

Glitchless All Main Quests Beginner's Guide

NOTE: This version of the route is the beginner route, so it excludes certain more advanced tech. If you'd like to check out some of the advanced techniques, check out a top run!

General Tips

- This guide is not a replacement for a casual playthrough. You should know the intended path through the game before you learn this run.
- Don't be afraid to use [the world record video](#). Refer to it whenever you need extra help to visualize anything in the route (and to see the best example of a glitchless run). Some places in the guide include timestamped links to world record.
- [General route and equips in spreadsheet format](#).
- <https://discord.gg/UuxpzFt> Invite link to the OoT Glitchless Discord. Feel free to ask questions. This is also where you should go if you think you found an issue with the guide. For resources and questions about other categories, the OoT Speedrunning Discord <https://discord.gg/kuwTqRK>.
- [glankk's practice ROM](#). It will make practicing way easier and much more intuitive.
- Mash A and B as fast as you can at the end of text boxes. As you play the game you will memorize how long text boxes are. Also, some boxes are quicktext and close quickly by pressing B.
- The owl (Kaepora Gaebora) will prompt you at the end of his monologues if you would like to hear him again. Always choose the opposite option.
- Whenever you do a savewarp (saving and pressing the reset button), press the reset button right after you press A. Saving is so fast that you can reset even before you hear the jingle and it will still save.
- **Memorize equips. It will save minutes over the course of the run.** Also, press Start to close the menu screen instead of mashing B.
- Practice all fights. If you can be consistent at optimal fights, that will save you minutes and prevent unnecessary dying.
- Anything not listed here will be on [the optimizations guide](#). It's a rather large document, but I strongly recommend you read it immediately, even if some of the things go over your head at first. You should revisit and refer to it often.
- **Kiss or reset. Don't die to Ganon.**

Child 1

Kokiri Forest (Kokiri's Emerald)

- Intro cutscene. Mash as fast as you're comfortable with through text (A+B is recommended; some text boxes can be closed instantly with B; C-Up also advances text but isn't very intuitive for some controllers). Kokiri Forest is complex and can be somewhat confusing to learn, as the rupee route is such that you have exactly 40 for Deku Shield. Even so, I would recommend that you go ahead and learn the optimal route
- Use box movement (backflips, backwalking, and sidehops) until you reach the crawlhole into boulder maze (collect green rupee in the grass patch). [1 Rupee]
- Use box movement in the boulder maze until you reach Kokiri Sword, then box movement to leave boulder maze (collect both blue rupees in boulder maze). Equip sword while crawling through the hole. [13 Rupees]
- After leaving the crawlhole, the movement gets specific, since certain rupees are obtained through doing certain actions in certain spots. Face the crawlhole, then do these movements: backflip, sidehop left, backflip, backflip onto fence, backflip, sidehop three times left, slash sword (to get sign blue rupee), backflip onto fence. [25 Rupees]
- Make your way to the two box-shaped rocks that you can jump across to get a blue rupee. [Jump across the islands to the right of the shop](#) to get another blue rupee. Enter the shop (don't talk to the girl). [35 Rupees]
- In the shop, go around the right side and there is a hidden blue rupee. You should have 40 rupees at this point, which is just enough to buy the Deku Shield. Buy it, equip it in shop, then leave the shop. (We will no longer keep track of rupee count for the rest of the run)
- Out of the shop, make your way to Mido and talk to him. Make sure you have both shield and sword **equipped** or he won't let you through
- Go towards Deku Tree, and kill one of the Deku Babas on the way to acquire a Deku Stick. We will be using it for Gohma. After the cutscene, backwalk into the Deku Tree's mouth

Deku Tree (Kokiri's Emerald)

- Deku Tree is another tricky part that hits you right after Kokiri Forest. Learning the dungeon requires patience but it teaches you most of the basics you'll need for the whole run
- As you enter, you'll notice a Deku Baba on your right. Kill it with a Kokiri Sword jumpslash (with sword out, hold target and press A) to get Deku Nuts (if you hit him late and get a deku stick, try again on another Baba)

Now may be a good time to explain how damage is dealt in this game. Enemies have a certain amount of hit points, and you can vary how much damage you deal depending on what move you use. Here's a basic table of damage dealing with melee weapons and attacks we use in glitchless:

Kokiri Sword - (slash: 1, jumpslash: 2, crouch stab: undefined)*

Deku Stick - (slash: 2, jumpslash: 4)

Master Sword - (slash: 2, jumpslash: 4, crouch stab: undefined)*

*Crouch stabs are unique and **very important** for combat in this game. They do not have their own defined value. Hence, crouch stabs will deal the damage "stored" by the last attack performed. For example, if you were to do a Kokiri Sword jumpslash (2 hit points), all subsequent crouch stabs will deal 2 hit points of damage. If you were to do a Deku Stick jumpslash (4 hit points), all subsequent crouch stabs will deal 4 hit points of damage. This state persists until you die, enter a loading zone, or warp with Farore's Wind. Storing damage for crouch stabs is called **Power Crouch Stabbing (PCS)**. I will use this term several times throughout the run in **boldface**

- After you have collected Deku Nuts from the Baba, climb the vines at the back of the room
- **Do not get the Slingshot.** Make your way right towards the vines with the Walltulas behind the chest with the Dungeon Map (do not open the chest). You can climb the vines without getting hit by the Walltulas if you stop every time the Walltula turns purple (is about to charge)
- Once at the top, jump down onto the big web at the bottom to break it

- It is now time for **B1 Skip**. This trick saves loads of time, because you get to bypass going all the way around the basement to get to the upper area. For the beginner, this trick can be difficult to learn because of its precise setup (it's okay if it takes you a long time to fully grasp). But do not worry: if done right, this trick is 100% consistent. Unfortunately, B1 Skip is a bit too complex to just slap a GIF and a short description for. I would instead recommend [watching this tutorial](#) by AceZephyr (the author of most of the tutorials in this guide) which explains everything and includes an input display

Important Terminology (you will see these terms in the tutorial)

“Target the wall” – A fundamental for any setup that starts at a wall. It's important that a wall is targeted correctly, as most setups for tricks require a precise angle. [This link](#) goes to a part of a tutorial by Torje where he talks about how to properly target a wall

Dry Roll - Holding target and pressing A without an item in hand; don't hold forward

Side Roll - Dry rolling after sidehopping or backflipping. This will cause Link to roll about 40 degrees left or right after a sidehop, or about 80 degrees right after a backflip.

