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Normal (type)

From Bulbapedia, the community-driven Pokémon encyclopedia.

Normal redirects here. For the glitch Normal type, see List of glitch types#Normal.

The **Normal type** (Japanese: ノーマルタイプ *Normal type*) is one of the eighteen types. Notable Trainers who specialize in Normal-type Pokémon are Whitney of Goldenrod City, Norman of Petalburg City, Lenora of Nacrene City, Cheren of Aspertia City, and Trial Captain Ilima of Hau'oli City. Prior to changes in Generation IV, all damaging Normal-type moves were physical, but they may now also be special depending on the attack.

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Types

Normal

Fire

Fighting

Water

Flying

Grass

Poison

Electric

Ground

Psychic

Rock

Ice

Bug

Dragon

Ghost

Dark

Steel

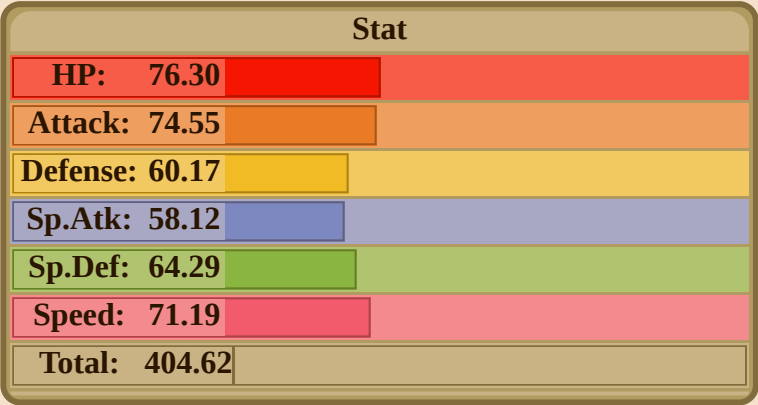
Fairy

???

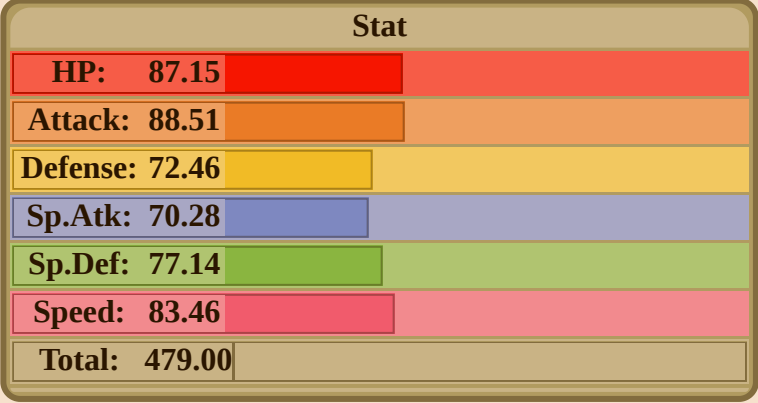
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Statistical averages

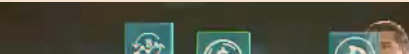
Overall

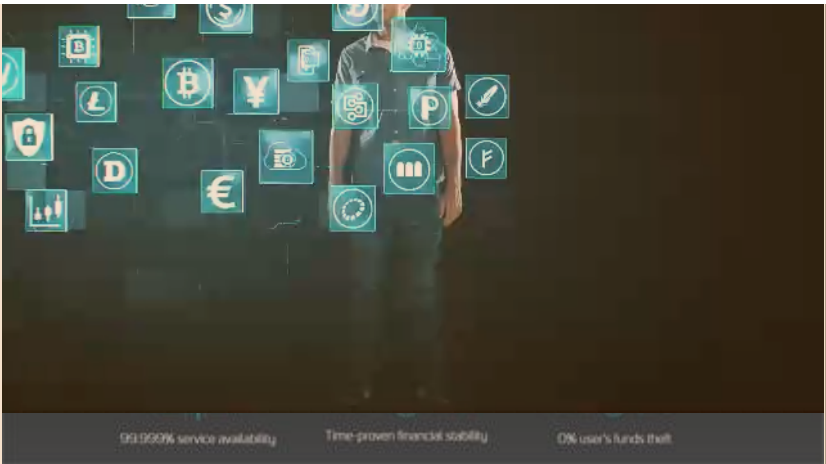


Fully evolved



Battle properties





Generation I

Offensive		NORMAL	Defensive	
Power	Types		Power	Types
2×	None		1/2×	None
1/2×	ROCK		2×	FIGHT
0×	GHOST		0×	GHOST

Generation II onwards

Offensive		NORMAL	Defensive	
Power	Types		Power	Types
2×	None		1/2×	None
1/2×	ROCK STEEL		2×	FIGHT
0×	GHOST		0×	GHOST

Characteristics

Defense

The Normal type is tied with Electric for the fewest defensive weaknesses but also tied with Ice for the fewest resistances of any type, at one each. Many Normal-type Pokémon with a secondary type mitigate their weakness with the secondary type (as with Flying, the type most commonly paired with Normal), leaving them with only the weaknesses of their secondary type.

Normal-type Pokémon, on average, have the lowest Defense and Special Defense of all Pokémon and of fully evolved Pokémon.

Offense

The Normal type is the only type that is not super effective against any other type.

The combination of Normal and Ground-type attacks provides good neutral coverage, with only five type combinations resisting both, because Ground covers both of the types that resist Normal. Their inability to hit Ghost-type Pokémon can be nullified by using Foresight, Odor Sleuth, or Pokémon with the Ability Scrappy. In these cases, it will provide unresisted coverage when paired with Fighting moves (excluding Pokémon with Wonder Guard).

On average, fully evolved Pokémon with the Normal type have the lowest base Special Attack of all types.

Contest properties

When used in contests, Normal-type moves do not favor a particular contest condition. However, the Normal type has the most moves that can jam.

Pokémon

As of Generation VII, there are 109 Normal-type Pokémon or 13.5% of all Pokémon, making it the second most common type after Water.

