

Chapter 21

Monks: Masters of Mind and Body

Origins

The Monk's origins trace back to the earliest times of history, much like the fighter. It is said long before knowledge of other dimensions was even a thought, humanoid have been focusing on harmonizing their minds and bodies to perfect their physical form to accomplish amazing feats of prowess. As their training continued, they were able to unlock hidden potential within themselves and harness untold pools of inner stamina.

As the Great Migration happened to Vendrosa and knowledge was shared, this training for the Monks became deeper, and when DME was discovered, they turned that study inward to enhance themselves even further. Instead of pushing DME out of themselves to create fantastical effects like most DME users, they draw it inward to enhance their physicality to a superhuman level.

This training takes years to master, and Monks are typically found in far flung monasteries away from the rest of the world and civilization. While the Wilds can be a constant threat, many monasteries are safe, due to so many powerful fighters are gathered in a single location. Each Monastery follows a different martial focus, and it is rare for the Monks to leave, even after their training is complete. When one does leave, it is usually for some great quest or journey of self-discovery. It is rare enough that many people within Vendrosa are unaware the attainment of this level of physical completeness is possible.

Playing a Monk

Monks are on paper, are one of the most basic classes in Orin's Gate. They require no weapons or armor to be deadly, and only need their bodies to do large amounts of damage and be an excellent supporter to the party. They can fill many rolls in the party depending largely on their subclass. Monks make some of the best scouts, as they tend to be highly dexterous and their mobility is only rivaled by the rogue. They can deal large amounts of damage as well; however, they tend to get outpaced in higher levels. Instead, because of their speed, mobility, and sheer number of times they can hit, they make some of the best fighters to take out DME users. Based on the subclass, there are also lots of potential tricks and talents that you can draw out of your character, from stunning to hiding an entire party with shadow.

Monks rarely leave their monastery, so it is important to come up with a reason as to why they have left. A quest, a journey of self-discovery, being disgraced and kicked out? All are great options that can build for an excellent story.

Monk: Base Features

The Base features are things that the class gains if they start at 1st level as an Monk. Some of these features are gained after each level up within the class.

Hit Points

Hit Dice: 1d8 per Monk level.

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

Hit Points at Higher Levels: 1d8+ your Constitution modifier per Monk level after 1st.

Proficiencies

- **Armor:** No armor.
- **Weapons:** Simple weapons & Monk weapons
- **Tools:** One type of artisan's or one musical instrument
- **Saving Throws:** Strength, Dexterity
- **Skills:** Choose two from Acrobatics, Athletics, Cultures, History, Insight, and Stealth

Equipment

(a) shortsword or (b) any simple weapon

(a) dungeoneer's pack or (b) explorer's pack

10 Darts

Alternatively, you can ignore the equipment from your class and background and start with 200 Bekkr.

Level	Prof	Features	Martial Arts	Stamina	Movement
1	2	Unarmored Defense, Martial Arts, Stamina	1d4	1	-
2	2	Martial Reflexes, Unarmored Movement	1d4	2	+10 feet
3	2	Monastic Tradition, Deflect Missiles	1d4	3	+10 feet
4	2	ASI, Slow Fall	1d4	4	+10 feet
5	3	Extra Attack, Stunning Strike	1d6	5	+10 feet
6	3	Monastic Tradition	1d6	6	+15 feet
7	3	DME Empowered Strikes, Stillness of Mind	1d6	7	+15 feet
8	3	ASI	1d8	8	+15 feet

9	4	Evasion	1d8	9	+15 feet
10	4	Purity of Body	1d8	10	+20 feet
11	4	Monastic Tradition	1d10	11	+20 feet
12	4	ASI	1d10	12	+20 feet
13	5	Tongue of the Sun and Moon	1d10	13	+20 feet
14	5	Diamond Soul	1d10	14	+25 feet
15	5	Timeless Body	1d10	15	+25 feet
16	5	ASI	1d10	16	+25 feet
17	6	Monastic Tradition	1d12	17	+25 feet
18	6	Empty Body	1d12	18	+30 feet
19	6	ASI	1d12	19	+30 feet
20	6	Perfect Self	1d12	20	+30 feet

Monk: Class Features

The Class features section allow you to further customize the base class of the Monk through level up features. Each time a character levels within the Monk class, they can potentially gain minor to major benefits, so consult these pages each time you level up your character.