ESS Turn - Holding or flicking just outside the deadzone of the analog stick to make Link change direction. In glitchless, this is usually done to the right or left in order to consistently turn 90 degrees (by holding), or to change your angle by an exact small amount (by flicking)

<EQUIP>: **Deku Stick, Deku Nuts**, -

- Once you climb up to the upper area, you have two options: 1. Push the block down. Jump over to the switch (lower area) to burn the web covering the torch. Pull out your Deku Stick and light it on that torch. Backtrack to the upper area and burn the web on the floor either by holding R or by rolling. **Slash your sword after you burn the web so your stick doesn't burn.** 2. You can do the [torch backflip](#), a faster but more difficult technique
- Once at the bottom, kill the Deku Scrubs in this order: middle, right, left (“23 is number 1!”), and talk to the last Deku Scrub which will open the door. Enter the door into the boss room

Gohma (Kokiri's Emerald)

- Pull Deku Stick and do a Deku Stick jumpslash (hold target and press A with stick in hand) over the hump into the cutscene to store **PCS** (refer to page 4 if you forgot what **PCS** does)
 - The timing here is tricky. You want to throw a Deku Nut to stun Gohma, then crouch stab (hold R and press B) her eye three times. The last stab has a certain window that it can work, but if you turn your shield to the right by holding the stick to the right as you crouch stab, you'll increase that window. If you miss the timing for the last stab and she climbs up to the ceiling, just throw a Deku Nut at the three eggs she drops, then throw a Deku Nut to stun her again, and attack her again. There is another strat if you are struggling with the timing. You can throw a nut, stab, immediately throw another nut, then the last two stabs are free. Gohma has 10hp, so three power crouch stabs (4hp from Deku Stick jumpslash) are enough to kill her
 - Collect the Heart Container [4 hearts] and step into the blue warp
 - At the end of the cutscene, the Deku Tree will give you the Kokiri's Emerald and then die.
- Don't worry about not even being 15 minutes into the game after hours of learning! This is arguably the least intuitive part of the run to learn. It gets faster from here :)

Zelda (Goron's Ruby)

- Exit Kokiri Forest to Hyrule Field. After talking to the owl, backwalk to the Market bridge. Aim at the sign that says 'Hyrule Castle' and line up a backwalk that goes that way. Sidehop up a chain. When you jump off the top of the chain, hold down and slide to down-right/down-left (depending on which chain you're on, hold down + the direction away from Castle Town) to collect two red rupees: <https://i.imgur.com/pwlb7rc.gifv> . Enter the Market and go back out to Hyrule Field. Collect two more red rupees in the same fashion. If you have **80 rupees**, head into Market and go left to the Bazaar to buy the **Hyllian Shield**, but do not equip it
- Go north towards Hyrule Castle, then re-enter Market, then go back towards Hyrule Castle. This will put Malon near the vines. After encountering the owl, talk to Malon twice to get the egg. We'll need it to wake up Talon
<EQUIP>: Deku Stick, **Ocarina**, **Egg**
- For this part, do not worry about movement errors; you have to wait for dawn anyway. Climb up the middle vine to the top. Maneuver around the guards until you reach Talon. Pull the rightmost block backwards all the way and then once towards Talon (saves time over pushing it after dawn). Wake Talon up when the egg hatches. Push the block to [this point](#). Jump off the box and jumpslash to reach the platform (if you don't reach it, you might have not pushed the block far enough). Enter the crawlhole
- It's time for guards. **Practice guards before your first run**. While all the guards always start in the same place, where they will end up being by the time you get to them will be different based on **rng (random number generator)**: blanket term we use to refer to things over which the player has no control, and the game decides arbitrarily). However, you will learn through experience how to deal with their patterns. Basically, you'll want to sidehop along the bottom fence until you reach the last two guards, then figure out the fastest way to get past them. If you see a guard turn his head in the direction you're headed, **do not continue sidehopping until he turns the other way**. Also, if it's night, there will be two guards blocking the way with no way

past and you'll have to wait until dawn. Play it safe and you'll get to the end in one piece, good luck!

- After you get past all the guards and enter Zelda's courtyard, backwalk to her, draw your Deku Stick, roll into her up the stairs, and mash A during the roll. If done correctly, you will still hold the stick in the cutscene. This is known as **StickySituation**, and it's the first of four performed in this category (note that it doesn't actually save time, it's just a meme)
- After you've finished your text mashing fest, pull Deku Stick again and go towards Impa for another **StickySituation** and learning Zelda's Lullaby, the hardest song in the game

Goron Bracelet (Goron's Ruby)

- After Impa is finished talking, make your way straight towards Kakariko Village
- Go to the northernmost part of Kakariko Village and show the Letter you received from Zelda to the guard. He will open the gate for you to Death Mountain Trail. Make your way to Goron City
- Once in Goron City, jump to the bottom and play Zelda's Lullaby on the mat in front of Darunia's room. After the door opens light your Deku Stick on the left torch. [Light these torches](#) to open the shortcut to Lost Woods. Every time you light a torch, it resets the timer for the stick burning. Hold R to hold the stick diagonally for the first torch. If you're struggling to make it in time, light one of the permanent torches just before the shortcut (loses 2 seconds to a short cutscene but makes reaching the bomb flowers much more lenient). **Slash your sword at the end to save a stick**
- In Lost Woods, go: left, left, forward, left, right
- To lower the grate, you must kill the Wolfos. The fastest way to do this is to go up to the Wolfos, turn around, and when he finishes swiping at you, turn towards him and do a crouch stab (hitting a Wolfos in the back deals 8x damage!!!)
- Use box movement in the maze until you reach Saria (before you reach her, pull stick for another **StickySituation**)
- After learning Saria's Song, perform a savewarp (pause, then press B to get a save prompt, and press A to save, then reset the console). **Equip before you savewarp:**
<EQUIP>: Deku Stick, Ocarina, **Deku Nuts**
- Leave Link's house and enter the north loading zone into Lost Woods. In the woods, go: right, left, forward
- Back in Goron City, go back to Darunia's room and play Saria's Song for the **HotBeat**
- Once you have the Goron Bracelet, go back outside to Death Mountain Trail (where you came in the first time you entered Goron City)

- Go right towards the bomb flower. Throw the bomb flower. It's fast if, after throwing the bomb flower, you turn around and backflip so you're already at the bottom at the end of the cutscene. Enter Dodongo's Cavern

Dodongo's Cavern (Goron's Ruby)

- In the first room, use a bomb flower to blow up the wall. Make your way to the ladder going up the **right** side of the room and climb up. Go towards the wall behind the Beamos and on your way pick up the bomb flower. Bomb the wall, turn around, and slash (not jumpslash) your Deku Stick to store **2 damage for PCS**. You intentionally do not store maximum damage here, and this will be explained later. Go to the end of the corridor and push the nearest Armos Statue to the switch, then go through the door
- For the Lizalfos, you need to damage them in a certain way so you can one cycle each of them. Lizalfos have 6 health, and they run away after taking 3 damage, so doing 2 then 4 damage will kill them before they run. Go towards the right to the Lizalfos and crouch stab him with your stored damage of 2. Then jump to the next platform and do a Deku Stick jumpslash for **PCS**. Crouch stab the Lizalfos again to kill him. Make your way to the other Lizalfos and just crouch stab him twice to kill him. [Here is a video of this strat in action](#). Go through the unlocked door
- In the next room with the Dodongos, simply light your Deku Stick on the torch, and go in a straight line lighting all three torches. Open the door that unlocks, and slash your sword just before you land on the switch to put away your Deku Stick. You are now done with this side of the dungeon
- Make your way to the other side of the main room and open the door that unlocked
- For this room, you can complete it as intended by placing a bomb flower at the front, or you can [do a slightly faster way](#). To do the faster way, go to the third to front bomb flower, pick it up, and shield drop it (press R). Then pick up the second to front bomb flower, make your way to the other side of the room, and throw it at the last bomb flower on that side. Then, go to the middle and turn around. Now, backflip up the stairs (it's faster than climbing), **grab one of the red rupees in a pot** (there's also a heart there if you're low on health), and make your way to the door at the top of the room
- This room can be quite challenging, and as you're learning **I would strongly recommend equipping Hylian Shield here**. You can either do the intended method of pushing the Armos

Statue out of the way and climb the ladder (slow), or you can sidehop to the top of the Armos State, backflip up to the platform, and sidehop onto the switch as shown here:

<https://i.imgur.com/J5wCWNH.gifv> (fast). With either method, you'll want to throw a Deku Nut to stun the nearest Fire Keese so you can get to the switch in peace. Go through the door that unlocks. Note: For the armos sidehop, move slightly forwards or left directly before the backflip to make it consistently land on the switch platform.

