

## BUG MOVES

**Move:** Attack Order**Type:** Bug**Frequency:** EOT**AC:** 2**Damage Base 9:** 2d10+10 / 21**Class:** Physical**Range:** 6, 1 Target**Effect:** Attack Order is a Critical Hit on 18+.**Contest Type:** Smart**Contest Effect:** Incentives**Move:** Bug Bite**Type:** Bug**Frequency:** At-Will**AC:** 2**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** Melee, 1 Target**Effect:** If the target has a stored Digestion Buff or has traded in a Digestion Buff this Scene, the user may gain the effects of the Digestion Buff. This does not count towards the usual limit on the user's Digestion Buffs.**Contest Type:** Tough**Contest Effect:** Attention Grabber**Move:** Bug Buzz**Type:** Bug**Frequency:** Scene x2**AC:** 2**Damage Base 9:** 2d10+10 / 21**Class:** Special**Range:** Cone 2 or Close Blast 2, Sonic, Smite**Effect:** Bug Buzz lowers the Special Defense of all targets on 19+.**Contest Type:** Cute**Contest Effect:** Incentives**Move:** Defend Order**Type:** Bug**Frequency:** EOT**AC:** None**Class:** Status**Range:** Self**Effect:** Raise the user's Defense and Special Defense 1 Combat Stage each.**Contest Type:** Smart**Contest Effect:** Get Ready!**Move:** Fell Stinger**Type:** Bug**Frequency:** At-Will**AC:** 2**Damage Base 3:** 1d6+5 / 9**Class:** Physical**Range:** Melee, 1 Target**Effect:** If the user successfully knocks out a target with Fell Stinger, raise their Attack by 2 Combat Stages.**Contest Type:** Smart**Contest Effect:** Desperation**Move:** Fury Cutter**Type:** Bug**Frequency:** At-Will**AC:** 3**Damage Base 4:** 1d8+6 / 11**Class:** Physical**Range:** Melee, 1 Target**Effect:** If Fury Cutter is used successfully and consecutively on the same target, the Damage Base is increased by +4 to a maximum of 16. For example, the first hit would have a DB of 4; the second hit a DB of 8; the third hit a DB of 12; the fourth and further hits a DB of 16. If Fury Cutter misses or fails to damage its target, its Damage Base resets.**Contest Type:** Cool**Contest Effect:** Reliable**Move:** Heal Order**Type:** Bug**Frequency:** Daily x2**AC:** None**Class:** Status**Range:** Self**Effect:** The user regains Hit Points equal to half of its full Hit Point value.**Contest Type:** Smart**Contest Effect:** Reflective Appeal

**Move:** Infestation  
**Type:** Bug  
**Frequency:** Scene x2  
**AC:** 4  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 3, 1 Target  
**Effect:** The target is put in a Vortex.  
**Contest Type:** Smart  
**Contest Effect:** Gamble

**Move:** Leech Life  
**Type:** Bug  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** After the target takes damage, the user gains Hit Points equal to half of the damage they dealt to the target.  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

**Move:** Megahorn  
**Type:** Bug  
**Frequency:** Scene x2  
**AC:** 5  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, 1 Target, Push  
**Effect:** The target is pushed 1 Meter.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

**Move:** Pin Missile  
**Type:** Bug  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** 6, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Reliable

**Move:** Powder  
**Type:** Bug  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** 6, 1 Target, Interrupt, Powder  
**Effect:** The target is dusted with a Coat of flammable powder. If it uses a damaging Fire-Type attack, the attack is negated and instead creates a Blast 3 centered on itself as the powder explodes, and the Coat is removed. All targets within the Blast take damage equal to what the user of the Fire-Type attack would roll for the damage of their attack. This damage is Typeless or Fire-Type, whichever would be more effective.  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

**Move:** Quiver Dance  
**Type:** Bug  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Special Attack, Special Defense, and Speed by +1 Combat Stage each.  
**Contest Type:** Cool  
**Contest Effect:** Get Ready!

**Move:** Rage Powder  
**Type:** Bug  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Burst 1 or Line 6, Powder  
**Effect:** All targets hit by Rage Powder are Enraged. While enraged, they must shift to target the user when using a Move or Attack if the user is within reach. If the user is Fainted or Switched out, all targets hit by Rage Powder are cured of rage.  
**Contest Type:** Smart  
**Contest Effect:** Tease

**Move:** Signal Beam**Type:** Bug**Frequency:** EOT**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** 6, 1 Target**Effect:** Signal Beam confuses the target on 19+.**Contest Type:** Beauty**Contest Effect:** Incentives**Move:** Silver Wind**Type:** Bug**Frequency:** At-Will**AC:** 2**Damage Base 6:** 2d6+8 / 15**Class:** Special**Range:** 6, 1 Target, Spirit Surge**Effect:** On 19+, the user has each of its stats raised by +1 Combat Stage.**Contest Type:** Beauty**Contest Effect:** Incentives**Move:** Spider Web**Type:** Bug**Frequency:** Scene x2**AC:** None**Class:** Status**Range:** 5**Effect:** Spider Web cannot miss. The target is Stuck and Trapped. If the user is freed of the Stuck condition, they are freed of Trapped as well.**Contest Type:** Smart**Contest Effect:** Sabotage**Special:** Grants Threaded**Move:** Steamroller**Type:** Bug**Frequency:** EOT**AC:** 2**Damage Base 7:** 2d6+10 / 17**Class:** Physical**Range:** Melee, Pass**Effect:** Steamroller Flinches the target on 15+. If the target is Small, Steamroller deals an additional +5 Damage.**Contest Type:** Tough**Contest Effect:** Steady Performance**Move:** Sticky Web**Type:** Bug**Frequency:** EOT**AC:** None**Class:** Status**Range:** 6, Hazard**Effect:** Set 8 square meters of Sticky Web hazards within your range, all 8 meters must be adjacent with at least one other space of Sticky Web. Sticky Web causes Terrain to become Slow Terrain, and a foe that runs into the hazard has its Speed lowered by one stage, and they become Slowed until the end of their next turn. Flying-type Pokémon and Pokémon and Trainers with Levitate are not affected by Sticky Web. Bug-type Pokémon may move over Sticky Web harmlessly, destroying the Hazards as they do so.**Contest Type:** Smart**Contest Effect:** Sabotage**Special:** Grants Threaded**Move:** String Shot**Type:** Bug**Frequency:** At-Will**AC:** 3**Class:** Status**Range:** Cone 2**Effect:** Targets have their Speed CS lowered by -1. If this lowers their Speed CS to -6, or if their Speed CS was already at -6, the target is instead Stuck.**Contest Type:** Smart**Contest Effect:** Excitement**Special:** Grants Threaded**Move:** Struggle Bug**Type:** Bug**Frequency:** At-Will**AC:** 2**Damage Base 5:** 1d8+8 / 13**Class:** Special**Range:** Cone 2**Effect:** On hit, lowers the target's Special Attack by -1 CS.**Contest Type:** Smart**Contest Effect:** Excitement

**Move:** Tail Glow

**Type:** Bug

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** Raise the user's Special Attack 3 Combat Stages.

**Contest Type:** Beauty

**Contest Effect:** Get Ready!

**Special:** Grants Glow

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**Move:** Twineedle

**Type:** Bug

**Frequency:** At-Will

**AC:** 3

**Damage Base 3:** 1d6+5 / 9

**Class:** Physical

**Range:** Melee, 1 Target, Double Strike

**Effect:** Twineedle Poisons the target on an Accuracy Check of 18+

**Contest Type:** Cool

**Contest Effect:** Reliable

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**Move:** U-Turn

**Type:** Bug

**Frequency:** At-Will

**AC:** 2

**Damage Base 7:** 2d6+10 / 17

**Class:** Physical

**Range:** Melee, 1 Target, Dash

**Effect:** If U-Turn successfully hits its target, the user deals damage and then immediately is returned to its Poké Ball in the same turn. A New Pokémon may immediately be sent out. Using U-Turn lets a Trapped user be recalled.

**Contest Type:** Cute

**Contest Effect:** Inversed Appeal

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**Move:** X-Scissor

**Type:** Bug

**Frequency:** At-Will

**AC:** 2

**Damage Base 8:** 2d8+10 / 19

**Class:** Physical

**Range:** Melee, 1 Target, Dash

**Effect:** None

**Contest Type:** Beauty

**Contest Effect:** Exhausting Act

## DARK MOVES

**Move:** Assurance**Type:** Dark**Frequency:** At-Will**AC:** 2**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** Melee, 1 Target**Effect:** When you hit with Assurance, if Assurance's target has already been damaged by a Move on the same round Assurance is being used, Assurance has a Damage Base of 12 (3d12+10 / 30) instead. This effect may trigger only once per Scene per Target.**Contest Type:** Beauty**Contest Effect:** Double Time**Move:** Beat Up**Type:** Dark**Frequency:** EOT**Class:** Physical**Range:** Melee, 1 Target**Effect:** The user and up to two allies adjacent to the target may each make a Struggle Attack against the target. These Struggle Attacks hit for Dark-Type Damage instead of their usual Type. Beat Up may trigger Pack Hunt only once, no matter the number of attacks.**Contest Type:** Smart**Contest Effect:** Reliable**Move:** Bite**Type:** Dark**Frequency:** At-Will**AC:** 2**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** Melee, 1 Target**Effect:** Bite Flinches the target on 15+.**Contest Type:** Tough**Contest Effect:** Steady Performance**Move:** Crunch**Type:** Dark**Frequency:** EOT**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Physical**Range:** Melee, 1 Target**Effect:** Crunch lowers the target's Defense 1 Combat Stage on 17+**Contest Type:** Tough**Contest Effect:** Exhausting Act**Move:** Dark Pulse**Type:** Dark**Frequency:** EOT**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** 8, 1 Target, Aura**Effect:** Dark Pulse Flinches the target on 17+**Contest Type:** Cool**Contest Effect:** Exhausting Act**Move:** Dark Void**Type:** Dark**Frequency:** EOT**AC:** 4**Class:** Status**Range:** Melee, 1 Target**Effect:** The target falls Asleep. Once per Scene, Dark Void may be used as if its range were "Burst 5, Friendly" instead.**Contest Type:** Smart**Contest Effect:** Excitement**Move:** Embargo**Type:** Dark**Frequency:** At-Will**AC:** 2**Class:** Status**Range:** 6, 1 Target**Effect:** The target cannot use or benefit from held items for the remainder of the encounter. Embargo may only affect one target at a time; if Embargo is used on a new target, the previous target is freed from the effect.**Contest Type:** Cute**Contest Effect:** Sabotage



**Move:** Fake Tears  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 2  
**Class:** Status  
**Range:** 8, 1 Target, Social  
**Effect:** Lower the target's Special Defense 2 Combat Stages.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

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**Move:** Feint Attack  
**Type:** Dark  
**Frequency:** EOT  
**AC:** None  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Feint Attack cannot miss.  
**Contest Type:** Smart  
**Contest Effect:** Desperation

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**Move:** Flatter  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** 6, 1 Target, Social  
**Effect:** The target's Special Attack is raised by +1 Combat Stage. Flatter Confuses the target.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

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**Move:** Fling  
**Type:** Dark  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base X:** See Effect  
**Class:** Physical  
**Range:** 6, 1 Target, Fling  
**Effect:** The user throws a held item, determining the effect of Fling.  
**Contest Type:** Tough  
**Contest Effect:** Catching Up

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**Move:** Foul Play  
**Type:** Dark  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** The target reveals its Attack stat. When calculating damage, add the target's Attack stat instead of the user's Attack stat.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

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**Move:** Hone Claws  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user's Accuracy is raised by +1, and the user gains +1 Attack Combat Stage.  
**Contest Type:** Cool  
**Contest Effect:** Get Ready!

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**Move:** Knock Off  
**Type:** Dark  
**Frequency:** Scene  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Choose one of the target's Held Items or Accessory Slot Items. It is knocked to the ground.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

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**Move:** Memento  
**Type:** Dark  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** 8, 1 Target, Trigger, Free Action  
**Effect:** Memento may be used as a Free Action when the user becomes Fainted. Memento's target has each of their stats lowered by -2 CS.  
**Contest Type:** Tough  
**Contest Effect:** Big Show

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**Move:** Nasty Plot  
**Type:** Dark  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Special Attack 2 Combat Stages.  
**Contest Type:** Cute  
**Contest Effect:** Get Ready!

**Move:** Night Daze  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 9:**  $2d10+10 / 21$   
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** Night Daze lowers the target's Accuracy by -1 on 13+.  
**Contest Type:** Tough  
**Contest Effect:** Unsettling

**Move:** Night Slash  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:**  $2d6+10 / 17$   
**Class:** Physical  
**Range:** Melee, Pass  
**Effect:** Night Slash is a Critical Hit on 18+  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance

**Move:** Parting Shot  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** 6, 1 Target, Social  
**Effect:** If Parting Shot successfully hits, the target's Attack and Special Attack stats are lowered by one Combat Stage and the user is immediately recalled in the same turn. A new Pokémon may immediately be sent out. Using Parting Shot lets a Trapped user be recalled.  
**Contest Type:** Smart  
**Contest Effect:** Catching Up

**Move:** Payback  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 5:**  $1d8+8 / 13$   
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** If the target hit the user with a Damaging Move on the previous turn, Payback has a Damage Base of 10 ( $3d8+10 / 24$ ) instead.  
**Contest Type:** Cool  
**Contest Effect:** Special Attention

**Move:** Punishment  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:**  $2d6+8 / 15$   
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Punishment's Damage Base is raised by +1 for each positive Combat Stage the target has, to a maximum of DB 12.  
**Contest Type:** Smart  
**Contest Effect:** Catching Up

**Move:** Pursuit  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:**  $1d8+6 / 11$   
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** If the foe is fleeing or being switched out, Pursuit may be used as an Interrupt, targeting the triggering foe. When used as an Interrupt, Pursuit grants the user a +5 bonus to all Movement Speeds, and has a Damage Base of 8 ( $2d8+10 / 19$ ).  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

**Move:** Quash  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** 10, 1 Target, Social  
**Effect:** Quash changes the target's Initiative to 0 for the remainder of the round.  
**Contest Type:** Smart  
**Contest Effect:** Saving Grace

**Move:** Snarl  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** Cone 2, Sonic  
**Effect:** All Legal Targets have their Special Attack lowered 1 Combat Stage.  
**Contest Type:** Cute  
**Contest Effect:** Excitement

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**Move:** Snatch  
**Type:** Dark  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** 6, 1 Target, Interrupt  
**Effect:** If the target uses a Self-Targeting Move, you may use Snatch. You gain the benefits of the Self-Targeting Move instead of the target.  
**Contest Type:** Smart  
**Contest Effect:** Attention Grabber

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**Move:** Sucker Punch  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Interrupt, Trigger  
**Effect:** If an adjacent foe targets the user with a Damaging Attack, Sucker Punch may be used as an Interrupt Move against the triggering foe.  
**Contest Type:** Smart  
**Contest Effect:** Saving Grace

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**Move:** Switcheroo  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** The user and the target exchange Held Items or Accessory Slot Items.  
**Contest Type:** Cool  
**Contest Effect:** Attention Grabber

**Move:** Taunt  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 3  
**Class:** Status  
**Range:** 6, 1 Target, Social  
**Effect:** The target becomes Enraged.  
**Contest Type:** Smart  
**Contest Effect:** Inversed Appeal

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**Move:** Thief  
**Type:** Dark  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Thief takes the target's Held Item or Accessory Slot Item and attaches it to Thief's user, if the user is not holding anything.  
**Contest Type:** Tough  
**Contest Effect:** Attention Grabber

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**Move:** Topsy-Turvy  
**Type:** Dark  
**Frequency:** EOT  
**AC:** 4  
**Class:** Status  
**Range:** 6, 1 Target  
**Effect:** The target's Combat Stages are inverted; +1 Stage becomes -1 Stage, -3 Stages becomes +3 Stages, etc.  
**Contest Type:** Smart  
**Contest Effect:** Unsettling

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**Move:** Torment  
**Type:** Dark  
**Frequency:** Scene x2  
**AC:** 2  
**Class:** Status  
**Range:** 10, 1 Target, Social  
**Effect:** The target becomes Suppressed.  
**Contest Type:** Tough  
**Contest Effect:** Inversed Appeal



## DRAGON MOVES

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**Move:** Draco Meteor

**Type:** Dragon

**Frequency:** Scene

**AC:** 4

**Damage Base 13:** 4d10+10 / 35

**Class:** Special

**Range:** 8, Ranged Blast 3, Smite

**Effect:** Lower the user's Special Attack 2 Combat Stages after damage.

**Contest Type:** Smart

**Contest Effect:** Seen Nothing Yet

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**Move:** Dragon Claw

**Type:** Dragon

**Frequency:** At-Will

**AC:** 2

**Damage Base 8:** 2d8+10 / 19

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** None

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

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**Move:** Dragon Dance

**Type:** Dragon

**Frequency:** EOT

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** Raise the user's Attack 1 Combat Stage and raise the user's Speed 1 Combat Stage.

**Contest Type:** Cool

**Contest Effect:** Get Ready!

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**Move:** Dragon Pulse

**Type:** Dragon

**Frequency:** EOT

**AC:** 2

**Damage Base 9:** 2d10+10 / 21

**Class:** Special

**Range:** 8, 1 Target, Aura

**Effect:** None

**Contest Type:** Smart

**Contest Effect:** Incentives

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**Move:** Dragon Rage

**Type:** Dragon

**Frequency:** At-Will

**AC:** 2

**Damage Base:** Special

**Class:** Special

**Range:** 4, 1 Target

**Effect:** If it hits, Dragon Rage causes the target to lose 15 Hit Points. Dragon Rage is Special and interacts with other moves and effects as such (Special Evasion may be applied to avoid it, Mirror Coat can reflect it, etc.).

**Contest Type:** Cool

**Contest Effect:** Steady Performance

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**Move:** Dragon Rush

**Type:** Dragon

**Frequency:** Scene x2

**AC:** 4

**Damage Base 10:** 3d8+10 / 24

**Class:** Physical

**Range:** Melee, 1 Target, Dash, Push, Smite

**Effect:** The target is Pushed 3 meters. Dragon Rush Flinches the target on 17+.

**Contest Type:** Cool

**Contest Effect:** Desperation

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**Move:** Dragon Tail

**Type:** Dragon

**Frequency:** At-Will

**AC:** 3

**Damage Base 6:** 2d6+8 / 15

**Class:** Physical

**Range:** Melee, 1 Target, Push

**Effect:** The target is Pushed 6 meters minus their Weight Class. On a roll of 15+, the target is also Tripped.

**Contest Type:** Smart

**Contest Effect:** Big Show

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**Move:** Dragon Breath

**Type:** Dragon

**Frequency:** EOT

**AC:** 2

**Damage Base 6:** 2d6+8 / 15

**Class:** Special

**Range:** 6, 1 Target

**Effect:** Dragon Breath Paralyzes the Target on 15+.

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

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**Move:** Dual Chop  
**Type:** Dragon  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Physical  
**Range:** Melee, 1 Target, Double Strike  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Reliable

**Move:** Outrage  
**Type:** Dragon  
**Frequency:** Scene x2  
**AC:** 3  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, all adjacent foes, Smite  
**Effect:** After damage is dealt, the user becomes Enraged and Confused.  
**Contest Type:** Cool  
**Contest Effect:** Reliable

**Move:** Roar of Time  
**Type:** Dragon  
**Frequency:** Daily x2  
**AC:** 4  
**Damage Base 15:** 4d10+20 / 45  
**Class:** Special  
**Range:** Burst 8, Smite, Exhaust  
**Effect:** All legal targets are Slowed, even if the attack misses.  
**Contest Type:** Cool  
**Contest Effect:** Seen Nothing Yet

**Move:** Spacial Rend  
**Type:** Dragon  
**Frequency:** Daily x2  
**AC:** 3  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** 10, 1 Target  
**Effect:** Spacial Rend is a Critical Hit on Even-Numbered Rolls.  
**Contest Type:** Tough  
**Contest Effect:** Incentives

**Move:** Twister  
**Type:** Dragon  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 6, Ranged Blast 3  
**Effect:** Small or Medium targets in the central square of the blast are not hit. Twister Flinches the target on 18-20 during Accuracy Check. Any Pokémon Airborne as a result of Fly or Sky Drop above the Blast are hit, ignoring range, and Twister has a Damage Base of 8 against those targets instead.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

## ELECTRIC MOVES

**Move:** Bolt Strike**Type:** Electric**Frequency:** Scene x2**AC:** 5**Damage Base 13:** 4d10+10 / 35**Class:** Physical**Range:** 10, 1 Target, Smite**Effect:** Bolt Strike Paralyzes the target on 17+.**Contest Type:** Cool**Contest Effect:** Exhausting Act**Move:** Charge**Type:** Electric**Frequency:** EOT**AC:** None**Class:** Status**Range:** Self**Effect:** If the user performs an Electric Move on their next turn that deals damage, add its Damage Dice Roll an extra time to the damage. Raise the user's Special Defense 1 Combat Stage.**Contest Type:** Smart**Contest Effect:** Get Ready!**Move:** Charge Beam**Type:** Electric**Frequency:** At-Will**AC:** 4**Damage Base 5:** 1d8+8 / 13**Class:** Special**Range:** 6, 1 Target**Effect:** If Charge Beam successfully hits a target, roll 1d20. On a roll of 7+, the user's Special Attack is raised by +1 Combat Stage.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Move:** Discharge**Type:** Electric**Frequency:** EOT**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** All Cardinally Adjacent Targets**Effect:** Discharge Paralyzes all legal targets on 15+.**Contest Type:** Cool**Contest Effect:** Exhausting Act**Move:** Eerie Impulse**Type:** Electric**Frequency:** EOT**AC:** 2**Class:** Status**Range:** 6, 1 Target**Effect:** The target's Special Attack is lowered 2 Combat Stages.**Contest Type:** Cool**Contest Effect:** Excitement**Special:** Grants Glow**Move:** Electric Terrain**Type:** Electric**Frequency:** Daily x2**AC:** None**Class:** Status**Range:** Field**Effect:** The field becomes Electrified for 5 rounds. While Electrified, Pokémon and Trainers touching the ground are immune to Sleep, and Electric-Type attacks used by Pokémon and Trainers touching the ground gain a +10 Bonus to Damage Rolls.**Contest Type:** Cool**Contest Effect:** Sabotage**Move:** Electrify**Type:** Electric**Frequency:** EOT**AC:** None**Class:** Status**Range:** 6, 1 Target**Effect:** Until the end of the user's next turn, the target's damaging Water-Type attacks and Melee attacks of any Type deal Electric-Type Damage instead of their usual Type.**Contest Type:** Cool**Contest Effect:** Sabotage

**Move:** Electro Ball

**Type:** Electric

**Frequency:** Scene x2

**AC:** 2

**Damage Base 6:** 2d8+6 / 15

**Class:** Special

**Range:** 10, 1 Target

**Effect:** The user adds their Speed Stat, including Combat Stages, in addition to their Special Attack when determining the damage dealt by Electro Ball. The Defender in turn subtracts both their Special Defense and Speed Stats from the damage dealt before applying Type Effectiveness.

