

Pokemon Willpower Documentation

Pokemon Changes

Note: The abilities shown are correspondent to a Pokemon's first ability, second ability and hidden ability in that order. The changes shown refer to the Pokemon's transition from the main games, so moves that don't exist in the main games will not appear here.

Bulbasaur line – Abilities: Overgrow/**Poison Point**/Chlorophyll

Charmander line – Abilities: Blaze/**Flame Body**/Solar Power

Squirtle line – Abilities: Torrent/**Overcoat**/Rain Dish

Metapod – Attack: 20->30, Defence: 55->75, Sp. Def: 25->35

Butterfree – Defence: 50->55, Sp. Atk: 90->105, Sp. Def: 80->95, Speed: 70->85

Kakuna – Attack: 25->35, Defence: 50->70, Sp. Def: 25->35

Beedrill – Attack: 90->110, Defence: 40->50, Speed: 75->95

Mega Beedrill – Attack: 150->170, Defence: 40->50, Speed: 145->165

Pidgey line – Abilities: **Big Pecks**/Tangled Feet/**Gale Wings**

Pidgey – Attack: 45->35, Sp. Atk: 35->45, Speed: 56->61

Pidgeotto – Attack: 60->50, Defence: 55->60, Sp. Atk: 50->65, Speed: 71->76

Pidgeot – Attack: 80->70, Defence: 75->80, Sp. Atk: 70->90, Sp. Def: 70->75, Speed: 101->106, New Moves: Focus Blast

Mega Pidgeot – Defence: 80->85, Sp. Atk: 135->145, Sp. Def: 80->85, Speed: 121->126

Pikachu – New Moves: Extreme Speed

Raichu – Attack: 90->100, Sp. Atk: 90->100, Speed: 110->115, New Moves: Extreme Speed

Sandshrew – HP: 50->60, Attack: 75->80, Defence: 85->90

Sandslash – HP: 75->95, Attack: 100->110, Defence: 110->120

Nidoqueen – Defence: 87->92, Sp. Def: 85->90

Nidoking – Sp. Atk: 85->90, Speed: 85->90

Clefairy – Defence: 48->53, Sp. Atk: 60->65, Sp. Def: 65->70

Clefable – HP: 95->100, Defence: 73->78, Sp. Atk: 95->100, Sp. Def: 90->95

Vulpix – HP: 38->43, Attack: 41->46, Sp. Atk: 50->55, Sp. Def: 65->70, Speed: 65->70

Ninetales – HP: 73->78, Attack: 76->81, Sp. Atk: 81->91, Sp. Def: 100->105,
Speed: 100->105, New Moves: Moonblast, Dazzling Gleam
Type Change: Fire->Fire/Fairy

Zubat line – Abilities: Inner Focus/**Infiltrator**/**Corrosion**

Golduck – Sp. Atk: 95->105, Speed: 85->95, Type Change: Water->Water/Psychic

Alakazam – Evolution Method: Level 40

Machop – Attack: 130->135, Sp. Def: 85->90, Evolution Method: Level 40

Geodude line – Abilities: Rock Head/Sturdy/**Sand Stream**

Geodude – Attack: 80->85, Defence: 100->105

Graveler – Attack: 95->105, Defence: 115->125

Golem – Attack: 120->135, Defence: 130->145, Evolution Method: Level 40

Gengar – Evolution Method: Level 40

Onix – Attack: 45->65, Evolution Method: Use Metal Coat

Drowzee – Sp. Atk: 43->58

Hypno – Sp. Atk: 73->93, New Moves: Dark Pulse,
Type Change: Psychic->Psychic/Dark

Hitmonlee – HP: 50->80, New moves: Trop Kick

Hitmonchan – HP: 50->80

Scyther – Evolution Method: Use Metal Coat

Electabuzz – Type Change: Electric->Electric/Fighting,
Evolution Method: Use Electrizer

Magmar – Evolution Method: Use Magmarizer

Flareon – HP: 65->95, Sp. Atk: 95->65, Sp. Def: 110->65, Speed: 65->110

Sentret line – Abilities: **Fur Coat**/Keen Eye/Frisk

Sentret – HP: 35->40, Defence: 34->39, Speed: 20->30

Furret – HP: 85->95, Attack: 76->86, Speed: 90->110

Lanturn – Sp. Atk: 76->86, Sp. Def: 76->86, Speed: 67->77

Xatu – HP: 65->80, Defence: 70->80, Sp. Atk: 95->100, Sp. Def: 70->80,
Speed: 95->100

Mareep line – Abilities: Static/___/**Electric Surge**

Espeon – Abilities: Synchronize/___/**Psychic Surge**

Murrow – Defence: 42->47, Sp. Def: 42->47

Slowking – Evolution Method: Use King's Rock

Misdreavus line – Abilities: Levitate/___/**Pixilate**, New Moves: Moonblast,
Type change: Ghost-> Ghost/Fairy

Dusnparce – Attack: 70->95, Defence: 70->95

Steelix – Attack: 85->105, Speed: 30->20

Mega Steelix – Attack: 125->145, Speed: 30->20

Teddiursa – HP: 60->70, Attack: 80->90

Ursaring – HP: 90->100, Attack: 130->140, Speed: 55->65

Slugma line – Abilities: Magma Armour/Flame Body/**Simple**

Slugma – HP: 40->50, Defence: 40->50, Sp. Atk: 70->80, Sp. Def: 40->50

Magcargo – HP: 60->70, Defence: 120->140, Sp. Atk: 90->100, Sp. Def: 80->90

Skarmory – HP: 65->85

Houndour – Defence: 30->35, Sp. Def: 50->55

Houndoom – Defence: 50->55, Sp. Atk: 110->115, Sp. Def: 80->85, Speed: 95->100

Mega Houndoom – Defence: 90->95, Sp. Atk: 140->145, Sp. Def: 90->95,
Speed: 115->120

Kingdra – HP: 75->80, Speed: 85->95, Evolution Method: Use Dragon Scale

Hitmontop – HP: 50->80

Treecko line – Abilities: Overgrow/**Technician**/Unburden

Treecko – Attack: 45->65, Sp. Atk: 65->45

Grovyle – Attack: 65->85, Sp. Atk: 85->65

Sceptile – Attack: 85->105, Sp. Atk: 105->85

Mega Sceptile – Ability: **Technician**, Attack: 110->145, Sp. Atk: 145->110

Torchic line – Abilities: Blaze/**Quick Feet**/Speed Boost

Mudkip line – Abilities: Torrent/**Swift Swim**/Damp

Poochyena – Attack: 55->65, Speed: 35->45

Mightyena – Attack: 90->110, Speed: 70->80

Silcoon – Defence: 55->75, Sp. Def: 25->45

Beautifly – Abilities: Swarm/**Berserk**/Rivalry, Sp. Atk: 100->120, Speed: 65->95

Cascoon – Defence: 55->75, Sp. Def: 25->45

Dustox – Abilities: Shield Dust/**Unaware**/Compound Eyes, Defence: 70->90, Sp. Atk: 50->70, Sp. Def: 90->110

Tailow – Attack: 55->65, Speed: 85->95

Swellow – Attack: 85->90, Defence: 60->65, Sp. Atk: 75->85, Sp. Def: 50->55, Speed: 125->130, New Moves: Extreme Speed, Boomburst

Gardevoir – Sp. Atk: 125->130, Sp. Def: 115->120, Speed: 80->90

Mega Gardevoir – Attack: 85->65, Defence: 65->85, Sp. Atk: 165->170, Sp. Def: 135->140, Speed: 100->110

Surskit – Abilities: **Intimidate**/**Swift Swim**/Rain Dish, Sp. Atk: 50->55

Masquerain – Abilities: Intimidate/**Swift Swim**/Unnerve, HP: 70->80, Sp. Atk: 100->110, Sp. Def: 82->92, Speed: 80->90, Type change: Bug/Flying->Bug/Water

Nincada – Attack: 45->65

Ninjask – HP: 61->71, Attack: 90->110, Defence: 45->50, Sp. Def: 50->60, New Moves: Extreme Speed

Shedinja – Attack: 90->130, Sp. Atk: 30->90

Sableye – HP: 50->75, Attack: 75->95, Defence: 75->95, Sp. Def: 65->85

Mega Sableye – HP: 50->75, Attack: 85->105, Defence: 125->145, Sp. Def: 115->135

Mawile – HP: 50->80, Attack: 85->105, Defence: 85->105, Sp. Def: 55->70

Mega Mawile – HP: 50->80, Defence: 125->145, Sp. Atk: 55->75, Sp. Def: 95->110

Lairon – Sp. Def: 50->60

Aggron – Sp. Def: 60->80

Mega Aggron – Sp. Def: 80->100

Manectric – Abilities: Static/Lightning Rod/**Intimidate**, Attack: 75->80, Defence: 60->65, Sp. Atk: 105->110, Sp. Def: 60->65, Speed: 105->110

Mega Manectric – Attack: 75->80, Defence: 80->85, Sp. Atk: 135->140, Sp. Def: 80->85, Speed: 135->140

Carvanha – Defence: 20->40, Sp. Def: 20->40

Sharpedo – Defence: 40->55, Sp. Def: 40->55

Mega Sharpedo – Defence: 70->85, Sp. Def: 65->80

Wailmer – Attack: 70->30, Defence: 35->60, Sp. Def: 35->60

Wailord – Abilities: Water Veil/**Drizzle**/Pressure, Attack: 90->40, Defence: 45->80, Sp. Def: 45->80

Vibrava – HP: 50->60, Defence: 50->60, Sp. Atk: 50->70, Sp. Def: 50->60, Speed: 70->80

Flygon – Attack: 100->110, Defence: 80->90, Sp. Atk: 80->110, Sp. Def: 80->90, Speed: 100->120

Swablu – Attack: 40->50

Altaria – Attack: 70->90

Mega Altaria – Defence: 110->120, Sp. Def: 105->115

Lunatone – Defence: 65->75, Sp. Atk: 95->105, Sp. Def: 85->95, Speed: 70->75

Solrock – Attack: 95->105, Defence: 85->95, Sp. Def: 65->75, Speed: 70->75
New Moves: Solar Blade

Crawdaunt – Attack: 120->130, Defence: 85->95

Cradily – HP: 86->96, Sp. Atk: 81->91, New Moves: Power Gem, Acid Spray

Armaldo – Attack: 125->130, Defence: 100->110, Sp. Def: 80->85

Milotic – Abilities: Marvel Scale/Competitive/**Multiscale**,
Evolution Method: Use Prism Scale

Shuppet – Speed: 45->55

Banette – HP: 64->69, Attack: 115->125, Defence: 65->70, Sp. Def: 63->68, Speed: 65->85

Mega Banette – HP: 64->69, Attack: 165->175, Defence: 75->80, Sp. Def: 83->88, Speed: 75->95

Dusclops – Evolution Method: Use Reaper Cloth

Absol – Speed: 75->85

Mega Absol – Defence: 60->70, Sp. Atk: 115->85, Sp. Def: 60->70, Speed: 115->135
Type Change: Dark->Dark/Fairy

Snorunt – Abilities: Snow Cloak/Ice Body/**Slush Rush**

Glalie – Abilities: Snow Cloak/Ice Body/**Slush Rush**, Attack: 80->90,
Type Change: Ice->Ice/Dark

Mega Glalie – Attack: 120->140, Sp. Atk: 120->100, Speed: 100->110
Type Change: Ice->Ice/Dark

