

Pokémon Gold Any% Glitchless Beginner Guide with Totodile manip

Last Update: 12/05/2020

General Facts:

Spinners are randomly spinning trainers and rotatos are trainers that turn (counter-)clockwise after a certain amount of time. Spinners are switching between DOWN and RIGHT / UP and LEFT in approx. 50% of the cases.

Before your run set:

Text Speed: **fast**, Battle Scene: **off**, Battle Style: **set**, Audio: **stereo** and Menu Account: **off**

Name you and Toto a one-character name to save time. Don't nickname HM slaves.

This guide expects you to do [LID Manip](#) and [Totodile Manip](#). I recommend you start off learning these two. If you want to do the other manips, just keep in mind taking additional steps will most likely mess with them. [Here](#) is a slightly outdated video of the old World-Record Holder Gunnermaniac explaining how to do the manips. For help, more information and resources, please go to the Gold Glitchless section in the PSR discord.

[LID Manip Video](#) [LID Manip Pastebin](#) [Old LID Manip with more info \(still works\)](#)

[Totodile Manip](#)

[Route 29 Manip](#) (Not necessary for beginners)

[Don Manip](#) (Not necessary for beginners)

[Sandshrew Manip](#) (Not necessary for beginners)

[Encounterless Manip \(f 3-5 on Sandshrew Manip\)](#) (Only possible with all manips and a cutslave)

[Douglas Manip](#)

Beginning of the game:

- Set the time to 10:00 AM
- Say Y/Y/N/Y/Y to the Yes/No textboxes from mom
- Do Totodile manip. The correct stats are 21/13/12/10/11/10. Feel free to take the one frame late too which has 20/12/12/10/11/10.
- Take Totodile's Berry off (also check stats if you're not sure you got the good Toto)
- Go to Mr. Pokemon and pick up the hidden Potion
- Kill one Level 2 Pidgey, Level 2 Sentret or Level 3 Caterpie if you encounter one (only on the way to Mr. Pokemon, not worth on way back since you'll take damage before the rival fight)



Rival 1:

Chikorita: Leer, spam Scratch

- go back to the lab
- skip the catching Tutorial
- If you are not doing R29 Manip, catch a Sentret if you encounter one

Route 30/31:

- Avoid the first trainer through the grass

Youngster Mikey:

Pidgey: Scratch 2x (or Rage if somehow L7)

Rattata: Scratch 3x (or keep Rage)

- Put the Berry back on and call Mom (this can be done before Don Manip or on the start buffers while passing Don) (if your HP is 14 or less, also Potion)
- Avoid Spinner Don (rage both Caterpies if you hit)
- Run from Bellsprouts as you want to avoid unnecessary damage
- Optional: Pick up the Bitterberry and equip it when you heal in Falkner's Gym (Would recommend if you aren't doing Don Manip)

Violet Town:

- Enter Falkners gym

Bird Keeper Ape:

Spearow: Rage spam

- Potion if below 10HP

Bird Keeper Rod:

Pidgeys: Rage spam

- Potion if below 16HP, or if below 19HP if you're already LVL 10

Gym Leader Falkner:

Pidgey: Rage spam

Pidgeotto: Rage spam

- Enter the Pokemon Center
- Heal, then get the egg

Route 32:

- Get PRZCUREBERRY
- Kill any encounter if you have no extra exp
- Catch a bellsprout if you encounter one
(If you're doing Sandshrew Manip, kill the Bellsprout if you have no extra exp)

Youngster Albert:

Rattata: Rage turn 1, Raging if Tackle, Scratch if TW (Scratch x2 if you don't have God Toto)

Zubat: Rage/Scratch

- If you killed any encounter, or hit Don, fight Fisher Ralph (last trainer on the bridge), if not intentionally fight the first spinner in Union Cave (Hiker Daniel)

Fisher Ralph:

Goldeen: Leer, Scratch 3x

- Avoid Rotato and enter Union Cave

Union Cave:

- Water Gun one stone-type Encounter if you encounter one (Sandshrew also works if you plan to manip one later)
- Catch a Sandshrew if you don't have a cutter yet
- If you intentionally fight Daniel, Leer + Rage spam, Water Gun if he hits you

Hiker Russell:

Geodudes: Water Gun 3x

- Manip past or avoid Spinner Bill
- (incase you hit him: Water Gun both Koffings, +290 EXP, 288\$)

Firebreather Ray:

Vulpix: Water Gun, Scratch (Rage if Vulpix is in Redbar)

- If you don't have a Cutter, wait until you get a Sandshrew
- If you get Burned by Ember, pick up and use Hidden Full Heal



Azalea Town/Slowpoke Well:

- Avoid Spinner Anthony
- (incase you hit, spam Water Gun)
- Shop before Kurt if you are below 30HP, if not shop after talking to Kurt

Shopping:

- 4 Super Potions (3D)
- 4-5 Repels (5 if planning to heal before well) (2D)
- 3 Antidotes (1D)
- 1 Paralyz Heal (1D)
- go talk to Kurt
- if you bought 5 Repels, Heal and Repel one step down after leaving Kurt's house. Walk and talk to all Rockets in Well so Repel buffers spinner Benny later
- Enter Slowpoke Well

Rocket Grunt #1:

Rattatas: spam Water Gun (Scratch instead if you are gonna hit L15 here)

- Heal to 15+ HP

Rocket Grunt #2:

Zubat: Water Gun 2x (Scratch if already L15)

Ekans: Scratch 3x

- Heal to 10+ HP

Rocket Grunt #3:

Rattata: Spam Rage (if you don't get a Rage stack on Rat Water Gun Zubats)