Unarmored Defense (Level 1)

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

Martial Arts (Level 1)

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. Monk weapons are shortswords and simple melee weapons that don't have the heavy or two-handed property:

- You can use Dexterity instead of Strength for the attacks and Wisdom on 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 (Level 5: d6, Level 8: d8, Level 11: d10, Level 17: d12).
- When you use the Attack action with an unarmed strike or a monk weapon, 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.
- You can also spend a Stamina Point to deal an additional Damage die of damage with a monk weapon or unarmed strike.

Stamina (Level 2)

Starting at 2nd level, your access to the a deep well of stamina that is represented by several Stamina points. Your monk level determines the number of points you have, as shown in the Stamina Points column of the Monk table. You can spend these points to fuel various Stamina features. You start knowing three such features: Flurry of Blows, Patient Defense, and Step of the Wind, you learn more Stamina features as you gain levels in this class. Stamina save DC = 8 + your proficiency bonus + your Wisdom modifier.

When you spend a Stamina point, it is unavailable until you finish a short or long rest, at the end of which you draw all your expended Stamina back into yourself. You must spend at least 30 minutes of the rest meditating to regain your Stamina points. Some of your Stamina features require your target to make a saving throw to resist the feature's effects. The saving throw DC is calculated as follows:

- Flurry of Blows:** Immediately after you take the Attack action on your turn, you can spend 1 Stamina point to make two unarmed strikes as a bonus action.
- Patient Defense:** You can spend 1 Stamina point to take the Dodge action as a bonus action on your turn.
- Step of the Wind:** You can spend 1 Stamina 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 (Level 2)

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. 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 (Level 3)

When you reach 3rd level, you commit yourself to a monastic tradition. Your tradition grants you features at 3rd level and again at 6th, 11th, and 17th level. The Monastic Traditions are as follows: Way of the Drunken Master, Way of the Four Elements, Way of the Kensei, Way of Knowledge, Way of the Long Death, Way of the Open Hand, Way of Shadow, Way of the Sun Soul, Way of Tranquility.

Deflect Missiles (Level 3)

Starting at 3rd level, you can use your reaction to deflect or catch the missile when you are hit by a ranged weapon attack. When you do so, the damage you take from the attack is reduced by 1d10 + your Dexterity modifier + your monk level. 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 spend 1 ki point

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to make a ranged attack (20/60 feet) with the weapon or piece of ammunition you just caught, as part of the same reaction. You make this attack with proficiency, regardless of your weapon proficiencies, and the missile counts as a monk weapon for the attack.

Ability Score Improvement (Level 4)

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.

Slow Fall (Level 4)

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

Extra Attack (Level 5)

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

Stunning Strike (Level 5)

Starting at 5th level, when you hit another creature with a melee weapon attack, you can spend 1 Stamina 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.

DME-Empowered Strikes (Level 6)

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

Stillness of Mind (Level 7)

Starting at 7th level, you can use your action to end one effect on yourself that is causing you to be charmed or frightened.

Evasion (Level 9)

At 9th level, 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.

Purity of Body (Level 10)

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

Tongue of the Sun and Moon (Level 13)

Starting at 13th level, you understand all spoken languages. Moreover, any creature that can understand a language can understand what you say.

Diamond Soul (Level 14)

Beginning at 14th level, you are proficient in all saving throws. Additionally, whenever you make a saving throw and fail, you can spend 1 Stamina point to reroll it and take the second result.

Timeless Body (Level 15)

At 15th level, your Stamina sustains you so that you suffer none of the frailty of old age, and you can't be aged through any means. You can still die of old age, however. In addition, you no longer need food or water. Additionally, you can spend 4 Stamina points to grant you additional damage to your martial arts strikes by adding your Dexterity modifier into the damage with each strike. This effect lasts for 1 minute.

Perfect Self (Level 18)

At 18th level, you add your Wisdom score Modifier to your Stamina pool. Additionally, when you roll for initiative and have no Stamina points remaining, you regain your Wisdom score modifier in Stamina.

Perfect Body (Level 20)

At 20th level, your body has reached limits only dreamt of by others. Your Dexterity and Wisdom go up by +2, and your maximum point location is also raised by 2.

