

WAY OF FROST

Most fear the cold and its embrace, the numbness that overtakes you, the lethargy that sweeps over. The ice freezing you to the bones, like knives digging in your flesh.

Monks of the Way of the Frost are the opposite, trained in monasteries in the heart of the arctic weather, they learn to focus their ki to harness the powers of frost, pushing far beyond their limitations to reach mastery over this element. They can freeze anything and shatter their opponents' will. Even their breath seems to condense as they breathe. It is said that their body creates this absolute zero cold, as they permanently radiate this freezing aura.

FROST WEAPONRY

Starting at 3rd level, your training in below zero temperatures has given you new ways to spend your ki points:

FROST WEAPONS

You are able to create 2 one-handed weapons made of ice, one in each hand, using the ambient humidity. You can spend 1 ki points to create them as a bonus action. The created weapons have the Light, Range (20/60), Thrown properties and count as monk weapons. They deal your martial hit die cold damage + Dex mod + Wis mod on a hit, and last until the end of your next turn.

FROST SHARDS

You can create a flurry of ice shards that erupt from your hand like a blizzard. As an action, you can spend 2 ki point, and all creatures within a 15ft cone from you must make a Dex Saving throw or take 4d4 cold damage and have their movement reduced by half, the ice encasing them. On a success they only take half damage and their movement remains unaffected.

The damage for this ability increases by 2d4 for each additional 1 ki point spent to use it.

FROST BODY

At 3rd level, when an attack is made against you, you can use your reaction to cover your body with a thick layer of ice, gaining +3 to your AC until the start of your next turn. You can use this ability a number of times equal to 1 + Wisdom Modifier (minimum of 1) per long rest.

CHILL AND SHIVERS

Starting at 3rd level, your brutal training and way of life makes you scary to the common folk, you gain proficiency in the intimidation skill. If you're already proficient, your proficiency bonus is doubled for any ability check you make using that skill instead.

In addition, as an action you can choose an area of water that you can see within 60ft and that fits within a 5-foot cube, you can freeze it, shatter it, and levitate the ice.

ABSOLUTE ZERO

At 6th level, your ability to harness the cold becomes second nature, you gain resistance to cold damage.

FROZEN CLONE

At 6th level, when you use your frost body ability and block a hit with it, you can instead teleport, leaving an ice clone of yourself that takes the hit. You teleport 5ft behind the attacker and can make a single weapon attack.

UNYIELDING BLIZZARD

Starting at level 11, when you use your flurry of blows ability while equipped with your Frost Weapons, you can choose to attack with them instead of making unarmed strikes.

In addition any damage you deal that does cold damage ignores resistance to cold.

ARCTIC PRESSURE

At 17th level, you can spend an action to push your ice powers to their limit. As a bonus action you can choose a number of creature that you can see within 120ft around you equal to 1 + Wisdom modifier (minimum of 1) and expose their weakness. For the next minute, all cold damage that you deal is doubled against those creatures.

This ability requires you to maintain concentration, as you would for a spell.

This power takes a toll on your body, the first time you use it you suffer no adverse effect. If you use this feature again before you finish a long rest, you take 4d12 cold damage immediately. Each time you use this feature again before finishing a long rest, the cold damage increases by 2d12. This damage ignores resistance and immunity.

Many of the monk abilities can be reflavored to fit this ice theme.

Stunning strike could trap the enemy in ice, and the extra movement could be seen as you sliding on ice, etc...