

All credit goes to all those from ProjectPokemon.

List shamelessly ripped from @Kazowar

## Z Moves Base Powers

Pound

Breakneck Blitz (100 Power)

Karate Chop

All-Out Pummeling (100 Power)

Double Slap

Breakneck Blitz (100 Power)

Comet Punch

Breakneck Blitz (100 Power)

Mega Punch

Breakneck Blitz (160 Power)

Pay Day

Breakneck Blitz (100 Power)

Fire Punch

Inferno Overdrive (140 Power)

Ice Punch

Subzero Slammer (140 Power)

Thunder Punch

Gigavolt Havoc (140 Power)

Scratch (!)

Flags 0x49

Breakneck Blitz (100 Power)

Vice Grip

Breakneck Blitz (100 Power)

Guillotine

Breakneck Blitz (180 Power)

Razor Wind

Breakneck Blitz (160 Power)

Swords Dance (!)

Flags 0x10020

Cut

Breakneck Blitz (100 Power)

Gust

Supersonic Skystrike (100 Power)

Wing Attack

Supersonic Skystrike (120 Power)

Fly

Supersonic Skystrike (175 Power)

Bind (!)

Flags 0x49

Breakneck Blitz (100 Power)

Slam

Breakneck Blitz (160 Power)

Vine Whip

Bloom Doom (100 Power)

Stomp

Breakneck Blitz (120 Power)

Double Kick

All-Out Pummeling (100 Power)

Mega Kick

Breakneck Blitz (190 Power)

Jump Kick

All-Out Pummeling (180 Power)

Rolling Kick

All-Out Pummeling (120 Power)

Headbutt

Breakneck Blitz (140 Power)

Horn Attack

Breakneck Blitz (120 Power)

Fury Attack

Breakneck Blitz (100 Power)

Horn Drill

Breakneck Blitz (180 Power)

Tackle (!)

40 Power

Breakneck Blitz (100 Power)

Body Slam

Breakneck Blitz (160 Power)

Wrap (!)

Flags 0x49

Breakneck Blitz (100 Power)

Take Down

Breakneck Blitz (175 Power)

Thrash

Breakneck Blitz (190 Power)

Double-Edge

Breakneck Blitz (190 Power)

Poison Sting

Acid Downpour (100 Power)

Twineedle

Savage Spin-Out (100 Power)

Pin Missile

Savage Spin-Out (140 Power)

Bite (!)  
Flags 0x49  
Black Hole Eclipse (120 Power)

Sonic Boom  
Breakneck Blitz (100 Power)

Acid  
Acid Downpour (100 Power)

Ember  
Inferno Overdrive (100 Power)

Flamethrower  
Inferno Overdrive (175 Power)

Water Gun  
Hydro Vortex (100 Power)

Hydro Pump  
Hydro Vortex (185 Power)

Surf  
Hydro Vortex (175 Power)

Ice Beam  
Subzero Slammer (175 Power)

Blizzard  
Subzero Slammer (185 Power)

Psybeam  
Shattered Psyche (120 Power)

Bubble Beam  
Hydro Vortex (120 Power)

Aurora Beam  
Subzero Slammer (120 Power)

Hyper Beam  
Breakneck Blitz (200 Power)

Peck  
Supersonic Skystrike (100 Power)

Drill Peck  
Supersonic Skystrike (160 Power)

Submission  
All-Out Pummeling (160 Power)

Low Kick  
All-Out Pummeling (160 Power)

Counter  
All-Out Pummeling (100 Power)

Seismic Toss  
All-Out Pummeling (100 Power)

Strength  
Breakneck Blitz (160 Power)

Absorb  
Bloom Doom (100 Power)

Mega Drain  
Bloom Doom (120 Power)

Razor Leaf  
Bloom Doom (100 Power)

Solar Beam  
Bloom Doom (190 Power)

Petal Dance (!)  
Flags 0x10049  
Bloom Doom (190 Power)

Dragon Rage  
Devastating Drake (100 Power)

Fire Spin (!)  
Flags 0x48  
Inferno Overdrive (100 Power)

Thunder Shock  
Gigavolt Havoc (100 Power)

Thunderbolt  
Gigavolt Havoc (175 Power)

Thunder Wave (!)  
90% Accuracy

Thunder  
Gigavolt Havoc (185 Power)

Rock Throw  
Continental Crush (100 Power)

Earthquake  
Tectonic Rage (180 Power)

Fissure  
Tectonic Rage (180 Power)

Dig  
Tectonic Rage (160 Power)

Confusion  
Shattered Psyche (100 Power)

Psychic  
Shattered Psyche (175 Power)

Quick Attack (!)  
Flags 0x49  
Breakneck Blitz (100 Power)

Rage  
Breakneck Blitz (100 Power)

Night Shade  
Never-Ending Nightmare (100 Power)

Bide  
Breakneck Blitz (100 Power)

Self-Destruct  
Breakneck Blitz (200 Power)

Egg Bomb  
Breakneck Blitz (180 Power)

