

Monastic

Traditions:

The Four Temples

Way of the Sumo

Sumo warriors are exemplars of strength and determination, unwilling to let anything knock them down or get past their defenses. They are immovable as the stone, fleet of foot, a balance of poise and strength. The techniques of the sumo are all about grappling, throwing, and immobilizing your opponent, all while weathering whatever your opponent throws against you.

Sumo Techniques

Starting at 3rd level, whenever you make an unarmed strike against an opponent, you may spend a ki point to attempt a sumo technique. For Athletics checks made for Sumo techniques, you may use your Dexterity modifier in place of your Strength. Your techniques are:

- Grapple your opponent.
- Throw your opponent. Make an opposing Athletics checks against a creature no more than one size category larger than you. If your opponent fails, you throw them into an empty space adjacent to you, dealing an additional 1d6 bludgeoning damage and forcing them prone.

- Slap down your opponent. Make an unarmed attack roll against the target. On a success, you deal your martial arts die for damage without your modifier, and the opponent must succeed a Dexterity saving throw against your Ki save DC or fall prone, unless the target is more than one size category larger than you.

Contends With Demons

At 6th level, when you are targeted by effects that would push or pull you by force, the moving effect is halved for you. Additionally, as an action, you can spend 3 ki points and cast the *Enlarge* spell on yourself.

Withstands All Foes

When you reach 11th level, once per short or long rest, you may use your action to recover your overall character level in hit points. In addition, you gain resistance to all damage types until the start of your next turn.

Moves The Earth

At 17th level, once per long rest you can use your action to channel your ki into a ground strike, creating a quaking sphere of thunderous energy. All hostile creatures within 10 feet, including flying creatures, must make a Constitution save against your Ki save DC. On a failed save, they take 6d8 Thunder damage and fall prone, and take half damage without falling prone on a successful save.

Way of Eight Palms

Practitioners of the Way of Eight Palms understand the special relationship between space, movement, and combat. You were taught that movement and grace were just as important as striking and defense, if not more so. As a student of the Eight Palm path, you run circles around your opponents, delivering precision blows with fists, feet, and blades.

Bonus Proficiencies

You gain proficiency with longswords, scimitars, and improvised weapons, and you treat them as monk weapons for the purposes of your class features.

Circling Stride

Starting at 3rd level, once per turn when you make an unarmed or monk weapon attack, you may choose to either disengage or move 10 feet as a free action. In addition, when you are unarmored and adjacent to multiple opponents, your Armor Class increases by 2.

Aspect of Wind

At 6th level, you can move through a space occupied by another creature, but cannot end your turn there unless another feature allows you to do so, and opportunity attacks against you have disadvantage while you are

unarmored. You may also use your reaction to lessen the damage of an attack or spell effect against you that you can see by the sum of both your Dexterity and Wisdom modifiers.

Around, Through, Within

At 11th level, once per turn, you may choose to spend 1 ki point, extending the reach of your next attack by 5 feet. If that attack lands, you may use your bonus action to teleport to any unoccupied space within 10 feet of the target. Attack rolls against you have disadvantage until the start of your next turn,

Eight Palms

At 17th level, once per long rest, when you trigger your *Flurry of Blows* ability, the number of attacks granted increases to seven (for a total of eight attacks). You may target one creature or several, however separate targets must be no more than 10 feet apart. You may teleport up to 10 feet between these attacks. If you teleport beyond the range of any enemies during this sequence, the sequence ends prematurely.

Way of the Unarmored Knight

Bereft of armor, but not of honor, the unarmored knight relies on their determination and fighting spirit to carry them to victory. You may not come from the same disciplined traditions of other monks, but you are conditioned for war and trained with a multitude of weapons.

Bonus Proficiencies

You gain proficiency in the Animal Handling skill, lances, and one of the following sword types: longswords, scimitars, or rapiers. For the purposes of monk class features, the sword type you choose counts as a monk weapon.

Knight's Charge

Starting at 3rd level, you embrace the purpose and intrepid soul of a warrior. When you take the dash action you may make an unarmed strike or monk weapon attack as a bonus action. You have advantage on the attack roll, which deals an additional damage die of piercing damage if it lands. Additionally, you may cast the *Compelled Duel* and *Shield* spells at a cost of 2 ki points.

Marksman's Eye

At 6th level your focus becomes unparalleled. You gain advantage on perception checks related to sight. Once per turn, when you make a ranged or thrown weapon attack with a simple weapon, you deal an additional damage die of damage on the attack. You may also spend 1 ki point to eliminate cover or range penalties on any ranged attack rolls you make with simple weapons.

Swordsman's Arm

At 11th level, you can infuse your ki into powerful weapon or unarmed attacks. You can cast *Blinding Smite* for a cost 4 ki points, and *Staggering Smite* for a cost of 5 ki points.

Warrior's Will

At 17th level, you are an exemplary warrior. You deal an additional d4 force damage on one melee or unarmed attack per turn, and gain advantage against fear and charm effects. In addition, you regain 1 ki point whenever you score a critical hit with an unarmed attack or monk weapon

The Sanguine Path

Those who walk the Sanguine Path pay homage to the powers of death and dying. Not only do you understand that all life ends, you understand *how* to end it. The power you channel is considered heinous by some, but your masters contend that there is virtue and solace in the finality you bring.

Sanguine Strike

At 3rd level, whenever you make an unarmed or monk weapon attack, you may spend 1 ki point and use your bonus action to make a Sanguine Strike. You make an unarmed strike against the target, and if it lands the target must make a Constitution saving throw. On a failed save, the target takes 1d4 necrotic damage at the beginning of each turn for one minute until they succeed the saving throw or the condition is otherwise removed. You may stack up to three Sanguine Strikes on the same target. A successful Constitution save by the target negates all Sanguine Strikes upon it.

Red Haze

At 6th level, dark power boils within you, unsettling your enemies. When an enemy you can see within 30 feet targets you with

an attack, you can use your reaction to shroud yourself in a dark red maelstrom of sanguine energy, imposing disadvantage on the attack. You can use this ability a number of times equal to half your Wisdom modifier per short or long rest.

Sanguine Effusion

At 11th level, you may subject yourself to the dark powers you serve, harming yourself, but aiding your allies. You may use your action to deal 1d8, or up to 3d8, necrotic damage to yourself. At the same time, you gain a pool of temporary hit points equal to the number rolled, which you may divide among up to five allied creatures within 30 feet of you, including yourself.

Hematomania

At 17th level, you become a paragon of the Sanguine Path. Whenever you are below maximum health and deal damage to a living creature with an unarmed strike or monk weapon, once per turn you may spend 1 ki point to regain 1d4 + your Wisdom modifier in hit points.

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