Zubats: Spam Rage

- Heal to 11+ HP if level up before, 16+HP if didn't

Rocket Grunt #4:

Koffing: Water Gun 3x/4x

- Enter Buggy's Gym (Kurt healed you)
- Fight right Trainer first

Twins Amy & May:

Ledyba: Scratch 2x

Spinarak: Water Gun 2x

- Do not heal if poisoned
- Go left

Bug Catcher Josh:

Paras: Swap Leer to Slot 1, Leer + Scratch x2-3 (use Paralyze Heal turn 3 or after fight)

- If below 30HP: Heal, Equip Para-Berry, (heal Poison) when passing Benny
- Avoid Spinner Benny
- (if you hit Benny: Water Gun, Water Gun + Rage, spam Rage)

Gym Leader Buggy:

Metapod/Kakuna/Scyther: spam Rage

- Before Rival 2:
 - Equip Para Berry if haven't
 - Use a Super Potion (or Potion if it heals full)
 - Repel (1D)
 - (Heal Poison)
 - Teach Fury Cutter over Leer (1L, 1D)

Rival 2:

Gastly: Water Gun x2

Bayleef: Fury Cutter x3 (+ Scratch)

Zubat: (Heal Poison if below half HP) Scratch x2-3 if no Reflect/Growl, otherwise Water Gun x2-3

Ilex Forrest:

- Do Farfetch'd Quest (don't pick up Revive)
- Get Cut from the left guy, when repel runs out:
 - Super Potion
 - Repel (1D if Supers in Slot 1)
 - Teach Cut to Sandshrew (L)
- If you don't have Para Berry or Para-Heal anymore: get hidden Full Heal
- Pick up TM Headbutt from the guy in the south
- When repel runs out (**Cursor already on items**):
 - Teach Headbutt to Croconaw (**BEWARE OF CUTTER**) over Rage (1U)
 - Repel (R)
- Exit Ilex Forest



Goldenrod City/ Route 36:

- Grab Bike, register + use
- Go to Whitney's Gym

Lass Carrie:

Snubbull: Headbutt x3 (switch to Water Gun if Turn 1 Charm unless you highrolled)

Whitney:

Clefairy: spam Fury Cutter

Miltank: spam Fury Cutter (if Miltank is low health and used Rollout -> Headbutt)

- Learn **Bite over Fury Cutter** (Scratch if still fighting Whitney)
- Talk to the Squirtbottle Lady
- Get Kenya from the gate north of Goldenrod
- Go to the underground and fight the two trainers

Pokemaniac Donald:

Slowpokes: Headbutt x2-4

Super Nerd Teru:

Magnemites: Water Gun x3

Voltorb: Headbutt

- Grab **Coin Case**
- in case you're out of healing Items: grab the hidden Super Potion
- Go to the Game Corner



- Get 4x 50 Coins and buy Abra (first Lady from the right)
- Try to buy another Abra for less text
- Go to Radio Tower
- Deposit Croconaw and Egg, withdraw Croconaw
- Get the Master Ball
- Leave and open the menu:
 - Swap Sandshrew with Croconaw
 - Teleport
- Go to the mart and buy:
 - 5 Escape Ropes (2D)
 - 3 Awakenings (3D)
 - 1 X-Attack (2D)
 - 2-3 X-Speed (2 if you bought 5 Repels before) (1D)
- Head west and use Squirtbottle

Psychic Greg:

Drowzee: Headbutt, Scratch

Ecruteak City/Route 39/40

- Go to Mortys Gym

Sage Ping:

Gastlies: spam Bite

Sage Jeffrey:

Haunter: Bite (x2)

Medium Martha:

Gastly: Bite

Haunter: Bite + Water Gun

Gastly: Bite

Heal if you got Nightshade twice

Gym Leader Morty:

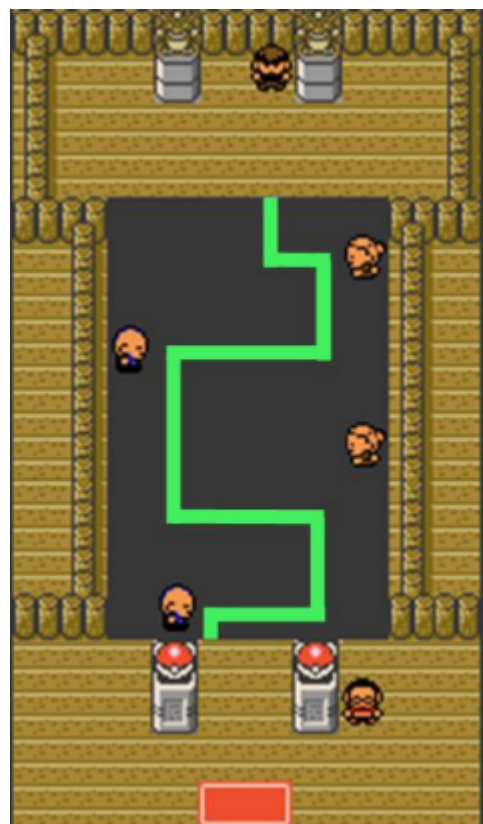
(Swap to Sandshrew or Abra if you get cursed)

Gastly: Bite (if you miss the Range X-Speed)

Haunter: Bite, X-Speed, Water Gun

Gengar: (X-Speed if haven't) Bite, Bite, Bite/WG

Haunter: Bite, Bite/Water Gun



- Head to the Theater and fight them from left to right

Kimono Naoko:

Flareon: Swap Headbutt to Slot 1, Headbutt, Scratch

Kimono Sayo:

Espeon: Headbutt, Scratch

Kimono Zuki:

