

Crushing Blow (-2) Feat

Your focus allows you to smash your enemy's defenses.

Prerequisites: Improved Unarmed Strike, Stunning Fist.

Benefit: You can make a Stunning Fist attempt as a full-round action. If successful, instead of stunning your target, you reduce the target's AC by an amount equal to your Wisdom modifier for 1 minute. This penalty does not stack with other penalties applied due to Crushing Blow.

Appears In: Ultimate Combat

Dodge Feat

Your training and reflexes allow you to react swiftly to avoid an opponents' attacks.

Prerequisite: Dex 13.

Benefit: You gain a +1 dodge bonus to your AC. A condition that makes you lose your Dex bonus to AC also makes you lose the benefits of this feat.

Dragon Style Feat

You call upon the spirit of dragonkind, gaining greater resilience, mobility, and fierceness from the blessing of these great beings.

Prerequisites: Str 15, Improved Unarmed Strike, Acrobatics 3 ranks.

Benefit: While using this style, you gain a +2 bonus on saving throws against sleep effects, paralysis effects, and stunning effects. You ignore difficult terrain when you charge, run, or withdraw. You can also charge through squares that contain allies. Further, you can add 1-1/2 times your Strength bonus on the damage roll for your first unarmed strike on a given round.

Normal: You cannot charge or run through difficult terrain, and you cannot charge through a square that contains an ally. With an unarmed strike, you usually add your Strength bonus on damage rolls.

Appears In: Ultimate Combat

Improved Grapple Feat

You are skilled at grappling opponents.

Prerequisite: Dex 13, Improved Unarmed Strike.

Benefit: You do not provoke an attack of opportunity when performing a grapple combat maneuver. In addition, you receive a +2 bonus on checks made to grapple a foe. You also receive a +2 bonus to your Combat Maneuver Defense whenever an opponent tries to grapple you.

Normal: You provoke an attack of opportunity when performing a grapple combat maneuver.

Appears In: Not New Paths Option: Use Scaling Feats

Improved Unarmed Strike Feat

You are skilled at fighting while unarmed.

Benefit: You are considered to be armed even when unarmed – you do not provoke attacks of opportunity when you attack foes while unarmed. Your unarmed strikes can deal lethal or nonlethal damage, at your choice.

Normal: Without this feat, you are considered unarmed when attacking with an unarmed strike, and you can deal only nonlethal damage with such an attack.

Power Attack -1/+2 Feat

You can make exceptionally deadly melee attacks by sacrificing accuracy for strength.

Prerequisites: Str 13, base attack bonus +1.

Benefit: You can choose to take a –1 penalty on all melee attack rolls and combat maneuver checks to gain a +2 bonus on all melee damage rolls. This bonus to damage is increased by half (+50%) if you are making an attack with a two-handed weapon, a one handed weapon using two hands, or a primary natural weapon that adds 1-1/2 times your Strength modifier on damage rolls. This bonus to damage is halved (–50%) if you are making an attack with an off-hand weapon or secondary natural weapon. When your base attack bonus reaches +4, and every 4 points thereafter, the penalty increases by –1 and the bonus to damage increases by +2. You must choose to use this feat before making an attack roll, and its effects last until your next turn. The bonus damage does not apply to touch attacks or effects that do not deal hit point damage.

Stunning Fist (4/day, DC 14) Feat

You know just where to strike to temporarily stun a foe.

Prerequisites: Dex 13, Wis 13, Improved Unarmed Strike, base attack bonus +8.

Benefit: You must declare that you are using this feat before you make your attack roll (thus, a failed attack roll ruins the attempt). Stunning Fist forces a foe damaged by your unarmed attack to make a Fortitude saving throw (DC 10 + 1/2 your character level + your Wis modifier), in addition to dealing damage normally. A defender who fails this saving throw is stunned for 1 round (until just before your next turn). A stunned character drops everything held, can't take actions, loses any Dexterity bonus to AC, and takes a –2 penalty to AC. You may attempt a stunning attack once per day for every four levels you have attained (but see Special), and no more than once per round. Constructs, oozes, plants, undead, incorporeal creatures, and creatures immune to critical hits cannot be stunned.