Pure Normal-type Pokémon

#		Name
019		Rattata
020		Raticate
052		Meowth
053		Persian
108		Lickitung
113		Chansey
115		Kangaskhan
		Mega Kangaskhan
128		Tauros
132		Ditto
133		Eevee
137		Porygon
143		Snorlax
161		Sentret



#		Name
162		Furret
190		Aipom
206		Dunsparce
216		Teddiursa
217		Ursaring
233		Porygon2
234		Stantler
235		Smeargle
241		Miltank
242		Blissey
263		Zigzagoon
264		Linoone
287		Slakoth
288		Vigoroth
289		Slaking
293		Whismur
294		Loudred
295		Exploud
300		Skitty
301		Delcatty
327		Spinda
335		Zangoose
351		Castform

#		Name
352		Kecleon
399		Bidoof
424		Ambipom
427		Buneary
428		Lopunny
431		Glameow
432		Purugly
440		Happiny
446		Munchlax
463		Lickilicky
474		Porygon-Z
486		Regigigas
493		Arceus
504		Patrat
505		Watchog
506		Lillipup
507		Herdier
508		Stoutland
531		Audino
572		Minccino
573		Cinccino
626		Bouffalant
659		Bunnelby

#		Name
676		Furfrou
734		Yungoos
735		Gumshoos
772		Type: Null
773		Silvally
775		Komala

- Clefairy, Clefable, Cleffa, Togepi, Snubbull, and Granbull were Normal-type Pokémon prior to Generation VI.

Pokéstar Studios opponents









#		Name
N/A		Humanoid
N/A		Monica

Half Normal-type Pokémon

Primary Normal-type Pokémon




#		Name	Type 1	Type 2
016		Pidgey	Normal	Flying
017		Pidgeotto	Normal	Flying
018		Pidgeot	Normal	Flying
		Mega Pidgeot	Normal	Flying
021		Spearow	Normal	Flying
022		Fearow	Normal	Flying
039		Jigglypuff*	Normal	Fairy
040		Wigglytuff*	Normal	Fairy
083		Farfetch'd	Normal	Flying

#		Name	Type 1	Type 2
084		Doduo	Normal	Flying
085		Dodrio	Normal	Flying
163		Hoothoot	Normal	Flying
164		Noctowl	Normal	Flying
174		Igglybuff*	Normal	Fairy
203		Girafarig	Normal	Psychic
276		Tailow	Normal	Flying
277		Swellow	Normal	Flying
298		Azurill*	Normal	Fairy
333		Swablu	Normal	Flying
396		Starly	Normal	Flying
397		Staravia	Normal	Flying
398		Staraptor	Normal	Flying
400		Bibarel	Normal	Water
428		Mega Lopunny	Normal	Fighting
441		Chatot	Normal	Flying
519		Pidove	Normal	Flying
520		Tranquill	Normal	Flying
521		Unfezant	Normal	Flying
531		Mega Audino	Normal	Fairy
585		Deerling	Normal	Grass
586		Sawsbuck	Normal	Grass
627		Rufflet	Normal	Flying

#		Name	Type 1	Type 2
628		Braviary	Normal	Flying
648		Meloetta Aria Forme	Normal	Psychic
		Meloetta Pirouette Forme	Normal	Fighting
660		Diggersby	Normal	Ground
661		Fletchling	Normal	Flying
731		Pikipek	Normal	Flying
732		Trumbeak	Normal	Flying
733		Toucannon	Normal	Flying
759		Stufful	Normal	Fighting
760		Bewear	Normal	Fighting
765		Oranguru	Normal	Psychic
780		Drampa	Normal	Dragon

- Togetic and Togekiss were Normal/Flying Pokémon prior to Generation VI.

Secondary Normal-type Pokémon

#		Name	Type 1	Type 2
019		Rattata Alola Form	Dark	Normal
020		Raticate Alola Form	Dark	Normal
667		Litleo	Fire	Normal
668		Pyroar	Fire	Normal
694		Helioptile	Electric	Normal
695		Heliolisk	Electric	Normal

Pokéstar Studios opponents

#	Name	Type 1	Type 2

N/A



F-00





Steel

Normal





Moves






Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
IV	Acupressure	Status	Tough	—	—%	30 (max 48)	 User or adjacent ally	The user applies pressure to stress points, sharply boosting one of its or its allies' stats.
V	After You	Status	Cute	—	—%	15 (max 24)	 Any adjacent Pokémon	The user helps the target and makes it use its move right after the user.
III	Assist	Status	Cute	—	—%	20 (max 32)	 Self	The user hurriedly and randomly uses a move among those known by ally Pokémon.
II	Attract	Status	Cute	—	100%	15 (max 24)	 Any adjacent Pokémon	If it is the opposite gender of the user, the target becomes infatuated and less likely to attack.
I	Barrage	Physical	Cute	15	85%	20 (max 32)	 Any adjacent Pokémon	Round objects are hurled at the target to strike two to five times in a row.





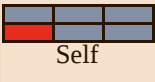
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.








Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
II	Baton Pass	Status	Cute	—	—%	40 (max 64)	 Self	The user switches places with a party Pokémon in waiting and passes along any stat changes.
II	Belly Drum	Status	Cute	—	—%	10 (max 16)	 Self	The user maximizes its Attack stat in exchange for HP equal to half its max HP.
V	Bestow	Status	Cute	—	—%	15 (max 24)	 Any adjacent Pokémon	The user passes its held item to the target when the target isn't holding an item.
I	Bide	Physical	Tough	Varies	—%	10 (max 16)	 Self	The user endures attacks for two turns, then strikes back to cause double the damage taken.
I	Bind	Physical	Tough	15	85%	20 (max 32)	 Any adjacent Pokémon	Things such as long bodies or tentacles are used to bind and squeeze the target for four to five turns.
III	Block	Status	Cute	—	—%	5 (max 8)	 Any adjacent Pokémon	The user blocks the target's way with arms spread wide to prevent escape.