- Back in the main room, [make your way to the other side](#). (Tap Z, then turn around, target and begin backwalking) This will prevent you from getting hit by Fire Keese. It's easy to tell when you're about to come to the part where you need to jump over the gap because the bridge becomes flat (don't roll too early though, or you might fall and the Keese will get you when you try to climb back up). Note that this movement is only necessary if you're buying Hylian Shield after Dodongo's Cavern, but it's a good idea to practice and it's also optimal

- In this room, make your way to the blue block. [Backflip over the Navi text trigger](#) (jump off and let go of forwards, then C-Up, aim, and wait for the spiketraps to move, then turn around and backflip). Jump to the platform with the bomb flower. [Throw the bomb flower with this setup](#) (target the chest, turn around, hold target and left until Link stops moving forward and throw). Jump up to the ledge

- Next up is arguably the most intimidating set of ricks in this category: **flame skips**. It's not that bad once you understand the trick, but it can be scary when you're first learning them. Just like B1 Skip, I will let the tutorials for the [first](#) and [second](#) skips do their things.

- In between the two flame skips, [you'll have to fight the Lizalfos](#). Fight them in the same manner as the first (first Lizalfos: sword jumpslash, then **PCS** with Deku Stick jumpslash; second Lizalfos: crouch stab twice)

- Past the second flame skip, jump across the gap and open the big chest to the right to get bombs

<EQUIP>: Deku Stick, **Bombs**, Deku Nuts (you may also choose to equip Hylian Shield here)

- Drop the bombs on the eyes of the big Dodongo skull. You can save time by overlapping the cutscene but the timing is a bit subtle. Make sure to keep the skull on camera otherwise your

bombs won't work. If you burnt your shield, you can blow up the wall at the end of the bridge and open the chest for another Deku Shield

- Basically, you just want to make your way behind that block on the ledge by going around. Just make your way counter-clockwise until you get behind the block. Push it down and then continue to push it until it lands on the embedded switch. Open the door that unlocks

<EQUIP>: **Deku Shield**

- Bomb the floor, and Deku Stick jumpslash for **PCS**

King Dodongo (Goron's Ruby)

- King Dodongo is by far the easiest boss in the game. Just throw a bomb into his mouth when he charges for his flamethrower (you can throw pretty early), then crouch stab when his head hits the ground. Get out of his way, pick up the bomb flower (to save a bomb; doesn't lose time), make your way to KD, and do the same thing. Pick up the heart container [5 hearts] and step into the blue warp
- At the end of the cutscene, Darunia will give you the Goron's Ruby. Congrats!

Ruto's Letter (Zora's Sapphire)

- Darunia instructs you to go to the top of Death Mountain and talk to the Great Fairy who resides there, but it is actually faster to do that as an adult. Instead, make your way back down to Kakariko Village via Death Mountain Trail. Go to Hyrule Field. Backwalk to Zora's River (setup: after leaving Kakariko, turn right, sidehop left 3 times, then backwalk). Talk to the owl (you can do a precise bomb throw to blow up a boulder during the cutscene to save a few seconds, or you can just blow up a boulder after the cutscene). Pick up the cucco (Hen Solo) and go all the way to the waterfall at the mouth of Zora's River. You can [jump behind the waterfall](#) (skips having to play Zelda's Lullaby). If you fail and have to play ZL, equip Ocarina over Sticks

- Once in Zora's Domain, go up the long staircase and go left at King Zora. Talk to the zora there to start the diving minigame. Dive for all the rupees, then make your way back up to the zora (**mash B in water to swim faster**). On your way, there are three pots. Break the one to the right of the sign to get **Deku Nuts**, and if you need a Deku Stick, there's one to the left of that. Talk to the zora to get the Silver Scale (press B out of the last text box so you don't accidentally talk to him again). Jump off and dive into the hole to get transported to Lake Hylia. If you swim forward a bit, you'll see a bottle. Dive for it, then go back the way you came to Zora's Domain. Go up to King Zora this time (break the pot again to get more **Deku Nuts**) and show him the <EQUIP>: **Ruto's Letter**, Bombs, Deku Nuts

letter (target him before doing so; don't stand too close to him or it won't work)

- Go to the bottom of Zora's Domain and [use the Bottle to get some Fish here](#). Go back up and past King Zora to Zora's Fountain. Drop the Fish in front of Jabu Jabu and watch the cutscene

Jabu-Jabu's Belly (Zora's Sapphire)

- The last child dungeon. Jabu isn't as linear as the previous dungeons, so it will require some memorization. There is a ceiling switch to open the door at the back of the throat, but normally you need Slingshot to hit it. We instead [just throw a well-timed bomb](#) at it (if you're struggling with this, just throw the bomb directly at it instead). Go through the door
- Go to the other end of this room and open the door. Roll into the cutscene with Ruto. Follow Ruto down the hole and talk to her twice. Pick her up and go to the nearest door. Evade the Shaboms (bubbles). Go into the shallow pool with the switch. Throw Ruto up, then backflip onto the switch to raise the water. Grab Ruto, evade more Shaboms, and throw Ruto at the ceiling switch. Go through the door. Drop Ruto, shield reflect the Octorok to kill it, then sword jumpslash for **PCS**. There is also a 1/16th probability that the Octorok will drop bombs. Climb back up, pick up Ruto, and go up the elevator
- Go back into the room with all the holes and make your way towards the door on the other side. In the tail, go right, then straight to the floor switch. Don't drop Ruto, the switch stays down
- Kill the Stinger on the right by throwing Ruto on it (fun fact: Ruto's body deals 1hp of damage, whereas her butt deals 2hp). Throw two Deku Nuts to stun the rest of the Stingers and crouch stab all of them. Open the chest to get the Boomerang, then leave the room with Ruto
<EQUIP>: **Boomerang**, **Deku Stick**, Deku Nuts
- Now go to the room all the way on the left side of the tail. Throw Ruto on the switch and leave her there. Enter the door and kill the...ceiling thing by throwing the Boomerang at it 4 times. You can stop the cutscene with the chest appearing by leaving the room as the Boomerang hits it the 4th time
- Talk to Ruto, pick her up, and make your way all the way to the right. Turn right at the room where you got the Boomerang, and kill the ceiling thing in here too
- Go back to the middle of the tail and go to the door at the end of the long corridor. Kill the ceiling thing while evading the Biri (jellyfish, they can be rather tricky to avoid but becomes easier with experience). Then, kill the Biri by throwing a Deku Nut to stun them, then crouch

stab. If a rogue Biri escapes being stunned, throw a Boomerang at it. After you kill the last Biri, perform a Deku Stick jumpslash for **PCS**

- [Fall down this hole](#), go through the corridor and enter the door. Throw Ruto up the platform. When you regain control, walk forward and the fight will begin. Big Octo probably gives everyone trouble on their first playthrough, [but he's actually very easy to beat like this](#). Just hold up-right, roll into Big Octo to get knocked back, turn right, and crouch stab. That's it. If you mess this up, just roll into his mouth as he's charging towards you, target it while you're being flung backwards, and boomerang it as soon as you gain control, then stab it. Climb up the platform when the spikes lower and go through the door at the end of the corridor.
- In the Wiggler room: stun the first one, jump on it, stun the second one, jump and jumpslash to reach it without having to climb (which is slow): <https://i.imgur.com/uIAJb3V.gifv>. If you're having trouble with the Octorok, here's an easier method: <https://i.imgur.com/5bYil2K.gifv>. Enter the door
- From here, jump on the platform so it lowers. Grab a box and place it on the switch in front of the door. Enter the door
- You have two options in this room. Climb up to the top and Boomerang the switch from there (slow), or [do this fast boomerang throw from the bottom](#). Either way make your way to the door to enter the boss room

