

Ato Any% Guide

Not a definitive guide, this is a collection of all of the knowledge I have gathered on the run. It is meant to serve as a newcomer-friendly guide and thus goes fairly in-depth, so reading this guide will take longer than the run itself! Good job me and good luck new runners :D

Speed tech used:

- **Inputs are stored, so you can press a button early and Shin will do that action at his next earliest opportunity.**
- **Jump up hills to avoid -0.5 speed**
- **Early jumps to drop off ledges faster**

- **Roll**

Roll used for many things. Roll does not recharge until you touch the ground or a platform. Actual ground; springboards don't count 😞 Rolling also picks your feet up a couple pixels and can help make high jumps easier.

- **BR - Bullet Rolls** - Murder kitty go BRRRRRRR - roll then bullet, etc to go super fast. Hugely dependent on mana, but is very fast. Easily faster than running even medium stretches, such as after deceiver on the way to (yellow) orb 3 and the red area's beginning rooms. Especially useful when you need to go down or move horizontally as an RJS both will send you up instead and is slower on horizontal movement.

- **RJS - Roll Jump Slash** - Basic speed tech used throughout run until it's replaced with BRs and RWJs. Roll, then jump, then slash sword all in quick succession to go fast. Jumping cancels the roll, which acts like a sort of long jump and prevents you from stopping in your tracks after a roll as would normally happen. Instead your speed drops gradually to normal over a short time. Slashing after the jump can further improve this by preserving more speed for longer. Additional improvement can be made by tightening input timings closer together and releasing the jump button faster. If done optimally, may be faster than running. As mentioned above with BR's, RJS sends you upwards, which can occasionally be slow. *On that note, you can get a "free" RJS when entering rooms as your character always spawns slightly in the air. So if you RJS as soon as the room begins to load you'll do one on your way back to the ground and won't suffer a minor loss in time from jumping in the air as a result. Very useful in about half of the rooms in the run, so worth learning.*

RJS is also very useful for boss fights as rolls cancel sword slashes, so you can deal tons of damage to bosses in rapid succession with this combo.

While typically RJS'ing bosses uses the full sword slash combo each time, there is an alternate way to RJS bosses down: with fast enough mashing it can potentially become better to RJS only the first sword slash then repeat, always skipping the second slash for a faster follow-up RJS.

- **RWJ - Roll Wait Jump** - Advanced movement tech used throughout run. Super useful; primary movement tech of the game and is probably close to 10% faster than RJS, though still slower than BRs. When done optimally it is also over 20% faster than an already charged run. If you wait to hit the jump button until almost the end of your roll, you'll technically be in the air and won't jump off of the ground. You will jump with this technique when you get your double jump so you can RWJ again or RJS in the air on your way up, canceling the remainder of the upwards momentum. While you do have to wait between the Roll and the Jump, you do not need to wait after the jump to roll again, so when you do it quickly it becomes like a grace note or flam in drumming: roll, wait, jump->roll, wait, jump->roll, etc. Like RJS, this can be further improved by

slashing after jumping if in the air and additional improvements also come from tightening inputs. Optimal RWJ, even with double jump, should have you barely leaving the ground.

- **Throw/Bullet**

Bullet used for many things as well. Bullet can be used to deal damage, stun/interrupt bosses when they flash, cancel basically anything with no cool down time, extend air juggle combos... the sky's the limit. Bullets deal the same damage as a sword slash and 1.5x when upgraded.

- **BS - Bullet Slashes** - The big damage numbers of the run, even beyond RJS's. Slash then bullet then slash then bullet to oblivion... Bullet slashes put out perhaps 50% more damage than RJS's from how fast you can spam them though are dependent on how much mana you have at the time and how you manage it. You can regain mana quickly by hitting the boss, such as RJS'ing them rapidly, or by hitting their projectiles, such as the swarm of green orbs mother puts out. Bullet slashes can be very useful on flying bosses as well since RJS'ing them requires tighter positioning and is limited by both air time and number of air rolls as compared to just air time, as well as on shorter bosses since RJS'ing after acquiring double jump can often send you over their heads. As stated, bullets cancel basically anything so the normal wait time from slashing with your sword is removed when you throw a bullet. Note that BS's skip the first sword slash of your combo, so you'll only get one slash out afterwards in any%. With the triple slash upgrade you'll get 2 after a bullet.

- **BRRRRs** explained above. Note BR's can be a good way to deal with pinwheels that send you up when you otherwise want to go down.

- **Stunning flashing bosses** - When bosses flash, they can be stunned or interrupted with a bullet (or Homing Dash). Bosses typically flash before attacking, while regaining composure after a big attack, and after being hit a lot of times in a row without Shin taking damage, though some have their nuances with later bosses having less flashing opportunities and smaller windows. This is especially useful for skipping Samurai's spiny attack (by RJS'ing a lot so they "perma-flash" into their charge up), interrupting Leader's main sword swing, stopping Ancient Warrior's ramming charge attack, manipulating Yari, and basically any other situation you would normally homing dash the enemy. This also sets up air juggles.

- **Extend air juggle combos.** Most enemies can be hit in the air while juggling 3 times (some more, some less) for extra damage before taking less with subsequent strikes. Bullets can extend this combo for more strikes, while also dealing sword-equivalent damage, so BS'ing effectively during an air combo can be especially useful for tons of very fast damage.

- **Homing Dash**

- **HD** - Homing Dash can also be used to counter/critical flashing enemies and pop them up into the air for juggling. Especially useful to control Jin, but falls off after acquiring bullet since that can do the same thing without having to charge up.

