



MARTIAL ARTS ADEPT

Martial arts adepts are disciplined monks with extensive training in hand-to-hand combat. Some protect monasteries; others travel the world seeking enlightenment. A few become bodyguards, trading their combat prowess and loyalty for food and lodging.

SCALABLE NPC

The martial arts adept listed here is a scalable NPC. To scale the adept, simply follow these instructions:

- Find the starting statistics for the martial arts adept in *Volo's Guide to Monsters* (page 216).
- Choose your target Challenge Rating.
- Adjust the adept's statistics based on the information provided on the Martial Arts Adept table below.

STARTING STATISTICS

The martial arts adept's starting statistics are identified on page 216 of *Volo's Guide to Monsters*.

SPECIAL TRAITS

As the martial arts' adept's CR increases, it gains the following special traits.

UNARMORED DEFENSE

Beginning at CR 3, while the adept is wearing no armor and not wielding a shield, its AC equals 10 + its Dexterity modifier + its Wisdom modifier.

UNARMORED MOVEMENT

Starting at CR 3, the martial arts adept's speed increases by 10 feet while it is not wearing armor or wielding a shield. This bonus increases when it reaches certain CRs, as shown on the Martial Arts Adept table.

At 9th level, the martial arts adept can move along vertical surfaces and across liquids on its turn without falling during the move.

MULTIATTACK

Starting at CR 3, the martial arts adept can use its action to make three unarmed strikes or three dart attacks. At CR 5, the adept can use this trait to make one additional unarmed strike or one additional dart attack.

DEFLECT MISSILES

Starting at CR 3, the martial arts adept can use its reaction to deflect or catch a missile when it is hit by a ranged weapon attack. When it does so, the damage it takes from the attack is reduced by 1d10 + its Dexterity modifier + its CR. If the damage is reduced to 0, the adept catches the missile if it's small enough to hold in one hand and the adept has a hand free.

ABILITY SCORE IMPROVEMENT

When the adept reaches CR 4, its Constitution score increases by 2 (15). Then, at CR 8, its Dexterity score increases by 2 (19), at CR 12, its Wisdom score increases by 2 (18), at CR 16, its Dexterity score increases by 1 (20) and its Constitution score increases by 1 (16), and finally, at CR 19, its Wisdom score increases by 2 (20).

MARTIAL ARTS RESILIENCY

At CR 5, the adept gains proficiency on Strength, Dexterity, and Wisdom saving throws.

UNARMED STRIKE

When the adept reaches CR 5, its unarmed strike's damage increases to 1d10 + its Dexterity modifier. And at CR 9, its unarmed strike's damage increases to 1d12 + its Dexterity modifier.

WHOLENESS OF BODY

At CR 6, the adept can use its action to regain a number of hit points equal to three times its Challenge Rating. The adept can use this action once per day.

MAGIC WEAPONS

Also at CR 6, the adept's unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

MARTIAL ARTS ADEPT

CR	Prof. Bonus	AC	hp (HD)	Attack Bonus	Save DC	Speed	Traits
3	+2	16	60 (11d8 + 11)	+5	13	40 ft.	Unarmored Defense, Unarmored Movement, Multiattack, Deflect Missile
4	+2	16	78 (12d8 + 24)	+5	13	40 ft.	Ability Score Increase (Con 15)
5	+3	16	84 (13d8 + 26)	+6	14	40 ft.	Martial Artist Resiliency, Multiattack (4x), Unarmed Strike (1d10)
6	+3	16	97 (15d8 + 30)	+6	14	45 ft.	Wholeness of Body, Magic Weapons
7	+3	16	104 (16d8 + 32)	+6	14	45 ft.	Evasion, Stillness of Mind
8	+3	17	110 (17d8 + 34)	+7	14	45 ft.	Ability Score Increase (Dex 19)
9	+4	17	117 (18d8 + 36)	+8	15	45 ft.	Unarmed Strike (1d12), Improved Unarmored Movement
10	+4	17	123 (19d8 + 38)	+8	15	50 ft.	Purity of Body
11	+4	17	130 (20d8 + 40)	+8	15	50 ft.	Tranquility, Legendary Actions (Attack, Move)
12	+4	18	136 (21d8 + 42)	+8	16	50 ft.	Ability Score Increase (Wis 18), Tongue of the Sun and Moon
13	+5	18	142 (22d8 + 44)	+9	17	50 ft.	—
14	+5	18	155 (24d8 + 48)	+9	17	55 ft.	Diamond Soul
15	+5	18	175 (27d8 + 54)	+9	17	55 ft.	—
16	+5	19	210 (28d8 + 84)	+10	17	55 ft.	Ability Score Increase (Dex 20, Con 16)
17	+6	19	217 (29d8 + 87)	+11	18	55 ft.	Death Strike
18	+6	19	225 (30d8 + 90)	+11	18	60 ft.	Invisibility, Astral Projection
19	+6	20	232 (31d8 + 93)	+11	19	60 ft.	Ability Score Increase (Wis 20)
20	+6	20	240 (32d8 + 96)	+11	19	60 ft.	Legendary Resistance

EVASION

At CR 7, when the adept is subjected to an effect that allows it to make a Dexterity saving throw to take only half damage, it instead takes no damage if it succeeds on its saving throw, and only half damage if it fails.

STILLNESS OF MIND

Also at CR 7, the adept gains immunity to the charmed and frightened conditions.

PURITY OF BODY

At CR 10, the adept gains immunity to poison and the poisoned condition.

TRANQUILITY

Starting at CR 11, any creature that targets the adept must succeed on a Wisdom saving throw against its save DC. On a failed save, the creature must choose a new target or lose the attack.

This trait does not protect the adept from area effects, such as the explosion of a fireball. If the adept makes an attack or casts a spell that affects an enemy creature, this effect ends for it until it completes a long rest.

LEGENDARY ACTIONS

At CR 11, the adept 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 adept regains spent legendary actions at the start of its turn.

- **Strike.** The adept makes an unarmed strike attack.
- **Move (Costs 2 Actions).** The adept moves up to its full movement speed.

TONGUE OF THE SUN AND MOON

Starting at CR 12, the adept understands all spoken languages. In addition, any creature that can understand a language can understand what the adept says.

DIAMOND SOUL

Starting at CR 14, the adept has proficiency in all saving throws.

DEATH STRIKE

At CR 17, the adept gains another legendary action, Death Strike, which costs 3 actions.

When the adept uses this legendary action, it makes an unarmed strike attack against a creature. On a hit, the creature must make a Constitution saving throw. On a failed saving throw, its hit points are reduced to 0. On a successful saving throw, it instead takes 10d10 necrotic damage.

INVISIBILITY

Starting at CR 18, the adept can use its action to turn invisible for 1 minute. While invisible, it has resistance to all damage except force damage.

ASTRAL PROJECTION

At CR 18, the adept can use its action to innately cast astral projection as the spell, but may only target itself. Wisdom is its spellcasting ability for this spell. It can only use this action once per day.

LEGENDARY RESISTANCE

Beginning at CR 20, if the adept fails a saving throw, it can choose to succeed instead. It can use this trait three times per day.

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