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Gen ♦	Move ♦	Category ♦	Contest ♦	Power ♦	Accuracy ♦	PP ♦	Target ♦	Description
I	Body Slam	Physical	Tough	85	100%	15 (max 24)	 Any adjacent Pokémon	The user drops onto the target with its full body weight. This may also leave the target with paralysis.
VI	Boomburst	Special	Tough	140	100%	10 (max 16)	 All adjacent Pokémon	The user attacks everything around it with the destructive power of a terrible, explosive sound.
VII	Breakneck Blitz	Physical		—	—%	1 (max 1)	 Any adjacent Pokémon	The user builds up its momentum using its Z-Power and crashes into the target at full speed. The power varies, depending on the original move.
VII	Breakneck Blitz	Special		—	—%	1 (max 1)	 Any adjacent Pokémon	The user builds up its momentum using its Z-Power and crashes into the target at full speed. The power varies, depending on the original move.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.								

Gen ♦	Move ♦	Category ♦	Contest ♦	Power ♦	Accuracy ♦	PP ♦	Target ♦	Description
III	Camouflage	Status	Clever	—	—%	20 (max 32)	 Self	The user's type is changed depending on its environment, such as at water's edge, in grass, or in a cave.
IV	Captivate	Status	Cute	—	100%	20 (max 32)	 All adjacent foes	If any opposing Pokémon is the opposite gender of the user, it is charmed, which harshly lowers its Sp. Atk stat.
VI	Celebrate	Status	Cute	—	—%	40 (max 64)	 Self	The Pokémon congratulates you on your special day!
V	Chip Away	Physical	Tough	70	100%	20 (max 32)	 Any adjacent Pokémon	Looking for an opening, the user strikes consistently. The target's stat changes don't affect this attack's damage.
I	Comet Punch	Physical	Tough	18	85%	15 (max 24)	 Any adjacent Pokémon	The target is hit with a flurry of punches that strike two to five times in a row.
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Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
VI	Confide	Status	Cute	—	—%	20 (max 32)	 Any adjacent Pokémon	The user tells the target a secret, and the target loses its ability to concentrate. This lowers the target's Sp. Atk stat.
I	Constrict	Physical	Tough	10	100%	35 (max 56)	 Any adjacent Pokémon	The target is attacked with long, creeping tentacles, vines, or the like. This may also lower the target's Speed stat.
I	Conversion	Status	Beautiful	—	—%	30 (max 48)	 Self	The user changes its type to become the same type as the move at the top of the list of moves it knows.
II	Conversion 2	Status	Beautiful	—	—%	30 (max 48)	 Any adjacent Pokémon	The user changes its type to make itself resistant to the type of the attack the opponent used last.
IV	Copycat	Status	Cute	—	—%	20 (max 32)	 Self	The user mimics the move used immediately before it. The move fails if no other move has been used yet.
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Gen	Move	Category	Contest	Power	Accuracy	PP	Target	Description
III	Covet	Physical	Cute	60	100%	25 (max 40)	 Any adjacent Pokémon	The user endearingly approaches the target, then steals the target's held item.
III	Crush Claw	Physical	Cool	75	95%	10 (max 16)	 Any adjacent Pokémon	The user slashes the target with hard and sharp claws. This may also lower the target's Defense stat.
IV	Crush Grip	Physical	Tough	Varies	100%	5 (max 8)	 Any adjacent Pokémon	The target is crushed with great force. The more HP the target has left, the greater this move's power.
I	Cut	Physical	Cool	50	95%	30 (max 48)	 Any adjacent Pokémon	The target is cut with a scythe or claw.
I	Defense Curl	Status	Cute	—	—%	40 (max 64)	 Self	The user curls up to conceal weak spots and raise its Defense stat.
I	Disable	Status	Clever	—	100%	20 (max 32)	 Any adjacent Pokémon	For four turns, this move prevents the target from using the move it last used.
I	Dizzy Punch	Physical	Cute	70	100%	10 (max 16)	 Any adjacent Pokémon	The target is hit with rhythmically launched punches. This may also leave the target confused.

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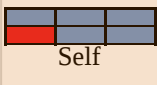


Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
IV	Double Hit	Physical	Cool	35	90%	10 (max 16)	 Any adjacent Pokémon	The user slams the target with a long tail, vines, or a tentacle. The target is hit twice in a row.
I	Double Slap	Physical	Cute	15	85%	10 (max 16)	 Any adjacent Pokémon	The target is slapped repeatedly, back and forth, two to five times in a row.
I	Double Team	Status	Cool	—	—%	15 (max 24)	 Self	By moving rapidly, the user makes illusory copies of itself to raise its evasiveness.
I	Double-Edge	Physical	Tough	120	100%	15 (max 24)	 Any adjacent Pokémon	A reckless, life-risking tackle. This also damages the user quite a lot.
V	Echoed Voice	Special	Beautiful	40	100%	15 (max 24)	 Any adjacent Pokémon	The user attacks the target with an echoing voice. If this move is used every turn, its power is increased.
I	Egg Bomb	Physical	Cute	100	75%	10 (max 16)	 Any adjacent Pokémon	A large egg is hurled at the target with maximum force to inflict damage.

