
MONK
QUICK REFERENCE

— D&D 5E —

Level	Prof. Bonus	Martial Arts	Ki Points	Unarmored Movement	Features
1st	+2	1d4	—	—	Unarmored Defense, Martial Arts
2nd	+2	1d4	2	+10ft	Ki, Unarmored Movement
3rd	+2	1d4	3	+10ft	Monastic Tradition, Deflect Missiles
4th	+2	1d4	4	+10ft	Ability Score Improvement, Slow Fall
5th	+3	1d6	5	+10ft	Extra Attack, Stunning Strike
6th	+3	1d6	6	+15ft	Ki-Empowered Strikes, Monastic Tradition feature
7th	+3	1d6	7	+15ft	Evasion, Stillness of Mind
8th	+3	1d6	8	+15ft	Ability Score Improvement
9th	+4	1d6	9	+15ft	Unarmored Movement Improvement
10th	+4	1d6	10	+20ft	Purity of Body
11th	+4	1d8	11	+20ft	Monastic Tradition feature
12th	+4	1d8	12	+20ft	Ability Score Improvement
13th	+5	1d8	13	+20ft	Tongue of the Sun and Moon
14th	+5	1d8	14	+25ft	Diamond Soul
15th	+5	1d8	15	+25ft	Timeless Body
16th	+5	1d8	16	+25ft	Ability Score Improvement
17th	+6	1d10	17	+25ft	Monastic Tradition feature
18th	+6	1d10	18	+30ft	Empty Body
19th	+6	1d10	19	+30ft	Ability Score Improvement
20th	+6	1d10	20	+30ft	Perfect Self

MONKS

HIT POINTS

Hit Dice. 1d8 per monk level

Hit points at 1st Level. 8 + your Constitution modifier

Hit Points at Higher Level. 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, Religion, and Stealth

EQUIPMENT

You start with the following equipment:

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

UNARMORED DEFENSE

At 1st level, while wearing no armor and not wielding a shield, your AC equals 10 + your Dexterity modifier + your Wisdom modifier

MARTIAL ARTS

At 1st level, you gain the following benefits while you are unarmed or wielding only monk weapons and you aren't wearing armor or wielding a shield, when making an attack with unarmed strike or monk weapons:

You can use Dexterity instead of Strength for the attack and damage rolls.

You can roll a d4 in place of the normal damage. This increases as you gain monk levels.

When you use the attack action on your turn, you can make one unarmed strike as a bonus action.

KI

At 2nd level, you gain access to Ki Points. You can spend these to use various features. When you use a Ki point, it is unavailable until you finish a short or long rest. You must spend at least 30 minutes of the rest meditating to regain your ki points.

Ki save DC = 8 + your proficiency bonus + your Wisdom modifier

FLURRY OF BLOWS

Immediately after taking 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.

UNARMORED MOVEMENT

At 2nd level, your speed increases by 10ft while not wearing armor or wielding a shield. This increases as you gain monk levels.

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

DEFLECT MISSILES

At 3rd level, you can use your reaction to deflect or catch a missile when you are hit by a ranged weapon attack. When you do, the damage is reduced by 1d10 + your Dexterity modifier + your monk level.

If you reduce the damage to 0, you can catch it if it is small enough for you to hold in one hand, and you have a hand free. If you catch a missile in this way, you can spend 1 ki point to make a ranged weapon attack with the weapon or ammunition you caught, as part of the same reaction. You make this attack with proficiency, and the missile counts as a monk weapon for the attack. The range of this attack is 20/60ft.

ABILITY SCORE INCREASE

You can increase one ability score by 2, or two scores by 1, at 4th, 8th, 12th, 16th, and 19th level. You can't increase an ability score above 20 using this feature.

SLOW FALL

At 4th level, you can use your reaction to reduce any falling damage you take by an amount equal to five times your monk level.

EXTRA ATTACK

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

STUNNING STRIKE

At 5th level, when you hit another creature with a melee weapon attack, you can spend 1 ki point to attempt a stunning strike. The target must succeed on a Constitution saving throw or be stunned until the end of your next turn.

KI-EMPOWERED STRIKES

At 6th level, your unarmed strikes count as magical.

EVASION

At 7th level, when you are subjected to an effect that allows you to make a Dexterity save to take only half damage, you instead take no damage if you succeed, and half if you fail.

STILLNESS OF MIND

At 7th level, you can use your action to end one effect on yourself.

