

# X notes

Set console date to 14th February and time to 23:04 (adapt for skill level).

- Choose the girl and give a single character name (! is fastest)
- Open options and set
  - Text Speed: Fast
  - Battle Effects: Off
  - Battle Style: Set
  - (Button Mode: L = A)

Pick Chespin.

**Pokémon Trainer Shauna:**

**Froakie:** Vine Whip x2 (/ x3)

Go back to your house, say Yes to mom.

Catch Bunnelby.

**Youngster Austin:**

**Zigzagoon:** Vine Whip x2 - x5

**Lass Anna:**

**Pikachu:** Vine Whip x2 / x3

Trade Bunnelby for Farfetch'd and move Farfetch'd to the front.

**Roller Skater Rinka:**

**Zigzagoon:** Aerial Ace (x2)

**Ranges:**

1 / 16	at	19	10 - 19
7 / 16	at	20	20 - 29
12 / 16	at	21	30+

Follow the drops in the gym.

**Lass Charlotte:**

**Kakuna:** Aerial Ace

**Combee:** Aerial Ace

**Leader Viola:**

**Surskit:** Aerial Ace

**Vivillon:** Aerial Ace spam

→ Teach Knock off over Fury Attack (slot 3)

- Get the 3 X-Attacks and 3 X-Defenses in trainer school.
- Grab the Repel.
- Get 5 Luxury Balls.

Sp. Def	IV	Water Gun	*Water Gun	Ember	*Ember
21 - 24	0 - 29	6 / (7)	(7) / 9 / (10)	7 / (9)	9 - 10 / (12)
25	30+		7 / (9)	6 / (7)	(7) / 9 / (10)

#### Professor Sycamore:

**Bulbasaur:** Aerial Ace (+ Fury Cutter)

**Ranges:**

9 / 16 at 21 / 22 0 - 8

100% at 23+ 9+

**Squirtle:**

If used Fury Cutter: Fury Cutter x2

Otherwise: Aerial Ace x2 / x3

**2HKO ranges:**

7.4% at 22 / 23 1 - 16

80.9% at 24+ 17+

**Charmander:** Aerial Ace x2

→ Very likely to knock Charmander into Blaze with 24+ Attack (17+ IV)

→ Leer + Aerial Ace is 14 / 16 with 25+ Attack (24+ IV)

#### FREE HEAL

- Pick Squirtle.
- Deposit Chespin.
- Deposit Squirtle.

**Shopping (right):** (sell all Pokéballs, all X-Defenses, and 2 Luxury Balls)

Swords Dance (vv)

At the grass after Lucario cutscene:

- Repel
- Teach Swords Dance over Fury Cutter (slot 2).

**Tierno:**

**Corphish:**

At 27 Attack (28+ IV or more):

Aerial Ace (+ Leer if did less than half) + Aerial Ace (x2)

31.3% 2HKO range (50% range if in Yellow HP)

Otherwise:

Leer + Swords Dance + Aerial Ace

Pickup the Star Piece south of Camphrier Town.

**Shopping:** (sell Star Piece [and Honey if you want to buy Paralyze Heal])

**Normal shopping:**

8 Repels (^^)  
4 Super Potions (<^)  
1 Antidote (v)  
2 Awakenings (vv)

**Used your Potion already:**

8 Repels (^^)  
2 Potions (<^)  
3 Super Potions (v)  
1 Antidote (v)  
2 Awakenings (vv)

- Get Berry Juice
- Get 5 Sweet Hearts.
- Get Oran Berry from the lady in front of the castle.
- Pickup Rare Candy in the fountain at the castle.
- Run from Snorlax.

At Trevor & Tierno fight:

- Repel (keep applied until done with Rhyhorn).
- (Super) Potion if took damage on Corphish.
- Equip Berry Juice.

Sp. Def	L14 IV	L15 IV	Thunder Shock	Fairy Wind
22 - 24	0 - 18	0 - 9	14 / (18)	(7) / 9 / (10)
25 - 27	19+	10 - 29		7 / (9)
28+	-	30+	12 / (14)	

**Trevor & Tierno:**

Swords Dance

If got 26+ Attack (20+ IV) and did not get hit on turn 1:

Swords Dance again

Aerial Ace **Corphish** until it's dead (Knock Off if Fletchling's QA could kill Corphish)

Knock Off **Pikachu**

Aerial Ace **Flabébé**

- Pickup PP Up south of the previous fight.
- Take free heal if paralysed or low HP.
- Pickup HP Up.
- Head to the Pokémon Centre and leave immediately.
- Go to the lab and leave after the cutscene.
- Pickup TM65 Shadow Claw at the branch after the path goes down.
- Heal if you can die to Houndour.

Houndour's Bite does:

18 - 21 / (22)	against	22 / 23	0 - 8
(16) 18 - 19 / (21)	against	24 / 25	9 - 21
16 - 18 / (19)	against	26+	22+

**Team Flare Grunt:**

**Houndour:** Swords Dance (x2) + Aerial Ace

**Ranges:**

12 / 16	at	25	0 / 1
15 / 16	at	26	2 - 7
100%	at	27+	8+

**Zubat:** Aerial Ace

**Ranges:**

7 / 16	at	25	0 / 1
10 / 16	at	26	2 - 7
13 / 16	at	27	8 - 13
100%	at	28+	14+

Gulpin's Sludge does:

13 - 15 / (16)	against	24 - 26	0 - 13
12 - 13 / (15)	against	27+	14+

Electrike's Quick Attack does:

(5) / 6 / (7)	against	23 - 25	0 - 13
5 / (6)	against	26+	14+

**Team Flare Grunt:**

**Gulpin:**

If 30+ Attack (27+ IV):

Swords Dance x2 + Aerial Ace (x2)

+4 Aerial Ace range: 6 / 16

If 31 Attack at level 17 (23 - 26 IV):

Leer + Swords Dance x2 + Aerial Ace

Otherwise:

Swords Dance x3 + Aerial Ace

**Electrike:** Knock Off **has Quick Attack**

Heal to full if you are poisoned or can die to Brick Break.