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Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
II	Encore	Status	Cute	—	100%	5 (max 8)	 Any adjacent Pokémon	The user compels the target to keep using the move it encored for three turns.
III	Endeavor	Physical	Tough	Varies	100%	5 (max 8)	 Any adjacent Pokémon	This attack move cuts down the target's HP to equal the user's HP.
II	Endure	Status	Tough	—	—%	10 (max 16)	 Self	The user endures any attack with at least 1 HP. Its chance of failing rises if it is used in succession.
V	Entrainment	Status	Cute	—	100%	15 (max 24)	 Any adjacent Pokémon	The user dances with an odd rhythm that compels the target to mimic it, making the target's Ability the same as the user's.
I	Explosion	Physical	Beautiful	250	100%	5 (max 8)	 All adjacent Pokémon	The user attacks everything around it by causing a tremendous explosion. The user faints upon using this move.
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Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
VII	Extreme Evoboost	Status		—	—%	1 (max 1)	 Self	After obtaining Z-Power, the user, Eevee, gets energy from its evolved friends and boosts its stats sharply.
II	Extreme Speed	Physical	Cool	80	100%	5 (max 8)	 Any adjacent Pokémon	The user charges the target at blinding speed. This move always goes first.
III	Facade	Physical	Cute	70	100%	20 (max 32)	 Any adjacent Pokémon	This attack move doubles its power if the user is poisoned, burned, or paralyzed.
III	Fake Out	Physical	Cute	40	100%	10 (max 16)	 Any adjacent Pokémon	This attack hits first and makes the target flinch. It only works the first turn the user is in battle.
II	False Swipe	Physical	Cool	40	100%	40 (max 64)	 Any adjacent Pokémon	A restrained attack that prevents the target from fainting. The target is left with at least 1 HP.
IV	Feint	Physical	Clever	30	100%	10 (max 16)	 Any adjacent Pokémon	This attack hits a target using a move such as Protect or Detect. This also lifts the effects of those moves.



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Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
II	Flail	Physical	Cute	Varies	100%	15 (max 24)	 Any adjacent Pokémon	The user flails about aimlessly to attack. The less HP the user has, the greater the move's power.
I	Flash	Status	Beautiful	—	100%	20 (max 32)	 Any adjacent Pokémon	The user flashes a bright light that cuts the target's accuracy.
I	Focus Energy	Status	Cool	—	—%	30 (max 48)	 Self	The user takes a deep breath and focuses so that critical hits land more easily.
III	Follow Me	Status	Cute	—	—%	20 (max 32)	 Self	The user draws attention to itself, making all targets take aim only at the user.
II	Foresight	Status	Clever	—	—%	40 (max 64)	 Any adjacent Pokémon	Enables a Ghost-type target to be hit by Normal- and Fighting-type attacks. This also enables an evasive target to be hit.
II	Frustration	Physical	Cute	Varies	100%	20 (max 32)	 Any adjacent Pokémon	This full-power attack grows more powerful the less the user likes its Trainer.








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Gen	Move	Category	Contest	Power	Accuracy	PP	Target	Description
I	Fury Attack	Physical	Cool	15	85%	20 (max 32)	 Any adjacent Pokémon	The target is jabbed repeatedly with a horn or beak two to five times in a row.
I	Fury Swipes	Physical	Tough	18	80%	15 (max 24)	 Any adjacent Pokémon	The target is raked with sharp claws or scythes quickly two to five times in a row.
IV	Giga Impact	Physical	Tough	150	90%	5 (max 8)	 Any adjacent Pokémon	The user charges at the target using every bit of its power. The user can't move on the next turn.
I	Glare	Status	Tough	—	100%	30 (max 48)	 Any adjacent Pokémon	The user intimidates the target with the pattern on its belly to cause paralysis.
I	Growl	Status	Cute	—	100%	40 (max 64)	 All adjacent foes	The user growls in an endearing way, making opposing Pokémon less wary. This lowers their Attack stat.
I	Growth	Status	Beautiful	—	—%	20 (max 32)	 Self	The user's body grows all at once, raising the Attack and Sp. Atk stats.







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Gen	Move	Category	Contest	Power	Accuracy	PP	Target	Description
I	Guillotine	Physical	Cool	—	30%	5 (max 8)	 Any adjacent Pokémon	A vicious, tearing attack with big pincers. The target faints instantly if this attack hits.
VI	Happy Hour	Status	Cute	—	—%	30 (max 48)	 All allies	Using Happy Hour doubles the amount of prize money received after battle.
I	Harden	Status	Tough	—	—%	30 (max 48)	 Self	The user stiffens all the muscles in its body to raise its Defense stat.
V	Head Charge	Physical	Tough	120	100%	15 (max 24)	 Any adjacent Pokémon	The user charges its head into its target, using its powerful guard hair. This also damages the user a little.
I	Headbutt	Physical	Tough	70	100%	15 (max 24)	 Any adjacent Pokémon	The user sticks out its head and attacks by charging straight into the target. This may also make the target flinch.
II	Heal Bell	Status	Beautiful	—	—%	5 (max 8)	 All allies	The user makes a soothing bell chime to heal the status conditions of all the party Pokémon.






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Gen	Move	Category	Contest	Power	Accuracy	PP	Target	Description
III	Helping Hand	Status	Clever	—	—%	20 (max 32)	 Adjacent ally	The user assists an ally by boosting the power of that ally's attack.
II	Hidden Power	Special	Clever	60	100%	15 (max 24)	 Any adjacent Pokémon	A unique attack that varies in type depending on the Pokémon using it.
VI	Hold Back	Physical	Cool	40	100%	40 (max 64)	 Any adjacent Pokémon	The user holds back when it attacks, and the target is left with at least 1 HP.
VI	Hold Hands	Status	Cute	—	—%	40 (max 64)	 Adjacent ally	The user and an ally hold hands. This makes them very happy.
I	Horn Attack	Physical	Cool	65	100%	25 (max 40)	 Any adjacent Pokémon	The target is jabbed with a sharply pointed horn to inflict damage.
I	Horn Drill	Physical	Cool	—	30%	5 (max 8)	 Any adjacent Pokémon	The user stabs the target with a horn that rotates like a drill. The target faints instantly if this attack hits.
III	Howl	Status	Cool	—	—%	40 (max 64)	 Self	The user howls loudly to raise its spirit, which raises its Attack stat.






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Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
I	Hyper Beam	Special	Cool	150	90%	5 (max 8)	 Any adjacent Pokémon	The target is attacked with a powerful beam. The user can't move on the next turn.
I	Hyper Fang	Physical	Cool	80	90%	15 (max 24)	 Any adjacent Pokémon	The user bites hard on the target with its sharp front fangs. This may also make the target flinch.
III	Hyper Voice	Special	Cool	90	100%	10 (max 16)	 All adjacent foes	The user lets loose a horribly echoing shout with the power to inflict damage.
IV	Judgment	Special	Beautiful	100	100%	10 (max 16)	 Any adjacent Pokémon	The user releases countless shots of light at the target. This move's type varies depending on the kind of Plate the user is holding.
VII	Laser Focus	Status		—	—%	30 (max 48)	 Self	The user concentrates intensely. The attack on the next turn always results in a critical hit.
IV	Last Resort	Physical	Cute	140	100%	5 (max 8)	 Any adjacent Pokémon	This move can be used only after the user has used all the other moves it knows in the battle.