Lick  
Never-Ending Nightmare (100 Power)

Smog  
Acid Downpour (100 Power)

Sludge  
Acid Downpour (120 Power)

Bone Club  
Tectonic Rage (120 Power)

Fire Blast  
Inferno Overdrive (185 Power)

Waterfall  
Hydro Vortex (160 Power)

Clamp  
Hydro Vortex (100 Power)

Swift  
Breakneck Blitz (120 Power)

Skull Bash  
Breakneck Blitz (195 Power)

Spike Cannon  
Breakneck Blitz (100 Power)

Constrict  
Breakneck Blitz (100 Power)

High Jump Kick  
All-Out Pummeling (195 Power)

Dream Eater  
Shattered Psyche (180 Power)

Barrage  
Breakneck Blitz (100 Power)

Leech Life (!)  
80 Power  
10 PP  
Savage Spin-Out (160 Power)

Sky Attack  
Supersonic Skystrike (200 Power)

Bubble  
Hydro Vortex (100 Power)

Dizzy Punch  
Breakneck Blitz (140 Power)

Psywave  
Shattered Psyche (100 Power)

Crabhammer  
Hydro Vortex (180 Power)

Explosion  
Breakneck Blitz (200 Power)

Fury Swipes (!)  
Flags 0x49  
Breakneck Blitz (100 Power)

Bonemerang  
Tectonic Rage (100 Power)

Rock Slide  
Continental Crush (140 Power)

Hyper Fang  
Breakneck Blitz (160 Power)

Tri Attack

Breakneck Blitz (160 Power)

Super Fang

Breakneck Blitz (100 Power)

Slash

Breakneck Blitz (140 Power)

Struggle

Breakneck Blitz (1 Power)

Triple Kick

All-Out Pummeling (120 Power)

Thief

Black Hole Eclipse (120 Power)

Flame Wheel

Inferno Overdrive (120 Power)

Snore

Breakneck Blitz (100 Power)

Flail

Breakneck Blitz (160 Power)

Aeroblast

Supersonic Skystrike (180 Power)

Reversal

All-Out Pummeling (160 Power)

Powder Snow

Subzero Slammer (100 Power)

Mach Punch

All-Out Pummeling (100 Power)

Feint Attack

Black Hole Eclipse (120 Power)

Sludge Bomb

Acid Downpour (175 Power)

Mud-Slap  
Tectonic Rage (100 Power)

Octazooka  
Hydro Vortex (120 Power)

Zap Cannon  
Gigavolt Havoc (190 Power)

Icy Wind  
Subzero Slammer (100 Power)

Bone Rush  
Tectonic Rage (140 Power)

Outrage  
Devastating Drake (190 Power)

Giga Drain  
Bloom Doom (140 Power)

Rollout  
Continental Crush (100 Power)

False Swipe  
Breakneck Blitz (100 Power)

Swagger (!)  
85% Accuracy

Spark  
Gigavolt Havoc (120 Power)

Fury Cutter (!)  
Flags 0x49  
Savage Spin-Out (100 Power)

Steel Wing  
Corkscrew Crash (140 Power)

Return  
Breakneck Blitz (160 Power)

Present  
Breakneck Blitz (100 Power)

Frustration  
Breakneck Blitz (160 Power)

Sacred Fire  
Inferno Overdrive (180 Power)

Magnitude  
Tectonic Rage (140 Power)

Dynamic Punch  
All-Out Pummeling (180 Power)

Megahorn  
Savage Spin-Out (190 Power)

Dragon Breath  
Devastating Drake (120 Power)

Pursuit  
Black Hole Eclipse (100 Power)

Rapid Spin  
Breakneck Blitz (100 Power)

Iron Tail  
Corkscrew Crash (180 Power)

Metal Claw (!)  
Flags 0x49  
Corkscrew Crash (100 Power)

Vital Throw  
All-Out Pummeling (140 Power)

Hidden Power  
Breakneck Blitz (120 Power)

Cross Chop  
All-Out Pummeling (180 Power)

Twister  
Devastating Drake (100 Power)

Crunch  
Black Hole Eclipse (160 Power)

Mirror Coat  
Shattered Psyche (100 Power)

Extreme Speed  
Breakneck Blitz (160 Power)

Ancient Power  
Continental Crush (120 Power)

Shadow Ball  
Never-Ending Nightmare (160 Power)

Future Sight  
Shattered Psyche (190 Power)

Rock Smash  
All-Out Pummeling (100 Power)

Whirlpool  
Hydro Vortex (100 Power)

Beat Up  
Black Hole Eclipse (100 Power)

Fake Out  
Breakneck Blitz (100 Power)

Uproar  
Breakneck Blitz (175 Power)

Spit Up  
Breakneck Blitz (100 Power)

Heat Wave  
Inferno Overdrive (175 Power)

Facade

Breakneck Blitz (140 Power)

Focus Punch

All-Out Pummeling (200 Power)

Smelling Salts

Breakneck Blitz (140 Power)

Superpower

All-Out Pummeling (190 Power)

Revenge

All-Out Pummeling (120 Power)

Brick Break

All-Out Pummeling (140 Power)

Knock Off

Black Hole Eclipse (120 Power)

Endeavor

Breakneck Blitz (160 Power)

Eruption

Inferno Overdrive (200 Power)

Secret Power

Breakneck Blitz (140 Power)

Dive

Hydro Vortex (160 Power)

Arm Thrust

All-Out Pummeling (100 Power)

Luster Purge

Shattered Psyche (140 Power)

Mist Ball

Shattered Psyche (140 Power)

Feather Dance (!)