Umbreon: Headbutt x2, Scratch

Kimono Kuni:

Vaporeon: Headbutt x2

- Heal to 24+ HP, repel if healing

Kimono Miki:

Jolteon: Headbutt, Scratch

- Get **HM03 Surf**

After exiting the Theater (if you haven't repelled yet):

- Super Potion if it heals 50HP
- Repel (1D if still Supers left)
- Teach Surf over Water Gun (1L,4D)
- Use Bike (L)

Bike West to Olivine City

Olivine City/Lighthouse/Route 40/41

After talking to Rival head to the mart

Shopping:

- If you still have Super Potions buy 1-2 more
- If you're out of Super Potions buy 2-3 Hyper Potions
- Buy 11 Super Repels

Head to the Lighthouse

Gentleman Alfred:

Noctowl: Headbutt, Surf (Scratch if it kills, Headbutt x2 if haven't taught Surf yet)

Gentleman Preston:

Growlithe: Headbutt (Water Gun)

Growlithe: Surf (Water Gun)

Lass Connie:

Marril: Headbutt, Scratch

- Go down the left hole

- Teach Surf on Ernest buffer if you haven't yet
- Avoid Spinner Ernest (If you hit Ernest, Surf Machops, Bite x2 Poliwhirl)
- Talk to Jasmine
- Drop down the hole on the left and pick up the Rare Candy below

Menu:

- Use a Super Potion if it nearly heals 50HP
- Toss Para Heal if you still have the Berry equipped
- Use a Super Repel (1 below X-Speeds/Hyper Potions)
- Use Rare Candy -> Evolve (1D)
- Swap Super Repels to above Escape Rope (1 above Awakenings)
- Use an Escape Rope
- Head to the House left of the Center
- Get Strength from the guy at the table
- Surf west towards Coanwood
- Buffer Spinner Kaylee and teach Strength over Scratch (1L,1D)
- (If you hit Kaylee, Strength everything)

Cianwood City/Route 42

- Bike to Chuck's Gym

Blackbelt Yoshi:

Hitmonlee: Headbutt, Strength (HB, Surf if scratched Noctowl)

Blackbelt Lao:

Hitmonchan: Headbutt, Strength

Blackbelt Nob:

Machop: Surf

Machoke: Headbutt, Surf

- Heal here if Super Potion heals 50, use Strength from menu if you do

Blackbelt Lung:

Mankeys: Surf x2

Primeape: Headbutt, Surf

- Heal to 54+ HP

Gym Leader Chuck:

Primeape: X-Attack, Strength (+Strength)

Poliwrath: Strength x2-3 (HB, Strength (+Strength) if you hit Kaylee)

- After leaving the Gym, get FLY from Chuck's Wife
- Get the Secretpotion from the guy in the house next to her

After leaving the House:

- Toss Para Heals if you haven't already
- Use a Super Repel (1D from Antidotes/Super Potions)
- Teach Fly to Kenya (1L)
- Fly to Ecruteak **(3 down)**

Mahagony Town/Lake of Rage

- Bike/Surf east to Mahagony City
- Avoid Spinner Benjamin
- (If you hit Benjamin, Bite, Bite, Strength)
- Bike towards the Lake of Rage
- Use Masterball on Shiny Gyarados
- Talk to Lance and say Yes (16 Textboxes)
- Fly back **(2 down)**
- Enter the Team Rocket Hideout

Rocket Grunt #1:

Drowzee/Zubat: Surf x2

Rocket Grunt #2:

Zubat/Grimer/Rattata: Surf x3 (Strength if hit Benjamin)

Go South twice at the Intersections

Scientist Jed:

Magnemites: Surf x3

Go down the stairs, **do NOT take teleporter**, take Lance Heal

Rocket Grunt #3:

Venonats: Headbutt x2

After stairs, head left and up into the Room

Scientist Ross:

Koffing/Koffing: Surf x2

Rocket Grunt #4:

Ekans/Gloom: Headbutt x2

TALK TO THE GIRL AFTER YOU BEAT HER

Head out of the room and into the room left

Scientist Mitch:

Ditto: Headbutt

Now talk to the spinning Rocket to the left

Rocket Grunt #5:

Raticate: Headbutt

TALK TO THE GRUNT AFTER YOU BEAT HIM

Head out of the room and to the Northeast Staircase. Head left.

Rocket Grunt #6:

Rattata/Zubat/Rattata: Bite

Rocket Executive:

Zubat: Headbutt

Raticate: Strength

Koffing: Surf

TALK TO THE BIRD AFTER YOU BEAT THE EXECUTIVE

Backtrack down two sets of stairs,. Go right, grab the Protein that's in your way, enter the stair. Open the door and go in.

Rocket Execute #2:

Arbok: Surf

Gloom/Murkrow: Strength

After Lance monologue, kill the Electrodes. **Surf all Electrodes.**

Open the menu after Lance is gone:

- Toss Awakenings (1 below Escape Ropes)
- Use Protein (1D)
- Use Escape Rope (2U)

Head to Pryce's Gym:

- Take one step on the ice, save, pass Spinner Douglas (you can manip past him if you hit him, subtract 154ms from your Toto offset)