Scraggy's Brick Break does:

27 - 31 / (33)	against	23	0 - 1
(25) / 27 - 30 / (31)	against	24	2 - 7
25 - 28 / (30)	against	25	8 - 13
24 - 27 / (28)	against	26 / 27	14 - 25
22 - 25 / (27)	against	28	26+

**Team Flare Double:**

Swords Dance

Aerial Ace **Scraggy**

Ranges:

1 / 16	at	27	0 - 5
6 / 16	at	28 / 29	6 - 17
11 / 16	at	30	18 - 22
100%	at	31+	23+

Aerial Ace **Croagunk**

- Die to a wild encounter.
- Get **TM94 Rock Smash** from brunette.
- Pickup **Rare Candy**.
- Pickup **Bike** from bike shop.
- Equip Oran Berry on Farfetch'd.
- Register Bike.
- Buy a dozen Soda Pops from the Waitress.
- *Optionally: Pickup **hidden X-Speed** for greater Lucky Egg consistency.*
  - *Using X items increases Hawlucha's friendship.*

Go to Geosenge centre and catch Hawlucha with Luxury Balls.

→ If Hawlucha and Farfetch'd are full HP use Aerial Ace.

**With level 19 Hawlucha:**

- (Swap Hawlucha to the front of the party.)
- Heal Hawlucha if damaged.
- Give 2 Rare Candies to Hawlucha.
- Teach Encore over Aerial Ace (Slot 4).
- Teach Swords Dance over Roost (Slot 3).
- Swap Oran Berry to Hawlucha if holding it.
- Skip X-Speed if 62 Speed or more (only positive Speed nature) at level 21.
- *Reset Hawlucha if 50 Speed or less at level 21.*

**With level 20 Hawlucha:**

- (Swap Hawlucha to the front of the party.)
- Heal Hawlucha if damaged.
- Give 2 Rare Candies to Hawlucha.
- Teach Swords Dance over Roost (Slot 2).
- Teach Rock Smash over Aerial Ace (Slot 3).
- Swap Oran Berry to Hawlucha if holding it.
- Skip X-Speed if 62 or more neutral Speed or if positive Speed at level 22.
- *Reset Hawlucha if 51 Speed or less at level 22.*

Get massage (conservative estimate 90s for menu → massage, 30s for simple swap):

- A little bit more friendly.
- Somewhat more friendly.
- Much more friendly.

Swap Farfetch'd back to front.

Tyrunt's Rock Tomb does:

Defense	L21 IVs	L22 IVs	Rock Tomb
32 / 33	0 - 7 / x / x	x / x / x	33-37(39)
34	8 - 11 / x / x	0 - 4 / x / x	31-36(37)
35 / 36	12 - 26 / 0 - 2 / x	5 - 18 / x / x	30-34(36)
37	27 - 30 / 3 - 7 / x	19 - 22 / x / x	28-33(34)
38 / 39	31 / 0 - 8 / 0 - 2	23+ / 0 - 9 / x	27-31(33)
40 / 41	x / 17 - 26 / 3 - 11	x / 10 - 18 / 0 - 4	(25)27-30(31)
42 / 44	x / 27+ / 12 - 21	x / 19+ / 5 - 13	25-28(30)
45 / 46	x / x / 22 - 30	x / x / 14 - 22	24-27(28)
47 / 48	x / x / 31	x / x / 23+	22-25(27)

**Leader Grant:**

**Amaura:**

Leer until dead

Switch to Hawlucha (check Ability if equipped Oran Berry)

Karate Chop / Rock Smash

**Karate Chop without Leer ranges:**

13 / 16 at 49 - 52 (x / 26+ / 7 - 25)

100% at 53+ (x / x / 26+)

**Tyrunt:** (if Unburden, you will outspeed after 2 Rock Tombs with Oran Berry)

If level 21 and 43+ Attack (21+ / 0+ / 0+):

Swords Dance x2 + Karate Chop

15 / 16 at 43 / 44 Attack (21 - 30 / 0 - 6 / x)

If level 21 and 42 Attack (16 - 20 / x / x):

Karate Chop + Swords Dance + Karate Chop

If level 21 and 41- Attack (15- / x / x):

Swords Dance + Karate Chop x2

If level 22 and 55+ Attack (x / x / 21+):

Swords Dance x2 + Rock Smash

15 / 16 range at 55 Attack (x / x / 21 - 25)

100% range at 56+ Attack (x / x / 26+)

Otherwise:

Swords Dance + Rock Smash x2

- Swap Hawlucha to the front of party.
- Pickup hidden Protein.
- Optionally: pickup X-Defense (either for Champion or for friendship consistency).
- Pickup hidden Ether.
- Get double massage if possible

**Swimmer Marissa:**

**Masquerain:** (X-Defense +) Swords Dance / Encore on Gust and die

Deposit Farfetch'd.

**Leader Korrina:****Lucario:** faster at 61+ Speed (L22: x / 19+ / 0+) (L23: x / 8+ / 0+)

Swords Dance x2 (/ x3 if not going for ranges)

Karate Chop / Rock Smash (x2)

**+4 Rock Smash ranges:**

4 / 16 at 47 / 48 Attack x / 7 - 15 / x

8 / 16 at 49 / 50 Attack x / 16 - 25 / 0 - 6

11 / 16 at 51 / 52 Attack x / 26+ / 7 - 15

14 / 16 at 53+ Attack x / x / 16+

**Lucario:** Karate Chop / Rock Smash (x2)**+4 Karate Chop is 100% at 44+ Attack (16+ / 0+ / 0+)**

- Equip Jaw Fossil.
- Use a Repel.
- Heal to full.

**Backpacker Lane:****Linoone:** faster at 58+ Speed (L22: x / 5+ / 0+) (L23: 25+ / 0+ / 0+)Level 22: Karate Chop x2 (+ Wing Attack)**→ +2 Karate Chop is 100% at 53+ Attack (x / x / 16+)**Level 23: Rock Smash x2 / x3**→ +2 Rock Smash is 100% at 60+ Attack (x / x / 25+)****→ Rock Smash + -1 Wing Attack is 100% at 55+ Attack (x / 25+ / 4+)****→ Teach Fling over Rock Smash (Slot 3).**

Heal to full.