Flags 0x18058

Teeter Dance (!)

Flags 0x10048

Blaze Kick

Inferno Overdrive (160 Power)

Ice Ball

Subzero Slammer (100 Power)

Needle Arm

Bloom Doom (120 Power)

Hyper Voice

Breakneck Blitz (175 Power)

Poison Fang

Acid Downpour (100 Power)

Crush Claw

Breakneck Blitz (140 Power)

Blast Burn

Inferno Overdrive (200 Power)

Hydro Cannon

Hydro Vortex (200 Power)

Meteor Mash

Corkscrew Crash (175 Power)

Astonish

Never-Ending Nightmare (100 Power)

Weather Ball

Breakneck Blitz (160 Power)

Air Cutter

Supersonic Skystrike (120 Power)

Overheat

Inferno Overdrive (195 Power)

Rock Tomb  
Continental Crush (120 Power)

Silver Wind  
Savage Spin-Out (120 Power)

Water Spout  
Hydro Vortex (200 Power)

Signal Beam  
Savage Spin-Out (140 Power)

Shadow Punch  
Never-Ending Nightmare (120 Power)

Extrasensory  
Shattered Psyche (160 Power)

Sky Uppercut  
All-Out Pummeling (160 Power)

Sand Tomb  
Tectonic Rage (100 Power)

Sheer Cold  
Subzero Slammer (180 Power)

Muddy Water  
Hydro Vortex (175 Power)

Bullet Seed  
Bloom Doom (140 Power)

Aerial Ace  
Supersonic Skystrike (120 Power)

Icicle Spear  
Subzero Slammer (140 Power)

Dragon Claw  
Devastating Drake (160 Power)

Frenzy Plant  
Bloom Doom (200 Power)

Bounce  
Supersonic Skystrike (160 Power)

Mud Shot  
Tectonic Rage (100 Power)

Poison Tail  
Acid Downpour (100 Power)

Covet  
Breakneck Blitz (120 Power)

Volt Tackle  
Gigavolt Havoc (190 Power)

Magical Leaf  
Bloom Doom (120 Power)

Leaf Blade  
Bloom Doom (175 Power)

Dragon Dance (!)  
Flags 0x10020

Rock Blast  
Continental Crush (140 Power)

Shock Wave  
Gigavolt Havoc (120 Power)

Water Pulse  
Hydro Vortex (120 Power)

Doom Desire  
Corkscrew Crash (200 Power)

Psycho Boost  
Shattered Psyche (200 Power)

Wake-Up Slap

All-Out Pummeling (140 Power)

Hammer Arm

All-Out Pummeling (180 Power)

Gyro Ball

Corkscrew Crash (160 Power)

Brine

Hydro Vortex (120 Power)

Natural Gift

Breakneck Blitz (160 Power)

Feint

Breakneck Blitz (100 Power)

Pluck

Supersonic Skystrike (120 Power)

Metal Burst

Corkscrew Crash (100 Power)

U-turn

Savage Spin-Out (140 Power)

Close Combat

All-Out Pummeling (190 Power)

Payback

Black Hole Eclipse (100 Power)

Assurance

Black Hole Eclipse (120 Power)

Fling

Black Hole Eclipse (100 Power)

Trump Card

Breakneck Blitz (160 Power)

Wring Out

Breakneck Blitz (190 Power)

Punishment  
Black Hole Eclipse (160 Power)

Last Resort  
Breakneck Blitz (200 Power)

Sucker Punch (!)  
70 Power  
Black Hole Eclipse (140 Power)

Flare Blitz  
Inferno Overdrive (190 Power)

Force Palm  
All-Out Pummeling (120 Power)

Aura Sphere  
All-Out Pummeling (160 Power)

Poison Jab  
Acid Downpour (160 Power)

Dark Pulse  
Black Hole Eclipse (160 Power)

Night Slash  
Black Hole Eclipse (140 Power)

Aqua Tail  
Hydro Vortex (175 Power)

Seed Bomb  
Bloom Doom (160 Power)

Air Slash  
Supersonic Skystrike (140 Power)

X-Scissor  
Savage Spin-Out (160 Power)

Bug Buzz  
Savage Spin-Out (175 Power)

Dragon Pulse  
Devastating Drake (160 Power)

Dragon Rush  
Devastating Drake (180 Power)

Power Gem  
Continental Crush (160 Power)

