

Shoutouts:*

Werster- Found the basic Frustration strats that this route was based on.

Halqery- route theory, rerouting and testing strats.

Likeanoob- Rerouting and testing strats, worked with Wonder Mail / Job Board details.

Introduction:

For high-quality runs, you need to have this WM program [here](#) so you can make WM codes on the go for the runs

For Beginners, it really doesn't matter who you get, but strats might be slightly altered, the notes written here are for Machop & Torchic.

Starter Personality Questions (Machop)

Question	Answer
A delinquent is hassling a girl on a busy street! What will you do?	Help without hesitation. (<i>Brave 3</i>)
A human hand extends out of a toilet! What would you do?	Shake hands with it. (<i>Naive 1, Brave 2, Impish 1</i>)
Can you go into a haunted house?	No problem. (<i>Brave 3</i>)
There is a scream from behind a door! How will you react?	Yank open the door. (<i>Hardy 1, Brave 3</i>)
When the going gets tough, do you get going?	Yes (<i>Hardy 2, Brave 2</i>)
You win a lottery! What do you do with the money?	Give it away. (<i>Quirky 2, Brave 2</i>)
Your friend is being bullied! What do you do?	Face up to the bully. (<i>Brave 3</i>)
You're going bungee jumping for the first time. Since it's scary you decide to test the rope with a doll...The bungee cord snaps! Do you still try to make the jump?	Yes. (<i>Brave 3, Impish 1</i>)

Speedrun Notes!

How to read these notes:

- Capital letters denote that you can “Run” (using B)
- Lowercase letters denote that you have to walk it
- Here’s what each letter means, it’s self explanatory
 - U: Up
 - R: Right
 - D: Down
 - L: Left
- Any combination of the 2 without a space means you need to diagonally move in that manner (UL: up and left in a diagonal fashion).
- Numbers followed by an * refer to questions you have to answer. The number indicates the slot of the question being asked, so the top choice is 1, the next choice is 2, etc.

Tiny Woods:

Once you begin the first dungeon:

- Set Low kick on Machop, and switch off Growl on Torchic.
- Set Torchic's IQ to include Dedicated Traveler and Exclusive Move-User.
- Set the game speed to fast.
- Do not manipulate Tiny Woods
- If not out of the way, grab a berry on F3

Thunderwave Cave:

For the male sign (♂), "#" is used instead.

For the female sign (♀), "%" is used instead.

For the ellipsis (...), "." is used instead.

Description	Frustration WM!
Tiny Woods- Near F1 Pecha berry	??K? ??+? 4F?? 6F?? F47T F???
Thunderwave Cave- Near F1 Oran berry	??KP ??+? 43?? WF?? 847T F???
Tiny Woods - Near F3 Oran Berry	??K? ??+? 436? WF?? 847T F???
Thunderwave Cave - Near F2 Pecha Berry	??KP ??F? 4F6? 6F?? F?7T F???

Floor	Movement	Items/notes
B1F	None. Quicksave at the stairs!	Enter WM Code before reloading game.
B2F	BUL U into stairs.	
B3F	BUR R into stairs.	Apple (optional)

B4F	Diag UR U U Turn R and A attack U R UU R U RR U R U L UU LL	
B5F	BRRRR. Tackle Voltorb. BR U LL into stairs.	

First visit to Pokemon Square!

- Go to Pelipper Post Office, **Grab the F2 TW mission, F3 TWC and any near missions.**
- Optional: look in the shop for an escape orb and berries
- Complete Tiny Woods jobs **(2&3)**

Mt. Steel:

What WM you put into these are truly up to what you have on you, an extra Pecha or Oran Berry will determine which one you want to do

Description	Frustration WM!
Tiny Woods - Near F3 Oran Berry	??K? ??T? ?36? 9??6 847T F???
Tiny Woods - Near F3 Pecha Berry	??K? ??X? 4F6? 6F?? F47T F???
Tiny Woods - regular F3 (backup of the backups if you didn't have the other items)	??K? ??+? 4?6? 5F?? F476 F???
Thunderwave Cave - Near F5 Blast Seed (if you don't have either Oran or Pecha; uses an Escape orb)	??KP ??S? 4??? NF?? 047T F???