Monastic Tradition: Drunken Master

The Drunken Master is not a Monk that over-indulges to the point of full intoxication. Instead, they have devoted their lives to the understanding of unpredictable and unsteady movement, into the form of combat. Combat has a great deal to do with predicting and reading your opponent, but the Drunken Masters movements are so disjointed and uncoordinated to the untrained eye, it looks as if the Monk simply beat the opponent with the Drunkards Luck.

Bonus Proficiencies (Level 3)

At 3rd level, you gain proficiency in the Performance skill if you don't already have it. You also gain proficiency with brewer's supplies if you don't already have it.

Drunken Technique (Level 3)

At 3rd level, whenever you use Flurry of Blows, you gain the benefit of the Disengage action, and your walking speed increases by 10 feet until the end of the current turn.

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Tipsy Sway (Level 6)

Starting at 6th level, you gain the following benefits:

- **Leap to Your Feet:** When you're prone, you can stand up by spending 5 feet of movement, rather than half your speed.
- **Redirect Attack:** When a creature misses you with a melee attack roll, you can spend 1 Stamina point as a reaction to cause that attack to hit one creature of your choice, other than the attacker, that you can see within 5 feet of you.

Drunkard's Luck (Level 11)

Starting at 11th level, when you make an ability check, an attack roll, or a saving throw and have disadvantage on the roll, you can spend 2 Stamina points to cancel the disadvantage for that roll.

Intoxicated Frenzy (Level 17)

At 17th level, when you use your Flurry of Blows, you can make up to three additional attacks with it (up to a total of five attacks), provided that each Flurry of Blows attack targets a different creature this turn.

Monastic Tradition: Kensei

Kensei Monks have focused all their martial training into honing their skills with very specific weapons. With those weapons in their hands, there are few that can match their skill in single combat. Their bond with their weapon is unparalleled.

Path of the Kensei (Level 3)

At 3rd level, you gain the following benefits:

- **Kensei Weapons:** Choose two types of weapons to be your kensei weapons: one melee weapon and one ranged weapon. Each of these weapons can be any simple or martial weapon that lacks the heavy and special properties. The longbow is also a valid choice. You gain proficiency with these weapons if you don't already have it. Weapons of the chosen types are monk weapons for you. When you reach 6th, 11th, and 17th level in this class, you can choose another type of weapon, either melee or ranged, to be a kensei weapon for you, following the criteria above.
- **Agile Parry:** If you make an unarmed strike as part of the Attack action on your turn and are holding a kensei weapon, you can use it to defend yourself if it is a melee weapon. You gain a +2 bonus to AC until the start of your next turn, while the weapon is in your hand and you aren't incapacitated.
- **Kensei's Shot:** You can use a bonus action on your turn to make any target you hit with a ranged attack using a kensei weapon take an extra 1d4 damage of the weapon's type. You retain this benefit until the end of the current turn.

Way of the Brush (Level 3)

You gain proficiency with your choice of calligrapher's supplies or painter's supplies.

One with the Blade (Level 6)

At 6th level, you gain the following benefits.

- **Enhanced Kensei Weapons:** Your attacks with your kensei weapons count as enhanced for the purpose of overcoming resistance and immunity to non-enhanced attacks and damage.
- **Deft Strike:** When you hit a target with a kensei weapon, you can spend 1 Stamina point to cause the weapon to deal extra damage to the target equal to your Martial Arts die. You can use this feature only once on each of your turns.

Sharpen the Blade (Level 11)

At 11th level, as a bonus action, you can expend up to 3 Stamina points to grant one kensei weapon you touch a bonus to attack and damage rolls when you attack with it. The bonus equals the number of Stamina points you spent. This bonus lasts for 1 minute or until you use this feature again. This feature has no effect on an enhanced weapon that already has a bonus to attack and damage rolls.

Unerring Accuracy (Level 17)

At 17th level, if you miss with an attack roll using a monk weapon on your turn, you can reroll it. You can use this feature only once on each of your turns.

Monastic Tradition: Knowledge

Knowledge Monks have focused their training on the principle that knowledge is power. While training their bodies to be physically as perfect as possible, they enhance their minds, and study how to gather knowledge around them more efficiently. These monks tend to be lore seekers and keepers, caring for the ancient histories of the world. They also have favored positions in places of courts and kingdoms, as their ability to gather information is beyond contestation.

