

# Pokémon Ruby /Sapphire TM/HM List Final

by Murk

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This walkthrough was originally written for Pokémon Ruby on the GBA, but the walkthrough is still applicable to the GBA version of the game.

Pokemon Ruby/Sapphire - TM/HM List

Contributed by: Ultra

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And with that, on to the guide.

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TMs  
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TM 01: Focus Punch

Type: Fighting

Base Power: 150

Accuracy: 100

PP: 20

Description: Focuses energy for the first part of the turn, and then hits last. If Pokemon using Focus Punch is hit in the processes, it loses its focus and can't move.

Found in: Route 115

TM 02: Dragon Claw

Type: Dragon

Base Power: 80

Accuracy: 100

PP: 15

Description: No extra effects.

Found in: Meteor Falls

TM 03: Water Pulse

Type: Water

Base Power: 60

Accuracy: 100

PP: 20

Description: Has a 10% chance of confusing the opponent.

Found in: Sootopolis Gym; received from Wallace.

TM 04: Calm Mind

Type: Psychic

Base Power: N/A

Accuracy: N/A

PP: 20

Description: Raises user's Special Attack and Special Defense.

Found in: Mossdeep Gym; received from Tate and Liza.

TM 05: Roar

Type: Normal

Base Power: N/A

Accuracy: 100

PP: 20

Description: In trainer battle, it forces switch to a random Pokemon. In wild Pokemon battle, it sends wild Pokemon away.

Found in: Route 114; received from man with Poochyena.

TM 06: Toxic

Type: Poison

Base Power: N/A

Accuracy: 85

PP: 10

Description: Poisons the foe with damage increase each turn.

Found in: Fiery Path

TM 07: Hail

Type: Ice

Base Power: N/A

Accuracy: N/A

PP: 10

Description: Hurts all non-Ice Pokemon for five turns.

Found in: Shoal Cave.

TM 08: Bulk Up

Type: Fighting

Base Power: N/A

Accuracy: N/A

PP: 20

Description: Raises user's Attack and Defense.

Found in: Dewford Gym; received from Brawly.

TM 09: Bullet Seed

Type: Grass

Base Power: 10

Accuracy: 100

PP: 30

Description: Attacks 2-5 times in one turn.

Found in: Route 104; received from guy near shop.

TM 10: Hidden Power

Type: Normal

Base Power: N/A

Accuracy: 100

PP: 15

Description: The type and power vary with the Pokemon using it.

Found in: Slateport City/Fortree City.

TM 11: Sunny Day

Type: Fire

Base Power: N/A

Accuracy: N/A

PP: 5

Description: Raises the power of Fire type moves for 5 turns; lowers the power of Water type moves for 5 turns; lowers Thunder's accuracy to 40; makes Solarbeam a one-turn move; Synthesis, Morning Sun, and Moonlight heal all HP.

Found in: Scorched Slab

TM 12: Taunt

Type: Dark

Base Power: N/A

Accuracy: 100

PP: 20

Description: Forces the opponent to use damaging moves.

Found in: Trick House; received from Trick Master after clearing five challenges.

TM 13: Ice Beam

Type: Ice

Base Power: 95

Accuracy: 100

PP: 10

Description: Has a 10% chance of freezing the opponent.

Found in: Abandoned Ship/Game Corner

TM 14: Blizzard

Type: Ice

Base Power: 120

Accuracy: 70

PP: 5

Description: Has a 10% chance of freezing the opponent.

Found in: Lilycove Dept. Store

TM 15: Hyper Beam

Type: Normal

Base Power: 150

Accuracy: 90

PP: 5

Description: A deadly move that makes the user unable to move the following turn.

Found in: Lilycove Dept. Store

TM 16: Light Screen

Type: Psychic

Base Power: N/A

Accuracy: N/A

PP: 20

Description: Special Attack damage is halved for 5 turns.

Found in: Lilycove Dept. Store

TM 17: Protect

Type: Normal

Base Power: N/A

Accuracy: 100

PP: 20

Description: Negates all effects of the opponents attacks, but loses accuracy if used in succession.

Found in: Lilycove Dept. Store

TM 18: Rain Dance

Type: Water

Base Power: N/A

Accuracy: N/A

PP: 5

Description: Raises the power of Water type attacks for 5 turns; lowers the power of Fire type moves for 5 turns; maxes out Thunder's accuracy; Solarbeam requires an extra turn to use; Moonlight, Morning Sun, and Synthesis recover only 25% HP.

Found in: Abandoned Ship

TM 19: Giga Drain

Type: Grass

Base Power: 60

Accuracy: 100

PP: 5

Description: Replenishes half of the HP taken from the opponent.

Found in: Route 123; received from Tree Doctor if you have a Grass type in your team.