You can instantly charge HD by rolling then holding the attack button. HD is also used for Guardian Skip.

- **Juggling**

- Juggling is good when controlled. While criticals/pop-up attacks (such as HD'ing a flashing enemy or stunning them with a bullet then slashing) don't seem to do more damage than a normal attack, juggling itself does 1.25x normal damage for the first threshold, so being able to juggle quickly and in a way that tightly controls where the enemy will go (and not knocking them further up into the air) will net a faster kill. Also, many bosses will recover in the air from a juggle which makes them flash until they hit the ground, setting up a rejuggle. This is the foundation of the Glitchy Juggle in Rebirth and likely the future of many boss fights moving forward.

- **Glitchy Juggle**

- Named after the runner who discovered such an elegantly consistent setup for it, the Glitchy Juggle perfectly encapsulates why juggling is the future of boss fights in Ato. It's fast, easy to set up and maintain, and it's reliable. It's also a lot of fun to do 😊 The Glitchy Juggle is a very controlled/methodical juggle that leaves time to readjust between rejuggles and currently only takes place in phase 3 of Rebirth. It starts when she flashes and sets herself up to be countered, such as near the end of a parry stance/staring contest, when she dashes, and right before her final swing in each attack chain she does. **The simplest way to set it up is to bullet her, get somewhat close, then slash twice, RJS (slashing twice again), then bullet, and finally landing to start it over and refresh Roll.** This works well to time out the bullet to hit her before she hits the ground and is super consistent. As long as you hit her with a bullet before she hits the ground, you can casually walk up to her and repeat the juggle, no need to chase her in the air with rolls.

- **Armor/Ground Pound**

- **GP** - Armor/Ground Pound - Primarily used to gain extra height all over the run. Is great speel. Can be canceled anytime for various reasons/effects with a jump. Canceling early is used when going up and canceling late is used to avoid the stun upon hitting the ground. The attack itself deals 1 damage in the air plus 4 to enemies' health (10 to shields: the max hp of most) when hitting the ground and doesn't grant iframes like hollow knight uwu
Ground pound is not available after use until you touch the ground, a platform, or a springboard.

- **Spin Attack**

- Spin - Used for interrupting bosses, gaining extra height, operating spinny thingies like pinwheels, etc. Deals very quick, but very low damage except for the last hit which does extra. Can be canceled with a jump or a roll. Note interrupting bosses clears the screen of projectiles as well; useful for Deceiver and Demon. Can be combined with GP to achieve great heights! Spin can also be used 3 times until Shin has to touch the ground to recharge it for maximum Shin dizziness.

- **Map Jump**

- MJ - Map Jump - Discovered by hitachihex. Press Map+Jump in the same frame, wait til height of jump, then Attack->Jump a frame or three apart. Pressing map and jump at the same time will open your map while Shin jumps in the air in a sitting position using the power of his buttocks. You can cancel out of the map screen while in the air any time by pressing attack, at which point Shin has coyote time for a couple short frames, during which you can jump as if you were on the ground. This is used in 2-3 places in the run currently, before and after acquiring double jump.

- **Guardian Skip/Chain Dash Skip**

- Guardian skip is done by double jumping to HD the lower peg, waiting for a moment to fall about 1/2-3/4 of Shin's height, rolling to extend air time, then HD'ing into the top peg around the time Shin's shins reach the bottom peg. Make sure to not cancel the midair roll as HD has a cooldown time between uses, overriding the insta-charge from rolling. You need as much air time at the right height as possible.

- **Long Jumps**

- Some long gaps need to be traversed to do things quickly. The overall Guardian Skip sequence ends with one such long jump. Most long jumps can be made with 2 well timed RJS's, but it's often easier to RJS, double jump, then RJS the second time to clear the gap. When I mention a Long Jump, that's this.

- **High Jumps**

- Sometimes instead of going horizontally you need to go vertical. Double jump, GP-cancel, and Spin Attack to reach high areas and perform some skips. You can do these in any order, just get up there!

- **Run/Speed Charge**

- Running is 75% faster than walking! Walk speed is 4.0 while run speed is 7.0. Moving up hills is a flat -0.5 to either number. Running takes time to charge though and it's arguably getting less useful as RJS, RWJ, and BR's get better practiced and more routed out, but may still be needed for some few long screens with hills. *Can maintain run when switching directions if done at a screen transition (no longer used in any%).*

- **Slo-Mo/Cutscene Skip**

- When a boss dies, time slows down and Shin is mostly frozen in place for a couple seconds while the timer continues to run. Slo-Mo/Cutscene Skip can be done during this time by hitting the boss with a sword slash. Don't try to use bullets for this, as they will stall in the air til the cutscene is over and then can likely hit the boss afterwards, losing time as the juggle is extended. RJS can be used to cancel whatever cooldowns Shin has and give an instant sword slash to perform this skip. Make sure to watch the boss's health and position yourself nearby, with RJS ready and not on recharge, at the end of the fight to ensure getting this skip more consistently. It is worth losing a second to set this trick up as it saves a couple on its own.

Bosses can also be slo-mo skipped by taking damage on the same frame as you kill them as well as hitting them with 2 attacks on the same frame. These are the only 2 ways to get slo-mo skip on the statues and ancient warrior.

- **Self Slo-Mo Skip**

- When you die, the game also goes into slow motion and generally you'll have to wait until you hit the ground to be able to retry. Simply spam the start button to respawn immediately! Especially useful to know as it skips the Ancient Warrior pinwheel troll, can save little bits of time in practice, and can help lessen the blow of a death during a run.