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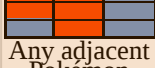




Gen ♦	Move ♦	Category ♦	Contest ♦	Power ♦	Accuracy ♦	PP ♦	Target ♦	Description
I	Leer	Status	Cool	—	100%	30 (max 48)	 All adjacent foes	The user gives opposing Pokémon an intimidating leer that lowers the Defense stat.
II	Lock-On	Status	Clever	—	—%	5 (max 8)	 Any adjacent Pokémon	The user takes sure aim at the target. This ensures the next attack does not miss the target.
I	Lovely Kiss	Status	Beautiful	—	75%	10 (max 16)	 Any adjacent Pokémon	With a scary face, the user tries to force a kiss on the target. If it succeeds, the target falls asleep.
IV	Lucky Chant	Status	Cute	—	—%	30 (max 48)	 All allies	The user chants an incantation toward the sky, preventing opposing Pokémon from landing critical hits for five turns.
IV	Me First	Status	Clever	—	—%	20 (max 32)	 Any adjacent foe	The user cuts ahead of the target to copy and use the target's intended move with greater power. This move fails if it isn't used first.
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Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
II	Mean Look	Status	Beautiful	—	—%	5 (max 8)	 Any adjacent Pokémon	The user pins the target with a dark, arresting look. The target becomes unable to flee.
I	Mega Kick	Physical	Cool	120	75%	5 (max 8)	 Any adjacent Pokémon	The target is attacked by a kick launched with muscle-packed power.
I	Mega Punch	Physical	Tough	80	85%	20 (max 32)	 Any adjacent Pokémon	The target is slugged by a punch thrown with muscle-packed power.
I	Metronome	Status	Cute	—	—%	10 (max 16)	 Self	The user waggles a finger and stimulates its brain into randomly using nearly any move.
II	Milk Drink	Status	Cute	—	—%	10 (max 16)	 Self	The user restores its own HP by up to half of its max HP.
I	Mimic	Status	Cute	—	—%	10 (max 16)	 Any adjacent Pokémon	The user copies the target's last move. The move can be used during battle until the Pokémon is switched out.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.								






Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
II	Mind Reader	Status	Clever	—	—%	5 (max 8)	 Any adjacent Pokémon	The user senses the target's movements with its mind to ensure its next attack does not miss the target.
I	Minimize	Status	Cute	—	—%	10 (max 16)	 Self	The user compresses its body to make itself look smaller, which sharply raises its evasiveness.
II	Morning Sun	Status	Beautiful	—	—%	5 (max 8)	 Self	The user restores its own HP. The amount of HP regained varies with the weather.
VII	Multi-Attack	Physical		90	100%	10 (max 16)	 Any adjacent Pokémon	Cloaking itself in high energy, the user slams into the target. The memory held determines the move's type.
IV	Natural Gift	Physical	Clever	Varies	100%	15 (max 24)	 Any adjacent Pokémon	The user draws power to attack by using its held Berry. The Berry determines the move's type and power.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.								

Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
III	Nature Power	Status	Beautiful	—	—%	20 (max 32)	 Any adjacent Pokémon	This attack makes use of nature's power. Its effects vary depending on the user's environment.
VI	Noble Roar	Status	Tough	—	100%	30 (max 48)	 Any adjacent Pokémon	Letting out a noble roar, the user intimidates the target and lowers its Attack and Sp. Atk stats.
III	Odor Sleuth	Status	Clever	—	—%	40 (max 64)	 Any adjacent Pokémon	Enables a Ghost-type target to be hit by Normal- and Fighting-type attacks. This also enables an evasive target to be hit.
II	Pain Split	Status	Clever	—	—%	20 (max 32)	 Any adjacent Pokémon	The user adds its HP to the target's HP, then equally shares the combined HP with the target.
I	Pay Day	Physical	Clever	40	100%	20 (max 32)	 Any adjacent Pokémon	Numerous coins are hurled at the target to inflict damage. Money is earned after the battle.







All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen	Move	Category	Contest	Power	Accuracy	PP	Target	Description
II	Perish Song	Status	Beautiful	—	—%	5 (max 8)	 All Pokémon	Any Pokémon that hears this song faints in three turns, unless it switches out of battle.
VI	Play Nice	Status	Cute	—	—%	20 (max 32)	 Any adjacent Pokémon	The user and the target become friends, and the target loses its will to fight. This lowers the target's Attack stat.
I	Pound	Physical	Tough	40	100%	35 (max 56)	 Any adjacent Pokémon	The target is physically pounded with a long tail, a foreleg, or the like.
II	Present	Physical	Cute	Varies	90%	15 (max 24)	 Any adjacent Pokémon	The user attacks by giving the target a gift with a hidden trap. It restores HP sometimes, however.
II	Protect	Status	Cute	—	—%	10 (max 16)	 Self	Enables the user to evade all attacks. Its chance of failing rises if it is used in succession.
II	Psych Up	Status	Clever	—	—%	10 (max 16)	 Any adjacent Pokémon	The user hypnotizes itself into copying any stat change made by the target.






All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.






