GBL Season of Light - WSB

September 2022 GO Battle League: Season of Light Update – Pokémon GO

Added in post

Cobalion, **Terrakion**, and **Virizion** (Swords of Justice) learn Double Kick.

- Ultra League relevance
- Terrakion strongest Fighting type Raid attacker.

Notable Changes

Nerfs

- Registeel's **Zap Cannon** – guaranteed Attack drop to 66% chance.
- Walrein's **Icicle Spear** – 35 to 40 Energy

  Neither change hurt the Pokemon much but expect some Flash Cannon now. Registeel no longer beats Deoxys and Sableye without debuff.

- **Rollout** – 4.66 to 4.33 EPT (slightly weaker Snarl)
- **Ominous Wind** – Double Attack & Defense increase to Single (not insanity now)

Buffs

- **Quick Attack** – 3.5 to 4 EPT (same as Vine Whip & Powder Snow)
  - Sylveon, Victini, Vulpix (little)
- **Tackle** – 2 to 3 EPT (same as Water Gun, Lick, Air Slash)
  - Castform, Galarian Weezing, Bronzor (little)
- **Ancient Power / Silver Wind** – 45 to 60 Damage (2 Stage A&D boost to 1)
  - Galarian Zapdos, Moltres, Articuno, Venomoth

New Moves

- **Double Kick** – 2.66 DPT / 4 EPT (essentially 3-turn Vine Whip, Powder Snow)

- § Double Kick directly competes with Counter as Energy based FM but is not added to any existing Counter users.
- § Girafarig (see later) and Dubwool (spammy, decent nuke, worse Miltank)
- § Nidoking & Incineroar already has energy based FM
- § Hitmonlee & Lopunny are bad alternatives to Machamp and Diggersby

- o **Fairy Wind** – 1.5 DPT / 4.5 EPT (Mud Shot, Psycho Cut clone)
  - § Directly competes with Charm but not added to meta Charm users
  - § Florges receives the biggest upgrade for Master and can also mix and match its Grass and Fairy coverage between Fast and Charge moves
  - § Galarian Rapidash and Jumpluff already has energy based FM
  - § Galarian Weezing, Mawile, and Slurpuff have mediocre Movesets. It is an upgrade, but the new energy alone isn't going to make it meta relevant

Availability Updates

- o Useless Additions:
  - § Nidorina – Thunderbolt
  - § Nidorino – Ice Beam
  - § Haunter – Ice Punch
  - § Marowak – Rock Slide
  - § Camperupt – Incinerate (maybe Halloween Cup ok)
  - § Golisopod – Shadow Claw (CM garbage)
  - § Ledian – Dynamic Punch (CM garbage)

- o Tentacruel – Scald (replaces HP as bait move while being just as efficient)

- Lanturn – Surf (^ still struggles in the meta but is a themed meta threat)
- Nihilego – Poison Jab (UL, good move, bad typing. Beats Talon, Walrein, Fairy)
- Dragonair – Body Slam (Wrap upgrade but usually still wants ATail & DPulse)
- Dragonite – Superpower (Biggest upgrade overall, lose Fairy coverage for Normal and Steel, relevant in all 3 leagues)
- Runerigus – Shadow Claw (relevant now, but not much different than Cofagrigus)

- **Psychic Fangs**
  - § Espeon and Swoobat – Useless
  - § Arcanine and Manetric – Glass Cannons (prefers alternate CMs)
  - § Steelix – Nidoqueen but not as threatening. Consistent, not overpowered
  - § Girafarig – Psychic Fangs, Tackle upgrade, Double Kick added

    Heavy lifting done by its Typing, Psychic w/ resistance to Ghost

    Moveset not synergistic but has interesting play vs Regi, Walrein, Trev

Most of the update was focused on adding new and old moves to Pokemon.

Some good nerfs including to Registeel and Walrein.

Untouched is Nidoqueen, Shadow Claw, Counter.

Meta relevant Pokemon only

I.e., Zap Cannon technically affects Zapdos and Porygon but doesn't affect the meta

Focus will be for the Great League. Alternative discussions can happen on stream.

Meta is complex

Nerfs to one thing is a buff to another vice versa.

I.e., Psychic Fangs is added to many new Pokemon, indirectly weakening Nidoqueen.

Move Nerfs

Rollout

Pokemon: Alolan Golem

Dunsparce, Miltank

Prediction: 4.66 -> 4.33 EPT

Justification: It used to generate energy between Mud Shot and Lock On and I personally prefer it didn't. That amount of energy gain is absurd but without increasing its damage it's now weaker than Snarl. With the two Pokemon its being introduced on, I'm ok with it being weak.

