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 SHADOW SUN

Monks who pursue the Way of the Shadow Sun study good and evil, light and dark, and seek to find power in their balance. These monks are highly skilled at manipulating ki, both to heal and to sap vitality. However, a Shadow Sun monk derives his or her power from within, by understanding their own righteousness and their personal shadow of evil. Only when a student of the shadow sun has accepted his or her own duality does he or she graduate to become a shadow sun ninja.

Touch of the Shadow Sun

Starting when you choose this tradition at 3rd level, your touch drains vitality and heals wounds. You can spend a ki point as an action to make an unarmed strike against a creature within your reach. On a hit, the target takes an additional 3d6 necrotic damage. Record the amount of necrotic damage dealt. You can't use this ability again until you use your action to touch a willing creature within your reach, restoring an amount of hit points equal to the damage recorded.

Shadow Sun Void

At 6th level, while you are not carrying a shield, you can use your bonus action to manifest a barrier of light. For 1 minute, or until you are hit, you have a +2 bonus to AC, as if you were wielding a shield. When you are hit, the shield shatters in a wave of inky black energy. Each creature within 5 feet of you must make a Dexterity saving throw or take 1d10 + your Wisdom modifier necrotic damage.

Once you use this ability, you must finish a short or long rest before using it again.

BLINDING DARKNESS

By 11th level, when you begin your turn hidden in dim light or darkness, you can emerge in a blinding flash of light as a bonus action. Creatures within 20 feet of you must make a Constitution saving throw. A creature is dazzled on a failed save, and you have advantage on attack rolls against it until the end of your turn.

BALANCE OF LIGHT AND DARKNESS

Starting at 17th level, when you use your Flurry of Blows, your first additional attack deals an extra 1d10 radiant damage, and your second additional attack deals an extra 1d10 necrotic damage.