Floor	Movement	Items/notes
1F	None. Quicksave at the stairs!	Teach Frustration. if 4 moves, replace Growl
2F	BR U L, then u d B+A until Zigzagoon shows up on Left (3 tiles, 2nd and third are slow). BU L D LL UU into the stairs.	
3F	<u>BD B+A Frustration</u> BD R U RRRR UR onto berry R to get Berry. BUR R D RRR into the stairs.	G-rocks and Oran berry
4F	BD RR into the stairs.	

5F	Quicksave! BL into the stairs.	
6F	BL D L U LL. Diag DL 3 tiles into the stairs.	Possible G-rock
7F	UR Frust R ururur(3) U L UU RR	If you level up on geodude, you have to kill Tyrouge too
8F	BDL Tackle Beldum BD LL D R DDDD into the stairs.	Alt: if you think you will lvl up past 6 on the Beldum, then set Torchic's tactic to Avoid the first hit, then do dldldldl(4) L D R DDDD (need to switch it back)
9F	Throw a rock. Frustration.	

- Grab more jobs: Grab any near missions in any of the 3 places.
- Complete 3 Missions in TWC using manipulation

*** TWC w/ JOBS ***:

Floor	Movement	Items/notes
B1F	Quicksave at the stairs!	
B2F	BUL U into stairs.	
B3F	BU Y Rescue	
B4F	r 2 spaces. Defeat Voltorb. Go right along bottom row of rooms. Go up to get to client. Go to stairs	
B5F	BRRRR. Tackle Voltorb. BUR Y Rescue. Leave dungeon	

- Complete 2 Tiny Woods missions.
- Teach all 5 frustrations, 2 to machop and 3 to Torchic

Sinister Woods:

Floor	Movement	Items/notes
1F	None. Quicksave at the stairs!	Turn off all other moves except frust

2F	BRR U RRR DD into stairs (Oddish wakes up and touches partner)	WHITE GUMMI HERE
3F	<u>l1, Y to face then Frust on Sudo, then BLL U LLL D L U LLLL into stairs</u>	
4F	<u>BDL, Frust Oddish, then BR D R D RR and Diag ur into stairs</u>	
5F	Y to face and Frust, BUR D L D R DD RR D into stairs	
6F	BUL L U LL U L U L U R D RR D R into the stairs	
7F	BDD LLLLLL into the stairs. Quicksave!	
8F	BD (Take Tail Whip). D and Diag dl tile into the stairs. (Walk the ending)	
9F	BR U R U RRR. Diag UR 1 tile into the stairs.	
10F	BDR RRRRR (5) Diag UR 1 tile into the stairs.	
11F	BU L UUU L U L UU L U LL U LL into the stairs.	
12F	BUR into the stairs.	Turn off everything
13F	<u>Throw Rock at Ekans</u> <u>Frust Medicham</u> <u>Frust Gengar</u>	

After Sinister Woods is completed, you will be prompted with the event for Silent Chasm.

Silent Chasm:

Floor	Movement	Items/notes
1F	None. Quicksave at the stairs!	
2F	BDLDL into the stairs.	
3F	<u>u1 l1 Frust, then BLL U LL, then Diag ul 1, then BL, then Diag dl 1 tile into stairs</u>	

4F	BDL LL U L D L DD L DD into the stairs.	
5F	<u>Move d 1.</u> <u>Face L and Frust</u> <u>BD L D R DD.</u> <u>DL</u> <u>BLLLL D LL DL L D L D DR R D R DDDD RR U</u> <u>into stairs.</u>	Apple
6F	<u>BL, Frust twice, Then move BLL D U D LL D LL U</u> <u>R UU L UU into stairs</u>	
7F	<u>BLL D, B+A, Frust, then BD LLL UL L D LLLL U</u> <u>into stairs</u>	
8F	BRRR DL	
9F	<u>Move left 2 spaces, look D to Gloom and Frust.</u> <u>BUL L U LLL UL U L UUU RR into stairs</u>	Pecha Berry

The next day, you will be prompted for the visit to Mt. Thunder. During the conversation with Alakazam, select answer two (2*). Link moves before entering.

Link Frustration+Frustration (Machop) and Frustration+Frustration+Frustration (Torchic) (deselect everything else except that link)

Get some more near jobs / other jobs if you want to be safe

Continue into Mt. Thunder.

