

THE MONK: THE TREANTMONK VARIANT

Her fists a blur as they deflect an incoming hail of arrows, a half-elf springs over a barricade and throws herself into the massed ranks of hobgoblins on the other side. She whirls among them, knocking their blows aside and sending them reeling, until at last she stands alone.

Taking a deep breath, a human covered in tattoos settles into a battle stance. As the first charging orcs reach him, he exhales and a blast of fire roars from his mouth, engulfing his foes.

Moving with the silence of the night, a black-clad halfling steps into a shadow beneath an arch and emerges from another inky shadow on a balcony a stone's throw away. She slides her blade free of its cloth-wrapped scabbard and peers through the open window at the tyrant prince, so vulnerable in the grip of sleep.

Whatever their discipline, monks are united in their ability to magically harness the energy that flows in their bodies. Whether channeled as a striking display of combat prowess or a subtler focus of defensive ability and speed, this energy infuses all that a monk does.

[Link: The Breakdown of this variant on YouTube](#)

THE MONK

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

CLASS FEATURES

As a monk, you gain the following class features.

HIT POINTS

Hit Dice: 1d8 per monk level

Hit Points at 1st Level: 8 + your Constitution modifier

Hit Points at Higher Levels: 1d8 (or 5) + your Constitution modifier per monk level after 1st

PROFICIENCIES

Armor: None

Weapons: Simple weapons, shortswords, improvised weapons

Tools: Choose one type of artisan's tools or one musical instrument

Saving Throws: Wisdom, Dexterity

Skills: Choose two from Acrobatics, Athletics, History, Insight, Religion, and Stealth

EQUIPMENT

You start with the following equipment, in addition to the equipment granted by your background:

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

UNARMORED DEFENSE

Beginning at 1st level, while you are wearing no armor and not wielding a shield, your AC equals 10 + your Dexterity modifier + your Wisdom modifier. When another creature hits you with a melee attack while you are wielding a monk weapon, or no weapon at all, you can use your reaction to add a +1 bonus to your AC for that attack, potentially causing the attack to miss you. This bonus increases with your monk levels, as shown in the Unarmored Defense column of the Monk table.

MARTIAL ARTS

At 1st level, your practice of martial arts gives you mastery of combat styles that use unarmed strikes and monk weapons, which are shortswords, improvised weapons, and any simple melee weapons that don't have the two-handed or heavy property.

You gain the following benefits while you are unarmed or wielding only monk weapons and you aren't wearing armor or wielding a shield:

- You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes and monk weapons.
- You can roll a d4 in place of the normal damage of your unarmed strike or monk weapon. This die changes as you gain monk levels, as shown in the Martial Arts column of the Monk table.
- When you use the Attack action with an unarmed strike or a monk weapon on your turn, you can make one unarmed strike as a bonus action. For example, if you take the Attack action and attack with a quarterstaff, you can also make an unarmed strike as a bonus action, assuming you haven't already taken a bonus action this turn.

Certain monasteries use specialized forms of the monk weapons. For example, you might use a club that is two lengths of wood connected by a short chain (called a nunchaku) or a sickle with a shorter, straighter blade (called a kama). Whatever name you use for a monk weapon, you can use the game statistics provided for the weapon in Chapter 5 of the Player's Handbook.

KI

Starting at 2nd level, your training allows you to harness the mystic energy of ki. Your access to this energy is represented by a number of ki points. Your monk level determines the number of points you have, as shown in the ki Points column of the Monk table.

You can spend these points to fuel various ki features. You start knowing three such features: Flurry of Blows, Patient Defense, and Step of the Wind. You learn more ki features as you gain levels in this class.

When you spend a ki point, it is normally unavailable until you finish a short or long rest, at the end of which you draw all of your expended ki back into yourself. You spent part of the rest meditating to regain your ki points.

Some of your ki features require your target to make a saving throw to resist the feature's effects. The saving throw DC is calculated as follows:

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

FLURRY OF BLOWS

Immediately after you take the Attack action on your turn, you can spend 1 ki point to make two unarmed strikes as a bonus action. The number of unarmed strikes increases as you gain monk levels. At 11th level, this increases to three unarmed strikes. At 20th level, this increases to four unarmed strikes.