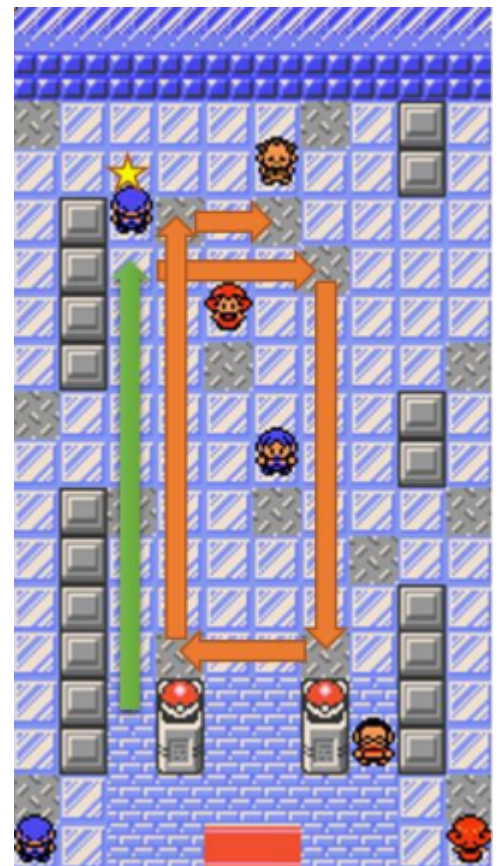
Gym Leader Price:

Seel: Strength (+Bite)

Dewgong: Strength x2

Piloswine: Surf

Leave the gym and Fly to Olivine **(4 down)**



Olivine City:

- Go back up the Lighthouse
- pick up the Ether (Pokeball above you after the hole)
- Avoid Spinner Ernest
- (If you hit Ernest, Headbutt x3 and teach Slash over Headbutt later)
- Deliver the Potion (care, there's a Y/N textbox)
- Use Escape Rope (Cursor on Pokemon, 3D)
- Bike to Jasmine's Gym

Gym Leader Jasmine:

Magnemite/Magnemite/Steelix: Surf x3

After exiting the gym, Fly to Goldenrod (**up 4**) and head right to the mart

Goldenrod Mart:

- Floor 5: Get Return from the left lady, buy TM33 Ice Punch on the right (2D)
- Floor 3: 6 X-Specials, 11 X-Attacks, 1 Guard Spec, 2 3-Accs (1D,2D,2D,1D)

Leave the mart and bike to the Radio Tower

Rocket Grunt #1:

Raticate/Raticate: Headbutt x2

On the second floor, go down, back up between the two rockets, fight the guy on the wall

Rocket Grunt #2:

Zubat/Zubat: Headbutt x2

Rocket Grunt #3:

Grimer/Grimer: Headbutt x2

Muk: Headbutt x2 (Remember to teach Slash if hit you hit Ernest)

On floor 3, go straight to the Rocket on the North Wall and talk to him

Rocket Grunt #4: (Slash everything if you taught it)

Koffing: Bite

Grimer: Strength

Zubat/Rattata: Bite x2

Go south and left towards the South Wall, talk to Scientist on the Right

Scientist Marc:

Magnemite/Magnemite/Magnemite: Surf x3

Go up to Floor 4

**Bonk on the right, open menu, ether Surf, Teach Ice Punch over Headbutt/Slash
(Below X-Speeds/Hypers, 1L1U)
Avoid Rotato ([most excellent movement](#)) and talk to the scientist.**

Scientist Rich:

Porygon: Surf (+Bite)

Rocket Executive:

Koffing/Koffing/Koffing: Surf, X-Special (X-Acc if smokescreen hits), Bite, Bite

Weezing: Surf

Koffing/Koffing: Bite, Bite

Walk out of the tower, make sure to **AVOID ROTATO**

Enter Underground via the north building

Rival 3:

Golbat: Ice Punch (+Bite)

Magnemite: (X-Special if you still have the Para Berry on) Surf

Meganium: (X-Special if you didn't on Magnemite), Ice Punch

Haunter: Ice Punch

Sneasel: Surf

Rocket Grunt #1:

Rattata: Swap Bite to Slot 1, Bite

Ignore the switches for now

Rocket Grunt #2:

Muk: Surf

Koffing/Rattata: Bite x2

Rocket Grunt #3:

Koffing: Bite

Muk: Surf (+Bite)

Press switches 3,2,1 (in this order)

Burglar Eddie:

Growlithe: Strength

Koffing: Bite

Burglar Duncan:

Koffing/Koffing: Bite x2

Magmar: Strength

Rocket Grunt #4:

Gloom/Gloom: Strength x2

Rocket Grunt #5:

Raticate: Ice Punch

Golbat: Strength

Rocket Grunt #6:

Grimer: Strength

Weezing: Ice Punch

Rocket Grunt #7:

Koffing/Koffing: Bite x2

Open the menu after talking to the Director:

- Use your remaining healing items, toss the rest and your Antidotes
- Scroll to Escape Ropes (2D)
- Teach Return over Bite (1L,2U)
- Use Escape Rope (R)

Head back to the Radio Tower and use Card Key on Floor 3

Rocket Grunt #8:

Raticate/Koffing: Return x2

Rocket Executive #1:

Golbat: Ice Punch (+Strength)

Rocket Executive #2:

Arbok: Surf (+Return)

Vileplume: Ice Punch (+Strength)

Murkrow: Return

Rocket Executive #3:

Houndour: Return

Koffing: Ice Punch

Houndoom: Surf

Get **PINK BOW** from Mary one floor below. Walk to bottom floor, talk to the right Lady behind the counter and do the quiz (Y/Y/N/Y/N). Fly to Mahagony **(2 down)**

Ice Path

- Leave Mahagony and bike east, **AVOID ROTATO**
- Bike along bottom row till the girl, then go up one tile to avoid the guy