Meta: Alolan Golem has always preferred Volt Switch so it doesn't change that Pokemon. Dunsparce and Miltank are both very bulky Normal type Pokemon with very powerful Charge Move sets. Miltank is now the fastest Great League Body Slam user but can still be countered with Steel or Fighting. Dunsparce is actually going to be insane with both coverage for Steel and Flying, making its only natural weakness Fighting attackers.

Zap Cannon

Pokemon: Registeel

Prediction: 100 -> 50% chance of reducing targets Attack by 1 stage

Justification: Zap Cannon was only an issue for Registeel considering its insane bulk and energy generation. Warranted considering Registeel was never a big issue pre-Zap Cannon.

Meta: Registeel now loses to Sableye and Deoxys as it should. Potentially introduces Flash Cannon Back into its preferred moveset.

Icicle Spear

Pokemon: Walrein

Prediction: 35 -> 40 Energy (any higher without also adjusting damage would make it bad)

Justification: Icicle Spear had the same numbers as Body Slam but Normal type Pokemon do not have a Fast Move as powerful Powder Snow to compliment it. The combo changed both Great and Ultra League overnight.

Meta: Has almost no chance of beating Galarian Stunfisk, Registeel, and Lickitung now. Trying to pressure Fighting types is also going to be slightly harder but most of its neutral matchups should remain the same because the difference is one Powder Snow every 2 Charge moves.

Ominous Wind

Pokemon: Golbat, Giratina (origin), Spiritomb

Prediction: 10% chance to increase Attack & Defense by 1 (from 2)

Justification: Went from super luck and bait dependent to completely useless other than to act as a bait move. Reasoning behind not increasing its damage is likely because of the Pokemon that possess the move.

Meta: Ominous Wind is a must have on Giratina and Spiritomb, meaning no matter how weak it is, it will still be relevant because of how powerful the rest of the Pokemon is, typing and moveset wise. This should not change anything though because no one should be relying on the boost anyways.

Move Buffs

Quick Attack

Pokemon: Alolan Raticate, Sylveon, Victini

Virizion (ultra), Vulpix (little)

Zacian / Zamazenta / Diggersby (doesn't matter)

Prediction: 3.5 -> 4 EPT

Justification: Matching Quick Attack to Powder Snow and Vine Whip is reasonable especially since it is not many overpowered Pokemon. This buff is just to increase the viability of underused Pokemon.

Meta: Virizion in the Ultra League will be receiving the biggest buff, followed by Sylveon which has very solid Charge Moves to begin with, allowing Sylveon to be something other than a Charm user. Alolan Raticate in themed metas will be a lot more useful, Vulpix in lLittle Cup will be really really really annoying, and Victini is a big maybe considering the Fire typing is still bad. Diggersby sounds like it could be good, but you probably prefer the increased energy gain from Mud Shot.

Tackle

Pokemon: Castform, Greedent, Galarian Weezing, Miltank

Bronzor (little), Carbink (Future)

Prediction: 2 -> 3 EPT

Justification: Tackle was complete trash but should stay that way because over 100 Pokemon can learn it.

Meta: Bronzor in the Little Cup is probably what is going to give us the biggest headache for now. Now imagine that bulk and annoyance on a Great League Bastiodon that doesn't get hurt by Fighting type Pokemon. Tackle is currently part of Carbink's coded moveset so that better change otherwise I'm going to lose my mind. If Tackle were 3 EPT, it would be it a viable, not better, alternative for Castform and Greedent.

Galarian Weezing might want this move over Fairy Wind because its it probably isn't dealing enough damage with Energy alone. Miltank on the other hand will likely want STAB Tackle over Rollout half of the time. It would make it a slightly better Munchlax in a lot of cases except when it comes to dealing with Steel.

Ancient Power

Pokemon: Galarian Birds, Giratina (altered), Aerodactyl (Flying Cup)

Togekiss (doesn't matter)

Prediction: 45 -> 60 damage; 10% chance to increase Attack & Defense by 1 (from 2)

Justification: Original nerf made the move irrelevant because of how overpowered 4 stages of stat increases are. Any early coin toss stat increases will still flip matchups but at least it shouldn't be unkillable anymore.

Meta: Every Pokemon that used it did because it had no better options. Thankfully, most Pokemon still won't pick it up, but it will make more players bait more with

the move because the cost of failing is no longer that big. This also means the Galarian birds will be viable now that it can consistently deal chip damage.

