



# ALTERNATE MONK



**HOMEBREW**

Become the Master of Martial Arts You Were Meant to Be!



## ALTERNATE MONK

The young man took a deep breath and focused himself as the ogre charged forward. He thought back to his training at the monastery and prepared to counter the incoming blow. As the ogre's club struck the dirt where he had been only moments before, the young man drew upon the reservoir of spiritual power within himself and unleashed a flurry of blows upon the unsuspecting creature. Before the beast could realize what had happened, it lay motionless in the mud. Hopefully, when the ogre regained consciousness it would think twice before raiding the local homesteads.

Moving silently through the darkness of the moonless night, a squad of hobgoblin *Iron Shadows* approached the tent of the enemy general. Trained from birth as assassins, the lethal warriors slew the enemy guards without a sound. As the general stirred from sleep, his eyes widened as the hobgoblins seemed to appear from the darkness itself. He tried to call for help, but no sound came from his mouth as his life was ruthlessly snuffed out by the assassins. As quietly as they had arrived, the *Iron Shadows* disappeared into the night, another mission successfully completed.

The Grand Master stepped forward to block the pass. As her students reluctantly fled into the mountains, she studied the horde of goblins that would soon be upon her. Though she was the most powerful living Wu Jen master, even in her prime she could not hope to slay half this many foes. She dropped her cloak from her shoulders, and her tattoos glistened with elemental magic as she prepared to bring down the mountain itself down upon her. Though she would most certainly perish, the pass would be blocked, and most importantly, her students would be able to escape.

## MASTERY OF BODY AND MIND

Where most warriors only seek physical perfection, monks spend their lives training both their body and mind to work together. When both aspects of themselves are mastered, a monk is able to channel the life-giving spiritual energy that dwells within themselves, their ki. Drawing upon this hidden power, these reclusive warriors are able to perform almost supernatural feats of physicality and acrobatics.

Looking always inward, monks often eschew any material possession they cannot carry on their backs, instead focusing on immaterial wealth. Whether enlightenment, happiness, challenging foes, or tests of might, all monks usually have an ideal or goal that they are constantly striving toward.

## MYSTIC ASCETICISM

Often trained in hidden monasteries or by reclusive masters, monks must often give up any inheritance or titles in order to be accepted as monastic students. Some grand masters even require years of servitude and dedication to the monastery before they will even begin to train a new pupil. Once begun, a monk's training does not stop until the day they die. They are expected to spend all of their heart, mind, soul, and will in their quest to discover a more perfect self.

Even the greatest monastic masters will sometimes seek out other monasteries, entering as a novice, even in old age. The quest for perfection is never-ending, and despite great spiritual progress, the greatest view themselves as novices, eager to progress on the next step to enlightenment.



## CREATING YOUR MONK

When you create your monk, consider who instructed you in the ways of martial arts, and what they had to give up in order to become a student. Were you an orphan left on the steps of a mountain monastery, raised from birth as a student of the Eternal Mountain technique? Or were you the lesser child of a noble family who gave up everything in order to learn the Shadow Arts in a quest for vengeance? Whatever the reason for your training, consider why you left a life of solitude and introspection for the dangerous life of an adventurer.

### MULTICLASSING AND THE MONK

If your group uses the optional multiclassing rule, here's what you need to know if you choose to take a level in the monk class.

**Ability Score Minimum.** As a multiclass character, you must have at least a 13 in both Dexterity and Wisdom to take a level in this class, or to take a level in another class if you are already a monk.

**Proficiencies.** If monk isn't your initial class, here are the proficiencies you gain when you take your first level as a monk: simple weapons, shortswords.





