

FLURRY OF BLOWS ◆

MONK

FLOURISH

Make two unarmed Strikes. If both hit the same creature, combine their damage for the purposes of resistances and weaknesses. Apply your multiple attack penalty to the Strikes normally. As it has the Flourish trait, you can use Flurry of Blows only once per turn.

CRANE STANCE ◆

MONK

STANCE

Requirements: You are unarmored.

You enter the stance of the crane, holding your arms in an imitation of the crane's wings and using flowing, defensive motions. You gain 1 +1 circumstances to AC, but the only Strikes you can make are crane wing attacks. These deal 1d6 Bludgeoning damage; are in the Brawling group; and have the Agile, Finesse, Non-lethal, and Unarmed traits.

While in Crane Stance, reduce the DC for High Jump and Long Jump by 5, and when you Leap, you can move an additional 5 feet horizontally or 2 feet vertically.

DRAGON STANCE ◆

MONK

STANCE

Requirements: You are unarmored.

You enter the stance of the dragon and make powerful leg strikes like a lashing dragon's tail. You can make dragon tail attacks that deal 1d10 Bludgeoning damage. They are in the Brawling group and have the Backswing, Non-lethal, and Unarmed traits.

While in Dragon Stance, you can ignore the first square of difficult terrain while Striding.

KI RUSH ◆

MONK

You can use ki to move with extraordinary speed and make yourself harder to hit. You gain the *ki rush* ki spell and a focus pool of 1 Focus Point. The rules for ki spells are summarized in a sidebar on page 157 of the CRB and the full rules for focus spells appear in the CRB on page 300.

KI STRIKE ◆

MONK

You study the flow of mystical energy that allows you to harness it into your physical strikes. You gain the *ki strike* ki spell and a focus pool of 1 Focus Point. The rules for ki spells are summarized in a sidebar on page 157 of the CRB and the full rules for focus spells appear in the CRB on page 300.

MONASTIC WEAPONRY ◆

MONK

You have trained with traditional weaponry of your monastery or school. You gain access to Uncommon weapons that have the Monk trait and become trained in simple and martial Monk weapons. When your proficiency rank for unarmed attacks increases to Expert or Master, and your proficiency rank for these weapons increases to Expert or Master as well.

You can use melee Monk weapons with any of your monk feats or monk abilities that normally require unarmed attacks, though not if the feat or ability requires you to use a single specific type of attack, such as Crane Stance.

MOUNTAIN STANCE ◆

MONK

STANCE

Requirements: You are unarmored and touching the ground.

You enter the stance of an implacable mountain—a technique first discovered by dwarven monks—allowing you to strike with the weight of an avalanche. The only Strikes you can make are falling stone unarmed attacks. These deal 1d8 Bludgeoning damage; are in the Brawling group; and have the Forceful, Non-lethal, and Unarmed traits.

While in Mountain Stance, you gain a +4 status bonus to AC and a +2 circumstance bonus to defenses against being Shoved or Tripped. However, you have a Dexterity modifier cap to your AC of +0, meaning you don't add your Dexterity to AC, and your Speeds are reduced by 5 feet.

TIGER STANCE ◆

MONK

STANCE

Requirements: You are unarmored.

You enter the stance of a tiger and can make tiger claw attacks. These deal 1d8 Slashing damage; are in the Brawling group; and have the Agile, Finesse, Non-lethal, and Unarmed traits. On a critical success with your tiger claws, if you deal damage, the target takes 1d4 persistent Bleed damage.

As long as your Speed is at least 20 feet while in Tiger Stance, you can Step 10 feet.

WOLF STANCE ◆

MONK

STANCE

Requirements: You are unarmored.

You enter the stance of a wolf, low to the ground with your hands like fanged teeth. You can make wolf jaw unarmed attacks. These deal 1d8 Piercing damage; are in the Brawling group; and have the Agile, Backstabber, Finesse, Non-lethal, and Unarmed traits.

If you're flanking a target while in Wolf Stance, you wolf jaw unarmed attacks also gain the Trip trait.

DEFLECT ARROW ↷

MONK

Trigger: You are the target of a physical ranged attack.

Requirements: You're aware of the attack, are not Flat-footed against it, and have a free hand.

You gain a +4 circumstance bonus to AC against the triggering attack. If the attack misses, you have deflected it. You cannot use this feat to deflect unusually massive ranged projectiles (such as boulders or ballista bolts).

FLYING KICK ⚡

MONK

You launch yourself at a foe. Make a Leap or attempt a High Jump or Long Jump. At the end of the jump, if you're adjacent to a foe, you can immediately Strike that foe with an unarmed attack, even if the foe is in mid-air. You fall to the ground after the Strike. If the distance you fall is no more than the height of your jump, you land upright and take no damage.

