

Pokemon Ruby /Sapphire Competitive Battling Guide

by Phoenix

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POKEMON RUBY / SAPPHERE
COMPETITIVE BATTLING GUIDE

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"Ipsa scientia potestas est, Knowledge itself is power"
~Sir Francis Bacon

This guide is designed to provide an overview of competitive battling for Pokemon Ruby and Sapphire. I have composed this guide with the intention to provide useful information to new players and veterans alike, and have included recommended movesets for the final evolution of every pokemon, including those not currently obtainable in Ruby / Sapphire. Read on and enjoy!

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For easy searching purposes, this guide's sections will begin with the equivalent Roman numeral contained within other symbolic markers. These symbols are displayed above, on the same line as the corresponding section number. As these character combinations will appear nowhere else in the guide, this makes finding the section you're looking for quick and painless. Simply hit Ctrl+F to bring up a within document search box, enter the symbols (e.g. to skip to section X, enter <X>) and then search - viola! You're at the section you desired.

Note: If you're looking for movesets for a particular pokemon, use this method to skip to the Moveset Recommendations section (<V>), then search the pokemon name from there to avoid having to scroll through any other references in this guide.

Copyright Notice and Legal Information - <I>

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Contact and Submission Information - <II>

Regarding contacting me, please include a subject line with your email, even something as simple as "Pokemon Ruby / Sapphire" because I am known to delete emails without subjects lines on sight. My email address is listed above.

As the movesets in this guide originated from a collaboration of submissions in the gameFAQS forums, I will continue to accept submissions for individual pokemon movesets and overall team strategies. Please title all emails to this effect "Pokemon Battle Guide Submission" so that I can quickly file emails accordingly. All future submissions become the property of this guide and its registered owner, although author credit will be noted in all circumstances.

Rules for submissions:

When submitting a moveset for a pokemon, please render it in the following format, as this is the format that I will consistently use throughout:

```
<Pokemon Name>@<Held Item>  
Personality: <Personality Name>  
Characteristic: <Characteristic Name>  
~Move One  
~Move Two  
~Move Three  
~Move Four
```

```
<Description>
```

Please also include a brief, coherent description of how the moves, personality, item, and characteristic for your pokemon work in concert. Editing pending, I will include this description if your submission is posted.

When submitting team strategies, make sure to include complete pokemon descriptions in the above format for all named members of the team. It is not required for a strategy to include any named pokemon at all; the TSS (Toxic, Sandstorm, Spikes - more on this later) strategy, for example, indicates only pokemon types and consistent moves.

I reserve the sole right to decide which submissions are posted. Due to the volume of submissions I have already received, I only guarantee replies to authors whose movesets or strategies will be posted. I may reply to other emails, including those concerning questions or corrections at my discretion.

Please only submit information once, and please do not email me asking if I got your email, or why your submission was not posted, etc.

Remember to include your name, online or otherwise, in your email if you want to be recognized for your hard work and effort!

General Terminology - <III>

This section is designed as a quick reference for terminology and abbreviation explanations for the competitive pokemon battling community.

The Basics - Pokemon Abilities

Pokemon have a series of abilities that influence their performance in combat. These include their characteristic, personality, and their six individual number values called their statistics, or stats for short.

A pokemon's six stats are as follows:

Hit Points: Determines the maximum life (HP) a pokemon can have

(Physical) Attack: Determines damage when using physical attacks*

(Physical) Defense: Determines resistance to physical attacks

Speed: Determines which pokemon will attack first in battle

Special Attack: Determines damage when using special attacks*

Special Defense: Determines resistance to special attacks

*Attack types that are considered physical:

Bug, Fighting, Flying, Ghost, Ground, Normal, Poison, Rock, Steel

*Attack types that are considered special:

Dark, Dragon, Electric, Fire, Grass, Ice, Psychic, Water

The Actual Values for these stats (those listed in the information screen of the pokemon) will grow and change as pokemon level up, gain combat experience, and evolve. The speed with which these stats grow and their maximum potential are determined by the following factors: Pokemon Level, Base Stats, Individual Values (IV's), Effort Values (EV's), Personalities, and sometimes Characteristics.

Pokemon Level - Simply, a pokemon's statistics rise as it climbs in levels.

When a pokemon acquires enough experience to advance a level, the game raises its statistics by a determined increment, but its stats are also recalculated to account for any changes in Effort Values. The maximum level for a pokemon is 100.

Base Stats - Base stats are values unique to each pokemon species that determine the overall potential of that pokemon. They are not random and do not vary between members of the same species. Base stats will change when a pokemon evolves to reflect the new base level for that evolution. This means that a Pikachu will have the same base stats as every other Pikachu, but a Raichu will have different (higher) base stats than a Pikachu. Effectively base stats determine the overall potential for each pokemon evolution and provide a uniform comparison between pokemon of different species and experience.

Individual Values (IV's) - When pokemon are first caught (or otherwise acquired - through a hatched egg etc), each of their stats is given an individual value, a number ranging from 0 to 31. These numbers determine how much of the potential allowed by the base stats that a pokemon's actual stats can reach.

The higher a pokemon's IV, the closer to the maximum value its stats will reach. IV's are also used in calculating the type and attack power for the Hidden Power move (more on this later).

