

# Dnd 5e Monk Guide

### UNLEASHED MONK


These monks have found a way to tap into their unrealized potential, and begin radiating waves of Ki. Their bodies undergo physical changes when unleashed, changing the color of their hair, eyes, skin. This is dangerous, however, and an untrained monk who does this will die from the strain on their body.

**Fearsome Ki.** The Ki that radiates from an unleashed monk is palpable. It feels like a crushing weight is bearing down on you, and only the strong willed can resist it.

**Reckless.** The strain an unleashed monk goes through is mental as well. They have to resist a battle rage that overcomes them, threatening to push themselves into death.

### TACTICS

The unleashed monk dashes about the battlefield, spreading attacks through its enemies. It uses Unleash Ki when possible, and Flash Step to move between targets.



Art by reaper78 on Deviantart

### UNLEASHED MONK

Medium humanoid (any race), any alignment

**Armor Class** 19  
**Hit Points** 190 (20d8 + 100)  
**Speed** 60 ft., fly 60 ft. (hover)

STR	DEX	CON	INT	WIS	CHA
24 (+7)	28 (+9)	20 (+5)	10 (+0)	18 (+4)	14 (+2)

**Saving Throws** Strength +13, Dexterity +15, Constitution +11, Intelligence +6, Wisdom +10, Charisma +8  
**Skills** Athletics +13, Acrobatics +15, Intimidate +8, Religion +6, Perception +10  
**Condition Immunities** diseased, poisoned  
**Senses** Passive Perception 20  
**Languages** Common, any two languages  
**Challenge** 18 (20,000 XP)

**Ki-Empowered Strikes.** The monk's weapon attacks are magical.

**Legendary Resistance (3/Day).** If the monk fails a saving throw, it can choose to succeed instead.

### ACTIONS

**Multiattack.** The monk can use its Overwhelming Presence. It then makes two Ki Strike attacks.

**Ki Strike.** *Melee Weapon Attack:* +15 to hit, reach 5 ft., one target. *Hit:* 14 (1d10 + 9) bludgeoning damage.

**Overwhelming Presence.** Each creature of the monk's choice that is within 120 feet of the monk and aware of it must succeed on a DC 18 Wisdom saving throw or become frightened for 1 minute. A creature can repeat the saving throw at the end of each of its turns, ending the effect on a success. If a creature's saving throw is successful or the effect ends for it, the creature is immune to the monk's Overwhelming Presence for the next 24 hours.

**Combo Finisher.** As a bonus action, the monk can make a Ki Strike. If the attack hits, the target must make a DC 20 Strength saving throw or be pushed up to 15 feet away from the monk.

**Unleash Ki (Recharge 5-6).** The monk unleashes a concentrated beam of Ki energy in a 90-foot line that is 5 feet wide. Each creature in that line must make a DC 20 Dexterity saving throw, taking 55 (10d10) force damage on a failed save, or half as much damage on a successful one.

### REACTIONS

**Deflect Missiles.** When the monk is hit by a ranged attack, the monk can reduce the damage by 14 (1d10+9). If the damage is reduced to 0, it can reflect the attack back at the attacker. The monk makes a ranged attack with a +15 bonus.


### LEGENDARY ACTIONS

The monk can take 3 legendary actions, choosing from the options below. Only one legendary action option can be used at a time, and only at the end of another creature's turn. The monk regains all spent legendary actions at the start of its turn.

**Ki Strike.** The monk makes a Ki Strike attack.

**Flash Step (Costs 2 Actions).** The monk can teleport up to 60 feet and make a Ki Strike Attack.

Stats by PirateGonzalezGames.com



**DND 5E Monk Guide:** The Monk class in Dungeons & Dragons 5th Edition is a unique and versatile option that combines martial prowess with mystical abilities. Monks are highly mobile combatants who can strike with incredible speed and precision, making them excellent for both offense and defense. Whether you're a seasoned player or new to the game, this guide will provide you with essential information on creating and playing a Monk effectively, including class features, abilities, and tips for maximizing your character's potential.

# Understanding the Monk Class

The Monk class is deeply rooted in martial arts and Eastern philosophies, drawing inspiration from various cultural depictions of monks and martial artists. Here are some key aspects of the Monk class:

## Core Features

Monks possess several unique features that set them apart from other classes:

1. **Martial Arts:** Monks are proficient in unarmed strikes and can use Dexterity instead of Strength for attack and damage rolls.
2. **Ki:** Monks harness a mystical energy known as Ki, which allows them to perform special abilities like Flurry of Blows and Step of the Wind.
3. **Unarmored Defense:** Monks can use their Dexterity and Wisdom to calculate their Armor Class, allowing for high mobility and defense without heavy armor.
4. **Monk Subclasses:** Upon reaching level 3, Monks choose a monastic tradition, which provides additional features and abilities that shape their playstyle.

## Choosing Your Race

Selecting the right race for your Monk can significantly enhance your character's effectiveness. Here are some races that synergize well with the Monk class:

- **Human:** The versatile human race provides an extra feat or ability score increase, making them a solid choice for any class.
- **Wood Elf:** With bonuses to Dexterity and Wisdom, as well as increased movement speed, Wood Elves are natural Monks.
- **Halfling:** Lightfoot Halflings gain bonuses to Dexterity and are naturally lucky, enhancing their survivability.
- **Dragonborn:** Although less common, a Dragonborn Monk can create a unique character with strong roleplay potential.

