**Stats**

Stats are one of the most important things in the Pokémon games. If you have a Pokémon with great attacks, yet not so good stats, you are destined to lose the battle, even if you have type advantages. As such, this page is to help you understand the way stats are calculated, what affects them and how to boost them and hinder your opponents. There are six stats in total that you can fully manipulate and two alternate stats which always have a set value at the beginning of the battle, until they get affected by attacks that is. There are many ways in which the stats are determined;

**Stat Calculation**  
  
  
**Base Stats**

Base stats are the core of the whole stats. Each Pokémon species has their own unique set of base stats. These stats help determine the total stats when the Pokémon is at a specific level. However, as each species has a different, this means that if say you have two Meganium, their stats will not be radically different if untrained.

[**Individual Values**](http://serebii.net/games/ivs.shtml)

Individual Values are a specific value that each Pokémon has one each of its six stats. The value ranges from 0 to 31 and each value corresponds to one single stat point at Level 100. Technically, apart from seeing their effect, they are a hidden value which you have little to no control over. If you have a Pokémon with a high IV, you will have the ability to pass it down via breeding, however that means is pretty much random. As there are six stats and thirty one possible values for each stat, there are 1,073,741,824 different IV combinations making sure that you will pretty much never have a Pokémon exactly the same as another one of the same species. To calculate IVs, use our [IV Calculator](http://serebii.net/games/iv-calcdp.shtml).

[**Effort Values**](http://serebii.net/games/evs.shtml)

Effort Values are another set of values utilised to determine a Pokémon's stat. However, unlike IVs and Base Stats, EVs are totally customisable. You earn Effort Values by battling Pokémon, with each Pokémon giving a different set of EVs to the Pokémon that defeats it. For every 4 EVs earned in a particular stat, you get 1 extra stat point at Level 100. However, there are limits on the Effort Values you can have. You can only have 510 Effort Values on any one Pokémon, corresponding to a maximum of 255 on two stats. However, as that is not divisable by four, it's best to take it to 252 when maxing a stat. This corresponds to 63 more stat points at Level 100. The dispersal of these values is completely up to you so it can help you make the most out of your Pokémon.

**Level**

The Level of your Pokémon is also vital in the calculation of the Pokémon stats. As you increase in level, the stats get increased by 2% of the Base Stat value and 1% of the combined IV and current EV value. This means that even if you have maxed out a stat in EVs but it's still say Level 10, you'll only notice a minimal stat increase.

[**Natures**](http://serebii.net/games/natures.shtml)

Finally, Natures are the other attribute which have a permanent affect on the stats. Each nature raises one stat while lowering another *(the neutral natures raise and lower the same stat rendering them inert)*. At the end of the calculation, the nature is taken into account. If it raises the stat, then the stat's value becomes 110% of what it would normally be and if it lowers the stat, the value becomes 90% of what it would normally be

**Calculation**

This is how the stats are calculated;  
  
Hit Points:  
           ( (IV + 2 \* BaseStat + (EV/4) ) \* Level/100 ) + 10 + Level  
  
Attack, Defense, Speed, Sp. Attack, Sp. Defense:  
           (((IV + 2 \* BaseStat + (EV/4) ) \* Level/100 ) + 5) \* Nature Value

**Stat Modification**

In battles, a Pokémon's stats are able to be modified, both positively and negatively, for the duration of the Pokémon in battle. There are several ways in which these are boosted/lowered; By Attack, by Item or by Ability. When the specific attack or item is used, the stats go up or down by a number of stages, usually by one stage, sometimes by two and on some occassions, by even more. There are 13 total stages in which the stat can hold and once it reaches the top or the bottom, it cannot be increased or lowered any further respectively. At the start of battle or when the Pokémon is switched in, the value is always set at Stage 0, when . Accuracy and Evasion also work in a similar means, just with different multipliers; Accuracy being a multiplication of the user's attack accuracy and Evasion being a multiplication of the attacker's attack accuracy. Some items and abilities also increase the Pokémon's stats, these are unrelated to the Stat Modification here and work in addition to these and not as part of them

|  |  |  |  |
| --- | --- | --- | --- |
| **Stage** | **Main Stats** | **Accuracy** | **Evasion** |
| **-6** | StatValue \* 0.25 | Accuracy \* 0.33 | OppAcc \* 3 |
| **-5** | StatValue \* 0.285 | Accuracy \* 0.375 | OppAcc \* 2.66 |
| **-4** | StatValue \* 0.33 | Accuracy \* 0.428 | OppAcc \* 2.33 |
| **-3** | StatValue \* 0.4 | Accuracy \* 0.5 | OppAcc \* 2 |
| **-2** | StatValue \* 0.5 | Accuracy \* 0.6 | OppAcc \* 1.66 |
| **-1** | StatValue \* 0.66 | Accuracy \* 0.75 | OppAcc \* 1.33 |
| **0** | StatValue \* 1 | Accuracy \* 1 | OppAcc \* 1 |
| **1** | StatValue \* 1.5 | Accuracy \* 1.33 | OppAcc \* 0.75 |
| **2** | StatValue \* 2 | Accuracy \* 1.66 | OppAcc \* 0.6 |
| **3** | StatValue \* 2.5 | Accuracy \* 2 | OppAcc \* 0.5 |
| **4** | StatValue \* 3 | Accuracy \* 2.33 | OppAcc \* 0.428 |
| **5** | StatValue \* 3.5 | Accuracy \* 2.66 | OppAcc \* 0.375 |
| **6** | StatValue \* 4 | Accuracy \* 3 | OppAcc \* 0.33 |

There are however, a variety of attacks and abilities that negate & prevent these stat changes. They are as follows:  
  
Attacks:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Clear Smog](http://serebii.net/attackdex-sm/clearsmog.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/special.png | 15 | 50 | -- | It attacks by throwing a clump of special mud at the opponent. It returns stat changes to their original level. |
| [Haze](http://serebii.net/attackdex-sm/haze.shtml) | http://serebii.net/pokedex-bw/type/ice.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Creates a black haze that eliminates all stat changes. |
| [Mist](http://serebii.net/attackdex-sm/mist.shtml) | http://serebii.net/pokedex-bw/type/ice.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Creates a mist that stops reduction of abilities. |

Abilities:

|  |  |
| --- | --- |
| **Name** | **Effect** |
| [Clear Body](http://serebii.net/abilitydex/clearbody.shtml) | Prevents the Pokémon’s stats from being lowered. |
| [Full Metal Body](http://serebii.net/abilitydex/fullmetalbody.shtml) | Prevents the Pokémon’s stats from being lowered. |
| [White Smoke](http://serebii.net/abilitydex/whitesmoke.shtml) | Prevents the Pokémon’s stats from being lowered. |

Items:

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| http://serebii.net/diamondpearl/items/guard-spec.gif | Guard Spec | Temporairily prevents stat reduction |
| http://serebii.net/diamondpearl/items/white-herb.gif | White Herb | Cures any status effect; can only be used once |

**Stat Details**

[Attack](http://serebii.net/games/stats.shtml#attack) | [Defense](http://serebii.net/games/stats.shtml#defense) | [Speed](http://serebii.net/games/stats.shtml#speed) | [Sp. Attack](http://serebii.net/games/stats.shtml#spattack) | [Sp. Defense](http://serebii.net/games/stats.shtml#spdefense)  
[Accuracy](http://serebii.net/games/stats.shtml#accuracy) | [Evasion](http://serebii.net/games/stats.shtml#evasion)

|  |  |
| --- | --- |
| **Attack**  The Attack stat is the stat that is utilised in calculating the damage given from [Physical Attacks](http://serebii.net/attackdex-sm/physical.shtml).  **Natures that raise Attack**: Lonely, Brave, Adamant, Naughty **Natures that lower Attack**: Bold, Timid, Modest, Calm  The following items raise attack: | Attack |