## THE MONK

| Monk Level | Prof. Bonus | Class Features                               | Martial Arts | Unarmored Movement | Techniques Known |
|------------|-------------|--|--------------|--------------------|------------------|
| 1st        | +2          | Martial Arts, Unarmored Defense              | 1d6          | —                  | —                |
| 2nd        | +2          | Ki, Flurry of Blows, Unarmored Movement      | 1d6          | +10 ft.            | 3                |
| 3rd        | +2          | Monastic Tradition                           | 1d6          | +10 ft.            | 3                |
| 4th        | +2          | Ability Score Improvement, Slow Fall         | 1d6          | +10 ft.            | 3                |
| 5th        | +3          | Deflect Missiles, Extra Attack               | 1d8          | +10 ft.            | 4                |
| 6th        | +3          | Enlightened Fist, Monastic Tradition Feature | 1d8          | +15 ft.            | 4                |
| 7th        | +3          | Spirit of Tranquility, Stillness of Mind     | 1d8          | +15 ft.            | 5                |
| 8th        | +3          | Ability Score Improvement                    | 1d8          | +15 ft.            | 5                |
| 9th        | +4          | —  | 1d8          | +15 ft.            | 6                |
| 10th       | +4          | Purity of Body                               | 1d8          | +20 ft.            | 6                |
| 11th       | +4          | Monastic Tradition Feature                   | 1d10         | +20 ft.            | 7                |
| 12th       | +4          | Ability Score Improvement                    | 1d10         | +20 ft.            | 7                |
| 13th       | +5          | —  | 1d10         | +20 ft.            | 8                |
| 14th       | +5          | Evasion                                      | 1d10         | +25 ft.            | 8                |
| 15th       | +5          | Timeless Body                                | 1d10         | +25 ft.            | 9                |
| 16th       | +5          | Ability Score Improvement                    | 1d10         | +25 ft.            | 9                |
| 17th       | +6          | Monastic Tradition Feature                   | 1d12         | +25 ft.            | 9                |
| 18th       | +6          | —  | 1d12         | +30 ft.            | 10               |
| 19th       | +6          | Ability Score Improvement                    | 1d12         | +30 ft.            | 10               |
| 20th       | +6          | Ascended Soul                                | 1d12         | +30 ft.            | 10               |

## CLASS FEATURES

### HIT POINTS

**Hit Dice:** 1d10 per monk level

**Hit Points at 1st Level:** 10 + your Constitution modifier.

**Hit Points at Higher Levels:** 1d10 (or 6) + your Constitution modifier per monk level after 1st

### PROFICIENCIES

**Armor:** none

**Weapons:** Simple weapons, shortswords

**Tools:** One set of artisan's tools or musical instrument

**Saving Throws:** Strength, Dexterity

**Skills:** Choose two of the following: Acrobatics, Athletics, History, Insight, Nature, Religion, and Stealth

### EQUIPMENT

You start with the following equipment.

- (a) a shortsword or (b) any simple weapon
- (a) a shortbow and 20 arrows or (b) 20 darts
- (a) a dungeoneer's pack or (b) an explorer's pack

### QUICK BUILD

You can make a monk quickly by using these suggestions. First, make Dexterity your highest ability score, followed by your Wisdom. Second, choose the acolyte background.

## MARTIAL ARTS

At 1st level, you train in the use of deadly Martial Arts. Martial Arts attacks are unarmed strikes, and attacks with melee weapons that lack the heavy or special properties.

As long as you are not wearing heavy armor or wielding a shield, your Martial Arts attacks gain the following benefits:

- You can use your Dexterity modifier, in place of Strength, for your Martial Arts attack and damage rolls, and any Athletics checks you make to grapple or shove.
- You can roll your Martial Arts die in place of the normal damage of a Martial Arts attack. This die starts out as a d6 and changes as you gain monk levels, as indicated in the Martial Arts column of the Monk table above.
- When you use your Attack action to make a Martial Arts attack, you can use your bonus action on that same turn to make a single unarmed strike attack.

Some styles of Martial Arts make use of exotic weapons like nunchaku (clubs), kamas (sickles), or sai (daggers).

## UNARMORED DEFENSE

Your quick reflexes allow you to defend yourself even when unarmored. Beginning at 1st level, while you are wearing no armor and not wielding a shield, your Armor Class is equal to 10 + your Dexterity modifier + your Wisdom modifier.







## Ki

At 2nd level, you learn to manipulate the spiritual energy that resides within you, known as ki. You can draw on your ki to perform supernatural physical feats known as techniques.

### Ki Points

Your inner reserve of ki is represented by a pool of ki points. This pool has a total number of ki points equal to your monk level + your Wisdom modifier. You regain expended ki points when you finish a short or long rest, so long as you spent at least 30 minutes of that rest in spiritual meditation.

### Techniques Known

At 2nd level, you learn three techniques of your choice from the list at the end of this class description. The Monk table shows when you learn more techniques of your choice. Each time you gain a monk level, you can choose a technique you know and replace it with another technique of your choice.

### Saving Throws

Techniques rely on your mastery over your body, and grow in proportion to your self-control. When a technique requires a saving throw, the saving throw DC is calculated as follows:

$$\text{Technique save DC} = 8 + \text{your proficiency bonus} + \text{your Wisdom modifier}$$

### Flurry of Blows

At 2nd level, when you take the Attack action, you can spend 1 ki point to make two unarmed strikes as a bonus action.

