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SAMPLE

Part I
Monastic Traditions

SAMPLE

WAY OF THE ANIMALS

Monks of the Way of the Animals improve their fighting abilities by mimicking the movements and even the behavior of some animals. They train in Monasteries that are partly taken over by the surrounding forests, where Monks and animals – and the occasional Druid or Ranger – live together.

On the battlefield, Monks of the Way of the Animals strike their opponents with feline accuracy, ovine determination, insect-like speed and simian agility. They move around quickly and disrupt their enemies plans by forcibly moving them, knocking them prone or blocking their movement.

STYLES AND TECHNIQUES

When you chose this tradition at 3rd level, you adopt one style and learn two techniques of that style. When you reach 6th, 11th, and 17th level you adopt new styles and learn new techniques as shown in the Styles and Techniques table. You can only learn a technique from a style that you have already adopted or are adopting.

STYLES AND TECHNIQUES

Monk level	Styles adopted	Techniques known
3rd	1	2
6th	2	4
11th	2	6
17th	2	7

The available styles and their associated techniques are listed in the “Styles and Techniques” section below. Some techniques have level requirements. These are minimum Monk levels necessary to learn the technique.

TRAINING AT A MONASTERY

With the permission of your Dungeon Master, you can replace one technique that you already know with a different technique by spending time training at a Monastery or with another Monk of the Way of the Animals.

ANIMAL CALL

When you reach 6th level, your mimicry of animals is so complete that you can imitate their speech perfectly. You are able to communicate with animals you have adopted the style of.

Additionally, you can use your action to spend 2 ki points, make a summoning call, and conjure a ki animal. Once you have conjured a ki animal, you must finish a long rest before you can do so again.

You manifest your ki into the physical form of a beast which appears in an unoccupied space that you can see within 60 feet. The beast disappears when it drops to 0 hit points or after 1 hour. You can only conjure a beast that corresponds to a style you have adopted:

- **Takin** (a species of sturdy mountain goat) for the Style of the Goat
- **Macaque** for the Style of the Monkey
- **Giant Mantis** for the Style of the Praying Mantis
- **Tiger** for the Style of the Tiger

The beast statistics are listed in the “Creature Statistics” appendix. However, your conjured ki animals Hit Point maximum is determined by your monk level, their hit die and their constitution modifier. Specifically, for each of your monk level they get a number of hit points equal to the average roll of their hit dice plus their constitution modifier. Additionally, they use your proficiency bonus.

The conjured beast is friendly to you and your companions. Roll initiative for the conjured beast, which has its own turn. It obeys any verbal commands that you issue to it (no action required by you). If you don't issue any commands to it, it defends itself from hostile creatures and tries to stay within sight of you, but otherwise takes no actions.

EMPOWERED KI ANIMALS

When you reach 11th and 17th level, your conjured Ki animal inherit some of your Monk abilities.

At 11th level, the conjured animals gain the following benefits.

- Their attacks count as magical for the purpose of overcoming resistance or

immunity to non-magical attacks and damage.

- They add your Wisdom modifier to their AC.
- Their speed is increased by 5 feet.
- They are proficient in Wisdom saving throws.
- The Macaque is proficient with monk weapons that deal bludgeoning damage.

At 17th level, the conjured animals gain the following benefits.

- Their speed is increased by 5 more feet for a total increase of 10 feet.
- They are proficient in Wisdom and Intelligence saving throws.

ANIMAL ASPECT

When you reach 17th level, you gain one Animal Aspect. Choose an aspect that corresponds to a style you have adopted.

Aspect of the Goat You can use your ki to affix yourself firmly on a Plane of Existence. When you decide to do so, you can use your action to spend 1 ki point and become immovable until the beginning of your next turn. You also become immune to bludgeoning, force, and thunder damage for the duration. Additionally, your speed becomes 0 feet and you cannot take actions, bonus actions or reactions for the duration. A creature can use an action to make a DC 30 Strength check, moving you up to 5 feet on a success.

Aspect of the Monkey Your movements are fast and precise and you can use all four limbs for one goal. Spaces controlled by non-hostile creature do not count as difficult terrain. In addition, you can move through a hostile creature's space if it is at least one size larger or smaller than you.

Aspect of the Mantis Your instincts let you move at incredible speeds. You can use your bonus action and spend 3 ki points to use two of the following ki features: Flurry of Blows, Patient Defense, Step of the Wind. If you choose Flurry of Blows, you still need to have taken the Attack action on your turn. You do not spend additional ki points for the features you use, their ki expenditure is included in the cost of this aspect.

Aspect of the Tiger Your ki extends in tendrils around you like the whiskers of a cat. You have Blindsight for a radius of 10 feet.

STYLES AND TECHNIQUES

The techniques are grouped by style and ordered by level requirements. Requirements for each technique are listed in the description.

STYLE OF THE GOAT

Goats are strong headed beasts that go wherever they please and cannot be made to move from there. They are generally peaceful but can be dangerous when they charge, horns first, at an opponent.

Strong Head Like a ram, you know when not to hesitate rushing head first onto obstacles or hitting solid walls with all the strength you have. When you make a Strength based attack on an object or structure, you deal double damage.

Stubbornness You have advantage on saving throws and ability checks made to determine whether you are shoved, pushed or otherwise forcibly moved. This applies even when shoving is only one of the effects of the threat you are attempting to resist – such as with the spell Thunderwave.

Sure Footing Your footing becomes firmer, like that of a mountain goat. Difficult terrain does not cost you extra movement.

Charge (requires 6th level) If you move at least 10 feet straight toward a target and then hit it with an unarmed strike in the same turn, the target must succeed a Strength saving throw against your ki save DC or be shoved 15 feet away from you.

Impediment (requires 6th level) You can use your action to guard your surrounding, impeding the movement of your enemies. When you do so, all space within your unarmed reach counts as difficult terrain for your enemies until the beginning of your next turn.

Ki Time Distortion (requires 11th level) When you make an unarmed attack against a creature, you can spend 1 ki point to imbue your strike with negative ki. You must decide to do so before you roll for the attack and you can only do so once per round. When you hit a creature with negative ki, it must succeed a Wisdom saving throw against your ki save DC or suffer the effect of the spell Slow until the beginning of your next turn.

Ram Projection (requires 11th level) You embody the spirit of the goat and the spirit of the goat takes a physical form. You can use your action to spend 1 ki point and hurl a set