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| http://serebii.net/diamondpearl/items/choice-band.gif | Choice Band | Boosts Attack by x1.5, but only allows the use of one attack until the Pokémon is called back |
| http://serebii.net/diamondpearl/items/life-orb.png | Life Orb | Boosts attack damage by x1.3 but decreases HP whenever you deal damage |
| [http://serebii.net/diamondpearl/berries/53.png](http://serebii.net/berrydex-dp/53.shtml) | [Liechi Berry](http://serebii.net/berrydex-dp/53.shtml) | A Poffin ingredient. If held by a Pokémon, it raises its Attack stat in a pinch. |
| http://serebii.net/diamondpearl/items/light-ball.gif | Light Ball | Pikachu's Attack & Special Attack increases by x2 |
| |  | | --- | | [http://serebii.net/itemdex/sprites/cellbattery.png](http://serebii.net/itemdex/cellbattery.shtml) | | [Cell Battery](http://serebii.net/itemdex/cellbattery.shtml) | A disposable rechargeable battery. If it is held, when the Pokemon receives an Electric-type attack its Attack rises. |
| |  | | --- | | [http://serebii.net/itemdex/sprites/snowball.png](http://serebii.net/itemdex/snowball.shtml) | | [Snowball](http://serebii.net/itemdex/snowball.shtml) | An item to be held by a Pokémon. It boosts Attack if hit with an Ice-type attack. It can only be used once. |
| [http://serebii.net/diamondpearl/berries/59.png](http://serebii.net/berrydex-dp/59.shtml) | [Starf Berry](http://serebii.net/berrydex-dp/59.shtml) | A Poffin ingredient. If held by a Pokémon, it sharply raises one of its stats in a pinch. |
| http://serebii.net/diamondpearl/items/thick-club.gif | Thick Club | If attached to Cubone or Marowak, their Attack rises by x2 |
| |  | | --- | | [http://serebii.net/itemdex/sprites/weaknesspolicy.png](http://serebii.net/itemdex/weaknesspolicy.shtml) | | [Weakness Policy](http://serebii.net/itemdex/weaknesspolicy.shtml) | An item to be held by a Pokémon. Attack and Sp. Atk sharply increase if the holder is hit with a move it's weak to. |
| http://serebii.net/diamondpearl/items/x-attack.gif | X-Attack | Raises the User's Attack by one stage |

The following abilities boost the user's Attack when activated: [Anger Point](http://serebii.net/abilitydex/angerpoint.shtml), [Beast Boost](http://serebii.net/abilitydex/beastboost.shtml), [Download](http://serebii.net/abilitydex/download.shtml), [Flower Gift](http://serebii.net/abilitydex/flowergift.shtml), [Guts](http://serebii.net/abilitydex/guts.shtml), [Huge Power](http://serebii.net/abilitydex/hugepower.shtml), [Hustle](http://serebii.net/abilitydex/hustle.shtml), [Pure Power](http://serebii.net/abilitydex/purepower.shtml), [Rivalry](http://serebii.net/abilitydex/rivalry.shtml), [Defiant](http://serebii.net/abilitydex/defiant.shtml), [Moxie](http://serebii.net/abilitydex/moxie.shtml), [Justified](http://serebii.net/abilitydex/justified.shtml), [Sap Sipper](http://serebii.net/abilitydex/sapsipper.shtml), [Weak Armor](http://serebii.net/abilitydex/weakarmor.shtml)  
The following abilities lower the user's Attack when activated: [Rivalry](http://serebii.net/abilitydex/rivalry.shtml), [Slow Start](http://serebii.net/abilitydex/slowstart.shtml), [Defeatist](http://serebii.net/abilitydex/defeatist.shtml)  
The following abilities lower the opponent's Attack when activated: [Intimidate](http://serebii.net/abilitydex/intimidate.shtml)

The following abilities prevent the User's Attack from being lowered: [Hyper Cutter](http://serebii.net/abilitydex/hypercutter.shtml)

Using the following attacks boosts the User's attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acupressure](http://serebii.net/attackdex-sm/acupressure.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Randomly raises user's one stat two stages |
| [Ancientpower](http://serebii.net/attackdex-sm/ancientpower.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | An attack that may raise all stats. |
| [Belly Drum](http://serebii.net/attackdex-sm/bellydrum.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | Maximizes ATTACK while sacrificing HP. |
| [Bulk Up](http://serebii.net/attackdex-sm/bulkup.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Bulks up the body to boost both ATTACK and DEFENSE. |
| [Coil](http://serebii.net/attackdex-sm/coil.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | It coils up and concentrates. It raises its Attack, Defence and Accuracy. |
| [Curse](http://serebii.net/attackdex-sm/curse.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | A move that functions differently for GHOSTS. |
| [Dragon Dance](http://serebii.net/attackdex-sm/dragondance.shtml) | http://serebii.net/pokedex-bw/type/dragon.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | A mystical dance that ups ATTACK and SPEED. |
| [Extreme Evoboost](http://serebii.net/attackdex-sm/extremeevoboost.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | [http://serebii.net/pokedex-bw/type/other.png](http://serebii.net/attackdex-sm/other.shtml) | 1 | -- | -- | After obtaining Z-Power, the user, Eevee, gets energy from its evolved friends and boosts its stats sharply. |
| [Fell Stinger](http://serebii.net/attackdex-sm/fellstinger.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/physical.png | 25 | 50 | 100 | When the user knocks out a target with this move, the user's Attack stat rises drastically. |
| [Gear Switch](http://serebii.net/attackdex-sm/gearswitch.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | It spins the gears and not only raises its Attack, but also sharply raises its Speed. |
| [Gear Up](http://serebii.net/attackdex-sm/gearup.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user engages its gears to raise the Attack and Sp. Atk stats of ally Pokémon with the Plus or Minus Ability. |
| [Growth](http://serebii.net/attackdex-sm/growth.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | -- | Forces the body to grow and heightens ATK & SP. ATK. |
| [Hone Claws](http://serebii.net/attackdex-sm/honeclaws.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | It sharpens its claws. Increases your Accuracy and Attack. |
| [Howl](http://serebii.net/attackdex-sm/howl.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | -- | Howls to raise the spirit and boosts ATTACK. |
| [Meditate](http://serebii.net/attackdex-sm/meditate.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | -- | Meditates in a peaceful fashion to raise ATTACK. |
| [Metal Claw](http://serebii.net/attackdex-sm/metalclaw.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/physical.png | 35 | 50 | 95 | A claw attack that may raise the user's ATTACK. |
| [Meteor Mash](http://serebii.net/attackdex-sm/meteormash.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 100 | 85 | Fires a meteor-like punch. May raise ATTACK. |
| [Ominous Wind](http://serebii.net/attackdex-sm/ominouswind.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | May raise all user's stats one stage |
| [Power-Up Punch](http://serebii.net/attackdex-sm/power-uppunch.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/physical.png | 30 | 40 | 100 | Striking opponents over and over makes the user's fists harder. Hitting a target raises the Attack stat. |
| [Rototiller](http://serebii.net/attackdex-sm/rototiller.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | Tilling the soil, the user makes it easier for plants to grow. This raises the Attack and Sp. Atk stats of Grass-type Pokémon. |
| [Sharpen](http://serebii.net/attackdex-sm/sharpen.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Reduces the polygon count and raises ATTACK. |
| [Shell Smash](http://serebii.net/attackdex-sm/shellsmash.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | It breaks its own shell and lowers its Defence and Special Defence, but its Attack, Special Attack and Speed sharply rise. |
| [Silver Wind](http://serebii.net/attackdex-sm/silverwind.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | A powdery attack that may raise abilities. |
| [Swords Dance](http://serebii.net/attackdex-sm/swordsdance.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | A fighting dance that sharply raises ATTACK. |
| [Work Up](http://serebii.net/attackdex-sm/workup.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | It musters its courage and raises its Attack and Special Attack. |

Using the following attacks lower the User's attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Superpower](http://serebii.net/attackdex-sm/superpower.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 120 | 100 | Boosts strength sharply, but lowers abilities. |

Using the following attacks raises the opponent's attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Swagger](http://serebii.net/attackdex-sm/swagger.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | 85 | Confuses the foe, but also sharply raises ATTACK. |

