

The Internalist

Invented by Malakai

In a world possessed by the martial sciences, often times the word of muscle and size is law. The bigger the hammer, the more crushing it does, such as it were. However, size is not everything, and there are those who know how to use the very energies that power the body itself to their advantage.

These are Internalists, masters of a form of unarmed combat that relies not on speed and power, but on carefully executed motions and soft defensive techniques, coupled with precise control of the *qi*, or life energy within themselves. As devastating as a muscle-bound warrior swinging a massive sword, as quick as the rabbit escaping from the hawk, these mysterious warriors are not all that they seem to outward appearances.

Adventures:

The Internalist is the master of the mysterious ways of *qi*. As such, they are generally at peace with their surroundings, and have little reason to leave on such unsettling matters as adventuring. However, their philosophy, however pacifistic, is also entirely defensive, and when something threatens them, or those they are watching over, they are quick to respond.

Characteristics:

While not an overwhelmingly powerful combatant, the ability of the Internalist to direct their own life energy is a potent one that grants them a great deal of protection from damage, supernatural speed, and the ability to deliver a devastating attack with only a little effort. Their fighting focuses on improvement of the self, and defense more than anything else.

Religion:

Though it is not required, most Internalists belong to an extremely mysterious philosophy that guides them to living simple, peaceful lives full of happiness by simply taking time to enjoy what is happening around them. There can be worship within this philosophy, but it is hardly necessary, as a religion can often complicate one's otherwise simple being.

Background:

Most Internalists were raised in the ways of *qi* by another master of the arts. However, occasionally an Internalist will be trained, if they can prove themselves worthy of the honor, and capable of living the lifestyle of the monk.

Races:

Any race may be an Internalist. Humans, with their short life spans, tend to cling to the philosophy of peace and happiness that the way of the Internalist brings. Elves have the long-lived patience necessary to truly devote themselves to the ways of the Internalist, while Dwarves, not usually inclined towards the way of the monk find that the focus brought on by the path of the Internalist can help them in many ways. And of course, the smaller classes cling to the Internalist class, since it allows them to overcome much larger foes even at their small size.

Game Rule Information

Alignment: True Neutral; the way of *qi* does not bias itself, and neither should its user.

Hit Die: d6

Class Skills

The Internalist class skills (and the key ability for each skill) are; Balance (Dex), Climb (Str), Concentration (Con), Craft (Int), Diplomacy (Cha), Escape Artist (Dex), Hide (Dex), Jump (Str), Listen (Wis), Move Silently (Dex), Perform (Cha), Profession (Wis), Sense Motive (Wis), Spot (Wis), Swim (Str), and Tumble (Dex).

See Chapter 4 in the *Core Rulebook 1* for skill descriptions.

Skill Points at 1st Level: (4 + Int modifier) x 4

Skill Points at each additional Level: 4 + Int modifier

Class Features

All of the following are class features of the Internalist:

Weapon and Armour Proficiency: An Internalist is not proficient with any type of weapons, or armor.

Note that wearing armour heavier than leather imposes a penalty to the ranger skills Climb, Hide, Jump, and Move Silently. Swim checks also suffer a -1 penalty for every 5 lbs. of armour or equipment carried.

Unarmed Strike: At 1st level, a Internalist gains Improved Unarmed Strike as a bonus feat. A Internalist's attacks may be with either fist interchangeably or even from elbows, knees, and feet. This means that a Internalist may even make unarmed strikes with her hands full. There is no such thing as an off-hand attack for a Internalist striking unarmed. A Internalist may thus apply her full Strength bonus on damage rolls for all her unarmed strikes.

Usually a Internalist's unarmed strikes deal lethal damage, but she can choose to deal nonlethal damage instead with no penalty on their attack roll. She has the same choice to deal lethal or none lethal damage while grappling.

A Internalist's unarmed strike is treated both as a manufactured weapon and a natural weapon for the purpose of spells and effects that enhance or improve either manufactured weapons or natural weapons.

A Internalist also deals more damage with her unarmed strikes than a normal person would, as shown on Table: The Internalist. The unarmed damage on Table: The Internalist is for Medium Internalists. A Small Internalist deals less damage than the amount given there with her unarmed attacks, while a Large Internalist deals more damage; see Table: Small or Large Internalist Unarmed Damage.