Do NOT teach any moves when prompted

Mt. Thunder:

Floor	Movement	Items/Notes
1F	None. Quicksave at the stairs!	First “Hard hitting” dungeon.
2F	BLL into the stairs.	
3F	<u>BU L UU LL RR D LL UU LL U into the stairs.</u>	
4F	BUR DD into the stairs.	
5F	<u>BD B+A Frust UR R U RRR</u> <u>DR RR U RR UU</u>	
6F	BD RRRRRR (6) D L D R D RRRRRR (7) D RR.	

	Diag ur 3 Tiles. BRRRRRR (6) D into the stairs.	
7F	B+A, B+A Frust UL U L UU RR	
8F	dr into the stairs.	
9F	<u>R D R D Y Frust R R R R</u>	
10F	BUU L U R U R UU R. B+A, when stopped by Gravelerock pickup, for 3-25 turns. BRRR UU into the stairs.	
Peak 1F	None. Quicksave at the stairs!	
Peak 2F	BD DR DD into the stairs.	
Peak 3F	R Spam Frust (0 seeds)	

When being asked questions, respond with 1 1 2*.

Straight down to Grand Canyon

Great Canyon:

Floor	Movement	Items/notes
1F	None. Quicksave at the stairs!	
2F	<u>dldl dd</u>	
3F	BD then r r BUR RRR DR into the stairs.	
4F	BD L U LL DL L D D R DD L D LLLL DD into the stairs	
5F	<u>Y to face Vileplume and Frust, then BD R U L U R UUUUUUU (7), UR RRRR D L D L DDDD LL into stairs</u>	Or use warp seed instantly
6F	BR D R U RR DR RRR U RRR. Diag DR into the stairs.	
7F	BRR D RR U R UU R D L (Circle) BU D R UUU L UU into the stairs.	
8F	BUL UU L U L D LL D LL into the stairs.	

9F	Menu (B U A A, you start immediately on the stairs).	
10F	<u>Turn Up Tauros and Tackle, UL U r D R URUR DR R U RR DRDR</u>	Get your ass ready for F11 and F12.
11F	BU LLLL URDLURDLURDLURD (4 circles) RDLUL. B+A. BRDRULLUR. B+A. BDRDLULLBDLDDL. BD into the stairs.	This is the most technical floor in the main-game route. 1 mistake screws you over, so go slow if you don't know/remember what you are doing!
12F	BU R UU UR R U RR DR R DR D L D DR D RRR U R U RRR then UR into stairs	Another technical floor, just take it slow and don't mess up!

During the dialog with Torchic, respond with answer two.

Attack Xatu (2*)

-Get more near jobs / other jobs if you want to be safe

-Lapis Cave:

Floor	Movement	Items/Notes
1F	None. Quicksave at the stairs!	
2F	BR U R U RRR D LL into the stairs.	
3F	L1, Diag DL 1 into the stairs (walk this room).	
4F	<u>URUR U R L DDD L U R UUU UR</u>	
5F	BDR L D L DD L DD into the stairs.	
6F	BRR D. Diag DL into the stairs.	B into Poke, this is to avoid waking up Nidorino.
7F	<u>Face R then Frust. Then BR UR R U R U R U R U U UL U into stairs</u>	
8F	BD, then dl dd into the stairs.	
9F	U then Diag UL into the stairs. (Walk this room)	
10F	l1 then Diag dl 1 into the stairs. (Walk this room)	

11F	BRR into the stairs.	
12F	<u>BURUR ULULUL U into stairs</u>	
13F	BU L U LLL into the stairs.	
14F	BRR into the stairs.	

Move on to Mt. Blaze, if you need to do any inventory management, make sure to do it at one of the Kangaskhan statues and not in town before you leave, the statues don't use text and they are exponentially faster than talking to Kangaskhan herself.