- **Oolong Jump**

- In Swamp, there are two rooms back-to-back with tons of purple portals. The first can be jumped over to save a bit of time with an Oolong Jump, named after the person who discovered the time save, octoos. There are a couple ways to perform the jump to cross the gap, but the working pieces are: RJS to start, double jump, BR, GP (early cancel), and up to 3 Spin spells.

1. RJS, double jump, BR, then GP to get over the top and Spin to get past the final obstacle while dropping down. With this method you need to make sure to maximize air time/horizontal movement, so let Shin fall about half to his full height before using the next move, as it's very tight. Can still add up to 2 more Spins to the top section for extra buffer. Best place is just before the BR since that can cancel the Spin.
2. Alternatively, if you want to save double jump for the final obstacle, start by RJS, GP, Spin twice, cancel second with BR then double jump the final obstacle while falling down. A little slower than the first method if that can be done without 2 Spins, otherwise this is likely faster than the first if that needs that second Spin to clear the gap.

- **Xkip**

- Also named after the person who found the skip, Xav1erthe8th, in Swamp there is a wall you can do a special High Jump over to skip the second portal maze. GP the springboard, then RJS up over the nearby wall to fall into the shaft, bypassing the portal maze.

- **Green Warp**

- Green_Ender1 is a player who discovered this nifty little warp tech by accident on their first playthrough of the game. I think it's super cool that new skips, strats, and tech are being found and refined constantly as the speedrun of this game matures, and even more awesome that a newcomer to the game found this one. It's very fancy, saves a good couple seconds, and is essentially free to try in a run.

- This skip currently is only known to work in one room on the way up to Mother in the Dark Green (formerly Pink) area, 2 rooms away from the starting room of the game in the room with all the red leaves just past the ice block wall. Simply position yourself about 1.5-2-ish Shin-widths to the left and about ½-1-ish Shin-heights above the final platform leaving the room in the top left, then Bullet Roll while holding right. If done in the correct spot, Shin will spawn in the following room on the opposite side, right next to where you need to jump up to move on.

- This skip works because the two room transitions on the right side of that room are very close together and there happens to be no floor extending off the side of the screen there to block players from falling into the bottom transition from the top one. When you BR off the screen there it allows you to clear the floor and fall down just enough to fool the game into thinking you are at a different transition, which also luckily corresponds with the far transition/spawn point in the next room. Seems to take 2 happy accidents working together to make this work so not likely that others exist.

- Can also do this trick from further to the right if not holding down the "move right" input.

Always keep your eyes open for things that can be used to save time and let's all take a moment to appreciate the newcomers to this game and what they bring to the table! ♥

The Run:

Prologue:

- Start by heading right, making sure to jump up hills and not to bonk head trying to leave the first screen or feet on entering the third. After the cutscene with your wife, jump early to fall to tablet a bit faster, then head left to get **Roll**. Save+quit to tablet.
- Head down and right to enter the boss arena: **Rogue**.

Rogue has 2 phases and 2 attacks. In the first phase, he just swings his sword as long as you are in front of him. In phase 2 he jumps up to the hook and throws projectiles until returning to his sword swipes after being knocked down.

Try to land 4-6 strikes in rapid succession with RJS's at a time, delaying a bit on the third one of the combo to fall slightly so you don't pass over his head. Alternatively you can slash twice on the ground, RJS one strike then RJS immediately afterward to stop upwards momentum and get those last two hits out for a quick 5-hit combo.

Finally, if you can mash fast enough, single-slash RJS's in rapid succession can be used. When he reaches half health, he'll jump up to the hook. Knock him down by hitting his projectile back into him, then juggle him for 3 hits on his way back down for the free extra damage.

When his health bar looks empty he'll be on his last hit, position yourself next to him so you can hit him to kill him, then RJS for the immediate **Slo-Mo Skip**.

- Following Rogue, RJS/RWJ right a couple screens to reach **Homing Dash**.
- Backtrack a screen and head up, then to the right towards the first **Map Jump**. Press map and jump at the same time, then slash into jump to MJ over the barrier and head towards Jin.
- The bridge near the tablet and just before Jin is flat and is a great place to start practicing RWJ's. When entering the Jin fight screen, you can get 3 RJS's off the cliff if you take the free one entering the room, leading you to: **Jin**.

Jin is a jumpy boi. The Jin fight is a fight all about controlling the boss. Start with a couple sword swings, but quickly get a HD ready to counter him on his first attack. When you counter him, he will pop up into the air giving you a chance for some extra juggle damage, but more importantly when he hits the ground, he will land

on his butt and be stunned for a moment, before unleashing a retaliatory attack and resuming the fight. During this time, you can get many hits in quickly with RJS and when he prepares his retaliation, you can HD him while he flashes to repeat the cycle endlessly. Ideally you want Jin to land on the top of the hills for easy RJS'ing and as with most bosses you want to kill him on the right side of the arena to be closer to the exit. Other than that, Jin has a few attacks he can do that you should never see. Of note is his dash which moves him far away from you and his jumpying and hopping. If you get off track, all of his attacks can be countered into a juggle and back into rhythm.