PATIENT DEFENSE

You can spend 1 ki point to impose disadvantage on all attack rolls against you until the beginning of your next turn.

STEP OF THE WIND

You can spend 1 ki point to move like the wind. Your speed is doubled until the end of your turn, your movement does not provoke attacks of opportunity, you have advantage on any Dexterity (Acrobatics) checks, and your jump distance is doubled for the turn.

UNARMORED MOVEMENT

Starting at 2nd level, your speed increases by 10 feet while you are not wearing armor or wielding a shield. This bonus increases when you reach certain monk levels, as shown in the Monk table (15 ft at 6th level, 20 ft at 10th level, 25 ft at 14th level, and 30 feet at 18th level).

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

MONASTIC TRADITION

When you reach 3rd level, you commit yourself to a monastic tradition: the Way of the Open Hand, Way of Shadow or Way of the Four Elements, detailed at the end of the class description. Your tradition grants you features at 3rd level and again at 6th, 11th, and 17th level.

DEFLECT MISSILES

Starting at 3rd level, you can use your reaction to deflect or catch missiles when you are hit by a ranged weapon attack. When you do so, the damage you take from these attacks are reduced by 1d10 + your Dexterity modifier + your monk level. When you use your reaction this way, you may reduce the damage of any further ranged weapon attacks until the beginning of your next turn.

If you reduce the damage to 0, you can catch the missile if it is small enough for you to hold in one hand and you have at least one hand free. If you catch a missile in this way, you can make a ranged attack with the weapon or piece of ammunition you just caught as part of the same reaction. You are considered proficient with the missile for this attack, regardless of your weapon proficiencies, and the missile counts as a monk weapon for the attack, which has a normal range of 20 feet and a long range of 60 feet. You may make only one such attack until the beginning of your next turn.

ABILITY SCORE IMPROVEMENT

When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1. As normal, you can't increase an ability score above 20 using this feature.

Using the optional feats rule, you can forgo taking this feature to take a feat of your choice instead.

SLOW FALL

Beginning at 4th level, while you are conscious you reduce any falling damage you take by an amount equal to five times your monk level.

EXTRA ATTACK

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

STUNNING STRIKE

Starting at 5th level, you can interfere with the flow of ki in an opponent's body. 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

Starting at 6th level, your unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

EVASION

At 7th level, your instinctive agility lets you dodge out of the way of certain area effects, such as a blue dragon's lightning breath or a *fireball* spell. When you are subjected to an effect that allows you to make a Dexterity saving throw to take only half damage, you instead take no damage if you succeed on the saving throw, and only half damage if you fail.

STANDING STILL

Starting at 7th level, on the first round of a combat, you may take your turn to stand still, mentally preparing yourself for combat. When you do so, you must concentrate as if concentrating on a spell. You cannot take actions, move or speak until the beginning of your next turn. During this time, any creature who targets you with an attack or a harmful spell must first make a Wisdom saving throw. On a failed save, the creature must choose a new target or lose the attack or spell. Standing Still doesn't protect you from area effects, such as the explosion of a *fireball*.

At the beginning of your next turn, the effect ends, you regain up to 2+Wisdom modifier expended ki points and the you may act normally. For the next minute, or until you lose concentration, you may attack 3 times instead of twice when you take the attack action on your turn. Furthermore, whenever a melee weapon attack against you misses, you may use your reaction to make an unarmed strike against the attacker. If this attack hits, in addition to dealing damage, the target must make a Dexterity saving throw. If the saving throw fails, you may disarm the held weapon that made the attack. You may choose to grab the weapon yourself, or have it land anywhere within 10 feet of the attacker.

Once you use Standing Still, you may not use it again until you complete a short or long rest.

PURITY OF BODY

At 10th level, your mastery of the ki flowing through you makes you immune to disease and poison.

AGILE ATHLETICS

Starting at 13th level, you learn to use your speed and agility to fuel feats of strength. You may use your Dexterity modifier in place of your Strength modifier whenever a Strength ability check is called for.

DIAMOND SOUL

Beginning at 14th level, your mastery of ki grants you proficiency in all saving throws.

Additionally, whenever you make a saving throw and fail, you can spend 1 ki point to reroll it and take the second result.

