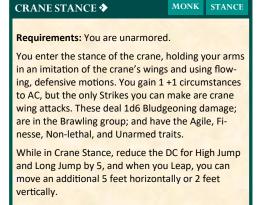
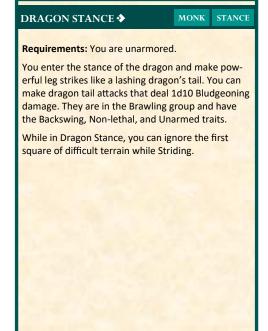
MONK FLOURISH FLURRY OF BLOWS **♦** Make two unarmed Strikes. If both hit the same creature, combine their damage for the purposes of resistances and weaknesses. Apply your multiple attack penalty to the Strikes normally. As it has the Flourish trait, you can use Flurry of Blows only once per turn.







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

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.

MONK STANCE MOUNTAIN 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 you AC of +0, meaning you don't add your Dexterity to AC, and your Speeds are reduced by 5 feet.

TIGER 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

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 1d8Peircing 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 2 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 boul-

ders or ballista bolts).

FLYING KICK **

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 2

MONK

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

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 2

MONK

Prerequisites: Crane Stance

Trigger: You are targeted with a melee attack by an

attacker vou 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

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 way 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 **

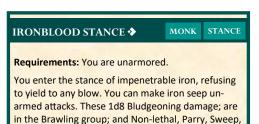
MONK

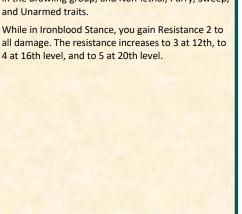
Prerequisites: Wolf Stance

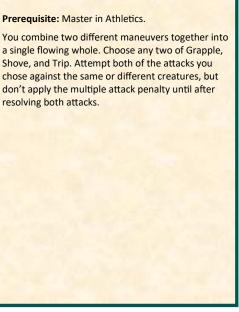
Requirements: You are in Wolf Stance.

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.

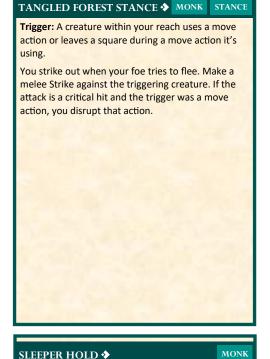






MONK

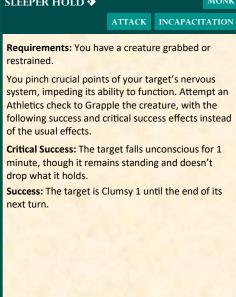
MIXED MANUEVER **



WALL RUN ❖ MONK

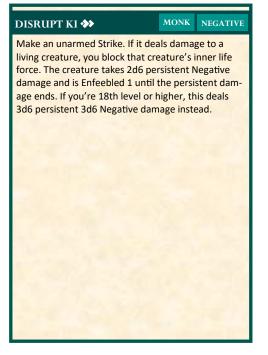
You defy gravity, traversing vertical planes as easily as the ground. Stride up to your Speed. You must start your movement on a horizontal surface. During the movement, you can run up vertical surfaces, like walls, at your full Speed. If you end the Stride off the ground, you fall after your next action 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.

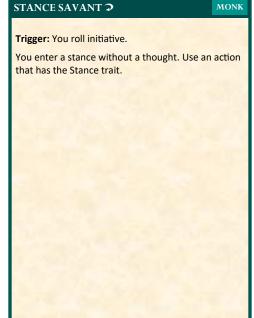
KNOCKBACK STRIKE You focus your strength into a blow powerful enough to push an enemy away from you. Make an unarmed Strike. If you hit, attempt an Athletics check to Shove the target. This attack uses the same multiple attack penalty as your Strike, and doesn't count toward your multiple attack penalty.

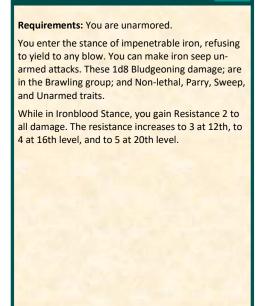


WINDING FLOW ❖ Frequency: Once per round. Any journey consists of more than simply reaching

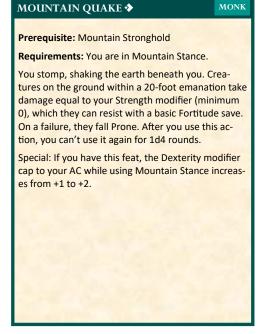
Any journey consists of more than simply reaching your destination. You can use two of the following actions in any order: Stand, Step, and Stride. You can't use the same action twice.

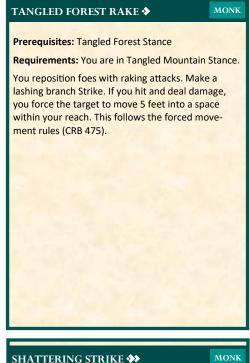


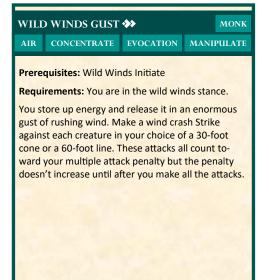


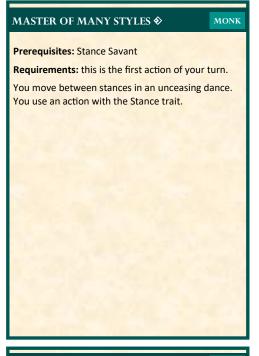


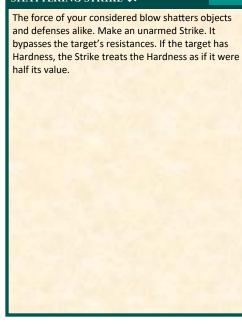
IRONBLOOD SURGE �











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