Effort Values (EV's) - Each of the six statistics for a pokemon has an effort value. These values reflect the amount and type of battle experience that a pokemon has acquired. When a pokemon defeats another in battle, the victor receives effort value points to certain statistics; which stats receive points is pre-determined by the defeated pokemon's species. EV's begin at 0 and are capped at 255. Overall, a pokemon can have a maximum of 510 EV points across all six statistics, and once this point is reached, the pokemon cannot gain any further EV points. For those familiar with previous pokemon games, effort values are the Ruby / Sapphire equivalent of stat experience, except that there is an overall cap on EV's, which is divided between stats instead of individual caps for each stat.

Characteristics - Characteristics are like an always on ability for pokemon, and like IV's, all pokemon have them and they are determined when the pokemon comes into existence either through capture or hatching from an egg. They can have a variety of effects, such as halving the opposing pokemon's attack power or making ground type moves ineffective. Most characteristics come into play during combat, but some, however, function while walking around - the Gather Items characteristic, for example gives your pokemon a chance to find items after a battle. A pokemon can only have one characteristic, although some have the potential to have one of two different characteristics.

Personalities - Pokemon can have personalities, which alter their base statistics slightly, adding to one and subtracting from another. A pokemon can have one hindering personality (one that subtracts from a stat) coupled with one augmenting personality (one that adds to a stat), or they can be entirely neutral, which is like not having any personality at all. Personality affects the base stat by 10%, with a hindering one reducing it to 90% of its original value and an augmenting one boosting it to 110%. Pokemon can have personalities that affect each combination of their stats excluding Hit Points, which are not included in personalities.

Personality Table:

Personality	Atk	Def	Spd	SpAtk	SpDef
Hardy	=	=	=	=	=
Lonely	+	-	=	=	=
Brave	+	=	-	=	=
Adamant	+	=	=	-	=
Naughty	+	=	=	=	-
Bold	-	+	=	=	=
Docile	=	=	=	=	=
Relaxed	=	+	-	=	=
Impish	=	+	=	-	=
Lax	=	+	=	=	-
Timid	-	=	+	=	=
Hasty	=	-	+	=	=
Serious	=	=	=	=	=
Jolly	=	=	+	-	=
Na?e	=	=	+	=	-
Modest	-	=	=	+	=

BUG																			
DARK																			
DRAGON																			
ELECTRIC																			
FIGHTING																			
FIRE																			
FLYING																			
GHOST																			
GRASS																			
GROUND																			
ICE																			
NORMAL																			
POISON																			
PSYCHIC																			
ROCK																			
STEEL																			
WATER																			

- + : The attack is super-effective.
- : The attack is not-very-effective.
X : The attack is ineffective.

The most efficient ways to read this chart are to scan the columns vertically for the types that a pokemon type resists (or is weak against), and to scan horizontally for the types attacks that are super effective against other pokemon.

Held Item Information - <IV>

This section provides a quick reference for the various held items that a pokemon can use in battle. Berries are called "consumable" items, because they are gone after one use, while other items are "persistent," because their effects continue as long as the pokemon holds the item.

Berry Guide (Only berries used in battle are included)

Berry Name	Effect	Location	Flavor
Oran	Restores 10 HP	Routes 102, 111 / BG6	All
Sitrus	Restores 30 HP	Routes 118, 119 / BG6	All
Leppa	Restores 10 PP	Routes 103, 119 / BG6	All
Lum	Cures All Status	Routes 103, 119 / BG6	All
Cheri	Cures Paralysis	Routes 103/ BG6	Spicy
Chesto	Cures Sleep	Routes 116, 121 / BG6	Dry
Pecha	Cures Poison	Routes 102, 112, 120 / BG6	Sweet
Persim	Cures Confusion	Routes 114, 121 / BG6	All
Rawst	Cures Burn	Routes 112, 121 / BG6	Bitter
Aspear	Cures Freeze	Routes 121/ BG6	Sour

Note: Locations that read "BG#" reference the various "Berry Givers" in the game who will give you one or two berries a day, every day. It is random which berry is given to you so just keep trying until you get the one you want. The locations of each Berry Giver are listed below:

BG1: Route 111, near Route 113
 BG2: Route 120, near Route 121
 BG3: Route 123, house next to large garden
 BG4: Lilycove City, standing on top of a ridge
 BG5: Sootopolis City, western side of the city
 BG6: Route 104, little girl in flower shop
 BG7: Route 114, guy just south of Lanette's House

Persistent Held Items Guide (Only Held items used in battle are included)