TIMELESS BODY

At 15th level, your ki sustains you so that you suffer none of the frailty of old age, and you can't be aged magically. You can still die of old age, however. In addition, you no longer need food or water.

EMPTY BODY

Beginning 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 damage but force damage.

Additionally, you can spend 8 ki points to cast the *astral projection* spell, without needing material components. When you do so, you can't take any other creatures with you.

PERFECT SELF

At 20th level, when you roll for initiative you regain all expended ki points. If you start your turn with no ki points, you regain one ki point.

WAY OF THE OPEN HAND

Monks of the Way of the Open Hand are the ultimate masters of martial arts combat, whether armed or unarmed. They learn techniques to push and trip their opponents, manipulate ki to heal damage to their bodies, and practice advanced meditation that can protect them from harm.

OPEN HAND TECHNIQUE

Starting when you choose this tradition at 3rd level, you can manipulate your enemy's ki when you harness your own. 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 make a Strength saving throw. If it fails, you can push it up to 15 feet away from you.
- It can't take reactions until the end of your next turn.

WHOLENESS OF BODY

At 6th level, you gain the ability to heal yourself. You gain a healing pool equal to three times your monk level. As an action, you can regain hit points up to the maximum amount remaining in the pool. Your healing pool is restored to full after a long rest.

TRANQUILITY

Beginning at 11th level, you can enter a special meditation that surrounds you with an aura of peace. 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 for the spell equals 8 + your Wisdom modifier + your proficiency bonus. While the *sanctuary* spell is in effect, you may end the effect in the first round of combat as a free action to gain the benefits of the Standing Still ability without foregoing your action on their first turn if that ability is available for use. When you do so, you gain neither the protections of the *sanctuary* Spell or of Standing Still.

QUIVERING PALM

At 17th level, you gain the ability to set up lethal vibrations in someone's body. When you hit a creature with an unarmed strike, you can spend 3 ki points to start these imperceptible vibrations, which last for a number of days equal to your monk level. The vibrations are harmless unless you use your action to end them. To do so, you and the target 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 have only 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

Monks of the Way of Shadow follow a tradition that values stealth and subterfuge. These monks might be called ninjas or shadowdancers, and they serve as spies and assassins. Sometimes the members of a ninja monastery are family members, forming a clan sworn to secrecy about their arts and missions. Other monasteries are more like thieves' guilds, hiring out their services to nobles, rich merchants, or anyone else who can pay their fees. Regardless of their methods, the heads of these monasteries expect the unquestioning obedience of their students.

SHADOW ARTS

Starting when you choose this tradition at 3rd level, you can use your Ki to duplicate the effects of certain spells. As an action, you can spend 2 ki points to cast *darkness*, *darkvision*, *pass without trace*, or *silence*, without providing material components. Additionally, you gain the *minor illusion* cantrip if you don't already know it. By spending one additional ki point when you cast the *darkness* spell, you can see through the darkness created by the spell.

SHADOW STEP

At 6th level, you gain the ability to step from one shadow into another. When you are in dim light or darkness, as a bonus action you can teleport up to 60 feet 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

By 11th level, you have learned to become one with the shadows. When you are in an area of 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, you can exploit a creature's momentary distraction when it is hit by an attack. Whenever a creature within 5 feet 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. If the attack hits, you may use your shadow step ability immediately if you are in dim light or darkness without expending a bonus action.

WAY OF THE FOUR ELEMENTS

You follow a monastic tradition that teaches you to harness the elements. When you focus your ki, you can align yourself with the forces of creation and bend the four elements to your will, using them as an extension of your body. Some members of this tradition dedicate themselves to a single element, but others weave the elements together.

Many monks of this tradition tattoo their bodies with representations of their ki powers, commonly imagined as coiling dragons, but also as phoenixes, fish, plants, mountains, and cresting waves.

DISCIPLE OF THE ELEMENTS

When you choose this tradition at 3rd level, you learn magical disciplines that harness the power of the four elements. A discipline requires you to spend Ki points each time you use it.

You know the Elemental Attunement discipline and one other elemental discipline of your choice, which are detailed in the “Elemental Disciplines” section below. You learn one additional elemental discipline of your choice at 6th, 11th, and 17th level.

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

CASTING ELEMENTAL SPELLS.