Drain Punch  
All-Out Pummeling (140 Power)

Vacuum Wave  
All-Out Pummeling (100 Power)

Focus Blast  
All-Out Pummeling (190 Power)

Energy Ball  
Bloom Doom (175 Power)

Brave Bird  
Supersonic Skystrike (190 Power)

Earth Power  
Tectonic Rage (175 Power)

Giga Impact  
Breakneck Blitz (200 Power)

Bullet Punch  
Corkscrew Crash (100 Power)

Avalanche  
Subzero Slammer (120 Power)

Ice Shard  
Subzero Slammer (100 Power)

Shadow Claw  
Never-Ending Nightmare (140 Power)

Thunder Fang  
Gigavolt Havoc (120 Power)

Ice Fang  
Subzero Slammer (120 Power)

Fire Fang  
Inferno Overdrive (120 Power)

Shadow Sneak  
Never-Ending Nightmare (100 Power)

Mud Bomb  
Tectonic Rage (120 Power)

Psycho Cut  
Shattered Psyche (140 Power)

Zen Headbutt  
Shattered Psyche (160 Power)

Mirror Shot  
Corkscrew Crash (120 Power)

Flash Cannon  
Corkscrew Crash (160 Power)

Rock Climb  
Breakneck Blitz (175 Power)

Draco Meteor  
Devastating Drake (195 Power)

Discharge  
Gigavolt Havoc (160 Power)

Lava Plume  
Inferno Overdrive (160 Power)

Leaf Storm  
Bloom Doom (195 Power)

Power Whip

Bloom Doom (190 Power)

Rock Wrecker  
Continental Crush (200 Power)

Cross Poison  
Acid Downpour (140 Power)

Gunk Shot  
Acid Downpour (190 Power)

Iron Head  
Corkscrew Crash (160 Power)

Magnet Bomb  
Corkscrew Crash (120 Power)

Stone Edge  
Continental Crush (180 Power)

Grass Knot  
Bloom Doom (160 Power)

Chatter  
Supersonic Skystrike (120 Power)

Judgment  
Breakneck Blitz (180 Power)

Bug Bite  
Savage Spin-Out (120 Power)

Charge Beam  
Gigavolt Havoc (100 Power)

Wood Hammer  
Bloom Doom (190 Power)

Aqua Jet  
Hydro Vortex (100 Power)

Attack Order  
Savage Spin-Out (175 Power)

Head Smash  
Continental Crush (200 Power)

Double Hit  
Breakneck Blitz (140 Power)

Roar of Time  
Devastating Drake (200 Power)

Spacial Rend  
Devastating Drake (180 Power)

Lunar Dance (!)  
Flags 0x11020

Crush Grip  
Breakneck Blitz (190 Power)

Magma Storm  
Inferno Overdrive (180 Power)

Dark Void (!)  
50% Accuracy

Seed Flare  
Bloom Doom (190 Power)

Ominous Wind  
Never-Ending Nightmare (120 Power)

Shadow Force  
Never-Ending Nightmare (190 Power)

Psyshock  
Shattered Psyche (160 Power)

Venoshock  
Acid Downpour (120 Power)

Smack Down  
Continental Crush (100 Power)

Storm Throw  
All-Out Pummeling (120 Power)

Flame Burst  
Inferno Overdrive (140 Power)

Sludge Wave  
Acid Downpour (175 Power)

Quiver Dance (!)  
Flags 0x10020

Heavy Slam  
Corkscrew Crash (160 Power)

Synchronoise  
Shattered Psyche (190 Power)

Electro Ball  
Gigavolt Havoc (160 Power)

Flame Charge  
Inferno Overdrive (100 Power)

Low Sweep  
All-Out Pummeling (120 Power)

Acid Spray  
Acid Downpour (100 Power)

Foul Play  
Black Hole Eclipse (175 Power)

Round  
Breakneck Blitz (120 Power)

Echoed Voice  
Breakneck Blitz (100 Power)

Chip Away  
Breakneck Blitz (140 Power)

Clear Smog

Acid Downpour (100 Power)

Stored Power

Shattered Psyche (160 Power)

Ally Switch (!)

2 Priority

Scald

Hydro Vortex (160 Power)

Hex

Never-Ending Nightmare (160 Power)

Sky Drop

Supersonic Skystrike (120 Power)

Circle Throw

All-Out Pummeling (120 Power)

Incinerate

Inferno Overdrive (120 Power)

Acrobatics

Supersonic Skystrike (100 Power)

Retaliate

Breakneck Blitz (140 Power)

Final Gambit

All-Out Pummeling (180 Power)

Inferno

Inferno Overdrive (180 Power)

Water Pledge

Hydro Vortex (160 Power)

Fire Pledge

Inferno Overdrive (160 Power)

Grass Pledge

Bloom Doom (160 Power)

Volt Switch  
Gigavolt Havoc (140 Power)

Struggle Bug  
Savage Spin-Out (100 Power)