Relicanth – New Moves: Fishious Rend

Regirock – Abilities: Clear Body/**Stamina**/Sturdy

Regice – Abilities: Clear Body/**Slush Rush**/Ice Body

Registeel – Abilities: Clear Body/**Heavy Metal**/Light Metal

Turtwig line – Abilities: Overgrow/**Solid Rock**/**Stamina**

Chimchar line – Abilities: Blaze/**Moxie**/Iron Fist

Piplup line – Abilities: Torrent/**Competitive**/**Slush Rush**

Staraptor – Attack: 120->130, Speed: 100->110, New Moves: Extreme Speed

Shinx line – Abilities: **Contrary**/Intimidate/Guts

Shinx – Speed: 45->50

Luxio – Attack: 85->90, Speed: 60->65

Luxray – Attack: 120->125, Sp. Atk: 95->75, Speed: 70->95

Type Change: Electric->Electric/Dark

Roserade – Speed: 90->100

Cranidos – HP: 67->72, Attack: 125->130, Speed: 58->68

Rampardos – HP: 97->107, Attack: 165->170, Sp. Atk: 65->45, Speed: 58->83

Shieldon line – Abilities: Sturdy/___/**Stamina**

Shieldon – Defence: 118->128, Sp. Def: 88->98

Bastiodon – Defence: 168->178, Sp. Def: 138->148, New Moves: Body Press

Shellos – Sp. Atk: 57->62, Sp. Def: 62->72

Gastrodon – Sp. Atk: 92->97, Sp. Def: 82->92

Honchkrow – HP: 100->120

Abomasnow – HP: 90->100, Defence: 75->90, Sp. Def: 85->100

Mega Abomasnow – Ability: **Snow Warning**, HP: 90->100, Defence: 105->120, Sp. Def: 105->120

Rhyperior – Defence: 130->140, Sp. Def: 55->65, Evolution Method: Use Protector

Electivire – Attack: 123->128, Speed: 95->100, New Moves: Close Combat, Type Change: Electric->Electric/Fighting

Magmortar – Sp. Atk: 125->135

Glaceon – Abilities: Snow Cloak/___/**Slush Rush**

Gallade – Attack: 125->130, Sp. Def: 115->120, Speed: 80->90

Mega Gallade – Attack: 165->170, Defence: 95->100, Speed: 110->120

Dusknoir – HP: 45->55, Defence: 135->145, Sp. Def: 135->145

Froslass – Abilities: **Cursed Body**/**Snow Cloak**/**Perish Body**, Sp. Atk: 80->90

Litwick line – Abilities: Flash Fire/Flame Body/**Shadow Tag**

Spewpa – Defence: 60->80, Sp. Def: 30->40

Vivillon – HP: 80->85, Defence: 50->70, Sp. Def: 50->70

Tyrunt – Speed: 48->58

Tyrantrum – HP: 82->87, Speed: 71->81

Amaura line – New Moves: Power Gem, Aurora Veil

Amaura – Defence: 50->55, Sp. Def: 63->68

Aurorus – Defence: 72->77, Sp. Def: 92->102

Sylveon – Abilities: **Pixilate**/___/**Misty Surge**

Phantump – Defence: 48->68, Sp. Def: 60->80

Trevenant – Abilities: **Grassy Surge**/Frisk/Harvest, Defence: 76->96,
Sp. Def: 82->102, Evolution Method: Level 40

Grubbin – Attack: 62->67, Sp. Atk: 55->60

Charjabug – Defence: 95->105, Speed: 36->46, Evolution Method: Level 30

Vikavolt – HP: 77->82, Attack: 70->80, Defence: 90->100, Sp. Def: 75->80,
Speed: 43->113, Evolution Method: Level 50

Cutiefly – Sp. Atk: 55->60, Speed: 84->89

Ribombee – Sp. Atk: 95->110, Speed: 124->129

Rockruff – Attack: 65->70, Speed: 60->65

Midday Lycanroc – Attack: 115->120, Speed: 112->117

Midnight Lycanroc – Defence: 75->80, Sp. Def: 75->80

Dusk Lycanroc – Attack: 117->127

Dewpider – Attack: 40->45, Defence: 52->57, Sp. Def: 72->77

Araquanid – Attack: 70->80, Defence: 92->107, Sp. Def: 132->147

Fomantis – HP: 40->50, Attack: 55->65, Defence: 35->40, Sp. Def: 35->40

Lurantis – HP: 70->90, Defence: 90->100, Sp. Def: 90->100

Rookidee – HP: 38->48, Attack: 47->58, Defence: 35->43, Sp. Atk: 33->41,
Sp. Def: 35->43, Speed: 57->67

Corvisquire – HP: 68->78, Attack: 67->78, Defence: 55->63, Sp. Atk: 43->51,
Sp. Def: 55->63, Speed: 77->87, Evolution Method: Level 30

Corviknight – HP: 98->113, Attack: 87->103, Defence: 105->123, Sp. Atk: 53->81,
Sp. Def: 85->98, Speed: 67->82, Evolution Method: Level 50

Frosmoth – Sp. Atk: 125->135, Sp. Def: 90->110, Speed: 65->85,
New Moves: Moonblast, Roost

Mega Stone Locations

Mega Stone	Location	Description
Venusaurite	Woodland Forest	Above the left-most mossy rock
Charizardite X	Kobra Town	Above the house at the top right
Charizardite Y	Orchid City	Reach Orchid City by surfing through Route 6
Blastoisinite	Underwater Cavern	Top left corner of the fourth strength puzzle
Beedrillite	Route 2	In a small path after cutting a tree
Pidgeotite	Kobra Town	Given by Sage Dior
Alakazite	Alamada City	Available from the dive spot
Slowbronite	Route 20	Top left area
Gengarite	Ruined Home	Bottom right house
Gyaradosite	Route 6	Close to the lake at the bottom right
Aerodactylite	Linoa City	Talk to the scientist in Linoa Lab with an Aerodactyl in your party
Mewtwonite X	Serenity Village	Talk to the old man in the right house with Mewtwo in your party
Mewtwonite Y	Serenity Village	Talk to the old woman in the right house with Mewtwo in your party
Ampharosite	Power Plant	At the end of the path
Steelixite	Molten Cave	Past the strength boulders
Scizorite	Route 13	Left most path, requires strength
Houndoominite	Route 14	Near the lower entrance to Molten Cave
Tyranitarite	Riveria Cave	Right of the second strength puzzle
Sceptilite	Sarton City	Above the Ranger Building
Blazikenite	Woodland Town	Talk to the Blaziken
Swampertite	Deserted Tomb	Bottom right area
Gardevoirite	Port City	Top right house talk to female psychic with a Gardevoir on your party
Sablenite	Ancien Town	Top left house talk to psychic
Mawilite	Shinning Resort	Inside the house only accessible by surfing, talk to the beauty
Aggronite	Dusk Tunnel B1F	Centre of the area
Manectite	Route 12	Top right
Sharpedonite	Dusk Tunnel 1F	Via the Route 4 side
Altarianite	Pico City	Bottom right
Banetite	Mirage Home	Given by Rachyl after defeating her
Absolite	Sarton City	Given by Katlyn
Glalitite	Route 11	On top of a rocky surface near Mt. Pico
Salamencite	Forbidden Waters	Left side of the underwater maze
Metagrossite	Victory Road Cave 1F	Go right instead of down before the last ladder of the Victory Road
Garchompite	Route 21	Top right area in the sand
Lucarionite	Serenity Pathway	Bottom left area
Abomasite	Mt. Pico 3F	Centre left side
Galladite	Port City	Top right house talk to male psychic with a Gallade on your party

TM Locations

TM	Location
Mega Punch	Linoa Dojo
Mega Kick	Linoa Dojo
Fire Punch	Linoa TM House (3 Badges)
Thunder Punch	Linoa TM House (3 Badges)
Ice Punch	Linoa TM House (3 Badges)
Toxic	Acuity Cave, Route 11
Fly	Ancien Town Ruins
Hyper Beam	Shinning Resort
Giga Impact	Shinning Resort
Hidden Power	Alamada City
Solar Beam	Woodland Forest
Scale Shot	Route 14, Ace Trainer battle
Thunder Wave	Orchid City (Surf Needed)
Dig	Ancien Town
Reflect	Crimson City (3 Badges)
Light Screen	Crimson City (3 Badges)
Safeguard	Crimson City (3 Badges)
Rest	Pico City
Rock Slide	Linoa TM House (5 Badges)
Thief	Orchid Shearer Mansion
Frustration	Orchid City
Return	Alamada City (2 Badges)
Protect	Route 14
Giga Drain	Linoa TM House (4 Badges)
Steel Wing	Crimson City (Rock Smash Needed)
Attract	Orchid City
Roost	Route 11
Rain Dance	Route 10
Sandstorm	Dusk Tunnel 1F
Sunny Day	Route 13
Hail	Route 11
Will-O-Wisp	Mirage Home (5 Badges)
Façade	Kobra Town House of Mastery from Dior
Helping Hand	Route 16, Double Team battle
Brick Break	Plum Town
Dive	Alamada City (Surf Needed)
Rock Tomb	Route 5
U-Turn	Gym 1 Reward
Payback	Dusk Tunnel 1F
Fling	Woodland Town
Drain Punch	Dusk Tunnel B1F
Shadow Claw	Dusk Tunnel 1F
Thunder Fang	Linoa TM House (2 Badges)
Ice Fang	Linoa TM House (2 Badges)

Fire Fang	Linoa TM House (2 Badges)
Psycho Cut	Route 7
Trick Room	Woodland Town (6 Badges)
Wonder Room	Woodland Town (6 Badges)
Magic Room	Woodland Town (6 Badges)
Power Swap	Serenity Village
Guard Swap	Serenity Village
Speed Swap	Serenity Village
Cross Poison	Kobra Town (Crobat in Party)
Venoshock	Orchid City (3 Badges)
Acrobatics	Route 12, Ace Trainer battle
Volt Switch	Route 6, Ace Trainer battle
Bulldoze	Gym 4 Reward
Night Slash	Kobra Town (Honchkrow in Party)
Razor Shell	Dusk Tunnel 1F
Snarl	Route 11, Ace Trainer battle
Phantom Force	Mirage Home hidden wall (5 Badges)
Grassy Terrain	Gym 6 Reward
Electric Terrain	Power Plant (Strength Needed)
Psychic Terrain	Route 7 (Strength Needed)
Misty Terrain	Route 8 (Strength Needed)
Mystical Fire	Route 9 (Strength Needed)
False Swipe	Crimson City (1 Badge)
Air Slash	Route 13, Ace Trainer battle
Smart Strike	Linoa TM House (5 Badges)
Swords Dance	Woodland Forest
Body Slam	Kobra Town (Blissey in Party)
Flamethrower	Linoa TM House (4 Badges)
Hydro Pump	Linoa TM House (6 Badges)
Surf	Linoa TM House (4 Badges)
Ice Beam	Linoa TM House (4 Badges)
Blizzard	Linoa TM House (6 Badges)
Thunderbolt	Linoa TM House (4 Badges)
Thunder	Linoa TM House (6 Badges)
Earthquake	Riveria Cave
Psychic	Woodland Town
Metronome	Mt. Pico, Ace Trainer battle
Fire Blast	Linoa TM House (6 Badges)
Waterfall	Linoa TM House (5 Badges)
Leech Life	Route 12
Tri Attack	Route 3, right of Rocky Pathway (Cut Needed)
Substitute	Abandoned Laboratory
Sludge Bomb	Woodland Town
Outrage	Serenity Cave
Sleep Talk	Orchid City
Psyshock	Gym 3 Reward
Megahorn	Starlet Harbour
Baton Pass	Pico City, Ace Trainer battle

Iron Tail	Route 8
Crunch	Linoa TM House (5 Badges)
Shadow Ball	Route 9
Future Sight	Port City
Heat Wave	Molten Cave (Strength Needed)
Taunt	Route 10, Ace Trainer battle
Trick	Promeno Hideout
Superpower	Route 17
Skill Swap	Dusk Tunnel 1F (Strength Needed)
Blaze Kick	Route 8
Hyper Voice	Route 8, Ace Trainer battle
Overheat	Dusk Tunnel B2F
Muddy Water	Route 10
Cosmic Power	Sarton City (Solrock in Party)
Dragon Claw	Dusk Tunnel 1F (Strength Needed)
Bulk Up	Sarton City (Machamp in Party)
Calm Mind	Sarton City (Lucario in Party)
Leaf Blade	Route 5
Dragon Dance	Route 14 via Molten Cave ladder (Strength Needed)
Gyro Ball	Route 3 via Rock Pathway (Rock Smash Needed)
Close Combat	Route 20
Toxic Spikes	Port City (5 Badges)
Flare Blitz	Route 21
Aura Sphere	Dusk Tunnel B1F (Strength Needed)
Poison Jab	Woodland Town
Dark Pulse	Kobra Town, Ace Trainer Battle
Seed Bomb	Kobra Town, Ace Trainer Battle
X-Scissor	Route 9, Ace Trainer Battle
Bug Buzz	Woodland Town
Dragon Pulse	Mt. Pico 1F
Power Gem	Woodland Town
Energy Ball	Sarton City (4 Badges)
Focus Blast	Linoa TM House (7 Badges)
Brave Bird	Route 19
Earth Power	Linoa TM House (4 Badges)
Nasty Plot	Woodland Town (Houndoom in Party)
Zen Headbutt	Mirage Home
Flash Cannon	Port City
Leaf Storm	Linoa TM House (7 Badges)
Power Whip	Woodland Forest (Strength Needed)
Gunk Shot	Linoa TM House (7 Badges)
Iron Head	Port City
Stone Edge	Linoa TM House (7 Badges)
Stealth Rock	Deserted Tomb
Grass Knot	Route 2
Sludge Wave	Dusk Tunnel B1F (Strength Needed)
Heavy Slam	Molten Cave
Electro Ball	Route 6