At this point, you can use the WM generator, when you can, to fill in the rest of the jobs you need. More nears are better but make sure if they are all nears that you can Escape orb out, prioritize 4 near missions on Mt. Steel if you only have 1 escape orb (from sinister woods)

Mt Blaze:

Floor	Movement	Items/Notes
1F	None. Quicksave at the stairs!	
2F	BD L D LL D LL U L UU R UU. Diag ul twice. BU L D LL D LLL into the stairs.	
3F	BD LLLL DDDDDDD into the stairs.	
4F	BRRR D R U RRRR and Diag DR into the stairs.	
5F	r then Diag DR into the stairs. (Walk this room)	
6F	L then look down and Tackle. DDDD (4) LL into the stairs.	
7F	RRRR D RR D RR DDDDD R D DL D into the stairs.	
8F	U L DD into the stairs.	
9F	dr dr then BRR into the stairs.	
10F	BLL U L into the stairs.	
11F	BD RRRR and Diag UR1 into the stairs.	
12F	BDR RRRR D R U R DR RR into the stairs.	
Peak 1F	None. Quicksave at the stairs!	

	Make sure you have at least 20 HP before leaving the floor.	
Peak 2F	dl BDD L DD LL DD then dl dl into the stairs.	
Peak 3F	Moltres: B+A, Frust 2x	[13lv/11lv]

Continue on into Frosty Forest, again, item management if you need to. In the cutscene, when asked the question, use answer one (1*).

Frosty Forest:

Floor	Movement	Items/Notes
1F	None. Quicksave at the stairs!	
2F	Tackle the Azurill. BRD R D L D R DDDDD into the stairs.	
3F	BRR into the stairs.	
4F	BDR R then Diag BDR into the stairs.	Let ditto struggle once.
5F	BD R D DRDR R D RR U RRR U RRRR DD into the stairs.	Mash A/B through the cutscene text.
6F	BUL L D R DDDD into the stairs.	
7F	BDL then turn L to Mightyena and Frust, then BR LL D LLL L UL	
8F	ul then BLLLLL D LL D LL D L DD. dl dl	
9F	BL U R UUU R into the stairs.	
Peak 1F	None. Quicksave at the stairs!	
Peak 2F	d Frust, R Frust, then go to R path and get the seed before going to the stairs	
Peak 3F	BR UUUUU (5) then ur ur then BRR into the stairs.	
Peak 4F	BU R D RR U R U L UU R UU then Diag UL into the stairs.	Get the reviver seed below the stairs!

Peak 5F	Articuno: B+A, Frust Spam	Haven't been able to find 1 seed strat that was worth. Might not work for other levels.
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Do not give Absol a nickname (2). For the questions before Mt. Freeze, answer (1 1 1*). Then move up into Mt. Freeze, final chance for inventory management..

Mt Freeze:

Floor	Movement	Items/Notes
1F	Set Absol's IQs on before doing anything, but turn off item master. Quicksave at the stairs!	Abso IQ's
2F	BUUU L into the stairs.	
3F	BLL into the stairs.	
4F	u u, then BLL D LLLL U LLLLLLL into the stairs.	
5F	BUL L U R UU RR UU into the stairs.	
6F	BU R D R U RRR D L D R DD DL D into the stairs.	
7F	BDR D R D L DDD RR into the stairs.	
8F	BUU into the stairs.	
9F	dl, then BLL D LL DD L DD R D R U RR DD R into the stairs.	
10F	BL U L U LLLLL into the stairs.	
11F	BU, Y to face Vigoroth and Tackle. BL D L U LL UL L U R UU L UU into the stairs.	
12F	BUL L into the stairs.	
13F	BLL U into the stairs.	
14F	BUL LL UU Diag BUL UUU and Diag UL into the stairs.	
15F	BUL LLL U LLLL D L U L DD DL L into the stairs.	
Peak 1F	None. Quicksave at the stairs!	

Peak 2F	d dr dr dr	Absol will be attacked by Glalie on the last two tiles, just ignore it.
Peak 3F	BDLDL L D LLLL into the stairs.	
Peak 4F	BDD R U RR. dr dr r r ur. BU RRR U R U L UUU RR into the stairs.	

After Mt. Freeze, you're back to doing rescue missions.

In Twave; 4F - r Rock, then continue on.