Helioptile's Quick Attack and Granbull's Headbutt does:

Defense	L23 IVs	L24 IVs	Quick Attack	Headbutt
35	0-2 / x / x		9-10(12)	26-30(31)
36	3-10 / x / x	0-4 / x / x		25-29(30)
37	11-15 / x / x	5-8 / x / x		24-28(29)
38 / 39	16-23 / 0-2 / x	9-16 / x / x		23-27(28)
40	24-28 / 3-6 / x	17-20 / x / x		22-26(27)
41 / 42	29+ / 7-15 / 0-2	21-29 / 0-8 / x	(7)9(10)	22-25(26)
43 / 44	x / 16-23 / 3-6	30+ / 9-16 / x		21-24(25)
45 / 46	x / 24+ / 7-15	x / 17-24 / 0-8		20-23(24)
47 / 48	x / x / 16-23	x / 25+ / 9-16		19-22(23)
49 / 50	x / x / 24+	x / x / 17-24	7(9)	18-21(22)
51+		x / x / 25+		17-20(21)

**Ace Trainer Monique:****Doduo:** Swords Dance x2 + Wing Attack**Helioptile:** Karate Chop / Fling**has Quick Attack****Granbull:** Wing Attack x2**→ Teach Fling over Karate Chop (Slot 1).**



Use a Soda Pop if you can die to Confusion (or Super Potion if Shadow Punch if going for +0 range).

#### Chimecho's Confusion does:

		L24	L25
50 - 60 / (62)	against 31	0 - 3 / x / x	x / x / x
50 - 56 / (56)	against 32 / 33	4 - 11 / x / x	0 - 5 / x / x
48 - 54 / (56)	against 34 / 35	12 - 19 / 0 - 3 / x	6 - 13 / x / x
44 - 50 / (54)	against 36 / 37	20+ 4 - 11 / x	14 - 25 / 0 - 5 / x
42 - 48 / (50)	against 38 - 40	x / 12 - 23 / 0 - 11	26+ / 6 - 17 / 0 - 5
38 - 44 / (48)	against 41 - 43	x / 24+ / 12 - 19	x / 18 - 29 / 6 - 13
36 - 42 / (44)	against 44 - 46	x / x / 20+	x / 30+ / 14 - 25
32 - 38 / (42)	against 47+	x / x / x	x / x / 26+

#### Golett's Shadow Punch does:

		L24	L25
19 - 22 / (24)	against 36 / 37	0 - 8 / x / x	0 - 1 / x / x
18 - 21 / (22)	against 38 - 40	9 - 20 / x / x	2 - 13 / x / x
16 - 19 / (21)	against 41 - 44	21+ / 0 - 16 / x	14 - 29 / 0 - 9 / x
16 - 18 / (19)	against 45 - 48	x / 17+ / 0 - 16	30+ / 10 - 25 / 0 - 9
15 - 16 / (18)	against 49 - 52	x / x / 17+	x / 26+ / 10 - 25
13 - 15 / (16)	against 53+	x / x / x	x / x / 26+

#### Psychic Franz:

##### Chimecho: (Swords Dance +) Fling

##### +0 Fling ranges at level 24:

6 / 16	at 57 / 58	x / x / 11 - 19
9 / 16	at 59 / 60	x / x / 20 - 27
11 / 16	at 61+	x / x / 28+

##### +0 Fling ranges at level 25:

6 / 16	at 53	x / 7 - 10 / x
9 / 16	at 54 / 55	x / 11 - 18 / x
11 / 16	at 56	x / 19 - 22 / 0 - 2
14 / 16	at 57 / 58	x / 23 - 30 / 3 - 10
100%	at 59+	x / 31 / 11+

##### Golett: Wing Attack (x2)

##### +0 Wing Attack x2 (if Iron Defense) ranges at level 24:

52.3%	at 57	x / x / 11 - 14
68.4%	at 58 / 59	x / x / 15 - 23
95.3%	at 60+	x / x / 24+

##### +0 Wing Attack x2 (if Iron Defense) ranges at level 25:

68.4%	at 53 / 54	x / 7 - 14 / x
95.3%	at 55	x / 15 - 18 / x
100%	at 56+	x / 19+ / 0+

+2 Wing Attack is 100% at 48+ Attack (20+ / 0+ / 0+) at level 24

+2 Wing Attack is always 100% at level 25

- Pickup **Iron**.
- Get **Soothe Bell**.
- Equip Soothe Bell.
- Use Protein.
- Use Iron.
- Use HP Up.
- Use PP Up if only got one massage and it was bad.
- Heal to full with Sweet Hearts.

### Pokémon Trainer Calem:

**Meowstic:** faster at 70+ Speed (L24: x / x / 10+) (L25: x / 24+ / 0+)

If you picked up X-Speed and not 70+ Speed: X-Speed

Otherwise: Swords Dance

Encore (if no Fake Out/Light Screen, the run is over, heal until Light Screen?)

Swords Dance x2

Encore

Swords Dance

Wing Attack (x2)

**Braixen:** Wing Attack 100% at 51+ Attack (L25: 20+ / 0+ / 0+) (L26: 12+ / 0+ / 0+)

**Absol:** Wing Attack 100% at 48+ Attack (L25: 8+ / 0+ / 0+) (L26: 1+ / 0+ / 0+)

Head to the gym.

### Roller Skater Kate:

**Meditite:** Wing Attack 100% at 59+ Attack (x / 20+ / 1+)

**Mienfoo:** Wing Attack 100% at 52+ Attack (L26: 16+ / 0+ / 0+) (L27: 9+ / 0+ / 0+)

### Roller Skater Shun:

**Pancham:** Swords Dance x1 / x2 + Wing Attack

**Throh:** Wing Attack

+2 ranges:

1 / 16	at	61 / 62	x / 27+ / 8 - 14	x / 19 - 25 / 0 - 7
3 / 16	at	63 / 64	x / x / 15 - 22	x / 26+ / 8 - 14
6 / 16	at	66	x / x / 23 - 26	x / x / 15 - 18
8 / 16	at	67 / 68	x / x / 27+	x / x / 19 - 25
11 / 16	at	69	x / x / x	x / x / 26 - 29
13 / 16	at	70	x / x / x	x / x / 30+

**Machoke:** Wing Attack

Teach Flying Press over Fling at level 28.