PURITY OF BODY

At 10th level, you are immune to disease and poison.

TONGUE OF THE SUN AND MOON

At 13th level, you understand all spoken languages. Additionally, any creature who can understand a language can understand you.

DIAMOND SOUL

At 14th level, you gain proficiency in all saving throws. Additionally, if you make a saving throw and fail, you can spend 1 ki point to reroll it and use the result.

TIMELESS BODY

At 15th level, you suffer none of the frailty of old age, and you can't be aged magically. You can still die of old age. Additionally, you no longer need food or water.

EMPTY BODY

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 but force damage.

Additionally, you can spend 8 ki points to cast the *Astral Projection* spell, without needing material components, targeting only yourself.

PERFECT SELF

At 20th level, when you roll initiative, and have no ki points remaining, you regain 4 ki points.

MONASTIC TRADITION

At 3rd level, you choose a monastic tradition. It grants bonuses at 3rd, 6th, 11th, and 17th level.

WAY OF THE OPEN HAND

OPEN HAND TECHNIQUE

At 3rd level, 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 succeed on a Strength saving throw, or be pushed up to 15ft away from you.
- It can't take reactions until the end of your next turn.

WHOLENESS OF BODY

At 6th level, you can use an action to regain hit points equal to three times your monk level. You must finish a long rest before you can use this feature again.

TRANQUILITY

At 11th level, at the end of a long rest, you gain the effect of a *Sanctuary* spell that lasts until the start of your next long rest (the spell can end early as normal). The saving throw DC is equal to 8 + your Wisdom modifier + your proficiency bonus.

QUIVERING PALM

At 17th level, when you hit a creature with an unarmed strike, you can spend 3 ki points to start imperceptible vibrations, which last for a number of days equal to your monk level. They are harmless unless you use your action to end them. To do so, you 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 only have 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 SHADOW

SHADOW ARTS

At 3rd level, you can spend 2 ki points to cast *Darkness*, *Darkvision*, *Pass Without Trace*, or *Silence*, without providing material components. Additionally, you know the *Minor Illusion* cantrip.

SHADOW STEP

At 6th level, when in dim light or darkness, as a bonus action you can teleport up to 60ft to an unoccupied space you can see that is also in dim light or darkness. You then have advantage on the first melee attack you make before the end of the turn.

CLOAK OF SHADOWS

At 11th level, when you are in dim light or darkness, you can use your action to become invisible. You remain invisible until you make an attack, cast a spell, or are in an area of bright light.

OPPORTUNIST

At 17th level, whenever a creature within 5ft of you is hit by an attack made by a creature other than you, you can use your reaction to make a melee attack against that creature.

WAY OF THE FOUR ELEMENTS

DISCIPLINE OF THE ELEMENTS

At 3rd level, you know the Elemental Attunement discipline and one other elemental discipline of your choice. You learn on additional elemental discipline of your choice at 6th, 11th, and 17th level.

Whenever you learn a new elemental discipline, you can also replace one that you already know.

Casting Elemental Spells. Some elemental disciplines allow you to cast spells. You don't need to provide material components for these spells.

At 5th level, you can spend additional ki points to increase the level of an elemental spell you cast. The spell's level is increase by 1 for each additional ki point you spend.

The maximum number of ki points you can spend to cast a spell in this way (including the base ki point cost and any additional ki points spent to increase its level) is determined by your monk level, as per the table below.

Monk level	Maximum Ki Points for a Spell
5th - 8th	3
9th - 12th	4
13th - 16th	5
17th - 20th	6

ELEMENTAL DISCIPLINES

Breath of Winter (17th Level Required). You can spend 6 ki points to cast *Cone of Cold*.

Clench of the North Wind (6th Level Required). You can spend 3 ki points to cast *Hold Person*.

Elemental Attunement. You can use your action to cause one of the following effects of your choice:

- Create a harmless, instantaneous sensory effect related to air, earth, fire, or water.
- Instantaneously light or snuff out a candle, a torch, or a 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 inside a 1-foot cube to shape itself into a crude form you designate for 1 minute.

Eternal Mountain Defense (17th Level Required). You can spend 5 ki points to cast *Stoneskin*, targeting yourself.

Fangs of the Fire Snake. When you use the attack action on your turn, you can spend 1 ki point to cause tendrils of flame to stretch out from your fists and feet. Your reach with unarmed strikes increases by 10ft for that action, as well as the rest of the turn. A hit with such an attack deals fire damage instead of bludgeoning damage, and if you spend 1 ki point when the attack hits, it deals an extra 1d10 fire damage.