**Contest Type:** Beauty

**Contest Effect:** Double Time

**Move:** Electroweb

**Type:** Electric

**Frequency:** EOT

**AC:** 3

**Damage Base 6:** 2d6+8 / 15

**Class:** Special

**Range:** 4, Ranged Blast 2

**Effect:** All Legal Targets are lowered 1 Speed Combat Stage.

**Contest Type:** Smart

**Contest Effect:** Sabotage

**Move:** Fusion Bolt

**Type:** Electric

**Frequency:** Scene x2

**AC:** 2

**Damage Base 10:** 3d8+10 / 24

**Class:** Physical

**Range:** 8, 1 Target, Smite

**Effect:** If Fusion Flare was used this round or last round by any participant of the encounter, Fusion Bolt has its Damage Base increased by +3.

**Contest Type:** Beauty

**Contest Effect:** Seen Nothing Yet

**Move:** Ion Deluge

**Type:** Electric

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** 5, Ranged Blast 3, Interrupt

**Effect:** An ion cloud is dispersed in the targeted area. All Normal-Type Moves targeting into or originating from the area become Electric-Typed Moves.

**Contest Type:** Smart

**Contest Effect:** Attention Grabber

**Move:** Magnet Rise

**Type:** Electric

**Frequency:** Daily x2

**AC:** 2

**Class:** Status

**Range:** Self, Swift Action

**Effect:** The user gains the Levitate Ability for 5 turns. Magnet Rise may be activated as a Swift Action if the user is otherwise given an action that consumes a Command.

**Contest Type:** Cute

**Contest Effect:** Sabotage

**Special:** Grants Magnetic

**Move:** Magnetic Flux

**Type:** Electric

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Burst 4

**Effect:** All targets with the Minus or Plus Ability have their Defense and Special Defense raised by +1 Combat Stage.

**Contest Type:** Smart

**Contest Effect:** Incentives

**Move:** Nuzzle

**Type:** Electric

**Frequency:** Scene

**AC:** 2

**Damage Base 2:** 1d6+3 / 7

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** Nuzzle Paralyzes the target.

**Contest Type:** Cute

**Contest Effect:** Double Time

**Move:** Parabolic Charge

**Type:** Electric

**Frequency:** Scene

**AC:** 4

**Damage Base 5:** 1d8+8 / 13

**Class:** Special

**Range:** Cone 2

**Effect:** After the targets take damage, the user gains Hit Points equal to half of the total damage they dealt to all targets.

**Contest Type:** Cool

**Contest Effect:** Desperation

**Move:** Shock Wave

**Type:** Electric

**Frequency:** At-Will

**AC:** None

**Damage Base 6:** 2d6+8 / 15

**Class:** Special

**Range:** 6, 1 Target

**Effect:** Shock Wave cannot miss.

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

**Special:** Grants Zapper

**Move:** Spark

**Type:** Electric

**Frequency:** EOT

**AC:** 2

**Damage Base 6:** 2d6+8 / 15

**Class:** Physical

**Range:** Melee, 1 Target, Dash

**Effect:** Spark Paralyzes the target on 15+.

**Contest Type:** Cool

**Contest Effect:** Steady Performance

**Move:** Thunder

**Type:** Electric

**Frequency:** Scene x2

**AC:** 7

**Damage Base 11:** 3d10+10 / 27

**Class:** Special

**Range:** 12, 1 Target, Smite

**Effect:** Thunder Paralyzes its target on 15+. If the target is in Sunny Weather, Thunder's Accuracy Check is 11. If the target is in Rainy Weather, Thunder cannot miss. If the target is airborne as a result of Fly or Sky Drop, Thunder cannot miss.

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

**Move:** Thunder Fang

**Type:** Electric

**Frequency:** At-Will

**AC:** 3

**Damage Base 7:** 2d6+10 / 17

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** Thunder Fang Paralyzes or Flinches on 18-19 during Accuracy Check; flip a coin to determine whether the foe gets Paralyzed or Flinches. On 20 during Accuracy Check, the foe is Paralyzed and Flinched.

**Contest Type:** Smart

**Contest Effect:** Steady Performance

**Move:** Thunderbolt

**Type:** Electric

**Frequency:** EOT

**AC:** 2

**Damage Base 9:** 2d10+10 / 21

**Class:** Special

**Range:** 4, 1 Target

**Effect:** Thunderbolt Paralyzes the target on 19+.

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

**Move:** Thunder Punch

**Type:** Electric

**Frequency:** At-Will

**AC:** 2

**Damage Base 8:** 2d8+10 / 19

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** Thunder Punch Paralyzes the target on 19+.

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

**Move:** Thunder Shock

**Type:** Electric

**Frequency:** At-Will

**AC:** 2

**Damage Base 4:** 1d8+6 / 11

**Class:** Special

**Range:** 4, 1 Target

**Effect:** Thunder Shock Paralyzes the target on 17+.

**Contest Type:** Cool

**Contest Effect:** Steady Performance

**Special:** Grants Zapper



**Move:** Thunder Wave

**Type:** Electric

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** 6, 1 Target

**Effect:** Thunder Wave cannot miss. Thunder Wave Paralyzes the target. Targets immune to Electric Attacks are immune to Thunder Wave's effects.

**Contest Type:** Cool

**Contest Effect:** Excitement

**Move:** Volt Switch

**Type:** Electric

**Frequency:** At-Will

**AC:** 2

**Damage Base 7:** 2d6+10 / 17

**Class:** Special

**Range:** 5, 1 Target

**Effect:** If Volt Switch successfully hits its target, the user deals damage and then immediately is returned to its Poké Ball in the same turn. A New Pokémon may immediately be sent out. Using Volt Switch lets a Trapped user be recalled.

**Contest Type:** Cute

**Contest Effect:** Inversed Appeal

**Move:** Volt Tackle

**Type:** Electric

**Frequency:** Scene x2

**AC:** 2

**Damage Base 12:** 3d12+10 / 30

**Class:** Physical

**Range:** Melee, 1 Target, Dash, Recoil 1/3

**Effect:** Volt Tackle Paralyzes the target on 19+.

**Contest Type:** Cool

**Contest Effect:** Seen Nothing Yet

**Move:** Wild Charge

**Type:** Electric

**Frequency:** At-Will

**AC:** 2

**Damage Base 9:** 2d10+10 / 21

**Class:** Physical

**Range:** Melee, 1 Target, Dash, Recoil 1/3

**Effect:** None.

**Contest Type:** Tough

**Contest Effect:** Steady Performance

**Move:** Zap Cannon

**Type:** Electric

**Frequency:** At-Will

**AC:** 9

**Damage Base 12:** 3d12+10 / 30

**Class:** Special

**Range:** 12, 1 Target

**Effect:** Zap Cannon Paralyzes the target. Zap Cannon ignores the target's Evasion if there are no other combatants or Rough or Blocking Terrain within 2 meters of the target.

**Contest Type:** Cool

**Contest Effect:** Incentives

## FAIRY MOVES

**Move:** Aromatic Mist**Type:** Fairy**Frequency:** EOT**AC:** None**Class:** Status**Range:** Burst 1**Effect:** All allies in Aromatic Mist's area of effect have their Special Defense raised 1 Combat Stage.**Contest Type:** Cute**Contest Effect:** Get Ready!**Move:** Baby-Doll Eyes**Type:** Fairy**Frequency:** EOT**AC:** 2**Class:** Status**Range:** 4, 1 Target, Priority, Social**Effect:** The target's Attack is lowered 1 Combat Stage.**Contest Type:** Cute**Contest Effect:** Excitement**Move:** Charm**Type:** Fairy**Frequency:** EOT**AC:** 2**Class:** Status**Range:** 6, 1 Target, Social**Effect:** Charm lowers the target's Attack 2 Combat Stages.**Contest Type:** Cute**Contest Effect:** Excitement**Move:** Crafty Shield**Type:** Fairy**Frequency:** Scene**AC:** None**Class:** Status**Range:** Burst 2, Interrupt, Shield, Trigger**Effect:** If the user or an Ally within 2 meters of Crafty Shield's user is hit by a Status Move, you may use Crafty Shield as an Interrupt. All targets in Crafty Shield's area-of-effect including the user, are instead not hit by the triggering Move and do not suffer any of its effects.**Contest Type:** Smart**Contest Effect:** Inversed Appeal**Move:** Dazzling Gleam**Type:** Fairy**Frequency:** EOT**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** Cone 2**Effect:** None**Contest Type:** Cute**Contest Effect:** Exhausting Act**Move:** Disarming Voice**Type:** Fairy**Frequency:** At-Will**AC:** None**Damage Base 4:** 1d8+6 / 11**Class:** Special**Range:** Burst 1**Effect:** Disarming Voice cannot miss.**Contest Type:** Cute**Contest Effect:** Exhausting Act**Move:** Draining Kiss**Type:** Fairy**Frequency:** EOT**AC:** 2**Damage Base 5:** 1d8+8 / 13**Class:** Special**Range:** Melee, 1 Target**Effect:** After the target takes damage, the user gains Hit Points equal to half of the damage they dealt to the target.**Contest Type:** Cute**Contest Effect:** Good Show!**Move:** Fairy Lock**Type:** Fairy**Frequency:** Scene**AC:** None**Class:** Status**Range:** Burst 3, Friendly**Effect:** All legal targets become Trapped and Slowed while the user remains in the encounter. This effect ends if the user switches or is Fainted.**Contest Type:** Cute**Contest Effect:** Unsettling

**Move:** Fairy Wind  
**Type:** Fairy  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** None  
**Contest Type:** Cute  
**Contest Effect:** Steady Performance

**Move:** Flower Shield  
**Type:** Fairy  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Burst 2  
**Effect:** All Grass Type Pokémon in Flower Shield's area of effect have their Defense raised by +2 Combat Stages.  
**Contest Type:** Cute  
**Contest Effect:** Get Ready!

**Move:** Geomancy  
**Type:** Fairy  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self, Set-Up  
**Set-Up Effect:** The user may not shift this round. The user may create as many squares of Rough Terrain as it wants within a Burst 3 as plants burst through the ground, regardless of the surface material.  
**Resolution Effect:** The user raises its Special Attack, Special Defense, and Speed by 2 Combat Stages each.  
**Contest Type:** Beauty  
**Contest Effect:** Catching Up

**Move:** Light of Ruin  
**Type:** Fairy  
**Frequency:** Scene  
**AC:** 4  
**Damage Base 14:** 4d10+15 / 40  
**Class:** Special  
**Range:** 8, Ranged Blast 3, Smite, Recoil 1/2  
**Effect:** None  
**Contest Type:** Beauty  
**Contest Effect:** Seen Nothing Yet

**Move:** Misty Terrain  
**Type:** Fairy  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Field  
**Effect:** The area becomes Misty for 5 turns. While Misty, all Pokémon and Trainers standing on the ground ignore the first turn of all Status Afflictions, and Dragon-type attacks targeting or originating from a grounded Pokémon or Trainer take a -10 Penalty to Damage Rolls.  
**Contest Type:** Beauty  
**Contest Effect:** Get Ready

**Move:** Moonblast  
**Type:** Fairy  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** Moonblast lowers the target's Special Attack by 1 Combat Stage on 15+.  
**Contest Type:** Beauty  
**Contest Effect:** Reflective Appeal

**Move:** Moonlight  
**Type:** Fairy  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user regains Hit Points equal to half of its full Hit Point value. If it is Sunny, the user gains 2/3 of its full Hit Point value. If it is Rainy, Sand Storming or Hailing the user gains 1/4 of their full Hit Point value.  
**Contest Type:** Beauty  
**Contest Effect:** Reflective Appeal

**Move:** Play Rough  
**Type:** Fairy  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Play Rough lowers the target's Attack 1 Combat Stage on 17-20 during Accuracy Check.  
**Contest Type:** Cute  
**Contest Effect:** Excitement

**Move:** Sweet Kiss

**Type:** Fairy

**Frequency:** Scene x2

**AC:** 6

**Class:** Status

**Range:** 6, 1 Target, Social

**Effect:** The target becomes Confused. On miss, the target suffers a -2 penalty to Accuracy Rolls for one full round.

**Contest Type:** Cute

**Contest Effect:** Excitement



## FIGHTING MOVES

**Move:** Arm Thrust**Type:** Fighting**Frequency:** EOT**AC:** 4**Damage Base 2:** 1d6+3 / 7**Class:** Physical**Range:** Melee, 1 Target, Five Strike**Effect:** None**Contest Type:** Tough**Contest Effect:** Reliable**Move:** Aura Sphere**Type:** Fighting**Frequency:** EOT**AC:** None**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** 8, 1 Target, Aura**Effect:** Aura Sphere cannot miss.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Move:** Brick Break**Type:** Fighting**Frequency:** At-Will**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Physical**Range:** Melee, 1 Target**Effect:** Light Screen and Reflect may not be activated in response to Brick Break.**Contest Type:** Cool**Contest Effect:** Steady Performance**Move:** Bulk Up**Type:** Fighting**Frequency:** EOT**AC:** None**Class:** Status**Range:** Self**Effect:** Raise the user's Attack 1 Combat Stage and raise the user's Defense 1 Combat Stage.**Contest Type:** Beauty**Contest Effect:** Get Ready!**Move:** Circle Throw**Type:** Fighting**Frequency:** At-Will**AC:** 4**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** Melee, 1 Target, Push**Effect:** The target is Pushed 6 meters minus their Weight Class. On 15+, the target is also Tripped.**Contest Type:** Tough**Contest Effect:** Big Show**Move:** Close Combat**Type:** Fighting**Frequency:** Scene x2**AC:** 2**Damage Base 12:** 3d12+10 / 30**Class:** Physical**Range:** Melee, 1 Target, Dash**Effect:** The user's Defense and Special Defense are each lowered by -1 Combat Stage.**Contest Type:** Smart**Contest Effect:** Seen Nothing Yet**Move:** Counter**Type:** Fighting**Frequency:** Scene x2**AC:** None**Class:** Physical**Range:** Melee, 1 Target, Reaction, Trigger**Effect:** Counter may be used as a Reaction when the user is hit by a damaging Physical Attack. Resolve the Triggering Attack, with Counter's user resisting the attack one step further. After the attack is resolved, if Counter's user was not Fainted, the triggering foe then loses Hit Points equal to twice the amount of Hit Points lost by the user from the triggering attack. Note that Counter is Physical, and while it cannot miss, it cannot hit targets immune to Fighting-Type Moves.**Contest Type:** Tough**Contest Effect:** Double Time



**Move:** Cross Chop  
**Type:** Fighting  
**Frequency:** Scene x2  
**AC:** 4  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Cross Chop is a Critical Hit on 16+.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

**Move:** Detect  
**Type:** Fighting  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self, Interrupt, Shield, Trigger  
**Effect:** If the user is hit by a Move, the user may use Detect. The user is instead not hit by the Move. You do not take any damage nor are you affected by any of the Move's effects.  
**Contest Type:** Cool  
**Contest Effect:** Inversed Appeal

**Move:** Double Kick  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** Melee, 1 Target, Double Strike  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Reliable

**Move:** Drain Punch  
**Type:** Fighting  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Aura  
**Effect:** After the target takes damage, the user gains HP equal to half of the damage they dealt to the target.  
**Contest Type:** Beauty  
**Contest Effect:** Good Show!

**Move:** Dynamic Punch  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 9  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Dynamic Punch Confuses the target. Dynamic Punch ignores the target's Evasion if they are Flanked.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

**Move:** Final Gambit  
**Type:** Fighting  
**Frequency:** Scene  
**AC:** 2  
**Class:** Special  
**Range:** Melee, 1 Target  
**Effect:** Final Gambit lowers the user to 0 Hit Points and causes them to Faint. Final Gambit then deals 1 point of damage to the target for every Hit Point lost by the user. Final Gambit does not cause items to activate.  
**Contest Type:** Tough  
**Contest Effect:** Big Show

**Move:** Flying Press  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, Dash, 1 Target  
**Effect:** Flying Press may deal Flying Type damage if the user wishes.  
**Contest Type:** Tough  
**Contest Effect:** Big Show

**Note:** If Flying Press is Move Sync'd, it only changes the Fighting Type portion of the Move. You can still only choose between that Type and Flying Type; you cannot shift Flying Press to change the Flying part to another Type.

**Move:** Focus Blast  
**Type:** Fighting  
**Frequency:** Scene x2  
**AC:** 7  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Special  
**Range:** 6, 1 Target, Smite, Aura  
**Effect:** Focus Blast lowers the target's Special Defense 1 Combat Stage on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

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**Move:** Focus Punch  
**Type:** Fighting  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 15:** 4d10+20 / 45  
**Class:** Physical  
**Range:** Melee, 1 Target, Priority (Limited), Aura  
**Effect:** Use of Focus Punch must be declared as a Priority (Limited) action at the beginning of the round. Nothing happens at this time. At the end of the round, if the target hasn't been hit by an attack dealing damage equal to at least 25% of the user's Maximum Hit Points, the user may Shift and use Focus Punch. Focus Punch's Frequency is not expended if it is negated by an attack.  
**Contest Type:** Tough  
**Contest Effect:** Special Attention

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**Move:** Force Palm  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target, Aura  
**Effect:** Force Palm Paralyzes the target on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

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**Move:** Hammer Arm  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** The user lowers their Speed 1 Combat Stage.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

**Move:** High Jump Kick  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 13:** 4d10+10 / 35  
**Class:** Physical  
**Range:** Melee, Dash, 1 Target  
**Effect:** If High Jump Kick misses, the user loses Hit Points equal to 1/4th of their Max Hit Points. A failure to hit due to a Move with the Shield keyword does not count as a miss. This Move cannot be used if Gravity is in effect.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

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**Move:** Jump Kick  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** Melee, Dash, 1 Target  
**Effect:** If Jump Kick misses, the user loses Hit Points equal to 1/4th of their Max Hit Points. A failure to hit due to a Move with the Shield keyword does not count as a miss. This Move cannot be used if Gravity is in effect.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

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**Move:** Karate Chop  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Karate Chop is a Critical Hit on 17+.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Low Kick  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 2  
**Damage Base:** See Effect  
**Class:** Physical  
**Range:** Melee, 1 Target, Weight Class  
**Effect:** Low Kick's Damage Base is equal to twice the target's Weight Class.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Low Sweep  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Lowers the target's Speed 1 Combat Stage.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Mach Punch  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, 1 Target, Priority  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Saving Grace

**Move:** Mat Block  
**Type:** Fighting  
**Frequency:** Scene  
**AC:** None  
**Range:** Self, Interrupt, Shield, Trigger  
**Effect:** If the user or an adjacent ally is hit by a damaging attack, the user may use Mat Block. The attack instead does not hit any targets, and it deals no damage and no has effects. You may only use Mat Block during the first round of an encounter.  
**Contest Type:** Tough  
**Contest Effect:** Reflective Appeal

**Move:** Power-Up Punch  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** If Power-Up Punch successfully hits a target, the user's Attack is raised by +1 Combat Stage  
**Contest Type:** Tough  
**Contest Effect:** Catching Up

**Move:** Quick Guard  
**Type:** Fighting  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Melee, Interrupt, Shield, Trigger  
**Effect:** If the user or an adjacent ally is targeted by a Priority or Interrupt Attack, Quick Guard may be declared as an Interrupt, causing the triggering attack to have no effect.  
**Contest Type:** Cool  
**Contest Effect:** Inversed Appeal

**Move:** Revenge  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target, Priority (Limited)  
**Effect:** When declaring Revenge, the user does nothing and may not Shift. At the end of the round, the user may shift and use Revenge. If the target has damaged the user this round, Revenge has a Damage Base of 12 (3d12+10 / 30).  
**Contest Type:** Tough  
**Contest Effect:** Double Time

**Move:** Reversal  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** For each Injury the user has, Reversal's Damage Base is increased by +1.  
**Contest Type:** Cool  
**Contest Effect:** Double Time

**Move:** Rock Smash  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Rock Smash lowers the target's Defense 1 Combat Stage on 17+.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

---

**Move:** Rolling Kick  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Rolling Kick Flinches the target on 15+.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Sacred Sword  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** None  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Sacred Sword cannot miss.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Secret Sword  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** Melee, 1 Target  
**Effect:** When calculating damage, the target subtracts their Defense from Secret Sword's damage instead of their Special Defense. Secret Sword is still otherwise Special ( Special Evasion is used to avoid it, Mirror Coat can reflect it, etc. ).  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Seismic Toss  
**Type:** Fighting  
**Frequency:** Scene x2  
**AC:** 2  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** The target loses Hit Points equal to the level of Seismic Toss' user.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

---

**Move:** Sky Uppercut  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Sky Uppercut may be used as an Interrupt when against a target initiating Bounce, Fly, or Sky Drop to allow the user to Shift and use Sky Uppercut. If Sky Uppercut successfully hits its target, the triggering Move fails (though the target may take their next turn normally).  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

---

**Move:** Storm Throw  
**Type:** Fighting  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** If Storm Throw hits, it is a Critical Hit.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Submission  
**Type:** Fighting  
**Frequency:** At-Will  
**AC:** 6  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Recoil 1/3  
**Effect:** On an accuracy roll of 15+, the target is Tripped.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Superpower

**Type:** Fighting

**Frequency:** Scene x2

**AC:** 2

**Damage Base 12:** 3d12+10 / 30

**Class:** Physical

**Range:** Melee, 1 Target, Dash

**Effect:** Superpower lowers the user's Attack and Defense by 1 Combat Stage each.

**Contest Type:** Tough

**Contest Effect:** Desperation

**Move:** Triple Kick

**Type:** Fighting

**Frequency:** At-Will

**AC:** 3

**Damage Base X:** See Effect

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** Make three attacks with Triple Kick. If you hit once, Triple Kick has a DB of 1. If you hit two times, Triple Kick has a DB of 3. If you hit three times, Triple Kick has a DB of 6.