## Ability Scores for Monks

Monks rely heavily on Dexterity and Wisdom for both offense and defense.

Here's how to prioritize your ability scores:

1. **Dexterity:** This is your primary stat for attack rolls, damage, and Armor Class.
2. **Wisdom:** Important for your Ki abilities and unarmored defense, Wisdom also enhances your saving throws.
3. **Constitution:** While not a primary focus, Constitution is crucial for hit points and survivability.
4. **Strength, Intelligence, and Charisma:** These can be lower priorities unless you have specific roleplay reasons or build strategies.

## Monk Subclasses

At level 3, Monks choose a subclass that provides unique abilities and skills. Here are the key Monk subclasses available in DND 5E:

### Way of the Open Hand

The Way of the Open Hand is focused on unarmed combat and control over the battlefield. Key features include:

- **Open Hand Technique:** You can manipulate your opponents with your strikes, knocking them prone or pushing them back.
- **Wholeness of Body:** This ability allows you to heal yourself, emphasizing your role as a self-sufficient fighter.

### Way of Shadow

The Way of Shadow emphasizes stealth and subterfuge. Key features include:

- **Shadow Arts:** You can use Ki to cast spells like Darkness and Pass Without Trace, enhancing your utility.
- **Shadow Step:** This ability allows you to teleport between shadows, improving your mobility in combat.

### Way of the Four Elements

The Way of the Four Elements allows Monks to channel elemental powers. Key features include:

- **Elemental Attunement:** You can manipulate the elements to create effects such as controlling flames or moving water.
- **Elemental Disciplines:** You can spend Ki points to cast elemental spells,

adding versatility to your Monk.

## Combat Strategies for Monks

Playing a Monk effectively requires a good understanding of your combat capabilities and team dynamics. Here are some strategies to consider:

### Mobility and Positioning

Monks excel in mobility. Use your speed to position yourself advantageously on the battlefield.

- Use the Dash Action: Monks can effectively use the Dash action to get into and out of combat quickly.
- Manipulate Terrain: Take advantage of your high movement speed to flank enemies or avoid being surrounded.

### Ki Management

Your Ki points are limited, so use them wisely.

- Prioritize Key Abilities: Decide which Ki abilities will benefit you the most based on the situation.
- Conserve Ki: Avoid spending Ki on every encounter; save points for when they will make a significant impact.

## Multiclassing Options

While Monks can stand alone as powerful characters, multiclassing can enhance specific abilities. Here are some options:

- **Rogue:** Combining Monk with Rogue provides additional skills and sneak attack damage, enhancing your combat capabilities.
- **Druid:** Adding Druid levels allows you to access spells and shape-shifting abilities, providing versatility.
- **Fighter:** A few levels in Fighter can grant extra attacks and combat maneuvers, bolstering your melee prowess.

# Conclusion

The **DND 5E Monk Guide** illustrates that Monks are a dynamic and engaging class that offers a unique blend of martial arts and mystical abilities. With their focus on agility, unarmed combat, and Ki management, Monks can adapt to various situations, making them invaluable in any adventuring party. By understanding their core features, selecting the right race, and mastering combat strategies, players can unlock the full potential of the Monk class in Dungeons & Dragons 5th Edition. Whether you're looking to deal damage, control the battlefield, or provide support, the Monk has something to offer for every player.

## Frequently Asked Questions

### What are the best races for a monk in D&D 5e?

The best races for a monk in D&D 5e include Wood Elf for increased speed and Dexterity, Human for versatility, and Tabaxi for agility and extra movement. Aarakocra is also a strong choice due to flight.

### What is the optimal ability score distribution for a D&D 5e monk?

The optimal ability score distribution for a monk prioritizes Dexterity for attack and damage bonuses, followed by Wisdom for saving throws and AC. Constitution is also important for hit points.

### How does the monk's Ki system work in D&D 5e?

Monks have a resource called Ki, which they can use to fuel special abilities like Flurry of Blows, Patient Defense, and Step of the Wind. They regain all spent Ki after a short or long rest.

### What are the best monk subclasses in D&D 5e?

Popular monk subclasses include the Way of the Open Hand for a versatile martial artist, Way of Shadow for stealth and mobility, and Way of the Four Elements for elemental spell-like abilities.

### How do monks utilize unarmored defense in D&D 5e?

Monks use their Dexterity and Wisdom for their Armor Class (AC) when not wearing armor. This allows them to maintain high mobility while benefiting from their high Dexterity and Wisdom scores.

### What are some effective combat strategies for a monk

## in D&D 5e?

Effective strategies include using hit-and-run tactics, leveraging Flurry of Blows for extra attacks, and utilizing Patient Defense to dodge attacks after engaging enemies.

## Can monks use weapons in D&D 5e, and if so, which are best?

Yes, monks can use weapons, and they excel with simple weapons like quarterstaves and shortswords. They can also use any monk weapon as a bonus action due to their Martial Arts feature.

## What is the role of a monk in a D&D 5e party?

Monks typically serve as mobile melee damage dealers, capable of controlling the battlefield with their speed and abilities. They can also provide utility with skills like stealth and acrobatics.

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