When you reach 11th level in this class, you can make three unarmed strikes when you use this feature.

## Unarmored Movement

Your pursuit of physical perfection and practice of meditation has unlocked the hidden potential of your body. Beginning at 2nd level, your movement speed increases by 10 feet so long as you are not wearing armor or wielding a shield.

As you gain levels in this class, this bonus to your base movement speed increases as indicated in the Unarmored Movement column of the Monk table.

## Monastic Tradition

At 3rd level, choose one of the following Monastic Traditions that best represents your training and philosophy as a monk: Way of the Open Hand, Way of the Shadow Arts, or Way of the Wu Jen, each of which is detailed at the end of this class.

The Monastic Tradition you choose grants you features at 3rd level, and again when you reach 6th, 11th, and 17th level.

## 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 two ability scores by 1. As normal, you can't increase one of your ability scores above 20 using this feature.

## Slow Fall

You are as light as a feather when you move through the air. Starting at 4th level, any fall damage you take is reduced by an amount equal to five times your monk level, so long as you are conscious. If this reduces the fall damage you would take to 0 you can choose to land on your feet.





## EXTRA ATTACK

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

## DEFLECT MISSILES

Also at 5th level, when you are hit by a ranged weapon attack, you can use your reaction to reduce the incoming damage by an amount equal to your Martial Arts die + your Dexterity modifier + your monk level. If you reduce the damage to 0 you can choose to catch the projectile if you have a free hand.

If you catch the projectile, you can spend 1 ki point as part of the same reaction to make a ranged (20/60) Martial Arts attack with the projectile. You are proficient with this attack.

## ENLIGHTENED FIST

Your spirit empowers your strikes. Starting at 6th level, your Martial Arts attacks count as magical for the purposes of overcoming resistance and immunity to non-magical attacks.

## SPIRIT OF TRANQUILITY

Beginning at 7th level, the strength of your spirit enhances your physical and mental defenses. Whenever you make a saving throw while you are conscious you gain a bonus to your roll equal to your Wisdom modifier (minimum of +1).

## STILLNESS OF MIND

You can quiet your mind in order to regain control of yourself. Also at 7th level, if you are charmed or frightened when you start your turn, you can choose to immediately end either the charmed or the frightened condition on yourself. If you do so, you cannot take an action on that turn.

## PURITY OF BODY

At 10th level, your ki protects you against physical ailments. You are immune to all disease and the poisoned condition.

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

## EVASION

Starting at 14th level, your instinctive agility lets you dodge out of the way of certain area effects, such as a black dragon's acid breath or a *lightning bolt* 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.

## TIMELESS BODY

Beginning at 15th level, you have detached yourself from the desires of the flesh. You no longer require food or water and you suffer none of the frailty of old age. Additionally, for every 10 years that pass your body ages only 1 year.

## ASCENDED SOUL

You have gained such mastery over your spirit that you can meditate even while performing other actions. At 20th level, you can use a bonus action to regain a number of ki points equal to your Wisdom modifier (minimum of 1 ki point).



## MONASTIC TRADITIONS

Choose one of the following Monastic Traditions that best represents the philosophy and training of your monk: Way of the Open Hand, Way of Radiance, Way of the Reaper, Way of the Shadow Arts, or Way of the Wu Jen.

### WAY OF THE OPEN HAND

While all monks are warriors, monks who follow the Way of the Open Hand relentlessly train, forging their bodies into deadly weapons. They do not neglect spiritual training, but disciples of the Open Hand pride themselves on their skill with martial arts, and it is exceptionally rare to see an Open Hand monk who wields a weapon other than their fists.

### DISCIPLE OF MANY FORMS

When you adopt this Tradition at 3rd level, you learn one of the following techniques of your choice: Arresting Strike, Crippling Strike, or Empowered Strike, and it doesn't count against your total number of Techniques Known.

When you gain a level in this class, you can replace this technique with another Strike technique of your choice.

### FLURRY OF FISTS

You attack with blinding speed when not fettered by weapons of wood and steel. Starting at 3rd level, when you take the Attack action and make only unarmed strikes, you can make one additional unarmed strike as part of that Attack action.

When you do so, you cannot make an additional unarmed strike with your bonus action unless you use Flurry of Blows.







### EBB AND FLOW

Beginning at 6th level, you can use the momentum of your foe to exploit the weakness in their form. When a creature within your reach misses you with a melee attack, you can use your reaction to do one of the following:

- You force it to make a Dexterity saving throw. On a failed save, they are knocked prone and have their movement speed reduced to zero. Creatures at least one size larger than you have advantage on this saving throw.
- You can make one unarmed strike against the creature.