Using the following attacks lowers the opponent's attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Aurora Beam](http://serebii.net/attackdex-sm/aurorabeam.shtml) | http://serebii.net/pokedex-bw/type/ice.gif | http://serebii.net/pokedex-bw/type/special.png | 20 | 65 | 100 | Fires a rainbow-colored beam that may lower ATTACK. |
| [Baby-Doll Eyes](http://serebii.net/attackdex-sm/baby-dolleyes.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | 100 | The user stares at the target with its baby-doll eyes, which lowers its Attack stat. This move always goes first. |
| [Charm](http://serebii.net/attackdex-sm/charm.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Charms the foe and sharply reduces its ATTACK. |
| [Featherdance](http://serebii.net/attackdex-sm/featherdance.shtml) | http://serebii.net/pokedex-bw/type/flying.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | 100 | Envelops the foe with down to sharply reduce ATTACK. |
| [Growl](http://serebii.net/attackdex-sm/growl.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | 100 | Growls cutely to reduce the foe's ATTACK. |
| [King's Shield](http://serebii.net/attackdex-sm/king'sshield.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | The user takes a defensive stance while it protects itself from damage. It also harshly lowers the Attack stat of any attacker who makes direct contact. |
| [Lunge](http://serebii.net/attackdex-sm/lunge.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/physical.png | 15 | 80 | 100 | The user makes a lunge at the target, attacking with full force. This also lowers the target's Attack stat. |
| [Memento](http://serebii.net/attackdex-sm/memento.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | 100 | The user faints and lowers the foe's abilities. |
| [Noble Roar](http://serebii.net/attackdex-sm/nobleroar.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | 100 | Letting out a noble roar, the user intimidates the target and lowers its Attack and Sp. Atk stats. |
| [Parting Shot](http://serebii.net/attackdex-sm/partingshot.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | With a parting threat, the user lowers the target's Attack and Sp. Atk stats. Then it switches with a party Pokémon. |
| [Play Nice](http://serebii.net/attackdex-sm/playnice.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user and the target become friends, and the target loses its will to fight. This lowers the target's Attack stat. |
| [Play Rough](http://serebii.net/attackdex-sm/playrough.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 90 | 90 | The user plays rough with the target and attacks it. This may also lower the target's Attack stat. |
| [Strength Sap](http://serebii.net/attackdex-sm/strengthsap.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | 100 | The user restores its HP by the same amount as the target's Attack stat. It also lowers the target's Attack stat. |
| [Tearful Look](http://serebii.net/attackdex-sm/tearfullook.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user gets teary eyed to make the target lose its combative spirit. This lowers the target's Attack and Sp. Atk stats. |
| [Tickle](http://serebii.net/attackdex-sm/tickle.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Makes the foe laugh to lower ATTACK and DEFENSE. |
| [Venom Drench](http://serebii.net/attackdex-sm/venomdrench.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Opposing Pokémon are drenched in an odd poisonous liquid. This lowers the Attack, Sp. Atk, and Speed stats of a poisoned target. |
| [Trop Kick](http://serebii.net/attackdex-sm/tropkick.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/physical.png | 15 | 70 | 100 | The user lands an intense kick of tropical origins on the target. This also lowers the target's Attack stat. |

|  |  |
| --- | --- |
| **Defense**  The Defense stat is the stat that is utilised in calculating the damage given by [Physical Attacks](http://serebii.net/attackdex-sm/physical.shtml).  **Natures that raise Defense**: Bold, Relaxed, Impish, Lax **Natures that lower Defense**: Lonely, Hasty, Mild, Gentle  The following items raise Defense: | Defense |

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| [http://serebii.net/itemdex/sprites/electricseed.png](http://serebii.net/itemdex/electricseed.shtml) | [Electric Seed](http://serebii.net/itemdex/electricseed.shtml) | An item to be held by a Pokémon. It boosts Defense on Electric Terrain. It can only be used once. |
| |  | | --- | | [http://serebii.net/itemdex/sprites/eviolite.png](http://serebii.net/itemdex/eviolite.shtml) | | [Eviolite](http://serebii.net/itemdex/eviolite.shtml) | A piece of Evolutions wonder. If held, a pre-evolved Pokemon's Defence and Special Defence increase. |
| [http://serebii.net/diamondpearl/berries/54.png](http://serebii.net/berrydex-dp/54.shtml) | [Ganlon Berry](http://serebii.net/berrydex-dp/54.shtml) | A Poffin ingredient. If held by a Pokémon, it raises its Defense stat in a pinch. |
| [http://serebii.net/itemdex/sprites/grassyseed.png](http://serebii.net/itemdex/grassyseed.shtml) | [Grassy Seed](http://serebii.net/itemdex/grassyseed.shtml) | An item to be held by a Pokémon. It boosts Defense on Grassy Terrain. It can only be used once. |
| |  | | --- | | [http://serebii.net/itemdex/sprites/keeberry.png](http://serebii.net/itemdex/keeberry.shtml) | | [Kee Berry](http://serebii.net/itemdex/keeberry.shtml) | If held by a Pokémon, this Berry will increase the Pokémon's Defense stat when hit by a physical attack |
| http://serebii.net/diamondpearl/items/metal-powder.gif | Metal Powder | If attached to Ditto, its Defense and Sp. Defense are raised by x2 |
| [http://serebii.net/diamondpearl/berries/59.png](http://serebii.net/berrydex-dp/59.shtml) | [Starf Berry](http://serebii.net/berrydex-dp/59.shtml) | A Poffin ingredient. If held by a Pokémon, it sharply raises one of its stats in a pinch. |
| http://serebii.net/diamondpearl/items/x-defend.gif | X-Defend | Raises the User's Defense by one stage |

The following abilities boost the user's Defense when activated: [Beast Boost](http://serebii.net/abilitydex/beastboost.shtml), [Grass Pelt](http://serebii.net/abilitydex/grasspelt.shtml), [Marvel Scale](http://serebii.net/abilitydex/marvelscale.shtml), [Stamina](http://serebii.net/abilitydex/stamina.shtml), [Water Compaction](http://serebii.net/abilitydex/watercompaction.shtml)  
The following abilities lower the user's Defense when activated: [Weak Armor](http://serebii.net/abilitydex/weakarmor.shtml).  
The following abilities prevent the user's Defense from being lowered: [Big Pecks](http://serebii.net/abilitydex/bigpecks.shtml)

Using the following attacks boosts the User's Defense:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acid Armor](http://serebii.net/attackdex-sm/acidarmor.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | -- | Liquifies the user's body to sharply raise DEFENSE. |
| [Acupressure](http://serebii.net/attackdex-sm/acupressure.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Randomly raises user's one stat two stages |
| [Ancientpower](http://serebii.net/attackdex-sm/ancientpower.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | An attack that may raise all stats. |
| [Barrier](http://serebii.net/attackdex-sm/barrier.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Creates a barrier that sharply raises DEFENSE. |
| [Bulk Up](http://serebii.net/attackdex-sm/bulkup.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Bulks up the body to boost both ATTACK and DEFENSE. |
| [Coil](http://serebii.net/attackdex-sm/coil.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | It coils up and concentrates. It raises its Attack, Defence and Accuracy. |
| [Cosmic Power](http://serebii.net/attackdex-sm/cosmicpower.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Raises DEFENSE and SP. DEF with a mystic power. |
| [Cotton Guard](http://serebii.net/attackdex-sm/cottonguard.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | It surrounds its body with fluffy wool to protect itself. It drastically raises its Defence. |
| [Curse](http://serebii.net/attackdex-sm/curse.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | A move that functions differently for GHOSTS. |
| [Defend Order](http://serebii.net/attackdex-sm/defendorder.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | Raises user's DEFENSE and SP.DEF one stage |
| [Defense Curl](http://serebii.net/attackdex-sm/defensecurl.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | -- | Curls up to conceal weak spots and raise DEFENSE. |
| [Diamond Storm](http://serebii.net/attackdex-sm/diamondstorm.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 100 | 95 | The user whips up a storm of diamonds to damage opposing Pokémon. This may also sharply raise the user's Defense stat. |
| [Extreme Evoboost](http://serebii.net/attackdex-sm/extremeevoboost.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | [http://serebii.net/pokedex-bw/type/other.png](http://serebii.net/attackdex-sm/other.shtml) | 1 | -- | -- | After obtaining Z-Power, the user, Eevee, gets energy from its evolved friends and boosts its stats sharply. |
| [Harden](http://serebii.net/attackdex-sm/harden.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Stiffens the body's muscles to raise DEFENSE. |
| [Iron Defense](http://serebii.net/attackdex-sm/irondefense.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | Hardens the body's surface to sharply raise DEFENSE. |
| [Magnetic Flux](http://serebii.net/attackdex-sm/magneticflux.shtml) | http://serebii.net/pokedex-bw/type/electric.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user manipulates magnetic fields which raises the Defense and Sp. Def stats of ally Pokémon with the Plus or Minus Ability. |
| [Ominous Wind](http://serebii.net/attackdex-sm/ominouswind.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | May raise all user's stats one stage |
| [Silver Wind](http://serebii.net/attackdex-sm/silverwind.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | A powdery attack that may raise abilities. |
| [Skull Bash](http://serebii.net/attackdex-sm/skullbash.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/physical.png | 15 | 100 | 100 | Tucks in the head, then attacks on the next turn. |
| [Steel Wing](http://serebii.net/attackdex-sm/steelwing.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/physical.png | 25 | 70 | 90 | Strikes the foe with hard wings spread wide. |
| [Stockpile](http://serebii.net/attackdex-sm/stockpile.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Charges up power for up to 3 turns. |
| [Withdraw](http://serebii.net/attackdex-sm/withdraw.shtml) | http://serebii.net/pokedex-bw/type/water.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | -- | Withdraws the body into its hard shell to raise DEFENSE. |