Item Name	Effect	Location
Black belt	Increases Fighting attacks	Defeat Blackbelt Nob (Route 115) 5 times, use Thief on Machamp
Black Glasses	Increases Dark attacks	Route 116, hidden near the man looking for his glasses
Charcoal	Increases Fire attacks	Lavaridge Town
Dragon Fang	Increases Dragon attacks	Defeat Dragon Tamer Nicolas (Metoer Falls) 5 times, use Thief on Altaria
Hard Stone	Increases Rock attacks	Trick House Prize, Wild Aron/Lairon
Magnet	Increases Electric attacks	Trick House Prize
Metal Coat	Increases Steel attacks	Wild Steel pokemon
Miracle Seed	Increases Grass attacks	Petalburg Woods
Mystic Water	Increases Water attacks	Weather Institute (on Castform)
Nevermelt Ice	Increases Ice attacks	Shoal Cave (low tide)
Poison Barb	Increases Poison attacks	Wild Roselia/Cacnea
Sharp Beak	Increases Flying attacks	Wild Doduo (Safari Zone)
Silk Scarf	Increases Normal attacks	Dewford Town
Silver Powder	Increases Bug attacks	Defeat Bug Maniac Brandon (Route 120) 5 times, use Thief on Masquerain
Soft Sand	Increases Ground attacks	Route 109 - beach south of Slateport, Wild Ground pokemon
Spell Tag	Increases Ghost attacks	Wild Ghost pokemon
Twisted Spoon	Increases Psychic attacks	Wild Abra
Bright Powder	Lower's opposing pokemon's Accuracy	Battle Tower Prize
Choice Band	Increase power of one attack by 1.5, but pokemon cannot use other attacks	Battle Tower Prize
Deep Sea Scale	Doubles Clamperl's SpDef, evolves it into a Gorebyss when traded	Slateport City, give the scanner to Captain Stern
Deep Sea Tooth	Doubles Clamperl's SpAtk, evolves it into a Huntail when traded	Slateport City, give the scanner to Captain Stern
Focus Band	10% chance to prevent a Pokemon from fainting	Shoal Cave (low tide)
King's Rock	10% chance to cause a flinch on an attack	Mossdeep City, Wild Hariyama
Lax Incense	Same as Bright Powder, encourages Wobbuffet to breed	Mount Pyre, Wild Hariyama
Leftovers	Restores 1/16 HP every turn	Battle Tower Prize, SS Tidal
Light Ball	Doubles Pikachu's SpAtk.	Wild Pikachu

Mental Herb	Prevents Attract condition	Fortree City
Quick Claw	30% chance to attack first regardless of speed	Rustboro City trainer hall, Wild Sandshrew
Scope Lens	Increases Critical Hit rate	Battle Tower Prize
Sea Incense	Increases Water attacks, Encourages Marill to breed	Mount Pyre
Shell Bell	Restores 1/8 of damage dealt to opposing an pokemon	Shoal Cave mini-quest
White Herb	Cures any negative status (one time use)	Route 104 after you have 3 badges

*Note: The first half of this chart consists of items which boost certain type attack powers. These items all increase damage by 10% of its final value.

As a personal preference, I generally do not affix type-damage boosting items to pokemon who will battle competitively. The increased damage is marginal, and usually outweighed by something like Leftovers. The only exception that I make is when the pokemon I'm using has an obscenely damaging attack, such as a Sunny Day Fire Blast, because the 10% boost makes a large enough difference with such a high base damage.

Pokemon Moveset Recommendations - <V>

This section originally started as the famous Strategy Central post in the gameFAQs forums, and many of the movesets were first introduced on those boards. Here I will provide a complete moveset for the final evolution forms of all pokemon in Ruby / Sapphire, including those not currently obtainable in the game. Since all pokemon are contained within the game code, it's a reasonable inference that Nintendo will allow access to them in the future, so this guide provides movesets for currently unobtainable pokemon as well.

003) Sceptile@Lum Berry (1)

Personality: Neutral

Characteristic: Overgrow

- ~ Leaf Blade
- ~ HP Ground / Rock
- ~ Double Team
- ~ Endeavor

Sceptile@Leftovers (2)

Personality: Neutral

Characteristic: Overgrow

- ~ Leaf Blade
- ~ Screech
- ~ Earthquake
- ~ Crunch / Dragonbreath / Crush Claw / Safeguard

Sceptile@Leftovers (3)

Personality: Modest or Calm or Bold

Characteristic: Overgrow

- ~ Giga Drain
- ~ Leech Seed
- ~ Safeguard
- ~ Dragon Claw

006) Blaziken@Leftovers / Scope Lens

Personality: Neutral

Characteristic: Blaze

- ~ Brick Break
- ~ Earthquake / Rock Slide
- ~ Flamethrower / Blaze Kick
- ~ Bulk Up / Focus Energy

Blaziken@Salac Berry

Personality: Neutral

Characteristic: Blaze

- ~ Endure
- ~ Reversal
- ~ Flamethrower
- ~ Sunny Day

009) Swampert@Leftovers / Mint Berry

Personality: Neutral

Characteristic: Torrent

- ~ Surf
- ~ Earthquake
- ~ Ice Beam
- ~ Rest / Roar

011) Mightyena@Leftovers

Personality: Neutral

Characteristic: Intimidate

- ~ Shadow Ball
- ~ Yawn
- ~ Taunt
- ~ Roar / Return / Dig

013) Linoone@Leftovers

Personality: Jolly or Impish or Careful

Characteristic: Pickup

- ~ Belly Drum
- ~ Return
- ~ Rest
- ~ Shadow Ball / Substitute

016) Beautifly@Leftovers

Personality: Relaxed or Sassy

Characteristic: Swarm

- ~ Stun Spore
- ~ Silver Wind
- ~ Attract / Mourning Sun
- ~ Giga Drain / Mourning Sun

018) Dustox@Leftovers

Personality: Bold or Impish

Characteristic: Shield Dust

- ~ Moonlight
- ~ Light Screen
- ~ Toxic
- ~ Silver Wind / Sludge Bomb

021) Ludicolo@Leftovers

Personality: Modest or Timid or Bold

Characteristic: Rain Dish

- ~ Rain Dance
- ~ Leech Seed

~ Surf / Dive
~ Double Team / Giga Drain / Toxic / Ice Beam

024) Shiftry@Leftovers

Personality: Modest

Characteristic: Chlorophyll

~ Sunny Day
~ Solar Beam
~ Taunt / Swagger
~ Supernatural Power

026) Swellow@Lum Berry or Scope Lens

Personality: Adamant or Impish or Careful

Characteristic: Guts

~ Aerial Ace
~ Fake Out / Refresh / Double Team
~ Endeavor
~ Ground or Rock HP / Return