**Contest Type:** Cool

**Contest Effect:** Reliable

**Move:** Vacuum Wave

**Type:** Fighting

**Frequency:** At-Will

**AC:** 2

**Damage Base 4:** 1d8+6 / 11

**Class:** Special

**Range:** 4, 1 Target, Priority, Aura

**Effect:** None

**Contest Type:** Smart

**Contest Effect:** Saving Grace

**Move:** Vital Throw

**Type:** Fighting

**Frequency:** EOT

**AC:** None

**Damage Base 7:** 2d6+10 / 17

**Class:** Physical

**Range:** Melee, 1 Target, Push, Reaction

**Effect:** If the user is targeted by a Melee attack and has not yet taken a turn this round, the user may declare Vital Throw. After the triggering attack is resolved, the user may use Vital Throw against the triggering foe as a Reaction. Vital Throw cannot miss.

**Contest Type:** Cool

**Contest Effect:** Desperation

**Move:** Wake-Up Slap

**Type:** Fighting

**Frequency:** At-Will

**AC:** 2

**Damage Base 5:** 1d8+8 / 13

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** If the target is Asleep, Wake-Up Slap has a Damage Base of 10 (3d8+10 / 24) instead, and cures the target of Sleep.

**Contest Type:** Smart

**Contest Effect:** Inversed Appeal



## FIRE MOVES

**Move:** Blast Burn**Type:** Fire**Frequency:** Daily x2**AC:** 4**Damage Base 15:** 4d10+20 / 45**Class:** Special**Range:** Close Blast 3, Smite, Exhaust**Effect:** None**Contest Type:** Beauty**Contest Effect:** Seen Nothing Yet**Move:** Blaze Kick**Type:** Fire**Frequency:** EOT**AC:** 4**Damage Base 9:** 2d10+10 / 21**Class:** Physical**Range:** Melee, 1 Target**Effect:** Blaze Kick Burns the target on 19+, and is a Critical Hit on 18+.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Move:** Blue Flare**Type:** Fire**Frequency:** Scene x2**AC:** 5**Damage Base 13:** 4d10+10 / 35**Class:** Special**Range:** 10, 1 Target, Smite**Effect:** Blue Flare Burns the target on 17+.**Contest Type:** Beauty**Contest Effect:** Steady Performance**Move:** Ember**Type:** Fire**Frequency:** At-Will**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Special**Range:** 4, 1 Target**Effect:** Ember Burns the target on 18+.**Contest Type:** Beauty**Contest Effect:** Steady Performance**Special:** Grants Firestarter**Move:** Eruption**Type:** Fire**Frequency:** Daily**AC:** 4**Damage Base 15:** 4d10+20 / 45**Class:** Special**Range:** Burst 1\***Effect:** For each 10% of Hit Points the user is missing, Eruption's Damage Base is reduced by 1. Eruption creates a 1 meter burst, but also affects an area 10 meters tall straight up.**Contest Type:** Beauty**Contest Effect:** Desperation**Move:** Fiery Dance**Type:** Fire**Frequency:** EOT**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** 4, 1 Target**Effect:** If Fiery Dance successfully hits a foe, it raises the user's Special Attack by 1 Combat Stage on Even-Numbered Rolls.**Contest Type:** Cool**Contest Effect:** Desperation**Move:** Fire Blast**Type:** Fire**Frequency:** Scene x2**AC:** 4**Damage Base 11:** 3d10+10 / 27**Class:** Special**Range:** 6, 1 Target, Smite**Effect:** Fire Blast burns the target on 19+.**Contest Type:** Beauty**Contest Effect:** Exhausting Act

**Move:** Fire Fang**Type:** Fire**Frequency:** At-Will**AC:** 3**Damage Base 7:** 2d6+10 / 17**Class:** Physical**Range:** Melee, 1 Target**Effect:** Fire Fang Burns or Flinches on 18-19 during Accuracy Check; flip a coin to determine whether the foe gets Burned or Flinches. On 20 during Accuracy Check, the foe is Burned and Flinches.**Contest Type:** Beauty**Contest Effect:** Steady Performance**Move:** Fire Pledge**Type:** Fire**Frequency:** Scene**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** 6, 1 Target, Pledge**Effect:** If an ally uses Grass Pledge or Water Pledge, you may use Fire Pledge as Priority (Advanced) immediately after their turn to target the same foe. If used in conjunction with Grass Pledge, Fire Hazards are created in a Burst 1 around the target. If used in conjunction with Water Pledge, a Rainbow is created that lasts for 5 rounds. Consult the Pledge keyword for additional details.**Contest Type:** Beauty**Contest Effect:** Safe Option**Move:** Fire Punch**Type:** Fire**Frequency:** At-Will**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Physical**Range:** Melee, 1 Target**Effect:** Fire Punch Burns the target on 19+ during Accuracy Check.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Move:** Fire Spin**Type:** Fire**Frequency:** Scene x2**AC:** 4**Damage Base 4:** 1d8+6 / 11**Class:** Special**Range:** 3, 1 Target**Effect:** The target is put in a Vortex.**Contest Type:** Beauty**Contest Effect:** Safe Option**Special:** Grants Firestarter**Move:** Flame Burst**Type:** Fire**Frequency:** At-Will**AC:** 2**Damage Base 7:** 2d6+10 / 17**Class:** Special**Range:** 6, 1 Target**Effect:** Any Trainers or Pokémon cardinally adjacent to the target lose 5 Hit Points.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Move:** Flame Charge**Type:** Fire**Frequency:** At-Will**AC:** 2**Damage Base 5:** 1d8+8 / 13**Class:** Physical**Range:** Melee, 1 Target, Dash**Effect:** Raise the user's Speed 1 Combat Stage.**Contest Type:** Tough**Contest Effect:** Excitement**Move:** Flame Wheel**Type:** Fire**Frequency:** At-Will**AC:** 2**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** Melee, 1 Target, Dash**Effect:** Flame Wheel Burns the target on 19+.**Contest Type:** Beauty**Contest Effect:** Reliable

**Move:** Flamethrower  
**Type:** Fire  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** Flamethrower Burns the target on 19+.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

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**Move:** Flare Blitz  
**Type:** Fire  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash, Recoil 1/3  
**Effect:** Flare Blitz Burns the target on 19+.  
**Contest Type:** Smart  
**Contest Effect:** Seen Nothing Yet

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**Move:** Fusion Flare  
**Type:** Fire  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** 8, 1 Target, Smite  
**Effect:** If Fusion Bolt was used this round or last round by any participant of the encounter, Fusion Flare has its Damage Base increased by +3.  
**Contest Type:** Beauty  
**Contest Effect:** Seen Nothing Yet

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**Move:** Heat Crash  
**Type:** Fire  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** For each weight class the user is above the target, increase Heat Crash's Damage Base by +2.  
**Contest Type:** Tough  
**Contest Effect:** Incentives

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**Move:** Heat Wave  
**Type:** Fire  
**Frequency:** Scene x2  
**AC:** 4  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** Close Blast 3, Smite  
**Effect:** Heat Wave Burns all Legal Targets on 18+.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

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**Move:** Incinerate  
**Type:** Fire  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** Line 3  
**Effect:** If a target is holding a Held Item or Main or Off-Hand item, they must either drop it immediately or lose a Tick of Hit Points. This may only cause a target to lose at most one Tick of Hit Points, no matter how many items they were holding.  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance

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**Move:** Inferno  
**Type:** Fire  
**Frequency:** At-Will  
**AC:** 9  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** Inferno Burns the target. Inferno ignores the target's Evasion if there are no other combatants or Rough or Blocking Terrain within 2 meters of the target.  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance

---

**Move:** Lava Plume  
**Type:** Fire  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** Burst 1  
**Effect:** Lava Plume burns all targets on 16+.  
**Contest Type:** Tough  
**Contest Effect:** Exhausting Act

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**Move:** Magma Storm

**Type:** Fire

**Frequency:** Scene

**AC:** 6

**Damage Base 10:** 3d8+10 / 24

**Class:** Special

**Range:** 6, 1 Target

**Effect:** The target is put in a Vortex; this effect occurs even if Magma Storm misses its target.

**Contest Type:** Tough

**Contest Effect:** Reliable

**Move:** Mystical Fire

**Type:** Fire

**Frequency:** EOT

**AC:** 2

**Damage Base 7:** 2d6+10 / 17

**Class:** Special

**Range:** 6, 1 Target

**Effect:** Mystical Fire lowers the target's Special Attack by 1 Combat Stage.

**Contest Type:** Beauty

**Contest Effect:** Special Attention

**Move:** Overheat

**Type:** Fire

**Frequency:** Scene

**AC:** 4

**Damage Base 13:** 4d10+10 / 35

**Class:** Special

**Range:** 8, Ranged Blast 3, Smite

**Effect:** Lower the user's Special Attack 2 Combat Stages after damage.

**Contest Type:** Beauty

**Contest Effect:** Seen Nothing Yet

**Move:** Sacred Fire

**Type:** Fire

**Frequency:** EOT

**AC:** 3

**Damage Base 10:** 3d8+10 / 24

**Class:** Physical

**Range:** 6, 1 Target

**Effect:** Sacred Fire Burns the target on Even-Numbered Rolls.

**Contest Type:** Beauty

**Contest Effect:** Seen Nothing Yet

**Move:** Searing Shot

**Type:** Fire

**Frequency:** EOT

**AC:** 2

**Damage Base 10:** 3d8+10 / 24

**Class:** Special

**Range:** Burst 1

**Effect:** Searing Shot Burns all targets on 15+.

**Contest Type:** Beauty

**Contest Effect:** Exhausting Act

**Move:** Sunny Day

**Type:** Fire

**Frequency:** Daily x2

**AC:** None

**Class:** Status

**Range:** Field, Weather

**Effect:** The weather becomes Sunny for 5 rounds. While Sunny, Fire-Type Attacks gain a +5 bonus to Damage Rolls, and Water-Type Attacks suffer a -5 Damage penalty.

**Contest Type:** Beauty

**Contest Effect:** Sabotage

**Move:** V-Create

**Type:** Fire

**Frequency:** Daily

**AC:** 5

**Damage Base 18:** 6d12+25 / 65

**Class:** Physical

**Range:** Melee, 1 Target, Smite

**Effect:** Lower the user's Defense, Special Defense, and Speed by 1 CS each.

**Contest Type:** Beauty

**Contest Effect:** Seen Nothing Yet

**Move:** Will-O-Wisp

**Type:** Fire

**Frequency:** EOT

**AC:** 5

**Class:** Status

**Range:** 6, 1 Target

**Effect:** The target is Burned.

**Contest Type:** Beauty

**Contest Effect:** Exhausting Act

## FLYING MOVES

**Move:** Acrobatics  
**Type:** Flying  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, Dash, 1 Target  
**Effect:** If the user is not holding an item, Acrobatics instead has a Damage Base of 11 (3d10+10 / 27).  
**Contest Type:** Smart  
**Contest Effect:** Incentives

**Move:** Aerial Ace  
**Type:** Flying  
**Frequency:** EOT  
**AC:** None  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Aerial Ace cannot miss.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

**Move:** Aeroblast  
**Type:** Flying  
**Frequency:** Daily  
**AC:** 3  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** Line 6  
**Effect:** Aeroblast is a Critical Hit on an Even-Numbered Roll.  
**Contest Type:** Cool  
**Contest Effect:** Seen Nothing Yet

**Move:** Air Cutter  
**Type:** Flying  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** Cone 2  
**Effect:** Air Cutter is a Critical Hit on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Air Slash  
**Type:** Flying  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** Air Slash Flinches the target on 15+.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

**Move:** Bounce  
**Type:** Flying  
**Frequency:** Scene x2  
**AC:** 4  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash, Full Action  
**Effect:** The user first Shifts, gaining a +1 Bonus to Movement Speed and to their Jump Capabilities. After the user Shifts, they may attack with Bounce. The target becomes Vulnerable, and is Paralyzed on 16+.  
**Contest Type:** Cute  
**Contest Effect:** Special Attention  
**Special:** Grants High Jump +1

**Move:** Brave Bird  
**Type:** Flying  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, Dash, Push, Recoil 1/3  
**Effect:** The target is pushed back 2 meters.  
**Contest Type:** Cute  
**Contest Effect:** Desperation

**Move:** Chatter  
**Type:** Flying  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** 4, 1 Target, Sonic  
**Effect:** Chatter confuses all targets on 16+.  
**Contest Type:** Smart  
**Contest Effect:** Catching Up



**Move:** Defog  
**Type:** Flying  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Field, Weather  
**Effect:** The Weather becomes Clear, and all Blessings, Coats, and Hazards are destroyed. Clear Weather is the default weather, conferring no innate bonuses or penalties of any sort.  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

**Move:** Dragon Ascent  
**Type:** Flying  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** The user's Defense and Special Defense are each lowered by -1 Combat Stage.  
**Contest Type:** Beauty  
**Contest Effect:** Seen Nothing Yet

**Move:** Drill Peck  
**Type:** Flying  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Feather Dance  
**Type:** Flying  
**Frequency:** EOT  
**AC:** 2  
**Class:** Status  
**Range:** Burst 1, Friendly  
**Effect:** All legal targets have their Attack lowered 2 Combat Stages.  
**Contest Type:** Beauty  
**Contest Effect:** Excitement

**Move:** Fly  
**Type:** Flying  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, Dash, Set-Up  
**Set-Up Effect:** The user is moved up 25 meters into the air.  
**Resolution Effect:** The user may shift twice while in the air, using their overland or sky speed, and then comes down next to a legal target, and attacks with Fly.  
**Contest Type:** Smart  
**Contest Effect:** Special Attention  
**Special:** Grants Sky +3

**Move:** Gust  
**Type:** Flying  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** If the target is airborne as a result of Fly or Sky Drop, Gust can hit them, ignoring Range and has a Damage Base of 8 instead.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance  
**Special:** Grants Guster

**Move:** Hurricane  
**Type:** Flying  
**Frequency:** Scene x2  
**AC:** 7  
**Damage Base 11:** 3d10+10 / 27  
**Class:** Special  
**Range:** Burst 1, Smite  
**Effect:** Hurricane Confuses its target on 15+. If the target is in Sunny Weather, Hurricane's Accuracy Check is 11. If the target is in Rainy Weather, Hurricane cannot miss. If the target is airborne as a result of Fly or Sky Drop, Hurricane cannot miss.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

**Move:** Mirror Move

**Type:** Flying

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** 6, 1 Target, Illusion

**Effect:** Use the Move the target has used on their last turn. You may choose new targets for the Move. Mirror Move cannot miss.

**Contest Type:** Smart

**Contest Effect:** Double Time

**Move:** Oblivion Wing

**Type:** Flying

**Frequency:** Daily

**AC:** 2

**Damage Base 8:** 2d8+10 / 19

**Class:** Special

**Range:** Melee, 1 Target

**Effect:** The user gains Hit Points equal to Oblivion Wing's Damage Roll.

**Contest Type:** Cool

**Contest Effect:** Catching Up

**Move:** Peck

**Type:** Flying

**Frequency:** At-Will

**AC:** 2

**Damage Base 4:** 1d8+6 / 11

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** None

**Contest Type:** Cool

**Contest Effect:** Steady Performance

**Move:** Pluck

**Type:** Flying

**Frequency:** At-Will

**AC:** 2

**Damage Base 6:** 2d6+8 / 15

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** Pluck takes the target's Held Item or Accessory Slot Item and attaches it to Pluck's user, if the user is not holding anything.

**Contest Type:** Cute

**Contest Effect:** Attention Grabber

**Move:** Roost

**Type:** Flying

**Frequency:** Daily x2

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** The user regains Hit Points equal to half of its full Hit Points. If the user is a Flying Type, it loses the Flying Type until the start of their next turn.

**Contest Type:** Cool

**Contest Effect:** Safe Option

**Move:** Sky Attack

**Type:** Flying

**Frequency:** Scene x2

**AC:** 4

**Damage Base 14:** 4d10+15 / 40

**Class:** Physical

**Range:** Melee, Pass, Set-Up, Full Action

**Set-Up Effect:** The user is moved up 25 meters into the air.

**Resolution Effect:** The user may shift until they are next to a legal target in the encounter. They may then shift again, and pass through legal targets to attack with Sky Attack. Sky Attack Flinches a target on 17-20 during Accuracy Check.

**Contest Type:** Cool

**Contest Effect:** Special Attention

**Move:** Sky Drop

**Type:** Flying

**Frequency:** Scene x2

**AC:** 3

**Damage Base 6:** 2d6+8 / 15

**Class:** Physical

**Range:** Melee, Target, Set-Up

**Set-Up Effect:** Make Sky Drop's Accuracy Check. If the user hits, the user and target are moved 25 meters into the air. The target forfeits their next turn, and cannot Shift or take actions until Sky Drop is resolved.

**Resolution Effect:** Shift while in the air, and lower both the user and the target heights back to the ground. Then apply Sky Drop's damage. If the target has a Sky or Levitate Speed, Sky Drop fails to deal damage.

If the user is Fainted after the Set-Up but before the Resolution, the target falls to the ground and takes damage as if Sky Drop had a Damage Base of 3 (1d6+5/8) unless they have a Sky or Levitate Speed, in which case they take no damage.

**Contest Type:** Smart

**Contest Effect:** Special Attention

**Move:** Tailwind

**Type:** Flying

**Frequency:** Scene

**AC:** None

**Class:** Status

**Effect:** For the remainder of the encounter, all allied trainers and Pokémon gain +5 to their Initiative. Multiple instances of Tailwind cannot stack.

**Contest Type:** Smart

**Contest Effect:** Saving Grace

**Special:** Grants Guster

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**Move:** Wing Attack

**Type:** Flying

**Frequency:** At-Will

**AC:** 2

**Damage Base 6:** 2d6+8 / 15

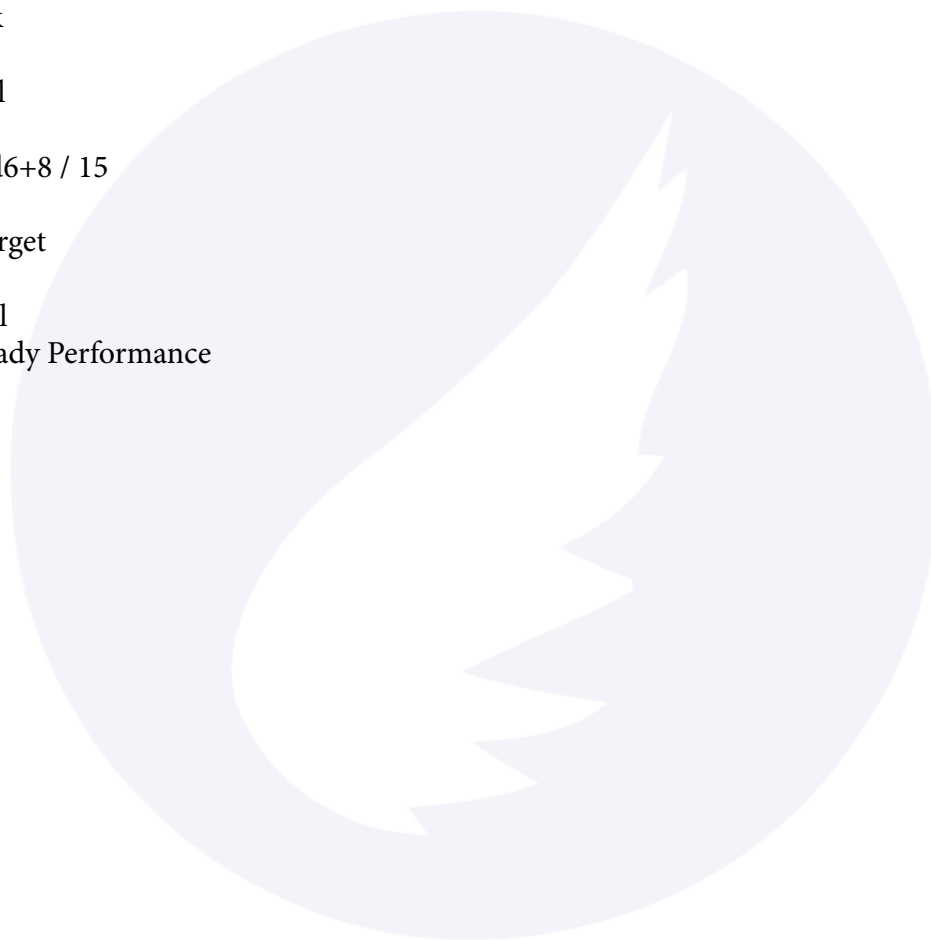
**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** None.