### EMPOWERED STRIKE

Starting at 11th level, your fists strike with the force of your unyielding will. When you score a critical hit with an unarmed strike, the target has disadvantage on any technique saving throw you force it to make as part of that attack.

### MASTER OF MANY FORMS

You are an expert martial artist and are able to master new techniques with ease. Beginning at 11th level, whenever you finish a long rest, you can replace one technique you know with another technique of your choice.

### GRAND MASTER OF THE OPEN HAND

You are an unparalleled master of martial arts and are able to strike with wondrous speed and power. Upon reaching 17th level in this class, you gain the following benefits:

- When you use Flurry of Fists you make two additional unarmed strikes as part of that action instead of one.
- When you use Ebb and Flow to make an unarmed strike against a creature, you can make two unarmed strikes.

### WAY OF RADIANCE

Legends tell of wandering martial artists that can channel ki into wondrous bursts of radiant light. Monks who follow the Way of Radiance can control their ki to such a degree that they can assault their foes with blasts of ki. These radiant warriors stand as champions of justice, peace, and harmony.

### RADIANT BOLT

When you adopt this Tradition at 3rd level, you learn to focus your ki into radiant bolts of searing magic. When you take the Attack action on your turn, or use Flurry of Blows, you can replace one or more of your attacks with a radiant bolt.

Your radiant bolts count as ranged Martial Arts attacks with a normal range of 30 feet and a long range of 90 feet.

### SEARING BLAST

Starting at 6th level, you can create searing blasts of radiant ki. As a bonus action, you can force creatures in an adjacent 15-foot cone to make a Dexterity saving throw. Creatures take radiant damage equal to three rolls of your Martial Arts die on a failed save, and half as much on a successful one.

You can use this feature a number of times equal to your Wisdom modifier (minimum of once), and you regain all expended uses when you finish a long rest. If you are out of uses, you can expend 1 ki point to use this feature again.

### LUMINOUS BURST

Your spirit brims with burning radiance that you can channel to purify the world. Beginning at 11th level, you can use an action to create a luminous orb of light and hurl it at a point you can see within 150 feet, where it erupts in burst of light. Creatures in a 20-foot sphere centered on that point must make a Dexterity saving throw. Creatures take 8d6 radiant damage on a failed save, and half as much on a success.

When you use this feature you can expend additional ki points to empower the burst. For each additional ki point you expend, creatures take an additional 1d6 radiant damage.

You can use this feature a number of times equal to your Wisdom modifier (minimum of once), and you regain all expended uses when you finish a long rest. If you are out of uses, you can expend 3 ki points to use this feature again.

### GRAND MASTER OF RADIANCE

Your radiant spirit can stand against the greatest powers of darkness. At 17th level, you gain the following benefits:

- You gain a flying speed equal to your movement speed.
- You become wreathed in light. You shed bright light in a 30-foot radius and dim light for 30 feet beyond that. You can extinguish or restore the light as a bonus action.
- The radiant damage from your radiant bolt, searing blast, and luminous burst attacks all count as true sunlight.







## WAY OF THE REAPER

While most Monastic Traditions focus on living life to its full potential, some instead become obsessed with the taking of life. One such order is the Way of the Reaper. These monks are experts at snuffing out the life force of other beings and drawing in the ki of the dead to fuel their own martial power.

### FRIGHTFUL TOUCH

When you adopt this Tradition at 3rd level, you learn to infect a creature's ki with an overwhelming fear of death. When you hit a creature with a Martial Arts attack, you can force them to make a Wisdom saving throw. On a failed save, they are frightened of you until the start of your next turn.

You can use this feature a number of times equal to your Wisdom modifier (minimum of once), and you regain all expended uses when you finish a long rest. If you are out of uses, you can expend 1 ki point to use this feature again.

### SINISTER VITALITY

Also beginning at 3rd level, you can surround yourself with a shroud of necrotic vitality. As a bonus action on your turn, you can grant yourself temporary hit points equal to your Wisdom modifier (minimum of 1 temporary hit point). Temporary hit points gained from this feature last until your next long rest.

### NECROTIC SPIRIT

Your obsession with death has infected every aspect of your body and spirit. At 6th level, you gain the following benefits:

- You can cause your unarmed strikes to deal necrotic damage in place of the normal bludgeoning damage.
- You gain resistance to necrotic damage.
- While you have temporary hit points from Sinister Vitality, you are resistant to all bludgeoning, piercing, and slashing damage from non-magical attacks.