Using the following attacks lower the User's Defense:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Clanging Scales](http://serebii.net/attackdex-sm/clangingscales.shtml) | http://serebii.net/pokedex-bw/type/dragon.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 110 | 100 | The user rubs the scales on its entire body and makes a huge noise to attack the opposing Pokémon. The user's Defense stat goes down after the attack. |
| [Close Combat](http://serebii.net/attackdex-sm/closecombat.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 120 | 100 | Lowers user's DEFENSE and SP.DEF |
| [Shell Smash](http://serebii.net/attackdex-sm/shellsmash.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | It breaks its own shell and lowers its Defence and Special Defence, but its Attack, Special Attack and Speed sharply rise. |
| [Superpower](http://serebii.net/attackdex-sm/superpower.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 120 | 100 | Boosts strength sharply, but lowers abilities. |
| [V-create](http://serebii.net/attackdex-sm/v-create.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 180 | 95 | It creates an intensely hot flame from its forehead and tackles the opponent with all its might. Defence, Special Defence and Speed are lowered. |

Using the following attacks lowers the opponent's Defense:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Crunch](http://serebii.net/attackdex-sm/crunch.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/physical.png | 15 | 80 | 100 | Crunches with sharp fangs. May lower DEFENSE. |
| [Crush Claw](http://serebii.net/attackdex-sm/crushclaw.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 75 | 95 | Tears at the foe with sharp claws. May lower DEFENSE. |
| [Fire Lash](http://serebii.net/attackdex-sm/firelash.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/physical.png | 15 | 80 | 100 | The user strikes the target with a burning lash. This also lowers the target's Defense stat. |
| [Iron Tail](http://serebii.net/attackdex-sm/irontail.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/physical.png | 15 | 100 | 75 | Attacks with a rock-hard tail. May lower DEFENSE. |
| [Leer](http://serebii.net/attackdex-sm/leer.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | 100 | Frightens the foe with a leer to lower DEFENSE. |
| [Liquidation](http://serebii.net/attackdex-sm/liquidation.shtml) | http://serebii.net/pokedex-bw/type/water.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 85 | 100 | The user slams into the target using a full-force blast of water. This may also lower the target's Defense stat. |
| [Razor Shell](http://serebii.net/attackdex-sm/razorshell.shtml) | http://serebii.net/pokedex-bw/type/water.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 75 | 95 | It slashes with a sharp shell. It may lower the opponent’s Defence. |
| [Rock Smash](http://serebii.net/attackdex-sm/rocksmash.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/physical.png | 15 | 40 | 100 | A rock-crushing attack that may lower DEFENSE. |
| [Screech](http://serebii.net/attackdex-sm/screech.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | 85 | Emits a screech to sharply reduce the foe's DEFENSE. |
| [Shadow Bone](http://serebii.net/attackdex-sm/shadowbone.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 85 | 100 | The user attacks by beating the target with a bone that contains a spirit. This may also lower the target's Defense stat. |
| [Tail Whip](http://serebii.net/attackdex-sm/tailwhip.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | 100 | Wags the tail to lower the foe's DEFENSE. |
| [Tickle](http://serebii.net/attackdex-sm/tickle.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Makes the foe laugh to lower ATTACK and DEFENSE. |

|  |  |
| --- | --- |
| **Speed**  The Speed stat is the stat that is utilised to determine when the Pokémon attacks in the particular turn, Speed Priority attacks notwithstanding.  **Natures that raise Speed**: Timid, Hasty, Jolly, Naive **Natures that lower Speed**: Brave, Relaxed, Quiet, Sassy  The following items raise Speed: | Speed |

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| [http://serebii.net/itemdex/sprites/adrenalineorb.png](http://serebii.net/itemdex/adrenalineorb.shtml) | [Adrenaline Orb](http://serebii.net/itemdex/adrenalineorb.shtml) | Using it makes wild Pokémon more likely to call for help. If held by a Pokémon, it boosts Speed when intimidated. It can be used only once. |
| http://serebii.net/diamondpearl/items/adherence-scarf.png | Choice Scarf | Raises Speed by x1.5, but only allows the use of one attack until the Pokémon is called back |
| http://serebii.net/diamondpearl/items/metal-powder.gif | Quick Powder | Raises Ditto's Speed by x1.5 |
| [http://serebii.net/diamondpearl/berries/55.png](http://serebii.net/berrydex-dp/55.shtml) | [Salac Berry](http://serebii.net/berrydex-dp/55.shtml) | A Poffin ingredient. If held by a Pokémon, it raises its Speed stat in a pinch. |
| [http://serebii.net/diamondpearl/berries/59.png](http://serebii.net/berrydex-dp/59.shtml) | [Starf Berry](http://serebii.net/berrydex-dp/59.shtml) | A Poffin ingredient. If held by a Pokémon, it sharply raises one of its stats in a pinch. |
| http://serebii.net/diamondpearl/items/x-speed.gif | X-Speed | Raises the User's Speedby one stage |

The following items lower Speed:

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| http://serebii.net/diamondpearl/items/black-steel-orb.png | Iron Ball | Lowers speed of holder, also makes Flying-types and Levitate Ability using Pokémon vulnerable to Ground moves when equipped to them |
| http://serebii.net/diamondpearl/items/macho-brace.gif | Macho Brace | Cuts Speed in half but increases Effort Values |
| http://serebii.net/diamondpearl/items/power-ankle.png | Power Anklet | Lowers Speed, increases EV for Speed |
| http://serebii.net/diamondpearl/items/power-band.png | Power Band | Lowers Speed, increases EV for Sp.Defense |
| http://serebii.net/diamondpearl/items/power-belt.png | Power Belt | Lowers Speed, increases EV for Defense |
| http://serebii.net/diamondpearl/items/power-wrist.png | Power Bracer | Lowers Speed, increases EV for Attack |
| http://serebii.net/diamondpearl/items/power-lens.png | Power Lens | Lowers Speed, increases EV for Sp.Attack |
| http://serebii.net/diamondpearl/items/power-waist.png | Power Weight | Lowers Speed, increases EV for HP |

The following abilities boost the user's Speed when activated: [Beast Boost](http://serebii.net/abilitydex/beastboost.shtml), [Chlorophyll](http://serebii.net/abilitydex/chlorophyll.shtml), [Motor Drive](http://serebii.net/abilitydex/motordrive.shtml), [Quick Feet](http://serebii.net/abilitydex/quickfeet.shtml), [Speed Boost](http://serebii.net/abilitydex/speedboost.shtml), [Steadfast](http://serebii.net/abilitydex/steadfast.shtml), [Swift Swim](http://serebii.net/abilitydex/swiftswim.shtml), [Unburden](http://serebii.net/abilitydex/unburden.shtml), [Sand Rush](http://serebii.net/abilitydex/sandrush.shtml), [Rattled](http://serebii.net/abilitydex/rattled.shtml), [Slush Rush](http://serebii.net/abilitydex/slushrush.shtml), [Surge Surfer](http://serebii.net/abilitydex/surgesurfer.shtml), [Weak Armour](http://serebii.net/abilitydex/weakarmor.shtml)  
The following abilities lower the user's Speed when activated: [Slow Start](http://serebii.net/abilitydex/slowstart.shtml), [Stall](http://serebii.net/abilitydex/stall.shtml).  
The following abilities lower the opponent's Speed when activated: [Gooey](http://serebii.net/abilitydex/gooey.shtml), [Tangling Hair](http://serebii.net/abilitydex/tanglinghair.shtml).