**Contest Type:** Cool

**Contest Effect:** Steady Performance



## GHOST MOVES

**Move:** Astonish**Type:** Ghost**Frequency:** At-Will**AC:** 2**Damage Base 3:** 1d6+5 / 9**Class:** Physical**Range:** Melee, 1 Target**Effect:** Astonish Flinches the target on 15+. Once per scene, if the target is unaware of the user's presence, Astonish automatically Flinches the target.**Contest Type:** Smart**Contest Effect:** Steady Performance**Move:** Confuse Ray**Type:** Ghost**Frequency:** Scene x2**AC:** 2**Class:** Status**Range:** 6, 1 Target**Effect:** The target is Confused.**Contest Type:** Smart**Contest Effect:** Unsettling**Move:** Curse**Type:** Ghost**Frequency:** See Text**AC:** None**Class:** Status**Range:** Self**Effect:** If the user is not a Ghost Type, Curse has a Frequency of EOT, and when used the user lowers its Speed by -1 Combat Stage, but raises Attack and Defense by +1 Combat Stage each. If the user is a Ghost Type, Curse has a Frequency of Scene, and when used the user loses 1/3rd of their Max Hit Points and a target Pokémon or Trainer within 8 meters of the user becomes Cursed. This Hit Point loss cannot be prevented in any way.**Contest Type:** Tough**Contest Effect:** Safe Option**Move:** Destiny Bond**Type:** Ghost**Frequency:** EOT**AC:** None**Class:** Status**Range:** Burst 10, Friendly**Effect:** All enemy targets in the burst become Bound to the user until the end of the user's next turn. If a Bound target causes the user to Faint through a Damaging Attack, the Bound target immediately faints after their attack is resolved.**Contest Type:** Smart**Contest Effect:** Big Show**Move:** Grudge**Type:** Ghost**Frequency:** Daily**AC:** None**Class:** Status**Range:** 6, 1 Target, Interrupt**Effect:** You may use Grudge as an Interrupt when a Damaging Attack causes the user to faint. Grudge is activated as a Free Action (does not take up a Command). The attack is resolved as usual, and the user Faints. The attacker that caused the user to Faint becomes Suppressed for the remainder of the encounter; switching and Taking a Breather does not end Suppression when used this way.**Contest Type:** Tough**Contest Effect:** Unsettling**Move:** Hex**Type:** Ghost**Frequency:** EOT**AC:** 2**Damage Base 7:** 2d6+10 / 17**Class:** Special**Range:** 6, 1 Target**Effect:** Once a Scene, if Hex's target has a Status Affliction, you may have Hex's Damage Base be 13 instead (4d10+10 / 35).**Contest Type:** Smart**Contest Effect:** Incentives

**Move:** Lick  
**Type:** Ghost  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Lick Paralyzes the target on 15+ during Accuracy Check.  
**Contest Type:** Tough  
**Contest Effect:** Inversed Appeal

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**Move:** Night Shade  
**Type:** Ghost  
**Frequency:** Scene x2  
**AC:** 2  
**Class:** Special  
**Range:** 8, 1 Target  
**Effect:** The target loses Hit Points equal to the level of Night Shade's user. Do not apply weakness or resistance. Do not apply stats.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

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**Move:** Nightmare  
**Type:** Ghost  
**Frequency:** Scene x2  
**AC:** 2  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** Nightmare can only hit Legal Targets that are Asleep. The target gains Bad Sleep.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

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**Move:** Ominous Wind  
**Type:** Ghost  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** 6, 1 Target, Spirit Surge  
**Effect:** On 19+, the user has each of its stats raised by +1 Combat Stage.  
**Contest Type:** Smart  
**Contest Effect:** Get Ready!

**Move:** Phantom Force  
**Type:** Ghost  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Melee, 1 Target, Set-Up  
**Set-Up Effect:** The user is removed from the field, and their turn ends.  
**Resolution Effect:** Phantom Force's user appears adjacent to any legal target on the field, ignoring Movement Capabilities, and then uses Phantom Force's attack. Phantom Force cannot be avoided by Moves with the Shield Keyword, the Dodge Ability, or similar effects, and Intercepts may not be attempted in response.  
**Contest Type:** Smart  
**Contest Effect:** Seen Nothing Yet

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**Move:** Shadow Ball  
**Type:** Ghost  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 8, 1 Target  
**Effect:** Shadow Ball lowers the foe's Special Defense 1 Combat Stage on 17+.  
**Contest Type:** Smart  
**Contest Effect:** Exhausting Act

---

**Move:** Shadow Claw  
**Type:** Ghost  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, Pass  
**Effect:** Shadow Claw is a Critical Hit on 18+.  
**Contest Type:** Cute  
**Contest Effect:** Exhausting Act

**Move:** Shadow Force

**Type:** Ghost

**Frequency:** Daily x3

**AC:** 2

**Damage Base 12:** 3d12+10 / 30

**Class:** Physical

**Range:** Melee, 1 Target, Set-Up

**Set-Up Effect:** The user is removed from the field, and their turn ends.

**Resolution Effect:** Shadow Force's user appears adjacent to any legal Target, ignoring Movement Capabilities, and then uses Shadow Force's attack. Shadow Force cannot be avoided by Moves with the Shield Keyword, the Dodge Ability, or similar effects, and Intercepts may not be attempted in response.

**Contest Type:** Smart

**Contest Effect:** Seen Nothing Yet

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**Move:** Shadow Punch

**Type:** Ghost

**Frequency:** EOT

**AC:** None

**Damage Base 6:** 2d6+8 / 15

**Class:** Physical

**Range:** 6, 1 Target

**Effect:** Shadow Punch cannot miss.

**Contest Type:** Smart

**Contest Effect:** Exhausting Act

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**Move:** Shadow Sneak

**Type:** Ghost

**Frequency:** At-Will

**AC:** 2

**Damage Base 4:** 1d8+6 / 11

**Class:** Physical

**Range:** Melee, 1 Target, Priority

**Effect:** None.

**Contest Type:** Smart

**Contest Effect:** Saving Grace

**Move:** Spite

**Type:** Ghost

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** 1 Target, Trigger

**Effect:** Spite may be used as a Free Action that does not take up a Command whenever the user is hit by a Move. That Move becomes Disabled for the attacker.

**Contest Type:** Tough

**Contest Effect:** Excitement

---

**Move:** Trick-or-Treat

**Type:** Ghost

**Frequency:** Daily

**AC:** 2

**Class:** Status

**Range:** 6, 1 Target

**Effect:** The target gains the Ghost Type in addition to its other Types for 5 turns.

**Contest Type:** Cute

**Contest Effect:** Good Show



## GRASS MOVES

**Move:** Absorb**Type:** Grass**Frequency:** At-Will**AC:** 2**Damage Base 2:** 1d6+3 / 7**Class:** Special**Range:** 4, 1 Target**Effect:** After the target takes damage, the user gains Hit Points equal to half of the damage they dealt to the target.**Contest Type:** Smart**Contest Effect:** Good Show!**Move:** Aromatherapy**Type:** Grass**Frequency:** Scene**AC:** None**Class:** Status**Range:** Burst 1**Effect:** All allies in the burst are cured of one status condition of their choice.**Contest Type:** Smart**Contest Effect:** Reflective Appeal**Move:** Bullet Seed**Type:** Grass**Frequency:** EOT**AC:** 4**Damage Base 3:** 1d6+5 / 9**Class:** Physical**Range:** 6, 1 Target, Five Strike**Effect:** None**Contest Type:** Cool**Contest Effect:** Reliable**Move:** Cotton Guard**Type:** Grass**Frequency:** Scene**AC:** None**Class:** Status**Range:** Self**Effect:** Raise the user's Defense 3 Combat Stages.**Contest Type:** Cute**Contest Effect:** Get Ready!**Move:** Cotton Spore**Type:** Grass**Frequency:** EOT**AC:** 2**Class:** Status**Range:** Burst 1, Powder**Effect:** All Legal Targets have their Speed lowered 2 Combat Stages.**Contest Type:** Beauty**Contest Effect:** Saving Grace**Move:** Energy Ball**Type:** Grass**Frequency:** EOT**AC:** 2**Damage Base 9:** 2d10+10 / 21**Class:** Special**Range:** 8, 1 Target**Effect:** Energy Ball lowers the foe's Special Defense 1 Combat Stage on 17+.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Move:** Forest's Curse**Type:** Grass**Frequency:** Daily**AC:** 2**Class:** Status**Range:** 6, 1 Target**Effect:** The target gains the Grass Type in addition to its other Types for 5 turns.**Contest Type:** Smart**Contest Effect:** Good Show**Move:** Frenzy Plant**Type:** Grass**Frequency:** Daily x2**AC:** 4**Damage Base 15:** 4d10+20 / 45**Class:** Special**Range:** 3, 5 Targets, Smite, Exhaust**Effect:** None**Contest Type:** Cool**Contest Effect:** Seen Nothing Yet

**Move:** Giga Drain  
**Type:** Grass  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** After the target takes damage, the user gains Hit Points equal to half of the damage they dealt to the target.  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

**Move:** Grass Knot  
**Type:** Grass  
**Frequency:** EOT  
**AC:** 2  
**Damage Base:** See Effect  
**Class:** Special  
**Range:** 5, 1 Target, Weight Class  
**Effect:** Grass Knot's Damage Base is equal to twice the target's Weight Class.  
**Contest Type:** Smart  
**Contest Effect:** Incentives

**Move:** Grass Pledge  
**Type:** Grass  
**Frequency:** Scene  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 6, 1 Target, Pledge  
**Effect:** If an ally uses Fire Pledge or Water Pledge, you may use Grass Pledge as Priority (Advanced) immediately after their turn to target the same foe. If used in conjunction with Fire Pledge, Fire Hazards are created in a Burst 1 around the target. If used in conjunction with Water Pledge, the target and all foes adjacent to the target are slowed and have their Speed reduced by 2 Combat Stages. Consult the Pledge keyword for additional details.  
**Contest Type:** Beauty  
**Contest Effect:** Safe Option

**Move:** Grass Whistle  
**Type:** Grass  
**Frequency:** Scene x2  
**AC:** 6  
**Class:** Status  
**Range:** 6, 1 Target, Sonic  
**Effect:** The target falls Asleep.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

**Move:** Grassy Terrain  
**Type:** Grass  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Field  
**Effect:** The area becomes Grassy for 5 rounds. While Grassy, all Pokémon and Trainers standing on the ground recover a Tick of Hit Points at the start of every turn, and Grass-Type attacks performed by grounded Pokémon and Trainers gain a +10 bonus to Damage Rolls.  
**Contest Type:** Beauty  
**Contest Effect:** Get Ready

**Move:** Horn Leech  
**Type:** Grass  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** After the target takes damage, the user gains Hit Points equal to half of the damage they dealt to the target.  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

**Move:** Ingrain  
**Type:** Grass  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self, Coat  
**Effect:** Ingrain applies a Coat to the user, which has the following effect; the user cannot be pushed or pulled, and cannot be switched out. At the beginning of each of the user's turn, the user gains a Tick of Hit Points.  
**Contest Type:** Smart  
**Contest Effect:** Safe Option

**Move:** Leaf Blade  
**Type:** Grass  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Melee, Pass  
**Effect:** Leaf Blade is a Critical Hit on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

**Move:** Leaf Storm  
**Type:** Grass  
**Frequency:** Scene  
**AC:** 4  
**Damage Base 13:** 4d10+10 / 35  
**Class:** Special  
**Range:** 8, Ranged Blast 3, Smite  
**Effect:** Lower the user's Special Attack 2 Combat Stages after damage.  
**Contest Type:** Cute  
**Contest Effect:** Seen Nothing Yet

**Move:** Leaf Tornado  
**Type:** Grass  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** 6, Ranged Blast 3  
**Effect:** Small or Medium targets in the central square of the blast are not hit. On 15+, all legal targets have their Accuracy lowered by -1.  
**Contest Type:** Beauty  
**Contest Effect:** Good Show!

**Move:** Leech Seed  
**Type:** Grass  
**Frequency:** Daily x2  
**AC:** 4  
**Class:** Status  
**Range:** 6, 1 Target  
**Effect:** At the beginning of each of the target's turns, Leech Seed's target loses a Tick of Hit Points. Leech Seed's user then gains Hit Points equal to the amount the target lost. Leech Seed lasts until the target faints or is returned to a Poké Ball. Grass Types and targets immune to Grass Attacks are immune to Leech Seed.  
**Contest Type:** Smart  
**Contest Effect:** Safe Option

**Move:** Magical Leaf  
**Type:** Grass  
**Frequency:** EOT  
**AC:** None  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** 8, 1 Target  
**Effect:** Magical Leaf cannot miss.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

**Move:** Mega Drain  
**Type:** Grass  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** After the target takes damage, the user gains Hit Points equal to half of the damage they dealt to the target.  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

**Move:** Needle Arm  
**Type:** Grass  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Needle Arm Flinches the target on 15+.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

**Move:** Petal Blizzard  
**Type:** Grass  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Burst 1  
**Effect:** None.  
**Contest Type:** Beauty  
**Contest Effect:** Big Show

**Move:** Petal Dance  
**Type:** Grass  
**Frequency:** Scene x2  
**AC:** 3  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Special  
**Range:** Melee, all adjacent foes, Smite  
**Effect:** After damage is dealt, the user becomes Enraged and Confused.  
**Contest Type:** Beauty  
**Contest Effect:** Safe Option

**Move:** Power Whip  
**Type:** Grass  
**Frequency:** Scene x2  
**AC:** 5  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** 8, 1 Target, Smite  
**Effect:** None  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance  
**Special:** Grants Threaded

**Move:** Razor Leaf  
**Type:** Grass  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Cone 2  
**Effect:** Razor Leaf is a Critical Hit on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Seed Bomb  
**Type:** Grass  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** 8, 1 Target  
**Effect:** None  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

**Move:** Seed Flare  
**Type:** Grass  
**Frequency:** Scene  
**AC:** 5  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Special  
**Range:** 6, Ranged Blast 3  
**Effect:** All Legal Targets have their Special Defense lowered 1 Combat Stage.  
**Contest Type:** Cool  
**Contest Effect:** Seen Nothing Yet

**Move:** Sleep Powder  
**Type:** Grass  
**Frequency:** Scene x2  
**AC:** 6  
**Class:** Status  
**Range:** 4, 1 Target, Powder  
**Effect:** The target falls asleep.  
**Contest Type:** Smart  
**Contest Effect:** Inversed Appeal

**Move:** Solar Beam  
**Type:** Grass  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Special  
**Range:** Line 6, 1 Target, Set-Up  
**Set-Up Effect:** If the weather is not Sunny, the user's turn ends. If the weather is Sunny, immediately proceed to the Resolution Effect instead and this Move loses the Set-Up keyword.  
**Resolution Effect:** The user attacks with Solar Beam. If the weather is Rainy, Sandstorming, or Hailing, Solar Beam's Damage Base is lowered to 6 (2d6+8 / 15).  
**Contest Type:** Cool  
**Contest Effect:** Special Attention

**Move:** Spiky Shield**Type:** Grass**Frequency:** Scene**AC:** None**Class:** Status**Range:** Self, Interrupt, Shield, Trigger**Effect:** If the user is hit by an attack, the user may use Spiky Shield. The user is instead not hit by the Move. You do not take any damage nor are you affected by any of the Move's effects. In addition, if the triggering attack was Melee ranged, the attacker loses a Tick of Hit Points.**Contest Type:** Tough**Contest Effect:** Inversed Appeal**Move:** Spore**Type:** Grass**Frequency:** Scene**AC:** None**Class:** Status**Range:** 4, 1 Target, Powder**Effect:** The target falls Asleep.**Contest Type:** Beauty**Contest Effect:** Get Ready!**Move:** Stun Spore**Type:** Grass**Frequency:** Scene x2**AC:** 6**Class:** Status**Range:** 6, 1 Target, Powder**Effect:** The target is Paralyzed.**Contest Type:** Smart**Contest Effect:** Excitement**Move:** Synthesis**Type:** Grass**Frequency:** Daily x2**AC:** None**Class:** Status**Range:** Self**Effect:** The user regains Hit Points equal to half of its full Hit Point value. If it is Sunny, the user gains 2/3 of its full Hit Point value instead. If it is Rainy, Sand Storming or Hailing the user gains 1/4 of their full Hit Point value instead.**Contest Type:** Smart**Contest Effect:** Reflective Appeal**Move:** Vine Whip**Type:** Grass**Frequency:** At-Will**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Physical**Range:** 4, 1 Target**Effect:** None**Contest Type:** Cool**Contest Effect:** Steady Performance**Special:** Grants Threaded**Move:** Wood Hammer**Type:** Grass**Frequency:** Scene x2**AC:** 2**Damage Base 12:** 3d12+10 / 30**Class:** Physical**Range:** Melee, 1 Target, Dash, Recoil 1/3**Effect:** None**Contest Type:** Tough**Contest Effect:** Desperation**Move:** Worry Seed**Type:** Grass**Frequency:** Scene**AC:** 2**Class:** Status**Range:** 8, 1 Target**Effect:** You choose one of the target's Abilities. Worry Seed changes that Ability to Insomnia for the remainder of the encounter.**Contest Type:** Beauty**Contest Effect:** Excitement



## GROUND MOVES

**Move:** Bone Club  
**Type:** Ground  
**Frequency:** At-Will  
**AC:** 5  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Bone Club Flinches the target on 18+.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Bone Rush  
**Type:** Ground  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** Melee, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Reliable

**Move:** Bonemerang  
**Type:** Ground  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Physical  
**Range:** 6, Double Strike  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Reliable

**Move:** Bulldoze  
**Type:** Ground  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Burst 1  
**Effect:** All Legal Targets are lowered 1 Speed Combat Stage.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Dig  
**Type:** Ground  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Burst 1, Set-Up, Full Action, Groundsource  
**Set-Up Effect:** The user shifts 25 meters underground and their turn ends.  
**Resolution Effect:** The user may shift horizontally using their burrow or overland speed, and then shifts 25 meters straight up. Upon reaching the surface, the user attacks with Dig, creating a Burst 1.  
**Contest Type:** Smart  
**Contest Effect:** Special Attention  
**Special:** Grants Burrow +3

**Move:** Drill Run  
**Type:** Ground  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Drill Run is a Critical Hit on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Earth Power  
**Type:** Ground  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** 6, 1 Target, Groundsource  
**Effect:** Earth Power lowers the Special Defense of all Legal Targets 1 Combat Stage on 16+.  
**Contest Type:** Smart  
**Contest Effect:** Desperation



**Move:** Earthquake  
**Type:** Ground  
**Frequency:** Scene  
**AC:** 2  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** Burst 3, Groundsource  
**Effect:** Earthquake can hit targets that are underground, including those using the Move Dig.  
**Contest Type:** Tough  
**Contest Effect:** Desperation  
**Special:** Grants Groundshaper

**Move:** Fissure  
**Type:** Ground  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** 5, 1 Target, Execute, Groundsource  
**Effect:** Roll 1d100. This roll may not be modified in any way. If you roll X or lower, the target Faints. X is equal to 30 + The User's Level - The Target's Level.  
**Contest Type:** Tough  
**Contest Effect:** Big Show  
**Special:** Grants Groundshaper

**Move:** Land's Wrath  
**Type:** Ground  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Burst 5, Friendly, Groundsource  
**Effect:** None.  
**Contest Type:** Tough  
**Contest Effect:** Big Show  
**Special:** Grants Groundshaper

**Move:** Magnitude  
**Type:** Ground  
**Frequency:** EOT  
**Damage Base:** See Effect  
**Class:** Physical  
**Range:** Burst 2, Groundsource  
**Effect:** When you use Magnitude, roll 1d6. Magnitude's Damage Base is equal to 5+X, where X is the value of the d6. Magnitude can hit targets that are underground, including those using the Move Dig.  
**Contest Type:** Tough  
**Contest Effect:** Desperation  
**Special:** Grants Groundshaper

**Move:** Mud Bomb  
**Type:** Ground  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** The target's Accuracy is lowered by -1 on 16+.  
**Contest Type:** Smart  
**Contest Effect:** Desperation

**Move:** Mud Shot  
**Type:** Ground  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** 3, 1 Target  
**Effect:** The target's Speed is lowed by -1 Combat Stage.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

**Move:** Mud Sport  
**Type:** Ground  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Burst 2  
**Effect:** All targets in the burst, including the user, gain a Coat which grants them 1 Step of Resistance to Electric Type Moves. After a target has been hit by a damaging Electric Type Move, the coat is removed.  
**Contest Type:** Cute  
**Contest Effect:** Sabotage

**Move:** Mud-Slap  
**Type:** Ground  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Special  
**Range:** 3, 1 Target  
**Effect:** The target's Accuracy is lowered by -1.  
**Contest Type:** Cute  
**Contest Effect:** Steady Performance

**Move:** Precipice Blades  
**Type:** Ground  
**Frequency:** Scene x2  
**AC:** 5  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Burst 1, Smite  
**Effect:** None.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

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**Move:** Rototiller  
**Type:** Ground  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Burst 2  
**Effect:** All Grass-type Pokémon in the area raise their Attack and Special Attack 1 Combat Stage.  
**Contest Type:** Tough  
**Contest Effect:** Special Attention

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**Move:** Sand Tomb  
**Type:** Ground  
**Frequency:** Scene x2  
**AC:** 4  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** 5, 1 Target  
**Effect:** The target is put in a Vortex.  
**Contest Type:** Smart  
**Contest Effect:** Safe Option

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**Move:** Sand Attack  
**Type:** Ground  
**Frequency:** EOT  
**AC:** 2  
**Class:** Status  
**Range:** 2, 1 Target  
**Effect:** The target is Blinded until the end of their next turn.  
**Contest Type:** Cute  
**Contest Effect:** Excitement

**Move:** Spikes  
**Type:** Ground  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** 6, Hazard  
**Effect:** Set 8 square meters of Spikes within your range, all 8 meters must be adjacent with at least one other space of Spikes. Spikes cause terrain to count as Slow Terrain, and a grounded foe that runs into the hazards will lose a Tick of Hit Points and become Slowed until the end of their next turn.  
**Contest Type:** Smart  
**Contest Effect:** Sabotage

## ICE MOVES

**Move:** Aurora Beam**Type:** Ice**Frequency:** At-Will**AC:** 2**Damage Base 7:** 2d6+10 / 17**Class:** Special**Range:** 6, 1 Target**Effect:** Aurora Beam lowers the target's Attack 1 Combat Stage on 18+.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Special:** Grants Freezer**Move:** Avalanche**Type:** Ice**Frequency:** EOT**AC:** 2**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** Melee, 1 Target**Effect:** When declaring Avalanche, the user does nothing and may not Shift. At the end of the round, the user Shifts and uses Avalanche on any legal target. If the target damaged the user this round, Avalanche has a Damage Base of 12 (4d10+15 / 40) instead.**Contest Type:** Cool**Contest Effect:** Double Time**Move:** Blizzard**Type:** Ice**Frequency:** Scene x2**AC:** 7**Damage Base 11:** 3d10+10 / 27**Class:** Special**Range:** 4, Ranged Blast 2, Smite**Effect:** Blizzard Freezes all legal target on 15+. If the target is in Hailing Weather, Blizzard cannot miss.**Contest Type:** Beauty**Contest Effect:** Exhausting Act**Move:** Freeze-Dry**Type:** Ice**Frequency:** EOT**AC:** 2**Damage Base 7:** 2d6+10 / 17**Class:** Special**Range:** 6, 1 Target.**Effect:** When calculating Weakness and Resistance for Freeze-Dry, Water-Typed targets calculate damage as if Water was weak to Ice.**Contest Type:** Tough**Contest Effect:** Saving Grace**Move:** Freeze Shock**Type:** Ice**Frequency:** Scene**AC:** 4**Damage Base 14:** 4d10+15 / 40**Class:** Physical**Range:** 10, Single Target, Set-Up, Full Action**Set-Up Effect:** The user may shift, then ends their turn.**Resolution Effect:** The user uses Freeze Shock. Freeze Shock paralyzes on 15+.**Contest Type:** Beauty**Contest Effect:** Seen Nothing Yet**Move:** Frost Breath**Type:** Ice**Frequency:** EOT**AC:** 3**Damage Base 6:** 2d6+8 / 15**Class:** Special**Range:** 4, 1 Target**Effect:** If Frost Breath hits, it is a Critical Hit.**Contest Type:** Beauty**Contest Effect:** Steady Performance**Special:** Grants Freezer