### ARMOR OF THE GRAVE

You have become so familiar with its death that you can resist its grasp when you near the end. Starting at 11th level, when you are reduced to 0 hit points but not killed outright, you can spend 1 ki point to fall to 1 hit point instead.

## GRAND MASTER OF DEATH

You have learned the final technique of a Reaper, channeling deathly ki into your enemies. Starting at 17th level, when you take the Attack action on your turn, you can touch a creature in place of one of your attacks, and expend 1 to 10 ki points. The creature must make a Constitution saving throw. It takes 2d10 necrotic damage per ki point spent on a failed save, or half as much damage on a successful one. A creature that is frightened of you has disadvantage on their saving throw.

## WAY OF THE SHADOW ARTS

While most practitioners of martial arts place a high value on honorable conduct and combat, those who follow the Way of the Shadow Arts exploit every weakness possible. Assassins, spies, and infiltrators, Shadow Art monks use the darkness to their advantage and strike only when their success is assured.

### EYES OF NIGHT

You have mastered the art of fighting in darkness. When you adopt this Monastic Tradition at 3rd level, you gain darkvision out to a range of 60 feet. If you already have darkvision from your race or lineage, its range increases by 30 feet.

In addition, you have advantage on any Dexterity (Stealth) checks you make while you are in dim light or darkness.

### SHADOW ARTS

Starting at 3rd level, you can draw forth the darkness from your own spirit to produce the effects of certain spells. As an action, you can cast the following spells without providing a spell slot or their material components: *darkness*, *darkvision*, *pass without trace*, or *silence*. You can see through magical darkness produced by the effects any spell you cast.

Once you cast each of these spells you must finish a long rest before you can do so again, unless you spend 2 ki points.

### SHADOW STEP

You move as an undetected shadow through the darkness. Beginning at 6th level, you can step from one shadow into another. When you are in dim light or darkness, you can use your bonus action to teleport up to 60 feet to an unoccupied space you can see that is also in dim light or darkness. After teleporting in this way, you have advantage on the first Martial Arts attack you make before the end of that turn.

### CLOAK OF SHADOWS

Starting at 11th level, you can become one with the darkness. 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.

While invisible, you can make an opportunity attack as a reaction when when a creature moves within your reach.

## GRAND MASTER OF SHADOWS

You are an unquestioned master of the Shadow Arts. Upon reaching 17th level, you can cast your Shadow Arts spells an unlimited amount of times with expending your ki.

You also learn shadow techniques only learned by masters. As an action, you can cast *greater invisibility* or *shadow of moil*, targeting only yourself, without expending a spell slot.

Once you cast each of these spells you must finish a long rest before you can do so again, unless you spend 4 ki points.





## WAY OF THE WU JEN

Rather than focus inward, some monks attune themselves to the forces of nature. Known as Wu Jens, these reclusive sages augment their skills with the power of the five elements; air, earth, fire, water, and wood. Through meditation, they learn to produce overwhelming displays of elemental power.

### DISCIPLE OF THE ELEMENTS

When you adopt this Tradition at 3rd level, you learn ancient Elemental Techniques that allow you cast spells.

**Spell Slots.** The Wu Jen Spellcasting table shows how many spell slots you have, and the level of those slots. All of your spell slots are the same level. To cast a Wu Jen spell of 1st-level or higher, you must expend a spell slot. You use the spell's casting time and other rules, but you don't need to provide material components. You regain all expended Wu Jen spell slots when you finish a short or long rest.

For example, as a 7th level Wu Jen, you have two 2nd-level spell slots from your Wu Jen Spellcasting. To cast the 1st-level spell *thunderwave*, you must spend one of those slots, and you cast *thunderwave* as a 2nd-level spell.

**Spells Known of 1st-Level and Higher.** You learn two 1st-level spells of your choice from the Wu Jen spell list. The Spells Known column of the Wu Jen Spellcasting table shows when you learn more Wu Jen spells of 1st-level or higher. A spell you choose must be of a level no higher than what's shown in the table's Slot Level column for your level.

When you reach 7th level, for example, you learn a new Wu Jen spell of your choice, which can be 1st or 2nd-level.

When you gain a level, you can choose a Wu Jen spell you know and replace it with another spell from the Wu Jen spell list, which must be of a level for which you have spell slots.

**Spellcasting Ability.** Wisdom is your spellcasting ability for your Wu Jen spells, so you use your Wisdom whenever a spell refers to your spellcasting ability, when setting a saving throw DC, and when making a spell attack roll.