Using the following attacks boosts the User's Speed:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acupressure](http://serebii.net/attackdex-sm/acupressure.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Randomly raises user's one stat two stages |
| [Agility](http://serebii.net/attackdex-sm/agility.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Relaxes the body to sharply boost SPEED. |
| [Ancientpower](http://serebii.net/attackdex-sm/ancientpower.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | An attack that may raise all stats. |
| [Automotize](http://serebii.net/attackdex-sm/automotize.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | It cuts off useless parts of its body. It sharply raises its speed and makes its weight lighter. |
| [Dragon Dance](http://serebii.net/attackdex-sm/dragondance.shtml) | http://serebii.net/pokedex-bw/type/dragon.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | A mystical dance that ups ATTACK and SPEED. |
| [Extreme Evoboost](http://serebii.net/attackdex-sm/extremeevoboost.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | [http://serebii.net/pokedex-bw/type/other.png](http://serebii.net/attackdex-sm/other.shtml) | 1 | -- | -- | After obtaining Z-Power, the user, Eevee, gets energy from its evolved friends and boosts its stats sharply. |
| [Flame Charge](http://serebii.net/attackdex-sm/flamecharge.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/physical.png | 20 | 50 | 100 | It puts on flame and attacks the opponent. It stores strength and its speed rises. |
| [Gear Shift](http://serebii.net/attackdex-sm/gearshift.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | It spins the gears and not only raises its attack, but also sharply raises its speed. |
| [Geomancy](http://serebii.net/attackdex-sm/geomancy.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | The user absorbs energy and sharply raises its Sp. Atk, Sp. Def, and Speed stats on the next turn. |
| [Ominous Wind](http://serebii.net/attackdex-sm/ominouswind.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | May raise all user's stats one stage |
| [Quiver Dance](http://serebii.net/attackdex-sm/quiverdance.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | It lightly dances a mysterious dance. It raises its own Special Attack, Special Defence, and Speed. |
| [Rock Polish](http://serebii.net/attackdex-sm/rockpolish.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Raises users SPEED two stages |
| [Shell Smash](http://serebii.net/attackdex-sm/shellsmash.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | It breaks its own shell and lowers its Defence and Special Defence, but its Attack, Special Attack and Speed sharply rise. |
| [Silver Wind](http://serebii.net/attackdex-sm/silverwind.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | A powdery attack that may raise abilities. |

Using the following attacks lower the User's Speed:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Curse](http://serebii.net/attackdex-sm/curse.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | A move that functions differently for GHOSTS. |
| [Hammer Arm](http://serebii.net/attackdex-sm/hammerarm.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 100 | 90 | Lowers users SPEED one stage |
| [Ice Hammer](http://serebii.net/attackdex-sm/icehammer.shtml) | http://serebii.net/pokedex-bw/type/ice.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 100 | 90 | The user swings and hits with its strong, heavy fist. It lowers the user's Speed, however. |
| [V-create](http://serebii.net/attackdex-sm/v-create.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 180 | 95 | It creates an intensely hot flame from its forehead and tackles the opponent with all its might. Defence, Special Defence and Speed are lowered. |

Using the following attacks lowers the opponent's Speed:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Bubble](http://serebii.net/attackdex-sm/bubble.shtml) | http://serebii.net/pokedex-bw/type/water.gif | http://serebii.net/pokedex-bw/type/special.png | 30 | 20 | 100 | An attack using bubbles. May lower the foe's SPEED. |
| [Bubblebeam](http://serebii.net/attackdex-sm/bubblebeam.shtml) | http://serebii.net/pokedex-bw/type/water.gif | http://serebii.net/pokedex-bw/type/special.png | 20 | 65 | 100 | Forcefully sprays bubbles that may lower SPEED. |
| [Bulldoze](http://serebii.net/attackdex-sm/bulldoze.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/physical.png | 20 | 60 | 100 | It stamps the ground and attacks anything nearby. It lowers the opponent’s speed. |
| [Constrict](http://serebii.net/attackdex-sm/constrict.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/physical.png | 35 | 10 | 100 | Constricts to inflict pain. May lower SPEED. |
| [Cotton Spore](http://serebii.net/attackdex-sm/cottonspore.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | 100 | Spores cling to the foe, sharply reducing SPEED. |
| [Electroweb](http://serebii.net/attackdex-sm/electroweb.shtml) | http://serebii.net/pokedex-bw/type/electric.gif | http://serebii.net/pokedex-bw/type/special.png | 15 | 55 | 95 | It attacks by catching the opponent in an electric net. It lowers the opponents speed. |
| [Glaciate](http://serebii.net/attackdex-sm/glaciate.shtml) | http://serebii.net/pokedex-bw/type/ice.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 65 | 95 | It blows a cold chill like being frozen over the opponent. The opponents speed is lowered. |
| [Icy Wind](http://serebii.net/attackdex-sm/icywind.shtml) | http://serebii.net/pokedex-bw/type/ice.gif | http://serebii.net/pokedex-bw/type/special.png | 15 | 55 | 95 | A chilling attack that lowers the foe's SPEED. |
| [Mud Shot](http://serebii.net/attackdex-sm/mudshot.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/special.png | 15 | 55 | 95 | Hurls mud at the foe and reduces SPEED. |
| [Rock Tomb](http://serebii.net/attackdex-sm/rocktomb.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/physical.png | 10 | 50 | 80 | Stops the foe from moving with rocks and cuts SPEED. |
| [Scary Face](http://serebii.net/attackdex-sm/scaryface.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | 100 | Frightens with a scary face to sharply reduce SPEED. |
| [Secret Power](http://serebii.net/attackdex-sm/secretpower.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/physical.png | 20 | 70 | 100 | An attack with effects that vary by location. |
| [Sticky Web](http://serebii.net/attackdex-sm/stickyweb.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/physical.png | 20 | -- | -- | The user weaves a sticky net around the opposing team, which lowers their Speed stat upon switching into battle. |
| [String Shot](http://serebii.net/attackdex-sm/stringshot.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | 95 | Binds the foe with string to sharply reduce its SPEED. |
| [Venom Drench](http://serebii.net/attackdex-sm/venomdrench.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Opposing Pokémon are drenched in an odd poisonous liquid. This lowers the Attack, Sp. Atk, and Speed stats of a poisoned target. |
| [Toxic Thread](http://serebii.net/attackdex-sm/toxicthread.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | The user shoots poisonous threads to poison the target and lower the target's Speed stat. |

|  |  |
| --- | --- |
| **Special Attack**  The Special Attack stat is the stat that is utilised in calculating the damage given from [Special Attacks](http://serebii.net/attackdex-sm/special.shtml).  **Natures that raise Special Attack**: Modest, Mild, Quiet, Rash **Natures that lower Special Attack**: Adamant, Impish, Jolly, Careful  The following items raise Special Attack: | Special Attack |