**Move:** Glaciate  
**Type:** Ice  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** Burst 2  
**Effect:** All Legal Targets have their Speed lowered 1 Combat Stage. On an Even-Numbered Roll, all Legal Targets on the ground are Slowed.  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance

**Move:** Hail  
**Type:** Ice  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Field, Weather  
**Effect:** The weather changes to Hail for 5 rounds. While it is Hailing, all non-Ice Type Pokémon lose a Tick of Hit Points at the beginning of their turn.  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

**Move:** Haze  
**Type:** Ice  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Field  
**Effect:** The Combat Stages of the user and all Pokémon and Trainers in the encounter are set to their default state (usually 0).  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

**Move:** Ice Ball  
**Type:** Ice  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** The user continues to use Ice Ball on each of its turns until they miss any target with Ice Ball, or are not able to hit any target with Ice Ball during their turn. Each successive use of Ice Ball increases Ice Ball's Damage Base by +3 to a maximum of DB 15.  
**Contest Type:** Beauty  
**Contest Effect:** Reliable

**Move:** Ice Beam  
**Type:** Ice  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** Ice Beam Freezes on 19+ during Accuracy Check.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

**Move:** Ice Burn  
**Type:** Ice  
**Frequency:** Scene  
**AC:** 4  
**Damage Base 14:** 4d10+15 / 40  
**Class:** Special  
**Range:** 10, Single Target, Set-Up, Full Action  
**Set-Up Effect:** The user may shift, then ends their turn.  
**Resolution Effect:** The user uses Ice Burn. Ice Burn Burns on 15+.  
**Contest Type:** Beauty  
**Contest Effect:** Seen Nothing Yet

**Move:** Ice Fang  
**Type:** Ice  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Ice Fang Freezes or Flinches on 18+ during Accuracy Check; flip a coin to determine whether the foe gets Frozen or Flinches. On 20 during Accuracy Check, the foe is Frozen and Flinches.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Ice Punch  
**Type:** Ice  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Ice Punch Freezes the target on 19+ during Accuracy Check.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

**Move:** Ice Shard  
**Type:** Ice  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** 4, 1 Target, Priority  
**Effect:** None  
**Contest Type:** Beauty  
**Contest Effect:** Saving Grace

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**Move:** Icicle Crash  
**Type:** Ice  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** 6, 1 Target  
**Effect:** Icicle Crash Flinches the target on 15+.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

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**Move:** Icicle Spear  
**Type:** Ice  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** 6, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Beauty  
**Contest Effect:** Reliable

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**Move:** Icy Wind  
**Type:** Ice  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** Cone 2  
**Effect:** All Legal Targets have their Speed lowered 1 Combat Stage.  
**Contest Type:** Beauty  
**Contest Effect:** Desperation

**Move:** Mist  
**Type:** Ice  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Blessing  
**Effect:** Blessing – Any user affected by Mist may activate it when having Combat Stages lowered by any effect; if they do, those Combat Stages are instead not lowered. Mist may be activated 3 times, and then disappears.  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

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**Move:** Powder Snow  
**Type:** Ice  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** Line 4  
**Effect:** Powder Snow Freezes all Legal Targets on 19+.  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance  
**Special:** Grants Freezer

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**Move:** Sheer Cold  
**Type:** Ice  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** 4, 1 Target, Execute  
**Effect:** Roll 1d100. This roll may not be modified in any way. If you roll X or lower, the target Faints. X is equal to 30 + The User's Level - The Target's Level.  
**Contest Type:** Beauty  
**Contest Effect:** Big Show  
**Special:** Grants Freezer

## NORMAL MOVES

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**Move:** Acupressure

**Type:** Normal

**Frequency:** EOT

**AC:** 2

**Class:** Status

**Range:** Melee, 1 Target or Self

**Effect:** Roll 1d6. On a result of 1, raise the target's Attack 2 Combat Stages. On a result of 2, raise the target's Defense 2 Combat Stages. On a result of 3, raise the target's Special Attack 2 Combat Stages. On a result of 4, raise the target's Special Defense 2 Combat Stages. On a result of 5, raise the target's Speed 2 Combat Stages. On a result of 6, raise the target's Accuracy by +2.

**Contest Type:** Cool

**Contest Effect:** Get Ready!

---

**Move:** After You

**Type:** Normal

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** 6, 1 Target

**Effect:** After You is a Swift Action. The target takes their turn for the round immediately after the user finishes their turn, ignoring Initiative. After You may only affect a target that has not yet acted that round and can only affect willing targets.

**Contest Type:** Smart

**Contest Effect:** Desperation

---

**Move:** Assist

**Type:** Normal

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** Randomly select another Pokémon on the user's roster and then randomly select a Move that Pokémon knows. Assist's user uses that Move immediately.

**Contest Type:** Cute

**Contest Effect:** Tease

---

**Move:** Attract

**Type:** Normal

**Frequency:** Scene x2

**AC:** 2

**Class:** Status

**Range:** 3, 1 Target, Social

**Effect:** Attract Infatuates the target if its gender is the opposite of the user's. Attract fails when used by or against Genderless targets.

**Contest Type:** Cute

**Contest Effect:** Excitement

---

**Move:** Barrage

**Type:** Normal

**Frequency:** At-Will

**AC:** 4

**Damage Base 2:** 1d6+3 / 7

**Class:** Physical

**Range:** 6, 1 Target, Five Strike

**Effect:** None

**Contest Type:** Tough

**Contest Effect:** Reliable

---

**Move:** Baton Pass

**Type:** Normal

**Frequency:** At-Will

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** The user is replaced with another Pokémon from their trainer's roster. All Combat Stage, Coats, and [Stratagems] on Baton Pass' user are transferred to the replacement. Baton Pass may be used to switch even if the user is Trapped.

**Contest Type:** Cute

**Contest Effect:** Inversed Appeal

---

**Move:** Belly Drum

**Type:** Normal

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** The user gains +6 Attack Combat Stages, and loses Hit Points equal to ½ of their Max Hit Points.

**Contest Type:** Cute

**Contest Effect:** Get Ready!



**Move:** Bestow  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** --  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** The user gives its held item to the target, unless the target is already holding an item. Using Bestow is a Swift Action.  
**Contest Type:** Cute  
**Contest Effect:** Attention Grabber

---

**Move:** Bide  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Physical  
**Range:** Burst 1, Friendly  
**Effect:** The user may use Bide as a Reaction Move upon being Hit by a Damaging Move. During their next available turn, the user may Shift and then use Bide, causing all Adjacent foes to lose X HP, where X is the amount of Damage taken since declaring use of Bide (Loss of life through effects such as Poison is not 'Damage').  
**Contest Type:** Tough  
**Contest Effect:** Double Time

---

**Move:** Bind  
**Type:** Normal  
**Frequency:** Static  
**Class:** Static  
**Effect:** The user gains a +1 Bonus to Accuracy Rolls made to initiate Grapple Maneuvers, and +2 to Skill Checks made to initiate Grapple Maneuvers or gain Dominance. Whenever the user gains Dominance in a Grapple, the target of the Grapple loses a Tick of Hit Points.  
**Contest Type:** Tough  
**Contest Effect:** Safe Option

---

**Move:** Block  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** The target is Stuck and Trapped until the beginning of your next turn.  
**Contest Type:** Cute  
**Contest Effect:** Sabotage

**Move:** Body Slam  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Body Slam Paralyzes the target on 15+.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

---

**Move:** Boomburst  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Damage Base 14:** 4d10+15 / 40  
**Class:** Special  
**Range:** Burst 1, Sonic  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Seen Nothing Yet

---

**Move:** Camouflage  
**Type:** Normal  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user changes their Type to match the field. Forests and grassy areas change the user into Grass-Type. Watery areas change the user into Water-Type. Caves and Mountains could change the user into Rock-Type or Ground-Type. An icy terrain would turn the user into Ice-Type. A building may change the user into Steel-Type or Normal-Type. Weather affects what Type the user becomes. Use common sense, if you are having difficult determining what type the user should become, consult the GM.  
**Contest Type:** Smart  
**Contest Effect:** Sabotage  
**Special:** Grants Blender

**Move:** Captivate  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Class:** Status  
**Range:** Cone 2, Friendly, Social  
**Effect:** Captivate lowers the target's Special Attack 2 Combat Stages. Captivate may not affect something that is the same gender as the user or something that is genderless.  
**Contest Type:** Beauty  
**Contest Effect:** Excitement

**Move:** Chip Away  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Ignore any Armor, Damage Reduction, or changes in the target's Defense or Special Defense (such as from Combat Stages) when calculating damage.  
**Contest Type:** Tough  
**Contest Effect:** Reliable

**Move:** Comet Punch  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** Melee, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Reliable

**Move:** Confide  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** 4, 1 Target, Social  
**Effect:** The target's Special Attack is lowered 1 Combat Stage.  
**Contest Type:** Cute  
**Contest Effect:** Excitement

**Move:** Constrict  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 1:** 1d6+1 / 4  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Constrict lowers the target's Speed 1 Combat Stage. Constrict may be used as a Swift Action against targets the user is Grappling, and automatically hits when performed this way.  
**Contest Type:** Tough  
**Contest Effect:** Safe Option

**Move:** Conversion  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user becomes the elemental Type of their choice as long as they have a Move that is the same elemental Type until the end of the encounter. Replace all other Types.  
**Contest Type:** Beauty  
**Contest Effect:** Catching Up

**Move:** Conversion2  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user becomes the elemental Type of their choice as long as the Type resists the elemental Type of the Move it last took damage from until the end of the encounter. Replace all other Types.  
**Contest Type:** Beauty  
**Contest Effect:** Catching Up

**Move:** Copycat  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** 4, 1 Target  
**Effect:** Use the Move the target has used on their last turn. You may choose new targets for the Move. Copycat cannot miss.  
**Contest Type:** Cool  
**Contest Effect:** Attention Grabber

**Move:** Covet  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Covet takes the target's Held Item or Accessory Slot Item and attaches it to Covet's user, if the user is not holding anything.  
**Contest Type:** Cute  
**Contest Effect:** Attention Grabber

**Move:** Crush Claw  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** Crush Claw lowers the target's Defense 1 Combat Stage on Even-Numbered Rolls.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Crush Grip  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** For every 10% the target is below their full Hit Points, Crush Grip's Damage Base is reduced by 1.  
**Contest Type:** Tough  
**Contest Effect:** Double Time

**Move:** Cut  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Physical  
**Range:** Melee, Pass  
**Effect:** Cut ignores up to 5 Damage Reduction (Defenses are not Damage Reduction).  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Defense Curl  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user becomes Curled Up. While Curled Up, the user becomes immune to Critical Hits and gains 10 Damage Reduction. However, while Curled Up, the user is Slowed and their Accuracy is lowered by -4. The user may stop being Curled Up as a Swift Action. If the user has Rollout or Ice Ball in their Move List, they do not become Slowed while Curled Up. Furthermore, when using the Moves Rollout or Ice Ball while Curled Up, the user gains a +10 bonus to the damage rolls of those Moves and does not suffer Accuracy Penalties from being Curled Up.  
**Contest Type:** Cute  
**Contest Effect:** Sabotage

**Move:** Disable  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** 1 Target, Trigger  
**Effect:** Disable may be used as a Free Action that does not take up a Command whenever the user is hit by a Move. That Move becomes Disabled for the attacker.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

**Move:** Dizzy Punch  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Dizzy Punch Confuses the target on 17+  
**Contest Type:** Cool  
**Contest Effect:** Inversed Appeal

**Move:** Double Hit  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, 1 Target, Double Strike  
**Effect:** None  
**Contest Type:** Smart  
**Contest Effect:** Reliable

---

**Move:** Double Team  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self, Illusion, Coat  
**Effect:** The user gains 3 activations of Double Team. The user may either activate Double Team when being targeted by an attack to increase their Evasion by +2 against that attack; or when making an attack to increase their Accuracy by +2 for that attack.  
**Contest Type:** Cool  
**Contest Effect:** Reliable

---

**Move:** Double-Edge  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash, Recoil 1/3  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Big Show

---

**Move:** Double Slap  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** Melee, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Reliable

---

**Move:** Echoed Voice  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 3, 1 Target, Sonic  
**Effect:** If Echoed Voice was used by any Pokémon or Trainer in the Encounter on the previous round, increase its Damage Base by +4. If Echoed Voice was used by any Pokémon or Trainers during both the previous two rounds, increase its Damage Base by +8.  
**Contest Type:** Smart  
**Contest Effect:** Reliable

---

**Move:** Egg Bomb  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 6  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** 5, Blast 2  
**Effect:** None.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

---

**Move:** Encore  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Class:** Status  
**Range:** 4, 1 Target, Social  
**Effect:** Roll 1d6. On a result of 1 or 2, the target becomes Confused; on a result of 3 or 4 the target becomes Suppressed; on a result of 5 or 6 the target becomes Enraged.  
**Contest Type:** Cute  
**Contest Effect:** Good Show!

---

**Move:** Endeavor  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Damage Base:** See Effect  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** The target loses a Tick of Hit Points for each Injury the user has.  
**Contest Type:** Tough  
**Contest Effect:** Double Time

---

**Move:** Endure  
**Type:** Normal  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** Self, Reaction, Trigger  
**Effect:** If the user is hit by a damaging Move, you may use Endure as a Free Action. If the Move would bring Endure's user down to 0 Hit Points or less, Endure's user instead is set to 1 Hit Point.  
**Contest Type:** Tough  
**Contest Effect:** Sabotage

**Move:** Entrainment  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Class:** Status  
**Range:** 4, 1 Target  
**Effect:** The target gains one of the user's Abilities for 3 turns.  
**Contest Type:** Cute  
**Contest Effect:** Catching Up

**Move:** Explosion  
**Type:** Normal  
**Frequency:** Daily  
**AC:** 2  
**Damage Base 25:** 6d12+60 / 100  
**Class:** Physical  
**Range:** Burst 2  
**Effect:** The user's Hit Points are set to -50% of their full Hit Point value. This Hit Point loss cannot be prevented or reduced in any way. The user's loyalty toward its trainer may be lowered.  
**Contest Type:** Beauty  
**Contest Effect:** Big Show

**Move:** Extreme Speed  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash, Priority  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Saving Grace

**Move:** Façade  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** If the user is afflicted with a Persistent Status Affliction, Façade's Damage Base is doubled to DB 14 (4d10+15 / 40).  
**Contest Type:** Cute  
**Contest Effect:** Double Time

**Move:** Fake Out  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, 1 Target, Priority  
**Effect:** You may only use Fake Out with Priority upon joining an encounter; if you do, Fake Out Flinches the target. Switching out resets the requirement of joining an encounter.  
**Contest Type:** Cute  
**Contest Effect:** Exhausting Act

**Move:** False Swipe  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, Pass  
**Effect:** False Swipe's damage cannot bring a target lower than 1 Hit Point.  
**Contest Type:** Cool  
**Contest Effect:** Inversed Appeal

**Move:** Feint  
**Type:** Normal  
**Frequency:** Scene  
**Class:** Status  
**Range:** Trigger  
**Effect:** If a foe uses a Move with the Shield Keyword in response to one of your actions, you may activate Feint to cause the triggering Move to Fail. Feint is activated as a Free Action.  
**Contest Type:** Beauty  
**Contest Effect:** Inversed Appeal



**Move:** Flail  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** For each Injury the user has, Flail's Damage Base is increased by +1.  
**Contest Type:** Cute  
**Contest Effect:** Double Time

---

**Move:** Flash  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Class:** Status  
**Range:** Cone 2  
**Effect:** The Accuracy of all Legal Targets is lowered by -1.  
**Contest Type:** Beauty  
**Contest Effect:** Unsettling  
**Special:** Grants Glow

---

**Move:** Focus Energy  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user becomes Pumped. While Pumped, the user's Critical Range is extended by 2, or 18+ if the Critical Range is not otherwise extended. Being switched will cause this effect to end.  
**Contest Type:** Cool  
**Contest Effect:** Get Ready!

---

**Move:** Follow Me  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Burst 5, Social  
**Effect:** Until the end of the user's next turn, all Foes must target the user when using a Move that targets their opponents. This effect ends if the user is Fainted or Switched out.  
**Contest Type:** Cute  
**Contest Effect:** Tease

---

**Move:** Foresight  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Self, Swift Action  
**Effect:** Foresight may be activated as a Swift Action on the user's turn. For the rest of the turn, the user's Normal-Type and Fighting-Type Moves can hit and affect Ghost-Type targets, and the user can see through the Illusion Ability, Moves with the Illusion keyword, and effects created by the Illusionist Capability, ignoring all effects from those.  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

---

**Move:** Frustration  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base X:** See Effect  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Frustration's Damage Base is equal to 9 minus the user's Loyalty Value. Using Frustration may make your Pokémon dislike you.  
**Contest Type:** Cute  
**Contest Effect:** Desperation

---

**Move:** Fury Attack  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** Melee, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Reliable

---

**Move:** Fury Swipes  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 5  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** Melee, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Reliable

---



**Move:** Giga Impact  
**Type:** Normal  
**Frequency:** Daily x2  
**AC:** 4  
**Damage Base 15:** 4d10+20 / 45  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash, Exhaust, Smite  
**Effect:** None  
**Contest Type:** Beauty  
**Contest Effect:** Seen Nothing Yet

---

**Move:** Glare  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Class:** Status  
**Range:** 4, 1 Target, Social  
**Effect:** Glare Paralyzes the target.  
**Contest Type:** Tough  
**Contest Effect:** Excitement

---

**Move:** Growl  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** Burst 1, Friendly, Sonic, Social  
**Effect:** Growl lowers all Legal Targets Attack 1 Combat Stage.  
**Contest Type:** Cute  
**Contest Effect:** Excitement

---

**Move:** Growth  
**Type:** Normal  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Attack 1 Combat Stage and raise the user's Special Attack 1 Combat Stage. If it is Sunny, double the amount of Combat Stages gained.  
**Contest Type:** Beauty  
**Contest Effect:** Get Ready!  
**Special:** Grants Inflatable

**Move:** Guillotine  
**Type:** Normal  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** Melee, 1 Target, Execute  
**Effect:** Roll 1d100. This roll may not be modified in any way. If you roll X or lower, the target Faints. X is equal to 30 + The User's Level - The Target's Level.  
**Contest Type:** Cool  
**Contest Effect:** Big Show

---

**Move:** Harden  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Defense 1 Combat Stage.  
**Contest Type:** Tough  
**Contest Effect:** Sabotage

---

**Move:** Headbutt  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Headbutt Flinches the target on 15+.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

---

**Move:** Head Charge  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** Melee, 1 Target, Push, Recoil 1/3  
**Effect:** The target is Pushed back 2 meters.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Heal Bell  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Burst 3, Sonic  
**Effect:** All targets are cured of any Persistent Status ailments.  
**Contest Type:** Beauty  
**Contest Effect:** Reflective Appeal

---

**Move:** Helping Hand  
**Type:** Normal  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** 4, 1 Target, Priority  
**Effect:** Helping Hand grants the target +2 on their next Accuracy Roll this round, and +10 to the next Damage Roll this round.  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

---

**Move:** Hidden Power  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** Burst 1  
**Effect:** When a Pokémon first obtains the Move Hidden Power, roll 1d20. Hidden Power's Elemental Type will be changed from Normal to Bug on a result of 1; Dark on 2; Dragon on 3; Electric on 4; Fairy on 5; Fighting on 6; Fire on 7; Flying on 8; Ghost on 9; Grass on 10; Ground on 11; Ice on 12; Normal on 13; Poison on 14; Psychic on 15; Rock on 16; Steel on 17; Water on 18; and on 19 or 20, reroll until you roll another number. This effect is permanent –if Hidden Power is forgotten and relearned, the chosen Type remains the same.  
**Contest Type:** Smart  
**Contest Effect:** Catching Up

---

**Move:** Hold Hands  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** Both the user and the target become Cheered. They may give up the Cheered condition when making a Save Check to roll twice and take the best result.  
**Contest Type:**  
**Contest Effect:**

---

**Move:** Horn Attack  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Horn Drill  
**Type:** Normal  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** Melee, 1 Target, Execute  
**Effect:** Roll 1d100. This roll may not be modified in any way. If you roll X or lower, the target Faints. X is equal to 30 + The User's Level - The Target's Level.  
**Contest Type:** Cool  
**Contest Effect:** Big Show

---

**Move:** Howl  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Attack 1 Combat stage.  
**Contest Type:** Cool  
**Contest Effect:** Get Ready!

---

**Move:** Hyper Beam  
**Type:** Normal  
**Frequency:** Daily x2  
**AC:** 4  
**Damage Base 15:** 4d10+20 / 45  
**Class:** Special  
**Range:** 10, 1 Target, Exhaust, Smite  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Seen Nothing Yet

---

**Move:** Hyper Fang  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 4  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Hyper Fang Flinches the target on 19+  
**Contest Type:** Cool  
**Contest Effect:** Desperation

---

**Move:** Hyper Voice  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** Close Blast 3, Sonic, Smite  
**Effect:** All Legal Targets are pushed back to the squares immediately outside the blast, away from the user.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Judgment  
**Type:** Normal  
**Frequency:** Daily  
**AC:** 2  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** 6, Ranged Blast 3, Smite  
**Effect:** Judgment's Type can be whatever Elemental Type the user wants it to be.  
**Contest Type:** Smart  
**Contest Effect:** Tease

---

**Move:** Last Resort  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 14:** 4d10+15 / 40  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** Last Resort can only be used after the user has performed 5 other different Moves in its Move List during a single fight, without being switched out.  
**Contest Type:** Cute  
**Contest Effect:** Safe Option

---

**Move:** Leer  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Class:** Status  
**Range:** Cone 2, Friendly, Social  
**Effect:** All legal targets have their Defense lowered by 1 Combat Stage.  
**Contest Type:** Cool  
**Contest Effect:** Excitement

---

**Move:** Lock-On  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** 10, 1 Target  
**Effect:** The target is Locked-On. The next Move that the user uses against the Target that requires an Accuracy Check cannot miss. Lock-On's effect, on both the User and Target, is passed on by Baton Pass.  
**Contest Type:** Smart  
**Contest Effect:** Good Show!