Deep Studies (Level 3)

At 3rd level, you've undergone extensive training in your monastery's halls, and you have been taught extensively in history or lore. You learn one language of your choice, and you gain proficiency with one of the following skills: Cultures, DME, History, or Nature. You gain an additional language and an additional skill proficiency from the above list at 11th and 17th level. If you already have proficiency in one of the listed skills at 11th or 17th level, you can instead choose to take Expertise in that skill.

Know Your Enemy (Level 3)

Beginning at 3rd level when choosing this tradition, you can strike pressure points to extract crucial information about your foe. Whenever you hit a creature with one of the attacks granted by your Flurry of Blows, you can learn the following attributes about the target:

- Damage Vulnerabilities
- Damage Resistances
- Damage Immunities
- Condition Immunities

Prevent Lies (Level 6)

At 6th level, you can hit a series of hidden nerves on a creature with precision, temporarily causing them to be unable to mask their true thoughts and intent. If you manage to hit a single creature with two or more attacks in one round, you can spend 1 Stamina point to force them to make a Charisma saving throw. You can choose to have these attacks deal no damage. On a failed save, the creature is unable to speak a deliberate lie for 1 minute and all Charisma checks directed at the creature are made with advantage for the duration. You know if they succeeded or failed on their saving throw. An affected creature is aware of the effect and can thus avoid answering questions to which it would normally respond with a lie. Such a creature can be evasive in its answers if the effect lasts.

Counterblow (Level 6)

Beginning at 6th level, your quick mind and study of your foe allows you to use their failure to your advantage. If a creature misses you with an attack, you can immediately use your reaction to make an unarmed melee attack against that creature.

Reading the Room (Level 11)

Starting at 11th level, you've honed your awareness and reflexes through mental aptitude and pattern recognition. Once per turn, if you've already taken your reaction, you may spend 1 Stamina point to take an additional reaction. You can only use one reaction per trigger.

Debilitating Barrage (Level 17)

At 17th level, you can spend 3 Stamina point to make the target vulnerable to your rapid blows. Whenever you use Flurry of Blows, all damage from the flurry is doubled for 1 minute.

Monastic Tradition: Long Death

Monks of the Long Death have spent much of their time studying how life energy moves from one to another, and throughout the body. They have a unique combat style, not with physical blows and punches, but by attacking the meridians and pressure points of the body.

Touch of Death (Level 3)

At 3rd level, when you reduce a creature within 5 feet 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 (Level 6)

At 6th level, when you take this action, each creature within 30 feet 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 (Level 11)

Beginning at 11th level, when you are reduced to 0 hit points, you can expend 1 Stamina point (no action required) to have 1 hit point instead.

Touch of the Long Death (Level 17)

At 17th level, on an attack you touch one creature within 5 feet of you and expend 1 to 10 Stamina points. In addition to the damage of the blow, it takes 2d10 necrotic damage per Stamina point spent.

Monastic Tradition: Open Hand

The Open Hand Monks are the most physical of all the monastic Traditions. Their focus on the physical form is near perfect, and they have absolute control over their bodies.

Open Hand Technique (Level 3)

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 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 (Level 6)

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

Tranquility (Level 11)

Beginning at 11th level, at the end of a long rest, you gain the effect of a Sanctuary power that lasts until the start of your next long rest (the power can end early as normal). The saving throw DC for the power equals 8+ your Wisdom modifier+ your proficiency bonus.

Quivering Palm (Level 17)

At 17th level, when you hit a creature with an unarmed strike, you can spend 3 Stamina points to start these imperceptible vibrations, which last for several 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.

Monastic Tradition: Shadow

Shadow Monks have limited control over DME. They have focused almost exclusively on using this power to make themselves nearly invisible and are some of the world's best spies and assassins. This Monastic Tradition is looked down upon by other Monastic Orders as dishonorable, and in some cases, the Monks will attempt to kill Shadow Monks.

Shadow Arts (Level 3)

At 3rd level, as an action, you can spend 2 Stamina points to activate Darkness, Pass Without Trace, or Silence. Additionally, you gain the Minor Illusion trick if you don't already know it and you gain a dark vision increase of +30 feet.

Shadow Step (Level 6)

At 6th level, 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 (Level 11)

By 11th level, 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, activate the power, or are in an area of bright light.

Opportunist (Level 17)

At 17th level, 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.

