



Lanturn's fantastic defensive profile and underrated offenses make it a staple in the UUBL metagame across offensive and balanced teams alike. Its unique Electric / Water typing not only gives it an excellent STAB combination, but in conjunction with Volt Absorb also gives it an excellent set of resistances that allow it to stave off monstrous special attackers such as Raikou, Vaporeon, Houndoom, Regice, mixed Dragonite, Kingdra, and Haunter. Lanturn's access to Thunder Wave also allows it to soft-check many fast, powerful offensive threats that it can't necessarily wall. This incredible defensive role compression makes Lanturn a solid glue Pokémon for many teams, with offensive builds in particular appreciating its services due to how helpless they can otherwise be against Raikou. Even Lanturn's weaknesses can be used to its trainer's advantage; Lanturn's biggest flaw on paper is its weakness to Earthquake, but most Ground-types are deathly afraid of its STAB Surf, and Lanturn packs enough Speed to outrun most of them. These traits make Lanturn particularly potent against a lot of offensive teams that would rely on the likes of Regice, Steelix, or specially defensive Donphan to switch into Electric-type moves.

However, this adorable anglerfish is still held back by some key issues which hinder its ability to function without some team support. Its low base stats outside of HP mean that Lanturn needs maximum Special Attack EVs to pose the offensive threat it needs to against the Pokémon it checks; combine that with necessary Speed investment to outrun certain key threats and the impact on its bulk is quite noticeable. Lanturn's inability to properly check most physical attackers also means it can't fulfill that traditional role of a bulky Water-type, and running another alongside it such as Vaporeon opens Lanturn's team up to a significant Grass-type weakness. Lanturn is also quite vulnerable to all forms of status, forcing its trainer into extremely careful play around Toxic and Thunder Wave users if they do not have a cleric available. None of these flaws are fatal, though; Grass is far from the worst type to be stacking weaknesses to, and cleric support is easy to fit in UUBL.

Special Tank

Move 1: Thunderbolt

Move 2: Surf

Move 3: Ice Beam / Rest / Substitute

Move 4: Thunder Wave / Toxic

Item: Leftovers

Ability: Volt Absorb

EVs: 40 HP / 252 SpA / 64 SpD / 152 Spe

Nature: Modest

This set harnesses Lanturn's good coverage and natural bulk to form a solid blend of offense and defense. Thunderbolt and Surf are highly complimentary STAB options, hitting the many Fire-, Water-, Flying-, Rock-, and Ground-type Pokemon of the metagame super effectively. Ice Beam expands Lanturn's excellent coverage to include Dragonite as well as the Grass-types which resist its STAB combination. Rest is an alternative which allows Lanturn to cure itself of status if it gets an opportunity, making it more potent against some defensive builds that would rely on Chansey to deal with it, since Chansey cannot break through Lanturn's Rest loop. However, the forced sleep turns and loss of Ice Beam's coverage make Lanturn significantly more passive. In the last slot, Thunder Wave can be used to paralyze many fast offensive threats that Lanturn is otherwise helpless against, such as Alakazam. It also notably makes Lanturn more capable at checking the likes of Kingdra and Ludicolo by nullifying their speed even under rain, cripples Venusaur, and helps tremendously against Raikou as well. Toxic is more useful against defensive builds that utilize slower, bulkier Pokemon to deal with Lanturn, and improves the matchup against Regice and opposing Lanturn a lot, which is crucial if Lanturn is relied on to handle these threats. Toxic is also arguably more effective than Thunder Wave against standard Hidden Power Ice variants of Raikou in a one-on-one scenario, as the residual damage will make quick work of Raikou before it gets the chance to break through Lanturn. Substitute is a consideration in the third slot to guard against status, and with some extra HP investment they can be given 101 HP. The combination of Substitute + Toxic is notably very effective against Regice and opposing Lanturn as they cannot break Lanturn's sub in one turn, on top of easing switch-in predictions.

Set Details

Maximum Special Attack EVs with a Modest nature shore up Lanturn's otherwise mediocre damage output, allowing it to offensively check many slower offensive Pokemon. This investment is necessary to ensure that Lanturn can break standard Raikou's Substitute after a Calm Mind boost and 2HKO Vaporeon. 40 HP EVs give Lanturn 401 HP, allowing it to survive four Seismic Tosses, which significantly improves the matchup against Regice packing the move. 152 Speed EVs are required to outspeed all variants of Marowak. The remainder is dumped into Special Defense to help Lanturn's survivability, ensuring that Modest Vaporeon cannot 2HKO it with Hidden Power Grass. It is also possible to transfer the EVs invested in Speed to Special Defense to make Lanturn sturdier on the special side, allowing it to avoid a 3HKO from Houndoom's Crunch and Timid Entei's Calm Mind-boosted Hidden Power Grass. If using Substitute, at least 52 HP EVs are needed to ensure they are not broken by Seismic Toss. Leftovers is the required item to give Lanturn its only form of consistent healing.

Usage Tips

Due to its lack of reliable recovery, Lanturn needs to be played carefully in order to preserve its health, especially on offensive teams where it's often used as the sole check to many prominent threats. Make the most of Lanturn's resistances to get it on the field safely, as it's not bulky enough to handle repeated neutral hits from offensive Pokemon. Leveraging teammates that can bait Electric-type moves for Lanturn to switch into is generally a good idea, although Volt Absorb shouldn't be solely relied on to keep it healthy. If using Rest, try to avoid burning sleep turns on the field, especially early-game when opposing setup threats are still healthy; leave the task of waking up Lanturn to a cleric. If facing special offense, try not to become too predictable with Lanturn's usage of Electric-type moves and Toxic if the opposing team isn't well-scouted, as Diglett can switch in on those and remove Lanturn from the game by trapping it. Lanturn is also effective in the lead slot due to its good matchup spread against common leads such as Raikou, Houndoom, Qwilfish, Omastar, and Tentacruel.