---

**Move:** Lovely Kiss  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 6  
**Class:** Status  
**Range:** 6, 1 Target, Social  
**Effect:** The target falls Asleep.  
**Contest Type:** Beauty  
**Contest Effect:** Excitement

---

**Move:** Lucky Chant**Type:** Normal**Frequency:** Scene**AC:** None**Class:** Status**Range:** Blessing**Effect:** Blessing – Any user affected by Lucky Chant may activate it when receiving a Critical Hit to cause the attack to instead deal damage as if it was not a Critical Hit. Lucky Chant may be activated 3 times, and then disappears.**Contest Type:** Cute**Contest Effect:** Sabotage**Move:** Me First**Type:** Normal**Frequency:** Scene**AC:** None**Class:** Status**Range:** Self, Trigger, Interrupt**Effect:** If an opponent declares a Damaging Attack against the user, and Me First's user has a higher Speed stat than the target, the user may use Me First as an Interrupt. The User will then use the same Move the triggering foe was about to use on that foe.**Contest Type:** Cute**Contest Effect:** Saving Grace**Move:** Mean Look**Type:** Normal**Frequency:** Scene**AC:** None**Class:** Status**Range:** 6, 1 Target, Social**Effect:** The user casts a foul spell on the target, causing it to become Trapped and Slowed for the remainder of the encounter.**Contest Type:** Beauty**Contest Effect:** Unsettling**Move:** Mega Kick**Type:** Normal**Frequency:** Scene x2**AC:** 6**Damage Base 12:** 3d12+10 / 30**Class:** Physical**Range:** Melee, 1 Target, Dash, Push, Smite**Effect:** The target is Pushed 2 meters.**Contest Type:** Cool**Contest Effect:** Desperation**Move:** Mega Punch**Type:** Normal**Frequency:** At-Will**AC:** 4**Damage Base 8:** 2d8+10 / 19**Class:** Physical**Range:** Melee, 1 Target**Effect:** None**Contest Type:** Tough**Contest Effect:** Desperation**Move:** Metronome**Type:** Normal**Frequency:** Scene x2**AC:** None**Class:** Status**Range:** Self**Effect:** Metronome randomly uses any other Move except for After You, Assist, Bestow, Copycat, Counter, Covet, Crafty Shield, Destiny Bond, Detect, Endure, Feint, Focus Punch, Follow Me, Helping Hand, King's Shield, Metronome, Me First, Mimic, Mirror Coat, Mirror Move, Protect, Quash, Quick Guard, Rage Powder, Sketch, Sleep Talk, Snatch, Snore, Spiky Shield, Switcheroo, Thief, Transform, Trick, and Wide Guard. The GM helps to pick the random Move.**Contest Type:** Cute**Contest Effect:** Tease**Move:** Milk Drink**Type:** Normal**Frequency:** Daily x2**AC:** None**Class:** Status**Range:** Melee, 1 Target**Effect:** The target regains Hit Points equal to half of its full Hit Point value. The user may target themselves with Milk Drink.**Contest Type:** Cute**Contest Effect:** Reflective Appeal

**Move:** Mimic**Type:** Normal**Frequency:** Scene**AC:** None**Class:** Status**Range:** 6, 1 Target**Effect:** Choose a Move that the target has used during the encounter. For the remainder of the encounter, that Move replaces Mimic on the user's Move List. Mimic cannot miss.**Contest Type:** Cute**Contest Effect:** Attention Grabber**Move:** Mind Reader**Type:** Normal**Frequency:** Scene**AC:** None**Class:** Status**Range:** 6, 1 Target**Effect:** The target becomes Read to the user until the end of the user's next turn. The user may end this effect when making an Attack on the user, causing that attack to automatically hit; OR when the Read target uses an Attack against the user, causing that attack to automatically miss. If the user has the Telepathy Capability, the user automatically succeeds on a mind-reading attempt against the target, and may listen to the target's surface thoughts as long as they remain Read. Mind Reader automatically misses against targets with the Mindlock Capability.**Contest Type:** Smart**Contest Effect:** Good Show!**Move:** Minimize**Type:** Normal**Frequency:** Scene**AC:** None**Class:** Status**Range:** Self**Effect:** The user gains +4 Evasion, and user's size is lowered to Small for the remainder of the encounter.**Contest Type:** Cute**Contest Effect:** Sabotage**Special:** Grants Shrinkable**Move:** Morning Sun**Type:** Normal**Frequency:** Daily x2**AC:** None**Class:** Status**Range:** Self**Effect:** The user regains Hit Points equal to half of its full Hit Point value. If it is Sunny, the user gains 2/3 of its full Hit Point value. If it is Rainy, Sand Storming or Hailing the user gains 1/4 of their full Hit Point value.**Contest Type:** Beauty**Contest Effect:** Reflective Appeal**Move:** Natural Gift**Type:** Normal**Frequency:** Scene**AC:** 2**Damage Base:** See Effect**Class:** Physical**Range:** 6, 1 Target, Berry**Effect:** Refer to the Move Keywords Berry list. Natural Gift deals damage according to the Berry list and Natural Gift's Type is also defined there. The Berry's Digestion Buff is nullified and is not used.**Contest Type:** Cool**Contest Effect:** Desperation**Move:** Nature Power**Type:** Normal**Frequency:** EOT**AC:** See Effect**Class:** Status**Damage Base:** See Effect**Range:** See Effect**Effect:** Nature Power uses a Move defined by the Environ keyword.**Contest Type:** Beauty**Contest Effect:** Tease**Move:** Noble Roar**Type:** Normal**Frequency:** EOT**AC:** 2**Class:** Status**Range:** Burst 1, Sonic, Friendly, Social**Effect:** Noble Roar lowers all targets' Attack and Special Attack by 1 Combat Stage.**Contest Type:** Cool**Contest Effect:** Excitement

**Move:** Odor Sleuth**Type:** Normal**Frequency:** Scene x2**AC:** None**Class:** Status**Range:** Self, Swift Action

**Effect:** Odor Sleuth may be activated as a Swift Action on the user's turn. For the rest of the turn, the user's Normal-Type and Fighting-Type Moves can hit and affect Ghost-Type targets, and the user can see through the Illusion Ability, Moves with the Illusion keyword, and effects created by the Illusionist Capability, ignoring all effects from those.

**Contest Type:** Smart**Contest Effect:** Good Show!**Special:** Grants Tracker**Move:** Pain Split**Type:** Normal**Frequency:** Daily x2**AC:** None**Class:** Status**Range:** 4, 1 Target

**Effect:** The user and the target both lose  $\frac{1}{2}$  of their current Hit Points. Add the amount of Hit Points the user and the target lost together, and divide the value by 2. Both the target and the user gain Hit Points equal to this value. Do not add Injuries from Pain Split from Hit Point Markers until the full effect of the Move has been resolved. Pain Split never causes Massive Damage. Hit Point loss from Pain Split cannot be prevented in any way

**Contest Type:** Smart**Contest Effect:** Unsettling**Move:** Pay Day**Type:** Normal**Frequency:** Daily**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Physical**Range:** Cone 2

**Effect:** Pay Day scatters metal coins equal in value to 1d8 times the user's level. If it is a trainer battle, the winner of the battle gets to pick up the coins.

**Contest Type:** Smart**Contest Effect:** Catching Up**Move:** Perish Song**Type:** Normal**Frequency:** Daily**AC:** None**Class:** Status**Range:** Burst 15, Sonic

**Effect:** Perish Song cannot miss. All targets, including the user, receive a Perish Count of 3. At the beginning of each of the target's turns, their Perish count is lowered by 1. Once a Perish Count reaches 0, set the Pokémon's Hit Points to 0. A Perish Count disappears if a target returns to their Poké Ball, Takes a Breather, or is knocked out. Perish Song never causes Massive Damage.

**Contest Type:** Beauty**Contest Effect:** Unsettling**Move:** Play Nice**Type:** Normal**Frequency:** At-Will**AC:** 2**Class:** Status**Range:** 6, 1 Target, Social

**Effect:** Play Nice lowers the target's Attack by 1 Combat Stage.

**Contest Type:** Cute**Contest Effect:** Excitement**Move:** Pound**Type:** Normal**Frequency:** At-Will**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Physical**Range:** Melee, 1 Target**Effect:** None**Contest Type:** Tough**Contest Effect:** Steady Performance



**Move:** Present  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 3  
**Damage Base:** See Effect  
**Class:** Physical  
**Range:** 4, 1 Target  
**Effect:** Roll 1d6; Present has a Damage Base equal to twice the result. On a result of 1, instead of taking damage, the target gains 20 Hit Points.  
**Contest Type:** Cute  
**Contest Effect:** Inversed Appeal

**Move:** Protect  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self, Interrupt, Shield, Trigger  
**Effect:** If the user is hit by a Move, the user may use Protect. The user is instead not hit by the Move. You do not take any damage nor are you affected by any of the Move's effects.  
**Contest Type:** Cute  
**Contest Effect:** Inversed Appeal

**Move:** Psych Up  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** 6, 1 Target  
**Effect:** The user's Combat Stages are changed to match the target's Combat Stages. Psych Up cannot miss.  
**Contest Type:** Smart  
**Contest Effect:** Get Ready!

**Move:** Quick Attack  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Physical  
**Range:** Melee, 1 Target, Priority  
**Effect:** None.  
**Contest Type:** Cool  
**Contest Effect:** Saving Grace

**Move:** Rage  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** Melee, 1 Target, Spirit Surge  
**Effect:** The user becomes Enraged. Until the end of the user's next turn, if the user is Enraged, the user gains +1 Attack Combat Stage whenever they are damaged by an Damaging Move or Attack.  
**Contest Type:** Cool  
**Contest Effect:** Get Ready!

**Move:** Rapid Spin  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** Melee, 1 Target, Spirit Surge  
**Effect:** Rapid Spin destroys all Hazards within 5 meters, removes Leech Seeds, and removes the user's Trapped or Stuck status.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

**Move:** Razor Wind  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 10, 3 Targets, Set-Up  
**Set-Up Effect:** The user may not shift this round. The user whips up a whirlwind around themselves, granting +2 Evasion until the end of their next turn, and destroying any Smokescreen or Hazards on any squares they are standing on and in all squares adjacent to them.  
**Resolution Effect:** The user attacks with Razor Wind. Razor Wind is a Critical Hit on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Special Attention

**Move:** Recover  
**Type:** Normal  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user regains Hit Points equal to half of its full Hit Point value.  
**Contest Type:** Smart  
**Contest Effect:** Reflective Appeal

---

**Move:** Recycle  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The effect of a consumable item used earlier in the encounter is used again as if it had not been destroyed. The item is still gone.  
**Contest Type:** Smart  
**Contest Effect:** Attention Grabber

---

**Move:** Reflect Type  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** Reflect Type changes one of the user's Types into one Type of your choice that the target has for the rest of the scene.  
**Contest Type:** Beauty  
**Contest Effect:** Attention Grabber

---

**Move:** Refresh  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user is cured of all Poison, Burns, and Paralysis.  
**Contest Type:** Cute  
**Contest Effect:** Reflective Appeal

**Move:** Relic Song  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Damage Base 8:** 3d6+10 / 21  
**Class:** Special  
**Range:** Burst 3, Friendly, Sonic  
**Effect:** All Legal Targets fall Asleep on 16+. As long as Meloetta knows Relic Song, it may change between Aria Form and Step Form as a Swift Action when using Relic Song, or as a Standard Action otherwise. Both Aria and Step Form must be statted with the same HP Stat.  
**Contest Type:** Beauty  
**Contest Effect:** Excitement

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**Move:** Retaliate  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Retaliate's Damage Base is doubled to DB 14 (4d10+15 / 40) if an ally has been Fainted by a Damaging Move used by the Target in the last 2 rounds of Combat.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Return  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base X:** See Effect  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Return's Damage Base is equal to 3 plus the user's Loyalty Value.  
**Contest Type:** Cute  
**Contest Effect:** Exhausting Act

**Move:** Roar  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Class:** Status  
**Range:** Burst 1, Sonic, Social  
**Effect:** When declaring Roar, the user does nothing and may not Shift. At the end of the round, the user Shifts and uses Roar. Targets hit by Roar immediately Shift away from the target using their highest usable movement capability, and towards their Trainer if possible. If the target is an owned Pokémon and ends this shift within 6 meters of their Poké Ball, they are immediately recalled to their Poké Ball. If that Trainer sends out a replacement, they do not lose their Pokémon turn.  
**Contest Type:** Cool  
**Contest Effect:** Excitement

---

**Move:** Rock Climb  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 5  
**Damage Base 8:**  $2d8+10 / 19$   
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** Rock Climb Confuses the target on 17+.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

---

**Move:** Round  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base X:** See Effect  
**Class:** Special  
**Range:** Burst 1, Sonic  
**Effect:** Round's Damage Base is equal to 6, plus +2 more for each previous use of Round by any Trainer or Pokémon this round, up to a maximum of DB12.  
**Contest Type:** Tough  
**Contest Effect:** Reliable

---

**Move:** Safeguard  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Blessing  
**Effect:** Blessing – Any user affected by Safeguard may activate it when receiving a Status Affliction to ignore the effects of that Status Affliction on their next turn. Safeguard may be activated 3 times, and then disappears.  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

---

**Move:** Scary Face  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Class:** Status  
**Range:** 4, 1 Target, Social  
**Effect:** The target's Speed is lowered 2 Combat Stages.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

---

**Move:** Scratch  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:**  $1d8+6 / 11$   
**Class:** Physical  
**Range:** Melee, Pass  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

---

**Move:** Screech  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 4  
**Class:** Status  
**Range:** Burst 2, Friendly, Sonic  
**Effect:** All Legal Targets have their Defense lowered 2 Combat Stages.  
**Contest Type:** Smart  
**Contest Effect:** Unsettling

---

**Move:** Secret Power  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** 4, 1 Target, Environ  
**Effect:** Secret Power's effect depends on Environ. Secret Power's effect activates on 17+.  
**Contest Type:** Smart  
**Contest Effect:** Tease

**Move:** Self-Destruct  
**Type:** Normal  
**Frequency:** Daily  
**AC:** 2  
**Damage Base 20:** 6d12+35 / 75  
**Class:** Physical  
**Range:** Burst 3  
**Effect:** The user's Hit Points are set to -50% of their full Hit Point value. This Hit Point loss may not be prevented or reduced in any way. The user's loyalty toward its trainer may be lowered.  
**Contest Type:** Beauty  
**Contest Effect:** Big Show

**Move:** Sharpen  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Attack 1 Combat Stage.  
**Contest Type:** Cute  
**Contest Effect:** Get Ready!

**Move:** Shell Smash  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Attack 2 Combat Stages, raise the user's Special Attack 2 Combat Stages and raise the user's Speed 2 Combat Stages. Lower the user's Defense 1 Combat Stage and lower the user's Special Defense 1 Combat Stage.  
**Contest Type:** Tough  
**Contest Effect:** Get Ready!

**Move:** Simple Beam  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Class:** Status  
**Range:** 6, 1 Target  
**Effect:** You choose one of the target's Abilities. Simple Beam changes that Ability to Simple for the remainder of the encounter.  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance

**Move:** Sing  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 10  
**Class:** Status  
**Range:** Burst 2, Friendly, Sonic  
**Effect:** All legal Targets fall Asleep. On a miss, Sing instead causes targets to become Slowed and suffer a -2 penalty to their Evasion until the end of the user's next turn.  
**Contest Type:** Cute  
**Contest Effect:** Excitement

**Move:** Sketch  
**Type:** Normal  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** 15, 1 Target  
**Effect:** Sketch cannot miss. Once Sketch has been used, remove Sketch from the user's Move list. The last Move that the target used is added to the user's Move list permanently. Sketch may not be Interrupted or Intercepted.  
**Contest Type:** Smart  
**Contest Effect:** Catching Up

**Move:** Skull Bash  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 13:** 4d10+10 / 35  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash, Push, Set-Up  
**Set-Up Effect:** The user gains +1 Defense CS.  
**Resolution Effect:** The user may attack with Skull Bash. The target is pushed 3 meters.  
**Contest Type:** Tough  
**Contest Effect:** Special Attention

**Move:** Slack Off  
**Type:** Normal  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user regains Hit Points equal to half of its full Hit Points.  
**Contest Type:** Cute  
**Contest Effect:** Reflective Appeal

---

**Move:** Slam  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 6  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** Slam may be used as a Free Action at the end of a Sprint Maneuver taken as a Standard Action, as long as the user Shifted at least 3 meters in a straight line towards the target. When used this way, Slam gains the Smite keyword.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

---

**Move:** Slash  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, Pass  
**Effect:** Slash is a Critical Hit on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Sleep Talk  
**Type:** Normal  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Select another of the user's Moves at random; this turn, the user may Shift and use that Move despite being Asleep. Sleep Talk can be only be used by Sleeping targets.  
**Contest Type:** Cute  
**Contest Effect:** Steady Performance

---

**Move:** Smelling Salts  
**Type:** Normal  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** If the target is Paralyzed, Smelling Salt's Damage Base is doubled to 14 (4d10+15 / 40), and cures the target of Paralysis.  
**Contest Type:** Smart  
**Contest Effect:** Unsettling

---

**Move:** Smokescreen  
**Type:** Normal  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** 5, Ranged Blast 3  
**Effect:** Smokescreen creates a blast of Smoke that covers the target area; the Smoke persists until the end of the encounter, or until Defog or Whirlwind are used. All targets attacking from or into the Smoke receive a -3 penalty to Accuracy.  
**Contest Type:** Smart  
**Contest Effect:** Unsettling

---

**Move:** Snore  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Special  
**Range:** Burst 1, Sonic  
**Effect:** Snore Flinches all legal targets on 15+. Snore may only be used by Sleeping users.  
**Contest Type:** Cute  
**Contest Effect:** Steady Performance

---

**Move:** Soft-Boiled  
**Type:** Normal  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** The target regains Hit Points equal to half of its full Hit Points. The user may target themselves with Soft-Boiled.  
**Contest Type:** Beauty  
**Contest Effect:** Reflective Appeal

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**Move:** Sonic Boom  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 6  
**Class:** Special  
**Damage Base:** Special  
**Range:** 8, 1 Target  
**Effect:** Sonic Boom causes the target to lose 15 Hit Points. Sonic Boom is Special and interacts with other moves and effects as such ( Special Evasion may be applied to avoid it, Mirror Coat can reflect it, etc. )  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Spike Cannon  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Physical  
**Range:** 6, 1 Target, Five Strike  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Reliable

**Move:** Spit Up  
**Type:** Normal  
**Frequency:** Scene  
**AC:** 2  
**Damage Base X:** See Effect  
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** For each Stockpiled Count the user has, Spit Up's Damage Base is increased by +8. If the user has no Stockpiled count, Spit Up cannot be used.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

**Move:** Splash  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Shift Action - The user may make a single Jump, adding +1 to their Long Jump and High Jump values, and gains +2 Evasion until the end of their next turn.  
**Contest Type:** Cute  
**Contest Effect:** Inversed Appeal  
**Special:** Grants Long Jump +1

**Move:** Stockpile  
**Type:** Normal  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user adds 1 to their Stockpiled count to a maximum of 3. For each number a Stockpiled count is above 0, raise the user's Defense 1 Combat Stage and raise the user's Special Defense 1 Combat Stage. If a Stockpiled count is set to 0, the Combat Stages gained from the Stockpiled count are removed.  
**Contest Type:** Tough  
**Contest Effect:** Get Ready!

**Move:** Stomp  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Stomp Flinches the target on 15+. If the target is at least one size category smaller than the user, Stomp deals an additional 10 damage.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Strength  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Push  
**Effect:** You may immediately initiate a Push Maneuver as a Free Action. The Maneuver automatically hits, but you must still make the Opposed Roll.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance  
**Special:** Grants +1 Power



**Move:** Substitute

**Type:** Normal

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Self, Illusion, Coat

**Effect:** The user loses 1/4 of their maximum Hit Points. This Hit Point loss cannot be prevented in any way. The user creates an Illusory Substitute Coat, which has Hit Points equal to 1/4th of the user's full Hit Points +1. If the user would be hit by a Move or attack, instead the Substitute gets hit. Apply weakness, resistance and stats to the Substitute. The Substitute is immune to Status Afflictions and Status Moves. Moves with the Social or Sonic keywords completely ignore and bypass the Substitute. Once the Substitute has been destroyed, the user may be hit as normal. Substitute cannot be used if the user has less than 1/4 of their full Hit Points.

**Contest Type:** Smart

**Contest Effect:** Catching Up

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**Move:** Super Fang

**Type:** Normal

**Frequency:** Scene

**AC:** 4

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** The target loses 1/2 of their current Hit Points.

**Contest Type:** Tough

**Contest Effect:** Steady Performance

---

**Move:** Supersonic

**Type:** Normal

**Frequency:** Scene x2

**AC:** 6

**Class:** Status

**Range:** 4, 1 Target, Sonic

**Effect:** The target becomes Confused. On miss, the target suffers a -2 penalty to Accuracy Rolls for one full round.

**Contest Type:** Smart

**Contest Effect:** Excitement

---

**Move:** Swagger

**Type:** Normal

**Frequency:** EOT

**AC:** 4

**Class:** Status

**Range:** 6, 1 Target, Social

**Effect:** The target's Attack is raised 2 Combat Stages. Swagger Confuses the target.

**Contest Type:** Cute

**Contest Effect:** Excitement

---

**Move:** Swallow

**Type:** Normal

**Frequency:** Daily x2

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** If the user's Stockpiled count is 1, they are healed 25% of their full Hit Point value; if their Stockpiled count is 2, they are healed half of their full Hit Point value; if their Stockpiled count is 3, they are healed back to full Hit Points. After using Swallow, the user's Stockpiled count is set to 0. If the user has no Stockpiled count, Swallow does nothing.