STAND STILL ↷

MONK

Trigger: A creature within your reach uses a move action or leaves a square during a move action it's using.

You strike out when your foe tries to flee. Make a melee Strike against the triggering creature. If the attack is a critical hit and the trigger was a move action, you disrupt that action.

CRANE FLUTTER ↷

MONK

Prerequisites: Crane Stance

Trigger: You are targeted with a melee attack by an attacker you can see.

Requirements: You are in Crane Stance.

You interpose your arm between yourself and your opponent. Your circumstance bonus to AC from Crane Stance increases to +3 against the triggering attack. If the attack misses you, you can immediately make a crane wing Strike against the attacker at a –2 penalty, even if the attacker isn't within your reach.

DRAGON ROAR ⚡

MONK

AUDITORY

EMOTION

FEAR

MENTAL

Prerequisites: Dragon Stance

Requirements: You are in Dragon Stance.

You bellow, instilling fear in your enemies. Enemies within a 15-foot emanation must succeed at a Will save against your Intimidation DC or be Frightened 1 (or Frightened 2 on a critical failure). When a creature is frightened by the roar begins its turn adjacent to you, it can't reduce its frightened value below 1 on that turn. Your first attack that hits a frightened creature after you roar and before your next turn gains a +4 circumstance bonus to damage.

After you use Dragon Roar, you can't use it again for 1d4 rounds. Its effects end immediately if you leave Dragon Stance. Creatures in the area of your roar are then temporarily immune for 1 minute.

MOUNTAIN STRONGHOLD ⚡

MONK

Prerequisites: Mountain Stance

Requirements: You are in Mountain Stance.

You focus on your connection to the earth and call upon the mountain to block attacks against you. You gain a +2 circumstance bonus to AC until the beginning of your next turn.

Special: If you have this feat, the Dexterity modifier cap to your AC while in Mountain Stance increase from +0 to +1.

TIGER SLASH ⚡

MONK

STANCE

Prerequisites: Tiger Stance

Requirements: You are in Tiger Stance.

You make a fierce swipe with both hands. Make a tiger claw Strike. It deals two extra damage dice (three extra dice if you're 14th level or higher), and can push the target 5 feet away as if you have successfully Shoved them. If the attack is a critical success and deals damage, add your Strength modifier to the persistent Bleed damage from your tiger claw.

WHIRLING THROW ⚡

MONK

STANCE

Requirements: You have a creature grabbed or restrained.

You propel your grabbed or restrained foe a great distance. You can throw the creature any distance up to 10 feet, plus 5 feet + your Strength modifier. If you successfully throw the creature, it takes Bludgeoning damage equal to your Strength modifier plus 1d6 per 10 feet you threw it.

Attempt an Athletics check against the foe's Fortitude DC. You take a –2 circumstance penalty to your check if the target is one size larger than you and a –4 if it's larger than that. You gain a +2 circumstance bonus to your check if the target is one size smaller than you, and a +4 circumstance bonus if it is smaller than that.

Additional effects gained by the Critical success to Critical Failure can be found on CRB 162.

WOLF DRAG ⚡

MONK

STANCE

Prerequisites: Wolf Stance

Requirements: You are in Wolf Stance.

You rip your enemy off their feet. Make a wolf jaw Strike. Your wolf jaw gains the Fatal d12 trait to this Strike, and if the attack succeeds, you knock the target Prone.

IRONBLOOD STANCE ⬠

MONK

STANCE

Requirements: You are unarmored.

You enter the stance of impenetrable iron, refusing to yield to any blow. You can make iron seep unarmed attacks. These 1d8 Bludgeoning damage; are in the Brawling group; and Non-lethal, Parry, Sweep, and Unarmed traits.

While in Ironblood Stance, you gain Resistance 2 to all damage. The resistance increases to 3 at 12th, to 4 at 16th level, and to 5 at 20th level.

MIXED MANUEVER ⬠⬠

MONK

Prerequisite: Master in Athletics.

You combine two different maneuvers together into a single flowing whole. Choose any two of Grapple, Shove, and Trip. Attempt both of the attacks you chose against the same or different creatures, but don't apply the multiple attack penalty until after resolving both attacks.

TANGLED FOREST STANCE ⬠

MONK

STANCE

Trigger: A creature within your reach uses a move action or leaves a square during a move action it's using.

You strike out when your foe tries to flee. Make a melee Strike against the triggering creature. If the attack is a critical hit and the trigger was a move action, you disrupt that action.