Fist of Four Thunders. You can spend 2 ki points to cast *Thunderwave*.

Fist of Unbroken Air. As an action, you can spend 2 ki points and choose a creature within 30ft of you. That creature must make a Strength saving throw. On a failed save, the creature takes 3d10 bludgeoning damage, plus an extra 1d10 bludgeoning damage for each additional ki point you spend, and you can push the creature up to 20ft away from you and knock it prone. On a successful save, the creature takes half as much damage, and it isn't knocked away or prone.

Flames of the Phoenix (11th Level Required). You can spend 4 ki points to cast *Fireball*.

Gong of the Summit (6th Level Required). You can spend 3 ki points to cast *Shatter*.

Mist Stance (11th Level Required). You can spend 4 ki points to cast *Gaseous Form*, targeting yourself.

Ride the Wind (11th Level Required). You can spend 4 ki points to cast *Fly*, targeting yourself.

River of Hungry Flame (17th Level Required). You can spend 5 ki points to cast *Wall of Fire*.

Rush of the Gale Spirits. You can spend 2 ki points to cast *Gust of Wind*.

Shape the Flowing River. As an action, you can spend 1 ki point to choose an area of ice or water no larger than 30ft on a side within 120ft of you. You can change the water to ice and vice versa, and you can reshape ice in the area in any manner to you choose. The extent of such changes can't exceed half the area's largest dimension. You can't shape the ice to trap or injure a creature in the area.

Sweeping Cinder Strike. You can spend 2 ki points to cast *Burning Hands*.

Water Whip. You can spend 2 ki points as an action to create a whip of water. A creature that you can see within 30ft of you must make a Dexterity saving throw. On a failed save, it takes 3d10 bludgeoning damage, plus an extra 1d10 bludgeoning damage for each additional ki point you spend, and you can either knock it prone or pull it up to 25ft closer to you. On a successful save, it takes half as much damage, and isn't pulled or knocked prone.

Wave of Rolling Earth (17th Level Required). You can spend 6 ki points to cast *Wall of Stone*.

WAY OF THE LONG DEATH

TOUCH OF DEATH

At 3rd level, when you reduce a creature within 5ft of you to 0 hit points, you gain temporary hit points equal to your Wisdom modifier + your monk level (minimum of 1 temporary hit point).

HOUR OF REAPING

At 6th level, you gain the ability to unsettle or terrify those around you. When you take this action, each creature within 30ft of you that can see you must succeed on a Wisdom saving throw or be frightened of you until the end of your next turn.

MASTERY OF DEATH

At 11th level, when reduced to 0 hit points, you can expend 1 ki point (no action required) to have 1 hit point instead.

TOUCH OF THE LONG DEATH

At 17th level, as an action, you touch one creature within 5ft of you, and expend 1 to 10 ki points. The target must make a Constitution saving throw. On a failed save, it takes 2d10 necrotic damage, or half as much on a success.

WAY OF THE SUN SOUL

RADIANT SUN BOLT

At 3rd level, you gain a ranged spell attack that you can use with the Attack action. The attack has a range of 30ft. You are proficient with it, and add your Dexterity modifier to its attack and damage rolls. Its damage is radiant, and its damage die is a d4. This changes as you gain monk levels, as per the Martial Arts column of the monk table.

SEARING ARC STRIKE

At 6th level, immediately after you take the Attack action on your turn, you can spend 2 ki points to cast *Burning Hands* as a bonus action.

You can spend additional ki points to cast it at a higher level. Each additional ki point you spend increases the spell's level by 1. The maximum number of ki points (2 plus any additional points) that you can spend equals half your monk level (round down)

SEARING SUNBURST

At 11th level, as an action, you create an orb and hurl it at a point you choose within 150ft. Each creature in a 20ft-radius sphere must succeed on a Constitution saving throw or take 2d6 radiant damage.

A creature doesn't need to make the save if the creature is behind total cover that is opaque. You can increase the sphere's damage by spending ki points. Each point you spend, up to a maximum of 3, increases the damage by 2d6.

SUN SHIELD

At 17th Level, shed bright light in a 30ft radius and dim light for an additional 30ft. You can extinguish or restore the light as a bonus action.

If a creature hits you with melee while this light shines, you can use your reaction to deal radiant damage to the creature. The damage equals 5 + your Wisdom modifier.