5F - Rock the Voltorb

Uproar Forest:

Mt. Steel pre-made near missions

Description	WM!
Mt. Steel F1 Near White Gummi	??9F ??F? 41?? MF?? +47T 3???
Blast Seed	??9F ??+? 4??? 5F?? 047T 3???
Max Elixir	??9F ??Y? 4H?? 5F?? 047T 3???
Mt. Steel F2 Near Warp Orb	??9F ??S? 4?6? WF?? K??T 3???
Mt. Steel F3 Near Warp Orb	??9F ??X? 4?6? WF?? K47T 3???
Mt. Steel F4 Near Warp Orb [do this one for your 4th regardless of what you have]	??NF ??T? 4??? NF?? K??T Q???

Floor	Movement	Items/Notes
1F	None. Quicksave at the stairs!	
2F	BUR RR UU RRRR U R D RRR and Diag DR into the stairs.	
3F	BUL L UUU R U R UU UL L into the stairs.	
4F	BU R U L UU UR R into the stairs.	
5F	<u>BD, DR, DDDDD DR D R D RRR DR into stairs</u>	

6F	BUUU R UU ul, then BUUUU UR into the stairs.	
7F	BUL UU LLLL UU L U L UUU into the stairs.	Have 1 slot open for the chestnuts on F9, you cannot inv manage on F8
8F	BUL L UUU LL ul ul then BLL into the stairs.	
9F	<u>B+A then dr RR U RRRRR D R UU R R L to switch so Torchic picks up.</u> <u>Then BUL U LL D L U L UL Frust, then wait for Mankey to show up and Frust him, take the chestnut and go through the stairs</u>	
10F	B+A, Tackle, Tackle, Tackle	

After the dungeon is complete, continue on with the story cutscenes. Give the chestnuts to the Mankey gang.

Mt. Steel w/ Jobs:

You never need to do these, but just incase.

Floor	Movement	Items/notes
1F	None. Quicksave at the stairs!	
2F	BR U L, then u d B+A until Zigzagoon shows up on right (3 tiles, 2nd and third are slow). BU L D LL UU into the stairs.	
3F	d, B+A, Tackle Baltoy D R U R R UR Rescue, dr tile, R R D R R R	<i>Someone help I can't find anything clean for this floor</i>
4F	BD RR into the stairs.	
5F	BL into the stairs.	
6F	BU L U L UU Diag UL 1 tile, then BU L D LL, then Diag DL 1 Tile, then BLL U LLLL UL LL Y to face, rescue Poke. Then BD, B+A (Until Aron is 1 away from opening or on it), then BLL D L D L DD Diag BDR U R U RR UU into stairs	Be very precise with your movement on this floor. One mistake can cost you a lot of time.
7F	L Frust l dl LL ul L U L D LL y-turn rescue L UU	

8F	BR U R U U ul 1 tile U U R U U Y A Rescue. Leave.	
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In Cutscene at Square say let's go (1), then run down to Torchic and All Set (1, starts on 2) Dream, then down to Magma Cavern.

Magma Cavern:

Floor	Movement	Items/Notes
--1F	None. Quicksave at the stairs!	If you want to save some time, you can take the risk of not quicksaving on this floor in hopes of good 2F luck. Use at your own discretion.
2F	<u>I, then face D and Frust, I then Frust L D LL D LL D L D LLLL DD DL</u> Quicksave at the stairs! <u>If you level up go down and improvise</u>	Don't forget to quicksave unless you want to get destroyed.
3F	BDR DD DR R D RR DR UR into the stairs.	
4F	BL into the stairs.	
5F	BD L U L D L U LLLL D L DD DL D into the stairs.	
6F	Frust UL Frust ULUL U L UUU RRR UUUUU	
7F	BUR 1 tile into the stairs.	
8F	<u>I Frust ul LLLLL D LL U UL U L UU UL</u>	
9F	BDRDR R UU RRRRR DR into the stairs.	Hold R after the 5th Right to diagonal in.
10F	BUL L (Sweet Scent) L U LL UUUU (4) LL into the stairs.	
11F	<u>BR Frust R D R D RR D R D L DD DR RR</u>	
12F	<u>BR, face D and Frust, then U L U R uuu ur (to cut corner) RRR UR</u>	Frust arbok if you make a mistake and it shows up
13F	BD R D R DDD L D L DD L into the stairs.	
14F	u 2 Tiles, then BLL U LLL D L D LL U LL into the stairs.	