- With Jin dead, we can proceed right and down towards double jump. RJS across the gaps swinging downward to pogo en route to **Double Jump**. Save+quit to the tablet before Jin.
- RJS/RWJ to the right past the Jin arena and go up at the fork in the road. When you reach a new tablet at a fork-looking room, it is time for **Guardian Skip**. Try to remember to preserve as much air time as possible to make things easier. Afterwards, continue heading right.
- After you see Ninja and fall, grab the tablet to the right, then double back to the left. **Long Jump** across the big gap, pass the coin, and drop down to acquire **Chain Dash**. Save+quit to tablet.
- Head right, taking the free RJS in each room except for the third after the tablet and the first after Ninja steals your Run scroll.
- Also in the third room after the Chain Dash tablet, there is a **Map Jump** in the top right of the room. After the crumbling squares, head right then MJ into a double jump and HD the peg up top to reach the top of the cliff face.
- When you reach the vertical, second room after Ninja steals your scroll, you can get up the first half of the room with 2 doubles and 1 single, followed by a double jump at the end to reach the platform above. Alternatively, you can jump and horizontally slash the orb twice, land, single jump and HD the orb to get above it, wait for cooldown of HD to end, then pogo the rest of the way up with a 1 single and 1 double followed by a double jump at the end. For getting doubles, wait until Shin's feet are at the bottom or slightly below the orb to hit it. *This game stores inputs so you can hit the attack button a second time immediately after the first and Shin will swing at his earliest opportunity.* The second half of the room can be tackled by pogo'ing the leftmost orb 3 times, double jumping, then hitting the top-left orb 2 times. Grab the tablet on the right then head left to go towards the first Shinto Shrine.
- The second room after the tablet can be tackled many ways: I like to RJS, swinging down and pogo'ing off the closest orb, then double jump to the second and pogo off of it, holding attack to charge an HD. Release the HD aiming up on the second orb which is now by the first platform, then RJS-cancel the HD to the left and pogo on the final orb twice to reach the top. Use stored inputs to help with timing for the last orb. Continue left and up to the first **Shinto Shrine**. Touch it, then save+quit to the tablet.

*A note about **Shinto Shrines** and autosaving: the game autosaves when you touch a shrine, as well as when you kill bosses, grab scrolls, and do various other things. If you are saving and quitting after discovering a shrine you must touch it to get the autosave, however if you are discovering a shrine and moving on to a boss without saving and quitting in between, then you just have to see the screen and do not have to actually touch the shrine.*

- Head right from the tablet. This room can be started multiple ways:
 1. Perhaps the quickest is to **Map Jump**. MJ'ing is very tight here, so remember that you can roll to slightly pick your feet up if you need that extra bit of clearance.
 2. Another way to approach this room is to Chain Dash up the two pegs on the left, then RJS right, waiting until Shin passes the low ceiling, then RJS'ing or RWJ'ing up to the small ledge. I prefer to RWJ here as it makes the jump far more consistently easy. Jumping late is okay for this as long as you have the height needed, but jumping early will bonk your head into the ceiling and you'll miss the tiny gap.

- From this tiny ledge, you can RJS twice and HD the green orb above you to reach that platform. **Long Jump** or RJS twice, whatever is your preference, to get over the tall barrier to the right. Keep heading right to find **Ninja**.

Ninja is somewhat of an annoying boss, as he seems to love running away from the player and harassing them from a safe distance. He has 3 main attacks. In the first, he can jump upwards and throw giant, spinning shurikin blades that travel upwards then move horizontally when they hit the ground. His second attack is to jump backwards and throw smaller shurikins at you. He throws more of these in his second phase and they can be reflected with a sword slash, much like Rogue's projectiles. His final attack is to charge up with a cool pose, then jump backwards and start charging towards Shin for a melee swipe. This is the only attack where he flashes, so it is a great counter opportunity.

RJS and HD him down, try to keep him cornered and towards the right side of the arena if possible, but be ready to adjust when he breaks the flow. Controlled juggles can shine here.

- With Ninja dead, grab **Run** and sprint to the right. Keep going right until you hit a maroon area. Head up and right to the next screen and grab the tablet, then turn around and make a big running jump left in the first maroon room to head towards the second **Shinto Shrine**. When you reach a tall room with a tablet, head up and left past the tablet (**but do not touch it!**) and touch the Shinto Shrine. **Save+quit** to the maroon area and head right to find the best babysitter ever: **Acolyte**.

Acolyte has 3 attacks they can do. They like to start with their first: the jump-swing. Acolyte will jump to a distance relative to you, then jump a second time and slash their sword at you. They flash when they jump the second time. This would be a good time to HD but it is also a better time to RJS so I recommend not using HD for this fight. Their second attack is to jump back and throw some kunai. Finally, when they enter their second phase, they can use their third attack. Acolyte will stand there in a cool pose for a few seconds. Near the end they will flash and finally they will instantly hit Shin no matter where he is. Countering them while flashing is the only way to avoid this, but the goal is to RJS them down before they get the chance to finish charging up. During this fight, always stay on the left side of Acolyte, as that will guide them towards the right corner of the arena, closest to your baby and the next objective. After they are dead, be sure to tip and go right to collect baby and begin the fight with the **Demon**.

Run persists through the end of this fight so be sure to end it with a run charged heading left to save some time after the encounter!

Demon fight stops the in-game timer, so there is no pressure on being fast here. Still, to save RTA, there are a small few optimizations that can be noted. Firstly and most importantly, 2 lightnings/grabs, 1 grab and 2 blue fires, or 5 blue fires will end the encounter. The worst pattern to get is two blue flame waves. If you get this and want to save RTA, try to get hit by 3 flames on at least one of the attacks, so 2 on the other will have you past in only 2 cycles. If lightning comes avoid flames so they don't give you iframes through the lightning. Otherwise, charge a run, take the moment to stretch, and get hydrated because the rest of the run is gonna come at you quickly.