Fight Dash first if you already meet the requirements to OHKO Heracross or will not meet them at a higher level.

# Heracross' Take Down does:

		L27	L28
45 - 52 / (53) against	41	0 - 3 / x / x	x / x / x
43 - 50 / (51) against	42	4 - 7 / x / x	0 - 1 / x / x
43 - 49 / (50) against	43	8 - 10 / x / x	2 - 5 / x / x
41 - 48 / (49) against	44	11 - 14 / x / x	6 - 8 / x / x
40 - 47 / (48) against	45	15 - 22 / x / x	9 - 15 / x / x
39 - 46 / (47) against	46	23 - 25 / 0 - 3 / x	16 - 19 / x / x
39 - 45 / (46) against	47	26 - 29 / 4 - 7 / x	20 - 22 / 0 - 1 / x
38 - 44 / (45) against	48	30+ / 8 - 10 / x	23 - 26 / 2 - 5 / x
37 - 43 / (44) against	49	x / 11 - 14 / x	27 - 30 / 6 - 8 / x
36 - 42 / (43) against	50 / 51	x / 15 - 22 / 0 - 7	31 / 9 - 15 / 0 - 1
35 - 41 / (42) against	52	x / 23 - 25 / 8 - 10	x / 16 - 19 / 2 - 5
34 - 40 / (41) against	53	x / 26 - 29 / 11 - 14	x / 20 - 22 / 6 - 8
34 - 39 / (40) against	54 / 55	x / 30+ / 15 - 18	x / 23 - 30 / 9 - 12
33 - 38 / (39) against	56	x / x / 19 - 22	x / 31 / 13 - 15
32 - 37 / (38) against	57 / 58	x / x / 23 - 29	x / x / 16 - 22
31 - 36 / (37) against	59	x / x / 30+	x / x / 23 - 26
30 - 35 / (36) against	60 / 61	x / x / x	x / x / 27+

## Roller Skater Dash:

**Heracross:** (Swords Dance +) Wing Attack (has Counter)

+0 Wing Attack ranges

L27:	12 / 16	59 - 62	x / 11 - 25 / 0 - 7	
L27:	100%	63+	x / 26+ / 8+	
			L28	L29
L28+:	12 / 16	55 - 57	15 - 26 / 0 / x	7 - 16 / x / x
L28+:	100%	58+	26+ / 1+ / 0+	17+ / 0+ / 0+
→ One less IV if fighting Rolanda first at L28				

Sawk's Low Sweep does:

			L27	L28
21 - 24	against	41	0 - 3 / x / x	x / x / x
20 - 23 / (24)	against	42	4 - 7 / x / x	0 - 1 / x / x
19 - 22 / (23)	against	43 / 44	8 - 14 / x / x	2 - 8 / x / x
18 - 21 / (22)	against	45	15 - 22 / x / x	9 - 15 / x / x
18 - 21	against	46 / 47	23 - 29 / 0 - 7 / x	16 - 22 / 0 - 1 / x
17 - 20 / (21)	against	48 / 49	30+ / 8 - 14 / x	23 - 30 / 2 - 8 / x
16 - 19 / (20)	against	50 / 51	x / 15 - 22 / 0 - 7	31 / 9 - 15 / 0 - 1
16 - 18 / (19)	against	52 / 53	x / 23 - 29 / 8 - 14	x / 16 - 22 / 2 - 8
15 - 18	against	54 / 55	x / 30+ / 15 - 18	x / 23 - 30 / 9 - 12
15 - 17 / (18)	against	56 - 58	x / x / 19 - 29	x / 31 / 13 - 22
14 - 16 / (17)	against	59 / 60	x / x / 30+	x / x / 23 - 30
13 - 15 / (16)	against	61	x / x / x	x / x / 31

**Roller Skater Rolanda:**

**Sawk:** faster at -1 Speed at 72+ Speed (L27: x / 12+ / 0+) (L28: 31 / 3+ / 0+)  
Swords Dance + Wing Attack

**Hariyama:**

If 65+ Attack (L28: x / 25+ / 7+) (L29: x / 17+ / 0+): Wing Attack  
Otherwise: Flying Press

Hawlucha's Flying Press does:

46 - 54 / (55)	against	44	0 - 3 / x / x
45 - 52 / (54)	against	45 / 46	4 - 13 / x / x
43 - 51 / (52)	against	47	14 - 16 / x / x
42 - 49 / (51)	against	48 / 49	17 - 23 / 0 - 3 / x
42 - 48 / (49)	against	50	24 - 27 / 4 - 6 / x
40 - 46 / (48)	against	51 / 52	28+ / 7 - 13 / x
39 - 45 / (46)	against	53 / 54	x / 14 - 20 / 0 - 3
37 - 43 / (45)	against	55 / 56	x / 21 - 27 / 4 - 10
36 - 42 / (43)	against	57 / 58	x / 28+ / 11 - 16
34 - 40 / (42)	against	59 / 60	x / x / 17 - 23
33 - 39 / (40)	against	61 / 62	x / x / 24 - 30
33 - 37 / (39)	against	63	x / x / 31

**Leader Korrina:**

**Mienfoo:**

If 72+ Attack (L19: x / x / 20+), (L20: x / x / 21+) on Hawlucha:

Swords Dance (again if Fake Out)

Wing Attack

Otherwise:

X-Attack + Swords Dance

Wing Attack

**Machoke:** Wing Attack

**Hawlucha:** Wing Attack faster at 88+ Speed (x / x / 22+)

Pickup **TM47 Low Sweep**.

**Successor Korrina:**

**Lucario:** [Mega Evolve] Metal Sound x2

Say yes to getting Lucario and leave.