Foul Play	Mirage Home
Stored Power	Pico City
Scald	Gym 8 Reward
Work Up	Route 2 from Samantha
Wild Charge	Linoa TM House (7 Badges)
Drill Run	Linoa TM House (5 Badges)
Hurricane	Mt. Pico 2F
Play Rough	Linoa TM House (5 Badges)
Dazzling Gleam	Gym 5 Reward
Darkest Lariat	Woodland Town (6 Badges)
High Horsepower	Woodland Town
Aurora Veil	Gym 7 Reward
Skitter Smack	Route 19
Psychic Fangs	Route 4 (Surf Needed)
Liquidation	Mt. Pico 3F
Dragon Rush	Route 15 (Strength Needed)
Scorching Sands	Route 21
Iron Defense	Woodland Town (Aggron in Party)
Amnesia	Woodland Town (Clefable in Party)
Volt Charge	Port City
Flip Turn	Route 1 (Surf Needed)
Body Press	Route 7, Ace Trainer Battle (Strength Needed)
Meteor Beam	Rocky Pathway (Strength Needed)
Steel Beam	Victory Road
Poltergeist	Route 22
Dual Wingbeat	Pico City
Expanding Force	Linoa TM House (8 Badges)
Rising Voltage	Linoa TM House (8 Badges)
Grassy Glide	Linoa TM House (8 Badges)
Misty Explosion	Linoa TM House (8 Badges)
Deep Freeze	Route 11
Osmosis	Route 12
Moonblast	Linoa TM House (7 Badges)
Life Drainer	Route 13
Icicle Crash	Mt. Pico 2F
Head Smash	Shinning Resort (8 Badges)
Double Edge	Pico City (7 Badges)
Quiver Dance	Route 15 (Strength Needed)
Magical Leaf	Route 15
Shock Wave	Gym 2 Reward
Aerial Ace	Route 4 (Surf Needed)
Explosion	Underwater Cavern
Curse	Route 2 (Surf Needed)
Spikes	Route 9
Agility	Port City from Axl
Aqua Ring	Mirage Home (Dive Needed)
Aqua Tail	Route 10
Coil	Mirage Home (Strength Needed)

Electroweb	Kobra Town, Ace Trainer Battle
Confuse Ray	Route 13 via Woodland Forest left side (Strength Needed)
Flash	Ancien Ruins
Punishment	Route 18 (7 Badges)
Lash Out	Dusk Tunnel B1F, Ace Trainer Battle
Triple Axel	Starlet City
Extreme Speed	Dusk Tunnel Route 4 side (7 Badges)
Scary Face	Power Plant
Knock Off	Woodland Forest
Charm	Power Plant
Bullet Seed	Saldo Town (Cut Needed)
Draco Meteor	Senoden League

Fossil Locations

Fossil	Location	Description
Old Amber	Rocky Pathway	Strength puzzle section
Claw Fossil	Linoa City	Automatically when entering the Linoa Lab
Root Fossil	Woodland Forest	Right side of the rocky area
Skull Fossil	Rocky Pathway	Top of the main area, where Rock Smash and Surf are needed
Armor Fossil	Molten Cave	Left side, between two pools of lava
Jaw Fossil	Dusk Tunnel 1F	Upper side, via top left ladder
Sail Fossil	Mt. Pico 1F	Near Route 11 exit

Pokemon Locations

Note: These don't look very good here but at least you know where the Pokemon are.

Pokemon	Route	Location	Levels	Rate
Magikarp	Any	Old Rod	5-20	70%
Tentacool	Any	Old Rod	5-20	30%
Carvanha	Any	Good Rod	20-35	60%
Chinchou	Any	Good Rod	20-35	20%
Feebas	Any	Good Rod	20-35	20%
Corphish	Any	Super Rod	35-50	40%
Wailmer	Any	Super Rod	35-50	40%
Staryu	Any	Super Rod	35-50	15%
Horsea	Any	Super Rod	35-50	4%
Dratini	Any	Super Rod	35-50	1%
Tentacool	Lakes	Surf	15-30	65%
Surskit	Lakes	Surf	15-30	30%
Dewpider	Lakes	Surf	15-30	5%

Poochyena	Route 18	Grass	<u>4-7</u>	40%
Weedle	Route 18	Grass	<u>4-7</u>	20%
Wurmple	Route 18	Grass	<u>4-7</u>	20%
Shinx	Route 18	Grass	<u>4-7</u>	10%
Silcoon	Route 18	Grass	7	5%
Cascoon	Route 18	Grass	7	5%
Sentret	Route 3	Grass	<u>6-10</u>	30%
Caterpie	Route 3	Grass	<u>6-10</u>	20%
Pidgey	Route 3	Grass	<u>6-10</u>	20%
Scatterbug	Route 3	Grass	<u>6-10</u>	15%
Fomantis	Route 3	Grass	<u>6-10</u>	14%
Butterfree	Route 3	Grass	12	1%
Zubat	Rocky Pathway	Cave	<u>7-12</u>	30%
Geodude	Rocky Pathway	Cave	<u>7-12</u>	25%
Machop	Rocky Pathway	Cave	<u>7-12</u>	15%
Slowpoke	Rocky Pathway	Cave	<u>7-12</u>	10%
Psyduck	Rocky Pathway	Cave	<u>7-12</u>	10%
Teddiursa	Rocky Pathway	Cave	<u>7-12</u>	9%
Golbat	Rocky Pathway	Cave	14	1%
Zubat	Rocky Pathway	Surf	<u>15-30</u>	40%
Slowpoke	Rocky Pathway	Surf	<u>15-30</u>	30%
Psyduck	Rocky Pathway	Surf	<u>15-30</u>	30%
Eevee	Crimson City	NPC	10	One
Taillow	Route 1	Grass	<u>9-15</u>	30%
Sandshrew	Route 1	Grass	<u>9-15</u>	20%
Nidoran M	Route 1	Grass	<u>9-15</u>	15%
Nidoran F	Route 1	Grass	<u>9-15</u>	15%
Electrike	Route 1	Grass	<u>9-15</u>	10%
Riolu	Route 1	Grass	<u>9-15</u>	6%
Charmander	Route 1	Grass	<u>9-15</u>	4%
Cutiefly	Route 2	Grass	<u>11-16</u>	30%
Budew	Route 2	Grass	<u>11-16</u>	25%
Fomantis	Route 2	Grass	<u>11-16</u>	20%
Mareep	Route 2	Grass	<u>11-16</u>	15%
Ralts	Route 2	Grass	<u>11-16</u>	5%
Bulbasaur	Route 2	Grass	<u>11-16</u>	4%
Roselia	Route 2	Grass	18	1%
Starly	Route 4	Grass	<u>12-17</u>	25%
Nincada	Route 4	Grass	<u>12-17</u>	20%
Rockruff	Route 4	Grass	<u>12-17</u>	15%
Shellos	Route 4	Grass	<u>12-17</u>	14%
Event Rockruff	Route 4	Grass	<u>12-17</u>	10%
Teddiursa	Route 4	Grass	<u>12-17</u>	10%
Tyrogue	Route 4	Grass	<u>12-17</u>	5%
Staravia	Route 4	Grass	19	1%

Luxio	Route 14	Grass	_15-20	35%
Furret	Route 14	Grass	_15-20	21%
Vulpix	Route 14	Grass	_15-20	15%
Growlithe	Route 14	Grass	_15-20	15%
Houndour	Route 14	Grass	_15-20	10%
Chimchar	Route 14	Grass	_15-20	4%
Zubat	Molten Cave	Cave	_18-24	25%
Geodude	Molten Cave	Cave	_18-24	20%
Slugma	Molten Cave	Cave	_18-24	20%
Onix	Molten Cave	Cave	_18-24	15%
Magby	Molten Cave	Cave	_18-24	10%
Houndour	Molten Cave	Cave	_18-24	9%
Larvesta	Molten Cave	Cave	_18-24	1%
Machop	Route 15	Grass	_18-23	35%
Swablu	Route 15	Grass	_18-23	25%
Pichu	Route 15	Grass	_18-23	15%
Togepi	Route 15	Grass	_18-23	10%
Happiny	Route 15	Grass	_18-23	10%
Torchic	Route 15	Grass	_18-23	4%
Machoke	Route 15	Grass	25	1%
Drowzee	Route 16	Grass	_20-25	30%
Swablu	Route 16	Grass	_20-25	20%
Natu	Route 16	Grass	_20-25	15%
Abra	Route 16	Grass	_20-25	14%
Murkrow	Route 16	Grass	_20-25	10%
Misdreavus	Route 16	Grass	_20-25	10%
Eevee	Route 16	Grass	_20-25	1%
Roselia	Route 13	Grass	_26-31	30%
Pidgeotto	Route 13	Grass	_26-31	25%
Nidorino	Route 13	Grass	_26-31	20%
Nidorina	Route 13	Grass	_26-31	20%
Turtwig	Route 13	Grass	_26-31	4%
Phantump	Route 13	Grass	_26-31	1%
Rhyhorn	Route 5	Grass	_24-29	30%
Slowpoke	Route 5	Grass	_24-29	20%
Psyduck	Route 5	Grass	_24-29	20%
Teddiursa	Route 5	Grass	_24-29	15%
Kirlia	Route 5	Grass	_24-29	10%
Cleffa	Route 5	Grass	_24-29	4%
Larvitar	Route 5	Grass	24-29	1%

Zubat	Dusk Tunnel 1F	Cave	_23-29	30%
Drillbur	Dusk Tunnel 1F	Cave	_23-29	30%
Aron	Dusk Tunnel 1F	Cave	_23-29	15%
Onix	Dusk Tunnel 1F	Cave	_23-29	10%
Solrock	Dusk Tunnel 1F	Cave	_23-29	5%
Lunatone	Dusk Tunnel 1F	Cave	_23-29	5%
Squirtle	Dusk Tunnel 1F	Cave	_23-29	4%
Gible	Dusk Tunnel 1F	Cave	_23-29	1%
Zubat	Dusk Tunnel 1F	Surf	_23-29	40%
Slowpoke	Dusk Tunnel 1F	Surf	_23-29	30%
Psyduck	Dusk Tunnel 1F	Surf	_23-29	30%
Golbat	Dusk Tunnel B1F	Surf	_39-45	20%
Solrock	Dusk Tunnel B1F	Surf	_39-45	20%
Lunatone	Dusk Tunnel B1F	Surf	_39-45	20%
Slowbro	Dusk Tunnel B1F	Surf	_39-45	20%
Golduck	Dusk Tunnel B1F	Surf	_39-45	20%
Golbat	Dusk Tunnel B2F	Cave	_48-54	25%
Lairon	Dusk Tunnel B2F	Cave	_48-54	25%
Onix	Dusk Tunnel B2F	Cave	_48-54	10%
Sableye	Dusk Tunnel B2F	Cave	_48-54	10%
Mawile	Dusk Tunnel B2F	Cave	_48-54	10%
Steelix	Dusk Tunnel B2F	Cave	_48-54	10%
Aggron	Dusk Tunnel B2F	Cave	_48-54	10%
Golbat	Dusk Tunnel B2F	Surf	_48-54	35%
Solrock	Dusk Tunnel B2F	Surf	_48-54	25%
Lunatone	Dusk Tunnel B2F	Surf	_48-54	25%
Relicanth	Dusk Tunnel B2F	Surf	_48-54	15%
Shellos	Route 6	Grass	_26-31	35%
Dewpider	Route 6	Grass	_26-31	20%
Murkrow	Route 6	Grass	_26-31	20%
Misdreavus	Route 6	Grass	_26-31	20%
Mudkip	Route 6	Grass	_26-31	4%
Goomy	Route 6	Grass	_26-31	1%
Dewpider	Route 6	Surf	_26-31	60%
Shellos	Route 6	Surf	_26-31	20%
Araquanid	Route 6	Surf	26-31	20%