**Spell save DC** = 8 + your proficiency bonus  
+ your Wisdom modifier

**Spell attack modifier** = your proficiency bonus  
+ your Wisdom modifier

### ELEMENTAL ATTUNEMENT

Also at 3rd level, you can learn to control the five elements in minor ways. When you learn a Wu Jen spell, you also learn the elemental cantrip that corresponds with the element of that spell: Air (*gust*), Earth (*mold earth*), Fire (*control flames*), Water (*shape water*), Wood (*thorn whip*). Wisdom is your spellcasting ability for any cantrip you learn this way.

If you replace all of your Wu Jen spells of a certain element you also lose the ability to cast the corresponding cantrip.

### FIST OF THE FIVE WAYS

You can empower your fists with the five elements. Starting at 6th level, when you hit a creature with an unarmed strike, you can choose for your unarmed strike to deal elemental damage that corresponds to the element of Wu Jen spell you know, instead of the normal damage: Air (thunder), Earth (piercing), Fire (fire), Water (cold), or Wood (poison).

Also, when you use your action to cast a Wu Jen spell, you can make one Martial Arts attack as a bonus action.



### WU JEN SPELLCASTING

| Monk Level | Spells Known | Spell Slots | Slot Level |
|------------|--------------|-------------|------------|
| 3rd        | 2            | 1           | 1st        |
| 4th        | 2            | 2           | 1st        |
| 5th        | 3            | 2           | 1st        |
| 6th        | 3            | 2           | 1st        |
| 7th        | 4            | 2           | 2nd        |
| 8th        | 4            | 2           | 2nd        |
| 9th        | 5            | 2           | 2nd        |
| 10th       | 5            | 2           | 2nd        |
| 11th       | 5            | 2           | 2nd        |
| 12th       | 5            | 2           | 2nd        |
| 13th       | 6            | 2           | 3rd        |
| 14th       | 6            | 2           | 3rd        |
| 15th       | 6            | 2           | 3rd        |
| 16th       | 6            | 2           | 3rd        |
| 17th       | 7            | 2           | 3rd        |
| 18th       | 7            | 2           | 3rd        |
| 19th       | 7            | 2           | 4th        |
| 20th       | 7            | 2           | 4th        |





## SPIRITUAL FLOW

You weave your martial arts with magic. Starting at 11th level, when you cast a Wu Jen spell with a casting time of 1 action, you can spend 2 ki points to cast it as a bonus action.

## GRAND MASTER OF THE ELEMENTS

Beginning at 17th level, you can use an action to assume an elemental form for 1 minute. This form ends early if you are incapacitated or you use a bonus action to end it. Once you use this feature you must finish a long rest before you can use it again, unless you expend 6 ki points to do so again.

While in your elemental form you gain the benefits listed below, so long as you know a Wu Jen spell of that element.

**Air.** You gain a flying speed of 60 feet and can hover.

**Earth.** You are resistant to bludgeoning, piercing, and slashing damage from nonmagical attacks.

**Fire.** Any creature that hits you with a melee attack takes fire damage equal to 1d10 + your Wisdom modifier.

**Water.** Critical hits against you become normal hits.

**Wood.** You gain temporary hit points equal to your Wisdom modifier (minimum of 1) at the start of each of your turns.

## WU JEN SPELL LIST

Below are the spells available to Wu Jen monks, organized by spell level. They are from the *Player's Handbook*, *Xanathar's Guide to Everything*, and *Tasha's Cauldron of Everything*.

The spells listed below have also been assigned one of the five Wu Jen elements: Air<sup>A</sup>, Earth<sup>E</sup>, Fire<sup>F</sup>, Water<sup>W</sup>, or Wood<sup>D</sup>.

### 1ST-LEVEL

*absorb elements*<sup>E</sup>  
*armor of frost*<sup>W</sup>  
*burning hands*<sup>F</sup>  
*create or destroy water*<sup>W</sup>  
*earth tremor*<sup>E</sup>  
*ensnaring strike*<sup>D</sup>  
*entangle*<sup>D</sup>  
*fog cloud*<sup>A</sup>  
*frost fingers*<sup>W</sup>  
*gust of wind*<sup>A</sup>  
*hellish rebuke*<sup>F</sup>  
*ice knife*<sup>W</sup>  
*sanctuary*<sup>E</sup>  
*thunderwave*<sup>A</sup>

