you are in void stance you gain the following benefits:

- You gain resistance to force damage.
- You gain Truesight to a range of 120ft and cannot be surprised. You have advantage on Dexterity saving throws against effects you can't see such as traps or spells.
- Your unarmed strikes deal force damage instead of their usual type and deal double damage against objects.

As an action on your turn, you can channel the mystical energy of the universe into your ki and deliver a spiraling blast of magical force towards your enemies. Each creature in a 5 foot wide, 100 foot long line must make a Dexterity saving throw. On a failed save the creature takes $5d8$ force damage, or half as much on a successful save. You may deal an additional $+1d8$ damage for every two ki points you spend, up to a maximum of half your Monk level (rounded down).

You cannot use this feature again until you have completed a short or long rest.