Bulldoze  
Tectonic Rage (120 Power)

Frost Breath  
Subzero Slammer (120 Power)

Dragon Tail  
Devastating Drake (120 Power)

Electroweb  
Gigavolt Havoc (100 Power)

Wild Charge  
Gigavolt Havoc (175 Power)

Drill Run  
Tectonic Rage (160 Power)

Dual Chop  
Devastating Drake (100 Power)

Heart Stamp  
Shattered Psyche (120 Power)

Horn Leech  
Bloom Doom (140 Power)

Sacred Sword  
All-Out Pummeling (175 Power)

Razor Shell  
Hydro Vortex (140 Power)

Heat Crash  
Inferno Overdrive (160 Power)

Leaf Tornado  
Bloom Doom (120 Power)

Steamroller  
Savage Spin-Out (120 Power)

Night Daze  
Black Hole Eclipse (160 Power)

Psystrike  
Shattered Psyche (180 Power)

Tail Slap  
Breakneck Blitz (140 Power)

Hurricane  
Supersonic Skystrike (185 Power)

Head Charge  
Breakneck Blitz (190 Power)

Gear Grind  
Corkscrew Crash (180 Power)

Searing Shot  
Inferno Overdrive (180 Power)

Techno Blast  
Breakneck Blitz (190 Power)

Relic Song  
Breakneck Blitz (140 Power)

Secret Sword  
All-Out Pummeling (160 Power)

Glaciate  
Subzero Slammer (120 Power)

Bolt Strike  
Gigavolt Havoc (195 Power)

Blue Flare

Inferno Overdrive (195 Power)

Fiery Dance (!)

Flags 0x10048

Inferno Overdrive (160 Power)

Freeze Shock

Subzero Slammer (200 Power)

Ice Burn

Subzero Slammer (200 Power)

Snarl

Black Hole Eclipse (100 Power)

Icicle Crash

Subzero Slammer (160 Power)

V-create

Inferno Overdrive (220 Power)

Fusion Flare

Inferno Overdrive (180 Power)

Fusion Bolt

Gigavolt Havoc (180 Power)

Flying Press (!)

100 Power

All-Out Pummeling (170 Power)

Belch

Acid Downpour (190 Power)

Fell Stinger (!)

50 Power

Savage Spin-Out (100 Power)

Phantom Force

Never-Ending Nightmare (175 Power)

Parabolic Charge (!)

65 Power

Gigavolt Havoc (120 Power)

Petal Blizzard

Bloom Doom (175 Power)

Freeze-Dry

Subzero Slammer (140 Power)

Disarming Voice

Twinkle Tackle (100 Power)

Draining Kiss

Twinkle Tackle (100 Power)

Play Rough

Twinkle Tackle (175 Power)

Fairy Wind

Twinkle Tackle (100 Power)

Moonblast

Twinkle Tackle (175 Power)

Boomburst

Breakneck Blitz (200 Power)

Diamond Storm (!)

50% chance for +2 Defense for the user

Continental Crush (180 Power)

Steam Eruption

Hydro Vortex (185 Power)

Hyperspace Hole

Shattered Psyche (160 Power)

Water Shuriken (!)

Special

Hydro Vortex (100 Power)

Mystical Fire (!)

75 Power

Inferno Overdrive (140 Power)

Eerie Impulse (!)  
Flags 0x58

Dazzling Gleam  
Twinkle Tackle (160 Power)

Nuzzle  
Gigavolt Havoc (100 Power)

Hold Back  
Breakneck Blitz (100 Power)

Infestation  
Savage Spin-Out (100 Power)

Power-Up Punch  
All-Out Pummeling (100 Power)

Oblivion Wing  
Supersonic Skystrike (160 Power)

Thousand Arrows  
Tectonic Rage (180 Power)

Thousand Waves  
Tectonic Rage (175 Power)

Land's Wrath  
Tectonic Rage (185 Power)

Light of Ruin  
Twinkle Tackle (200 Power)

Origin Pulse  
Hydro Vortex (185 Power)

Precipice Blades  
Tectonic Rage (190 Power)

Dragon Ascent  
Supersonic Skystrike (190 Power)

Hyperspace Fury  
Black Hole Eclipse (180 Power)

Catastropika

The user, Pikachu, surrounds itself with the\nmaximum amount of electricity using its Z-Power\nand pounces on its target with full force.

Electric

Physical

210 Power

1 PP

Adjacent Pokémon

Flags 0x1

Shore Up

The user regains up to half of its max HP. It restores\nmore HP in a sandstorm.

Ground

Status

10 PP

Self

Heals user for 50% of total HP

Flags 0x1020

First Impression

Although this move has great power, it only works\nthe first turn the user is in battle.

Bug

Physical

90 Power

100% Accuracy

10 PP

2 Priority

Adjacent Pokémon

Effect 382

Flags 0x49

Savage Spin-Out (175 Power)

Baneful Bunker

In addition to protecting the user from attacks, this\nmove also poisons any attacker that makes\nindirect contact.