Dunsparce	Route 7	Grass	_27-32	45%
Ribombee	Route 7	Grass	_27-32	20%
Gastly	Route 7	Grass	_27-32	15%
Xatu	Route 7	Grass	_27-32	14%
Skarmory	Route 7	Grass	_27-32	5%
Bagon	Route 7	Grass	_27-32	1%
Voltorb	Power Plant	Cave	_26-33	30%
Magnemite	Power Plant	Cave	_26-33	30%
Elekid	Power Plant	Cave	_26-33	20%
Flaaffy	Power Plant	Cave	_26-33	10%
Pikachu	Power Plant	Cave	_26-33	9%
Electabuzz	Power Plant	Cave	35	1%
Dunsparce	Route 8	Grass	_29-36	35%
Rookidee	Route 8	Grass	_29-36	20%
Grubbin	Route 8	Grass	_29-36	20%
Staravia	Route 8	Grass	_29-36	15%
Skarmory	Route 8	Grass	_29-36	5%
Absol	Route 8	Grass	_29-36	5%
Kadabra	Route 9	Grass	_30-37	25%
Haunter	Route 9	Grass	_30-37	25%
Duskull	Route 9	Grass	_30-37	15%
Shuppet	Route 9	Grass	_30-37	15%
Xatu	Route 9	Grass	_30-37	10%
Misdreavus	Route 9	Grass	_30-37	5%
Murkrow	Route 9	Grass	_30-37	5%
Litwick	Mirage Home	Cave	_32-39	40%
Haunter	Mirage Home	Cave	_32-39	25%
Duskull	Mirage Home	Cave	_32-39	15%
Shuppet	Mirage Home	Cave	_32-39	15%
Misdreavus	Mirage Home	Cave	_32-39	4%
Mimikyu	Mirage Home	Cave	_32-39	1%
Rhyhorn	Route 10	Grass	_34-41	35%
Gastrodon	Route 10	Grass	_34-41	35%
Clefairy	Route 10	Grass	_34-41	20%
Murkrow	Route 10	Grass	_34-41	5%
Prinplup	Route 10	Grass	_34-41	4%
Rhydon	Route 10	Grass	43	1%

Snom	Route 11	Grass	_37-44	30%
Snorunt	Route 11	Grass	_37-44	25%
Snover	Route 11	Grass	_37-44	25%
Swinub	Route 11	Grass	_37-44	15%
Absol	Route 11	Grass	_37-44	4%
Abomasnow	Route 11	Grass	46	1%
Piloswine	Mt. Pico	Cave	_44-51	35%
Glalie	Mt. Pico	Cave	_44-51	25%
Abomasnow	Mt. Pico	Cave	_44-51	20%
Snom	Mt. Pico	Cave	_44-51	15%
Froslass	Mt. Pico	Cave	_44-51	4%
Mamoswine	Mt. Pico	Cave	_44-51	1%
Roselia	Route 12	Grass	_39-46	30%
Beedrill	Route 12	Grass	_39-46	20%
Butterfree	Route 12	Grass	_39-46	20%
Swellow	Route 12	Grass	_39-46	15%
Scyther	Route 12	Grass	_39-46	10%
Phantump	Route 12	Grass	_39-46	5%
Vigoroth	Woodland Forest	Grass	_41-48	30%
Phantump	Woodland Forest	Grass	_41-48	25%
Lurantis	Woodland Forest	Grass	_41-48	15%
Scyther	Woodland Forest	Grass	_41-48	15%
Slaking	Woodland Forest	Grass	_41-48	10%
Grovyle	Woodland Forest	Grass	_41-48	4%
Trevenant	Woodland Forest	Grass	50	1%
Golbat	Underwater Cavern	Cave	_51-58	25%
Golem	Underwater Cavern	Cave	_51-58	20%
Gastrodon	Underwater Cavern	Cave	_51-58	20%
Machop	Underwater Cavern	Cave	_51-58	15%
Excadrill	Underwater Cavern	Cave	_51-58	10%
Steelix	Underwater Cavern	Cave	_51-58	5%
Aggron	Underwater Cavern	Cave	_51-58	5%
Golbat	Underwater Cavern	Surf	_51-58	40%
Relicanth	Underwater Cavern	Surf	_51-58	30%
Slowbro	Underwater Cavern	Surf	_51-58	15%
Golduck	Underwater Cavern	Surf	_51-58	15%
Furret	Route 19	Grass	_53-60	25%
Ribombee	Route 19	Grass	_53-60	25%
Roserade	Route 19	Grass	_53-60	20%
Lurantis	Route 19	Grass	_53-60	15%
Ampharos	Route 19	Grass	_53-60	10%
Togekiss	Route 19	Grass	_53-60	5%

Crobat	Riveria Cave	Cave	_55-62	20%
Golduck	Riveria Cave	Cave	_55-62	20%
Slowbro	Riveria Cave	Cave	_55-62	20%
Machop	Riveria Cave	Cave	_55-62	15%
Gastrodon	Riveria Cave	Cave	_55-62	15%
Golem	Riveria Cave	Cave	_55-62	10%
Crobat	Riveria Cave	Surf	_55-62	30%
Slowbro	Riveria Cave	Surf	_55-62	25%
Slowking	Riveria Cave	Surf	_55-62	25%
Relicanth	Riveria Cave	Surf	_55-62	20%
Magcargo	Route 0	Grass	_54-61	35%
Hypno	Route 0	Grass	_54-61	25%
Houndoom	Route 0	Grass	_54-61	15%
Magmortar	Route 0	Grass	_54-61	10%
Electivire	Route 0	Grass	_54-61	10%
Absol	Route 0	Grass	_54-61	5%
Mightyena	Route 17	Grass	_54-61	40%
Beedrill	Route 17	Grass	_54-61	20%
Dustox	Route 17	Grass	_54-61	15%
Beautifly	Route 17	Grass	_54-61	15%
Luxray	Route 17	Grass	_54-61	10%
Tentacruel	Route 20	Surf	_55-62	60%
Araquanid	Route 20	Surf	_55-62	30%
Wailord	Route 20	Surf	_55-62	10%
Sandslash	Route 21	Sand	_56-63	29%
Rhydon	Route 21	Sand	_56-63	25%
Excadrill	Route 21	Sand	_56-63	25%
Golem	Route 21	Sand	_56-63	15%
Rhyperior	Route 21	Sand	_56-63	5%
Vibrava	Route 21	Sand	_56-63	1%
Sandslash	Desert Tomb	Cave	_60-67	30%
Dusclops	Desert Tomb	Cave	_60-67	20%
Banette	Desert Tomb	Cave	_60-67	20%
Altaria	Desert Tomb	Cave	_60-67	15%
Golem	Desert Tomb	Cave	_60-67	10%
Crobat	Desert Tomb	Cave	_60-67	5%
Rhydon	Route 22	Grass	_58-65	40%
Dunsparce	Route 22	Grass	_58-65	25%
Sandslash	Route 22	Grass	_58-65	15%
Skarmory	Route 22	Grass	_58-65	10%
Ninjask	Route 22	Grass	_58-65	10%

Xatu	Serenity Pathway	Grass	_62-69	25%
Mismagius	Serenity Pathway	Grass	_62-69	20%
Honchkrow	Serenity Pathway	Grass	_62-69	20%
Hypno	Serenity Pathway	Grass	_62-69	15%
Alakazam	Serenity Pathway	Grass	_62-69	10%
Gardevoir	Serenity Pathway	Grass	_62-69	10%
Crobat	Serenity Cave	Cave	_65-72	29%
Mismagius	Serenity Cave	Cave	_65-72	20%
Honchkrow	Serenity Cave	Cave	_65-72	20%
Solrock	Serenity Cave	Cave	_65-72	15%
Lunatone	Serenity Cave	Cave	_65-72	15%
Metang	Serenity Cave	Cave	_65-72	1%
Furret	Victory Road	Grass	_69-76	25%
Pidgeot	Victory Road	Grass	_69-76	20%
Luxray	Victory Road	Grass	_69-76	20%
Mightyena	Victory Road	Grass	_69-76	20%
Lurantis	Victory Road	Grass	_69-76	14%
Blissey	Victory Road	Grass	_69-76	1%
Crobat	Victory Road	Cave	_71-78	25%
Golem	Victory Road	Cave	_71-78	15%
Mawile	Victory Road	Cave	_71-78	15%
Sableye	Victory Road	Cave	_71-78	15%
Machop	Victory Road	Cave	_71-78	10%
Rhyperior	Victory Road	Cave	_71-78	10%
Steelix	Victory Road	Cave	_71-78	9%
Blissey	Victory Road	Cave	_71-78	1%
Crobat	Victory Road	Surf	_71-78	100%

Gift Pokemon, Static Encounters and In-game Trades

Pokemon	Encounter Type	Location	Requirement
Eevee	Gift	Crimson City	-
Drilbur	Trade	Linoa City	Trade Riolu
Larvesta	Egg	Plum Town	-
Snom	Trade	Port City	Trade Dunsparce
Beldum	Trade	Starlet City	Trade Trapinch
Uxie	Static	Route 11	After 8 Badges
Mesprit	Static	Riveria Cave	After 8 Badges
Azelf	Static	Underwater Cavern	After 8 Badges
Regirock	Static	Deserted Tomb	After 8 Badges
Regice	Static	Mt. Pico	After 8 Badges
Registeel	Static	Molten Cave	After 8 Badges
Regigigas	Static	Victory Road Cave	Regi trio in party
Mewtwo	Static	Serenity Cave	After Pokemon League

New Moves

Name	Type	Power	Accuracy	Effect
Zapping Bash	Electric	120	100	Lowers Attack and Defence
Leaf Rush	Grass	120	100	Lowers Attack and Defence
Volt Charge	Electric	90	100	20% chance to paralyze
Osmosis	Water	75	100	Restore half damage dealt
Life Drainer	Dark	75	100	Restore half damage dealt
Deep Freeze	Ice	-	30	Freezes target
Black Hole	Dark	100	100	Lowers Defence, high crit ratio