- Get Lapras.
- Heal Hawlucha to full.
- Repel
- Teach Rock Smash to Lapras in Slot 1.
- Teach Surf to Lapras in Slot 2.
- Teach Strength to Lapras in Slot 3.
- Teach Rock Tomb to Lucario over Metal Sound (Slot 3).
- Teach Low Sweep to Lucario over Power-Up Punch (Slot 1).
- *If Hawlucha is slower than Meowstic, teach Shadow Claw over Metal Sound instead.*

*Early shopping if you do not know you have Limber and used your Paralyze Heal already.*

**Early risky shopping (left):**

*12 Super Repels (^^^)*

*1 Escape Rope (^)*

*6 Full Heals (^)*

*11 Hyper Potions (<)*

*2 Revives (v)*

Absol's Quick Attack does:		L30	L31
20 - 23 / (24) against	45 / 46	0 - 7 / x / x	0 - 2 / x / x
19 - 22 / (23) against	47 - 49	8 - 17 / x / x	3 - 12 / x / x
18 - 21 / (22) against	50 / 51	18 - 24 / 0 - 4 / x	13 - 18 / x / x
17 - 20 / (21) against	52 - 54	25+ / 5 - 14 / x	19+ / 0 - 9 / x
17 - 19 / (20) against	55 - 57	x / 15 - 24 / 0 - 7	x / 10 - 18 / 0 - 2
16 - 18 / (19) against	58 - 60	x / 25+ / 8 - 17	x / 19 - 28 / 3 - 12
15 - 17 / (18) against	61 - 64	x / x / 18+	x / 29+ / 13 - 25
14 - 16 / (17) against	66+	x / x / x	x / x / 26+

**Pokémon Trainer Calem (if Hawlucha is faster than Meowstic):**

**Meowstic:** faster at 69+ Speed (L29: 12+ / 0+ / 0+) (L30: 3+ / 0+ / 0+)

X-Attack

Encore on Light Screen / Fake Out

If level 30 and 71+ Attack (x / 28+ / 8+):

Swords Dance x2 + Wing Attack

Otherwise:

Swords Dance + Wing Attack x2

**Braixen:**

+3: Flying Press 100% at 62+ Attack (22+ / 0+ / 0+)

+5: Wing Attack

**Absol:** has Quick Attack

+3: Flying Press

+5: Wing Attack 100% at 57+ Attack (5+ / 0+ / 0+)

**Pokémon Trainer Calem (if Hawlucha is slower than Meowstic):**

**Meowstic:**

Switch to Lucario

Swords Dance + Shadow Claw

**Braixen:** Bone Rush (+ Low Sweep) Bone Rush is 71.5% range with 2 hits

**Absol:** Low Sweep ↳ Bone Rush is 82.5% success rate.

**Pokémon Ranger Chaise:**

**Simisage:** Flying Press 100% at 73+ Attack (x / 28+ / 8+)

**Pokémon Ranger Brooke:**

**Roselia:** Wing Attack

**Wormadam:** Wing Attack

**Pokémon Ranger Twiggy:**

**Gloom:** Swords Dance (x2) + Wing Attack

**Exeggutor:** Wing Attack (Psyshock usually OHKOs)

**Ranges:**

13 / 16 at 63 Attack 12 - 17 / x / x

15 / 16 at 64 / 65 Attack 18 - 23 / x / x

100% at 66+ Attack 24+ / 0+ / 0+

- Heal to full if can not live Acrobatics from Jumpluff / Take Down from Gogoat.
- Heal status.
- Move Lucario to the front if Hawlucha has 77- Speed (L32: 18- / x / x) (L33: 10- / x / x)
- Teach Rock Tomb over Shadow Claw (slot 3) if taught Shadow Claw.

Defense	L32 IV	L33 IV	Acrobatics	Take Down (always L33)
47 / 48	0 - 4 / x / x	x / x / x	74 - 86 / (90)	
49	5 - 10 / x / x	0 - 2 / x / x	72 - 84 / (86)	42 - 49 / (50)
50		3 - 5 / x / x		41 - 48 / (49)
51	11 - 16 / x / x	6 - 8 / x / x	68 - 80 / (84)	40 - 47 / (48)
52		9 - 11 / x / x		39 - 46 / (47)
53 / 54	17 - 26 / 0 - 4 / x	12 - 20 / x / x	66 - 78 / (80)	39 - 45 / (46)
55	27+ / 5 - 10 / x	21 - 23 / 0 - 2 / x	66 - 74 / (78)	38 - 44 / (45)
56		24 - 26 / 3 - 5 / x		37 - 43 / (44)
57	x / 11 - 16 / 0 - 1	27 - 29 / 6 - 8 / x	62 - 72 / (74)	36 - 42 / (43)
58		30+ / 9 - 11 / x		35 - 41 / (42)
59	x / 17 - 26 / 2 - 10	x / 12 - 14 / x	60 - 68 / (72)	
60		x / 15 - 17 / 0 - 2		34 - 40 / (41)
61		x / 18 - 20 / 3 - 5		34 - 39 / (40)
62	x / 27+ / 11 - 19	x / 21 - 23 / 6 - 8	56 - 66 / (68)	
63 / 64		x / 24 - 29 / 9 - 14		33 - 38 / (39)
65 / 66	x / x / 20 - 26	x / 30+ / 15 - 17	54 - 62 / (66)	32 - 37 / (38)
67		x / x / 18 - 20		31 - 36 / (37)
68 / 69	x / x / 27+	x / x / 21 - 26	50 - 60 / (62)	30 - 35 / (36)
70+		x / x / 27+		29 - 34 / (35)

#### Leader Ramos (without Lucario):

**Jumpluff:** Swords Dance + Wing Attack

→ If Hawlucha dies, switch to Lucario:

[Mega] Swords Dance + Rock Tomb + Low Sweep + Low Sweep

**Gogoat:** Flying Press / Wing Attack

Wing Attack at 80+ Attack (x / x / 15+)

**Weepinbell:** Wing Attack

#### Leader Ramos (with Lucario):

**Jumpluff:** Swords Dance + Rock Tomb

**Gogoat:**

Switch to Hawlucha

Swords Dance

Flying Press / Wing Attack

Wing Attack at 80+ Attack (x / x / 15+)

**Weepinbell:** Wing Attack

- If Hawlucha fainted, do shopping early and PC heal Hawlucha.
- Get **Lucky Egg**.
- Heal Lucario if got hit by Acrobatics.
- Teach Fly to Hawlucha over Flying Press.
- Turn off Experience Share.
- Give Lucario Lucky Egg.
- Swap Hawlucha with Lucario.
- Fly to Coumarine.