Barinade (Zora's Sapphire)

- Unlike King Dodongo, this boss is very tricky, and you can lose lots of time. **Make sure you have HOLD TARGETING turned on, it will make this boss much easier.** If you need hearts at any point in the fight, the pots around the room contain a heart each
- **Phase 1:** Boomerang the tentacles Barinade hangs on the ceiling with
- **Phase 2A:** As soon as the Bari ring comes out, Boomerang the center of Barinade. Throw a Deku Nut to kill the Bari. If you missed this and they all come flying out, just Boomerang Barinade again and crouch stab 5 times
- **Phase 2B:** Back away a bit and Boomerang again when the Bari ring comes out. If you miss this one, it really sucks because you have to wait a long time until you can Boomerang Barinade again. Otherwise, just Deku Nut again to kill the Bari
- **Phase 3:** Boomerang Barinade and Deku Stick jumpslash him (you will break 1 of your 2 sticks, this is optimal). Roll into Barinade to skip a lightning cycle. Boomerang Barinade again and this time, crouch stab (we have **PCS** stored now from the Deku Stick jumpslash). Boomerang Barinade one more time and crouch stab
- Collect the final Heart Container we will be getting [6 hearts] and step into the blue warp (with Deku Stick in hand for the final **StickySituation**) with Ruto (try to face her so Link doesn't turn, that's slow). At the end of the cutscene, Ruto will give you the Zora's Sapphire

*Since this fight is so complex, [here's a tutorial I made](#). **Watch the second half especially because I talk about backups:** <https://www.twitch.tv/videos/424760528>

To the Master Sword

<EQUIP> Boomerang, **Bombs**, **Ocarina**

· Savewarp. Leave Link's house and Kokiri Forest. Backwalk to Castle Town Market to activate the cutscene. At the end of the cutscene, you're lined up to backwalk into the water. Dive down to collect the Ocarina of Time. Learn the Song of Time, then backwalk into Market. If you haven't gotten the Hylian Shield, now is where you buy it. Make your way to the Temple of Time. Play the Song of Time in front of the altar. Pick up the Master Sword. Congrats, your childhood is over and you are now an adult!

Adult 1

- Leave Temple of Time and go to Hyrule Field. Go to Kakariko Village. Head to the Graveyard. Pull the grave all the way to the left with flowers in front of it, then jump down the hole. Dampe race and Hookshot. [Sidehop through the door and back](#) to void out. If you fail, just play Song of Time and leave through the way that opens up. Leave the grave
<EQUIP> **Hookshot**, Bombs, Ocarina
- Exit graveyard. Head to Death Mountain Trail and follow it to Goron City
- Stop the goron with a bomb. You can and probably should use [this setup](#) to consistently bomb the goron. Make sure when you talk to the goron that you're careful not to talk to him on the first frame possible (so don't mash A). This will cause a softlock where he will not talk to you. Top option first, then bottom option. He will give you the Goron Tunic, but do not equip it
- Go to Death Mountain Crater by pulling the statue in Darunia's Room. Hookshot to the bridge and walk forward to activate the cutscene where Sheik will teach you Bolero of Fire. After the cutscene is over, sidehop into the lava (it's faster than backtracking)
- If you have less than 3 hearts (or if you're running through the route for the first time), equip Goron Tunic now. Head to the right across the bridge and past the boulder. Hookshot to the top of the ladder. If you're running low on bombs, you can blow up the boulder that has the ring of rocks around it and enter the hole, there's a chest in it containing bombs. Exit Death Mountain Crater
- Turn directly to your right and blow up the wall. Enter and play Zelda's Lullaby on the Triforce symbol. The great fairy will give you magic. Leave and go back to Goron City via the direct entrance farther down the mountain
- Leave Goron City via the Lost Woods shortcut we used to get Saria's Song as child. Go left, then dive into the water and go through the hole to Zora's River. Play Zelda's Lullaby on the pedestal to open the waterfall
- Head to the top of Zora's Domain to go to Zora's Fountain. Go to the bottom-right corner of the mini-map and there is [a bombable wall](#). Go inside and the great fairy will give you Farore's Wind (we'll be using this item heavily in dungeons). Exit the fairy fountain, swim across the

water and past the Heart Piece to the ice platforms, and hop on them to reach Ice Cavern straight ahead (if you fall off, climb up the last ice platform and mash B to jumpslash on)

Ice Cavern (Fire Medallion)

- Make your way through the cavern until you reach the first room with the Freezhards. Perform a great spin (hold B until the sword glows orange) to kill the three Freezhards at the same time. Then jumpslash and stab the last Freezhard
- In the next room, collect all the silver rupees to open the way
- Go down the corridor until you reach the big room with the blue fire. Perform [this movement](#) to reach it:
<EQUIP> Hookshot, **Bottle**, Ocarina
- Leave the room with blue fire in hand. Go back to the silver rupee room and melt the red ice **to the right**. Make your way through the corridor to the block puzzle room. You have two options here: 1. Push the block (very slow, extremely boring), 2. Do some [really cool jumps](#) (very fast, extremely swagger): [This tutorial](#) is a fast way to do the room without those jumps if you find them difficult.
- Once you have collected all the silver rupees and have blue fire in hand, make your way through the corridor, melt the red ice (there are hearts in the pots if you need them), and enter the door
- [Kill the Snow Wolfos](#) by hookshotting to stun it, then slash it in the back. Open the chest to acquire Iron Boots. Sheik will then teach you Serenade of Water
- Play Bolero of Fire and enter the Fire Temple
- <EQUIP> Hookshot, **Bombs**, **Farore's Wind** (and Goron Tunic if you didn't equip it earlier)

Fire Temple (Fire Medallion)

- Enter the door on the left. After talking to Darunia, jump across the platforms to the jail cell. **Do not talk to any Gorons in this dungeon, they'll do just fine on their own.** Get the small key [1 key] from the chest in the cell, then leave through the same door from whence you came
- Unlock the door across from you [0 keys]. In this room, head left all the way until you reach the door. Head inside and get the small key in the chest in this cell [1 key]. Leave the room. Head straight all the way to the other side of the room. [Blow up this wall](#). Enter the door and get the small key in this cell [2 keys]. Leave the room, then head right to the door at the end of the ramp and unlock it [1 key]
- Hookshot to the top of the grate. Sidehop onto the platform with the block and push it onto the fiery jetstream. Hop on the block and let it take you up, then unlock the door [0 keys]
- For this room's trick, [refer to world record](#), or [this video](#). Danny uses an input display which will be helpful here. Go through the door at the top
- For the boulder maze, [refer to world record](#). The movement is simple enough. Just make sure that you have 2 keys before unlocking the next door
- [1 key] Feel free to not be careful in this room. You can jump across. Unlock the door straight ahead [0 keys]
- In the fiery wall of death room, make your way to the other side and open the door back into the boulder maze room
- Now on the upper level: jumpslash the torch slug, pull a bomb immediately, drop it on the cracked floor, and [set Farore's Wind when the bomb is about to explode](#) so that you cutscene dive. Get the small key from the chest [1 key], then return Farore's Wind back to the boulder maze room. Go back through the door
- Back in the fiery wall of death room, unlock the middle door [0 keys]. Open the door at the end of the corridor
- In the fire maze room, [roll through the flame walls](#) (the idea is to roll through before the flame wall emerges; angle/positioning is semi-lenient; make sure you're rubbing against the wall when you roll). Step on the switch and head to the alcove. Break both bombs pots (and hearts if you're low on health) and blow up the false wall. Enter the door