Main Character Pokemon Teams

Gym Leaders

1st Gym	Cory	Crimson City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Beedrill		20 Merciless	Sitrus Berry	U-Turn	Brick Break	Thief	Toxic Spikes	Jolly
Surskit		18 Intimidate	-	Bubblebeam	Mud Shot	Quick Attack	Aqua Jet	Timid
Vivillon		18 Compound Eyes		Gust	Psybeam	Struggle Bug	Sleep Powder	Timid
2nd Gym	Jason	Alamada City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Flaffy		23 Electric Surge	Terrain Extender	Shock Wave	Power Gem	Confuse Ray	Thunder Wave	Modest
Pikachu		23 Static	Focus Sash	Shock Wave	Quick Attack	Brick Break	Nasty Plot	Naive
Manectric		25 Intimidate	Choice Band	Thunder Fang	Fire Fang	Ice Fang	Crunch	Adamant
3rd Gym	Dina	Orchid City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Espeon		31 Psychic Surge	Terrain Extender	Psyshock	Shadow Ball	Calm Mind	Morning Sun	Timid
Kadabra		31 Magic Guard	Light Clay	Psyshock	Shadow Ball	Calm Mind	Reflect	Timid
Xatu		31 Magic Bounce	Rocky Helmet	Psyshock	Air Slash	Thunder Wave	Roost	Bold
Gardevoir		33 Synchronize	Leftovers	Psyshock	Draining Kiss	Calm Mind	Hypnosis	Timid
4th Gym	Mars	Sarton City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Golem		39 Sand Stream	Smooth Rock	Bulldoze	Rock Slide	Thunder Punch	Stealth Rock	Impish
Gastrodon		39 Storm Drain	Leftovers	Surf	Recover	Earth Power	Toxic	Calm
Excadrill		39 Sand Rush	Focus Sash	Bulldoze	Iron Head	Rock Slide	Rapid Spin	Jolly
Steelix		41 Sand Force	Steelixite	Gyro Ball	Earthquake	Sandstorm	Curse	Brave
5th Gym	Shelby	Port City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Sylveon		47 Misty Surge	Terrain Extender	Draining Kiss	Psychic	Mystical Fire	Calm Mind	Calm
Mismagius		47 Levitate	Choice Specs	Shadow Ball	Dazzling Gleam	Mystical Fire	Power Gem	Timid
Togekiss		47 Serene Grace	Rocky Helmet	Dazzling Gleam	Air Slash	Roost	Thunder Wave	Timid
Mawile		49 Huge Power	Mawilite	Play Rough	Iron Head	Sucker Punch	Swords Dance	Adamant
6th Gym	Leif	Woodland Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Roserade		54 Natural Cure	Heat Rock	Sludge Bomb	Sunny Day	Spikes	Solar Beam	Timid
Lurantis		54 Contrary	Weakness Policy	Leaf Rush	Polson Jab	X-Scissor	Grassy Terrain	Impish
Trevenant		54 Grassy Surge	Terrain Extender	Horn Leech	Will-O-Wisp	Leech Seed	Grassy Terrain	Impish
Cradily		54 Storm Drain	Leftovers	Giga Drain	Acid Spray	Power Gem	Synthesis	Calm
Venusaur		56 Thick Fat	Venasaurite	Giga Drain	Sludge Bomb	Knock Off	Synthesis	Bold
7th Gym	Telsa	Pico City	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Aurorus		58 Snow Warning	Icy Rock	Power Gem	Thunder Wave	Aurora Veil	Stealth Rock	Calm
Glacion		58 Slush Rush	Life Orb	Blizzard	Shadow Ball	Aurora Veil	Hail	Modest
Frosmoth		58 Ice Scales	Heavy Duty Boots	Blizzard	Aurora Veil	Bug Buzz	Hail	Timid
Frosllass		58 Curse Body	Focus Sash	Aurora Veil	Shadow Ball	Taunt	Destiny Bond	Timid
Abomasnow		60 Snow Warning	Abomasite	Ice Shard	Seed Bomb	Earthquake	Swords Dance	Adamant

8th Gym	Julie	Shinning Resort	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Wailord		73 Drizzle	Damp Rock	Scald	Ice Beam	Aqua Ring	Rain Dance	Calm
Relicanth		73 Swift Swim	Choice Band	Fishious Rend	Stone Edge	Zen Headbutt	Earthquake	Jolly
Sharpedo		73 Speed Boost	Life Orb	Waterfall	Rain Dance	Crunch	Protect	Jolly
Starmie		73 Analytic	Choice Specs	Scald	Psyshock	Power Gem	Dazzling Gleam	Timid
Milotic		73 Multiscale	Leftovers	Scald	Ice Beam	Aqua Ring	Recover	Calm
Swampert		75 Swift Swim	Swampertite	Liquidation	Earthquake	Ice Punch	Rain Dance	Jolly

Rivals

Note: Depending on if you pick Grubbin or Rookidee as your starter, Hazel will have the other starter you don't choose.

Rival	Hazel	Merton Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Grubbin		10 Swarm	—	Vice Grip	Mud Slap	Bug Bite	String Shot	Timid
Rookidee		10 Keen Eye	—	Power Trip	Leer	Hone Claws	—	Impish
Rival	Hazel	Route 3						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Eevee		15 Adaptability	—	Tackle	Tail Whip	Baby-Doll Eyes	Quick Attack	Impish
Zubat		15 Inner Focus	—	Poison Fang	Mean Look	Astonish	Supersonic	Jolly
Grubbin		17 Swarm	Sitrus Berry	Spark	String Shot	Bug Bite	Bite	Timid
Rookidee		17 Keen Eye	Sitrus Berry	Peck	Leer	Power Trip	Hone Claws	Impish
Rival	Hazel	Linoa City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Rockruff		24 Own Tempo	Choice Scarf	Rock Tomb	Bite	Thunder Fang	Fire Fang	Jolly
Leafeon		24 Chlorophyll	Rocky Helmet	Razor Leaf	Tail Whip	Leech Seed	Quick Attack	Impish
Golbat		24 Corrosion	Black Sludge	Poison Fang	Mean Look	Astonish	Supersonic	Jolly
Grubbin		26 Swarm	Eviolite	Spark	X-Scissor	Acrobatics	Crunch	Timid
Rookidee		26 Big Pecks	Eviolite	Pluck	U-Turn	Taunt	Steel Wing	Impish
Rival	Hazel	Kobra Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Crobat		39 Corrosion	Black Sludge	Cross Poison	U-Turn	Roost	Toxic	Jolly
Leafeon		39 Chlorophyll	Rocky Helmet	Leaf Blade	Leech Seed	Sunny Day	Synthesis	Impish
Lycanroc Dusk		39 Tough Claws	Choice Scarf	Rock Slide	Psychic Fangs	Thunder Fang	Fire Fang	Jolly
Houndoom		39 Flash Fire	Life Orb	Flamethrower	Dark Pulse	Smog	Thunder Fang	Timid
Charjabug		41 Battery	Eviolite	Volt Switch	X-Scissor	Thunder Wave	Crunch	Timid
Corvisquire		41 Big Pecks	Eviolite	Taunt	U-Turn	Drill Peck	Steel Wing	Impish
Rival	Hazel	Pico City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Crobat		54 Corrosion	Black Sludge	Dual Wingbeat	U-Turn	Roost	Toxic	Jolly
Leafeon		54 Chlorophyll	Rocky Helmet	Leaf Blade	Swords Dance	Sunny Day	Synthesis	Impish
Lycanroc Dusk		54 Tough Claws	Choice Scarf	Stone Edge	Play Rough	Thunder Fang	Crunch	Jolly
Houndoom		54 Solar Power	Houndoominite	Flamethrower	Dark Pulse	Sludge Bomb	Nasty Plot	Timid
Vikavolt		56 Levitate	Leftovers	Bug Buzz	Thunderbolt	Energy Ball	Roost	Timid
Corviknight		56 Mirror Armor	Leftovers	Taunt	Iron Head	Body Press	Roost	Impish
Rival	Hazel	Route 4						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Crobat		60 Corrosion	Black Sludge	Dual Wingbeat	U-Turn	Roost	Toxic	Jolly
Leafeon		60 Chlorophyll	Rocky Helmet	Leaf Blade	Swords Dance	Sunny Day	Synthesis	Impish
Lycanroc Dusk		60 Tough Claws	Choice Scarf	Stone Edge	Play Rough	Close Combat	Crunch	Jolly
Houndoom		60 Solar Power	Houndoominite	Fire Blast	Dark Pulse	Sludge Bomb	Nasty Plot	Timid
Vikavolt		62 Levitate	Leftovers	Bug Buzz	Thunderbolt	Energy Ball	Roost	Timid
Corviknight		62 Mirror Armor	Leftovers	Taunt	Iron Head	Body Press	Roost	Impish
Rival	Hazel	Victory Road						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Crobat		80 Corrosion	Black Sludge	Dual Wingbeat	U-Turn	Roost	Toxic	Jolly
Starmie		80 Analytic	Choice Specs	Hydro Pump	Ice Beam	Thunderbolt	Psychic	Timid
Leafeon		80 Chlorophyll	Rocky Helmet	Leaf Blade	Swords Dance	Sunny Day	Synthesis	Impish
Lycanroc Dusk		80 Tough Claws	Choice Scarf	Stone Edge	Play Rough	Close Combat	Outrage	Jolly
Houndoom		80 Solar Power	Houndoominite	Fire Blast	Dark Pulse	Sludge Bomb	Nasty Plot	Timid
Vikavolt		82 Levitate	Leftovers	Bug Buzz	Thunderbolt	Energy Ball	Roost	Timid
Corviknight		82 Mirror Armor	Leftovers	Taunt	Iron Head	Body Press	Roost	Impish

Rival	Axl	Saldo Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Goomy		10 Sap Sipper	—	Absorb	Tackle	Water Gun	—	Calm
Rival	Axl	Orchid City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Pidgeotto		28 Gale Wings	Heavy Duty Boots	U-Turn	Gust	Twister	Roost	Timid
Roselia		28 Natural Cure	Black Sludge	Magical Leaf	Stun Spore	Leech Seed	Toxic Spikes	Timid
Jolteon		28 Volt Absorb	Life Orb	Shock Wave	Double Kick	Quick Attack	Thunder Wave	Timid
Goomy		30 Goopy	Eviolite	Absorb	Dragon Breath	Water Pulse	Rain Dance	Calm
Rival	Axl	Route 19						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Wailord		62 Drizzle	Damp Rock	Hydro Pump	Ice Beam	Aqua Ring	Rain Dance	Calm
Roserade		62 Natural Cure	Black Sludge	Giga Drain	Sludge Bomb	Leech Seed	Toxic Spikes	Timid
Pidgeot		62 Gale Wings	Heavy Duty Boots	Hurricane	Focus Blast	Rain Dance	Roost	Timid
Jolteon		62 Volt Absorb	Life Orb	Thunder	Shadow Ball	Thunder Wave	Rain Dance	Timid
Blastoise		62 Mega Launcher	Blastoisinite	Dark Pulse	Aura Sphere	Hydro Pump	Rain Dance	Bold
Goodra		64 Goopy	Assault Vest	Thunder	Dragon Pulse	Hydro Pump	Ice Beam	Calm
Rival	Axl	Kobra Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Wailord		77 Drizzle	Damp Rock	Hydro Pump	Ice Beam	Aqua Ring	Rain Dance	Calm
Roserade		77 Natural Cure	Black Sludge	Giga Drain	Sludge Bomb	Leech Seed	Toxic Spikes	Timid
Pidgeot		77 Gale Wings	Heavy Duty Boots	Hurricane	Focus Blast	Rain Dance	Roost	Timid
Jolteon		77 Volt Absorb	Life Orb	Thunder	Shadow Ball	Thunder Wave	Rain Dance	Timid
Blastoise		77 Mega Launcher	Blastoisinite	Dark Pulse	Aura Sphere	Hydro Pump	Rain Dance	Bold
Goodra		79 Goopy	Assault Vest	Thunder	Draco Meteor	Hydro Pump	Ice Beam	Calm
Ranger	Samantha	Route 2						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Cutiefly		20 Shield Dust	—	Draining Kiss	Struggle Bug	Absorb	Stun Spore	Timid
Vulpix		20 Flash Fire	—	Ember	Fire Spin	Confuse Ray	Quick Attack	Timid
Furret		22 Fur Coat	Sitrus Berry	Mega Kick	Coil	Thief	Quick Attack	Impish
Ranger	Samantha	Woodland Forest						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Ribombee		51 Shield Dust	—	Pollen Puff	Dazzling Gleam	Psychic	Energy Ball	Timid
Ninetales		51 Flash Fire	—	Flamethrower	Dazzling Gleam	Confuse Ray	Nasty Plot	Timid
Flygon		51 Levitate	Life Orb	Earthquake	Dragon Claw	Rock Slide	Dragon Dance	Jolly
Furret		53 Fur Coat	Sitrus Berry	Body Slam	Ice Punch	Sucker Punch	Coil	Impish
Ranger	Samantha	Victory Road						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Ribombee		82 Shield Dust	Focus Sash	Sticky Web	Moonblast	Stun Spore	Quiver Dance	Timid
Rampardos		82 Sheer Force	Life Orb	Head Smash	Superpower	Zen Headbutt	Double Edge	Jolly
Glaceon		82 Snow Cloak	Choice Specs	Ice Beam	Freeze-Dry	Shadow Ball	Water Pulse	Modest
Ninetales		82 Flash Fire	Choice Scarf	Fire Blast	Moonblast	Shadow Ball	Psyshock	Timid
Gyarados		82 Mold Breaker	Gyaradosite	Waterfall	Crunch	Outrage	Dragon Dance	Adamant
Flygon		84 Levitate	Leftovers	Earthquake	Outrage	Stone Edge	Dragon Dance	Jolly

Victory Road

Note: These aren't main characters, but these teams were created by people I know irl, so they're a little harder than most trainers.