### Shopping (left):

11 Max Repels (^^) *12 if unconfident in movement.*  
 1 Escape Rope (^^^)  
 11 Full Heals (^)  
 3 Revives (v<)  
 MAX Hyper Potions (^^)

No Wind: xx:10, xx:30, xx:50 for 10 minutes.

Pickup hidden **Power Plant Pass**.

### Team Flare Grunt:

**Houndoom:** Swords Dance + Low Sweep

**Golbat:** Rock Tomb

Heal to full if got hit by Fire Fang or Acrobatics.

### Team Flare Grunt:

**Scraggy:** Low Sweep

**Croagunk:** Bone Rush

### Team Flare Grunt:

**Croagunk:** Swords Dance + Low Sweep

**Golbat:** Rock Tomb

### Team Flare Grunt:

**Mightyena:** Low Sweep *12 / 16 range*

### Team Flare Grunt:

**Scraggy:** Low Sweep

**Golbat:** Swords Dance + Rock Tomb

### Team Flare Grunt:

**Golbat:** Swords Dance + Rock Tomb

*Wing Attack does 27 / (28)*

**Mightyena:** Low Sweep

### Team Flare Grunt:

**Swalot:** Bone Rush (5 hits needed)

*Body Slam does 10 - 11 / (12)*



**Team Flare Grunt:**

**Liepard:** Low Sweep  
**Swalot:** Bone Rush

Heal if 20 HP or less.

**Team Flare Grunt:**

**Croagunk:** Bone Rush Sucker Punch does 8 / (9)  
**Scraggy:** Low Sweep  
**Liepard:** Low Sweep Fake Out can do 6

**Team Flare Admin:**

**Houndoom:** Low Sweep

**Team Flare Aliana:**

**Mightyena:** Low Sweep x2 Assurance can do 21

**Schoolboy Finnian (#3):**

**Dedenne:** Bone Rush (3 hits) (+ Low Sweep if only 2)

**Rising Star Estel (#1):**

**Raichu:** Bone Rush (3 hits) (+ Rock Tomb if only 2)

**Ace Trainer Rico (#3):**

Thunder Punch does: (33) / 34 - 39 / (40)

**Ampharos:** Bone Rush (5 hits) (+ Rock Tomb if only 4)

**Poké Fan Lydie (#2):**

**Plusle:** Low Sweep  
→ Teach Aura Sphere over Low Sweep (Slot 1)  
→ If already taught Aura Sphere, use Bone Rush.

Heal if less than 40 HP.

**Leader Clemont:**

**Emolga:** Swords Dance (+ Rock Tomb)  
**Magneeton:** Bone Rush  
→ If you miss, Revive and Bone Rush without setup (only SD on Emolga).  
**Heliolisk:** Aura Sphere  
**Emolga:** Rock Tomb

- Heal to full
- Teach Shadow Claw over Bone Rush (Slot 4).
- Max Repel (drop it in the gym, unless feeling very confident about movement).

### Pokémon Trainer Calem:

**Meowstic:** X-Attack + Shadow Claw

**Delphox:** Shadow Claw

**Absol:** Aura Sphere (x2 if Light Screen)

2 / 16 range with Light Screen

Pickup **Rare Candy**.

### Leader Valerie:

**Mawile:** Swords Dance x3 + Aura Sphere (Shadow Claw if no Iron Defense)

→ If Iron Defense turn 1 or 2, Shadow Claw the turn after Iron Defense

Aura Sphere is 6 / 16 to OHKO.

**Mr. Mime:** Shadow Claw

**Sylveon:** Shadow Claw 15 / 16 range

→ If you miss the range and die:

- Send out Lapras
- Perish Song
- Revive Lucario
- Heal Lucario
- Perish Song

Heal if 34 / (36).

### Team Flare Admin:

**Scraggy:** Aura Sphere

**Houndoom:** Aura Sphere

### Team Flare Double:

Aura Sphere **Liepard**

Aura Sphere x2 **Manectric** Spark does 36 / (38)

- Buy 6 Proteins (right vendor) - do not use them yet.
- Heal if 106 / (109).
- Max Repel

### Team Flare Grunt:

#### Golbat:

Swords Dance

If not hit by Acrobatics: Swords Dance again + Shadow Claw

Otherwise: Rock Tomb

#### Manectric:

2 Swords Dances: Rock Tomb

1 Swords Dance: Shadow Claw (+ Aura Sphere) 4 / 16 range

→ Do not teach Calm Mind.

### Team Flare Mable:

**Houndoom:** Aura Sphere

14 / 16 range

- Pickup **PP Up** if had to use the other one.
  - You can pick it up anyway for safety. **Safety usages are marked in Blue.**
- Heal to full.
- Escape Rope.
- Pickup **Rare Candy**.

### Pokémon Trainer Calem:

#### Meowstic:

Swords Dance

If Fake Out:

Swords Dance x2

Shadow Claw

Otherwise:

Shadow Claw

**Delphox:** Shadow Claw

#### Jolteon:

**Quick Attack can do 7 / (8), Discharge 63 / (64)**

If Meowstic used Fake Out: Shadow Claw

Otherwise: Rock Tomb + Shadow Claw

**Absol:** Aura Sphere

**Quick Attack can do 14**

### Psychic Paschal:

**Exeggutor:** Shadow Claw x2

### Puzzle:

- GREEN Right Up
- BLUE Down Left
- GREEN Down Left
- BLUE Down Down Right Right
- GREEN Up
- PURPLE Up Once on top: Left Down
- GREEN Left Up Left
- PURPLE Up

Heal if can die to Psychic.

### Leader Olympia:

#### Sigilyph:

**Psychic does: 51 - 58 / (60)**

Swords Dance (x3 if Reflect) + Shadow Claw

**Slowking:** Shadow Claw

**Meowstic:** Shadow Claw

**Fake Out can do 7 / (8)**

- Heal if 28 / (29).
- If already level 51, use 2 Rare Candies and 6 Proteins from the Restore menu.
- Fly to Lumiose.