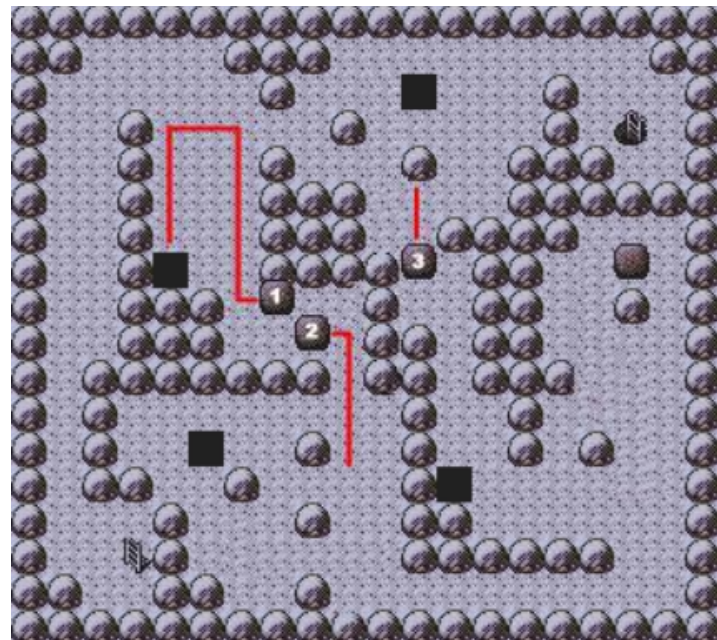
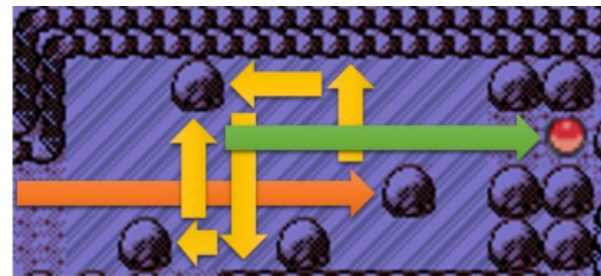
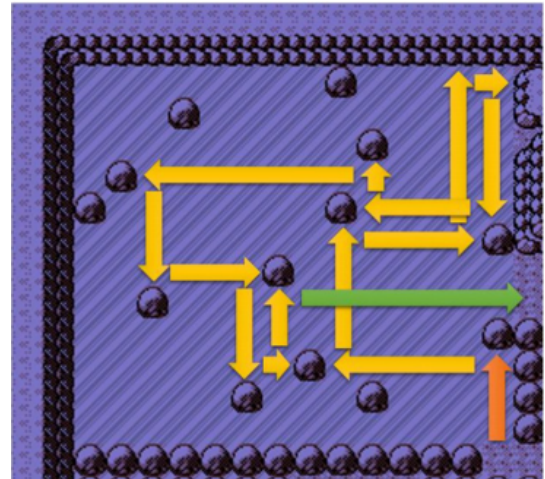
Bird Keeper Vance:

Pidgeotto/Pidgeotto: Return x2

- Repel 3 tiles in

Ice Path Puzzle (u. picture and [video](#))

- Start is **Orange** and end is **green**
- Grab HM03 Waterfall
- Get to the ladders and do the boulder puzzle as explained
- (Push 2 aside, then 1 up, then 2 down, move around and push 3 aside, then 1 left and in the hole)
- Leave room via the southwest hole
- Bike up, right and then down the ladder
- Get to the ladder
- Go around and leave a tile place
- Then go down twice, left, down the ladder
- Solve the puzzle to get to the ladder
- Leave a tile place and go down as in the pic and exit the cave
- **Backup:** There is a [hidden Max Potion](#) in the last Puzzle before leaving



Blackthorn City:

Bike towards the gym, two tiles before it open your menu:

- Use another Super Repel (**CURSOR ON PKMN**, Slot 1 if no Super Potions)
- Swap X-Speeds to below X-Accuracies (3D,5D)
- Give the Pink Bow to Feraligatr
- Teach Whirlpool and Waterfall to Gyarados (1L, Scroll down to below Strength)

Enter the Gym

Cooltrainer Paul:

Dratini/Dratini/Dratini: Return x3

Go up the stairs, Go South and East

Cooltrainer Fran:

Seadra: Return x2 (If you're short on Returns, X-Attack+Return)

Push bottom right Boulder down, bottom left Boulder Up and into the hole

Cooltrainer Cody:

Horsea/Seadra: Return x3 (If you're short on Returns, X-Attack+Return)

Push top Boulder right, then the other Boulder into the hole and jump in

Cooltrainer Lola:

Dratini: Return

Dragonair: Ice Punch

Gym Leader Clair:

Dragonair/Dragonair/Dragonair: Ice Punch x3

Kingdra: Return x2

- Leave Gym and surf north to Dragon's Den
- Bike to the furthest left tile possible, then surf, whirlpool and get Dragon Fang
- Get the badge from Clair, **Super Repel** and **Escape Rope** out

Route 26/27/Victory Road

- Fly to New to New Bark Town, **walk** to bottom tile, east and surf
- Go through Taijo Falls, **walk down ASAP to AVOID ROTATO**

Cooltrainer Blake:

Magneton: Surf

Exeggcute: Return (Ice Punch if only 1 Return left)

Quagsire: Surf

- Go right on Blake's tile, surf down on the same tile as the next trainer
- Get back on land after the girl trainer
- Surf to avoid the fat guy and head north

Psychic Richard:

Espeon: Return

- Take the House Heal
- **AVOID SPINNER JOYCE**, use a Super Repel on the second Pause Buffer
- (if you hit Joyce, Strength x3)
- head north

Cooltrainer Gaven:

Victreebel/Kingler/Flareon: Return x4

Cooltrainer Jake:

Parasect/Golduck: Return x2-3

Cooltrainer Beth:

Rapidash: Surf

- Go through the checkpoint and up the stairs
- Go down the left stairs and down the ladder
- Head east and north up the ladder
- Go east, then north

Rival 4:

Sneasel: X-Special, Return

Magneton: Surf

Meganium: Ice Punch

Golbat: Surf

Haunter/Kadabra: Ice Punch x2

Elite Four:

Don't take the center. **Buy 3 Max Repels (1D), 11 Full Restores (3D) and 3 Revives (1D)(Optional)**

Elite Four Will:

Xatu: X-Special, Surf (Full Restore if confused)

Exeggcute: Ice Punch

Jynx: Strength

Slowbro: Return x2-3

Xatu: Surf

Elite Four Koga:

Ariados: X-Special, (X-Acc if Double Team, FR if Confuse Ray), Surf

Venomoth/Forretress: Surf x2

Muk: Surf, Ice Punch

Crobat: Ice Punch

Elite Four Bruno:

Hitmontop: X-Attack x2, Return

Hitmonchan/Hitmonlee/Machop: Return x3

Onix: Ice Punch

Elite Four Karen:

Umbreon: X-Special, (FR if confused, X-Acc if Sand Attack), Surf x2

Heal under 12HP because Murkrow has Quick Attack

Vileplume: Ice Punch

Gengar: Surf

Murkrow: Return (Surf if you crit Umbreon)

Houndoom: Surf

Heal to 67+HP for Lance

Champion Lance:

Gyarados: Return, (X-Speed if Hyper Beam and you bought 3), Strength

Dragonite/Dragonite: Ice Punch x2

Dragonite: Ice Punch (IP again if Safeguard, Strength if Outrage)

Aerodactyl: (if you lose the Speed tie it does 37-44 dmg, heal if you must or yolo), Surf
(If you have the one frame late Toto, Aerodactyl is faster unless you used X Speed)

Charizard: Surf

Reset after the saving textbox goes away

SS Aqua

- Bike to Professor Elm, talk to him to get the S.S. Ticket
- Fly to Olivine (**5 down**) and get on the boat
- Go East and down the stairs, talk to the guy blocking you, go back upstairs
- Go into the 3rd room on the top from the right, talk to the guy inside

Sailor Stanley:

Machop/Machoke/Psyduck: Return x3

- Go back downstairs and west at the intersections, up the stairs,
- Talk to the Girl in the Captain's Quarters
- Leave the Ship

Kanto Badge 1:

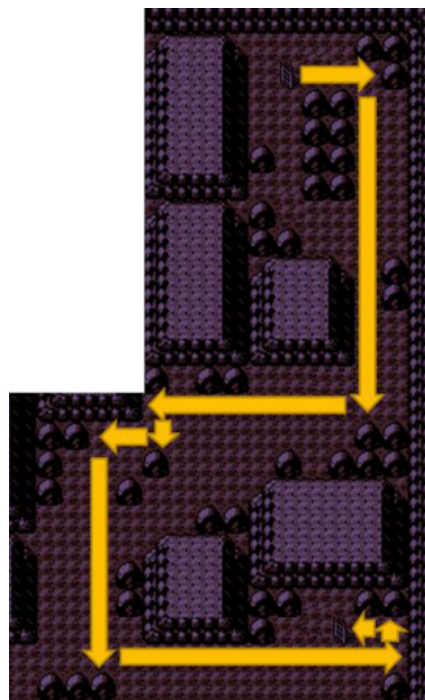
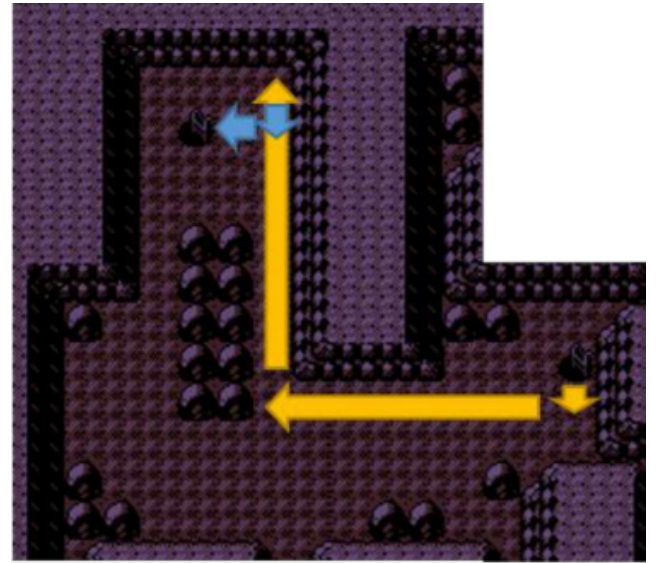
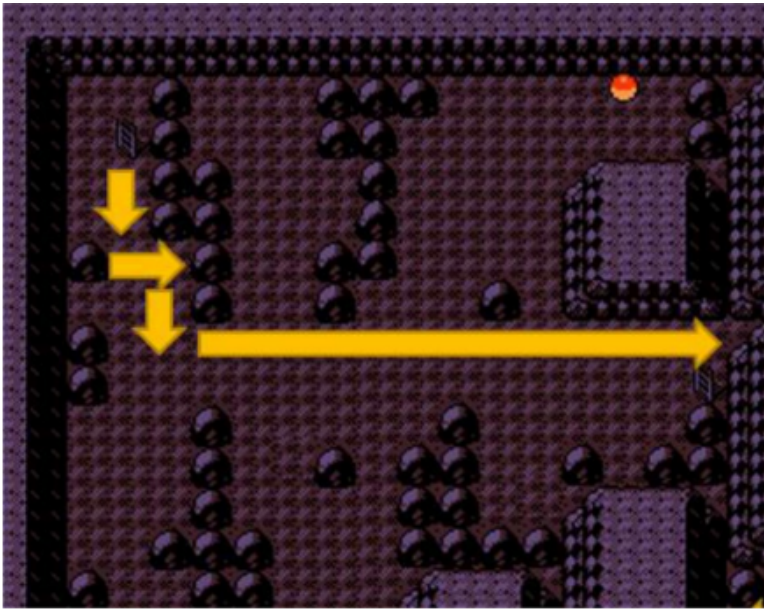
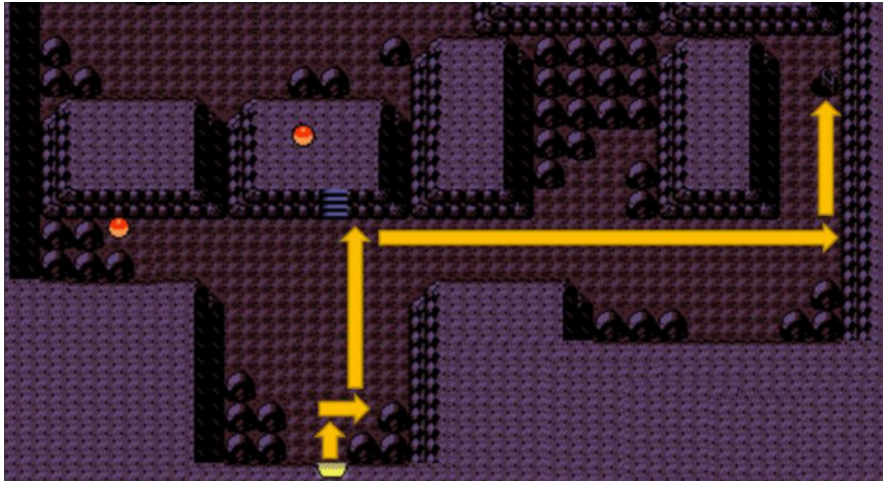
- After leaving the ship use **Super Repel** and Fly to Vermillion City (**1 down**)
- Bike North to Saffron
- Bike east to Route 8, Cut (**2D**) the bushes and go through the middle section in Lavender, then head north