Ace Trainer	Ova							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Swampert		79 Torrent	Leftovers	Waterfall	Earthquake	Stealth Rock	Ice Punch	Impish
Glaceon		79 Snow Cloak	Choice Scarf	Ice Beam	Freeze-Dry	Shadow Ball	Water Pulse	Timid
Gardevoir		79 Synchronize	Life Orb	Psychic	Moonblast	Thunderbolt	Calm Mind	Timid
Dusknoir		79 Pressure	Assault Vest	Poltergeist	Black Hole	Shadow Sneak	Earthquake	Careful
Magmortar		79 Flame Body	Choice Specs	Scorching Sands	Fire Blast	Thunderbolt	Focus Blast	Timid
Lucario		81 Adaptability	Lucarionite	Close Combat	Meteor Mash	Bullet Punch	Swords Dance	Jolly
Ace Trainer	Megan							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Roserade		79 Natural Cure	Black Sludge	Sludge Bomb	Giga Drain	Synthesis	Spikes	Timid
Banette		79 Cursed Body	Life Orb	Shadow Claw	Knock Off	Will-O-Wisp	Sucker Punch	Jolly
Aurorus		79 Refrigerate	Choice Specs	Hyper Voice	Freeze-Dry	Power Gem	Earth Power	Modest
Sylveon		79 Pixilate	Leftovers	Hyper Voice	Psyshock	Mystical Fire	Calm Mind	Calm
Goodra		79 Goopy	Assault Vest	Draco Meteor	Thunderbolt	Surf	Sludge Bomb	Calm
Gardevoir		81 Pixilate	Gardevoirite	Hyper Voice	Psychic	Focus Blast	Calm Mind	Timid
Ace Trainer	Hoe	Joe						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Swellow		79 Guts	Flame Orb	Facade	Brave Bird	U-Turn	Roost	Jolly
Crawdaunt		79 Adaptability	Life Orb	Waterfall	Knock Off	Aqua Jet	Dragon Dance	Jolly
Vikavolt		79 Levitate	Leftovers	Bug Buzz	Volt Switch	Energy Ball	Roost	Timid
Hitmonlee		79 Unburden	White Herb	Close Combat	Knock Off	Bulk Up	Earthquake	Jolly
Aurorus		79 Refrigerate	Power Herb	Meteor Beam	Hyper Voice	Flash Cannon	Psychic	Modest
Absol		81 Magic Bounce	Absolite	Sucker Punch	Play Rough	Knock Off	Swords Dance	Jolly
Ace Trainer	Esteban							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Gengar		79 Cursed Body	Focus Sash	Shadow Ball	Sludge Wave	Nasty Plot	Destiny Bond	Timid
Starmie		79 Natural Cure	Leftovers	Scald	Psychic	Rapid Spin	Recover	Timid
Mimikyu		79 Disguise	Life Orb	Shadow Claw	Play Rough	Shadow Sneak	Swords Dance	Jolly
Hitmonlee		79 Unburden	Blunder Policy	High Jump Kick	Knock Off	Bulk Up	Stone Edge	Jolly
Umbreon		79 Synchronize	Rocky Helmet	Sucker Punch	Crunch	Curse	Moonlight	Impish
Blaziken		81 Speed Boost	Blazikenite	Close Combat	Flare Blitz	Protect	Swords Dance	Jolly
Ace Trainer	Gui							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Blaziken		79 Speed Boost	Focus Sash	Blaze Kick	Swords Dance	Protect	Baton Pass	Jolly
Golduck		79 Cloud Nine	Life Orb	Scald	Ice Beam	Psychic	Calm Mind	Timid
Ampharos		79 Static	Leftovers	Thunderbolt	Power Gem	Focus Blast	Confuse Ray	Modest
Salamence		79 Intimidate	Iachi Berry	Outrage	Earthquake	Dual Wingbeat	Dragon Dance	Jolly
Gardevoir		79 Synchronize	Choice Specs	Psychic	Moonblast	Shadow Ball	Trick	Timid
Lucario		81 Adaptability	Lucarionite	Close Combat	Meteor Mash	Bullet Punch	Swords Dance	Jolly
Ace Trainer	Lisica							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Mamoswine		79 Thick Fat	Focus Sash	Ice Shard	Knock Off	Earthquake	Stealth Rock	Jolly
Furret		79 Fur Coat	Leftovers	Body Slam	Substitute	Baton Pass	Coil	Impish
Machop		79 Guts	Flame Orb	Close Combat	Knock Off	Facade	Bullet Punch	Adamant
Houndoom		79 Flash Fire	Life Orb	Flamethrower	Dark Pulse	Taunt	Nasty Plot	Timid
Xatu		79 Magic Bounce	Rocky Helmet	Psyshock	Air Slash	Thunder Wave	Roost	Bold
Sharpedo		81 Strong Jaw	Sharpedonite	Crunch	Ice Fang	Psychic Fangs	Flip Turn	Jolly
Ace Trainer	Evangelica							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Dustox		80 Unaware	Black Sludge	Venoshock	Defog	Toxic	Whirlwind	Calm
Abra		80 Magic Guard	Choice Scarf	Psyshock	Psychic Terrain	Calm Mind	Trick	Timid
Kadabra		80 Magic Guard	Life Orb	Expanding Force	Shadow Ball	Psychic Terrain	Calm Mind	Timid
Staravia		80 Intimidate	Eviolite	U-Turn	Brave Bird	Facade	Final Gambit	Jolly
Scyther		80 Technician	Heavy Duty Boots	U-Turn	Dual Wingbeat	Knock Off	Roost	Jolly
Alakazam		82 Trace	Alakazite	Expanding Force	Dazzling Gleam	Focus Blast	Nasty Plot	Timid

Pokemon League

Elite 4	Kingsley							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Skarmory		84 Sturdy	Rocky Helmet	Roost	Spikes	Whirlwind	Toxic	Bold
Excadrill		84 Mold Breaker	Focus Sash	Earthquake	Iron Head	Rock Slide	Swords Dance	Jolly
Empoleon		84 Competitive	Choice Scarf	Scald	Flash Cannon	Ice Beam	Knock Off	Calm
Magnezone		84 Magnet Pull	Light Clay	Volt Switch	Flash Cannon	Reflect	Light Screen	Modest
Scizor		84 Technician	Life Orb	Bullet Punch	U-Turn	Roost	Swords Dance	Adamant
Aggron		86 Filter	Aggronite	Heavy Slam	Earthquake	Fire Punch	Thunder Punch	Careful

Elite 4	Polina							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Beautifully		84 Berserk	Focus Sash	Bug Buzz	Giga Drain	Psychic	Quiver Dance	Timid
Swellow		84 Guts	Flame Orb	Brave Bird	U-Turn	Façade	Roost	Jolly
Gyarados		84 Moxie	Life Orb	Waterfall	Crunch	Earthquake	Dragon Dance	Jolly
Dragonite		84 Multiscale	Leftovers	Dragon Claw	Fire Punch	Roost	Dragon Dance	Jolly
Honchkrow		84 Moxie	Heavy Duty Boots	Brave Bird	Night Slash	Sucker Punch	Taunt	Jolly
Altaria		86 Pixilate	Altarinite	Body Slam	Dragon Claw	Earthquake	Dragon Dance	Adamant

Elite 4	Leo							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Infernape		84 Moxie	Focus Sash	Close Combat	Fire Punch	Mach Punch	Stealth Rock	Jolly
Flareon		84 Guts	Toxic Orb	Flare Blitz	Superpower	Façade	Sunny Day	Jolly
Magcargo		84 Simple	White Herb	Flamethrower	Earth Power	Ancient Power	Shell Smash	Timid
Volcarona		84 Flame Body	Heavy Duty Boots	Fiery Dance	Bug Buzz	Solar Beam	Quiver Dance	Timid
Arcanine		84 Intimidate	Life Orb	Flare Blitz	Wild Charge	Extreme Speed	Sunny Day	Jolly
Charizard		86 Drought	Charizardite Y	Fire Blast	Solar Beam	Air Slash	Focus Blast	Timid

Elite 4	Katlyn							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Crawdaunt		86 Adaptability	Focus Sash	Aqua Jet	Razor Shell	Knock Off	Swords Dance	Adamant
Sableye		86 Prankster	Rocky Helmet	Foul Play	Will-O-Wisp	Recover	Taunt	Calm
Luxray		86 Contrary	Choice Band	Zapping Bash	Crunch	Superpower	Psychic Fangs	Jolly
Houndoom		86 Flash Fire	Choice Scarf	Flamethrower	Dark Pulse	Sludge Bomb	Hyper Voice	Timid
Umbreon		86 Synchronize	Leftovers	Foul Play	Confuse Ray	Toxic	Protect	Calm
Absol		88 Magic Bounce	Absolite	Sucker Punch	Play Rough	Knock Off	Swords Dance	Jolly

Champion	Beech							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Araquanid		88 Water Bubble	Leftovers	Leech Life	Liquidation	Toxic	Sticky Web	Careful
Gengar		88 Cursed Body	Focus Sash	Shadow Ball	Sludge Wave	Focus Blast	Nasty Plot	Timid
Tyranttrum		88 Rock Head	Choice Band	Head Smash	Play Rough	Zen Headbutt	Outrage	Jolly
Magmortar		88 Flame Body	Choice Specs	Scorching Sands	Fire Blast	Thunderbolt	Focus Blast	Modest
Mewtwo		90 Pressure	Life Orb	Psystrike	Focus Blast	Calm Mind	Taunt	Timid
Metagross		90 Tough Claws	Metagrossite	Meteor Mash	Zen Headbutt	Earthquake	Bullet Punch	Jolly

Team Promeno

Promeno Admin	Inigo	Orchid City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Gabite		29 Rough Skin	Rock Helmet	Bulldoze	Bite	Dual Chop	Sand Attack	Jolly
Dragonair		29 Marvel Scale	Flame Orb	Slam	Agility	Dragon Tail	Thunder Wave	Impish
Shelgon		31 Rock Head	Eviolite	Headbutt	Crunch	Fire Fang	Scary Face	Adamant

Promeno Admin	Braden	Acuity Cave						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Golem		50 Sand Stream	Smooth Rock	Earthquake	Rock Slide	Fire Punch	Stealth Rock	Adamant
Cradily		50 Storm Drain	Leftovers	Giga Drain	Power Gem	Acid Spray	Sandstorm	Calm
Bastiodon		50 Stamina	Rocky Helmet	Metal Burst	Rock Slide	Iron Head	Toxic	Impish
Aerodactyl		52 Tough Claws	Aerodactylite	Rock Slide	Dragon Claw	Dual Wingbeat	Roost	Jolly

Promeno Admins	Monica & Catherina	Verity Cave						
Pokemon								
Monica	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Nidoqueen		64 Sheer Force	Life Orb	Sludge Bomb	Earth Power	Ice Beam	Toxic Spikes	Modest
Venusaur		64 Poison Point	Leftovers	Sludge Bomb	Giga Drain	Leech Seed	Synthesis	Bold
Gengar		66 Shadow Tag	Gengarite	Sludge Bomb	Shadow Ball	Focus Blast	Taunt	Timid
Catherina								
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Hitmontop		64 Intimidate	Leftovers	Rapid Spin	Protect	Close Combat	Toxic	Impish
Machamp		64 No Guard	Assault Vest	Dynamic Punch	Stone Edge	Bullet Punch	Thunder Punch	Adamant
Gallade		66 Steadfast	Galladite	Psycho Cut	Close Combat	Leaf Blade	Knock Off	Jolly