Special: A monk receives Stunning Fist as a bonus feat at 1st level, even if he does not meet the prerequisites. A monk may attempt a stunning attack a number of times per day equal to his monk level, plus one more time per day for every four levels he has in classes other than monk.

Reactionary Trait

You were bullied often as a child, but never quite developed an offensive response. Instead, you became adept at anticipating sudden attacks and reacting to danger quickly. You gain a +2 trait bonus to Initiative checks.

Appears In: Character Traits Web Enhancement, Advanced Player's Guide Traits

Evasion (Ex) Class Ability (Monk)

If exposed to any effect that normally allows her to attempt a Reflex saving throw for half damage, you takes no damage with a successful saving throw.

Fast Movement (+10 ft.) Class Ability (Monk)

At 3rd level, a monk gains an enhancement bonus to his land speed. A monk in armor or carrying a medium or heavy load loses this extra speed. By spending 1 point from his ki pool, he can increase his speed by 20 feet for 1 round.

Narendra – Abilities & Gear

Flurry of Blows +2/+2 (Ex) Class Ability (Monk)

Starting at 1st level, a monk can make a flurry of blows as a full-attack action. When doing so, he may make one additional attack, taking a -2 penalty on all of his attack rolls, as if using the Two-Weapon Fighting feat. These attacks can be any combination of unarmed strikes and attacks with a monk special weapon (he does not need to use two weapons to utilize this ability). For the purpose of these attacks, the monk's base attack bonus from his monk class levels is equal to his monk level. For all other purposes, such as qualifying for a feat or a prestige class, the monk uses his normal base attack bonus.

At 8th level, the monk can make two additional attacks when he uses flurry of blows, as if using Improved Two-Weapon Fighting (even if the monk does not meet the prerequisites for the feat).

At 15th level, the monk can make three additional attacks using flurry of blows, as if using Greater Two-Weapon Fighting (even if the monk does not meet the prerequisites for the feat).

A monk applies his full Strength bonus to his damage rolls for all successful attacks made with flurry of blows, whether the attacks are made with an off-hand or with a weapon wielded in both hands. A monk may substitute disarm, sunder, and trip combat maneuvers for unarmed attacks as part of a flurry of blows. A monk cannot use any weapon other than an unarmed strike or a special monk weapon as part of a flurry of blows. A monk with natural weapons cannot use such weapons as part of a flurry of blows, nor can he make natural attacks in addition to his flurry of blows attacks.

Ki Defense +4 (Su) Class Ability (Monk)

A monk can spend 1 point from his ki pool to give himself a +4 dodge bonus to AC for 1 round.

Ki Flurry (Su) Class Ability (Monk)

By spending 1 point from his ki pool, a monk can make one additional attack at his highest attack bonus when making a flurry of blows attack.

Ki Pool (5/day) (Su) Class Ability (Monk)

At 4th level, a monk gains a pool of ki points, supernatural energy he can use to accomplish amazing feats. The number of points in a monk's ki pool is equal to 1/2 his monk level + his Wisdom modifier.

A monk gains additional powers that consume points from his ki pool as he gains levels.

The ki pool is replenished each morning after 8 hours of rest or meditation; these hours do not need to be consecutive.

For a Ninja, the Ki Pool is based on Charisma, rather than Wisdom.

Ki Speed (Su) Class Ability (Monk)

By spending 1 point from his ki pool, a monk can increase his base speed by 20 feet for 1 round.

Ki Strike, Magic (Su) Class Ability (Monk)

At 4th level, ki strike allows a monk's unarmed attacks to be treated as magic weapons for the purpose of overcoming damage reduction.

Maneuver Training (Ex) Class Ability (Monk)

For the purpose of calculating CMB, you add your full monk levels, rather than 3/4 of your monk levels.