028) Pelliper@Leftovers

Personality: Modest

Characteristic: Keen Eye

~ Aerial Ace
~ Water Pulse
~ Attract
~ Rest

031) Gardevoir@Leftovers or Shell Bell (1)

Personality: Modest or Bold or Calm or Timid

Characteristic: Trace or Synchronize

~ Psychic
~ Thunderbolt
~ Calm Mind
~ Reflect / Will-o-Wisp / Safeguard

Gardevoir@Leftovers (2)

Personality: Modest or Bold or Calm or Timid

Characteristic: Trace or Synchronize

~ Dream Eater
~ Thunderbolt
~ Hypnosis
~ Mean Look

Gardevoir@Leftovers (3)

Personality: Modest or Bold or Calm or Timid

Characteristic: Trace or Synchronize

~ Psychic
~ Thunderbolt / Calm Mind
~ Imprison
~ Rest

Gardevoir@Salac Berry (4)

Personality: Modest or Bold or Calm or Timid

Characteristic: Trace or Synchronize

~ Psychic / Thunderbolt
~ Taunt
~ Mean Look
~ Destiny Bond

033) Masquerain@Leftovers

Personality: Neutral

Characteristic: Intimidate

~ Water Pulse / Silver Wind / Aerial Ace

~ Ice Beam

~ Stun Spore

~ Whirlwind / Haze

035) Breloom@Shell Bell (1)

Personality: Adamant or Impish or Careful or Jolly or Neutral

Characteristic: Effect Spore

~ Hyper Punch / Brick Break

~ Spore / Stun Spore

~ Leech Seed / Fake Tears

~ Bulk Up / Giga Drain

Breloom@Leftovers or King's Rock (2)

Personality: Adamant or Impish or Careful or Jolly or Neutral

Characteristic: Effect Spore

~ Headbutt / Brick Break

~ Stun Spore

~ Swagger

~ Attract

037) Vigoroth@Salac Berry (1)

Personality: -SpAtk, +Atk

Characteristic: Vital Spirit

~ Bulk Up

~ Endure

~ Reversal

~ Shadow Ball

Vigoroth@Leftovers or Shell Bell (2)

Personality: Adamant or Impish or Jolly or Cheerful or Neutral

Characteristic: Vital Spirit

~Slack Off

~Counter

~Shadow Ball

~Encore / Amnesia / Facade

041) Alakazam@Leftovers (1)

Personality: Modest or Calm or Bold or Timid

Characteristic: Synchronize

~ Psychic

~ Recover

~ Encore

~ Torment

Alakazam@Leftovers (2)

Personality: Modest or Calm or Bold or Timid

Characteristic: Synchronize

~ Psychic

~ Recover

~ Calm Mind / Roleplay

~ Fire Punch / Ice Punch / Thunder Punch

043) Ninjask@Leftovers or Lum Berry

Personality: Adamant or Impish or Careful

Characteristic:

~ Swords Dance / Double Team

~ Silver Wind / Aerial Ace

~ Baton Pass
~ Dig / Protect

044) Shedinja@Focus Band/Miracle Berry

Personality: Adamant or Jolly

Characteristic: Wonder Guard

~ Toxic
~ Confuse Ray
~ Shadow Ball
~ Grudge

047) Exploud@Leftovers

Personality: Neutral

Characteristic: Soundproof

~ Hyper Voice
~ Shadow Ball
~ Extrasensory / Flamethrower
~ Screech / Sunny Day / Roar

049) Hariteyama@Leftovers

Personality: Adamant or Careful

Characteristic: Guts

~ Bulk Up
~ Cross Chop / Brick Break
~ Earthquake
~ Rock Tomb / Rest

051) Seaking@+Speed or Attack berry

Personality: Neutral

Characteristic: Swift Swim

~ Rain Dance
~ Water Pulse / Surf
~ Attract / Mud Play
~ Flail

053) Gyarados@Leftovers

Personality: Adamant or Impish or Careful or Jolly

Characteristic: Intimidate

~ Dragon Dance
~ Earthquake
~ Flying HP / Fire Blast
~ Rest

056) Azumarill@Leftovers (1)

Personality: Neutral

Characteristic: Huge Power

~ Dive
~ Substitute
~ Double Team / Ice Beam
~ Dig / Brick Break / Rest

Azumarill@Chesto Berry (2)

Personality: Neutral or Jolly

Characteristic: Huge Power

~ Light Screen / Amnesia / Substitute
~ Substitute
~ Rest
~ Dig / Rollout / Return / Iron Tail

059) Golem@Leftovers or Quick Claw

Personality: Adamant
Characteristic: Solid

- ~ Block
- ~ Defense Curl
- ~ Rollout
- ~ Earthquake / Explosion

060) Nosepass@Chesto Berry

Personality: Adamant, Impish, Careful or Jolly
Characteristic: Sturdy

- ~ Rock Slide
- ~ Thunder Wave
- ~ Sandstorm
- ~ Rest

062) Delcatty@Salac Berry or Leftovers (1)*

Personality: Adamant, Impish, Careful or Jolly
Characteristic: Cute Charm

- ~ Heal Bell
- ~ Sing / Attract
- ~ Return
- ~ Safeguard

Delcatty@Salac Berry or Leftovers (2)