Poison

Status

10 PP

4 Priority

Self

## Effect 383

### Spirit Shackle

The user attacks while simultaneously stitching the target's shadow to the ground to prevent the target from escaping.

Ghost

Physical

80 Power

100% Accuracy

10 PP

Adjacent Pokémon

Effect 384

Flags 0x48

Never-Ending Nightmare (160 Power)

### Darkest Lariat

The user swings both arms and hits the target. The target's stat changes don't affect this attack's damage.

Dark

Physical

85 Power

100% Accuracy

10 PP

Adjacent Pokémon

Effect 303, similar to Chip Away

Flags 0x49

Black Hole Eclipse (160 Power)

### Sparkling Aria

The user bursts into song, emitting many bubbles. Any Pokémon suffering from a burn will be healed by the touch of these bubbles.

Water

Special

90 Power

100% Accuracy

10 PP

All adjacent Pokémon

Effect 385

Flags 0x2148

Hydro Vortex (175 Power)

### Ice Hammer

The user swings and hits with its strong, heavy fist. It lowers the user's Speed, however.

Ice

Physical

100 Power

90% Accuracy

10 PP

Adjacent Pokémon

-1 Speed for the user

Flags 0xC9

Subzero Slammer (180 Power)

Floral Healing

The user restores the target's HP by up to half of its max HP. It restores more HP when the terrain is grass.

Fairy

Status

10 PP

Adjacent Pokémon

Heals user for 50% of total HP

Flags 0x9018

High Horsepower

The user fiercely attacks the target using its entire body.

Ground

Physical

95 Power

95% Accuracy

10 PP

Adjacent Pokémon

Flags 0x49

Tectonic Rage (175 Power)

Strength Sap

The user restores its HP by the same amount as the target's Attack stat. It also lowers the target's Attack stat.

Grass

Status

100% Accuracy

10 PP

Adjacent Pokémon

Effect 387

Flags 0x1058

Solar Blade

In this two-turn attack, the user gathers light and fills a blade with the light's energy, attacking the target on the next turn.

Grass

Physical

125 Power

100% Accuracy

10 PP

Adjacent Pokémon

Effect 151, similar to Solar Beam

Flags 0x4B

Bloom Doom (190 Power)

Leafage

The user attacks by pelting the target with leaves.

Grass

Physical

40 Power

100% Accuracy

40 PP

Adjacent Pokémon

Flags 0x48

Bloom Doom (100 Power)

Spotlight

The user shines a spotlight on the target so that only the target will be attacked during the turn.

Normal

Status

15 PP

3 Priority

Adjacent Pokémon

Effect 388

Flags 0x8018

Toxic Thread

The user shoots poisonous threads to poison the target and lower the target's Speed stat.

Poison

Status

100% Accuracy

20 PP

Adjacent Pokémon

Causes Poison

-1 Speed for the target

Flags 0x58

### Laser Focus

The user concentrates intensely. The attack on the next turn always results in a critical hit.

Normal

Status

30 PP

Self

Effect 390

Flags 0x20

### Gear Up

The user engages its gears to raise the Attack and Sp. Atk stats of ally Pokémon with the Plus or Minus Ability.

Steel

Status

20 PP

User's team

+1 Attack/+1 Special Attack for the target

Flags 0x2020

### Throat Chop

The user attacks the target's throat, and the resultant suffering prevents the target from using moves that emit sound for two turns.

Dark

Physical

80 Power

100% Accuracy

15 PP

Adjacent Pokémon

Causes Silence

Flags 0x49

Black Hole Eclipse (160 Power)

### Pollen Puff

The user attacks the enemy with a pollen puff that explodes. If the target is an ally, it gives the ally a pollen puff that restores its HP instead.

Bug

Special

90 Power

100% Accuracy

15 PP

Adjacent Pokémon

Effect 393

Flags 0x48

Savage Spin-Out (175 Power)

Anchor Shot

The user entangles the target with its anchor chain while attacking. The target becomes unable to flee.

Steel

Physical

80 Power

100% Accuracy

20 PP

Adjacent Pokémon

Effect 384, similar to Spirit Shackle

Flags 0x49

Corkscrew Crash (160 Power)

Psychic Terrain

This protects Pokémon on the ground from priority moves and powers up Psychic-type moves for five turns.

Psychic

Status

10 PP

Entire field

Effect 394

Flags 0x4000

Lunge

The user makes a lunge at the target, attacking with full force. This also lowers the target's Attack stat.

Bug

Physical

80 Power

100% Accuracy

15 PP

Adjacent Pokémon

-1 Attack for the target

Flags 0x49

Savage Spin-Out (160 Power)

Fire Lash

The user strikes the target with a burning lash. This also lowers the target's Defense stat.