Slow Fall 20 ft. (Ex) Class Ability (Monk)

At 4th level or higher, a monk within arm's reach of a wall can use it to slow his descent. When first gaining this ability, he takes damage as if the fall were 20 feet shorter than it actually is. The monk's ability to slow his fall (that is, to reduce the effective distance of the fall when next to a wall) improves with his monk level until at 20th level he can use a nearby wall to slow his descent and fall any distance without harm.

Stunning Fist (Stun, Fatigue) (Ex) Class Ability (Monk)

At 1st level, the monk gains Stunning Fist as a bonus feat, even if he does not meet the prerequisites. At 4th level, and every 4 levels thereafter, the monk gains the ability to apply a new condition to the target of his Stunning Fist. This condition replaces stunning the target for 1 round, and a successful saving throw still negates the effect. At 4th level, he can choose to make the target fatigued. At 8th level, he can make the target sickened for 1 minute. At 12th level, he can make the target staggered for 1d6+1 rounds. At 16th level, he can permanently blind or deafen the target. At 20th level, he can paralyze the target for 1d6+1 rounds. The monk must choose which condition will apply before the attack roll is made. These effects do not stack with themselves (a creature sickened by Stunning Fist cannot become nauseated if hit by Stunning Fist again), but additional hits do increase the duration.

Unarmed Strike (1d8) Class Ability (Monk)

At 1st level, a monk gains Improved Unarmed Strike as a bonus feat. A monk's attacks may be with fist, elbows, knees, and feet. This means that a monk may make unarmed strikes with his hands full. There is no such thing as an off-hand attack for a monk striking unarmed. A monk may thus apply his full Strength bonus on damage rolls for all his unarmed strikes.

Usually a monk's unarmed strikes deal lethal damage, but he can choose to deal nonlethal damage instead with no penalty on his attack roll. He has the same choice to deal lethal or nonlethal damage while grappling.

A monk's unarmed strike is treated as both a manufactured weapon and a natural weapon for the purpose of spells and effects that enhance or improve either manufactured weapons or natural weapons.

A monk also deals more damage with his unarmed strikes than a normal person would, as shown above on Table: Monk. The unarmed damage values listed on Table: Monk is for Medium monks. A Small monk deals less damage than the amount given there with his unarmed attacks, while a Large monk deals more damage.

Ring of protection +1 Ring

This ring offers continual magical protection in the form of a deflection bonus of +1 to AC.

Construction

Requirements: Forge Ring, *shield of faith*, caster must be of a level at least three times the bonus of the ring; **Cost** 1,000 gp

Amulet of natural armor +1 Wondrous Item (Neck)

This amulet, usually containing some type of magically preserved monster hide or other natural armor - such as bone, horn, carapace, or beast scales - toughens the wearer's body and flesh, giving him an enhancement bonus to his natural armor of +1.

Construction

Requirements: Craft Wondrous Item, *barkskin*, creator's caster level must be at least three times the amulet's bonus; **Cost** 1,000 gp

Narendra – Abilities & Gear

Bracers of armor +1 **Wondrous Item (Wrist)**

These items appear to be wrist or arm guards, sometimes etched with symbols of protection or depictions of vigilant-looking animals. *Bracers of armor* surround the wearer with an invisible but tangible field of force, granting him an armor bonus of +1, just as though he were wearing armor. Both *bracers of armor* must be worn for the magic to be effective.

Construction

Requirements: Craft Wondrous Item, *mage armor*, creator's caster level must be at least two times that of the bonus placed in the bracers;
Cost 500 gp

Cloak of resistance +1 **Wondrous Item (Shoulders)**

Flecks of silver or steel are often sown amid the fabric of these magical cloaks. This garment offers magic protection in the form of a +1 resistance bonus on all saving throws (Fortitude, Reflex, and Will).

Construction

Requirements: Craft Wondrous Item, *resistance*, creator's caster level must be at least three times the cloak's bonus; **Cost** 500 gp