Team Options

Lanturn's wide range of defensive gifts allow it to be extremely flexible in what kinds of teams it can fit on. Bulky offense is perhaps its best archetype, but it also enjoys balance's ability to fit certain luxury support options such as Rapid Spin. Cleric support is recommended in general and required on sets using Rest, with Dragonite, Chansey, Miltank, and Articuno all being suitable users. The latter can also bait Electric-type moves to restore Lanturn's health with Volt Absorb, and Dragonite and Articuno both provide a Ground immunity and Grass resistance. A solid switch-in to strong physical attackers is also appreciated when using Lanturn; Vaporeon fits the bill here, as do Registeel, Steelix, and even Weezing for more defensive teams. Lanturn enjoys paralysis support from the teammates that switch into those fast offensive threats, which Regirock or the aforementioned Registeel can provide. Physical attacking win conditions appreciate Lanturn's ability to dominate opposing bulky Water-types, so building around one on Lanturn's team isn't a bad idea; Dragon Dance Dragonite, Swords Dance Blaziken, and Swords Dance Marowak are all good beneficiaries. Rain sweepers such as Kingdra and Omastar are commonly stopped by Water-types, so they greatly appreciate Lanturn's assistance in wearing them down.

Other Options

Protect can help Lanturn squeeze more recovery from Leftovers and rack up Toxic damage, but the opportunity cost of dropping another move is significant. A specially defensive RestTalk set helps with Rest Lanturn's passivity problems and makes it more resilient overall while making it an effective sleep absorber, but it has a major case of four-moveslot syndrome due to Lanturn's desire for at least two attacks and a status move. Thunder is an alternative Electric STAB move with higher power and a good paralysis chance, making it a viable paralysis-spreading option for Toxic sets; however, its shaky accuracy can come back to bite Lanturn if it's forced to use the move repeatedly. Hydro Pump is a stronger alternative to Surf that is guaranteed to OHKO standard Steelix and defensive Armaldo, but the shaky accuracy and low PP make it much less reliable than Surf, especially against Substitute Raikou that Lanturn is supposed to keep in check. Hidden Power Grass can be considered to get the upper hand in the mirror matchup and invalidates the uncommon Quagsire as a check, but otherwise does too

little to warrant a moveslot most of the time. Amnesia is a fun idea to help Lanturn fend off Calm Mind sweepers, but the lack of a Special Attack boost will leave Lanturn with little to do against such Pokemon besides Toxic stalling them. Confuse Ray can be used alongside Thunder Wave to cripple the opposing Pokemon by making it less likely to land a hit, but the moveslot and luck-based nature of the move make it less appealing than Lanturn's more consistent options.

Checks and Counters

Chansey: Chansey shrugs off Lanturn's attacks thanks to its great special bulk and doesn't care much about Toxic thanks to Natural Cure. However, it struggles to damage Rest Lanturn back, as these variants can stall out its Seismic Toss PP.

Specially bulky Pokemon: Due to its middling firepower, Lanturn struggles to break through Pokemon with decent special bulk that don't fear its coverage. This includes the likes of Registeel, Kangaskhan, Umbreon, Rest Regice, and defensive Hariyama. Setup sweepers such as Curse Miltank, Curse Registeel, and Swords Dance Scizor can also attempt to use Lanturn as setup fodder.

Quagsire: While rare, Quagsire is a full counter to Lanturn as it is immuned to its STABs and can setup with Curse and heal itself with Rest, nullifying the impact of potential damage from toxic.

Ludicolo: While Lanturn matches up well against other Rain Dance sweepers, Ludicolo threatens it more effectively thanks to its secondary Grass typing and STAB that allows it to 2HKO Lanturn, only having to worry about Thunder Wave if it's not holding a Lum Berry. Lanturn also fares poorly against bulky variants with Substitute and Leech Seed.

Grass-types: Venusaur, Exeggutor, and Sceptile resist Lanturn's STAB combination and turn it into setup fodder; the former two can also put it out of commission with Sleep Powder. Venusaur in particular can take several Ice Beams and completely shut down Toxic + Rest or Substitute variants, thus potentially using Lanturn as a setup fodder with its Swords Dance set. The

other two have to watch out for Ice Beam and status effects on the switch, though.

Glalie: Unlike other Spikes users, Glalie isn't immediately threatened by Lanturn's attacks and sets up Spikes in front of it or threatens to beat it down with Earthquake or take it out with Explosion.

Dragonite: Dragonite takes little damage from Lanturn's STABs, cures itself of status with Heal Bell, and eviscerates Lanturn with Earthquake. However, defensive and mixed sets which lack Earthquake will be walled by Lanturn, and the threat of Ice Beam will force Dragonite out if it's paralyzed on the switch.

Faster physical threats: Medicham, Dragonite, Tauros, Dodrio, and Slaking all outspeed and threaten to OHKO Lanturn with their Choice Band sets; however, Lanturn can chip them heavily or cripple them with status if they try to switch in directly.

Fast Ground-types: Diglett can switch in on Thunderbolt or a status move to trap and cleanly OHKO Lanturn with Earthquake. While they're quite uncommon, Nidoking and Nidoqueen also threaten Lanturn with their own STAB Earthquakes.

Credits

- Written by StupidFlandrs48
- Quality checked by Wenderz