- Once the fight starts, jumpslash to store **PCS**. Hookshot Flare Dancer right before he starts dancing and then crouch stab him when he stops bouncing. It'll take 3 cycles to kill him. If you can climb the block before the door cutscene starts, that's fast. Go through the door
- Drop a bomb next to the switch and climb up the grate (Link keeps climbing during the cutscene). Then climb up the next grate and open the door
- In this room, step on the switch and make your way up the narrow spiral staircase. Open the chest to get the Megaton Hammer. Jump down like this to land on the upper ledge and hammer jumpslash (equip) through the block to hit the rusty switch: <https://i.imgur.com/zCCaA5b.gifv>. (if you land in the center, use Song of Time to spawn the block to climb up) Jump down and grab the small key in the chest [1 key]. Savewarp
<EQUIP> **Hammer**, Bombs, Farore's Wind

- Head to the right of the staircase where there is a totem pole. Use the hammer to break it down and unlock the door that is revealed [0 keys]
- Lure the enemies in this room and quickspin them until they're all dead: <https://i.imgur.com/IA0ia1l.gifv>. Go through the door that is unlocked. Ignore the room with the tiles (it's just a gold skulltula) and go through the door on the left
- Kill the Flare Dancer (make sure to store **PCS** with sword) but this time, crouch stab with hammer on the middle block instead of hookshotting him. The quake will knock him down. Don't open the chest unless you have less than 11 bombs. Enter the next door
- Hammer the rusty switch and open the chest for the Boss Key. Enter the door across the hall
- Back in the foyer, open the left door where you met up with Darunia. Perform [this jump](#) to reach the boss door (make sure you're perpendicular to the wall and you're all the way in the corner before you roll). If you're curious about how this jump works, watch [this video](#). Enter the boss

Volvagia (Fire Medallion)

- Volvagia is complex enough to where it would be better to just use [a tutorial video](#). Good luck. The 1-3-3 strat is difficult and, as such, you may choose to skip it for now. The alternative strat is to crouch stab her whenever she pops up, and when she flies, just hang off the edge of the arena to dodge her attacks
- Don't grab the Heart Container unless you don't feel confident with fighting Stalfos yet. Step into the blue warp and Darunia will give you the Fire Medallion

To Forest Temple (Forest Medallion)

<EQUIP> **Nuts**, **Hookshot**, Farore's Wind

- Hookshot across the bridge and break the pot for a heart if you're low on health. Enter the cave to Goron City
- Exit Darunia's Room and hookshot up to the beam in front of the Lost Woods shortcut. Go to Lost Woods
- Go left. [Hookshot backflip over Mido](#). For the setup: target the wall, turn right, then 1 ESS flick right (repeatedly backflip while aiming hookshot until it works; it could take up to, but not more than 5 attempts before it works). Go up, left, right
- In Sacred Forest Meadow: sidehop over the Navi text trigger, hookshot the moblin, and perform [maze jump](#) (use hookshot aiming method): . Roll past the big moblin and go up the stairs. Learn Minuet of Forest from Sheik, then hookshot the tree branch and enter Forest Temple

Forest Temple (Forest Medallion)

- In the entrance room, hookshot up the vines to reach the top (hold up-right to grab the vines after you hookshot): <https://i.imgur.com/yulwNq5.mp4>. Either jump across the branches (slight risk of Link not jumping for no reason) or hookshot the chest (just as fast if you can aim quickly). Grab the small key and enter the door [1 key]
- Hookshot the Skulltula and enter the next door
- In the main room, unlock the door on the left [0 keys]
- Nut the Skulltula and enter the next door
- For the block puzzle, [refer to world record](#). Now do the [jumpslash recoil](#) to reach the alcove with the door. You **set Farore's Wind** during this setup. It will give you the perfect angle to just hold up and jumpslash off of the wall. Note: Link's back has to be against [this wall](#) before you sidehop over to the fence. To make sure of this you can backflip against it. See that [here](#).
- Open the door to the left and kill the Floormaster with a jumpslash, then quickspin the little guys. **FILL UP ON MAGIC HERE. FULL. MAGIC.** Grab the small key [1 key] and leave the room (with full magic c:)
- Jump down and hookshot up the vines on the far side of the room (hookshot as far right on the vines as you can to avoid detection from the spooders). Open the door. Nut the Bubble and jumpslash him (don't open the chest). Open the door. Hookshot the vines above the other balcony and step on the red switch. Jump down and you may do a midair jumpslash to kill the Giant Deku Baba to get extra nuts. Jump down the well and backwalk through the two hearts towards the chest. Open the chest for a small key [2 keys]. **Return Farore's Wind**
- Back in the block puzzle room, climb up all the ladders until you reach the top room with the two Bubbles (don't kill them). Unlock the door [1 key]
- Go to the end of the hallway. If you keep Link rubbing against the right wall into the next room, you'll skip the Navi text trigger. Unlock the door [0 keys]
- Go down the stairs and enter the door. For the Stalfos fights, [watch world record for specific strats](#). Jump down the hole and kill the two Stalfos. Once the last one dies, **set Farore's Wind** immediately to overlap with the chest cutscene. Open the chest for a small key [1 key] and **return Farore's Wind**

- Hold forward and mash A to do a roll then mash nuts to stun the Stalfos. PCS will **not** persist after returning FW, so you need to jumpslash again. There are hearts in the pots if you're running low. Go around and kill the Stalfos. Right after he dies, **set Farore's Wind** for the second time to overlap with the cutscene. Kill the final two Stalfos. Open the chest to get the Fairy Bow

<EQUIP> Nuts, **Bow**, Farore's Wind

- Go through the door with the green orb (the one you first entered). Climb to the middle of the stairs and shoot all the portraits. Stand next to the middle portrait, then shoot the top and bottom portraits that the poe goes to, then turn around and shoot the middle one. Then [kill the first poe](#). If you throw a Deku Nut while a poe is invisible, it will reappear. In addition, targeting it will make it disappear more often. Grab the small key from the chest [2 keys]. Leave the room from the top

- Head down the twisted corridor and open the door. Turn around and shoot the eyeswitch above the door. Enter back through the door and head to the end of the corridor. Jump down and open the chest for the Boss Key. **Return Farore's Wind**

- Open the door across from you. Kill the poe in this room, but do not open the chest. Unlock the door at the top [1 key]. You can skip the Navi text trigger by jumping up-right to the other platform. Unlock the door at the end of the hall [0 keys]

- Shoot the frozen eyeswitch through the torch and leave the room. Head back through the hallway and jump down the hole. In the checkered room, step on the switch and open the door. [You can perform this strat](#) to do the whole room in one cycle (jumpslash recoil is required to make it to the chest in time)

- Shoot the green poe portrait and [refer to world record](#) on how to push the blocks optimally, then kill the poe. If you're low on arrows or health, the two pots contain a heart and an arrow drop. Open the door, nut the Skulltula, and open the next door back into the main room

- Kill the purple poe with your bow (the one that spins is the real one) and go down the elevator that pops up

- Push the room counterclockwise once, step on the first switch, push the room counterclockwise again, step on the second switch, ride the elevator back up, ride it down again, step on the third switch, and open the boss door

Phantom Ganon (Forest Medallion)