Silver Wind

Pokemon: Venomoth, Dustox

Prediction: 45 -> 60 damage; 10% chance to increase Attack & Defense by 1 (from 2)

Justification: (see *Ancient Power*)

Meta: Silver Wind is also a last pick for Charge moves. It is nice for Venomoth and Dustox because of how slow and expensive its other combinations are. It still won't make them relevant outside of closed or themed metas.

New Attacks

Double Kick

Values: 2.66 DPT / 4 EPT

Pokemon: Nidoking, Incineroar, Lopunny, Hitmonlee, Girafarig, Dubwool

Justification: Double Kick is between Hex and Shadow Claw but as a Fighting type Move. This is also the first energy heavy Fighting Fast Move we will see in the meta because almost nothing has Karate Chop. The values are reasonable and should not make things too difficult.

Meta: Nidoking and Incineroar won't see much change because it has similar options in the form of Fury Cutter and Snarl.

Hitmonlee and Loppuny are worse forms of Machamp and Diggersby.

Girafarig we will talk about later because it has a lot of new changes.

That leaves Dubwool, which is fairly bulky, can spam Body Slam like Miltank can now, and nuke with Wild Charge or Payback. However, in most cases, Miltank will perform better due to bulk unless Double Kick is doing actual super effective damage.

Fairy Wind

Values: 1.5 DPT / 4.5 EPT

Pokemon: Galarian Rapidash, Galarian Weezing, Jumpluff, Mawile, Slurpuff, Florges

Justification: Mud Shot, Psycho Cut, Thunder Shock clone. An entirely energy based Fast Attack, in contrast to Charm. This changes the way fairies can be played which is healthy for the meta and Fairy type Pokemon.

Meta: No meta relevant Charm users picked up the move so expect Charm to linger for a very long time. Rather, Fairy Wind has been given to a lot of struggling Pokemon.

Galarian Rapidash and Jumpluff already has insane energy generation with its current moveset, though I think Jumpluff could use the minor side-grade for more Fighting type coverage.

Florges in Great and Ultra probably still wants Vine Whip for the Grass type damage, but the Pokemon is a mix and match with lots of options no matter which Fast move you prefer. In the Master League, you are wanting Fairy Wind to better deal with Dragons.

Galarian Weezing, Mawile, and Slurpuff all have mediocre Charge Movesets, meaning the energy generation may not outweigh Fast move pressure from Slurpuff's Charm or Mawile's Fire Fang. Galarian Weezing will be getting a Tackle upgrade as well, so now this Pokemon also has plenty of options.

Attack Availability Updates

Nidorina – Thunderbolt

(Great League – XL)

It's ok, a Poison type Pokemon with Skarmory coverage but that's about it.

Never was and still isn't relevant.

Nidorino – Ice Beam

(Great League – XL)

High Attack stat, Ice Beam for some but not enough Ground coverage.

Never was and still isn't relevant.

Tentacruel – Surf

(Great League / Ultra League XL)

Bulky. What you have is a Alolan Muk style Pokemon where you have very solid moveset and lots of different playstyles. Poison Jab is your only viable Fast move it has good neutral coverage. Surf is not only your new cheapest move but it is also the go-to Charge move, having as much value as Hydro Pump. Which means you can opt-in for other nukes such as Sludge Wave or Blizzard, but you can also use Acid Spray for more consistency and complexity.

You still lose to Ground types like Nidoqueen and Stunfisk but you are much closer to a win than ever before.

Lanturn – Surf

(Great League)

Very bulky, unique typing. Like Tentacruel, you are adding a consistent and powerful bait move to replace Hydro Pump. Lanturn still struggles in the meta as long as Swampert, Nidoqueen, and Trevenant are popular. This is still a major upgrade for Lanturn since not having enough energy for Charge moves was its crutch. I expect its first major appearance is during Great League Remix if that comes around.

Nihilego – Poison Jab

(Ultra League)

Unique but not flexible. In Ultra League, it can used as a Walrein, Talonflame, and Fairy counter but it does very little outside of any type advantage is has, which it doesn't really have much of.

It might be fun to use but that's it.

Haunter – Ice Punch

(Great League)

Ice Punch has the same efficiency as Shadow Punch, meaning unless you are throwing double super effective Ice Punches at something, it is not better than Haunter's current moveset. You don't need a bait move, and the move isn't a better nuke.

No change.