Personality: Adamant, Impish, Careful or Jolly
Characteristic: Cute Charm

- ~ Heal Bell
- ~ Baton Pass
- ~ Return
- ~ Substitute

065) Crobat@Leftovers

Personality: Adamant
Characteristic: Inner Focus

- ~ Mean Look
- ~ Toxic
- ~ Confuse Ray
- ~ Fly

067) Tentacruel@Leftovers (1)

Personality:
Characteristic: Clear Body

- ~ Wrap
- ~ Toxic
- ~ Confuse Ray
- ~ Diving

Tentacruel@Leftovers (2)

Personality: Adamant or Modest
Characteristic:

- ~ Surf / Sludge Bomb
- ~ Mirror Coat
- ~ Barrier / Ice Beam
- ~ Rest

068) Sableye@Leftovers (1)

Personality: Bold or Relaxed
Characteristic: Keen Eye

- ~ Calm Mind
- ~ Psychic

~ Recover
~ Shadow Ball / Confuse Ray / Double Team

Sableye@Leftovers (2)
Personality: Bold or Relaxed
Characteristic: Keen Eye
~Mean Look
~Recover
~Toxic
~Confuse Ray

Sableye@Leftovers (3)
Personality: Adamant
Characteristic: Keen Eye
~ Shadow Ball
~ Combo / Double Team
~ Recover
~ Confuse Ray

069) Mawile@Leftovers
Personality: Adamant
Characteristic: Intimidate
~ Brick Break
~ Return
~ Taunt
~ Rest

072) Aggron@Leftovers or +Speed Berry
Personality: Adamant or Careful
Characteristic: Solid
~ Rock Tomb
~ Headbutt
~ Earthquake / Body Slam
~ Endeavor

075) Machop@Leftovers / Mint Berry
Personality: Adamant
Characteristic: Guts
~ Cross Chop
~ Earthquake
~ Rock Slide
~ Rest

077) Medicham@Leftovers
Personality: Neutral
Characteristic: Pure Power
~ High Jump Kick / Brick Break / Psychic
~ Recover
~ Bulk Up / Calm Mind
~ Baton Pass

079) Manectric@Leftovers
Personality: Modest, Bold, Calm or Timid
Characteristic: Static
~ Crunch / Bite
~ Thunderbolt
~ Thunder Wave
~ Roar / Attract

080 - 81 Plusle and Minun@Leftovers or Bright Powder

Personality: Modest or Timid

Characteristic: Plus - Minus

- ~ Thunderbolt
- ~ Thunder Wave
- ~ Wish
- ~ Double Team

083) Magneton@Shell Bell or Leftovers (1)

Personality: Modest or Bold or Calm or Timid

Characteristic: Magnet Pull

- ~ Rain Dance
- ~ Water HP
- ~ Thunder
- ~ Reflect / Metal Sound

Magneton@Shell Bell or Leftovers (2)

Personality: Modest or Bold or Calm or Timid

Characteristic: Magnet Pull

- ~ Metal Sound
- ~ Thunderbolt
- ~ Thunder Wave
- ~ Reflect

085) Electrode@Leftovers or Nothing

Personality: Modest

Characteristic: Soundproof

- ~ Taunt
- ~ Thief / Explosion
- ~ Thunderbolt
- ~ Mirror Coat / Light Screen

086) Volbeat@Leftovers

Personality: Adamant

Characteristic: Swarm

- ~ Silver Wing
- ~ Moonlight
- ~ Confuse Ray
- ~ Aerial Ace / Light Screen

087) Illumise@Leftovers

Personality:

Characteristic: Oblivious

- ~ Silver Wind / Thunderbolt
- ~ Flatter
- ~ Light Screen
- ~ Wish

90) Vileplume@Leftovers (1)

Personality: Calm or Careful or Bold or Impish

Characteristic: Chlorophyll

- ~Aroma Therapy
- ~Moonlight
- ~Razor Leaf / Sludge Bomb
- ~Stun Spore / Toxic

Vileplume@Leftovers (2)

Personality: Calm or Careful or Bold or Impish

Characteristic: Chlorophyll

- ~Sludge Bomb

~Sword Dance
~Moonlight / Ingrain
~Razor Leaf / Ingrain

091) Bellossom@Leftovers
Personality: Modest
Characteristic: Chlorophyll
~ Sunny Day
~ Stun Spore
~ Solar Beam
~ Synthesis

093) Dodrio@Leftovers
Personality: Adamant or Impish or Careful or Jolly
Characteristic: Early Bird
~ Drill Peck
~ Haze
~ Rest
~ Torment

094) Roselia@Bright Powder
Personality: Impish, Careful, Bold or Calm
Characteristic: Natural Cure
~ Aroma Therapy
~ Spikes
~ Rest
~ Magical Leaf / Sludge Bomb

096) Swalot@Leftovers
Personality:
Characteristic: Sticky Hold
~ Sludge Bomb
~ Body Slam
~ Shadow Ball
~ Rest

098) Sharpedo@Leftovers
Personality: Modest
Characteristic: Rough Skin
~ Crunch
~ Surf
~ Agility
~ Swagger

100) Wailord@Leftovers
Personality: Adamant
Characteristic: Water Veil
~ Earthquake
~ Double Edge
~ Rest
~ Sleep Talk

102) Camerupt@Shell bell / Leftovers
Personality: Neutral
Characteristic: Magma Armor
~ Scary Face / Body Slam
~ Rock Slide / Amnesia
~ Flamethrower / Eruption
~ Earthquake