- Climb up the stairs, go towards the center of the arena and back to the gate to start the fight
- Shoot Phantom Ganon three times with arrows (the real one is brighter and makes noise)
- Stay close to Phantom Ganon and slash his orb back at him to stun him (when hitting the orb, do a vertical slash, which is just holding target and pressing B). Do a jumpslash (let go of target as soon as the jumpslash begins), then 2 crouch stabs. Slash his orb back again. Jumpslash, 2 crouch stabs, and he's dead. If you deal too much damage in the first turn or not enough in the second turn, he will begin playing tennis, which is slow and difficult
- Don't grab the Heart Container unless you have less than 1.25 hearts. Dark Link's health mirrors your max health, so the less heart containers you have, the faster the fight goes. Step into the blue warp and Saria will give you the Forest Medallion

Water Temple (Water Medallion)

<EQUIP> **Ocarina, Hookshot, Farore's Wind || Iron Boots**

- Play Serenade of Water. Turn right 90 degrees and sidehop left until you reach the water. If your sidehops are good (no sidewalking), you'll be able to use Hookshot before the text box pops up. Shoot the blue crystal and enter Water Temple

<EQUIP> **Kokiri Boots**

- Climb up, backwalk into the water, and start Iron Boots swimming. To Iron Boots swim, hold target and a direction underwater, equip Iron Boots, and keep holding target and direct Link where you want to go. Swim to the bottom-left passage until you reach Ruto. When she finishes talking, float to the top

- Follow this tutorial for the gainer to the cracked wall: <https://youtu.be/0MTy4tCTZhE>

<EQUIP> **Bombs, Bow, Farore's Wind**

- Place a bomb and **set Farore's Wind** while the bomb is flashing. Open the chest for a small key [1 key]. Drop down and shoot the torches through the flame to open the door. [Kill the Shellblades](#) and open the chest for another small key [2 keys]. **Fill up on arrows here. Return Farore's Wind**

<EQUIP> **Ocarina, Hookshot, Farore's Wind**

- Follow this tutorial for the hookshot up to the third floor (note that the first setup he uses requires the initial position that Farore's Wind give you):

<https://www.youtube.com/watch?v=ogV1zfbJ-FQ> . Jumpslash to the alcove (hold UP, Z, and R, then begin to mash B AFTER you jump off and are in the air; R is held to guarantee a good jumpslash, do not let go of R at any point until you have landed):

<https://youtu.be/ExwnWGvuXX0?t=27> . Play Zelda's Lullaby in front of the Triforce panel. Use a key on the door (it's to your left when you leave the alcove) [1 key]

- Hookshot up the waterfall. If you're fast, you can make the first cycle. **Set Farore's Wind before using a key on the door** [0 keys]

- Hookshot the crystal switch. Hookshot the first statue. You can hookshot the next statue and jumpslash to the right of it with the correct position and aiming:

<https://i.imgur.com/XcLF7h7.mp4>. Hookshot to the last statue. Hookshot the crystal switch until

you pop up the statue, then hookshot it again to raise it up. Roll past the Tektites and hookshot the Like-Like. **Break one of the pots for magic** and open the door

- [Quickly kill Dark Link using this strategy](#)
- Open the door and grab the Longshot from the chest
- Play Song of Time to make the block disappear (don't stand on the block). Drop down the hole. Swim through the underground river until you reach the end. Equip Bow and shoot the eyeswitch. Jump to the chest and open it for a small key [1 key]

<EQUIP> **Bow**, Longshot, Farore's Wind

- Continue to the whirlpool room but do not jump down. Longshot or shoot the crystal switch inside the dragon head (precise-ish): <https://imgur.com/a/V6IEDRk>. Sidehop down into the underwater corridor and open the chest for a small key [2 keys]. **Return Farore's Wind**
- Enter the door behind you. Iron Boots swim to the corridor that is bottom-left of where you enter. Longshot to the target, unequip Iron Boots, then longshot across. **Set Farore's Wind** and unlock the door [1 key]
- Upon entering this room, perform [this jump](#) and swim to unlock the door [0 keys]. Open the chest in this room to get the Boss Key, then **Return Farore's Wind**
- Back in the main room, go left and longshot to the dragon head statue. Enter the door. Make your way up the slope and go through the boss door

Morpha (Water Medallion)

- When you longshot the pink orb, aim for its edge instead of the orb itself. For some reason, you cannot longshot the center of the orb, only the edges work
- Keep using longshot to keep Morpha in place, slash her into the corner, jumpslash, then crouch stab 4 times
- Do not grab the Heart Container. Step into the blue warp and Ruto will give you the Water Medallion

To Spirit Temple (Spirit Medallion)

- Go across the two bridges and backwalk to Hyrule Field. Longshot up the ladder, then make your way to Gerudo Valley. Longshot across the gorge and head to Gerudo Fortress
- When the intro cutscene ends, backwalk until you see your sword button line up with the sign in [this way](#). Then mash sidehops up the stairs and all the way until you reach the entrance
- For the Gerudo Fortress route, [refer to world record](#) (there are 4 carpenters). Make sure to store jumpslash for **PCS** before every fight
- After acquiring the Gerudo Card, longshot up the top of the gate ladder and talk to the Gerudo girl; she will open the gate. Enter wasteland
- Longshot the box on the other side of the river of sand. Follow this tutorial to get through wasteland without Lens of Truth: https://www.youtube.com/watch?v=h5_EiPTjdEk. If you are using the Practice ROM, you can turn on Collision View to see where the void out zones (in red) are.
- Backwalk to Spirit Temple (setup: press c-up, hold down, target, do 3 full sidehops)
- Leave Spirit Temple to learn Requiem of Spirit. Equip and savewarp
<EQUIP> Bow, Longshot, **Ocarina**
- Learn Prelude of Light and pick up the Master Sword

Child 2

- Leave Temple of Time and head to Hyrule Castle. Blow up the boulder at the end of the road and enter the crawlhole. After the great fairy gives you Din's Fire, play Requiem of Spirit

Child Spirit (Spirit Medallion)

- Enter Spirit Temple. Talk to Nabooru and select these options: 3rd, 2nd (1st also works but it's slow), 1st. Enter the crawlhole

<EQUIP> Boomerang, **Din's Fire**, Bombs || **Hyllian Shield**

- Lure the Fire Keese in and use a bomb to kill the Armos and the Keese. Throw a bomb at one of the Keese on the wall to kill both of them. Open the door on the left
 - Stun the Stalfos with Boomerang right when he spawns. Aim to the right of the grate, throw Boomerang, and move left to hit the crystal switch. Open the door on the other end
 - Break the pot in front of the Anubis for a heart. Use Din's Fire on the middle platform. Open the door to the right. Use Din's Fire in front of the grate to light the torches to spawn a chest, open it for a small key [1 key] then work your way back to the room with the single Armos
 - Go into the crawlhole. In this room break the box with bombs, then unlock the door [0 keys]
 - Boomerang the first Skullwalltula, then climb to the top. Throw a bomb or boomerang the crystal switch, then bomb the left Skullwalltula to let the sunlight in. Open the chest to get 10 Bombchus, then open the door
 - Push down the Armos Statue to your left, then climb up the stairs and open the door
 - In the silver rupee room, bomb the left two Beamos, then use Din's Fire so that two torches are lit: <https://i.imgur.com/Qogtyk9.gifv>. Use a Deku Stick to light the last torch. Pull the sun block. Open the chest for a small key [1 key]. Open the door
- <EQUIP> **Sticks**, **Ocarina**, Bombs || **Deku Shield**
- Deku Stick jumpslash the Iron Knuckle. For this fight, as long as you stay very close to her, you're safe. Crouch stab her until her armor strips. When that happens, get close to her again every time you hit her and make sure not to stab before she starts her swing; otherwise you

could get recoiled. Collect the dropped hearts so you have full or nearly full health. Open the door and go outside. Talk to the owl and open the chest for Silver Gauntlets. After the cutscene, play Prelude of Light and pick up the Master Sword