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| |  | | --- | | [http://serebii.net/itemdex/sprites/absorbbulb.png](http://serebii.net/itemdex/absorbbulb.shtml) | | [Absorb Bulb](http://serebii.net/itemdex/absorbbulb.shtml) | A disposable bulb. If it is held, when the Pokemon receives a Water-type attack its Special Attack rises. |
| http://serebii.net/diamondpearl/items/adherence-glasses.png | Choice Specs | Raises Sp. Attack by x1.5, but only allows the use of one attack until the Pokémon is called back |
| http://serebii.net/diamondpearl/items/deepseatooth.gif | Deepseatooth | Clamperl's Special Attack increases by x2 |
| http://serebii.net/diamondpearl/items/life-orb.png | Life Orb | Boosts attack damage by x1.3 but decreases HP whenever you deal damage |
| http://serebii.net/diamondpearl/items/light-ball.gif | Light Ball | Pikachu's Attack & Special Attack increases by x2 |
| [http://serebii.net/diamondpearl/berries/56.png](http://serebii.net/berrydex-dp/56.shtml) | [Petaya Berry](http://serebii.net/berrydex-dp/56.shtml) | A Poffin ingredient. If held by a Pokémon, it raises its Sp. Attack stat in a pinch. |
| [http://serebii.net/diamondpearl/berries/59.png](http://serebii.net/berrydex-dp/59.shtml) | [Starf Berry](http://serebii.net/berrydex-dp/59.shtml) | A Poffin ingredient. If held by a Pokémon, it sharply raises one of its stats in a pinch. |
| |  | | --- | | [http://serebii.net/itemdex/sprites/weaknesspolicy.png](http://serebii.net/itemdex/weaknesspolicy.shtml) | | [Weakness Policy](http://serebii.net/itemdex/weaknesspolicy.shtml) | An item to be held by a Pokémon. Attack and Sp. Atk sharply increase if the holder is hit with a move it's weak to. |
| http://serebii.net/diamondpearl/items/x-special.gif | X-Special | Raises the User's Sp. Attack by one stage |

The following abilities boost the user's Special Attack when activated: [Beast Boost](http://serebii.net/abilitydex/beastboost.shtml), [Berserk](http://serebii.net/abilitydex/berserk.shtml), [Competitive](http://serebii.net/abilitydex/competitive.shtml), [Download](http://serebii.net/abilitydex/download.shtml), [Flower Gift](http://serebii.net/abilitydex/flowergift.shtml), [Minus](http://serebii.net/abilitydex/minus.shtml), [Plus](http://serebii.net/abilitydex/plus.shtml), [Solar Power](http://serebii.net/abilitydex/solarpower.shtml), [Soul-Heart](http://serebii.net/abilitydex/soul-heart.shtml), [Flare Boost](http://serebii.net/abilitydex/flareboost.shtml), [Lightningrod](http://serebii.net/abilitydex/lightningrod.shtml) *(BW Only)*, [Storm Drain](http://serebii.net/abilitydex/stormdrain.shtml) *(BW Only)*

Using the following attacks boosts the User's Special Attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acupressure](http://serebii.net/attackdex-sm/acupressure.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Randomly raises user's one stat two stages |
| [Ancientpower](http://serebii.net/attackdex-sm/ancientpower.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | An attack that may raise all stats. |
| [Calm Mind](http://serebii.net/attackdex-sm/calmmind.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Raises SP. ATK and SP. DEF by focusing the mind. |
| [Charge Beam](http://serebii.net/attackdex-sm/chargebeam.shtml) | http://serebii.net/pokedex-bw/type/electric.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 50 | 90 | High chance of raising user's SP.ATT one stage |
| [Extreme Evoboost](http://serebii.net/attackdex-sm/extremeevoboost.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | [http://serebii.net/pokedex-bw/type/other.png](http://serebii.net/attackdex-sm/other.shtml) | 1 | -- | -- | After obtaining Z-Power, the user, Eevee, gets energy from its evolved friends and boosts its stats sharply. |
| [Fiery Dance](http://serebii.net/attackdex-sm/fierydance.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 80 | 100 | It covers its wings in fire and flaps them. It raises your Special Attack. |
| [Gear Up](http://serebii.net/attackdex-sm/gearup.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user engages its gears to raise the Attack and Sp. Atk stats of ally Pokémon with the Plus or Minus Ability. |
| [Geomancy](http://serebii.net/attackdex-sm/geomancy.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | The user absorbs energy and sharply raises its Sp. Atk, Sp. Def, and Speed stats on the next turn. |
| [Growth](http://serebii.net/attackdex-sm/growth.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | -- | Forces the body to grow and heightens ATK & SP. ATK. |
| [Nasty Plot](http://serebii.net/attackdex-sm/nastyplot.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Raises SP.ATT two stages |
| [Ominous Wind](http://serebii.net/attackdex-sm/ominouswind.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | May raise all user's stats one stage |
| [Quiver Dance](http://serebii.net/attackdex-sm/quiverdance.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | It lightly dances a mysterious dance. It raises its own Special Attack, Special Defence, and Speed. |
| [Rototiller](http://serebii.net/attackdex-sm/rototiller.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | Tilling the soil, the user makes it easier for plants to grow. This raises the Attack and Sp. Atk stats of Grass-type Pokémon. |
| [Silver Wind](http://serebii.net/attackdex-sm/silverwind.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | A powdery attack that may raise abilities. |
| [Tail Glow](http://serebii.net/attackdex-sm/tailglow.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Flashes a light that sharply raises SP. ATK. |
| [Work Up](http://serebii.net/attackdex-sm/workup.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | It musters its courage and raises its Attack and Special Attack. |

Using the following attacks lower the User's Special Attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Draco Meteor](http://serebii.net/attackdex-sm/dracometeor.shtml) | http://serebii.net/pokedex-bw/type/dragon.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 140 | 90 | Lowers users SP.ATT two stages |
| [Fleur Cannon](http://serebii.net/attackdex-sm/fleurcannon.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 130 | 90 | The user unleashes a strong beam. The attack's recoil harshly lowers the user's Sp. Atk stat. |
| [Leaf Storm](http://serebii.net/attackdex-sm/leafstorm.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 140 | 90 | Lowers users SP.ATT two stages |
| [Overheat](http://serebii.net/attackdex-sm/overheat.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 140 | 90 | Allows a full-power attack, but sharply lowers SP. ATK. |
| [Psycho Boost](http://serebii.net/attackdex-sm/psychoboost.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 140 | 90 | Allows a full-power attack, but sharply lowers SP. ATK. |

Using the following attacks boosts the opponent's Special Attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Flatter](http://serebii.net/attackdex-sm/flatter.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | 100 | Confuses the foe, but raises its SP. ATK. |

Using the following attacks lowers the opponent's Special Attack:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Captivate](http://serebii.net/attackdex-sm/captivate.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Lowers opposite gender foe's SP.ATT two stages |
| [Confide](http://serebii.net/attackdex-sm/confide.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user tells the target a secret, and the target loses its ability to concentrate. This lowers the target's Sp. Atk stat. |
| [Eerie Impulse](http://serebii.net/attackdex-sm/eerieimpulse.shtml) | http://serebii.net/pokedex-bw/type/electric.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | 100 | The user's body generates an eerie impulse. Exposing the target to it harshly lowers the target's Sp. Atk stat. |
| [Memento](http://serebii.net/attackdex-sm/memento.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | 100 | The user faints and lowers the foe's abilities. |
| [Mist Ball](http://serebii.net/attackdex-sm/mistball.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 70 | 100 | Attacks with a flurry of down. May lower SP. ATK. |
| [Moonblast](http://serebii.net/attackdex-sm/moonblast.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/special.png | 15 | 95 | 100 | Borrowing the power of the moon, the user attacks the target. This may also lower the target's Sp. Atk stat. |
| [Mystical Fire](http://serebii.net/attackdex-sm/mysticalfire.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 75 | 100 | The user attacks by breathing a special, hot fire. This also lowers the target's Sp. Atk stat. |
| [Noble Roar](http://serebii.net/attackdex-sm/nobleroar.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | 100 | Letting out a noble roar, the user intimidates the target and lowers its Attack and Sp. Atk stats. |
| [Parting Shot](http://serebii.net/attackdex-sm/partingshot.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | With a parting threat, the user lowers the target's Attack and Sp. Atk stats. Then it switches with a party Pokémon. |
| [Snarl](http://serebii.net/attackdex-sm/snarl.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/special.png | 15 | 55 | 95 | It yells at an opponent for a long time and lowers their Special Attack. |
| [Struggle Bug](http://serebii.net/attackdex-sm/strugglebug.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/special.png | 20 | 30 | 100 | It opposes the opponent by attacking. It lowers the opponents Special Attack. |
| [Tearful Look](http://serebii.net/attackdex-sm/tearfullook.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user gets teary eyed to make the target lose its combative spirit. This lowers the target's Attack and Sp. Atk stats. |
| [Venom Drench](http://serebii.net/attackdex-sm/venomdrench.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Opposing Pokémon are drenched in an odd poisonous liquid. This lowers the Attack, Sp. Atk, and Speed stats of a poisoned target. |

|  |  |
| --- | --- |
| **Special Defense**  The Special Defense stat is the stat that is utilised in calculating the damage given by [Special Attacks](http://serebii.net/attackdex-sm/special.shtml).  **Natures that raise Special Defense**: Calm, Gentle, Sassy, Careful **Natures that lower Special Defense**: Naughty, Lax, Naive, Rash  The following items raise Special Defense: | Special Defense |