Promeno Admin	Braden	Abandoned Lab						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Golem		65 Sand Stream	Smooth Rock	Earthquake	Stone Edge	Fire Punch	Stealth Rock	Adamant
Cradily		65 Storm Drain	Leftovers	Giga Drain	Power Gem	Acid Spray	Sandstorm	Calm
Bastiodon		65 Stamina	Rocky Helmet	Body Press	Heavy Slam	Stone Edge	Toxic	Impish
Lunatone		65 Levitate	Life Orb	Psychic	Power Gem	Earth Power	Moonblast	Timid
Aerodactyl		67 Tough Claws	Aerodactylite	Stone Edge	Dragon Claw	Dual Wingbeat	Roost	Jolly

Promeno Admin	Inigo	Promeno Hideout						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Garchomp		68 Rough Skin	Rock Helmet	Dragon Claw	Earthquake	Swords Dance	Stealth Rock	Jolly
Altaria		68 Natural Cure	Leftovers	Draco Meteor	Flamethrower	Toxic	Roost	Bold
Dragonite		68 Multiscale	Weakness Policy	Outrage	Extreme Speed	Thunder Punch	Dragon Dance	Jolly
Kingdra		68 Sniper	Scope Lens	Draco Meteor	Osmosis	Ice Beam	Focus Energy	Timid
Salamence		70 Aerilate	Salamencite	Double Edge	Outrage	Dragon Dance	Roost	Jolly

Promeno Admin	Monica	Serenity Cave						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Nidoqueen		74 Sheer Force	Life Orb	Sludge Wave	Earth Power	Ice Beam	Toxic Spikes	Modest
Crobat		74 Infiltrator	Choice Band	Brave Bird	U-Turn	Cross Poison	Zen Headbutt	Jolly
Tentacruel		74 Clear Body	Black Sludge	Osmosis	Sludge Wave	Toxic Spikes	Aqua Ring	Timid
Venusaur		74 Thick Fat	Leftovers	Sludge Bomb	Giga Drain	Leech Seed	Synthesis	Bold
Gengar		76 Shadow Tag	Gengarite	Sludge Wave	Shadow Ball	Focus Blast	Taunt	Timid

Promeno Admin	Catherina	Serenity Cave						
Hitmontop		75 Intimidate	Leftovers	Rapid Spin	Protect	Close Combat	Toxic	Impish
Lucario		75 Inner Focus	Life Orb	Focus Blast	Flash Canon	Vacuum Wave	Nasty Plot	Timid
Electivire		75 Motor Drive	Choice Scarf	Wild Charge	Close Combat	Earthquake	Ice Punch	Jolly
Machamp		75 No Guard	Assault Vest	Dynamic Punch	Stone Edge	Bullet Punch	Thunder Punch	Adamant
Gallade		77 Inner Focus	Galladite	Psycho Cut	Close Combat	Leaf Blade	Knock Off	Jolly

Other Characters

Sage	Dior	Kobra Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Dunsparce		42 Serene Grace	Leftovers	Rock Slide	Zen Headbutt	Headbutt	Body Slam	Jolly
Ursaring		42 Guts	Flame Orb	Facade	Crunch	Play Rough	Swords Dance	Adamant
Slaking		42 Truant	Life Orb	Facade	Feint Attack	Counter	Slack Off	Jolly
Pidgeot		44 No Guard	Pidgeotite	Hurricane	U-Turn	Heat Wave	Roost	Timid

Mystery Girl	Rachyl	Mirage Home						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Mimikyu		43 Disguise	Life Orb	Shadow Claw	Slash	Shadow Sneak	Hone Claws	Jolly
Lampent		43 Shadow Tag	Choice Scarf	Flamethrower	Shadow Ball	Energy Ball	Night Shade	Timid
Banette		45 Prankster	Banetite	Shadow Claw	Knock Off	Taunt	Destiny Bond	Jolly

Ranger Chief	Ronan	Underwater Cavern						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Ninetales		59 Drought	Heat Rock	Flamethrower	Moonblast	Shadow Ball	Sunny Day	Timid
Xatu		59 Magic Bounce	Rocky Helmet	Night Shade	Roost	Toxic	Sunny Day	Timid
Sceptile		59 Technician	Life Orb	Bullet Seed	Scale Shot	Drain Punch	Substitute	Jolly
Solrock		59 Levitate	Leftovers	Solar Blade	Zen Headbutt	Rock Slide	Sunny Day	Jolly
Blaziken		61 Speed Boost	Blazikenite	Close Combat	Blaze Kick	Protect	Swords Dance	Adamant

Mystery Girl	Rachyl	Ruined Home						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Mimikyu		76 Disguise	Life Orb	Shadow Claw	Play Rough	Shadow Sneak	Swords Dance	Jolly
Sableye		76 Prankster	Rocky Helmet	Foul Play	Will-O-Wisp	Recover	Taunt	Calm
Chandelure		76 Shadow Tag	Choice Scarf	Fire Blast	Shadow Ball	Energy Ball	Psychock	Timid
Dusknoir		76 Pressure	Leftovers	Black Hole	Pain Split	Earthquake	Confuse Ray	Impish
Banette		78 Prankster	Banetite	Shadow Claw	Knock Off	Taunt	Destiny Bond	Jolly

Postgame Battles

Rival	Hazel	Senoden League						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Crobat		100 Corrosion	Black Sludge	Dual Wingbeat	U-Turn	Roost	Toxic	Jolly
Starmie		100 Analytic	Choice Specs	Hydro Pump	Ice Beam	Thunderbolt	Psychic	Timid
Leafeon		100 Chlorophyll	Rocky Helmet	Leaf Blade	Swords Dance	Sunny Day	Synthesis	Impish
Lycanroc Dusk		100 Tough Claws	Choice Scarf	Stone Edge	Play Rough	Close Combat	Outrage	Jolly
Houndoom		100 Solar Power	Houndoominite	Fire Blast	Dark Pulse	Sludge Bomb	Nasty Plot	Timid
Vikavolt		100 Levitate	Leftovers	Bug Buzz	Thunderbolt	Energy Ball	Roost	Timid
Corviknight		100 Mirror Armor	Leftovers	Taunt	Iron Head	Body Press	Roost	Impish
Rival	Axl	Saldo Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Wailord		95 Drizzle	Damp Rock	Hydro Pump	Ice Beam	Aqua Ring	Rain Dance	Calm
Roserade		95 Natural Cure	Black Sludge	Giga Drain	Sludge Bomb	Leech Seed	Toxic Spikes	Timid
Pidgeot		95 Gale Wings	Heavy Duty Boots	Hurricane	Focus Blast	Rain Dance	Roost	Timid
Jolteon		95 Volt Absorb	Life Orb	Thunder	Shadow Ball	Thunder Wave	Rain Dance	Timid
Blastoise		95 Mega Launcher	Blastoisinite	Dark Pulse	Aura Sphere	Hydro Pump	Rain Dance	Bold
Goodra		97 Gooeey	Assault Vest	Thunder	Draco Meteor	Hydro Pump	Ice Beam	Calm
Ranger	Samantha	Sarton City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Ribombee		93 Shield Dust	Focus Sash	Sticky Web	Moonblast	Stun Spore	Quiver Dance	Timid
Glaceon		93 Snow Cloak	Choice Specs	Ice Beam	Freeze-Dry	Shadow Ball	Water Pulse	Modest
Ninetales		93 Flash Fire	Choice Scarf	Fire Blast	Moonblast	Shadow Ball	Psychock	Timid
Gyarados		93 Mold Breaker	Gyaradosite	Waterfall	Crunch	Outrage	Dragon Dance	Adamant
Flygon		95 Levitate	Life Orb	Earthquake	Outrage	Stone Edge	Dragon Dance	Jolly
Furret		95 Fur Coat	Leftovers	Body Slam	Baton Pass	Sucker Punch	Coil	Impish
1st Gym	Cory	Crimson City	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Araquanid		92 Water Bubble	Leftovers	Leech Life	Liquidation	Sticky Web	Rain Dance	Calm
Masquerain		92 Intimidate	Damp Rock	Scald	Bug Buzz	Quiver Dance	Rain Dance	Timid
Vivillon		92 Compound Eyes	Heavy Duty Boots	Bug Buzz	Hurricane	Quiver Dance	Sleep Powder	Timid
Armaldo		92 Swift Swim	Choice Band	X-Scissor	Rock Slide	Liquidation	Earthquake	Jolly
Beedrill		94 Adaptability	Beedrillite	U-Turn	Poison Jab	Knock Off	Swords Dance	Jolly
Vikavolt		92 Levitate	Life Orb	Thunder	Bug Buzz	Energy Ball	Roost	Timid
2nd Gym	Jason	Alamada City	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Ampharos		92 Electric Surge	Terrain Extender	Rising Voltage	Discharge	Power Gem	Electric Terrain	Modest
Magnezone		92 Magnet Pull	Choice Specs	Volt Switch	Discharge	Flash Cannon	Body Press	Modest
Lanturn		92 Volt Absorb	Leftovers	Rising Voltage	Discharge	Scald	Ice Beam	Calm
Raichu		92 Lightning Rod	Focus Sash	Rising Voltage	Discharge	Nasty Plot	Electric Terrain	Timid
Electivire		92 Motor Drive	Blunder Policy	Dynamic Punch	Brick Break	Volt Charge	Taunt	Adamant
Manectric		94 Intimidate	Manectite	Rising Voltage	Discharge	Flamethrower	Electric Terrain	Timid
3rd Gym	Dina	Orchid City	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Espeon		92 Psychic Surge	Terrain Extender	Expanding Force	Shadow Ball	Calm Mind	Psychic Terrain	Timid
Xatu		92 Magic Bounce	Rocky Helmet	Night Shade	Air Slash	Thunder Wave	Roost	Bold
Slowbro		92 Regenerator	Leftovers	Expanding Force	Scald	Blizzard	Psychic Terrain	Bold
Alakazam		92 Magic Guard	Life Orb	Expanding Force	Focus Blast	Calm Mind	Psychic Terrain	Timid
Metagross		92 Clear Body	Choice Scarf	Meteor Mash	Zen Headbutt	Ice Punch	Rock Slide	Jolly
Gardevoir		94 Pixilate	Gardevoirite	Expanding Force	Hyper Voice	Calm Mind	Energy Ball	Timid
4th Gym	Mars	Sarton City	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Golem		92 Sand Stream	Smooth Rock	Stomping Tantrum	Rock Slide	Sandstorm	Stealth Rock	Impish
Gastrodon		92 Storm Drain	Leftovers	Scald	Recover	Earth Power	Toxic	Calm
Excadrill		92 Sand Rush	Focus Sash	High Horsepower	Iron Head	Rock Slide	Rapid Spin	Jolly
Flygon		92 Levitate	Choice Scarf	Dragon Pulse	Bug Buzz	Earth Power	Air Slash	Timid
Mamoswine		92 Thick Fat	Life Orb	Icicle Crash	Ice Shard	High Horsepower	Knock Off	Jolly
Steelix		94 Sand Force	Steelixite	Gyro Ball	High Horsepower	Stone Edge	Sandstorm	Brave
5th Gym	Shelby	Port City	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Sylveon		92 Misty Surge	Terrain Extender	Dazzling Gleam	Psychic	Mysty Terrain	Calm Mind	Calm
Clefable		92 Magic Guard	Leftovers	Stored Power	Moonlight	Cosmic Power	Stealth Rock	Bold
Mismagius		92 Levitate	Choice Specs	Shadow Ball	Dazzling Gleam	Energy Ball	Power Gem	Timid
Ninetales		92 Flash Fire	Life Orb	Fire Blast	Dazzling Gleam	Nasty Plot	Mysty Terrain	Timid
Togekiss		92 Serene Grace	Rocky Helmet	Dazzling Gleam	Air Slash	Roost	Thunder Wave	Timid
Mawile		94 Huge Power	Mawilite	Play Rough	Iron Head	Sucker Punch	Swords Dance	Adamant
6th Gym	Leif	Woodland Town	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Roserade		92 Natural Cure	Heat Rock	Sludge Bomb	Sunny Day	Spikes	Solar Beam	Timid
Trevenant		92 Grassy Surge	Terrain Extender	Horn Leech	Will-O-Wisp	Leech Seed	Grassy Terrain	Impish
Lurantis		92 Contrary	Rocky Helmet	Grassy Glide	Superpower	X-Scissor	Grassy Terrain	Impish
Sceptile		92 Technician	Life Orb	Bullet Seed	Scale Shot	Aerial Ace	Dragon Dance	Jolly
Cradily		92 Storm Drain	Leftovers	Giga Drain	Acid Spray	Power Gem	Synthesis	Calm
Venusaur		94 Thick Fat	Venasaurite	Solar Beam	Sludge Bomb	Knock Off	Synthesis	Bold

