

## MONASTIC TRADITION: WAY OF THE ELEVATED RING

Open hand? How are you supposed to break things with an open hand? Listen, the only things you need to know is the thumb goes on the outside, and no hitting below the belt. Everything else is legal.

Keep up that Patient Defense and wait for an opening, then knock their teeth loose, and don't let up until they're on the ground.

### WAY OF THE ELEVATED RING FEATURES

Monk Level	Feature
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3	The Iron Monastery, Cross Counter
6	Phantom Punch
11	Ki Sting
17	The Three Count

### THE IRON MONASTERY

At 3rd level, you have learned that a vast musculature compliments a quick one.

When making an unarmed strike as your action, you may have your unarmed strike damage be equal to your martial arts die plus both your Dexterity and Strength modifiers until the start of your next turn. If you do, you may not use Flurry of Blows this turn.

### CROSS COUNTER

At 3rd level, you realize the best defense is a well-timed offense. When you are hit by a melee attack, you can spend 1 ki and use your reaction to make an unarmed strike. You reduce the damage from their attack by the damage you roll. If the damage you roll exceeds the damage you would have taken, your opponent takes the difference in bludgeoning damage.

When you take the Dodge action on your turn before this, a creature dealt damage this way has disadvantage on Constitution and Strength saving throws until the end of your next turn.

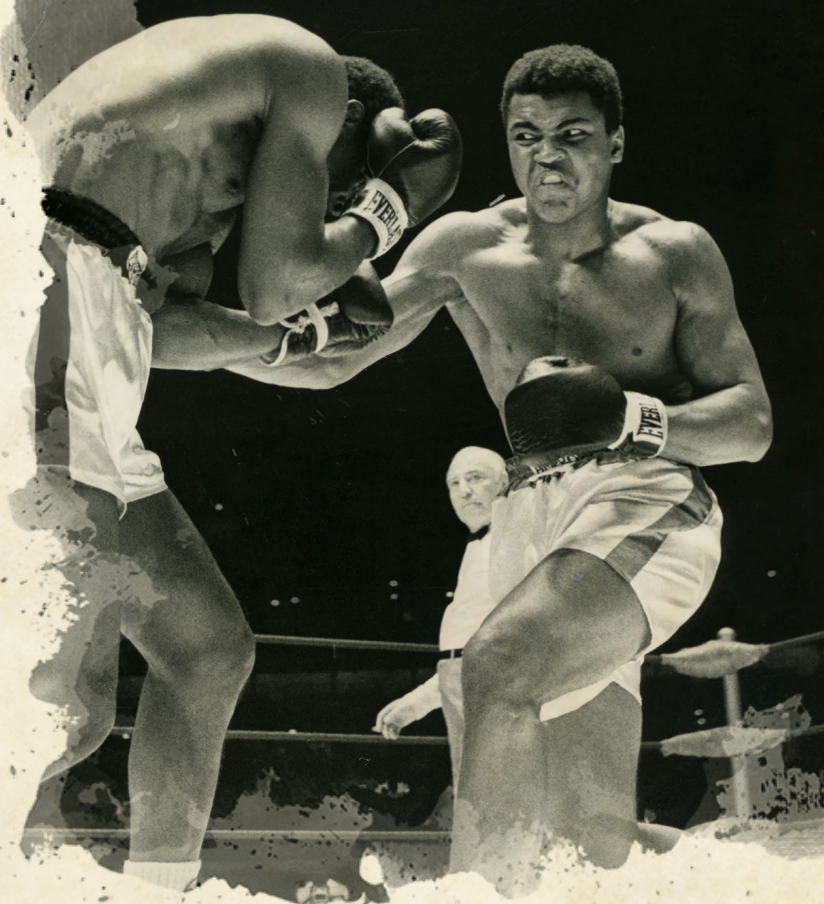
### PHANTOM PUNCH

At 6th level your fists can hospitalize bricks. Your unarmed strikes deal double damage to objects and structures, and if you hit a stunned creature with an unarmed strike that benefits from your strength modifier, they are knocked prone.

Additionally, if you deal damage to a creature using a Cross Counter, they must make a Strength Saving Throw (DC 10 + damage inflicted) or be knocked prone.

### KI STING

At 11th level, you can use the forceful connection of your cross counters as a direct conduit for your ki. When you hit with a Cross Counter, you can spend ki to increase your damage by 1d6 per ki spent, up to a maximum of half your monk level.



### THE THREE COUNT

At 17th level, you know how to keep yourself up and your opponents down. If you successfully knock a creature prone with an unarmed strike a total of 3 times in a minute, the creature is reduced to 0 hit points.

In addition, when you succeed on your third death saving throw, you spend half your total hit die rounded up, and regain hit points as if you were taking a short rest.

### THE THREE COUNT CANT

It is generally encouraged, but not required, that the DM count "One ... Two ..." and then everyone else shout "TWO!" after everytime a combatant gets up from prone.

### CREDITS

- Way of the Elevated Ring by [/u/TehlaTheAllTelling](#)
- Mohammed Ali is The Greatest.