### 2ND-LEVEL

*barkskin*<sup>D</sup>  
*dust devil*<sup>A</sup>  
*earthbind*<sup>E</sup>  
*earthen grasp*<sup>E</sup>  
*flaming sphere*<sup>F</sup>  
*flameblade*<sup>F</sup>  
*gust of wind*<sup>A</sup>  
*hold person*<sup>W</sup>  
*levitate*<sup>A</sup>  
*misty step*<sup>W</sup>  
*scorching ray*<sup>F</sup>  
*shatter*<sup>A</sup>  
*snowball swarm*<sup>W</sup>  
*spike growth*<sup>D</sup>  
*warding wind*<sup>A</sup>

### 3RD-LEVEL

*call lightning*<sup>A</sup>  
*erupting earth*<sup>E</sup>  
*fireball*<sup>F</sup>  
*fly*<sup>A</sup>  
*gaseous form*<sup>A</sup>  
*lighting bolt*<sup>A</sup>  
*meld into stone*<sup>E</sup>  
*minute meteors*<sup>F</sup>  
*plant growth*<sup>D</sup>  
*sleet storm*<sup>W</sup>  
*speak with plants*<sup>D</sup>  
*thunder step*<sup>A</sup>  
*tidal wave*<sup>W</sup>  
*wall of sand*<sup>E</sup>  
*wall of water*<sup>W</sup>  
*wind wall*<sup>A</sup>

### 4TH-LEVEL

*aura of life*<sup>D</sup>  
*control water*<sup>W</sup>  
*fire shield*<sup>F</sup>  
*freedom of movement*<sup>A</sup>  
*grasping vine*<sup>D</sup>  
*guardian of nature (tree)*<sup>D</sup>  
*ice storm*<sup>W</sup>  
*resilient sphere*<sup>E</sup>  
*stone shape*<sup>E</sup>  
*stoneskin*<sup>E</sup>  
*storm sphere*<sup>A</sup>  
*wall of fire*<sup>F</sup>  
*watery sphere*<sup>W</sup>

## TECHNIQUES

Below are the techniques available to the monk. Each time you gain a level in this class, you can replace one technique you know with another technique of your choice.

If a technique has a monk level prerequisite you can learn that technique at the same time you meet its prerequisite.

### ARRESTING STRIKE

When you hit a creature with a Martial Arts attack, you can spend 1 ki point and force the target to make a Dexterity saving throw. On a failed save, the target's movement speed is reduced to zero until the start of your next turn.

When you reach 11th level in this class, you can use this Technique once per turn without expending a ki point.

### CRIPPLING STRIKE

When you hit a creature with a Martial Arts attack, you can spend 1 ki point and force the target to make a Constitution saving throw. On a failed save, they are blinded, deafened, or muted (your choice) until the start of your next turn. A muted creature can't speak or produce verbal components for spells.

When you reach 11th level in this class, you can use this Technique once per turn without expending a ki point.

### EMPOWERED STRIKE

When you hit a creature with a Martial Arts attack, you can spend 1 ki point and force it to make a Strength saving throw. On a failed save, the target is knocked back in a straight line a number of feet equal to five times your Wisdom modifier (minimum of 5 feet) and falls prone. Creatures at least once size larger than you have advantage on their saving throw.

When you reach 11th level in this class, you can use this Technique once per turn without expending a ki point.

### PATIENT DEFENSE

You enter a defensive stance. You can spend 1 ki point to take the Dodge action as a bonus action on your turn.

### QUICKENED HEALING

You can use your ki to stimulate natural healing. As an action on your turn, you can spend 1 ki point to regain hit points equal to your Martial Arts die + your Wisdom modifier.

### STEP OF THE WIND

You move with the speed of the wind. You can take the Dash or Disengage action as a bonus action. When you do so, your jump distance is doubled until the end of your current turn.

### GENTLING TOUCH

*Prerequisite: 5th level monk*

As an action you can spend 1 ki point and touch a creature, attempting to manipulate their ki to put them to sleep. Roll your Martial Arts die five times. If the target's remaining hit points are less than or equal to the amount you rolled, they fall unconscious for 10 minutes. They wake up if they take damage or another creature uses an action to wake them.

You can expend additional ki to increase the number of Martial Arts die you roll for this technique. For each extra ki point you spend you can roll two more Martial Arts dice.





## SEEKING STRIKE

*Prerequisite: 5th level monk*

When you miss with a Martial Arts attack, you can spend 1 ki point to reroll your attack. You must use the new result.