7th Gym	Telsa	Pico City	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Aurorus		92 Snow Warning	Icy Rock	Power Gem	Thunder Wave	Aurora Veil	Stealth Rock	Calm
Glacéon		92 Slush Rush	Light Clay	Blizzard	Shadow Ball	Aurora Veil	Hail	Modest
Frosmoth		92 Ice Scales	Heavy Duty Boots	Blizzard	Aurora Veil	Bug Buzz	Hail	Timid
Mamoswine		92 Thick Fat	Life Orb	Ice Shard	Ice Shard	High Horsepower	Knock Off	Jolly
Froslass		92 Curse Body	Focus Sash	Aurora Veil	Shadow Ball	Taunt	Destiny Bond	Timid
Abomasnow		94 Snow Warning	Abomasite	Ice Shard	Seed Bomb	Earthquake	Swords Dance	Adamant
8th Gym	Julie	Shinning Resort	Doubles					
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Wailord		92 Drizzle	Damp Rock	Scald	Ice Beam	Aqua Ring	Rain Dance	Calm
Relicanth		92 Swift Swim	Choice Band	Fishious Rend	Stone Edge	Zen Headbutt	Earthquake	Jolly
Sharpedo		92 Speed Boost	Life Orb	Waterfall	Rain Dance	Crunch	Protect	Jolly
Starmie		92 Analytic	Choice Specs	Scald	Psyshock	Power Gem	Dazzling Gleam	Timid
Milotic		92 Multiscale	Leftovers	Scald	Ice Beam	Aqua Ring	Recover	Calm
Swampert		94 Swift Swim	Swampertite	Liquidation	Earthquake	Ice Punch	Rain Dance	Jolly
Promeno Admin	Braden	Linoa Lab						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Golem		90 Sand Stream	Smooth Rock	Earthquake	Stone Edge	Fire Punch	Stealth Rock	Adamant
Midday Lycanroc		90 Sand Rush	Focus Sash	Rock Slide	Accelerock	Swords Dance	Sandstorm	Jolly
Cradily		90 Storm Drain	Leftovers	Giga Drain	Power Gem	Acid Spray	Sandstorm	Calm
Bastiodon		90 Stamina	Rocky Helmet	Body Press	Heavy Slam	Stone Edge	Toxic	Impish
Lunatone		90 Levitate	Life Orb	Psychic	Power Gem	Earth Power	Moonblast	Timid
Aerodactyl		92 Tough Claws	Aerodactylite	Stone Edge	Dragon Claw	Dual Wingbeat	Roost	Jolly
Promeno Admin	Monica	Merton Town						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Nidoqueen		90 Sheer Force	Life Orb	Sludge Wave	Earth Power	Ice Beam	Toxic Spikes	Modest
Dustox		90 Unaware	Black Sludge	Venoshock	Bug Buzz	Quiver Dance	Roost	Bold
Crobat		90 Infiltrator	Choice Band	Brave Bird	U-Turn	Cross Poison	Zen Headbutt	Jolly
Tentacruel		90 Clear Body	Leftovers	Osmosis	Sludge Wave	Toxic Spikes	Aqua Ring	Timid
Venusaur		90 Thick Fat	Rocky Helmet	Sludge Bomb	Giga Drain	Leech Seed	Synthesis	Bold
Gengar		92 Shadow Tag	Gengarite	Sludge Wave	Shadow Ball	Destiny Bond	Taunt	Timid
Promeno Admin	Catherina	Serenity Cave						
Hitmontop		90 Intimidate	Leftovers	Rapid Spin	Protect	Close Combat	Toxic	Impish
Lucario		90 Inner Focus	Life Orb	Focus Blast	Flash Cannon	Vacuum Wave	Nasty Plot	Timid
Electivire		90 Motor Drive	Choice Scarf	Wild Charge	Close Combat	Earthquake	Ice Punch	Jolly
Infernape		90 Moxie	Choice Band	Close Combat	Flare Blitz	U-Turn	Zen Headbutt	Jolly
Machop		90 No Guard	Assault Vest	Dynamic Punch	Stone Edge	Bullet Punch	Thunder Punch	Adamant
Gallade		92 Inner Focus	Galladite	Psycho Cut	Close Combat	Leaf Blade	Knock Off	Jolly
Promeno Admin	Inigo	Promeno Hideout						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Garchomp		90 Rough Skin	Focus Sash	Dragon Claw	Earthquake	Swords Dance	Stealth Rock	Jolly
Tyrantrum		90 Strong Jaw	Choice Scarf	Psychic Fangs	Crunch	Stone Edge	Iron Head	Jolly
Altaria		90 Natural Cure	Leftovers	Draco Meteor	Flamethrower	Toxic	Roost	Bold
Dragonite		90 Multiscale	Weakness Policy	Outrage	Extreme Speed	Thunder Punch	Dragon Dance	Jolly
Kingdra		90 Sniper	Scope Lens	Draco Meteor	Osmosis	Ice Beam	Focus Energy	Timid
Salamence		92 Aerilate	Salamencite	Double Edge	Outrage	Dragon Dance	Roost	Jolly
Mystery Girl	Rachyl	Sarton City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Mimikyu		91 Disguise	Life Orb	Shadow Claw	Play Rough	Shadow Sneak	Swords Dance	Jolly
Shedinja		91 Wonder Guard	Focus Sash	Shadow Sneak	Will-O-Wisp	X-Scissor	Swords Dance	Adamant
Sableye		91 Prankster	Rocky Helmet	Foul Play	Will-O-Wisp	Recover	Taunt	Calm
Chandelure		91 Shadow Tag	Choice Scarf	Fire Blast	Shadow Ball	Energy Ball	Psychock	Timid
Dusknoir		91 Pressure	Leftovers	Black Hole	Pain Split	Earthquake	Confuse Ray	Impish
Banette		93 Prankster	Banetite	Shadow Claw	Knock Off	Taunt	Destiny Bond	Jolly
Elite 4	Kingsley	Senoden League						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Skarmory		94 Sturdy	Rocky Helmet	Roost	Spikes	Whirlwind	Toxic	Bold
Excadrill		94 Mold Breaker	Focus Sash	Earthquake	Iron Head	Rock Slide	Swords Dance	Jolly
Empoleon		94 Competitive	Choice Scarf	Scald	Flash Cannon	Ice Beam	Knock Off	Calm
Magnezone		94 Magnet Pull	Light Clay	Volt Switch	Flash Cannon	Reflect	Light Screen	Modest
Scizor		94 Technician	Life Orb	Bullet Punch	U-Turn	Roost	Swords Dance	Impish
Aggron		96 Filter	Aggronite	Heavy Slam	Earthquake	Fire Punch	Thunder Punch	Careful

Elite 4	Polina	Senoden League						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Beautifly		94 Berserk	Focus Sash	Bug Buzz	Giga Drain	Psychic	Quiver Dance	Timid
Swellow		94 Guts	Flame Orb	Brave Bird	U-Turn	Facade	Roost	Jolly
Gyarados		94 Moxie	Life Orb	Waterfall	Crunch	Earthquake	Dragon Dance	Jolly
Dragonite		94 Multiscale	Leftovers	Dragon Claw	Fire Punch	Roost	Dragon Dance	Jolly
Honchkrow		94 Moxie	Heavy Duty Boots	Brave Bird	Night Slash	Sucker Punch	Taunt	Jolly
Altaria		96 Pixilate	Altarinite	Body Slam	Dragon Claw	Earthquake	Dragon Dance	Adamant
Elite 4	Leo	Senoden League						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Infernape		94 Moxie	Focus Sash	Close Combat	Fire Punch	Mach Punch	Stealth Rock	Jolly
Flareon		94 Guts	Flame Orb	Flare Blitz	Superpower	Facade	Sunny Day	Jolly
Magcargo		94 Simple	White Herb	Flamethrower	Earth Power	Ancient Power	Shell Smash	Calm
Volcarona		94 Flame Body	Heavy Duty Boots	Fiery Dance	Bug Buzz	Solar Beam	Quiver Dance	Timid
Arcanine		94 Intimidate	Life Orb	Flare Blitz	Wild Charge	Extreme Speed	Agility	Jolly
Charizard		96 Drought	Charizardite Y	Fire Blast	Solar Beam	Air Slash	Focus Blast	Timid
Elite 4	Katlyn	Senoden League						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Crawdaunt		96 Adaptability	Focus Sash	Aqua Jet	Razor Shell	Knock Off	Rock Slide	Adamant
Sableye		96 Prankster	Rocky Helmet	Foul Play	Will-O-Wisp	Recover	Taunt	Calm
Luxray		96 Contrary	Choice Band	Zapping Bash	Crunch	Superpower	Psychic Fangs	Jolly
Houndoom		96 Flash Fire	Choice Scarf	Flamethrower	Dark Pulse	Sludge Bomb	Shadow Ball	Timid
Umbreon		96 Synchronize	Leftovers	Foul Play	Confuse Ray	Toxic	Protect	Calm
Absol		98 Magic Bounce	Absolite	Sucker Punch	Play Rough	Knock Off	Swords Dance	Jolly
Former Champion	Kieran	Sarton City						
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Tyranitar		100 Sand Stream	Tyranitarie	Stone Edge	Crunch	Fire Punch	Stealth Rock	Adamant
Sandslash		98 Sand Rush	Focus Sash	Earthquake	Swords Dance	Rock Slide	Sandstorm	Adamant
Excadrill		98 Sand Rush	Choice Band	Iron Head	Earthquake	Rock Slide	Brick Break	Adamant
Cradily		98 Storm Drain	Leftovers	Giga Drain	Power Gem	Acid Spray	Recover	Calm
Rhyperior		98 Solid Rock	Assault Vest	Earthquake	Stone Edge	Megahorn	Ice Punch	Adamant
Corviknight		98 Mirror Armor	Rocky Helmet	Iron Head	Body Press	Roost	Taunt	Impish
Creator	GB9							
Pokemon	Lv	Ability	Item	Move 1	Move 2	Move 3	Move 4	Nature
Ninjask		100 Speed Boost	Focus Sash	Leech Life	Swords Dance	Protect	Baton Pass	Jolly
Magnezone		100 Magnet Pull	Weakness Policy	Volt Switch	Flash Cannon	Thunderbolt	Thunder Wave	Bold
Umbreon		100 Synchronize	Leftovers	Foul Play	Protect	Moonlight	Toxic	Calm
Gardevoir		100 Synchronize	Choice Scarf	Psychic	Energy Ball	Moonblast	Shadow Ball	Timid
Charizard		100 Tough Claws	Charizardite X	Dragon Claw	Fire Punch	Brick Break	Dragon Dance	Jolly
Swampert		100 Torrent	Assault Vest	Waterfall	Earthquake	Rock Slide	Ice Punch	Adamant

Other Important Items/NPCs

Soothe Bell	Crimson City
Eviolite	Route 1
Permanent Held Items	Linoa City
Ability Capsule/Patch	Linoa City
Nature Mints	Linoa City
Fossil Revival Machine	Linoa City
Move Deleter	Linoa City
Move Reminder	Linoa City
Name Rater	Linoa City
Friendship Checker	Linoa City
Old Rod	Alamada City
Hidden Power Checker	Alamada City
Bike Shop	Alamada City
Evolution Stones	Orchid City
EV Training Items	Orchid City
Single Use Held Items	Orchid City
Berries	Orchid City
Special Pokeballs	Orchid City

Daycare	Plum Town
Everstone	Plum Town
EV Training Trainers	Sarton City
Amulet Coin	Sarton City
Good Rod	Kobra Town
Mega Ring	Kobra Town
Evolution Items (that aren't in Orchid City)	Port City
Fossil Seller	Pico City
Super Rod	Starlet City