Adult 2

- Go to Kakariko Village to learn Nocturne of Shadow, then play Requiem of Spirit

Adult Sprit (Spirit Medallion)

- Enter Spirit Temple. Go right and break the pot for magic. Push the big block until it drops down, then shoot the crystal switch with Bow. Open the door on the right
- Collect all the silver rupees and enter the far door. Open the chest for a small key [1 key], then go back to the room with the Beamos. Unlock the middle door [0 keys]
- Go around the Like-Like and longshot to the top. Push the mirror around 3 times to open the door. Do not open the chests
- In the big statue room, climb to the top and jump on the hand with the Triforce on it. Play Zelda's Lullaby to make a chest appear on the other hand. Longshot to it and open for a small key [1 key]. Sidehop off the hand and longshot to the torch where you jumped from to land on the Triforce hand. Unlock the door there [0 keys]

<EQUIP> **Bombs, Dins, FW**

- Go straight through the small corridor with the Beamos. In the next room, throw a bomb at the Beamos and use Din's Fire to kill all the Anubis's simultaneously:
<https://i.imgur.com/kZNTioC.gifv>. If you fail, you have to step on the switch and lure the Anubis's to the flame. Open the door straight ahead
- Throw a bomb (or hookshot if you're out of bombs) at the top-left Armos. Go to the door on the right and **set Farore's Wind** before the cutscene. Open the door then head to the top of the stairs and open the door
- [Kill the Iron Knuckle from behind the chair](#). Open the door and open the chest for the Mirror Shield. Go back inside and **Return Farore's Wind**

<EQUIP> **Ocarina, Longshot, Bow || Mirror Shield**

- Use the Mirror Shield to reflect sunlight on the surface, then open the door. Open the chest for a small key [1 key]. Back in the Armos room, go back through the door to the Anubis room and unlock the door [0 keys]

- Longshot up to the top before the Beamos notice you and open the door. Play Zelda's Lullaby on the Triforce and open the door
- Shoot two arrows at the false door on the left (back wall) to activate the eyeswitch, then longshot above the glass platforms and step on the switch. Grab the Boss Key from the chest. Leave the room and go to the door on the right

<EQUIP> Ocarina, Longshot, **Bombs**

- Slash the crystal switch and open the door. Bomb the wall on the left and push the mirror twice counterclockwise. Go to the other mirror and push it once clockwise, then go back to the first room. Jump down and shine sunlight on the sun face to lower the platform. Hold target and shield to burn off the face of the statue, then longshot to the grate that is revealed.

<EQUIP> Ocarina, Longshot, **Din's Fire**

Enter the boss door.

Nabooru, Twinrova (Spirit Medallion)

- For Nabooru, store jumpslash for **PCS**. Go to her left leg (your right) and begin crouch stabbing while holding up-left (this will keep Link out of the way of her axe). You want to fit in all the stabs you can while she's doing a swing. If she's idle and you stab, she will attempt to block your attack and you could recoil. She dies after 10 hits
- Twinrova is very RNG heavy and takes some experience to get good at. When one witch is charging for an attack, you can use longshot to make the other witch spin in place so you can more easily hit her with your shield. The first phase ends after 4 cycles, so store a jumpslash for **PCS** after the fourth hit
- On the second phase, hold target and shield for her first two attacks. On her third attack, jump onto the platform she is on and reflect her shot back. Crouch stab her every time her boobs stop jiggling (the boob cue). She will die after 6 stabs
- Do not grab the Heart Container and step into the blue warp. Nabooru will give you the Spirit Medallion

Shadow Temple (Shadow Medallion)

- Play Nocturne of Shadow. Backwalk down the stairs and backflip onto the pedestal to use Din's Fire. Enter Shadow Temple
- Longshot across the gap. In the bird statue (truth spinner) room, go left and down the corridor. For navigating this section, I'd recommend [watching world record](#)
- For Deadhand, jumpslash into a hand and backflip to spawn him. When he lowers his head, crouch stab him, then slash him. After his left arm does a wide swing, jumpslash again. If you time it correctly, you'll get a double hit. If you're late, you'll have to crouch stab one more time. **Pick up the magic he drops**, then open the chest for Hover Boots
- Make your way back to the truth spinner room. Normally, you're supposed to have Lens of Truth, but we don't have that. That means we have to guess. Fortunately, only three of the skulls can be real: 2nd, 3rd, and 4th. First try is 4/9, second is 2/9, and third is 3/9. So first try is the most likely of them, but you're just as likely to get second or third. Pull the statue counterclockwise, and the first skull that can be real will be the *second* skull you pull to. Before you land on the first skull equip Hover Boots so you don't fall into the void
<EQUIP> **Bombchus**, Longshot, **Nuts** || **Hover Boots**
- Once you get it first try (hopefully), go across the gap and into the corridor (re-equip kokiris)
- Ignore the Big Beamos and open the door on the left. Collect all the silver rupees and open the chest for a small key [1 key]. Leave the room
- Go left and blow up the wall with a Bombchu (throw a nut to make it explode instantly).
Unlock the door [0 keys]
- Roll 3 times then nut the wall to your right to stun all 3 Skulltulas. Make your way through the guillotines until you jump past the Fire Bubble. You can equip Hover Boots and roll straight across the rising and lowering platform (slow and easy) or you can [jump on that little sliver of land without Hover Boots](#) (fast but risky). Collect the silver rupees (the Beamos also hides a silver rupee; just roll into it) and enter the new path

- In this room, [there is a block](#). Push it all the way down, climb up top, and step on the switch. Then open the chest for a small key [1 key]. If you need health, the pots behind the chest each have a heart. Go back to the silver rupee area

- Go past the guillotine and use longshot to see where the invisible moving platform is. Jump when you see the red dot move towards you. Unlock the door [0 keys]

- Collect all the silver rupees and **set Farore's Wind**, then open the door on the left

<EQUIP> Bombchus, Longshot, **Farore's Wind**

- There are two strats you can do. You can shield drop a Bombchu right when you enter the room and quickspin the Bombchu when it's inside, or you can cook the Bombchu and shield drop it in front of the statue on the 4th red flash. After getting the key [1 key], **return Farore's Wind**

- Longshot the ceiling above the door [here](#), and unlock the door [0 key]

- You can either equip Iron Boots and make your way through, or you can do [this method](#) which is fast. Open the door behind the invisible wall (the one in the video)

- To the right is a pile of rubbish. Backflip, pull a Bombchu, and shield midair to blow it up. Open the (invisible) chest that is revealed for a small key [1 key]. Unlock the door on the opposite end (mash rolls to avoid the Gibdos) [0 keys]

- Either longshot the ladder (slow) or perform [this jump](#) (fast). Equip and play Zelda's Lullaby on the Triforce

<EQUIP> **Ocarina, Bow, Din's Fire**

- Kill the first Stalfos, then hang in the corner [right here](#) until the boat reaches the end of the ride. If you can snipe the bomb flowers under the statue from the boat, that's fast. Otherwise, do it when you come back to this room. Enter the door on the right