Fire

Physical

80 Power  
100% Accuracy  
15 PP  
Adjacent Pokémon  
-1 Defense for the target  
Flags 0x49  
Inferno Overdrive (160 Power)

Power Trip  
The user boasts its strength and attacks the target. The more the user's stats are raised, the greater the move's power.  
Dark  
Physical  
20 Power  
100% Accuracy  
10 PP  
Adjacent Pokémon  
Effect 305, similar to Stored Power  
Flags 0x49  
Black Hole Eclipse (160 Power)

Burn Up  
To inflict massive damage, the user burns itself out. After using this move, the user will no longer be Fire type.  
Fire  
Special  
130 Power  
100% Accuracy  
5 PP  
Adjacent Pokémon  
Effect 397  
Flags 0x448  
Inferno Overdrive (195 Power)

Speed Swap  
The user exchanges Speed stats with the target.  
Psychic  
Status  
10 PP  
Adjacent Pokémon  
Effect 398  
Flags 0xA048

### Smart Strike

The user stabs the target with a sharp horn. This attack never misses.

Steel

Physical

70 Power

10 PP

Adjacent Pokémon

Effect 17, similar to Swift

Flags 0x49

Corkscrew Crash (140 Power)

### Purify

The user heals the target's status condition. If the move succeeds, it also restores the user's own HP.

Poison

Status

20 PP

Adjacent Pokémon

Effect 399

Flags 0x1018

### Revelation Dance

The user attacks the target by dancing very hard. The user's type determines the type of this move.

Normal

Special

90 Power

100% Accuracy

15 PP

Adjacent Pokémon

Effect 400

Flags 0x10048

Breakneck Blitz (175 Power)

### Core Enforcer

If the Pokémon the user has inflicted damage on have already used their moves, this move eliminates the effect of the target's Ability.

Dragon

Special

100 Power

100% Accuracy

10 PP

All adjacent opponents

Effect 401  
Flags 0x48  
Devastating Drake (140 Power)

Trop Kick  
The user lands an intense kick of tropical origins on the target. This also lowers the target's Attack stat.  
Grass  
Physical  
70 Power  
100% Accuracy  
15 PP  
Adjacent Pokémon  
-1 Attack for the target  
Flags 0x49  
Bloom Doom (140 Power)

Instruct  
The user instructs the target to use the target's last move again.  
Psychic  
Status  
15 PP  
Adjacent Pokémon  
Effect 402  
Flags 0xA008

Beak Blast  
The user first heats up its beak, and then it attacks the target. Making direct contact with the Pokémon while it's heating up its beak results in a burn.  
Flying  
Physical  
100 Power  
100% Accuracy  
15 PP  
-3 Priority  
Adjacent Pokémon  
Effect 403  
Flags 0x8  
Supersonic Skystrike (180 Power)

Clanging Scales  
The user rubs the scales on its entire body and makes a huge noise to attack the opposing Pokémon. The user's Defense stat goes down after the attack.

Dragon  
Special  
110 Power  
100% Accuracy  
5 PP  
All adjacent opponents  
-1 Defense for the user  
Flags 0x2148  
Devastating Drake (185 Power)

Dragon Hammer  
The user uses its body like a hammer to attack the target and inflict damage.  
Dragon  
Physical  
90 Power  
100% Accuracy  
15 PP  
Adjacent Pokémon  
Flags 0x49  
Devastating Drake (175 Power)

Brutal Swing  
The user swings its body around violently to inflict damage on everything in its vicinity.  
Dark  
Physical  
60 Power  
100% Accuracy  
20 PP  
All adjacent Pokémon  
Effect 405  
Flags 0x49  
Black Hole Eclipse (120 Power)

Aurora Veil  
This move reduces damage from physical and special moves for five turns. This can be used only in a hailstorm.  
Ice  
Status  
20 PP  
User's side of the field  
Effect 406  
Flags 0x20

#### Sinister Arrow Raid

The user, Decidueye, creates countless arrows using its Z-Power and shoots the target with full force.

Ghost

Physical

180 Power

1 PP

Adjacent Pokémon

#### Malicious Moonsault

The user, Incineroar, strengthens its body using its Z-Power and crashes into the target with full force.

Dark

Physical

180 Power

1 PP

Adjacent Pokémon

Flags 0x1

#### Oceanic Operetta

The user, Primarina, summons a massive amount of water using its Z-Power and attacks the target with full force.

Water

Special

195 Power

1 PP

Adjacent Pokémon

#### Soul-Stealing 7-Star Strike

After obtaining Z-Power, the user, Marshadow, punches and kicks the target consecutively with full force.

Ghost

Physical

195 Power

1 PP

Adjacent Pokémon

Flags 0x1

#### Stoked Sparksurfer

After obtaining Z-Power, the user, Alolan Raichu, attacks the target with full force. This move leaves the target with paralysis.

Electric

Special

175 Power

1 PP

Adjacent Pokémon

Causes Paralysis

Pulverizing Pancake

Z-Power brings out the true capabilities of the user,\nSnorlax. The Pokémon moves its enormous body\nenergetically and attacks the target with full force.