Some elemental disciplines allow you to cast spells. See chapter 10 for the general rules of spellcasting. To cast one of these spells, you use its casting time and other rules, but you don't need to provide material components for it. If you cast a spell that provides an enhanced effect at a higher level, the spell level is increased to one half your proficiency bonus (round down, maximum level 3).

When you use your action to cast a spell, or to control a spell you have already cast, you may use Martial Arts or Flurry of Blows as if you had taken the attack action.

ELEMENTAL DISCIPLINES

The elemental disciplines are presented in alphabetical order for each level requirement. If a discipline requires a level, you must be that level in this class to learn the discipline.

Elemental Attunement. You can use your action to briefly control elemental forces within 30 feet of you, 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 wind, a spray of light mist, or a gentle rumbling of stone.
- 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 within a 1-foot cube to shape itself into a crude form you designate for 1 minute.

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 your unarmed strikes increases by 10 feet for the rest of your turn. A hit with such an attack deals fire damage instead of bludgeoning damage.

Until the beginning of your next turn, flames race across your body. You are immune to fire damage, and any creature that moves within 5 feet of you for the first time on a turn or begins its turn there takes 1d10 fire damage.

Fist of Four Thunders. You can spend 1 ki point to cast *thunderwave*.

Fist of Unbroken Air. You can create a blast of compressed air that strikes like a mighty fist. As an action, you can spend 1 ki point and choose a creature within 30 feet of you. That creature must make a Dexterity 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 25 feet away from you and knock it prone. On a successful save, the creature takes half as much damage, and you don't push it or knock it prone.

Rush of the Gale Spirits. You can spend 2 ki points to cast *gust of wind*. At 11th level, targets have disadvantage on their Strength throws against this spell effect.

Shape the Flowing River. As an action, you can spend 1 ki point to choose an area of ice or water no larger than 60 feet on a side within 120 feet of you. You can change water to ice within the area and vice versa, and you can reshape ice in the area in any manner you choose. You can raise or lower the ice's elevation, create or fill in a trench, erect or flatten a wall, or form a pillar. The extent of any such changes can't exceed half the area's largest dimension. For example, if you affect a 60-foot square, you can create a pillar up to 30 feet high, raise or lower the square's elevation by up to 30 feet, dig a trench up to 30 feet deep, and so on. You can't shape the ice to trap or damage a creature in the area.

Sweeping Cinder Strike. You can spend 1 ki point to cast burning hands.

Water Whip. You can spend 1 ki point as an action to create a whip of water that shoves and pulls a creature to unbalance it. A creature that you can see that is within 30 feet of you must make a Dexterity 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 either knock it prone or pull it up to 25 feet closer to you. On a successful save, the creature takes half as much damage, and you don't pull it or knock it prone.

Call the Fury of the Storm (6th Level Required) You can spend 3 ki points to cast *call lightning*.

Walk the Waves (6th Level Required) You have the benefits of *water walk* (as the spell, self only). At level 11 you may benefit from either *water walk* or *water breathing*. Switching effects requires one action.

The Burning Staff (6th Level Required) You can spend 3 ki points to cast *elemental weapon* (fire damage only). The monk's unarmed strikes are an applicable target when the monk casts this spell.

Join the Earth (6th Level Required) You can spend 3 ki points to cast *meld with stone*. You may cast the spell as a ritual requiring no ki points.

Call of the Deep (11th Level Required) You can spend 4 ki points to cast *conjure elemental* (water only).

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

Grip of the Stone (11th Level Required) You can spend 4 ki points to cast *hold monster*.

Poison the Air (11th Level Required) You can spend 4 ki points to cast *cloudkill*.

Breath of Winter (17th Level Required) You can spend 6 ki points to cast *Otiluke's freezing sphere*. You cannot use this ability again until you complete a long rest.

Everflowing Winds (17th Level Required) You can spend 5 ki points to cast *wind walk*. You cannot use this ability again until you complete a long rest.

The Searing Sun (17th Level Required) You can spend 5 ki points to cast *sunbeam*. You cannot use this ability again until you complete a long rest.

Wave of Rolling Earth (17th Level Required) You can spend 5 ki points to cast *move earth*. You cannot use this ability again until you complete a long rest.



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