Monastic Tradition: Attuned

Attuned Monks have found a deep connection to a specific Element. This is one of the newest Monastic Orders, as the Elemental Storms that have been occurring within the Plane of Orin are a newer occurrence.

Attunement (Level 3)

Attuned Monks pick an element that they are deeply connected to. This element will be the same element for each levels advancement their after. Pick from: Cold, Fire, Lightning, Radiant, or Resonance.

Elemental Bolt (Level 3)

At 3rd level, you gain a new attack option that you can use with the Attack action. This special attack is a ranged attack with a range of 30 feet. You are proficient with it, and you add your Dexterity modifier to its attack and damage rolls. Its damage is your Attunement Element, and its damage follows the Monk damage table. When you take the Attack action on your turn and use this special attack as part of it, you can spend 1 Stamina point to make the special attack twice as a bonus action. When you gain the Extra Attack feature, this special attack can be used for any of the attacks you make as part of the Attack action.

Attunement Arc Strike (Level 6)

At 6th level, you can activate a 15-foot cone of 2d8 damage based on your Attunement Element. You can activate this attack as your attack action, but you can still do your bonus action attack afterwards as this count as an attack. You can spend additional Stamina points to activate the Arc Strike as a higher-level. Each additional Stamina point you spend increases the powers damage by 1 die. The maximum number of Stamina points that you can spend on the power equals half your monk level.

Attunement Burst (Level 11)

At 11th level, as an action, you create an orb of Attunement Energy and hurl it at a point you choose within 150 feet, where it erupts. Each creature in that 20-foot-radius sphere must make a Constitution saving throw or take 2d6 damage based on your Attunement (half as much on a successful save). A creature doesn't need to make the save if the creature is behind total cover. You can increase the sphere's damage by spending Stamina points. Each point you spend, to a maximum of ½ your monk level, increases the damage by 2d6.

Attunement Shield (Level 17)

At 17th level, you shed bright light in a 30-foot radius and dim light for an additional 30 feet. You can extinguish or restore the light as a bonus action. If a creature hits you with a melee attack while this light shine, you can use your reaction to deal Attunement damage to the creature. The damage equals 5+ your Wisdom modifier.

Monastic Tradition: Tranquility

Monks of Tranquility have harnessed inner peace to a complete degree and wish to spread that harmony throughout the world. While Monks are rare to leave their monasteries, these Monks are the most frequent to leave. While they can defend themselves, they only use combat as a last resort.

Path of Tranquility (Level 3)

At 3rd level, with this feature, you can activate the Sanctuary power on yourself and it lasts up to 8 hours. Its saving throw DC equals 8+ your proficiency bonus+ your Wisdom modifier. A creature that succeeds on the save is immune to this effect for 1 hour. Once you activate the power in this way, you can't do so again for 1 minute.

Healing Hands (Level 3)

Starting at 3rd level, you have a pool of healing power that replenishes when you take a long rest. With that pool, you can restore a total number of hit points equal to your monk level ×10. As an action, you can touch a creature and draw power from the pool to restore several hit points to that creature, up to the maximum amount remaining in the pool. Instead of healing the creature, you can expend 5 hit points from your pool of healing to cure the target of one disease or neutralize one poison affecting it. You can cure multiple diseases and neutralize multiple poisons with a single use of Healing Hands, expending hit points separately for each one. When you use your Flurry of Blows, you can replace one of the unarmed strikes with a use of this feature. This feature has no effect on constructs.

Emissary of Peace (Level 6)

At 6th level, whenever you make a Charisma check to calm violent emotions or to counsel peace, you have advantage on the roll. You must make this entreaty in good faith; it doesn't apply if proficiency in the Deception or Intimidation skill applies to your check. You also gain proficiency in the Performance or Persuasion skill (choose one).

Douse the Flames of War (Level 11)

At 11th level, as an action, you can touch a creature, and it must make a Wisdom saving throw with a DC equal to 8+ your proficiency bonus+ your Wisdom modifier. The target automatically succeeds if it's missing any of its hit points. If the target fails the save, it can't attack for 1 minute. During that time, it also can't activate powers that deal damage or that force someone to make a saving throw. This effect ends if the target is attacked, takes damage, or is forced to make a saving throw or if the target witnesses any of those things happening to its allies.