Normal

Physical

210 Power

1 PP

Adjacent Pokémon

Flags 0x1

Genesis Supernova

After obtaining Z-Power, the user, Mew, attacks\nthe target with full force. The terrain will be charged\nwith psychic energy.

Psychic

Special

185 Power

1 PP

Adjacent Pokémon

Effect 414

Shell Trap

The user sets a shell trap. If the user is hit by a\nphysical move, the trap will explode and inflict\n damage on the opposing Pokémon.

Fire

Special

150 Power

100% Accuracy

5 PP

-3 Priority

All adjacent opponents

Effect 407

Flags 0x8

Inferno Overdrive (200 Power)

Fleur Cannon

The user unleashes a strong beam. The attack's\nrecoil harshly lowers the user's Sp. Atk stat.

Fairy

Special

130 Power  
90% Accuracy  
5 PP  
Adjacent Pokémon  
-2 Special Attack for the user  
Flags 0x48  
Twinkle Tackle (195 Power)

Psychic Fangs  
The user bites the target with its psychic\nincapabilities. This can also destroy Light Screen\nand Reflect.  
Psychic  
Physical  
85 Power  
100% Accuracy  
10 PP  
Adjacent Pokémon  
Effect 186, similar to Brick Break  
Flags 0x49  
Shattered Psyche (160 Power)

Stomping Tantrum  
Driven by frustration, the user attacks the target. If\nthe user's previous move has failed, the power of\nthis move doubles.  
Ground  
Physical  
75 Power  
100% Accuracy  
10 PP  
Adjacent Pokémon  
Effect 408  
Flags 0x49  
Tectonic Rage (140 Power)

Shadow Bone  
The user attacks by beating the target with a\nbone that contains a spirit. This may also lower\nthe target's Defense stat.  
Ghost  
Physical  
85 Power  
100% Accuracy  
10 PP  
Adjacent Pokémon

-1 Defense for the target

Flags 0x48

Never-Ending Nightmare (160 Power)

Accelerock

The user smashes into the target at high speed.\nThis move always goes first.

Rock

Physical

40 Power

100% Accuracy

20 PP

1 Priority

Adjacent Pokémon

Effect 103, similar to Quick Attack

Flags 0x49

Continental Crush (100 Power)

Liquidation

The user slams into the target using a full-force\nblast of water. This may also lower the target's\nDefense stat.

Water

Physical

85 Power

100% Accuracy

10 PP

Adjacent Pokémon

-1 Defense for the target

Flags 0x49

Hydro Vortex (160 Power)

Prismatic Laser

The user shoots powerful lasers using the power of\na prism. The user can't move on the next turn.

Psychic

Special

160 Power

100% Accuracy

10 PP

Adjacent Pokémon

Effect 80, similar to Hyper Beam

Flags 0x4C

Shattered Psyche (200 Power)

### Spectral Thief

The user hides in the target's shadow, steals the target's stat boosts, and then attacks.

Ghost

Physical

90 Power

100% Accuracy

10 PP

Adjacent Pokémon

Effect 409

Flags 0x2049

Never-Ending Nightmare (175 Power)

### Sunsteel Strike

The user slams into the target with the force of a meteor. This move can be used on the target regardless of its Abilities.

Steel

Physical

100 Power

100% Accuracy

5 PP

Adjacent Pokémon

Effect 410

Flags 0x49

Corkscrew Crash (180 Power)

### Moongeist Beam

The user emits a sinister ray to attack the target. This move can be used on the target regardless of its Abilities.

Ghost

Special

100 Power

100% Accuracy

5 PP

Adjacent Pokémon

Effect 410, similar to Sunsteel Strike

Flags 0x48

Never-Ending Nightmare (180 Power)

### Tearful Look

The user gets teary eyed to make the target lose its combative spirit. This lowers the target's Attack and Sp. Atk stats.

Normal

Status

20 PP

Adjacent Pokémon

-1 Attack/-1 Special Attack for the target

Flags 0x50

Zing Zap

A strong electric blast crashes down on the target, giving it an electric shock. This may also make the target flinch.

Electric

Physical

80 Power

100% Accuracy

10 PP

30% chance to Flinch

Adjacent Pokémon

Effect 31, similar to Rolling Kick

Flags 0x49

Gigavolt Havoc (160 Power)

Nature's Madness

The user hits the target with the force of nature. It halves the target's HP.

Fairy

Special

90% Accuracy

10 PP

Adjacent Pokémon

Effect 40, similar to Super Fang

Flags 0x48

Twinkle Tackle (100 Power)

Multi-Attack

Cloaking itself in high energy, the user slams into the target. The memory held determines the move's type.

Normal

Physical

90 Power

100% Accuracy

10 PP

Adjacent Pokémon

Effect 268, similar to Judgment

Flags 0x49

Breakneck Blitz (185 Power)

10,000,000 Volt Thunderbolt

The user, Pikachu wearing a cap, powers up a jolt of electricity using its Z-Power and unleashes it. Critical hits land more easily.

Electric

Special

195 Power

1 PP

+2 Critical Hit

Adjacent Pokémon