Table: Small or Large Internalist Unarmed Damage

Level	Damage (Small Internalist)	Damage (Large Internalist)
1 st –3 rd	1d4	1d8
4 th –7 th	1d6	2d6
8 th –11 th	1d8	2d8
12 th –15 th	1d10	3d6
16 th –19 th	2d6	3d8
20 th	2d8	4d8

Focus Qi: At 1st Level, the Internalist learns how to channel and direct their *qi* to make their attacks and defences more powerful. Once per day per level, the Internalist may add a +2 bonus to either their next attack roll or their armor class. This bonus lasts for 1d4 + their Internalist level rounds.

Pacifist Solution: At 3rd Level, the Internalist gains the ability Pacifist Solution. In combat, when the Internalist would normally make their Initiative roll, they may choose to go last in the line of Initiative. If they do this, they gain a +3 bonus to their Armor Class for the duration of the round.

Deep Strike: At 5th Level, the Internalist gains the ability Deep Strike. This is a precision attack to a pressure point on the opponent's body. The Internalist takes a full attack action, making a touch attack against an opponent at a –2 penalty. If the attack is successful, it is automatically considered a critical hit, and deals double damage.

Improved Defense: At 7th Level, the Internalist gains the ability Improved Defense. This ability allows them to apply their Wisdom bonus to their Armor Class.

Peace of the Wind: At 9th Level, the Internalist gains the ability Peace of the Wind. This ability automatically stabilizes the monk if they fall below 0 hit points.

Defensive Strike: At 11th Level, the Internalist gains the ability Defensive Strike. Once per day, when an opponent attacks the Internalist, they may roll with the attack, applying their own melee modifier. If they are successful in overcoming the opponent's strike, they deal an attack of their own that stuns the enemy for 1d4 rounds.

Tranquil Passing: At 13th Level, the Internalist gains the ability Tranquil Passing, this ability allows the monk to make an attack at their highest bonus once every 3 rounds. If the attack is successful, they deal no damage, but may pass through the target's area of threat without provoking an attack of opportunity, and knock the opponent prone.

Simple Living: Not all of the Internalist's requirements are good. At 15th Level, the Internalist must give away all their worldly possessions, save the clothing on their back, 5 gp, any weapons they may have taken for themselves, and any magical items they may have procured. Thus do they preserve the philosophy of their existence.

Power of Peace: At 17th Level, the Internalist gains the ability Power of Peace. This ability acts as a permanent *Charm Monster* spell that affects all those within 20 feet of the Internalist, save those they do not wish to affect. The Will save DC to resist this effect is 15, and particularly hostile beings can ignore its effects.

Protection of Tranquillity: At 19th Level, the aura of peace that the Internalist gives off is such that creatures with 5 or less HD cannot bear to attack them. Any creature attempting such an action must succeed at a Will save (DC 18) or run away from the Internalist as if under the effects of the spell *Cause Fear*.

Transcendent Peace: At 20th Level, the Internalist has achieved a level of enlightenment seldom seen within the realm of mortals. They are forevermore treated as Outsiders for the purposes of spells and such, and gain a damage reduction of 5/+2 to reflect the energies coursing through their bodies.

Table: The Internalist

Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1 st	+0	+2	+2	+2	Unarmed Strike, Focus <i>Qi</i>
2 nd	+1	+3	+3	+3	
3 rd	+2	+3	+3	+3	Pacifist Solution
4 th	+3	+4	+4	+4	
5 th	+3	+4	+4	+4	Deep Strike
6 th	+4	+5	+5	+5	
7 th	+5	+5	+5	+5	Improved Defense
8 th	+6/+1	+6	+6	+6	
9 th	+6/+1	+6	+6	+6	Peace of the Wind
10 th	+7/+2	+7	+7	+7	
11 th	+8/+3	+7	+7	+7	Defensive Strike
12 th	+9/+4	+8	+8	+8	
13 th	+9/+4	+8	+8	+8	Tranquil Passing
14 th	+10/+5	+9	+9	+9	
15 th	+11/+6/+1	+9	+9	+9	Simple Living
16 th	+12/+7/+2	+10	+10	+10	
17 th	+12/+7/+2	+10	+10	+10	Power of Peace
18 th	+13/+8/+3	+11	+11	+11	
19 th	+14/+9/+4	+11	+11	+11	Protection of Tranquillity
20 th	+15/+10/+5	+12	+12	+12	Transcendent Peace