End Prologue

- After waking up, head left, through the starting areas, and up-left in the starting room. Head down-left to reach Monk and the **Ice/Crystal Breaker** scroll. **The game is now open for rerouting.** Double back and go up-left in the previous room to reach a **Shinto Shrine**, then warp over to the second shrine discovered, on the far right.
- Head right and down towards the previously maroon area. In the first big room of that area, just before the tablet before Acolyte, head down-right through the crystal blocks and into the Swamp/Green Area.

- Grab the tablet, then head down-left towards **Armor/Ground Pound**. In the scrolls room, you can get a free RJS and follow it up with a standard roll to grab the scroll quickly. Save+quit to the tablet, then head left-middle to the **Shinto Shrine**.
- Warp to the first shrine from the prologue, in the middle of the map, and head left through the crystal blocks. Continue heading left past the enemies and the next screen, then when you hit a big screen with a slope going downwards, jump when it flattens out and Chain Dash+GP your way up to the top-left exit. From here, break the crystal blocks, double jump+GP to the top-right ledge, and head into the Red Area.
- In the Red Area, take the top-right exit to discover the **Shinto Shrine**. Do not touch it, we are not save+quitting yet. Exit the room as soon as you enter, then head up (do not touch the tablet) and right to enter the **Child** arena.

Child is mostly a platforming challenge. Child's spirit will chase you around the room, throwing 3 homing projectiles at you at a time. At the top of the room, Child's statue rests and takes 6 hits to destroy. Upon entering this room, you can triple RJS into a Chain Dash and GP to reach the first set of targets quickly. Get the free RJS upon entering the room then follow up with two more and hold attack on the final one, you'll have just enough time to get the HD off on the peg. Above the second peg a GP will put you in good position to pogo on the targets. Feel free to use 2 GP's before the blue orbs as pogo'ing up those will recharge your mana for the final GP up to the statue's ledge. Slash twice, then RJS twice to get the 6 hits needed quickly.

Can **Slo-Mo Skip** if hit the same frame as Child dies or if Child dies to two simultaneous death blows.

- When Child has been destroyed, drop down the first shaft, roll when you hit the ground then GP down the second. Cancel GP then RJS as soon as you pass under the ceiling to exit the room to the right. Grab **Bullet**, then save+quit back to the Swamp tablet.
- GP on the springboard and exit the top of the room. BR left, break the crystal blocks, then double jump+GP up to the top-right ledge and continue right, heading towards where Acolyte was. **Do not touch any tablets on the way!** Once past Acolyte's bridge, double jump onto the first building, then again to the wide platform to get past this room without bonking. Jump immediately in the next room to avoid bonking feet and head up through the top exit. In the room with the tablet, head up through the top exit, then BR left a screen to discover another **Shinto Shrine**. Backtrack right and down to the tablet room. From here run left to head towards **Samurai**.

Samurai has 4 attacks. The first is a giant, overhead swing, roll behind him to avoid. The second is a sneaky sword raise, where Samurai will place his sword on the ground in front of him a bit differently than while idle, then raise it up for max vaseotomy action. His third attack is a sweep on both sides, the tell for this is that he places his sword on the ground behind him. His final attack is a spinning windmill of death, which needs to be HD-counteracted to stop, if you let it happen. RJS a bunch of hits on him to get him flashing shortly before his spin attack, then Bullet or HD him as he winds up to cancel the attack altogether.

Samurai is a heavy boi. When you try to juggle him he won't fly very far, or much at all, which makes him heavily susceptible to BS's, as air juggles do more damage and Bullets extend the time for the higher damage threshold. BS when you can and RJS when you can't. Samurai, much like Leader and Jin, is also susceptible to well-timed counters, so it can be worth staying on the ground to Bullet-counter him when he winds up an attack, just save some time to build a constant flash before he spins.

- Following Samurai, head left and grab the **Risk Rune**. Save+quit to Swamp. Equip **Risk Rune** immediately.

Risk Rune, much like Fury of the Fallen from Hollow Knight, is an equippable item that makes you deal much more damage at the cost of being very fragile. Risk Rune increases your damage by 1.5x and makes boss fights fly by. In Ato, normally there is a death save or mercy rule on being hit by attacks in that if you are above half a container of health and get hit with an attack that would otherwise kill you, instead it will knock you down to half a container of health and the next hit will kill you. With the Risk Rune on, this mercy rule is discarded, so

some attacks can kill in one hit. Be careful. From here I'll try to note what I know about damage numbers you can take before dying.

- At Swamp, head left-middle to the Shinto Shrine, then teleport over to the far left shrine near Monk's house. Head right, then up in the game's starting room. Head right through the crystal blocks.
- This next room with all the red leaves is the **Green Warp** room. Green Warp is essentially a free trick to go for, just learn the positioning and aim to be there as you naturally traverse the room.
- Following Green Warp, exit the next room to the top-right, and finally just go straight up all the way to the **Floaty Pillar Area**.
- Once here, grab the tablet, then head right to **Mother**.

Mother is a giant statue that spits orbs at you. Mother's first attack is to throw some green orbs; in her second phase she throws more green orbs per attack. These green orbs travel slowly in a shotgun spread towards-ish Shin. They can be reflected with a sword slash (or Bullet) regaining lots of mana in the process. Her second attack is firing a fast moving, red orb at Shin, which then stops, then flies towards Shin again two more times for a total of 3 passes. Red orbs cannot be reflected with a sword slash, but can be destroyed with a Bullet.

