



## Pokédex data

National № **062**

Type **WATER** **FIGHTING**

Species **Tadpole Pokémon**

Height **4'3" (1.30m)**

Weight **119 lbs (54.0 kg)**

Abilities **Damp**  
**Water Absorb**  
**Swift Swim** (hidden ability)

## Base stats

HP	90	<div></div>	290	384
Attack	95	<div></div>	175	317
Defense	95	<div></div>	175	317
Sp. Atk	70	<div></div>	130	262
Sp. Def	90	<div></div>	166	306
Speed	70	<div></div>	130	262
Total	<b>510</b>		Min	Max

The ranges shown on the right are for a level 100 Pokémon. Maximum values are based on a beneficial nature, 252 EVs, 31 IVs; minimum values are based on a hindering nature, 0 EVs, 0 IVs.

## Type defenses

The effectiveness of each type on Poliwrath.

Damp ability		Water Absorb ability		Swift Swim ability				
NOR	FIR	WAT	ELE	GRA	ICE	FIG	POI	GRO
	½	0	2	2	½			
FLY	PSY	BUG	ROC	GHO	DRA	DAR	STE	FAI
2	2	½	½			½	½	2

# OVERVIEW

Poliwrath is one of the most underrated pokemons at pro in my opinion his usage is a bit boosted from last season but many ppl keep ignore how powerful is he , his defensive advantages is just OP for current meta also his ability "Water Absorb" make him useful as rain counter too.

So let's see why Poliwrath is OP and how u should play it.

# MOVESETS

**Nature & EV Spread:** Relaxed ( 252 HP , 252 DEF , 4 SP DEF )

If you are 31 speed relaxed u can use 4 on speed so u will never be outspeed by another poliwrath or another 70 base speed relaxed poke and attack with circle throw first

**ITEM:** Leftovers

**Leftovers:** provide some extra recovery

Usually u switch poliwrath into possible knock offs so Leftovers is the best one u can get

## **Recommended Moveset:**

**Move 1 :** Rest

**Move 2 :** Sleep Talk

**Move 3 :** Scald

**Move 4 :** Circle Throw

**Moves:** Poliwrath is on the category of resttalk pokemons rest will heal your HP and will also cure any other status so u can actually use poliwrath as a status absorber too you must be really focus when u rest with poliwrath and count the 2 turns of sleep so u dont waste a turn by a sleep talk(this is bannable too since sleep talk in the 3rd turn dont consume PP) when u are about to wake up, sleep talk combo will allow u to attack in the 2 turns of sleep also it will ignore the the -6 priority of Circle Throw and if u are faster than ur enemy u will attack first , scald can burn enemy sweepers even if is not very effective against them and circle throw will force the enemy to a switch also u can destroy his Boosts and if super effective vs his pokemons u can keep spamming for many turns and make him switch and switch all over again imagine the combo of that move with hazards on him.

**USAGE TIPS:** if u play a hazard team poliwrath can be a great weapon in ur hands with circle throw , imagine a toxic spikes and force ur enemy switch and switch over again he will not be able to rapid spin and his pokes will get all poisoned , also poliwrath can be a good switch vs physical setup sweepers like bisharp , weavile , snorlax , kabutops , crawdaunt yea this pokemons usual sweep a lot of teams but i will post you some pictures to check out how well poliwrath can hold them, full hp poliwrath can even get a hit from talonflame and hit him back with scald

## Vs Bisharp

### Poliwrath's Moves (select one to show detailed results)

Scald	32.1 - 38%
<b>Circle Throw</b>	92.9 - 110.7%
Rest	0 - 0%
Sleep Talk	0 - 0%

### Bisharp's Moves (select one to show detailed results)

Knock Off	16.4 - 19.5%
Sucker Punch	11.9 - 14%
Iron Head	13.5 - 16.1%
Brick Break	17.1 - 20.3%

## Vs Crawdaunt

### Poliwrath's Moves (select one to show detailed results)

Scald	19.4 - 23.2%
<b>Circle Throw</b>	53.9 - 63.6%
Rest	0 - 0%
Sleep Talk	0 - 0%

### Crawdaunt's Moves (select one to show detailed results)

Knock Off	15.8 - 18.7%
Aqua Jet	0 - 0%
Crabhammer	0 - 0%
(No Move)	0 - 0%

## Vs Kabutops

### Poliwrath's Moves (select one to show detailed results)

Scald	22.2 - 26.4%
<b>Circle Throw</b>	45.9 - 55.1%
Rest	0 - 0%
Sleep Talk	0 - 0%

### Kabutops's Moves (select one to show detailed results)

Swords Dance	0 - 0%
Rock Slide	14.3 - 16.9%
Aqua Jet	0 - 0%
Waterfall	0 - 0%

## Vs Weavile

### Poliwrath's Moves (select one to show detailed results)

Scald	26.6 - 31.3%
<b>Circle Throw</b>	125.2 - 149.4%
Rest	0 - 0%
Sleep Talk	0 - 0%

### Weavile's Moves (select one to show detailed results)

Knock Off	14.5 - 17.1%
Ice Punch	11.1 - 13.2%
Low Kick	16.1 - 19%
Brick Break	15.1 - 17.9%

## vs Tyranitar

### Poliwrath's Moves (select one to show detailed results)

Scald	28.7 - 34.6%
<b>Circle Throw</b>	57.4 - 68.3%
Rest	0 - 0%
Sleep Talk	0 - 0%

### Tyranitar's Moves (select one to show detailed results)

Stone Edge	16.4 - 19.2%
Dark Pulse	14.8 - 17.7%
Thunderbolt	44.7 - 53.1%
Earthquake	21.8 - 25.7%

## vs Excadrill

### Poliwrath's Moves (select one to show detailed results)

Scald	51.5 - 60.3%
<b>Circle Throw</b>	52 - 62%
Rest	0 - 0%
Sleep Talk	0 - 0%

### Excadrill's Moves (select one to show detailed results)

Earthquake	32.8 - 38.5%
Iron Head	13.2 - 15.6%
Rock Slide	8 - 9.6%
(No Move)	0 - 0%

**TEAM OPTIONS:** Hazard setters make poliwrath a offensive weapon too , Blissey can hold all SP attacks poliwrath is weak too ,Impish Gliscor can hold boosted Earthquakes , Electric Attacks , and pokemons like Talonflame , Staraptor , any other Ground Type Pokemon can make good combo with poliwrath try to combo it with stealth rock too , Grass Types like Celebi , Roselia , Ferrothorn or a SAP SIPPER ability pokemon like Goodra can be good with poliwrath to check his grass weakness

## CHECKS AND COUNTERS

**Jellicent:** water absorb and ghost type is huge counter for you , he can't kill you too but can waste so easy ur PP in a match up

**Grass Types:** can tank easy scald and circle throw and hit back with a stab super effective move

**Psychic & Flying & fairy:** they can hit u back with a stab x2 so u must avoid that hits ps: if they are physical attackers u can hold 1 hit and try burn etc.

**Taunt:** of course u must avoid taunt users since u will not be able to heal

## VIDEOS

<https://youtu.be/ZEihUkV0ZSc>