Marowak – Rock Slide

(Great League)

The rest of Marowak's moveset is so bad, Rock Slide does not change a thing.

Camerupt – Incinerate

(Great League / Ultra League XL)

In this meta, Fire and Ground dual typing is allows you to theoretically beat Steel and Fairy. Camerupt's Attack stat is really high, and its Charge moves are quite expensive. Consider it a bad Talonflame.

I can see it being ok in Halloween Cup…

Dragonair – Body Slam

(Great League)

Body Slam is not a major upgrade because Aqua Tail provides type coverage against Steel, and Dragon Pulse is your nuke. Body Slam is better than Wrap so at least in some way it is an upgrade.

It adds a decent alternative to its preferred moveset, but not necessarily an upgrade.

Dragonite – Superpower

(Great / Ultra / Master)

Superpower on Dragonite will probably do two things. Use up all your Charge TMs and increase the number of Fairy types in the meta. This is because Superpower is a direct coverage move to Steel and Ice but removes Hurricane which was pretty good at threatening Fairy type Pokemon. It's a tradeoff but a pretty good one because Superpower is much cheaper and can threaten more types of Pokemon including Dark, Normal, and Rock.

It's a cool addition but it shouldn't be overpowering in any way because Dragonite still has a poor stat distribution in the lower leagues.

Golisopod – Shadow Claw

(Great / Ultra League)

High Attack Stat, Shadow Claw is amazing, but X-Scissor, Aerial Ace, and Aqua Jet are abysmal.

Golisopod makes a bad Araquanid.

Runerigus – Shadow Claw

(Great / Ultra XL)

Runerigus is not as overpowered as some people may have suggested. It has a unique typing, but it only deals damage using Ghost type moves. Sand and Rock Tomb are not damage dealing moves, which means you its good for neutral matchups when you can bait, debuff, whatever you want. But don't complain when you're against a Normal or Dark type Pokemon.

It is very similar Cofagrigus, which is also good. It's just same but different.

Ledian – Dynamic Punch

(Great League XL)

Swap out Bug Bite and Aerial Ace too while you're at it.

The rest of its moveset is just so bad.

Arcanine – Psychic Fangs

(Great / Ultra)

Not that many people will use Arcanine, but Psychic Fangs may allow players to switch to Fire or Thunder Fang for a less Charge Move dependent moveset. Still bad though.

Espeon – Psychic Fangs

Just use Girafarig instead.

Manetric – Psychic Fangs

Manetric is a meme but sometimes hits hard because of the crazy Charge moves it can learn including Overheat and Wild Charge. You would want to stick with those.

Swoobat – Psychic Fangs

Psychic Crobat. You lose your psychic weakness to lose miserably against Ghost and Dark. No thanks.

Girafarig – Psychic Fangs

Tackle is getting an energy boost, Double Kick is being added, Psychic Fangs is also new. Girafarig's special treatment still isn't the thing doing the heavy lifting. Normal and Psychic means you are a Psychic type that resists Ghost like Oranguru. None of its Fast or Charge moves are particularly strong or synergize well but it will have some play against Registeel, Walrein, and Trevenant.

It's weird but it's a welcomed change.

Steelix – Psychic Fangs

I want to hype up Psychic Fangs Steelix but its Fast move is still so slow compared to other Steel types like Registeel and Stunfisk. Meaning Steelix cannot rely on nuking like the others do with Focus Blast and Earthquake. Psychic Fangs makes Steelix much more like Nidoqueen, brute forcing its way through neutral matchups but is still quite awkward considering how bulky Steelix is.

It adds consistency to the Pokemon, especially when you can bait with a cheaper move instead of with Crunch. However, you may just want to avoid baiting altogether because Crunch ends up putting in a lot of work as well once Psychic Fangs is applied.

Conclusion

Most buffs and nerfs to moves are reasonable, and the two new moves would have added a lot of variety if they had been put on more Pokemon. Double Kick and Fairy Wind could directly compete with Counter and Charm on Pokemon's preferred moveset but not this time.

I personally think half of the additions to preexisting Pokemon are quite pointless but I am excited to try out Dunsparce, Steelix, and Tentacruel. Even though we did not receive nerfs Poison Fang or Shadow Claw, the emergence of some of these new Pokemon should do a decent job of balancing out the meta a little.

However, the pillars of the meta will still remain the same for a while longer since Walrein, Registeel, and Stunfisk are still the best tanks. Fighters are untouched and irreplaceable. And none of the Fairy Wind users have good enough Charge moves to take over the current Ghost types.