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| [http://serebii.net/diamondpearl/berries/57.png](http://serebii.net/berrydex-dp/57.shtml) | [Apicot Berry](http://serebii.net/berrydex-dp/57.shtml) | A Poffin ingredient. If held by a Pokémon, it raises its Sp. Defense stat in a pinch. |
| |  | | --- | | [http://serebii.net/itemdex/sprites/assaultvest.png](http://serebii.net/itemdex/assaultvest.shtml) | | [Assault Vest](http://serebii.net/itemdex/assaultvest.shtml) | An item to be held by a Pokémon. This offensive vest raises Sp. Def but prevents the use of status moves. |
| http://serebii.net/diamondpearl/items/deepseascale.gif | Deepseascale | Clamperl's Special Defense increases by x2 |
| |  | | --- | | [http://serebii.net/itemdex/sprites/eviolite.png](http://serebii.net/itemdex/eviolite.shtml) | | [Eviolite](http://serebii.net/itemdex/eviolite.shtml) | A piece of Evolutions wonder. If held, a pre-evolved Pokemon's Defence and Special Defence increase. |
| |  | | --- | | [http://serebii.net/itemdex/sprites/luminousmoss.png](http://serebii.net/itemdex/luminousmoss.shtml) | | [Luminous Moss](http://serebii.net/itemdex/luminousmoss.shtml) | An item to be held by a Pokémon. It boosts Sp. Def if hit with a Water-type attack. It can only be used once. |
| |  | | --- | | [http://serebii.net/itemdex/sprites/marangaberry.png](http://serebii.net/itemdex/marangaberry.shtml) | | [Maranga Berry](http://serebii.net/itemdex/marangaberry.shtml) | If held by a Pokémon, this Berry will increase the Pokémon's Sp. Defense stat when hit by a special attack |
| http://serebii.net/diamondpearl/items/metal-powder.gif | Metal Powder | If attached to Ditto, its Defense and Sp. Defense are raised by x2 |
| [http://serebii.net/itemdex/sprites/mistyseed.png](http://serebii.net/itemdex/mistyseed.shtml) | [Misty Seed](http://serebii.net/itemdex/mistyseed.shtml) | An item to be held by a Pokémon. It boosts Sp. Def on Misty Terrain. It can only be used once. |
| [http://serebii.net/itemdex/sprites/psychicseed.png](http://serebii.net/itemdex/psychicseed.shtml) | [Psychic Seed](http://serebii.net/itemdex/psychicseed.shtml) | An item to be held by a Pokémon. It boosts Sp. Def on Psychic Terrain. It can only be used once. |
| [http://serebii.net/diamondpearl/berries/59.png](http://serebii.net/berrydex-dp/59.shtml) | [Starf Berry](http://serebii.net/berrydex-dp/59.shtml) | A Poffin ingredient. If held by a Pokémon, it sharply raises one of its stats in a pinch. |
| http://serebii.net/diamondpearl/items/x-spdef.png | X-Sp. Def | Raises the User's Sp. Defense by one stage |

The following abilities boost the user's Special Defense when activated: [Beast Boost](http://serebii.net/abilitydex/beastboost.shtml), [Sandstream](http://serebii.net/abilitydex/sandstream.shtml)

Using the following attacks boosts the User's Special Defense:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acupressure](http://serebii.net/attackdex-sm/acupressure.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Randomly raises user's one stat two stages |
| [Amnesia](http://serebii.net/attackdex-sm/amnesia.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Forgets about something and sharply raises SP. DEF. |
| [Ancientpower](http://serebii.net/attackdex-sm/ancientpower.shtml) | http://serebii.net/pokedex-bw/type/rock.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | An attack that may raise all stats. |
| [Calm Mind](http://serebii.net/attackdex-sm/calmmind.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Raises SP. ATK and SP. DEF by focusing the mind. |
| [Charge](http://serebii.net/attackdex-sm/charge.shtml) | http://serebii.net/pokedex-bw/type/electric.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Charges power to boost the electric move used next. |
| [Cosmic Power](http://serebii.net/attackdex-sm/cosmicpower.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Raises DEFENSE and SP. DEF with a mystic power. |
| [Defend Order](http://serebii.net/attackdex-sm/defendorder.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | Raises user's DEFENSE and SP.DEF one stage |
| [Extreme Evoboost](http://serebii.net/attackdex-sm/extremeevoboost.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | [http://serebii.net/pokedex-bw/type/other.png](http://serebii.net/attackdex-sm/other.shtml) | 1 | -- | -- | After obtaining Z-Power, the user, Eevee, gets energy from its evolved friends and boosts its stats sharply. |
| [Geomancy](http://serebii.net/attackdex-sm/geomancy.shtml) | http://serebii.net/pokedex-bw/type/fairy.gif | http://serebii.net/pokedex-bw/type/other.png | 10 | -- | -- | The user absorbs energy and sharply raises its Sp. Atk, Sp. Def, and Speed stats on the next turn. |
| [Magnetic Flux](http://serebii.net/attackdex-sm/magneticflux.shtml) | http://serebii.net/pokedex-bw/type/electric.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | The user manipulates magnetic fields which raises the Defense and Sp. Def stats of ally Pokémon with the Plus or Minus Ability. |
| [Ominous Wind](http://serebii.net/attackdex-sm/ominouswind.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | May raise all user's stats one stage |
| [Quiver Dance](http://serebii.net/attackdex-sm/quiverdance.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | It lightly dances a mysterious dance. It raises its own Special Attack, Special Defence, and Speed. |
| [Silver Wind](http://serebii.net/attackdex-sm/silverwind.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 60 | 100 | A powdery attack that may raise abilities. |
| [Stockpile](http://serebii.net/attackdex-sm/stockpile.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Charges up power for up to 3 turns. |

Using the following attacks lowers the user's Special Defense:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Close Combat](http://serebii.net/attackdex-sm/closecombat.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 120 | 100 | Lowers user's DEFENSE and SP.DEF |
| [Shell Smash](http://serebii.net/attackdex-sm/shellsmash.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | It breaks its own shell and lowers its Defence and Special Defence, but its Attack, Special Attack and Speed sharply rise. |
| [V-create](http://serebii.net/attackdex-sm/v-create.shtml) | http://serebii.net/pokedex-bw/type/fire.gif | http://serebii.net/pokedex-bw/type/physical.png | 5 | 180 | 95 | It creates an intensely hot flame from its forehead and tackles the opponent with all its might. Defence, Special Defence and Speed are lowered. |