Health of a Gentle Soul (Level 17)

At 17th level, you can draw out the natural healing powers of the intended target. On your turn, you can spend several Stamina points to draw out the Hit Dice of the target. Every Stamina point spent draws out 2 Hit Dice. This expends the targets Hit dice with the standard rules but allows them to be rolled during combat to restore health.

Monastic Tradition: Way of the Elemental

Elementalist Monks have mastered controlling DME through physical training. They have limited control over the Elements in compared to an Elementalist, but they have the physical power of many other Monks as well. By training in the DME arts, they are less potent as physical fighters however.

Disciple of the Elements (Level 3)

At 3rd level, you learn disciplines that harness the power of the four elements. A discipline requires you to spend Stamina 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.

Activating Elemental Powers

Some elemental disciplines allow you to activate your powers. To activate one of these powers, you use its activation time and other rules. If the power is an action, you can use your bonus action to do an unarmed strike or spend a Stamina point to do Flurry of Blows. If the power is a bonus action, you can still use your standard action to attack.

Once you reach 5th level in this class, you can spend additional Stamina points to increase the level of an elemental discipline powers that you activate, provided that the power has an enhanced effect at a higher level, as burning hands does. The powers level increases by 1 for each additional Stamina point you spend. For example, if you are a 5th-level monk and use Sweeping Cinder Strike to activate burning hands, you can spend 2 Stamina points to activate it as a 2nd-level power (the discipline's base cost of 1 Stamina points plus 1 to increase it to level 2.) The maximum number of Stamina points you can spend to activate a power in this way is determined by your monk level, as shown in the power and Stamina Points table.

- 5th-8th: 3
- 9th-12th: 4
- 13th-16th: 5
- 17th-20th: 6

Elemental Attunement (Level 3)

You can use your action to cause one of the following effects of your choice within 30 feet:

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- 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.

Elemental Disciplines

The elemental disciplines are presented by level and alphabetical order.

Level 3 (1st Circle Equivalent)

- **Fangs of the Snake:** When you use the Attack action on your turn, you can spend 1 Stamina point to cause tendrils of Elemental power to stretch out from your fists and feet. Your reach with your unarmed strikes increases by 10 feet for that up to 1 minute. A hit with such an attack deals damage instead of bludgeoning damage, and if you spend 1 additional Stamina point to deal an extra 1d10 damage.
- **Fist of Four Thunders:** You can spend 1 Stamina points to use Thunderwave.
- **Fist of Unbroken Air:** As an action, you can spend 1 Stamina points and choose a creature within 30 feet 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 Stamina point you spend, and you can push the creature up to 20 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.
- **Shape the Flowing River:** As an action, you can spend 1 Stamina point to choose an area of ice or water no larger than 30 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. The extent of any 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 Elemental Strike:** You can spend 1 Stamina points to use Absorb Elements.
- **Elemental Whip:** You can spend 1 Stamina points as an action to create a whip of pure Elemental Power 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 damage, plus an extra 1d10 damage for each additional Stamina 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.

Level 6 (2nd Circle Equivalent)

- **Clench of the North Wind:** You can spend 2 Stamina points to use Frozen Winds.
- **Gong of the Summit:** You can spend 2 Stamina points to use Shatter.
- **Elemental Mote:** You can spend 2 Stamina points to use Mote of the Elements.

Level 11 (3rd Circle Equivalent)

- **Flames of the Phoenix:** You can spend 3 Stamina points to use Cone of Cold.
- **Ride the Wind:** You can spend 3 Stamina points to use Fly, targeting yourself.
- **Weapon of the Heart:** You can spend 3 Stamina points to activate Elemental Weapon
- **Summon the Storm:** You can spend 3 Stamina points to activate Tesla
- **Heart of Radiance:** You can spend 3 Stamina points to activate Bolt of Radiance

Level 17 (4th and 5th Circle Equivalent)

- **Breath of Fire:** You can spend 5 Stamina points to use Fireball.
- **Eternal Mountain Defense:** You can spend 4 Stamina points to use Stoneskin, targeting yourself.
- **River of Hungry Flame:** You can spend 4 Stamina points to use Wall of Fire.
- **Glaciers Heart:** You can spend 5 Stamina points to use Flash Frozen.
- **Skin of the Elements:** You can spend 4 Stamina points to use Elemental Shield, targeting yourself.
- **Rage of the Thunderclap:** You can spend 5 Stamina points to use Destructive Wave.