Mother can often vary the timing of her attacks and both have bugs associated with them. Green orbs will occasionally float diagonally down towards the floor then proceed horizontally along it. These green orbs cannot be reflected and will still hurt Shin. Red orbs can sometimes take a long time to come out of Mother, or just not come out at all. Likewise, they will sometimes also do this after stopping both times. Always plan for the worst beyond what you can face tank.

With Risk Rune, you can survive 1 red orb and 1 green orb, but anything beyond that will kill you. 2 red orbs will also kill you, as red orbs do slightly more damage.

- Following Mother, head right. RJS then BR to the **Spin Attack** scroll. Save+quit to tablet left of Mother.
- BR to the left. Follow the path of pinwheels up and left a few rooms. Remember you can cancel the Spin Attack spell with a roll/RJS or a Bullet, depending on where you want to go after. When you reach a room with a peg on the left side and a fork in the road above you, head out the top-right exit. Drop down past the tablet here, then High Jump (double jump and GP-cancel because of mana limits for now) over the barrier in the following room.
- This next room has a skip that can potentially save some time by riding the pinwheels up on the right side with a High Jump to reach the top, but it's very finicky to do and can cost more time than it saves. Otherwise, just cancel your spin on the right with a Bullet and head up the left side.
- The following room can be done many ways, this is how I do it: First, drop down, double jump on the way down to buffer and sword slash all the targets on the right. When you land, head right to the green orb. Jump, slash down, double jump, slash down, then slash up to hit the target above. Head left and hit the bottom spinny thing, pogo on the targets then Spin Attack on the higher pinwheel, and finally roll into the wall and jump up to return to the middle of the room. Once here, Spin Attack up, RJS to cancel at the top, sword slash the targets up there, then GP (late cancel) down. Go right, hit the pinwheels, then GP down again, finally dropping back down towards the middle and BR'ing to the right. BR over the gaps, hit the tablet for safety, then charge into the **Ancient Warrior** fight.

Ancient Warrior has 3 attacks they can do. The first is breathing a stream of fireballs. In the first phase they shoot 2 in a row and in the second phase they shoot 3. Their second attack is a giant, homing ball of... fire. The big ball can be safely rolled through to negate. Their final attack is an energy rush/charge, where they charge up with energy and rush towards Shin, following his position. Sometimes during this attack, Ancient Warrior will decide that they haven't had their morning coffee yet and will take a short break from the fight, so this move is extra bad for speedruns. Throw a Bullet into Ancient Warrior's face to stop this attack from happening. Half way

through the fight, the ground will catch fire, but the fire on the ground does minimal damage so it's not a typical threat.

For this fight, I like to hit the first set of pinwheels to get up to the top of the arena in case Ancient Warrior just wants to fly today. Hitting him will cause him to aggro, moving faster and bringing him down to your position.

BS and RJS as fast as you can to clear this boss quickly. Make sure to roll through his big balls and Bullet to stop his charging energy rush.

- When Ancient Warrior is done giving you the winning screen to his favorite card game, head right to the [Blue Orb](#).
- Drop down a couple screens and head middle-left to the [Shinto Shrine](#). Warp to the [Red Area](#).
- From here, head back up to Child.
- BR through til you reach a room you need to jump up. GP-cancel twice and RJS to leave the room. RJS into the next room, destroying the two sword targets, then do a High Jump to pass the second tall barrier. In the next room RJS and GP-cancel over the terrain and barrier. Save mid-air roll until after the 2nd barrier to exit screen quickly.
- The next room needs to be solved. Bullet twice on the bottom button to hit the two targets at the bottom, then jump up to the second button. Hit the rotator orb twice, face right, then throw two Bullets in somewhat fast succession, wait a half a second, then throw two more. After the first two hit the first triangle, hold up and swing your sword to hit the rotator orb. Following that, wait until the first Bullet you threw hits the top triangle and hit the rotator orb again. Then wait until the first Bullet on the bottom (or third overall) hits the bottom triangle and hit the rotator orb one final time. Wait until the last Bullet hits its target then jump up and right to move on.
- In the next room, jump up to the nearby platform and perform a High Jump to reach the top, then run right.
- After that, perform another High Jump on the central (highest) platform to get over the tall barrier to the right. Continue to run to the right to meet [Yari](#).

Yari is a fun boss and their pumping music really drives the feeling of speed home for me. They have 4 attacks and a reactionary reflect. Their first attack is a horizontal thrust. You can move behind them for this, but often RJS'ing will keep you above this attack anyway. Their second attack is a spinning, overhead great slash which they start doing in their second phase. This attack is best either avoided by getting behind them, or countered as they flash before swinging. For their third attack, they strike a sweet pose for a moment, then unleash a flurry of jabs. Get behind them for this and they'll wonder where you've gone while concentrating on how cool they totally look right now. You can also Bullet to stop this attack, and they flash before many attacks for further counter opportunities. Their final attack is a reactionary vertical spear stab for when you try to jump over or pogo them. Other than these attacks, Yari can also react to Shin throwing Bullets and reflect them back. This can be used to stop attacks such as their charging flurry and overhead swing at the risk of having to dodge or eat one of your own Bullets. Or play tennis.

BS and RJS Yari down to quickly move on.

- Head right to the [Red Orb](#).
- Drop down and go right to the Shinto Shrine. Warp to the [Swamp](#).
- Head down-left from the tablet room past the GP scroll.
- Destroy the rocks and follow the path, left and down. In the room with some springboards, head up and left, using RJS or GP-cancel to get up the ledge. Drop down past the tablet and left to [Father](#).