- [Watch world record](#) for this segment as there is some navigation. Grab the small key [1 key]. Once you reach the room where you din's the wood walls, kill the Redead with a jumpslash and **collect its magic**. Open the chest for the Boss Key and make your way back to the boat room

- If you didn't already, knock down the statue by shooting an arrow at a bomb flower. Get magic and arrows in the pots in front of the door if you're not full on magic or have at least 20 arrows. Unlock the door [0 keys]

- **If you're new, set FW and save in case you die to Bongo. It's better to lose the 10s of setting it than the 5 minutes of having to backtrack.** Use Hover Boots across this room:

<https://i.imgur.com/rMFnMJU.gifv>, then open the boss door after equipping Kokiri Boots

Bongo Bongo (Shadow Medallion)

- Jumpslash into the hole by walking forward and pressing B on the way down to store **PCS**
- You can keep the hands from rotating around you by holding down as the fight begins
- Shoot your bow at the right hand, then shoot your bow at the left hand. Shoot your final arrow shot on the invisible eye to stun Bongo Bongo. Crouch stab him 9 times and he's dead (2 frame window on every crouch stab; rhythm is 150BPM). If you miss a stab, just stun the hands and eye again and resume stabbing until he's dead
- Grab the Heart Container if you're low on health. Enter the blue warp and Impa will give you the Shadow Medallion.

Light Arrows, Trials (Ganon)

- Play Prelude of Light and watch LACS (Light Arrow Cut-Scene)
- Make your way to Ganon's Castle. Cross the rainbow bridge and enter the castle
- Enter the door at the bottom of the staircase. We will be doing the trials counterclockwise, which is optimal for movement since you need Golden Gauntlets for Light and Fire trials, which will be after Shadow Trial. Start with Forest Trial

{Forest Trial}

Use Din's Fire to light the torches, then shoot an arrow through one of the lit torches to the unlit torch above the door. Open the door and equip

<EQUIP> **Longshot, Light Arrows, Hammer || Hover Boots**

Collect the silver rupees and open the door. Shoot the orb with a light arrow and equip

<EQUIP> **Bottle, Light Arrows, Hammer || Kokiri Boots**

{Water Trial}

Slash the icicles and catch blue fire. Melt the red ice at the back of the room, then great spin the Freezhards that attack you. Open the door. Push the ice block to the left, climb on it, and perform this jump, as well as hammer jumpslashing the switch:

<https://i.imgur.com/JW961zL.gifv>. Open the door and shoot the orb with a light arrow

{Shadow Trial}

<EQUIP> **Longshot, Light Arrows, Hammer || Hover Boots**

Longshot to the torch on the right (fire arrows are intended here), then longshot to the Like-Like (make sure to stand on the very edge of the platform when doing this so the longshot reaches).

Break the pot for magic. Go across the gap and jump down to the icy platform with the switch on it. Step on the switch, then longshot to the chest that appears. Open the chest for Golden Gauntlets, then go across the gap to the left and hit the rusty switch with your hammer.

Longshot to the torch and open the door. Shoot the orb with a light arrow

{Fire Trial}

[Refer to world record](#) on how to collect the silver rupees. Equip before you pick up the last silver rupee

<EQUIP> Longshot, Light Arrows, **Ocarina** || **Kokiri Boots**

Longshot to the door and open it. Shoot the orb with a light arrow

{Light Trial}

Kill the four invisible enemies with Longshot and open the chest that spawns for a small key.

Unlock the door in front of you. Play Zelda's Lullaby on the Triforce, then open the chest for a small key. Unlock the door. Collect the silver rupees clockwise. If you're fast, you can do it without having to wait for any boulders. Open the door, go past the false wall, and shoot the orb with a light arrow

{Spirit Trial}

<EQUIP> Longshot, **Bow**, **Bombchus**

Collect the silver rupees and open the door. Quickspin the torch slugs to kill them, then shield drop a Bombchu to hit the crystal switch (Target the iron bars to align your angle), pick up magic, and open the door. [Shoot an arrow through the torch](#) to hit the web and reveal the sunlight (fire arrows are intended here). Use the Mirror Shield to shine the light on the back-left surface. Open the door, perform the *final* equip, and shoot the orb with a light arrow

<EQUIP> **Bottle**, **Light Arrows**, **Hammer**

Tower, Ganondorf, Ganon (Ganon)

- Enter the main tower and climb up the stairs
- 1st room: 2x Lizalfos. Lure them in while charging a great spin. Unleash it when they get close, then repeat quickspins
- 2nd room: 2x Stalfos. Kill them and open the chest for the Boss Key
- 3rd room: 2x Iron Knuckles. Watch [this tutorial](#). Double Knuckles is a fight you'll want to practice
- Make your way up to Ganondorf. If you need magic or arrows, there are pots in this room that have those. Your health will be automatically filled when the fight starts, so no need to worry about that
- For Ganondorf, run away and store jumpslash for **PCS**. When Ganondorf is about to throw an orb, jump onto the middle platform and swipe your bottle to hit it back. Shoot him with a light arrow. When he falls down, crouch stab him 10 times (2 frame window each stab; watch his head rotating to give you a visual cue) to kill him. If you missed the one-cycle and he does his big green orb charge attack, just shoot him with a light arrow while he's charging and resume stabbing
- Descend the tower and try to not lose too much health to Stalfos. **Real men don't get Zelda hearts**. Mash rolls past the Redead so he doesn't scream. **Kiss or reset**
- Jumpslash into the cutscene to store **PCS**. Rolling between his legs, crouch stab his tail 3 times with your hammer. Get the Master Sword. Jumpslash his head or tail. Crouch stab his tail another 4 times. The timer for the run ends when you press B for the final blow. Now, enjoy the credits, and congrats on learning OoT glitchless AMQ!

Tutorials

<Child>

B1 Skip: <https://youtu.be/BF4vGU0RbgE>

Torch Backflip: https://youtu.be/T0-Rpn4_J6o

Flame Skips: <https://youtu.be/J4YHv7SIZYc>

Boomerang Throw Before Barinade: <https://www.youtube.com/watch?v=zoE65IWHalw>

Barinade Fight: <https://www.twitch.tv/videos/424760528>

<Adult>

Ice Cavern Block Puzzle Jumps: <https://youtu.be/SBVA83hgAg>

Fire Temple Block Jump: <https://youtu.be/MnirH8naAvc>

Volvagia Fight: <https://www.youtube.com/watch?v=dcl2P53vL2s>

Maze Jump (Sacred Forest Meadow): <https://www.youtube.com/watch?v=T5DG5KpGSsk>

Forest Temple Alcove Jump: <https://youtu.be/RwgrPxAjJ4I>

Water Temple Gainer: <https://youtu.be/wtEVJ-x6Vhs>

Water Temple Hookshot to 3rd Floor: <https://www.youtube.com/watch?v=ogV1zfbJ-FQ>

Water Temple Alcove Jump: <https://youtu.be/ExwnWGvuXX0?t=27>

Dark Link Fight: <https://www.youtube.com/watch?v=UfvFSyLCs4I>

Water Temple Boss Key Early: <https://www.youtube.com/watch?v=EoDDJUw0w6Y>

Lensless Wasteland: https://www.youtube.com/watch?v=h5_EiPTjdEk

Double Knuckles: <https://youtu.be/CIJRMpEWtE0>

Credits

Composed by: *ChefBear*

Edited by: *AceZephyr*

Tutorials by: *AceZephyr*, *ChefBear*, *dannyb21892*, *doktor_m*

Imgurs by: *ChefBear*