Using the following attacks lowers the opponent's Special Defense:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acid](http://serebii.net/attackdex-sm/acid.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/special.png | 30 | 40 | 100 | Sprays a hide-melting acid. May lower SP. DEF. |
| [Acid Spray](http://serebii.net/attackdex-sm/acidspray.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/special.png | 20 | 40 | 100 | It spits out a liquid to melt the opponent. It sharply lowers the opponents Special Defence. |
| [Bug Buzz](http://serebii.net/attackdex-sm/bugbuzz.shtml) | http://serebii.net/pokedex-bw/type/bug.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 90 | 100 | May lower opponent's SP.DEF one stage |
| [Earth Power](http://serebii.net/attackdex-sm/earthpower.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 90 | 100 | May lower foe's SP.DEF one stage |
| [Energy Ball](http://serebii.net/attackdex-sm/energyball.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 80 | 100 | May lower foe's SP.DEF one stage |
| [Fake Tears](http://serebii.net/attackdex-sm/faketears.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Feigns crying to sharply lower the foe's SP. DEF. |
| [Flash Cannon](http://serebii.net/attackdex-sm/flashcannon.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 80 | 100 | May lower foe's SP.DEF one stage |
| [Focus Blast](http://serebii.net/attackdex-sm/focusblast.shtml) | http://serebii.net/pokedex-bw/type/fighting.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 120 | 70 | May lower foe's SP.DEF one stage |
| [Luster Purge](http://serebii.net/attackdex-sm/lusterpurge.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 70 | 100 | Attacks with a burst of light. May lower SP. DEF. |
| [Metal Sound](http://serebii.net/attackdex-sm/metalsound.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/other.png | 40 | -- | 85 | Emits a horrible screech that sharply lowers SP. DEF. |
| [Psychic](http://serebii.net/attackdex-sm/psychic.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 90 | 100 | A powerful psychic attack that may lower SP. DEF. |
| [Seed Flare](http://serebii.net/attackdex-sm/seedflare.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/special.png | 5 | 120 | 85 | Lowers foe's SP.DEF |
| [Shadow Ball](http://serebii.net/attackdex-sm/shadowball.shtml) | http://serebii.net/pokedex-bw/type/ghost.gif | http://serebii.net/pokedex-bw/type/special.png | 15 | 80 | 100 | Hurls a black blob that may lower the foe's SP. DEF. |

|  |  |
| --- | --- |
| **Accuracy**  The Accuracy stat is a hidden stat used to assist in having attacks hit the opponent.  The following items raise Accuracy: | Accuracy |

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| [http://serebii.net/diamondpearl/berries/61.png](http://serebii.net/berrydex-dp/61.shtml) | [Micle Berry](http://serebii.net/berrydex-dp/61.shtml) | A Poffin ingredient. If held by a Pokémon, it raises the accuracy of a move just once in a pinch. |
| http://serebii.net/diamondpearl/items/magnifying-glass.png | Wide Lens | Slightly raises accuracy of moves |
| http://serebii.net/diamondpearl/items/x-accuracy.gif | X-Accuracy | Raises the User's Accuracy by one stage |
| http://serebii.net/diamondpearl/items/focus-lens.png | Zoom Lens | Accuracy increases if user is attacked by foe first in a turn |

The following abilities boost the user's Accuracy when activated: [CompoundEyes](http://serebii.net/abilitydex/compoundeyes.shtml), [Victory Star](http://serebii.net/abilitydex/victorystar.shtml)  
The following abilities lower the user's Accuracy when activated: [Hustle](http://serebii.net/abilitydex/hustle.shtml)  
The following abilities prevent the User's Accuracy from being lowered: [Keen Eye](http://serebii.net/abilitydex/keeneye.shtml)

Using the following attacks boosts the User's Accuracy:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acupressure](http://serebii.net/attackdex-sm/acupressure.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Randomly raises user's one stat two stages |
| [Coil](http://serebii.net/attackdex-sm/coil.shtml) | http://serebii.net/pokedex-bw/type/poison.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | It coils up and concentrates. It raises its Attack, Defence and Accuracy. |
| [Hone Claws](http://serebii.net/attackdex-sm/honeclaws.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | It sharpens its claws. Increases your Accuracy and Attack. |

Using the following attacks lowers the opponent's Accuracy:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Flash](http://serebii.net/attackdex-sm/flash.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Looses a powerful blast of light that cuts accuracy. |
| [Kinesis](http://serebii.net/attackdex-sm/kinesis.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | 80 | Distracts the foe. May lower accuracy. |
| [Leaf Tornado](http://serebii.net/attackdex-sm/leaftornado.shtml) | http://serebii.net/pokedex-bw/type/grass.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 65 | 90 | It surrounds the opponent with sharp leaves. It may lower the opponents Accuracy. |
| [Mirror Shot](http://serebii.net/attackdex-sm/mirrorshot.shtml) | http://serebii.net/pokedex-bw/type/steel.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 65 | 85 | May lower opponent's accuracy one stage |
| [Mud Bomb](http://serebii.net/attackdex-sm/mudbomb.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 65 | 85 | May lower foe's accuracy one stage |
| [Mud-slap](http://serebii.net/attackdex-sm/mud-slap.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 20 | 100 | Hurls mud in the foe's face to reduce its accuracy. |
| [Muddy Water](http://serebii.net/attackdex-sm/muddywater.shtml) | http://serebii.net/pokedex-bw/type/water.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 95 | 85 | Attacks with muddy water. May lower accuracy. |
| [Night Daze](http://serebii.net/attackdex-sm/nightdaze.shtml) | http://serebii.net/pokedex-bw/type/dark.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 85 | 95 | It sends shockwaves of darkness flying. It may lower the opponents Accuracy. |
| [Octazooka](http://serebii.net/attackdex-sm/octazooka.shtml) | http://serebii.net/pokedex-bw/type/water.gif | http://serebii.net/pokedex-bw/type/special.png | 10 | 65 | 85 | Fires a lump of ink to damage and cut accuracy. |
| [Sand-attack](http://serebii.net/attackdex-sm/sand-attack.shtml) | http://serebii.net/pokedex-bw/type/ground.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | 100 | Reduces the foe's accuracy by hurling sand in its face. |
| [Smokescreen](http://serebii.net/attackdex-sm/smokescreen.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Lowers the foe's accuracy using smoke, ink, etc. |

|  |  |
| --- | --- |
| **Evasion**  The Evasion stat is a hidden stat used to possibly prevent opponent's attacks from hitting.  The following items raise Evasion: | Evasion |

|  |  |  |
| --- | --- | --- |
| **Picture** | **Name** | **Effect** |
| http://serebii.net/diamondpearl/items/brightpowder.gif | Bright Powder | Raises Evasiveness |
| http://serebii.net/diamondpearl/items/lax-incense.gif | Lax Incense | Enemy's chance of landing a hit is lowered by 5%; attach to a female Wobbuffet and breed to get Wynaut |

The following abilities boost the user's Evasion when activated: [Sand Veil](http://serebii.net/abilitydex/sandveil.shtml), [Snow Cloak](http://serebii.net/abilitydex/snowcloak.shtml), [Tangled Feet](http://serebii.net/abilitydex/tangledfeet.shtml)

Using the following attacks boosts the User's Evasion:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Acupressure](http://serebii.net/attackdex-sm/acupressure.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 30 | -- | -- | Randomly raises user's one stat two stages |
| [Double Team](http://serebii.net/attackdex-sm/doubleteam.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | Creates illusory copies to raise evasiveness. |
| [Minimize](http://serebii.net/attackdex-sm/minimize.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | -- | Minimizes the user's size to raise evasiveness. |

Using the following attacks lowers the opponent's Evasion:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Defog](http://serebii.net/attackdex-sm/defog.shtml) | http://serebii.net/pokedex-bw/type/flying.gif | http://serebii.net/pokedex-bw/type/other.png | 15 | -- | -- | Lowers foe's evasiveness |
| [Sweet Scent](http://serebii.net/attackdex-sm/sweetscent.shtml) | http://serebii.net/pokedex-bw/type/normal.gif | http://serebii.net/pokedex-bw/type/other.png | 20 | -- | 100 | Allures the foe to reduce evasiveness. |

Using the following attacks lowers everyone's Evasion two stages:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Type** | **Cat.** | **PP** | **Att.** | **Acc.** | **Effect** |
| [Gravity](http://serebii.net/attackdex-sm/gravity.shtml) | http://serebii.net/pokedex-bw/type/psychic.gif | http://serebii.net/pokedex-bw/type/other.png | 5 | -- | 101 | Gravity is intensified for five turns, making moves involving flying unusable and negating Levitation. |