Father is a big statue just like Mother. Unlike Mother, Father doesn't block Shin very well so RJS positioning is more critical to maintain. Also unlike Mother, Father only has one attack. Father randomly chooses 2 of the 4 quadrants of the arena to blast with fire. In his second phase, he blasts 3 of the 4.

2 hits from Father will kill Shin with the Risk Rune equipped, however if you are bold and daring (and very fast) you can kill Father just before his second attack goes off. Gauge based on consistency in first half of fight.

- Head left, GP-cancel up to the portals and follow the path left a couple screens.
- In the first screen with the mass of purple portals, you can skip the springboards by performing an **Oolong Jump** across the top of the room.
- In the second screen with all the purple portals, you can **High Jump** over the first wall to perform the **Xkip/Xav Wall Skip**, bypassing the portal maze, then GP down the shaft. At the end of the sequence, cancel the GP just before hitting the ground, swing left then right to be knocked back into the hole on the left, then GP down.
- Drop down to the platform to the left and take the springboard to the top left of the room, then GP down the shaft. Near the bottom, cancel the GP, swing up, then RJS to the springboards. You can GP the first target by the second springboard (on the far left) and still hit the springboard at the same time, otherwise just sword slash down then GP up. BR through the next room, making sure to hit the tablet here, then drop down in the following screen and head right. GP through the rocks, BR left, and charge through to the **Deceiver's** hideout.

Deceiver has 3 attacks they can do, but you should only see one. The one you'll see is they will shoot 2 orbs towards Shin's position that circle around each other. Their other main attack is to surround themselves in a giant orange orb that shields them for a moment, then send that orb hurtling towards Shin at turtle speeds. This orb can be broken for a counter/critical by dealing 10 damage to its armor/shield through either 1 GP spell or 10 sword slashes or Bullets. Both of these attacks can also be baited to fire towards the floor, ceiling, or a nearby wall when on low health, negating the need to dodge them. Deceiver's final move is to teleport away when on low health, spawning 4 goatee'd clones that throw large fireballs at Shin. The Spin Attack spell will knock deceiver up for a juggle, "resetting" them, and clear the screen of all projectiles.

Rush Deceiver and lay into them with BS and RJS. Try to either counter them when they attack or use the Spin Attack spell to keep them bullied in the corner. You can start the Spin spell to bully Deceiver down then immediately cancel it with a Roll to punish them quickly.

3 hits from their main attack will kill Shin in this fight.

- When Deceiver hits the ground, save+quit to the tablet we just passed. BR left a few screens to the **Yellow Orb**.
- Grab the tablet here, then head middle-left to the Shinto Shrine. Warp to Monk's house shrine in the far left.
- Drop down and left to Monk's house. Keep heading left into the penultimate area of the game: Pink Area part 2, I guess we'll call it the Cherry Blossom Area. The cherry erry, or cherriere for short.
- Run, jump, and GP-cancel through the first room with the pink crystals. In the next room, GP-cancel into a HD to skip the first pink crystal. Continue through the room to the top left and make a big running jump at the cliff in the next room.

A note about pink crystals: sometimes the effect ends prematurely. This was reported to be from canceling an attack, but I have also noticed it happening from canceling some spells. Be mindful with pink power.

- Continue following the path up, through the tall pinwheel room and the target rooms. After the final target room, you can do a **High Jump** up to the top ledge from the left side near the pink crystal with a GP-cancel and Spin Attack. Head left, jumping over the hills and tablet (**do not touch the tablet!**) to reach **Monk**.

Senpai's fight is such an epic, emotionally charged duel to the death with his character showing full knowledge of the stakes and reward behind the door that only opens with a sacrifice and its music reflects such a high

stakes duel wonderfully. Monk has 4 attacks he can do. The main two are a short range punch and a mid-range leg sweep. His third move is his anti-air reaction, which is a backflip kick where he'll crouch on the ground looking up, then unleash a large kick upwards. His final move is a parry stance. You can get a couple hits off quickly when he flashes, but after a short grace period he will parry you if he is hit. When he is done, he will begin one of two attacks, the first is a leg sweep which can be jumped over and the second is an overhead jumping kick which can be stood under. Monk becomes vulnerable as soon as he begins his attack so waste no time in damaging him as he winds up and tries to kick you.

I like to BS Monk down as much as I can as RJS can easily send me over his head. Being above Monk is additionally risky as it can trigger his anti-air back-flip kick which can instakill Shin, so staying on the ground or near it between his attacks is the safest bet.

Counters are good against him and it can be beneficial to build up perma-flashing on him for his parry much like with Samurai's spin attack.

With Risk Rune equipped: his backflip kick will instakill you, however you can survive one hit from any of his other attacks with the next hit killing you.

- With Monk dead and the door to the fabled blade opened, head left to grab the **Demon Blade**. **Save+quit** to Swamp.
- Head middle-left to the Shinto Shrine and warp to the final area up and right. BR down and run to the right, dropping down one screen to the screen with the tablet (can take for safety for minor time loss as we are done with the Swamp tablet), continuing right. Ascend the stairs, pass the barrier, and enter the **Leader** fight.

The Leader fight starts with his 2 minions on either side of the arena. These minions are basically mini phase 1 Acolytes. They can both do Acolyte's double jumping slash attack and their kunai throw attack. Typically the one on the right likes to start with the kunai and the one on the left likes to start with the jumping slash, but they can vary depending on what you do. Another thing of note with the two minions is that the one on the right has slightly less health than the one on the left.