**Team Flare Grunt:**

**Scrafty:** Aura Sphere (x2) 5 / 16 range at L51, 14/16 at L53  
→ Revive Lucario on Hawlucha if died + Wing Attack.

**Team Flare Grunt:**

**Liepard:** Aura Sphere  
→ Do not teach Heal Pulse.

- Use 2 Rare Candies.
- Use all 6 Protein.
- Heal to full if 90- HP.

**Team Flare Lysandre:**

**Mienfoo:** Aura Sphere

**Pyroar:** Aura Sphere

**Gyarados:**

Switch to Lapras

Rock Smash

→ If no Outrage, switch to Hawlucha, Revive Lapras and try again.

Switch to Lucario

Swords Dance

Rock Tomb

**Murkrow:** Aura Sphere

**Team Flare Grunt:**

**Swalot:** Swords Dance x2 / x3 + Shadow Claw +2 Spit Up does 32 / (33)

**Team Flare Aliana:**

**Mightyena:** Aura Sphere

**Druidiggon:** Aura Sphere x2 Shadow Claw does 45 / (46)

**Team Flare Grunt:**

**Liepard:** Aura Sphere

**Mightyena:** Aura Sphere

→ Teach Close Combat over Shadow Claw (Slot 4).

- Heal to full if 66 / (68).
- Use PP Up(s) on Close Combat (Slot 4) in first heal menu.

**Team Flare Grunt:**

**Houndoom:** Aura Sphere

**Toxicroak:** Swords Dance + Close Combat Sucker Punch does 18 / (19)

**Team Flare Grunt:**

**Golbat:** Swords Dance + Rock Tomb Acrobatics does 64 / (66)

Heal to full if 66 / (68)

**Team Flare Grunt:**

**Toxicroak:** Swords Dance + Close Combat

**Liepard:** Aura Sphere

Heal to full if 36 / (37).

**Team Flare Mable:**

**Houndoom:** Aura Sphere

**Weavile:** Aura Sphere

Ice Shard does: 15 - 17 / (18)

**Team Flare Xerosic:**

**Crobat:** Swords Dance + Rock Tomb

Air Slash does 36 / (37)

**Malamar:** Close Combat

- PC Heal Lucario and Lapras.
- Withdraw all Pokémon:
  - Swap Lucario and Chespin.
  - Swap Lucario and Chespin.
  - Swap Lapras and Chespin.
  - Withdraw everything (remember Lapras' spot).

**Team Flare Grunt:**

**Manectric:** Aura Sphere

**Scrafty:** Aura Sphere

**Golbat:** Rock Tomb (+ Aura Sphere)

4 / 16 range at L57, 9 / 16 at L58

Heal if 88 / (90).

**Team Flare Lysandre:**

**Mienshao:** Close Combat

**Pyroar:** Aura Sphere

**Gyarados:**

Switch to Lapras

Rock Smash (or heal Lucario to full)

→ If not full HP and no Outrage, switch to Squirtle, Revive Lapras

Switch to Lucario

Swords Dance

Rock Tomb

**Honchkrow:** Close Combat

Heal to full if below half health.

**Team Flare Double 1:**

Aura Sphere **Liepard**

Heal Stall (can Aura Sphere)

### Team Flare Double 2:

Aura Sphere **Mightyena**

Aura Sphere **Manectric**

Discharge does 49 / (51)

→ Do not teach Dragon Pulse.

Heal to full

### Team Flare Double 3:

Aura Sphere **Scrafty**

Aura Sphere **Houndoom**

### Team Flare Admin 1 (right):

**Mightyena:** Aura Sphere

**Houndoom:** Aura Sphere

### Team Flare Admin 2 (back):

**Golbat:** Swords Dance + Rock Tomb

Acrobatics does 70 / (72)

### Team Flare Admin 3 (left):

**Swalot:** Swords Dance x2 + Close Combat x2

57 / (58) for -1 Sp. Def Spit Up

### Team Flare Admin 4 (middle):

**Liepard:** Aura Sphere

**Manectric:** Close Combat

Catch Xerneas with Master Ball, say no to getting him into the party.

### Team Flare Lysandre:

**Mienshao:** Close Combat

**Pyroar:** Aura Sphere

**Honchkrow:** Swords Dance + Rock Tomb

SD + Close Combat

**Gyarados:** Close Combat

- Fly to Anistar.
- Heal to full.
- Max Repel.
- Use PP Up(s) on Close Combat if not done so yet.

### Pokémon Professor Sycamore:

**Venusaur:**

Swords Dance

If got damaged: Swords Dance again + Close Combat

Otherwise: Close Combat (+ Aura Sphere)

9 / 16 range

**Charizard:** Rock Tomb

**Blastoise:** Close Combat (or Aura Sphere x2 if had to Revive)

Heal if 46 HP or below.

**Pokémon Trainer Shauna:**

**Delcatty:** Aura Sphere  
**Goodra:** Close Combat  
**Greninja:** Aura Sphere

**Pokémon Trainer Tierno:**

**Talonflame:** Rock Tomb

**Crawdaunt:**

If can tank 100 / (102): Swords Dance  
Aura Sphere

**Roserade:**

If didn't Swords Dance yet: Swords Dance  
Close Combat

**Pokémon Trainer Trevor:**

**Raichu:** Swords Dance (+ heal paralysis) + Rock Tomb

**Florges:** Close Combat

**Aerodactyl:** Close Combat

→ Rock Tomb Aerodactyl if you have an X-Attack left.

**POSSIBLE YOLO** (loses time / deadly if you get static'd, saves time if you don't):

**Raichu:** Close Combat

**Florges:** (Heal paralysis +) Swords Dance + Close Combat

**Aerodactyl:** Close Combat

→ Rock Tomb Wulfric's Cryogonal to save the Close Combat

- Bike to the forest.
- Heal if 71 or less HP.
- Fly out of the forest.