## SLOWING STRIKE

*Prerequisite: 5th level monk*

When you hit a creature with a Martial Arts attack, you can spend 1 ki point to interfere with the flow of their ki, forcing them to make a Charisma saving throw. On a failed save, the creature suffers the effects of the *slow* spell until the start of your next turn. You do not need to concentrate on this effect.

## UNYIELDING PERSEVERANCE

*Prerequisite: 5th level monk*

You can draw upon your ki to find success in times of great need. When you make an ability check or saving throw, you can spend any number of ki points and add them to your roll. You can use this feature after you roll, but before you know whether you succeed or fail.

## STUNNING STRIKE

*Prerequisite: 5th level monk*

When you hit a creature with a Martial Arts attack, you can spend 1 ki point to strike them with deadly force, forcing the target to make a Constitution saving throw. On a failed save, the creature is stunned until the beginning of your next turn.

The creature can use an action on their turn to repeat their saving throw, ending the stun effect on a success.

## AURA SIGHT

*Prerequisite: 9th level monk*

You can reach out with your ki to sense your surroundings. You gain blindsight with a range of 10 feet. Within that range, you can see anything that isn't behind total cover, even if you are blinded or in darkness. You can see invisible creatures in that range, unless the creature successfully hides from you.

As you gain levels in this class the range of this blindsight increases; at 13th level (20 feet) and 18th level (40 feet).

## HEAVENLY STEP

*Prerequisite: 9th level monk*

You can move along vertical surfaces, across liquids, and upside down on ceilings without falling during the move.

If you end your movement on a vertical surface, liquid, or ceiling, you can spend 1 ki point to remain in place without falling until the beginning of your next turn.

## INDOMITABLE SPIRIT

*Prerequisite: 9th level monk*

When you make an Athletics check you can spend 1 ki point to add your Wisdom modifier (minimum of +1) to your roll.

## ARMOR OF THE ASCETIC

*Prerequisite: 13th level monk*

You exude an aura of peace. At the end of each long rest, you gain the effects of *sanctuary*, which lasts until the start of your next long rest. The spell can end early as normal.

Additionally, you can spend 1 ki to cast *sanctuary* normally.

## ENLIGHTENED INTEGRITY

*Prerequisite: 13th level monk*

Your sense of self and strength of your will are unshakable. You are immune to the charmed and frightened conditions.

## MANTLE OF COURTESY

*Prerequisite: 13th level monk*

You gain proficiency in Persuasion and it becomes a Wisdom based skill for you. When you make a Wisdom (Persuasion) check you can treat a roll of 9 or lower on the d20 as a 10.

## TONGUE OF SUN AND MOON

*Prerequisite: 13th level monk*

You can touch the ki of other minds and communicate with any creature that speaks language. Creatures that speak no languages can communicate and understand simple ideas.

## AWAKEN THE THIRD EYE

*Prerequisite: 18th level monk*

You can open your mind to the ki that flows through all living things, allowing you to predict the actions of creatures before they happen. You can perform a 1 minute meditative ritual where you expend 8 ki points to cast *foresight*, targeting only yourself. While this effect is active, your ki point maximum is reduced by 8. You can end this effect as an action.

## EMPTY BODY

*Prerequisite: 18th level monk*

As a bonus action on your turn, you can spend 4 ki points to become invisible for 1 minute. While invisible in this way, you gain resistance to all damage except for force damage.

You can also spend 8 ki points to cast *astral projection*, without needing material components. When you do so, you target only yourself and can't take other creatures with you.

## QUIVERING PALM

*Prerequisite: 18th level monk*

When you hit a creature with a Martial Arts attack, you can spend 5 ki points to infuse their spirit with imperceptible vibrations, which last for a maximum number of days equal to your monk level. So long as you and the creature are on the same plane of existence, you can use your action to end these vibrations and force the target to make a Constitution saving throw. It is reduced to 0 hit points on a failed save and takes 10d10 necrotic damage on a successful one.

You can have only one creature under the effect of this feature at a time and using this feature on another target harmlessly ends the effects on any other creatures.

## OTHER MONASTIC TRADITIONS?

Since the Alternate Monk gains Monastic Tradition features at the same levels as the monk class as presented in the *Player's Handbook*, the Alternate Monk is compatible with the Monastic Traditions presented in both *Xanathar's Guide to Everything* and *Tasha's Cauldron of Everything*.

The Alternate Monk is also compatible with any homebrew subclass that uses the same subclass feature progression as the official monk class.





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# THE ALTERNATE MONK

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Become the master of martial arts you were meant to be with this alternate take on the monk class! Includes twenty-one new Techniques and five revised Monastic Traditions.

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