When one minion falls or enough time goes by, Leader will drop into the arena. Leader is a lot like Jin. He has 3 attacks. The first is an overhead slash. He flashes before this attack and it's a great chance to counter him. He can change direction during this attack's windup so be careful of rolling through him while trying to avoid this attack. His second attack is a dashing slash. He flashes for a moment before this but also typically creates distance by jumping away from you. If you can catch him in a corner you can counter, but otherwise jump over this attack. His last attack is his anti-air reactionary attack. It has a narrow hitbox and will likely never hit you.

With Risk Rune, you can survive 4 hits from the minions and the 5th will kill you. Both moon attacks seem to deal the same damage. Leader's dash does more damage than his overhead swing, so be careful of that. 3 overhead swings or 2 dashes will kill Shin.

- 2 leader dashes
 - 3 leader sword strike
 - 1 dash, 1 strike, 1 dash
 - 1 minion slash 2 leader dashes
 - 1 minion slash 1 leader strikes
 - 5 minion slashes
 - 2 blue 1 slash 1 blue 1 slash
 - 1 blue 3 slash 1 blue
 - 1 blue 1 slash 3 blue
- With Leader dead, Chain Dash up the two pegs and book it right. After a couple screens and some stairs, you'll reach **Demon**.

Demon has 4 attacks they can use, 3 of which are the same as their "fight" at the end of the prologue. The first is blue flames. These flames spawn all over the arena and after a short moment, will fire at Shin's position in quick succession. They can be destroyed with a sword slash, building mana at the same time. Demon's second attack is the big hand. Fast vertical movement like jumping or falling at the correct time will evade this attack, but if it catches you just spam all directions and other buttons to escape quickly. Their third attack is lightning. The lightning is instakill, has a slight lingering hitbox, and can be further lengthened when two are sneakily aiming at the same space. Be very careful of lightning. For Demon's final attack, in their second phase they will take inspiration from another big bad who got beat up by a tiny warrior, Gannon, and proceed to tennis. Burn any mana you have saved on Bullets when they charge this attack in case you can skip it. Demon does not flash on their own, but can be countered from hitting them a bunch without taking damage. They show their flashing only with a slight color change in their tail, so pay attention to that for counter opportunities.

RJS and BS shine here. Just don't roll or take self-knockback from sword slashes into lightning lol.

With Risk Rune, Shin can survive 2 blue flames with the 3rd killing him, but tennis, lightning, and the hand are all instakills.

- With Demon defeated and retreating, give into the bloodlust and follow them to the right. Hit the tablet, drop down, and enter the **Rebirth** duel.

The final battle of the game takes place between Shin and his wife's Demon-possessed body. Demon waifu has 8 attacks and an environmental hazard. She also gets faster as the fight progresses. 2 attacks are high swings that will punish careless RJS'ing, stand under them to be safe. For both she stands with her sword at head level before attacking. 2 other attacks are low swings, RJS or jump over them to be safe. One she starts by crouching before striking and the other she does a short hop before her low swing. Her 5th attack is her reactionary anti-air where she looks up then swipes upwards. It has a decently sized hitbox and a fast wind up so be cautious of this.

Her 6th attack is a dash. In her first phase she dashes once, in her second phase twice, and in her third phase thrice. As she advances through the phases, she will do her 7th attack, a parry stance, much like Monk's. Just as with Monk, you have a short grace period to get a couple extra quick hits in when she flashes, but then you have to wait. Wait until she flashes, which can take randomly between roughly 3 and 7 seconds, then either HD or Bullet-counter her to stop it. For her 8th and final attack, occasionally from her second phase onwards she will hold her sword toward the ground with both hands, then stab down to create a large explosion. Finally, in her final phase lightning strikes random places in waves.

BS her down in short bursts to account for her teleporting when she swings high and RJS when she swings low. Be careful not to hang in the air too long when RJS'ing as she will randomly punish you for it with a fast high slash.

For her final phase (and possibly just all phases with varying timings) you can repeatedly juggle her. I have deemed this the **Glitchy Juggle** for the amazing runner Glitchiness who discovered such a beautifully consistent setup for it in this final phase of the Rebirth fight. Juggling is the future of most fights moving forward and the Glitchy Juggle perfectly encapsulates why.

*Rebirth has 2 juggle recovery timings she uses for her 3 phases. The first is slow and takes about 2-3 seconds while the second is fast and takes about 0.5-1. In phase 1, she recovers slowly, needing longer juggles for each reset. In phase 2, she recovers quickly on the first juggle and slowly for each subsequent rejuggle. In phase 3, she recovers quickly on all (re)juggles, leading to the **Glitchy Juggle**. As such, she can likely be juggled the whole fight if a consistent setup is found for her slow recovery timings.*

Alternatively, corner camping in her final phase can be especially useful, as Shin can spam BS's with no knockback and more importantly without wasting them from her teleporting behind you. The only caveat of this strategy is that if she does an explosion you will probably die, so it comes with some risk involved. As such, it's best used as a backup if juggling fails.

With Risk Rune, Shin can take 3 hits from her standard four attacks and the 4th will kill him. The dash and anti-air deal extra damage, but a hit can be survived. Her parry, explosion, and lightning will all instakill.

- 4 regular hits
- 1 hit 1 dash 1 hit

- 1 dash 2 hits
- 2 dashes
- 1 anti-air 1 hit

GGs and congrats on finishing a run!

Credits:

Brandon Song
TehCupcakes
Hurricane_Of_87
hitachihex
SatanicNerd
Glitchiness
octoos (Octopoos)
Green_Ender1
Xav1erthe8th

All others who participated in speedruns as well as discussions to further this speedrun in the discord <3

Written by Fonze