104) Magcargo@Leftovers

Personality: Neutral

Characteristic: Flame Body

~ Yawn

~ Flamethrower

~ Rock Slide

~ Rest

105) Torkoal@Leftovers (1)

Personality: Brave or Quiet

Characteristic: White Smoke

~ Body Slam

~ Curse

~ Amnesia / Flamethrower

~ Rest

107) Muk@Leftovers

Personality: Adamant

Characteristic: Sticky Hold

~ Shadow Punch

~ Curse

~ Torment / Rest

~ Brick Break / Sludge Bomb

109) Weezing@+Speed Berry

Personality: Adamant or Jolly

Characteristic: Levitate

~Sludge Bomb/Shadow Ball

~Fire Blast / Shadow Ball / Jack-o-Lantern

~Haze/Filler

~Destiny Bond/Explosion

111) Grumpig@Leftovers

Personality: Neutral, Bold or Timid

Characteristic: Own Tempo or Thick Fat

~Substitute

~Extrasensory

~Confuse Ray

~Bounce

113) Sandslash@Leftovers

Personality: Adamant or Careful

Characteristic: Sand Veil

~ Toxic

~ Sandstorm

~ Double Team / Crush Claw / Rock Slide

~ Earthquake

114) Spinda@Leftovers

Personality: Adamant

Characteristic: Own Tempo

~ Teeter Dance

~ Return

~ Attract / Shadow Ball

~ Wish / Shadow Ball

115) Skarmory@Leftovers

Personality: Adamant or Impish or Careful or Jolly

Characteristic: Sturdy or Keen Eye

~ Spikes

~ Aerial Ace / Air Cutter
~ Roar / Sandstorm
~ Steel Wing / Ground HP

118) Flygone@Leftovers (1)

Personality: Adamant or Impish or Careful or Jolly or Neutral

Characteristic: Levitate

~ Sand Tomb
~ Toxic / Dragonbreath
~ Dig
~ Sandstorm

118) Flygone@Leftovers or Scope Lens (2)

Personality: Neutral

Characteristic: Levitate

~ Focus Energy
~ Earthquake
~ Crunch / Flamethrower
~ Sandstorm

120) Cacturne@Leftovers

Personality: Bold or Modest or Calm

Characteristic: Sand Veil

~ Spikes
~ Sandstorm
~ Leech Seed / Toxic
~ Faint Attack / Needle Arm

122) Altaria@Leftovers or Bright Powder (1)

Personality: Neutral

Characteristic: Natural Cure

~ Aerial Ace
~ Flamethrower / Dragon Breath
~ Haze
~ Rest

122) Altaria@Leftovers or Bright Powder (2)

Personality: Neutral

Characteristic: Natural Cure

~ Aerial Ace
~ Earthquake
~ Dragon Dance
~ Rest

123) Zangoose@Silk Scarf or Salac Berry or +Atk Berry

Personality: Adamant or Impish or Careful or Jolly

Characteristic: Immunity

~ Swords Dance
~ Aerial Ace / Crush Claw
~ Brick Break / Shadow Ball
~ Flail

124) Seviper@Leftovers (1)

Personality: Neutral

Characteristic: Shed Skin

~ Bite
~ Glare / Body Slam
~ Swagger
~ Screech / Sludge Bomb / Earthquake

Seviper@Leftovers (2)

Personality: Neutral

Characteristic: Shed Skin

~ Crunch

~ Glare / Body Slam

~ Haze

~ Sludge Bomb / Earthquake / Flamethrower

125) Lunatone@Leftovers

Personality:

Characteristic: Levitate

~ Calm Mind

~ Ice Beam

~ Psychic

~ Rest

126) Solrock@Salac Berry (1)

Personality: Adamant

Characteristic: Levitate

~ Rock Slide

~ Explosion

~ Cosmic Power

~ Double Team

Solrock@Leftovers (2)

Personality: Modest

Characteristic: Levitate

~ Sunny Day

~ Flamethrower

~ Calm Mind

~ Solar Beam

128) Whiscash@Leftovers

Personality: Neutral or Brave or Relaxed or Quiet or Sassy

Characteristic: Oblivious

~ Ice Beam

~ Earthquake

~ Amnesia

~ Rest

130) Crawdaunt@Shell Bell

Personality: Neutral

Characteristic: Shell Armor or Hyper Cutter

~ Swords Dance

~ Aerial Ace

~ Crabhammer

~ Endeavor / Brick Break / Body Slam / Ice Beam / Ancient Power

132) Claydol@Leftovers

Personality: Neutral

Characteristic: Levitate

~ Psychic

~ Earthquake

~ Cosmic Power

~ Rest

134) Cradily@Leftovers (1)

Personality: Adamant

Characteristic: Suction Cups

~ Ancient Power

- ~ Earthquake
- ~ Recover
- ~ Double Team

Cradily@Leftovers (2)

Personality: Neutral

Characteristic: Suction Cups

- ~ Sunny Day
- ~ Solar Beam
- ~ Recover
- ~ Ancient Power / Earthquake

136) Armaldo@Leftovers

Personality: Adamant or Sassy

Characteristic: Battle Armor

- ~ Brick Break
- ~ Rock Tomb / Rock Slide
- ~ Rock Slide / Aerial Ace
- ~ Rest / Earthquake

139) Wigglytuff@Leftovers (1)