Gym Puzzle: Pink x2, Blue x3, Pink x3

**Ace Trainer Imelda:**

**Sneasel:** Aura Sphere  
**Cloyster:** Aura Sphere

**Ace Trainer Viktor:**

**Delibird:** Aura Sphere  
**Mamoswine:** Aura Sphere

Gym Puzzle: Yellow x1, Green x3

**Ace Trainer Shannon:**

**Cryogonal:** Rock Tomb

**Piloswine:** Aura Sphere

**Jynx:** Rock Tomb

Close Combat

**Ace Trainer Theo:**

**Beartic:** Aura Sphere

**Vanilluxe:** Aura Sphere

**Leader Wulfric:**

**Abomasnow:** Aura Sphere

**Cryogonal:** Close Combat

**Avalugg:** Aura Sphere

*Note: information in italic red letters is currently outdated and only approximate. Needs fixing when I have time to fix it.*

*Heal if 55 or below.*

**Ace Trainer Robbie:**

**Carbink:** Swords Dance + Close Combat

Moonblast does 40 / (42)

**Raichu:** Rock Tomb

Quick Attack does 13 - 15

**Kingdra:** Close Combat

**Ace Trainer Alanza:**

**Weavile:** Aura Sphere

- *Heal if 80 HP or lower*
- Teach Shadow Claw over Aura Sphere (Slot 1)

**Pokémon Trainer Calem:**

**Meowstic:**

If you have an X-Attack left (and 2 Close Combats):

X-Attack

Otherwise:

Swords Dance (again if Fake Out)

Shadow Claw

**Delphox:** Shadow Claw

**Jolteon:** *speed tie without Steadfast boost*

With Swords Dance: Shadow Claw

With X-Attack: Close Combat

**Altaria:** Rock Tomb

**Absol:** Close Combat

*Quick Attack can do 17 at +0 Defense.*

Get free heal from Ranger.



If you forgot to heal: <https://pastebin.com/bS3XdUv8>

**Veteran Gerard:**

**Banette:** Shadow Claw

**Leafeon:** Swords Dance + Close Combat

**Veteran Timeo:**

**Trevenant:**

Shadow Claw

If hit by Will-O-Wisp: Full Heal

Shadow Claw

**Gigalith:**

If Cursed OR if can die to 132 - 154 / (156):

Switch to Hawlucha

Wing Attack (then spam Swords Dance / Encore Stone Edge)

Switch to Lucario

Close Combat

Otherwise: Shadow Claw + Close Combat

**Veteran Catrina:**

**Glacéon:**

*Blizzard does 59 / (60)*

If Gigalith used Protect on Close Combat: Swords Dance + Rock Tomb

Otherwise: Close Combat

**Snorlax:** Close Combat

Heal if 37 HP or less.

**Veteran Gilles:**

**Skarmory:** Shadow Claw (+ Swords Dance if Steel Wing boost) + Close Combat

**Alakazam:** Shadow Claw

**Umbreon:** Close Combat

*Quick Attack does (11) / 12 - 13 / (14)*

- Deposit all Pokémon
- PC Heal Lucario
- Buy Full Restores (>) if none left.

### Elite Four Malva:

#### Pyroar:

Swords Dance

If Noble Roared: Swords Dance again

If burnt: Full Restore

→ Full Restore on Talonflame instead if 24 - 34 HP left (experimental)

Close Combat

**Talonflame:** Rock Tomb

Quick Attack does 17 - 19 / (20)

**Torkoal:** Close Combat

#### Chandelure:

If low HP or playing it safe: Shadow Claw

Otherwise: Rock Tomb

Heal to full if you took more damage than Talonflame's Quick Attack (Full Restore if burnt).

### Elite Four Wikstrom:

#### Klefki:

Swords Dance x2 (Rock Tomb in between if Tormented)

If got hit by 2 Dazzling Gleams: Hyper Potion

Shadow Claw

**Probopass:** Earth Power does 76 - 88 / (90)

No Torment: Shadow Claw x2

Otherwise: Rock Tomb (Shadow Claw if you miss) + Close Combat

**Aegislash:** Shadow Claw

→ Need to be at 68 HP or lower

#### Scizor:

Heal if 40/(41) +0 Def, 60/(61) -1 Def

Close Combat

Heal if 120 HP or lower (or if 168 HP or lower if you intend to play Drasna safely).

### Elite Four Drasna:

#### Dragalge:

Thunderbolt does 41 - 48 / (49)

Swords Dance x2

If at 24 HP or less: Heal to full

Shadow Claw

→ Safer strat: Swords Dance x3 + Shadow Claw x4

**Noivern:** Close Combat (Rock Tomb if used Close Combat on Probopass)

→ Close Combat if used PP Up.

**Druidiggon:** Close Combat

**Altaria:** Close Combat

- Heal to full
- Ether Close Combat
- Equip Lucarionite

**Elite Four Siebold:**

**Clawitzer:** [Mega Evolve] Close Combat

**Gyarados:** Swords Dance + Close Combat

15 / 16 range

**Barbaracle:** Close Combat

**Starmie:** Shadow Claw

Heal if you took any damage.

**Champion Diantha (fast version, safer version below):**

**Hawlucha:** Swords Dance + Close Combat

**Goodra:** Close Combat

**Tyrantrum:** Close Combat

**Aurorus:**

Rock Tomb

Close Combat if you took no damage.

If miss, you are at full HP, and Aurorus used Reflect:

Swords Dance

If you got hit by Thunder:

[Mega Evolve] Rock Tomb

If Thunder missed or went for Light Screen:

Swords Dance + Rock Tomb

If you missed and no Reflect is up:

Rock Tomb again

**Gourgeist:**

If took damage:

Heal to full

If Gourgeist uses Phantom Force and you have X-Defense:

(X-Defense +) Heal to full

Shadow Claw

**Gardevoir:** Shadow Claw

**Champion Diantha (safer version):**

**Hawlucha:** [Mega Evolve] Swords Dance + Shadow Claw

**Goodra:** Close Combat

**Tyrantrum:** Close Combat

**Aurorus:** Close Combat

**Gourgeist:**

If got crit by Hawlucha: Heal to full

Shadow Claw

**Gardevoir:** Shadow Claw

**AZ:**

**Torkoal:** Swords Dance x2 / x3