WALL RUN ⬠

MONK

You defy gravity, traversing vertical planes as easily as the ground. Stride up to your Speed. You must start your movement on a horizontal surface. During the movement, you can run up vertical surfaces, like walls, at your full Speed. If you end the Stride off the ground, you fall after your next action or when your trun ends, whichever comes first (though you can Grab an edge, if applicable). If you have Water Step or a similar ability, Wall Run lets you run along flimsy vertical surfaces, as well as vertical liquids, such as a waterfall.

KNOCKBACK STRIKE ⬠

MONK

CONCENTRATE

You focus your strength into a blow powerful enough to push an enemy away from you. Make an unarmed Strike. If you hit, attempt an Athletics check to Shove the target. This attack uses the same multiple attack penalty as your Strike, and doesn't count toward your multiple attack penalty.

SLEEPER HOLD ⬠

MONK

ATTACK

INCAPACITATION

Requirements: You have a creature grabbed or restrained.

You pinch crucial points of your target's nervous system, impeding its ability to function. Attempt an Athletics check to Grapple the creature, with the following success and critical success effects instead of the usual effects.

Critical Success: The target falls unconscious for 1 minute, though it remains standing and doesn't drop what it holds.

Success: The target is Clumsy 1 until the end of its next turn.

WINDING FLOW ⬠

MONK

Frequency: Once per round.

Any journey consists of more than simply reaching your destination. You can use two of the following actions in any order: Stand, Step, and Stride. You can't use the same action twice.

DISRUPT KI ⬠⬠

MONK

NEGATIVE

Make an unarmed Strike. If it deals damage to a living creature, you block that creature's inner life force. The creature takes 2d6 persistent Negative damage and is Enfeebled 1 until the persistent damage ends. If you're 18th level or higher, this deals 3d6 persistent 3d6 Negative damage instead.

STANCE SAVANT ⬠

MONK

Trigger: You roll initiative.

You enter a stance without a thought. Use an action that has the Stance trait.

IRONBLOOD SURGE ◆

MONK

Requirements: You are unarmored.

You enter the stance of impenetrable iron, refusing to yield to any blow. You can make iron seep unarmed attacks. These 1d8 Bludgeoning damage; are in the Brawling group; and Non-lethal, Parry, Sweep, and Unarmed traits.

While in Ironblood Stance, you gain Resistance 2 to all damage. The resistance increases to 3 at 12th, to 4 at 16th level, and to 5 at 20th level.

MOUNTAIN QUAKE ◆

MONK

Prerequisite: Mountain Stronghold

Requirements: You are in Mountain Stance.

You stomp, shaking the earth beneath you. Creatures on the ground within a 20-foot emanation take damage equal to your Strength modifier (minimum 0), which they can resist with a basic Fortitude save. On a failure, they fall Prone. After you use this action, you can't use it again for 1d4 rounds.

Special: If you have this feat, the Dexterity modifier cap to your AC while using Mountain Stance increases from +1 to +2.

TANGLED FOREST RAKE ◆

MONK

Prerequisites: Tangled Forest Stance

Requirements: You are in Tangled Mountain Stance.

You reposition foes with raking attacks. Make a lashing branch Strike. If you hit and deal damage, you force the target to move 5 feet into a space within your reach. This follows the forced movement rules (CRB 475).

WILD WINDS GUST ◆◆

MONK

AIR

CONCENTRATE

EVOCATION

MANIPULATE

Prerequisites: Wild Winds Initiate

Requirements: You are in the wild winds stance.

You store up energy and release it in an enormous gust of rushing wind. Make a wind crash Strike against each creature in your choice of a 30-foot cone or a 60-foot line. These attacks all count toward your multiple attack penalty but the penalty doesn't increase until after you make all the attacks.

MASTER OF MANY STYLES ◆

MONK

Prerequisites: Stance Savant

Requirements: this is the first action of your turn.

You move between stances in an unceasing dance. You use an action with the Stance trait.

SHATTERING STRIKE ◆◆

MONK

The force of your considered blow shatters objects and defenses alike. Make an unarmed Strike. It bypasses the target's resistances. If the target has Hardness, the Strike treats the Hardness as if it were half its value.

SWIFT RIVER ◆

MONK

Trigger: Your turn ends and you have a status penalty to your Speed or are immobilized or slowed.

You flow like the water, avoiding all restraints. End one status penalty to your Speed, or end one Immobilized or Slowed condition affecting you

IMPOSSIBLE TECHNIQUE ↷

MONK

FORTUNE

Trigger: An enemy's attack hits you or you fail a saving throw against an enemy's ability.

Requirements: You are not armored or fatigued.

You execute a maneuver that defies possibility. If the triggering effect was an enemy's attack hitting you, the enemy rerolls the attack roll and uses the lower result. If the triggering effect was you failing a saving throw, you reroll the saving throw and use the higher result.