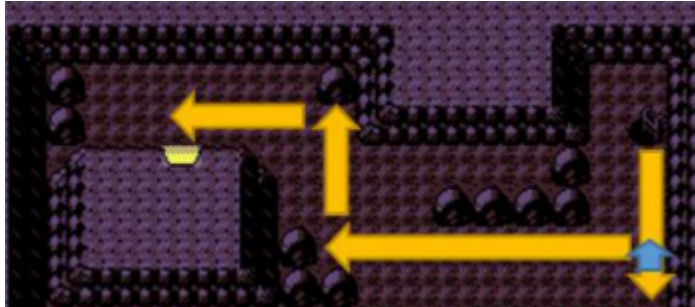
Hiker Jim:

Machamp: Return

Enter Rock Tunnel

Follow the **YELLOW** Brick Road





- After exiting Rock Tunnel, **enter and leave the PKMN Center**
- Go up and surf down to the Power Plant
- Talk to the Fat Guy in red in the east part of the Power Plant, then leave
- Fly to Saffron **(1 down)**, bike west to Celadon and go to Erika's Gym

Twins Jo & Zoe:

Victreebel/Vileplume: Return x2

Fight the left Trainer next

Picknicker Tanya:

Exeggutor: Return

Beauty Julia:

Paras/Exeggcute/Parasect: Strength x3

Gym Leader Erika:

Tangela: Ice Punch

Jumpluff: Return

Victreebel: X-Attack, Return

Bellossom: Return

Fly to Saffron **(1 down)**

Kanto Badge 2

- Bike directly to Sabrina's Gym (right way)
- Take Teleport
- go UP and **AVOID SPINNER REBECCA**, LEFT, hug the wall and DOWN x2
- (if you hit Rebecca Return x2)

Gym Leader Sabrina:

Espeon:/Mr. Mime/Alakazam: Return x3

- Exit Sabrina'S Gym (RIGHT, UP, UP, DOWN)

Kanto Badge 3

- Bike north to Cerulean
- go into the gym
- Bike north to Route 24

Schoolboy Dudley:

Oddish: Return

Lass Ellen:

Wigglytuff/Granbull: Surf x2

Schoolboy Joe:

Tangela/Vaporeon: Return x2

Lass Laura:

Gloom/Bellossom/Pidgeotto: Strength x3

Camper Lloyd:

Nidoking: Return

Lass Shannon:

Paras/Paras/Parasect: Strength x3

Super Nerd Pat:

Porygon: Surf

Interrupts Misty's Date, **Fly to Cerulean (1 up)** and bike to Misty's Gym.