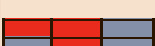
Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
VII	Pulverizing Pancake	Physical		210	—%	1 (max 1)	 Any adjacent Pokémon	Z-Power brings out the true capabilities of the user, Snorlax. The Pokémon moves its enormous body energetically and attacks the target with full force.
I	Quick Attack	Physical	Cool	40	100%	30 (max 48)	 Any adjacent Pokémon	The user lunges at the target at a speed that makes it almost invisible. This move always goes first.
I	Rage	Physical	Tough	20	100%	20 (max 32)	 Any adjacent Pokémon	As long as this move is in use, the power of rage raises the Attack stat each time the user is hit in battle.
II	Rapid Spin	Physical	Cool	20	100%	40 (max 64)	 Any adjacent Pokémon	A spin attack that can also eliminate such moves as Bind, Wrap, Leech Seed, and Spikes.
I	Razor Wind	Special	Cool	80	100%	10 (max 16)	 All adjacent foes	In this two-turn attack, blades of wind hit opposing Pokémon on the second turn. Critical hits land more easily.







All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
I	Recover	Status	Clever	—	—%	10 (max 16)	 Self	Restoring its own cells, the user restores its own HP by half of its max HP.
III	Recycle	Status	Clever	—	—%	10 (max 16)	 Self	The user recycles a held item that has been used in battle so it can be used again.
V	Reflect Type	Status	Clever	—	—%	15 (max 24)	 Any adjacent Pokémon	The user reflects the target's type, making it the same type as the target.
III	Refresh	Status	Cute	—	—%	20 (max 32)	 Self	The user rests to cure itself of poisoning, a burn, or paralysis.
V	Relic Song	Special	Beautiful	75	100%	10 (max 16)	 All adjacent foes	The user sings an ancient song and attacks by appealing to the hearts of the listening opposing Pokémon. This may also induce sleep.
V	Retaliate	Physical	Cool	70	100%	5 (max 8)	 Any adjacent Pokémon	The user gets revenge for a fainted ally. If an ally fainted in the previous turn, this move's power is increased.







All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen ♦	Move ♦	Category ♦	Contest ♦	Power ♦	Accuracy ♦	PP ♦	Target ♦	Description
II	Return	Physical	Cute	Varies	100%	20 (max 32)	 Any adjacent Pokémon	This full-power attack grows more powerful the more the user likes its Trainer.
VII	Revelation Dance	Special		90	100%	15 (max 24)	 Any adjacent Pokémon	The user attacks the target by dancing very hard. The user's type determines the type of this move.
I	Roar	Status	Cool	—	—%	20 (max 32)	 Any adjacent Pokémon	The target is scared off, and a different Pokémon is dragged out. In the wild, this ends a battle against a single Pokémon.
IV	Rock Climb	Physical	Tough	90	85%	20 (max 32)	 Any adjacent Pokémon	The user attacks the target by smashing into it with incredible force. This may also confuse the target.
V	Round	Special	Beautiful	60	100%	15 (max 24)	 Any adjacent Pokémon	The user attacks the target with a song. Others can join in the Round to increase the power of the attack.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.								






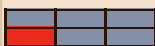
Gen ♦	Move ♦	Category ♦	Contest ♦	Power ♦	Accuracy ♦	PP ♦	Target ♦	Description
II	Safeguard	Status	Beautiful	—	—%	25 (max 40)	 All allies	The user creates a protective field that prevents status conditions for five turns.
II	Scary Face	Status	Tough	—	100%	10 (max 16)	 Any adjacent Pokémon	The user frightens the target with a scary face to harshly lower its Speed stat.
I	Scratch	Physical	Tough	40	100%	35 (max 56)	 Any adjacent Pokémon	Hard, pointed, sharp claws rake the target to inflict damage.
I	Screech	Status	Clever	—	85%	40 (max 64)	 Any adjacent Pokémon	An earsplitting screech harshly lowers the target's Defense stat.
III	Secret Power	Physical	Clever	70	100%	20 (max 32)	 Any adjacent Pokémon	The additional effects of this attack depend upon where it was used.
I	Self-Destruct	Physical	Beautiful	200	100%	5 (max 8)	 All adjacent Pokémon	The user attacks everything around it by causing an explosion. The user faints upon using this move.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.								

Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
I	Sharpen	Status	Cute	—	—%	30 (max 48)	 Self	The user makes its edges more jagged, which raises its Attack stat.
V	Shell Smash	Status	Tough	—	—%	15 (max 24)	 Self	The user breaks its shell, which lowers Defense and Sp. Def stats but sharply raises its Attack, Sp. Atk, and Speed stats.
V	Simple Beam	Status	Cute	—	100%	15 (max 24)	 Any adjacent Pokémon	The user's mysterious psychic wave changes the target's Ability to Simple.
I	Sing	Status	Cute	—	55%	15 (max 24)	 Any adjacent Pokémon	A soothing lullaby is sung in a calming voice that puts the target into a deep slumber.
II	Sketch	Status	Clever	—	—%	1 (max 1)	 Any adjacent Pokémon	It enables the user to permanently learn the move last used by the target. Once used, Sketch disappears.
I	Skull Bash	Physical	Tough	130	100%	10 (max 16)	 Any adjacent Pokémon	The user tucks in its head to raise its Defense stat on the first turn, then rams the target on the next turn.

All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
III	Slack Off	Status	Cute	—	—%	10 (max 16)	 Self	The user slacks off, restoring its own HP by up to half of its max HP.
I	Slam	Physical	Tough	80	75%	20 (max 32)	 Any adjacent Pokémon	The target is slammed with a long tail, vines, or the like to inflict damage.
I	Slash	Physical	Cool	70	100%	20 (max 32)	 Any adjacent Pokémon	The target is attacked with a slash of claws or blades. Critical hits land more easily.
II	Sleep Talk	Status	Cute	—	—%	10 (max 16)	 Self	While it is asleep, the user randomly uses one of the moves it knows.
III	Smelling Salts	Physical	Tough	70	100%	10 (max 16)	 Any adjacent Pokémon	This attack's power is doubled when used on a target with paralysis. This also cures the target's paralysis, however.
I	Smokescreen	Status	Clever	—	100%	20 (max 32)	 Any adjacent Pokémon	The user releases an obscuring cloud of smoke or ink. This lowers the target's accuracy.