Personality: Neutral

Characteristic: Cute Charm

- ~ Body Slam
- ~ Sweet Kiss
- ~ Fake Tears
- ~ Flamethrower / Thunderbolt / Ice Beam

Wigglytuff@Leftovers (2)

Personality: Neutral

Characteristic: Cute Charm

- ~ Body Slam
- ~ Sweet Kiss
- ~ Wish
- ~ Mimic / Shadow Ball / Brick Break / Reflect

141) Miltotic@Leftovers (1)

Personality: Modest or Mild or Quiet

Characteristic:

- ~ Surf
- ~ Ice Beam
- ~ Mirror Coat / Confuse Ray / Light Screen
- ~ Recover

Miltotic@Leftovers (2)

Personality: Modest or Mild or Quiet

Characteristic:

- ~ Dive
- ~ Toxic
- ~ Wrap
- ~ Recover

142) Castform@Leftovers (1)

Personality: Modest or Bold or Calm or Timid

Characteristic: Forecast

- ~ Sunny Day
- ~ Weather Ball
- ~ Solar Beam
- ~ Rest

Castform@Leftovers (2)

Personality: Modest or Bold or Calm or Timid

Characteristic: Forecast

- ~ Rain Dance
- ~ Weather Ball
- ~ Thunder
- ~ Rest

Castform@Leftovers (3)

Personality: Modest or Bold or Calm or Timid

Characteristic: Forecast

- ~ Hail
- ~ Weather Ball
- ~ Water Pulse
- ~ Rest

144) Starmie@Leftovers

Personality: Modest or Bold or Calm or Timid

Characteristic: Natural Cure

- ~ Surf / Psychic
- ~ Cosmic Power
- ~ Recover
- ~ Thunderbolt / Ice Beam

145) Kecleon@Leftovers

Personality: Adamant or Impish or Careful

Characteristic: Color Change

- ~ Substitute
- ~ Shadow Ball
- ~ Focus Punch
- ~ Skill Swap

147) Banette@Leftovers (1)

Personality: Neutral

Characteristic: Insomnia

- ~ Shadow Ball
- ~ Calm Mind
- ~ Thunderbolt
- ~ Will-o-Wisp

147) Banette@Salac Berry (2)

Personality: Neutral

Characteristic: Insomnia

- ~ Shadow Ball
- ~ Spite
- ~ Taunt
- ~ Destiny Bond

149) Dusclops@Leftovers (1)

Personality: Adamant

Characteristic: Pressure

- ~ Shadow Ball
- ~ Confuse Ray
- ~ Will-O-Wisp
- ~ Rest / Attract / Ice Beam / Earthquake

Dusclops@Leftovers (2)

Personality: Adamant

Characteristic: Pressure

- ~ Shadow Ball / Toxic

- ~ Imprison
- ~ Earthquake / Toxic
- ~ Mean Look

150) Torpius@Leftovers or King's Rock

Personality: Neutral

Characteristic: Chlorophyll

- ~ Sunny Day
- ~ Solar Beam
- ~ Headbutt
- ~ Synthesis

151) Chimecho@Leftovers

Personality:

Characteristic: Levitate

- ~ Yawn
- ~ Heal Bell
- ~ Safeguard / Light Screen
- ~ Psychic

152) Absol@Leftovers or Shell Bell

Personality:

Characteristic: Pressure

- ~ Slash / Shadow Ball
- ~ Taunt / Baton Pass
- ~ Double Team
- ~ Substitute

154) Ninetails@Leftovers or Salac Berry (1)

Personality: Modest or Bold or Calm or Timid

Characteristic: Flash Fire

- ~ Grudge
- ~ Flamethrower / Overheat
- ~ Safeguard
- ~ Sunny Day / Faint Attack

Ninetails@Leftovers (2)

Personality: Modest or Bold or Calm or Timid

Characteristic: Flash Fire

- ~ Sunny Day / Safeguard
- ~ Flamethrower
- ~ Roar
- ~ Will-o-Wisp

Ninetails@Leftovers or Salac Berry (3)*

Personality: Modest or Bold or Calm or Timid

Characteristic: Flash Fire

- ~ Spite
- ~ Flamethrower
- ~ Confuse Ray
- ~ Sunny Day / Safeguard

157) Raichu@ Leftovers (1)

Personality: Neutral

Characteristic:

- ~ Thunderbolt
- ~ Thunder wave
- ~ Sweet Kiss
- ~ Combo / Wish

Raichu@ Leftovers (2)

Personality: Neutral

Characteristic:

- ~ Rain Dance
- ~ Thunder
- ~ Sweet Kiss
- ~ Combo / Wish / Attract

159) Golduck@Leftovers

Personality: Neutral

Characteristic: Cloud Nine

- ~ Combo
- ~ Surf / Ice Beam
- ~ Calm Mind
- ~ Light Screen

161) Wobbuffet@Leftovers

Personality:

Characteristic: Bold or Impish or Relaxed or Calm or Careful or Sassy

- ~ Encore
- ~ Mirror Coat
- ~ Counter
- ~ Safeguard / Destiny Bond

163) Xatu@Leftovers

Personality: Modest or Neutral

Characteristic: Early Bird

- ~ Confuse Ray
- ~ Psychic
- ~ Calm Mind / Drill Peck
- ~ Rest

164) Girafarig@Leftovers

Personality: Modest or Timid

Characteristic: Early Bird

- ~Psychic/Crunch/Thunderbolt
- ~Baton Pass
- ~Calm Mind
- ~Prayer/Rest

166) Donphan@Leftovers

Personality: Adamant

Characteristic: Sturdy

- ~ Earthquake
- ~ Ancient Power
- ~ Body Slam / Counter
- ~ Rest / Attract

167) Pinsir@Leftovers or +Speed berry

Personality:

Characteristic:

- ~ Bulk Up
- ~ Brick Break
- ~ Earthquake
- ~ Flail / Rest

168) Heracross@Leftovers (1)

Personality: Adamant or Impish or Careful or Jolly

Characteristic: Swarm or Guts

- ~Megahorn

~Earthquake / Brick Break

~Counter

~Bulk Up

Heracross@Salac Berry (2)

Personality: Adamant or Impish or Careful or Jolly

Characteristic: Swarm or Guts

~Megahorn

~Earthquake / Bulk Up

~Endure

~Reversal

170) Rhydon@Leftovers

Personality: Adamant or Jolly

Characteristic: Lightning Rod

~ Sword Dance

~ Mega Horn

~ Rock Slide

~ Earthquake

172) Glalie@Leftovers

Personality: Neutral or Modest or Bold or Calm

Characteristic: Inner Focus

~ Spikes / Block

~ Ice Beam / Icy Wind

~ Crunch / Bite

~ Light Screen / Safeguard / Headbutt

175) Walrein@Leftovers

Personality: Neutral

Characteristic: Think Fat

~ Surf

~ Ice Beam

~ Yawn / Encore / Roar

~ Body Slam / Earthquake

177) Huntail@Leftovers

Personality: Neutral

Characteristic: Swift Swim

~ Rain Dance

~ Surf

~ Body Slam

~ Confuse Ray / Attract / Crunch / Ice Beam

178) Gorebyss@Leftovers

Personality:

Characteristic: Swift Swim

~ Surf

~ Amnesia

~ Baton Pass

~ Iron Defense

179) Relicanth@Leftovers (1)

Personality: Adamant or Careful

Characteristic: Rock Head

~ Earthquake

~ Double Edge

~ Sleep Talk

~ Rest

Relicanth@Leftovers (2)

Personality: Neutral

Characteristic: Swift Swim

~ Earthquake / Rock Slide

~ Rain Dance

~ Calm Mind / Amnesia

~ Surf / Rock Slide

180) Corsola@Leftovers

Personality: Adamant

Characteristic:

~ Ancient Power

~ Earthquake / Confuse Ray

~ Recover

~ Mirror Coat

182) Lanturn@Leftovers

Personality: Bold or Modest or Calm

Characteristic: Volt Absorb

~ Surf

~ Thunder Wave / Rain Dance

~ Thunderbolt / Thunder

~ Confuse Ray

183) Luvdisc@Leftovers or King's Rock

Personality: Modest or Clam or Timid or Bold

Characteristic: Swift Swim

~ Attract

~ Sweet Kiss

~ Safeguard / Rain Dance

~ Surf

186) Kingdra@Leftovers

Personality: Modest

Characteristic: Swift Swim

~ Octazooka

~ Ice Beam

~ Dragon Breath

~ Rain Dance / Attract

189) Salamence@Leftovers or Shell Bell

Personality: Neutral

Characteristic: Intimidate

~ Dragon Dance

~ Aerial Ace

~ Earthquake

~ Flamethrower / Dragon Claw / Rest

192) Metagross@Leftovers

Personality: Neutral or Adamant

Characteristic: Clear Body

~ Metal Mash

~ Earthquake

~ Psychic / Iron Defense

~ Agility / Light Screen / Reflect

193) Regirock@Leftovers

Personality: Lonely or Quiet

Characteristic: Clear Body

~ Ancient Power

~ Earthquake
~ Thunderbolt
~ Curse / Rest

194) Regice@Leftovers

Personality: Lonely or Quiet

Characteristic: Clear Body

~ Ice Beam
~ Thunderbolt
~ Earthquake
~ Rest

195) Registeel@Leftovers

Personality: Brave

Characteristic: Clear Body

~ Metal Claw
~ Curse
~ Amnesia
~ Rest

196) Latias@Leftovers

Personality: Modest

Characteristic: Levitate

~ Psychic
~ Dragon Breath
~ Recover / Wish
~ Calm Mind

197) Latios@Leftovers

Personality: Neutral

Characteristic: Levitate

~ Luster Purge
~ Earthquake
~ Dragon Dance
~ Recover

198) Kyogre@Chesto Berry

Personality: Neutral or Modest or Calm or Timid

Characteristic: Drizzle

~ Surf / Water Spout
~ Ice Beam / Thunder / Ancient Power
~ Calm Mind
~ Rest

199) Groundon@Leftovers

Personality: Neutral

Characteristic: Drought

~ Earthquake
~ Bulk Up
~ Fire Blast
~ Solar Beam

200) Rayquaza@Leftovers

Personality: Neutral

Characteristic: Air Lock

~ Earthquake
~ Aerial Ace
~ Dragon Dance
~ Ice Beam / Thunderbolt / Fire Blast

201) Jirachi@Leftovers
Personality: Modest
Characteristic: Serene Grace
~ Wish
~ Calm mind
~ Thunderbolt
~ Water Pulse

202) Deoxys@Leftovers
Personality: Neutral
Characteristic: Pressure
~ Psychic
~ Cosmic Power
~ Recover
~ Aerial Ace / Brick Break / Thunderbolt / Ice Beam

Credits - <VIII>

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