**Contest Type:** Tough

**Contest Effect:** Reflective Appeal

---

**Move:** Sweet Scent

**Type:** Normal

**Frequency:** Scene

**AC:** 2

**Class:** Status

**Range:** Burst 2, Friendly

**Effect:** Targets hit by Sweet Scent gain a -2 Penalty to Evasion. (Total Evasion may not be lowered to a negative value. )

**Contest Type:** Cute

**Contest Effect:** Excitement

**Special:** Grants Alluring

---

**Move:** Swift

**Type:** Normal

**Frequency:** EOT

**AC:** None

**Damage Base 6:** 2d6+8 / 15

**Class:** Special

**Range:** 8, Ranged Blast 2, Friendly

**Effect:** Swift cannot Miss.

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

**Move:** Swords Dance**Type:** Normal**Frequency:** EOT**AC:** None**Class:** Status**Range:** Self**Effect:** The user's Attack is raised 2 Combat Stages.**Contest Type:** Beauty**Contest Effect:** Get Ready!**Move:** Tackle**Type:** Normal**Frequency:** At-Will**AC:** 2**Damage Base 5:** 1d8+8 / 13**Class:** Physical**Range:** Melee, 1 Target, Dash, Push**Effect:** The target is pushed 2 Meters.**Contest Type:** Tough**Contest Effect:** Steady Performance**Move:** Tail Slap**Type:** Normal**Frequency:** EOT**AC:** 4**Damage Base 3:** 1d6+5 / 9**Class:** Physical**Range:** Melee, 1 Target, Five Strike**Effect:** None**Contest Type:** Cute**Contest Effect:** Reliable**Move:** Tail Whip**Type:** Normal**Frequency:** At-Will**AC:** 2**Class:** Status**Range:** Burst 1, Friendly**Effect:** All legal targets have their Defense lowered by 1 Combat Stage.**Contest Type:** Cute**Contest Effect:** Excitement**Move:** Take Down**Type:** Normal**Frequency:** EOT**AC:** 5**Damage Base 9:** 2d10+10 / 21**Class:** Physical**Range:** Melee, 1 Target, Dash, Recoil 1/3**Effect:** You may perform a Trip Maneuver against the target as a Free Action.**Contest Type:** Tough**Contest Effect:** Steady Performance**Move:** Techno Blast**Type:** Normal**Frequency:** Scene**AC:** 2**Damage Base 12:** 3d12+10 / 30**Class:** Special**Range:** 6, Ranged Blast 2**Effect:** Techno Blast's Type can be any Type while holding the appropriate Drive item or Plate item.**Contest Type:** Smart**Contest Effect:** Seen Nothing Yet**Move:** Teeter Dance**Type:** Normal**Frequency:** Scene**AC:** 2**Class:** Status**Range:** Burst 1**Effect:** Teeter Dance Confuses all Legal Targets.**Contest Type:** Cute**Contest Effect:** Tease**Move:** Thrash**Type:** Normal**Frequency:** Scene x2**AC:** 3**Damage Base 12:** 3d12+10 / 30**Class:** Physical**Range:** Melee, all adjacent foes, Smite**Effect:** After damage is dealt, the user becomes Enraged and Confused.**Contest Type:** Tough**Contest Effect:** Reliable

**Move:** Tickle  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** Lower the target's Attack 1 Combat Stage and lower the target's Defense 1 Combat Stage.  
**Contest Type:** Cute  
**Contest Effect:** Excitement

---

**Move:** Transform  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** 10, 1 Target  
**Effect:** The user targets a Pokémon within 10 meters, and assumes the form of the target. It gains all of the user's Moves, gains its Abilities, copies its weight and height and Capabilities. Transform lasts until the user is switched out, KO'd or until the end of the encounter. The user may choose to end the Transformation on its turn as a free action, regaining its previous Move List. The user's Stats do not change from using Transform. Transform cannot miss.  
**Contest Type:** Smart  
**Contest Effect:** Catching Up

---

**Move:** Tri Attack  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 6, 1 target  
**Effect:** Tri Attack gives the target a Status ailment on 17+ during Accuracy Check. If this effect is triggered, roll 1d3; on 1 the target is Paralyzed; on 2 the target is Burned; on 3 the target is Frozen.  
**Contest Type:** Beauty  
**Contest Effect:** Steady Performance

**Move:** Trump Card  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** Whenever Trump Card is used, the user gains a Trump Count after the attack is resolved. Trump Card's Damage Base is increased by +2 for each Trump Count.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

---

**Move:** Uproar  
**Type:** Normal  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Special  
**Range:** Burst 1, Spirit Surge, Sonic  
**Effect:** All Pokémon and Trainers within 5 meters of the user are cured of sleep.  
**Contest Type:** Cute  
**Contest Effect:** Unsettling

---

**Move:** Vice Grip  
**Type:** Normal  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** None  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Weather Ball

**Type:** Normal

**Frequency:** EOT

**AC:** 2

**Damage Base 5:** 1d8+8 / 13

**Class:** Special

**Range:** 8, 1 Target

**Effect:** If it is Sunny, Weather Ball is Fire-Type. If it is Rainy, Weather Ball is Water-Type. If it is Hailing, Weather Ball is Ice-Type. If it is Sandstorming, Weather Ball is Rock-Type. When a weather effect is on the field, Weather Ball has a Damage Base of 10 (3d8+10 / 24). If there are multiple Weather Effects on the field, choose one type for Weather Ball to be that corresponds with an existing Weather Effect.

**Contest Type:** Smart

**Contest Effect:** Incentives

---

**Move:** Whirlwind

**Type:** Normal

**Frequency:** Scene x2

**AC:** 2

**Class:** Status

**Range:** Line 6

**Effect:** All targets are pushed X meters, where X is 8 minus their weight class. If the Line targets into a Smokescreen, the smoke is dispersed. All hazards in the Whirlwind are destroyed.

**Contest Type:** Smart

**Contest Effect:** Big Show

---

**Move:** Wish

**Type:** Normal

**Frequency:** Daily x2

**AC:** None

**Class:** Status

**Range:** 15, 1 Target

**Effect:** At the end of the user's next turn, the target regains Hit Points equal to half of its full Hit Point value. If the user targets themselves and are replaced in battle, the replacement is healed.

**Contest Type:** Cute

**Contest Effect:** Reflective Appeal

---

**Move:** Work Up

**Type:** Normal

**Frequency:** EOT

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** Raise the user's Attack 1 Combat Stage and raise the user's Special Attack 1 Combat Stage.

**Contest Type:** Tough

**Contest Effect:** Get Ready!

---

**Move:** Wrap

**Type:** Normal

**Frequency:** Static

**Class:** Static

**Effect:** The user gains a +1 Bonus to Accuracy Rolls made to initiate Grapple Maneuvers, and +2 to Skill Checks made to initiate Grapple Maneuvers or gain Dominance. Whenever the user gains Dominance in a Grapple, the target of the Grapple loses a Tick of Hit Points.

**Contest Type:** Tough

**Contest Effect:** Safe Option

---

**Move:** Wring Out

**Type:** Normal

**Frequency:** Scene x2

**AC:** 2

**Damage Base 12:** 3d12+10 / 30

**Class:** Special

**Range:** Melee, 1 Target

**Effect:** For every 10% the target is below their full Hit Points, Wring Out's Damage Base is reduced by 1.

**Contest Type:** Smart

**Contest Effect:** Seen Nothing Yet

---

**Move:** Yawn

**Type:** Normal

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** 2, 1 Target, Social

**Effect:** The target falls Asleep at the end of their next turn. Yawn cannot miss.

**Contest Type:** Cute

**Contest Effect:** Excitement

## POISON MOVES

**Move:** Acid**Type:** Poison**Frequency:** At-Will**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Special**Range:** Cone 2**Effect:** Acid lowers the target's Special Defense 1 Combat Stage on 18+.**Contest Type:** Smart**Contest Effect:** Steady Performance**Move:** Acid Armor**Type:** Poison**Frequency:** Scene**AC:** None**Class:** Status**Range:** Self, Set-Up**Set-Up Effect:** The user becomes Liquefied. While Liquefied, the user is Slowed and cannot take Standard Actions except to Resolve the effect of Acid Armor, and the user's Movement is never obstructed by rough or slow terrain, and they can shift even through the smallest openings. Furthermore, while liquefied, the user is completely immune to all Physical damage, and becomes completely invisible if fully submerged in any liquid.**Resolution Effect:** The user gains +1 Defense Combat Stage, and then stops being liquified.**Contest Type:** Tough**Contest Effect:** Get Ready!**Move:** Acid Spray**Type:** Poison**Frequency:** EOT**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Special**Range:** 4, 1 Target**Effect:** Acid Spray lowers the target's Special Defense 2 Combat Stages.**Contest Type:** Smart**Contest Effect:** Unsettling**Move:** Belch**Type:** Poison**Frequency:** Scene x2**AC:** 4**Damage Base 12:** 3d12+10 / 30**Class:** Special**Range:** Cone 2**Effect:** Belch cannot be used if the user has not traded in a Digestion Buff during this Scene.**Contest Type:** Tough**Contest Effect:** Desperation**Move:** Clear Smog**Type:** Poison**Frequency:** Scene x2**AC:** None**Damage Base 5:** 1d8+8 / 13**Class:** Special**Range:** 6, 1 Target**Effect:** The target's Combat Stages are reset to their default, and all Coats on the target are destroyed. Clear Smog cannot miss.**Contest Type:** Smart**Contest Effect:** Sabotage**Move:** Coil**Type:** Poison**Frequency:** Scene x2**AC:** None**Class:** Status**Range:** Self**Effect:** Raise the user's Attack 1 Combat Stage, raise the user's Defense 1 Combat Stage, and the user gains +1 Accuracy.**Contest Type:** Cute**Contest Effect:** Get Ready!**Move:** Cross Poison**Type:** Poison**Frequency:** EOT**AC:** 2**Damage Base 7:** 2d6+10 / 17**Class:** Physical**Range:** Melee, Pass**Effect:** Cross Poison is a Critical Hit on 18+, and Poisons the target on 19+.**Contest Type:** Cool**Contest Effect:** Steady Performance

**Move:** Gastro Acid  
**Type:** Poison  
**Frequency:** Scene  
**AC:** 2  
**Class:** Status  
**Range:** 4, 1 Target  
**Effect:** The target's Ability is disabled until the end of the encounter. If the target has more than one Ability, you choose one of them to disable.  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

---

**Move:** Gunk Shot  
**Type:** Poison  
**Frequency:** Daily x2  
**AC:** 5  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Physical  
**Range:** 6, 1 Target, Smite  
**Effect:** Gunk Shot Poisons the Target on 15+.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Poison Fang  
**Type:** Poison  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Poison Fang Badly Poisons the target on 17+.  
**Contest Type:** Smart  
**Contest Effect:** Incentives

---

**Move:** Poison Gas  
**Type:** Poison  
**Frequency:** Scene  
**AC:** 6  
**Class:** Status  
**Range:** Burst 1 or Cone 2  
**Effect:** Poison Gas Poisons all Legal Targets.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

**Move:** Poison Jab  
**Type:** Poison  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Poison Jab Poisons the target on 15+.  
**Contest Type:** Smart  
**Contest Effect:** Incentives

---

**Move:** Poison Powder  
**Type:** Poison  
**Frequency:** EOT  
**AC:** 6  
**Class:** Status  
**Range:** 4, 1 Target, Powder  
**Effect:** The target is Poisoned.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

---

**Move:** Poison Sting  
**Type:** Poison  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** 6, 1 Target  
**Effect:** Poison Sting Poisons the target on 17+.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

---

**Move:** Poison Tail  
**Type:** Poison  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Poison Tail is a Critical Hit on 18+, and Poisons the target on 19+.  
**Contest Type:** Smart  
**Contest Effect:** Incentives



**Move:** Sludge  
**Type:** Poison  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** Sludge Poisons the target on 15+.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

---

**Move:** Sludge Bomb  
**Type:** Poison  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** 8, 1 Target  
**Effect:** Sludge Bomb Poisons the target on 15+.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

---

**Move:** Sludge Wave  
**Type:** Poison  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** Burst 1 or Close Blast 2  
**Effect:** Sludge Wave Poisons targets on 19+.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

---

**Move:** Smog  
**Type:** Poison  
**Frequency:** At-Will  
**AC:** 7  
**Damage Base 3:** 1d6+5 / 9  
**Class:** Special  
**Range:** Line 2  
**Effect:** Smog Poisons the target on an Even-Numbered Roll.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Toxic  
**Type:** Poison  
**Frequency:** Scene x2  
**AC:** 4  
**Class:** Status  
**Range:** 4, 1 Target  
**Effect:** The target is Badly Poisoned. If the user is Poison Type, Toxic cannot miss.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

---

**Move:** Toxic Spikes  
**Type:** Poison  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** 6, Hazard  
**Effect:** Set 8 square meters of Toxic Spikes, all 8 meters must be adjacent with at least one other space of Toxic Spikes next to each other. Toxic Spikes cause Terrain to become Slow Terrain, and a grounded foe that runs into the hazard becomes Poisoned, and Slowed until the end of their next turn. If there are 2 Layers of Toxic Spikes on the same space, it Deadly Poisons the foes instead. Poison-Type Pokémon may move over Toxic Spikes harmlessly, destroying the Hazards as they do so.  
**Contest Type:** Smart  
**Contest Effect:** Sabotage

---

**Move:** Venom Drench  
**Type:** Poison  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Cone 2  
**Effect:** All Poisoned targets have their Attack, Special Attack, and Speed lowered by 1 Combat Stage. Venom Drench cannot miss.  
**Contest Type:** Smart  
**Contest Effect:** Sabotage

**Move:** Venoshock

**Type:** Poison

**Frequency:** Scene x2

**AC:** 2

**Damage Base 7:** 2d6+10 / 17

**Class:** Special

**Range:** 6, 1 Target

**Effect:** If the target is Poisoned, Venoshock has a Damage Base of 13 (4d10+10 / 35) instead.

**Contest Type:** Smart

**Contest Effect:** Incentives



## PSYCHIC MOVES

**Move:** Agility  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Speed 2 Combat Stages.  
**Contest Type:** Cool  
**Contest Effect:** Saving Grace

**Move:** Ally Switch  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** 6, 1 Target, Interrupt  
**Effect:** Ally Switch may be declared during a foe's turn as an Interrupt. The user chooses one willing ally within 6 meters; the target and the user switch places. If the ally was a target of a Move, the user is now the target; If the user was a target of a Move, the ally is now the target.  
**Contest Type:** Cool  
**Contest Effect:** Tease

**Move:** Amnesia  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Special Defense 2 Combat Stages.  
**Contest Type:** Cute  
**Contest Effect:** Get Ready!

**Move:** Barrier  
**Type:** Psychic  
**Frequency:** Scene x2  
**AC:** None  
**Class:** Status  
**Range:** Hazard  
**Effect:** The user creates a Barrier of psychic energy. The user places up to 4 segments of Barrier; each segment must be continuous with another segment, and at least one must be adjacent to the user. These barriers count as blocking terrain and last until the end of the encounter or until they are destroyed. Each Barrier segment is 2 meters tall, 1 meter wide, and 2 centimeters thick. Each segment has 20 Hit Points, 15 Damage Reduction, and takes damage as if it was Psychic Typed.  
**Contest Type:** Cool  
**Contest Effect:** Sabotage

**Move:** Calm Mind  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Special Attack 1 Combat Stage and raise the user's Special Defense 1 Combat Stage.  
**Contest Type:** Smart  
**Contest Effect:** Get Ready!

**Move:** Confusion  
**Type:** Psychic  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** Confusion Confuses the target on 19+.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

**Move:** Cosmic Power

**Type:** Psychic

**Frequency:** EOT

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** Raise the user's Defense 1 Combat Stage and raise the user's Special Defense 1 Combat Stage.

**Contest Type:** Cool

**Contest Effect:** Get Ready!

**Move:** Dream Eater

**Type:** Psychic

**Frequency:** EOT

**AC:** 2

**Damage Base 10:** 3d8+10 / 24

**Class:** Special

**Range:** Melee, 1 Target

**Effect:** Dream Eater can only target Sleeping Pokémon or Trainers. After the target takes damage, the user gains Hit Points equal to half of the damage they dealt to the target. Dream Eater does not wake up sleeping targets.

**Contest Type:** Smart

**Contest Effect:** Good Show!

**Move:** Extrasensory

**Type:** Psychic

**Frequency:** EOT

**AC:** 2

**Damage Base 8:** 2d8+10 / 19

**Class:** Special

**Range:** 5, 1 Target

**Effect:** Extrasensory Flinches the target on 19+.

**Contest Type:** Cool

**Contest Effect:** Exhausting Act

**Move:** Future Sight

**Type:** Psychic

**Frequency:** Scene x2

**AC:** None

**Damage Base 12:** 3d12+10 / 30

**Class:** Special

**Range:** 10, 1 Target

**Effect:** Future Sight does nothing on the turn it is used. At the end of the user's next turn, Future Sight hits, even if the user is no longer on the field. Future Sight cannot miss.

**Contest Type:** Smart

**Contest Effect:** Exhausting Act

**Move:** Gravity

**Type:** Psychic

**Frequency:** Daily x2

**AC:** None

**Class:** Status

**Range:** Field

**Effect:** For 5 rounds, the area is considered Warped. While Warped, Moves that involve the user being airborne may not be used. Pokémon cannot use Sky or Levitate Capabilities to end their turn at an altitude higher than 1 meter. Flying-Types and Pokémon with the Ability Levitate are no longer immune to Ground-Type Moves. All Accuracy Rolls receive a +2 Bonus.

**Contest Type:** Beauty

**Contest Effect:** Sabotage

**Move:** Guard Split

**Type:** Psychic

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Melee, 1 Target

**Effect:** The target loses 5 Defense and 5 Special Defense. If they do, the user gains 5 Damage Reduction. These effects last until the end of the scene.

**Contest Type:** Cute

**Contest Effect:** Inversed Appeal

**Move:** Guard Swap

**Type:** Psychic

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Melee, 1 Target

**Effect:** The user and the target trade Combat Stage values for the Defense Stat, and then for the Special Defense Stat.

**Contest Type:** Cute

**Contest Effect:** Inversed Appeal

**Move:** Heal Block

**Type:** Psychic

**Frequency:** EOT

**AC:** 2

**Class:** Status

**Range:** 6, 1 Target

**Effect:** Until the end of the encounter, the target may not gain Hit Points or Temporary Hit Points from any source. This effect ends if the target is switched out or Takes a Breather.

**Contest Type:** Cute

**Contest Effect:** Sabotage

**Move:** Healing Wish

**Type:** Psychic

**Frequency:** Daily

**AC:** None

**Class:** Status

**Range:** 6, 1 Target

**Effect:** The user immediately Faints, lowering its HP to 0. The user takes no Injuries from HP Markers when using Healing Wish. The target is immediately cured of up to 3 injuries, healed to their Maximum Hit Points, and has the Frequency of all Moves restored. Healing Wish may target a Pokémon in a Poké Ball. Healing Wish does not restore the Frequency of Healing Wish or Lunar Dance. Injuries healed through Healing Wish count toward the total number of Injuries that can be healed each day, and this healing is limited by the same.

**Contest Type:** Cute

**Contest Effect:** Safe Option

**Move:** Heal Pulse

**Type:** Psychic

**Frequency:** Daily x2

**AC:** None

**Class:** Status

**Range:** 6, 1 Target, Aura

**Effect:** Restores 50% of the target's max Hit Points. Heal Pulse's user may not target itself with Heal Pulse.

**Contest Type:** Beauty

**Contest Effect:** Reflective Appeal

**Move:** Heart Stamp

**Type:** Psychic

**Frequency:** EOT

**AC:** 2

**Damage Base 6:** 2d6+8 / 15

**Class:** Physical

**Range:** Melee, 1 Target

**Effect:** Heart Stamp Flinches the target on 15+.

**Contest Type:** Cute

**Contest Effect:** Steady Performance

**Move:** Heart Swap

**Type:** Psychic

**Frequency:** Daily

**AC:** None

**Class:** Status

**Range:** 10, 2 Targets

**Effect:** The targets trade Combat Stage values for each Stat.

**Contest Type:** Cool

**Contest Effect:** Inversed Appeal

**Move:** Hypnosis

**Type:** Psychic

**Frequency:** Scene x2

**AC:** 6

**Class:** Status

**Range:** 4, 1 Target

**Effect:** The target falls Asleep.

**Contest Type:** Smart

**Contest Effect:** Excitement

**Move:** Imprison

**Type:** Psychic

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** 10, 1 Target

**Effect:** The target is Locked for the rest of the Scene. A Locked target may not use any Moves the user knows. Imprison cannot miss.

**Contest Type:** Smart

**Contest Effect:** Good Show!

**Move:** Kinesis  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** 6, 1 Target, Trigger, Interrupt  
**Effect:** If the user or an Ally within 6 meters is about to be hit by an attack, the user may use Kinesis as an interrupt. The triggering Accuracy Roll receives a -4 penalty. This may cause Moves to miss.  
**Contest Type:** Smart  
**Contest Effect:** Get Ready!