All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
II	Snore	Special	Cute	50	100%	15 (max 24)	 Any adjacent Pokémon	This attack can be used only if the user is asleep. The harsh noise may also make the target flinch.
I	Soft-Boiled	Status	Cute	—	—%	10 (max 16)	 Self	The user restores its own HP by up to half of its max HP.
I	Sonic Boom	Special	Cool	—	90%	20 (max 32)	 Any adjacent Pokémon	The target is hit with a destructive shock wave that always inflicts 20 HP damage.
I	Spike Cannon	Physical	Cool	20	100%	15 (max 24)	 Any adjacent Pokémon	Sharp spikes are shot at the target in rapid succession. They hit two to five times in a row.
III	Spit Up	Special	Tough	Varies	100%	10 (max 16)	 Any adjacent Pokémon	The power stored using the move Stockpile is released at once in an attack. The more power is stored, the greater the move's power.
I	Splash	Status	Cute	—	—%	40 (max 64)	 Self	The user just flops and splashes around to no effect at all...






All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen ♦	Move ♦	Category ♦	Contest ♦	Power ♦	Accuracy ♦	PP ♦	Target ♦	Description
VII	Spotlight	Status		—	—%	15 (max 24)	 Any adjacent Pokémon	The user shines a spotlight on the target so that only the target will be attacked during the turn.
III	Stockpile	Status	Tough	—	—%	20 (max 32)	 Self	The user charges up power and raises both its Defense and Sp. Def stats. The move can be used three times.
I	Stomp	Physical	Tough	65	100%	20 (max 32)	 Any adjacent Pokémon	The target is stomped with a big foot. This may also make the target flinch.
I	Strength	Physical	Tough	80	100%	15 (max 24)	 Any adjacent Pokémon	The target is slugged with a punch thrown at maximum power.
I	Struggle	Physical	Tough	50	—%	1 (max 1)	 Any adjacent foe	This attack is used in desperation only if the user has no PP. It also damages the user a little.
I	Substitute	Status	Cute	—	—%	10 (max 16)	 Self	The user makes a copy of itself using some of its HP. The copy serves as the user's decoy.




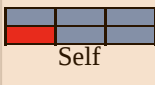


All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.







Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
I	Super Fang	Physical	Tough	Varies	90%	10 (max 16)	 Any adjacent Pokémon	The user chomps hard on the target with its sharp front fangs. This cuts the target's HP in half.
I	Supersonic	Status	Clever	—	55%	20 (max 32)	 Any adjacent Pokémon	The user generates odd sound waves from its body that confuse the target.
II	Swagger	Status	Cute	—	85%	15 (max 24)	 Any adjacent Pokémon	The user enrages and confuses the target. However, this also sharply raises the target's Attack stat.
III	Swallow	Status	Tough	—	—%	10 (max 16)	 Self	The power stored using the move Stockpile is absorbed by the user to heal its HP. Storing more power heals more HP.
II	Sweet Scent	Status	Cute	—	100%	20 (max 32)	 All adjacent foes	A sweet scent that harshly lowers opposing Pokémon's evasiveness.
I	Swift	Special	Cool	60	—%	20 (max 32)	 All adjacent foes	Star-shaped rays are shot at the opposing Pokémon. This attack never misses.

All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.



Gen	Move	Category	Contest	Power	Accuracy	PP	Target	Description
I	Swords Dance	Status	Beautiful	—	—%	20 (max 32)	 Self	A frenetic dance to uplift the fighting spirit. This sharply raises the user's Attack stat.
I	Tackle	Physical	Tough	40	100%	35 (max 56)	 Any adjacent Pokémon	A physical attack in which the user charges and slams into the target with its whole body.
V	Tail Slap	Physical	Cute	25	85%	10 (max 16)	 Any adjacent Pokémon	The user attacks by striking the target with its hard tail. It hits the target two to five times in a row.
I	Tail Whip	Status	Cute	—	100%	30 (max 48)	 All adjacent foes	The user wags its tail cutely, making opposing Pokémon less wary and lowering their Defense stat.
I	Take Down	Physical	Tough	90	85%	20 (max 32)	 Any adjacent Pokémon	A reckless, full-body charge attack for slamming into the target. This also damages the user a little.

All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen ◊	Move ◊	Category ◊	Contest ◊	Power ◊	Accuracy ◊	PP ◊	Target ◊	Description
VII	Tearful Look	Status		—	—%	20 (max 32)	 Any adjacent Pokémon	The user gets teary eyed to make the target lose its combative spirit. This lowers the target's Attack and Sp. Atk stats.
V	Techno Blast	Special	Cool	120	100%	5 (max 8)	 Any adjacent Pokémon	The user fires a beam of light at its target. The move's type changes depending on the Drive the user holds.
III	Teeter Dance	Status	Cute	—	100%	20 (max 32)	 All adjacent Pokémon	The user performs a wobbly dance that confuses the Pokémon around it.
I	Thrash	Physical	Tough	120	100%	10 (max 16)	 Self	The user rampages and attacks for two to three turns. The user then becomes confused.
III	Tickle	Status	Cute	—	100%	20 (max 32)	 Any adjacent Pokémon	The user tickles the target into laughing, reducing its Attack and Defense stats.
I	Transform	Status	Clever	—	—%	10 (max 16)	 Any adjacent Pokémon	The user transforms into a copy of the target right down to having the same move set.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.								

Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
I	Tri Attack	Special	Beautiful	80	100%	10 (max 16)	 Any adjacent Pokémon	The user strikes with a simultaneous three-beam attack. May also burn, freeze, or paralyze the target.
IV	Trump Card	Special	Cool	Varies	—%	5 (max 8)	 Any adjacent Pokémon	The fewer PP this move has, the greater its power.
III	Uproar	Special	Cute	90	100%	10 (max 16)	 Self	The user attacks in an uproar for three turns. During that time, no Pokémon can fall asleep.
I	Vice Grip	Physical	Tough	55	100%	30 (max 48)	 Any adjacent Pokémon	The target is gripped and squeezed from both sides to inflict damage.
III	Weather Ball	Special	Beautiful	50	100%	10 (max 16)	 Any adjacent Pokémon	This attack move varies in power and type depending on the weather.
I	Whirlwind	Status	Clever	—	—%	20 (max 32)	 Any adjacent Pokémon	The target is blown away, and a different Pokémon is dragged out. In the wild, this ends a battle against a single Pokémon.

