MONASTIC TRADITIONS

Three traditions of monastic pursuit are common in the monasteries scattered across the multiverse. Most monasteries practice one tradition exclusively, but a few honor the many traditions and instruct each monk according to his or her aptitude and interest. All traditions rely on the same basic techniques, diverging as the student grows more adept. Thus, a monk need choose a tradition only upon reaching 3rd level.

WAY OF THE MASK

When you put on your mask, you're not an ordinary, if impossibly handsome, commoner anymore; you're the greatest wrestler the world has ever known. You'll wrestle anyone – or anything – that comes within arm's reach. Sometimes you wrestle inanimate objects, just to prove that you can. That one time you wrestled an owlbear? Totally happened. For real.

People come from all around to get a shot against you, to unmask you and take your championship belt. Women want you, and men want to be you. But above all, everyone wants to beat the champ; too bad no one ever will.

CROWD FAVORITE

The roar of the crowd lives inside you. Starting when you choose this tradition at 3rd level, you can choose to add your Charisma modifier, instead of your Wisdom modifier, to your Ki Save DC and AC from Unarmored Defense. Additionally, you can add your Strength modifier, instead of your Dexterity modifier, to your AC from Unarmored Defense.

HEAVYWEIGHT CHAMPION

When presented with an obstacle, your first instinct is to wrestle it, even if the obstacle in question is not conventionally wrestle-able, like a dragon, an ooze, or an awkward conversation. At 3rd level, you gain the following features:

> **Mask and Wrestling Gimmick**
> People know you far and wide by the mask that you wear. Whenever you are in combat (and in much of your time outside combat) you wear a tight mask, made of leather or cloth, ornately decorated in a theme of your choice. Your mask's theme must tie into your wrestling persona, which you adopt to stir crowds and build your legend. For example, your mask might include furs to look like a werewolf, a fin to resemble a shark, or dark colors to resemble an executioner's garb.

- You are considered one size larger for the purposes of grappling.
- You can attempt to grapple any creature, regardless of its size.
- You can use your action to try to pin a creature grappled by you. To do so, make another grapple check. If you succeed, you and the creature are both Restrained until the grapple ends.
- If you have the Grappler feat, you can choose whether a target grappled by you must make a Strength (Athletics) or Dexterity (Acrobatics) check to escape.

SIGNATURE MOVE

At 6th level, you master a signature move, which soon becomes synonymous with your exploits. Choose one of the following features of your choice. Each of these features has a suggested name, but you can choose any name for your signature move, preferably one that sounds good being chanted by a crowd and yelled by you when you perform it.

Foreign Object. You are proficient with improvised weapons and can use an improvised weapon when you use Flurry of Blows. Once on each of your turns, you can spend 1 ki point to add your proficiency bonus to the damage of an improvised weapon.

Headbutt of Justice. Once per turn when you miss with an unarmed strike, you can spend 1 ki point to follow it up with a quick headbutt. Make a second unarmed strike against the same target. The damage die of this attack is 1d8.

Infinity Suplex. While you are grappling another creature, you can use your action and spend 1 ki point to end the grapple early by hurling your opponent over your shoulder and slamming them into the ground. Make an attack roll against the creature you are grappling. On a hit, the creature takes 2d10 damage. The grapple ends and the target is prone.

OFF THE TOP ROPE

At 11th level, whenever you fall 5 feet or more immediately before making and unarmed strike, you can choose to make a stunning strike without expending ki, or to knock the target prone and automatically grapple the target on a hit.

CHOKED OUT

At 17th level, when you make a grapple check on your turn, you can spend 1 ki point to make that check with advantage.