TM 20: Safeguard

Type: Normal

Base Power: N/A

Accuracy: N/A

PP: 25

Description: Protects your side from all status changes for 5 turns.

Found in: Lilycove Dept. Store

TM 21: Frustration

Type: Normal

Base Power: 100

Accuracy: 100

PP: 20

Description: Raises power if the Pokemon using it dislikes you.

Found in: Pacifidlog Town; received from Chairman's brother if the Pokemon at the top of your team dislikes you.

TM 22: Solarbeam

Type: Normal

Base Power: 120

Accuracy: 100

PP: 10

Description: First turn is used to charge energy, and second turn is used to attack. If Sunny Day is in use, no charge is required. If Rain Dance is in use, two turns of charge are required.

Found in: Safari Zone

TM 23: Iron Tail

Type: Steel

Base Power: 100

Accuracy: 75

PP: 10

Description: Has a 10% chance of lowering the opponent's Defense.

Found in: Meteor Falls

TM 24: Thunderbolt

Type: Electric

Base Power: 95

Accuracy: 100

PP: 15

Description: Has a 10% chance of paralyzing the opponent.

Found in: Game Corner/Mauville City; given to you by Wattson for helping with the Power Plant problem.

TM 25: Thunder

Type: Electric

Base Power: 120

Accuracy: 70

PP: 10

Description: Has a 10% chance of paralyzing the opponent; if Rain Dance is in effect, it's accuracy is 100; if Sunny Day is in effect, it's accuracy is 40.

Found in: Lilycove Dept. Store

TM 26: Earthquake

Type: Ground

Base Power: 100

Accuracy: 100

PP: 10

Description: Can hit enemies using Dig.

Found in: Seafloor Cavern.

TM 27: Return

Type: Normal

Base Power: 100

Accuracy: 100

PP: 20

Description: Raises power if the user likes you.

Found in: Pacifidlog Town; received from Chairman's brother if the top Pokemon on your team likes you. Also given to you by Prof. Cosmo when you return the Meteorite.

TM 28: Dig

Type: Ground

Base Power: 60

Accuracy: 100

PP: 10

Description: Goes underground first turn to prevent all damage (the exception being Earthquake) and attacks second turn.

Found in: Fossil Lover's House; given to you by little boy.

TM 29: Psychic

Type: Psychic

Base Power: 90

Accuracy: 100

PP: 10

Description: Has a 10% chance of lowering the opponent's Special Defense.

Found in: Game Corner/Victory Road

TM 30: Shadow Ball

Type: Ghost

Base Power: 80

Accuracy: 100

PP: 15

Description: Has a 10% chance of lowering the opponent's Special Defense.

Found in: Mt. Pyre

TM 31: Brick Break

Type: Fighting

Base Power: 75

Accuracy: 100

PP: 15

Description: Can destroy Reflect and Light Screen.

Found in: Sootopolis City; given to you by man with Kecleon.

TM 32: Double Team

Type: Fighting

Base Power: N/A

Accuracy: N/A

PP: 15

Description: Raises user's evasion.

Found in: Game Corner/Route 113

TM 33: Reflect

Type: Fighting

Base Power: N/A

Accuracy: N/A

PP: 20

Description: Halves all physical damage done to your Pokemon for 5 turns.

Found in: Lilycove Dept. Store

TM 34: Shock Wave

Type: Electric

Base Power: 60

Accuracy: N/A

PP: 20

Description: Never misses.

Found in: Mauville Gym; received from Wattson.

TM 35: Flamethrower

Type: Fire

Base Power: 95

Accuracy: 100

PP: 15

Description: Has a 10% chance of burning the opponent.

Found in: Game Corner

TM 36: Sludge Bomb

Type: Poison

Base Power: 90

Accuracy: 100

PP: 10

Description: Has a 30% chance of poisoning the opponent.

Found in: Dewford Hall; after getting 5 badges, go to man and he'll hand it over.

TM 37: Sandstorm

Type: Rock

Base Power: N/A

Accuracy: N/A

PP: 10

Description: Hurts all non-Rock/Ground/Steel type Pokemon for 5 turns.

Found in: Desert

TM 38: Fire Blast

Type: Fire

Base Power: 120

Accuracy: 85

PP: 5

Description: Has a 10% chance of burning the opponent.

Found in: Lilycove Dept. Store

TM 39: Rock Tomb

Type: Rock

Base Power: 50

Accuracy: 85

PP: 10

Description: Lowers opponents' Speed.

Found in: Rustboro Gym; received from Roxanne.

TM 40: Aerial Ace

Type: Flying

Base Power: Flying

Accuracy: N/A

PP: 20

Description: Never misses.

Found in: Fortree Gym; received from Winona.