Hug the right border and surf to Misty

Gym Leader Misty:

Golduck: Return

Quagsire: X-Attack, Return

Lapras/Starmie: Return x2

Kanto Badge 4

- Grab the **Machine Part** on your way out
- **Use Super Repel and Teleport (2D)** and go to the Power Plant
- Talk to Fat Red Guy
- Fly to Lavender (**Cursor on PKMN, 1U, 3D**)
- Go to Poke-Tower and talk to the Gentleman (get Expn-Card)
- Fly to Vermillion (**2 up**) and go to Surge's Gym
- Fight the right Trainer (Gentleman)

Gentleman Gregory:

Pikachu/Flaaffy: Strength x2

Gym Leader Surge Lt. Surge:

Raichu/Magnetron: Surf x2

Electabuzz: Return

Electrode/Electrode: Surf x2

Kanto Badge 5

- Bike east out of Vermillion to Snorlax
- **use Super Repel and Tune Pokegear Radio to 20**
- Run from Snorlax and go through Diglett's Cave
- Go to Pewter's Gym

Camper Jerry:

Sandslash: Return

Gym Leader Brock:

Graveler/Kabutops/Omastar/Onix/Rhyhorn: Surf x5 (If Omastar Protects, IP Rhyhorn)

Kanto Badge 6:

- **Get Max Ether**
- **Be Careful and take a step left after exiting "Forest" to not hit a STANDER**
- Bike South to Pallet Town and **Max Ether Return, then Max Repel (1 below Metal Coat, 3U) before the grass on Route 1**
- Surf South to Cinnabar and **talk to Blue**
- Surf east and **AVOID SPINNER** by swimming upwards at the right coast of Cinnabar, then right above the platform and if you hit the border go south and east to enter Seafoam Island



Gym Leader Blaine:

Magcargo: Surf

Magmar: Return

Rapidash: Surf

Kanto Badge 7

- Surf east but hug the northern coast, then bike to Fuchsia City
- Enter the Gym, Janine is the bottom left trainer

Gym Leader Janine:

Crobat/Ariados/Weezing/Weezing/Venomoth: Return x5

Kanto Badge 8

Fly to Veridian (**2 up**) and bike to the Gym.

Gym Leader Blue: (Careful, X-Attacks are now in Slot 1)

Pidgeot: X-Attack x2, Return

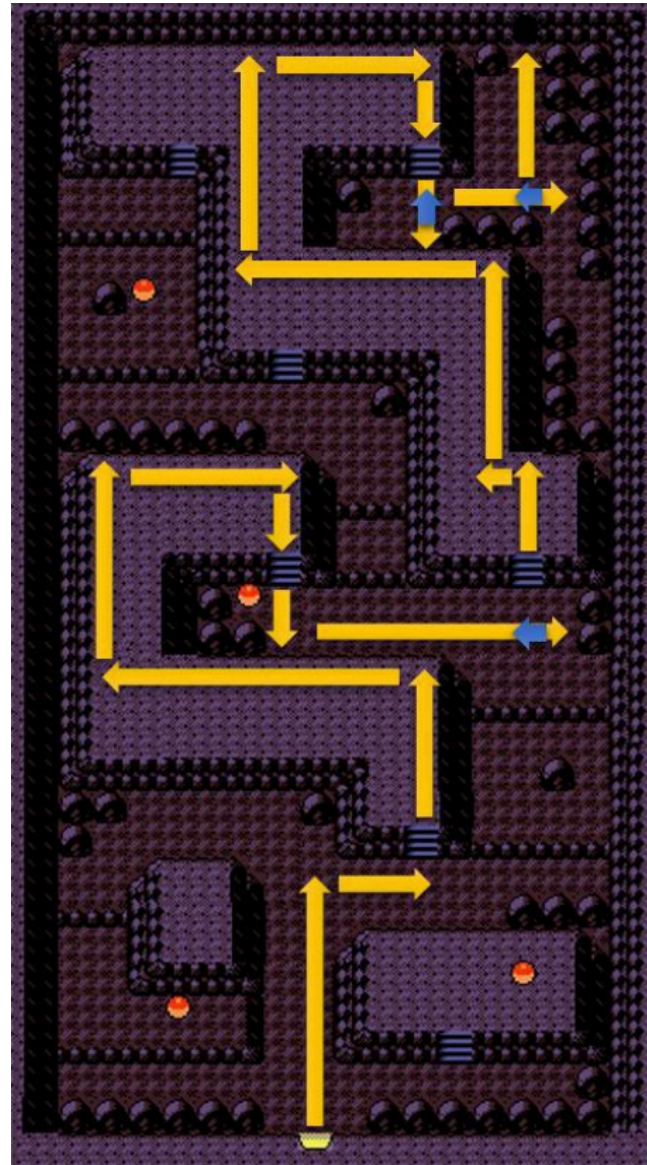
Exeggutor/Alakazam/Gyarados/Arcanine: Return x4

Rhydon: Surf (Blue's order is random so Rhydon is not necessarily last)

Remember your HP after Blue.

The Final Frontier

- Fly to Pallet town (1 up) and talk to Professor Oak
- After Exiting the Lab, use Max Repel and Fly to Viridian City (2 up)
- Bike West to Mt. Silver (picture)
- If you're below 182HP use FR, then Max Repel (Cursor on PKMN and Kenya)



Final Boss Red:

Pikachu: Guard Spec, X-Speed, X-Attack x2, (FR if Thunder hits, keep healing until it misses), Return

Venusaur: Return x2

Espeon: Return

Snorlax: Return x2

Blastoise: Return x2

Charizard: Return, Strength (Return if you got one left)

Changelog:

06/12/2020: Added more info on Douglas manip (credits to Franchewbacca)

10/06/2020: Added Karen and Brock information

10/04/2020: Added late Surf strat

09/24/2020: More info on Manips. Cleared up Early Game in case of no R29/Don/Sandshrew Manip. Updated some mistakes and added Scratch Rival 2 Zubat. Added hidden Full Heal backups with Picture.

06/01/2020: New Strats for Radio Tower implemented.

05/17/2020: Headbutt Strat for Poliwrath

05/13/2020: Added Bitterberry as an option before Falkner

05/12/2020: Added new Clair backups, fixed Youngster Albert. Added Clip for Taijo Fall Rotato

05/11/2020: Added videos for Most Excellent Movement and Ice Path