15F	BD LL D LLLLL into the stairs.	Eat apple (if you don't have one do the alt strat for F20)
16F	BURUR U RRR U RRRRRRRR into the stairs.	
17F	BUR U R U LL DDD DR D R DD LL D into the stairs. (R on the third D to ensure Diag)	
18F	BUL L D LL DD then Tap B+A for 0.1 (5-6 turns, but Rhydon shows up on screen (not first tile) so should be easy to time) BL D L DD R U RRRR into the stairs.	
19F	<i>DL UL DL L D L U LL DL UL</i>	
20F	BR D L DDD, then Diag DR1 . BD L DDD RRR D L DD R D R D RR U R U R UUUU into the stairs.	BR U R D R (die) and Tackle, then BRRR D L D L D R DD RR into stairs
21F	BD LL U then u 2 tiles, back d 2 tiles. BLLLLLLL (7) U LLL D L D L DD L DD into the stairs.	
22F	BDL R D L DD L D L U L UU UR R into the stairs.	
23F	BUL U R UU L into the stairs.	
Pit 1F	None. No quicksave	Both pokes on this floors are still 2hkos
Pit 2F	Cutscene.	
Pit 3F	Groudon: BL (dont go right), then face Up to Groudon, Attract and Tackle 4-5 or so Times.	

Sky Tower:

Floor	Movement	Items/Notes
1F	None. Quicksave at the stairs!	
2F	l 3 tiles as you get hit into the stairs.	
3F	BUR U into the stairs.	

4F	BR, throw a Rock, then BRR U L U L UUUU R into the stairs.	
5F	BD R D R D LL D LL Diag BULUL into the stairs.	
6F	BR LL D L D L DD L DDD into the stairs.	
7F	BDR R into the stairs.	
8F	BUL UU L D LLLLLL U L D LL D and Diag DL into the stairs.	
9F	BU L U L U RR D R D R L U LL U LL into the stairs.	
10F	BDR UR R DR RR UR R DR into the stairs.	
11F	BDL DD L D (Hail) LLLL into the stairs.	
12F	BR U (Tackle) U L UUUU into the stairs.	
13F	BD RR into the stairs.	
14F	BRRRRR U R U R UUU LL into the stairs.	
15F	BDR R D (Hail) D L (Hail) L DD R (Hail) DR R into the stairs.	
16F	dl 1 tile. BLL D LLL D L DDD then dr 1 tile into the stairs.	
17F	BD L U L U LL D L D L DD L D R DDDD L into the stairs.	
18F	<u>Frust U B+A (Hail) RRRR L U L (Hail) L UUUUUU (6) UL L</u>	
19F	D 1 then Diag DL 2 tiles into the stairs. (Walk this room)	
20F	<u>R Y-turn Frust, DR DDD UUUUU L U R UU R UR</u>	
21F	BR D RR D R D R DD LL DD R into the stairs.	
22F	BDR UR R U RR D R DD R DD into the stairs.	
23F	BD into the stairs.	
24F	BDDDD R DDD L U L U LL U L U L U R UU L into the stairs.	
25F	BL B+A DD R D R D RR DR R UR into the stairs.	

Peak 1F	None. Quicksave at the stairs!	Claydol, Flygon, and Mettagross can be rocked after a Frust,
Peak 2F	BR D L D L D L U LL D L, then B+A as Claydol Teleports, then BL U R UUU LL into the stairs.	
Peak 3F	BL D LL U L DD L DDD and Diag DR 1 tile into the stairs. Quicksave at the stairs!	
Peak 4F	BRR D RRRR U R D RRR U R D RR U then Diag UR 1 tile into the stairs.	
Peak 5F	BL, then regular attack twice, then BD LL U L DD L DDD and Diag DR 1 tile into the stairs.	
Peak 6F	BDDD R into the stairs.	
Peak 7F	BDR R UR R D R D RRR, then Diag UR 1 tile into the stairs	
Peak 8F	Face U and Tackle twice, then BL D LL U L D R DD RR into stairs	
Peak 9F	Rock Frust Spam (1 seed) Rock Frust 2x Attract Frust 2x (no seed)	Always underestimate your seeds if 0you are not 100% sure (@ halqery :v)

Hold B until End. Time Stops on whiteout before credits.