All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.

Gen ↕	Move ↕	Category ↕	Contest ↕	Power ↕	Accuracy ↕	PP ↕	Target ↕	Description
III	Wish	Status	Cute	—	—%	10 (max 16)	 Self	One turn after this move is used, the user's or its replacement's HP is restored by half the user's max HP.
V	Work Up	Status	Tough	—	—%	30 (max 48)	 Self	The user is roused, and its Attack and Sp. Atk stats increase.
I	Wrap	Physical	Tough	15	90%	20 (max 32)	 Any adjacent Pokémon	A long body, vines, or the like are used to wrap and squeeze the target for four to five turns.
IV	Wring Out	Special	Tough	Varies	100%	5 (max 8)	 Any adjacent Pokémon	The user powerfully wrings the target. The more HP the target has, the greater the move's power.
III	Yawn	Status	Cute	—	—%	10 (max 16)	 Any adjacent Pokémon	The user lets loose a huge yawn that lulls the target into falling asleep on the next turn.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual move's page. Target data assumes user is in the lower left.								

- Bite, Gust, Karate Chop, and Sand Attack were Normal-type moves prior to Generation II.
- Charm, Moonlight, and Sweet Kiss were Normal-type moves prior to Generation VI.

Abilities

Interacting with the Normal type

A Pokémon with Color Change, Protean, or Imposter will become a Normal-type Pokémon if (respectively) it is hit with a Normal-type move, uses a Normal-type move, or is sent out against a Normal-type opponent.







Gen	Ability	Description
VI	Aerilate	Normal-type moves become Flying-type moves.
VII	Galvanize	Normal-type moves become Electric-type moves.
IV	Normalize	All the Pokémon's moves become the Normal type.
VI	Pixilate	Normal-type moves become Fairy-type moves.
VI	Refrigerate	Normal-type moves become Ice-type moves.
IV	Scrappy	Enables Normal- and Fighting-type moves to hit Ghost-type Pokémon.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual Ability's page.		

Exclusive Abilities

Only Normal-type Pokémon can have these Abilities. This does not include signature Abilities.

Gen	Ability	Description
IV	Tangled Feet	Raises evasion if the Pokémon is confused.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual Ability's page.		

Items

	Name	Description
	Chilan Berry	If held by a Pokémon, this Berry will lessen the damage taken from one Normal-type attack.
	Normal Gem	A gem with an ordinary essence. When held, it strengthens the power of a Normal-type move one time.
	Normalium Z	It converts Z-Power into crystals that upgrade Normal-type moves to Normal-type Z-Moves.
	Pink Bow	Powers up normal-type moves.
	Polkadot Bow	Powers up normal-type moves.
	Silk Scarf	An item to be held by a Pokémon. It's a sumptuous scarf that boosts the power of Normal-type moves.
All details are accurate to Generation VII games. For details that have changed between generations, please see an individual item's page.		





Trivia

- Generation I introduced the most Normal-type Pokémon of any generation, with 24. Generation VI introduced the fewest Normal-type Pokémon, with eight.
- Generation I introduced the most Normal-type moves of any generation, with 78. Generation VI introduced the fewest Normal-type moves, with eight.
- With 172 Normal-type moves, this type has the most moves available.
- The Normal type has the fewest non-neutral type relations, with only four.
- Ghost and Normal are the only case of two types being immune against each other.

- No Pokémon gains the Normal type upon evolving. It shares this distinction with the Bug type.
- Normal is the only type to have ever lost Pokémon, having lost Clefairy, Clefable, Cleffa, Togepi, Togetic, Snubbull, Granbull, and Togekiss when the Fairy type was introduced in Generation VI.
 - Additionally, it is the only type to have the same number of Pokémon in two consecutive Generations.
- For the purpose of the Purify Chamber, Normal is considered strong against itself, even though in battle it isn't.
- Generation VI added the most new type combinations for Normal, the most dual-typed Normal Pokémon (if Pokémon retyped as Normal/Fairy are counted), and the fewest Normal/Flying-type Pokémon (with only one).
- The Normal type is frequently associated with type changing:
 - More Pokémon lose the Normal type upon evolving than any other type, with a total of four (eleven if all of Eevee's evolutions are counted separately).
 - Eight Normal-type Pokémon have at least one signature move or a signature Ability which involves changing their type.
 - Most moves which involve changing the user's type or with a varying damage type are Normal-type.
- Kazumasa Iwao's party in Pokémon Ultra Sun and Ultra Moon consist of Normal-type Pokémon.
- Normal-type attacks are completely unresisted during an Inverse Battle.

In other languages

Language		Title
 Japanese		ノーマル <i>Normal</i>
Chinese		一般 <i>Yātbūn</i> *
	Cantonese	普通 <i>Póutūng</i> *
		無屬性 <i>Mòuhsuhksing</i> *
	Mandarin	一般 <i>Yībān</i>
 Czech		Normální
 Danish		Normal
 Dutch		Normaal
 Finnish		Normaali Perus
 French		Normal
 German		Normal
 Greek		Φυσιολογικός <i>Fysiologikós</i>
 Hebrew		רגיל <i>Ragil</i>
		נורמאלי <i>Normali</i>
 Hungarian		Normál
 Indonesian		Normal
 Italian		Normale
 Korean		노말 <i>Normal</i>
 Norwegian		Normal
 Malaysian		Biasa
 Polish		Normalny
 Portuguese		Normal
 Romanian		Normal
 Russian		Обычный <i>Obychnyy</i>
		Нормальный <i>Normal'nyy</i>
 Spanish		Normal

 Swedish	Normal
 Thai	ปกติ <i>Pakati</i> ธรรมดา <i>Thammada</i>
 Turkish	Normal
 Vietnamese	Thường

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