

MONK WAY OF THE STEEL BODY

Unlike other monks, a monk of the way of the steel body wears armor, especially heavy, metal armor. The grace and skill of these monks allows them to take on this armor, minimizing its downsides and clunkiness, and weaponizing its durability. These monks are able to engage on the front line like any other warrior, and are skilled at blocking melee attacks and even reflecting spells, the same way other monks catch projectiles.

The way of the steel body is difficult to engage in and therefore rare, but it empowers its adherents with unrivaled durability and resilience on the battlefield, without the cost of their agility.

ARMORED BODY

Starting at level 3, wearing armor and using a shield does not affect your ability to use Martial Arts abilities or to benefit from Unarmored Movement.

BONUS PROFICIENCIES

At level 3, you gain proficiency with light, medium, and heavy armor and shields. You also gain proficiency with smith's tools.

DEFLECT MELEE

Beginning with level 6, once per round, you may use Deflect Missiles on a melee or spell attack, catching the offending weapon. Instead of being able to use a ki point to make a ranged attack after reducing the damage of the attack to 0 using the ability, you may use a ki point to attempt to remove the weapon from the attacker's grasp. If you do this, you make a Dexterity (Acrobatics) check, contested by the attacker's Strength (Athletics) or Dexterity (Acrobatics) check. This does not work on attacks that did not use a weapon, or that used a weapon attached to the attacker.

UNBOUNDED GRACE

Starting at 11th level, you are not affected by the Strength requirements for armor you wear, and armor cannot impose disadvantage on the Dexterity (Stealth) checks you make.

In addition, if you are using a shield or wearing heavy armor, when you use Flurry of Blows, you may make an additional attack with your shield or armor. You are proficient in this attack, which uses your Dexterity modifier to hit. On a hit, you deal damage equal to the result of a roll of your Martial Arts die.

DEFLECT SPELLS

Beginning with level 17, once per round if you are using a shield, you may use your reaction to reflect a spell when you pass its save or its spell attack misses you. To do this, you must expend 1 ki point plus an additional ki point for each spell slot level above 2 that was used to cast the spell you are reflecting. When you do this, the spell's new area becomes centered on the caster, or the caster becomes the target of the spell attack rolls made. Then, the caster rerolls the spell attack rolls or attempts the save.