TM 41: Torment

Type: Dark

Base Power: N/A

Accuracy: 100

PP: 15

Description: Opponent cannot use the same move more than once for a few turns.

Found in: Slateport Contest Hall; received from annoying dude.

TM 42: Façade

Type: Normal

Base Power: 70

Accuracy: 100

PP: 20

Description: Does more damage if the user is burned, poisoned, or paralyzed.

Found in: Petalburg Gym; received from Norman.

TM 43: Secret Power

Type: Normal

Base Power: 70

Accuracy: 100

PP: 20

Description: Effects change depending on where this move is used.

Found in: Route 111; given to you by Secret Power member. Afterwards, it is sold at the Slateport City Market.

TM 44: Rest

Type: Psychic

Base Power: N/A

Accuracy: N/A

PP: 10

Description: Sleeps to heal all status changes, but cannot move for 2 turns.

You can only use Snore and Sleep Talk while sleeping.

Found in: Lilycove City; received from tired man.

TM 45: Attract

Type: Normal

Base Power: N/A

Accuracy: N/A

PP: 15

Description: Infatuates opponents of the opposite gender of the user.

Found in: Verdanturf Town; received from woman in Contest Hall.

TM 46: Thief

Type: Dark

Base Power: 40

Accuracy: 100

PP: 10

Description: Has a 10% chance of stealing an opponents' hold item.

Found in: Museum; received from Aqua/Magma Grunt.

TM 47: Steel Wing

Type: Steel

Base Power: 70

Accuracy: 90

PP: 25

Description: Has a 10% chance of lowering the opponents' Defense.

Found in: Granite Cave; received from Steven.

TM 48: Skill Swap

Type: Psychic

Base Power: N/A

Accuracy: N/A

PP: 10

Description: Switches abilities with the opponent until switched out.

Found in: Mt. Pyre

TM 49: Snatch

Type: Dark

Base Power: N/A

Accuracy: N/A

PP: 10

Description: Steals the effects of the next opposing attack.

Found in: S.S. Tidal; received from man in main hall.

TM 50: Overheat

Type: Fire

Base Power: 140

Accuracy: 100

PP: 5

Description: On use, it sharply lowers the users' Special Attack.

Found in: Lavaridge Gym; received from Flannery.

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HMs

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HM 01: Cut

Type: Normal

Base Power: 50

Accuracy: 90

PP: 30

Description: No extra effects.

Outside of battle: Cuts small trees.

Found in: Rustboro City; received from man in house next to Pokemon Centre.

Badge Needed: 1st Badge

HM 02: Fly

Type: Flying

Base Power: 70

Accuracy: 95

PP: 15

Description: A two-turn move. When in the air, only certain moves can hurt the



user.

Outside of battle: Lets you fly to cities and towns that you have been to before.

Found in: Route 119; received from Rival.

Badge Needed: 6th Badge

HM 03: Surf

Type: Water

Base Power: 95

Accuracy: 100

PP: 15

Description: No extra effects.

Outside of battle: Lets you swim on your Pokemon across oceans and rivers.

Found in: Petalburg City; given to you by Wally's dad after you beat Norman.

Badge Needed: 5th Badge

HM 04: Strength

Type: Normal

Base Power: 80

Accuracy: 100

PP: 15

Description: No extra effects.

Outside of battle: Lets you move boulders aside.

Found in: Rusturf Tunnel; received from man trying to get through after using Rock Smash.

Badge Needed: 4th Badge

HM 05: Flash

Type: Normal

Base Power: N/A

Accuracy: 70

PP: 30

Description: Lowers opponents' accuracy.

Outside of battle: Lights up dark caves/dungeons.

Found in: Granite Cave; received from hiker at entrance of cave.

Badge Needed: 2nd Badge

HM 06: Rock Smash

Type: Fighting

Base Power: 20

Accuracy: 100

PP: 20

Description: Has a 10% chance of lowering the opponents' Defense.

Outside of battle: Breaks cracked rocks.

Found in: Mauville City; received from man on east side of the city.

Badge Needed: 3rd Badge

HM 07: Waterfall

Type: Water

Base Power: 80

Accuracy: 100

PP: 15

Description: No extra effects.

Outside of battle: Lets you climb actual waterfalls; needed to get to Pokemon League.

Found in: Cave of Origin

Badge Needed: 8th Badge

HM 08: Dive

Type: Water

Base Power: 60

Accuracy: 100

PP: 10

Description: A two-turn attack. Goes underwater first turn, and attacks second turn.

Outside of battle: Lets you dive underwater in deep and dark water patches.

Found in: Mossdeep City; received from Steven.

Badge Needed: 7th Badge

That's all of them. See you in my next guide.

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