**Move:** Light Screen  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Blessing  
**Effect:** Blessing – Any user affected by Light Screen may activate it when receiving Special Damage to resist the Damage one step. Light Screen may be activated 2 times, and then disappears.  
**Contest Type:** Beauty  
**Contest Effect:** Sabotage

**Move:** Lunar Dance  
**Type:** Psychic  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** 8, 1 Target  
**Effect:** The user immediately Faints, lowering its Hit Points to 0. The user takes no Injuries from Hit Point Markers when using Lunar Dance. The target is immediately cured of up to 3 injuries, healed to their Maximum Hit Points, and has the Frequency of all Moves restored. Lunar Dance may target a Pokémon in a Poké Ball. Lunar Dance does not restore the Frequency of Healing Wish or Lunar Dance. Injuries healed through Lunar Dance count toward the total number of Injuries that can be healed each day, and this healing is limited by the same.  
**Contest Type:** Beauty  
**Contest Effect:** Safe Option

**Move:** Luster Purge  
**Type:** Psychic  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** 12, 1 Target  
**Effect:** Luster Purge lowers the target's Special Defense by 1 Combat Stage on an Even-Numbered Roll.  
**Contest Type:** Smart  
**Contest Effect:** Seen Nothing Yet

**Move:** Magic Coat  
**Type:** Psychic  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** 4, Interrupt, Trigger  
**Effect:** If the user is about to get a hit by a Move that does not have a Damage Dice Roll, they may use Magic Coat as an Interrupt. The Interrupted Move's user is treated as if they were the target of their own Move, with the user of Magic Coat as the user.  
**Contest Type:** Beauty  
**Contest Effect:** Double Time

**Move:** Magic Room  
**Type:** Psychic  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Field  
**Effect:** The area becomes Useless for 5 rounds. While Useless, Pokémon may not benefit from the effects of any Held Items, and Trainers cannot benefit from any Accessory-Slot equipment. This does not affect consumable or activated items, only Items with Static effects or Triggers.  
**Contest Type:** Cute  
**Contest Effect:** Tease

**Move:** Meditate  
**Type:** Psychic  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** Raise the user's Attack 1 Combat Stage.  
**Contest Type:** Beauty  
**Contest Effect:** Get Ready!



**Move:** Miracle Eye

**Type:** Psychic

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** Self, Swift Action

**Effect:** Miracle Eye may be activated as a Swift Action on the user's turn. For the rest of the turn, the user's Psychic-Type Moves can hit and affect Dark-Type targets, and the user can see through the Illusion Ability, Moves with the Illusion keyword, and effects created by the Illusionist Capability, ignoring all effects from those.

**Contest Type:** Cute

**Contest Effect:** Good Show!

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**Move:** Mirror Coat

**Type:** Psychic

**Frequency:** Scene x2

**AC:** None

**Class:** Special

**Range:** Any, 1 Target, Reaction

**Effect:** Mirror Coat may be used as a Reaction when the user is hit by a damaging Special Attack. Resolve the Triggering Attack, with Mirror Coat's user resisting the attack one step further. After the attack is resolved, if Mirror Coat's user was not Fainted, the triggering foe then loses Hit Points equal to twice the amount of Hit Points lost by the user from the triggering attack. Note that Mirror Coat is Special, and while it cannot miss, it cannot hit targets immune to Psychic-Type Moves.

**Contest Type:** Beauty

**Contest Effect:** Double Time

---

**Move:** Mist Ball

**Type:** Psychic

**Frequency:** Scene x2

**AC:** 2

**Damage Base 7:** 2d6+10 / 17

**Class:** Special

**Range:** 12, 1 Target

**Effect:** Mist Ball lowers the target's Special Attack by 1 Combat Stage on an Even-Numbered Roll.

**Contest Type:** Smart

**Contest Effect:** Seen Nothing Yet

**Move:** Power Split

**Type:** Psychic

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Melee, 1 Target

**Effect:** The target has their Attack and Special Attack lowered by 5. If they do, the user gains a +5 bonus to Damage Rolls. These effects last until the end of the scene.

**Contest Type:** Beauty

**Contest Effect:** Inversed Appeal

---

**Move:** Power Swap

**Type:** Psychic

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Melee, 1 Target

**Effect:** The user and the target trade Combat Stage values for the Attack Stat, and then for the Special Attack Stat.

**Contest Type:** Beauty

**Contest Effect:** Inversed Appeal

---

**Move:** Power Trick

**Type:** Psychic

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** The user's Attack stat and Defense stat are switched for the remainder of the scene, or until the user is switched out or Fainted.

**Contest Type:** Cool

**Contest Effect:** Inversed Appeal

---

**Move:** Psybeam

**Type:** Psychic

**Frequency:** At-Will

**AC:** 2

**Damage Base 7:** 2d6+10 / 17

**Class:** Special

**Range:** 6, 1 Target

**Effect:** Psybeam Confuses the target on 19+.

**Contest Type:** Beauty

**Contest Effect:** Exhausting Act

**Move:** Psychic  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** 5, 1 Target, Push  
**Effect:** The target is Pushed 1 meter in any direction. Psychic lowers the target's Special Defense 1 Combat Stage on 17+.  
**Contest Type:** Smart  
**Contest Effect:** Exhausting Act  
**Special:** Grants Telekinetic

**Move:** Psycho Boost  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** 4  
**Damage Base 14:** 4d10+15 / 40  
**Class:** Special  
**Range:** 8, Ranged Blast 3, Smite  
**Effect:** Lower the user's Special Attack 2 Combat Stages after damage is resolved.  
**Contest Type:** Smart  
**Contest Effect:** Seen Nothing Yet

**Move:** Psycho Cut  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Physical  
**Range:** 6, 1 Target  
**Effect:** Psycho Cut is a Critical Hit on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Exhausting Act

**Move:** Psycho Shift  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** The user is cured of a Status ailment and the target is given that Status ailment. Psycho Shift cannot miss. Psycho Shift can only be used if the user has a Status ailment and the target does not have the status ailment that is being transferred.  
**Contest Type:** Cool  
**Contest Effect:** Inversed Appeal

**Move:** Psyshock  
**Type:** Psychic  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 21  
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** When calculating damage, the target subtracts their Defense from Psyshock's damage instead of their Special Defense. Psyshock is still otherwise Special ( Special Evasion is used to avoid it, Mirror Coat can reflect it, etc. )  
**Contest Type:** Smart  
**Contest Effect:** Incentives

**Move:** Psystrike  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** When calculating damage, the target subtracts their Defense from Psystrike's damage instead of their Special Defense. Psystrike is still otherwise Special (Special Evasion is used to avoid it, Mirror Coat can reflect it, etc.)  
**Contest Type:** Smart  
**Contest Effect:** Incentives

**Move:** Psywave  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** 5  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** Roll 1d4; on 1 the target loses Hit Points equal to half the user's Level; on 2 the target loses Hit Points equal to the user's Level; on 3 the target loses Hit Points equal to 1.5x the user's level; on 4 the target loses Hit Points equal to the user's Level doubled. Do not apply weakness or resistance, and do not apply Stats. Do apply Immunity.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

**Move:** Reflect  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Blessing  
**Effect:** Blessing – Any user affected by Reflect may activate it when receiving Physical Damage to resist the Damage one step. Reflect may be activated 2 times, and then disappears.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

**Move:** Rest  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user is set to their full Hit Point value. The user is cured of any Status ailments. Then, the user falls Asleep. The user cannot make Sleep Checks at the beginning of their turn. They are cured of the Sleep at the end of their turn in 2 rounds.  
**Contest Type:** Cute  
**Contest Effect:** Reflective Appeal

**Move:** Role Play  
**Type:** Psychic  
**Frequency:** Daily  
**AC:** None  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** The user gains one of the target's Abilities, chosen at random, for the remainder of the encounter. This effect ends if the user Faints or is switched out. Role Play cannot miss.  
**Contest Type:** Cute  
**Contest Effect:** Catching Up

**Move:** Skill Swap  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Melee, 1 Target  
**Effect:** The user loses one of their Abilities, selected by the user, and gains one the target's Abilities, selected at random, for the remainder of encounter. The target loses the copied Ability, and gains the user's lost Ability. This effect ends if either the target or the user is Switched out or Fainted, but only for that Pokémon or Trainer.  
**Contest Type:** Smart  
**Contest Effect:** Excitement

**Move:** Stored Power  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 2:**  $1d6+3 / 7$   
**Class:** Special  
**Range:** 10, 1 Target  
**Effect:** For every Combat Stage the user has above 0, add +2 to Stored Power's Damage Base, up to a maximum of Damage Base 20.  
**Contest Type:** Tough  
**Contest Effect:** Incentives

**Move:** Synchronoise  
**Type:** Psychic  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 12:**  $3d12+10 / 30$   
**Class:** Special  
**Range:** Burst 3  
**Effect:** Synchronoise can only hit targets that share a type with Synchronoise's user.  
**Contest Type:** Smart  
**Contest Effect:** Incentives

**Move:** Telekinesis  
**Type:** Psychic  
**Frequency:** Scene x2  
**AC:** None

**Class:** Status

**Range:** 4, 1 Target

**Effect:** The target becomes Lifted. While Lifted, they gain the Levitate Ability, are Slowed, and lose all Movement Capabilities except for the Levitate 4 granted by Levitate (reduced to 2 by the Slow condition). While Lifted, the user may not apply any Evasion bonuses to determine whether they are hit by Moves or not. The Lifted target may use a Shift Action to roll 1d20; on a result of 16+, they stop being Lifted.

**Contest Type:** Smart

**Contest Effect:** Steady Performance

**Special:** Grants Telekinetic

**Move:** Teleport  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** None

**Class:** Status

**Range:** Self, Interrupt

**Effect:** The user Teleports up to X meters, where X is its Teleporter Capability. Teleport can be used as an Interrupt at any time. Moves that targeted Teleport's user continue through the desired target's space if the Move allows for it as if the user hadn't been there; single target moves simply miss.

**Contest Type:** Cool

**Contest Effect:** Saving Grace

**Special:** Grants Teleporter 4

**Move:** Trick  
**Type:** Psychic  
**Frequency:** Scene  
**AC:** 2

**Class:** Status

**Range:** 5, 2 Targets

**Effect:** Both targets must be hit for Trick to succeed. The user may target itself or willing allies with Trick; you do not need to roll for Accuracy Check in these cases. Both targets lose their Held Item or Accessory Slot Item, and gain the other target's Held Item or Accessory Slot Item. If a target has no Item, it still can gain the other target's Item.

**Contest Type:** Smart

**Contest Effect:** Attention Grabber

**Move:** Trick Room  
**Type:** Psychic  
**Frequency:** Daily x2  
**AC:** None

**Class:** Status

**Range:** Field

**Effect:** Starting at the beginning of the next round, for 5 rounds, the area is considered Rewinding. While Rewinding, Initiative is reversed, and participants instead go from lowest Initiative to Highest.

**Contest Type:** Cute

**Contest Effect:** Tease

**Move:** Wonder Room  
**Type:** Psychic  
**Frequency:** Daily x2  
**AC:** None

**Class:** Status

**Range:** Field

**Effect:** For 5 rounds, the area is considered Wondered. While Wondered, each individual Pokémon's Defense and Special Defense Stats are switched.

**Contest Type:** Cute

**Contest Effect:** Tease

**Move:** Zen Headbutt  
**Type:** Psychic  
**Frequency:** EOT  
**AC:** 4

**Damage Base 8:** 2d8+10 / 19

**Class:** Physical

**Range:** Melee, 1 Target, Dash

**Effect:** Zen Headbutt Flinches the target on 15+.

**Contest Type:** Beauty

**Contest Effect:** Desperation

## ROCK MOVES

**Move:** Ancient Power

**Type:** Rock

**Frequency:** EOT

**AC:** 2

**Damage Base 6:** 2d6+8 / 15

**Class:** Special

**Range:** 6, 1 Target, Spirit Surge

**Effect:** On 19+, the user has each of its stats raised by +1 Combat Stage.

**Contest Type:** Tough

**Contest Effect:** Desperation

**Move:** Diamond Storm

**Type:** Rock

**Frequency:** Scene

**AC:** 3

**Damage Base 10:** 3d8+10 / 24

**Class:** Physical

**Range:** Close Blast 3, Friendly, Smite

**Effect:** On Even-Numbered Rolls, Diamond Storm raises the User's Defense by 1 Combat Stage.

**Contest Type:** Beauty

**Contest Effect:** Seen Nothing Yet

**Move:** Head Smash

**Type:** Rock

**Frequency:** Scene

**AC:** 5

**Damage Base 15:** 4d10+20 / 45

**Class:** Physical

**Range:** Melee, 1 Target, Dash, Push, Recoil 1/3

**Effect:** The target is pushed 2 meters.

**Contest Type:** Tough

**Contest Effect:** Seen Nothing Yet

**Move:** Power Gem

**Type:** Rock

**Frequency:** At-Will

**AC:** 2

**Damage Base 8:** 2d8+10 / 19

**Class:** Special

**Range:** 6, 1 Target

**Effect:** None

**Contest Type:** Beauty

**Contest Effect:** Steady Performance

**Move:** Rock Blast

**Type:** Rock

**Frequency:** EOT

**AC:** 5

**Damage Base 3:** 1d6+5 / 9

**Class:** Physical

**Range:** 6, 1 Target, Five Strike

**Effect:** None

**Contest Type:** Tough

**Contest Effect:** Reliable

**Special:** Grants Materializer

**Move:** Rock Polish

**Type:** Rock

**Frequency:** EOT

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** Raise the user's Speed 2 Combat Stages.

**Contest Type:** Tough

**Contest Effect:** Exhausting Act

**Move:** Rock Slide

**Type:** Rock

**Frequency:** Scene x2

**AC:** 4

**Damage Base 8:** 2d8+10 / 19

**Class:** Physical

**Range:** 6, Ranged Blast 3

**Effect:** Rock Slide Flinches all Legal Targets on 17+.

**Contest Type:** Tough

**Contest Effect:** Steady Performance

**Move:** Rock Throw

**Type:** Rock

**Frequency:** At-Will

**AC:** 4

**Damage Base 5:** 1d8+8 / 13

**Class:** Physical

**Range:** 6, 1 Target

**Effect:** None

**Contest Type:** Tough

**Contest Effect:** Steady Performance

**Move:** Rock Tomb**Type:** Rock**Frequency:** At-Will**AC:** 5**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** 6, 1 Target**Effect:** Rock Tomb lowers the target's Speed by -1 Combat Stage.**Contest Type:** Smart**Contest Effect:** Desperation**Special:** Grants Materializer**Move:** Rock Wrecker**Type:** Rock**Frequency:** Daily x2**AC:** 4**Damage Base 15:** 4d10+20 / 45**Class:** Physical**Range:** Melee, 1 Target, Dash, Exhaust, Smite**Effect:** None**Contest Type:** Tough**Contest Effect:** Seen Nothing Yet**Special:** Grants Materializer**Move:** Rollout**Type:** Rock**Frequency:** At-Will**AC:** 4**Damage Base 3:** 1d6+5 / 9**Class:** Physical**Range:** Melee, 1 Target, Pass**Effect:** The user continues to use Rollout on each of its turns until they miss any target with Rollout, or are not able to hit any target with Rollout during their turn. Each successive use of Rollout increases Rollout's Damage Base by +4 to a maximum of DB 15.**Contest Type:** Tough**Contest Effect:** Reliable**Move:** Sandstorm**Type:** Rock**Frequency:** Daily x2**AC:** None**Class:** Status**Range:** Field, Weather**Effect:** The weather changes to a Sandstorm for 5 rounds. While it is Sandstorming, all non-Ground, Rock, or Steel Type Pokémon lose a Tick of Hit Points at the beginning of their turn.**Contest Type:** Tough**Contest Effect:** Sabotage**Move:** Smack Down**Type:** Rock**Frequency:** Scene x2**AC:** 2**Damage Base 5:** 1d8+8 / 13**Class:** Physical**Range:** 8, 1 Target**Effect:** The target is knocked down to ground level, and loses all Sky or Levitate Speeds for 3 turns. During this time, they may be hit by Ground-Type Moves even if normally immune.**Contest Type:** Tough**Contest Effect:** Steady Performance**Move:** Stealth Rock**Type:** Rock**Frequency:** Scene**AC:** None**Class:** Status**Range:** Field, Hazard**Effect:** Set 4 square meters of Stealth Rock hazards within 6 meters. If a foe moves within 2 meters of a space occupied by Rocks, move at most one Rock to the offender, then destroy the Rock. When that happens, the Stealth Rock causes a foe to lose a Tick of Hit Points. Stealth Rock is considered to be dealing damage; Apply Weakness and Resistance. Do not apply stats. A Pokémon who has been hit by a Stealth Rock Hazard cannot get hit by another in the same encounter until it is returned to a Poké Ball and then sent back out.**Contest Type:** Cool**Contest Effect:** Sabotage**Special:** Grants Materializer



**Move:** Stone Edge

**Type:** Rock

**Frequency:** EOT

**AC:** 5

**Damage Base 10:** 3d8+10 / 24

**Class:** Physical

**Range:** 8, 1 Target

**Effect:** Stone Edge is a Critical Hit on 17+.

**Contest Type:** Tough

**Contest Effect:** Incentives

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**Move:** Wide Guard

**Type:** Rock

**Frequency:** Scene

**AC:** None

**Class:** Status

**Range:** Burst 1, Interrupt, Shield, Trigger

**Effect:** If an Ally adjacent to Wide Guard's user is hit by a Move, you may use Wide Guard as an Interrupt. All targets adjacent to Wide Guard's user, including the user, are instead not hit by the triggering Move and do not suffer any of its effects.

**Contest Type:** Tough

**Contest Effect:** Inversed Appeal

## STEEL MOVES

**Move:** Autotomize**Type:** Steel**Frequency:** EOT**AC:** None**Class:** Status**Range:** Self**Effect:** For the remainder of the Encounter, the user's Weight Class is one value lower, to a minimum of 1. If the user can, the user's Speed is raised by +2 Combat Stages.**Contest Type:** Smart**Contest Effect:** Get Ready!**Move:** Bullet Punch**Type:** Steel**Frequency:** At-Will**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Physical**Range:** Melee, 1 Target, Priority**Effect:** None.**Contest Type:** Smart**Contest Effect:** Saving Grace**Move:** Doom Desire**Type:** Steel**Frequency:** Scene x2**AC:** None**Damage Base 14:** 4d10+15 / 40**Class:** Special**Range:** 10, 1 Target**Effect:** Doom Desire does nothing on the turn it is used. At the end of the user's next turn, Doom Desire hits, even if the user is no longer on the field. Doom Desire cannot miss.**Contest Type:** Cool**Contest Effect:** Exhausting Act**Move:** Flash Cannon**Type:** Steel**Frequency:** EOT**AC:** 2**Damage Base 8:** 2d8+10 / 19**Class:** Special**Range:** 6, 1 Target**Effect:** Flash Cannon lowers the target's Special Defense by 1 Combat Stage on 17+.**Contest Type:** Smart**Contest Effect:** Exhausting Act**Move:** Gear Grind**Type:** Steel**Frequency:** EOT**AC:** 3**Damage Base 5:** 1d8+8 / 13**Class:** Physical**Range:** Melee, 1 Target, Double Strike**Effect:** None**Contest Type:** Cool**Contest Effect:** Reliable**Move:** Gyro Ball**Type:** Steel**Frequency:** Scene x2**AC:** 2**Damage Base 6:** 2d6+8 / 15**Class:** Physical**Range:** 6, 1 Target**Effect:** The target reveals their Speed Stat (including Combat Stages). If it is higher than the user's (again, including Combat Stages), subtract the user's Speed Stat from the target's, and apply the difference as Bonus Damage.**Contest Type:** Beauty**Contest Effect:** Double Time**Move:** Heavy Slam**Type:** Steel**Frequency:** EOT**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Physical**Range:** Melee, 1 Target**Effect:** For each weight class the user is above the target, increase Heavy Slam's damage base by +2.**Contest Type:** Tough**Contest Effect:** Incentives**Move:** Iron Defense**Type:** Steel**Frequency:** EOT**AC:** None**Class:** Status**Range:** Self**Effect:** Raise the user's Defense 2 Combat Stages.**Contest Type:** Tough**Contest Effect:** Sabotage

**Move:** Iron Head  
**Type:** Steel  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** Iron Head Flinches the target on 15+.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

**Move:** Iron Tail  
**Type:** Steel  
**Frequency:** Scene x2  
**AC:** 6  
**Damage Base 10:** 3d8+10 / 24  
**Class:** Physical  
**Range:** Melee, 1 Target, Smite  
**Effect:** Iron Tail lowers the target's Defense 1 Combat Stage on 15+.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

**Move:** King's Shield  
**Type:** Steel  
**Frequency:** Scene  
**AC:** None  
**Class:** Status  
**Range:** Self, Interrupt, Shield, Trigger  
**Effect:** If the user is hit by an attack, the user may use King's Shield. The user is instead not hit by the Move. You do not take any damage nor are you affected by any of the Move's effects. In addition, if the triggering attack was Melee ranged, the attacker's Attack is lowered by 2 Combat Stages.  
**Contest Type:** Cool  
**Contest Effect:** Inversed Appeal

**Move:** Magnet Bomb  
**Type:** Steel  
**Frequency:** EOT  
**AC:** None  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Physical  
**Range:** 8, 1 target  
**Effect:** Magnet Bomb cannot miss.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance  
**Special:** Grants Magnetic

**Move:** Metal Burst  
**Type:** Steel  
**Frequency:** Scene  
**AC:** None  
**Damage Base:** See Effect  
**Class:** Physical  
**Range:** Burst 1  
**Effect:** Metal Burst causes all targets in the burst to lose Hit Points equal to the total amount of direct Damage the user has taken since the beginning of this Round. Metal Burst cannot miss.  
**Contest Type:** Beauty  
**Contest Effect:** Double Time

**Move:** Metal Claw  
**Type:** Steel  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 5:** 1d8+8 / 13  
**Class:** Physical  
**Range:** Melee, 1 Target, Spirit Surge  
**Effect:** Raise the user's Attack 1 Combat Stage on 18+.  
**Contest Type:** Cool  
**Contest Effect:** Incentives

**Move:** Metal Sound  
**Type:** Steel  
**Frequency:** EOT  
**AC:** 4  
**Class:** Status  
**Range:** Burst 2, Friendly, Sonic  
**Effect:** All Legal Targets have their Special Defense lowered 2 Combat Stages.  
**Contest Type:** Smart  
**Contest Effect:** Unsettling

**Move:** Meteor Mash  
**Type:** Steel  
**Frequency:** EOT  
**AC:** 4  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash, Spirit Surge  
**Effect:** Raise the user's Attack 1 Combat Stage on 15+.  
**Contest Type:** Cool  
**Contest Effect:** Desperation

**Move:** Mirror Shot

**Type:** Steel

**Frequency:** EOT

**AC:** 5

**Damage Base 7:** 2d6+10 / 17

**Class:** Special

**Range:** 6, Ranged Blast 2

**Effect:** All Legal Targets have their Accuracy lowered by -2 on 16+.

**Contest Type:** Cute

**Contest Effect:** Exhausting Act

---

**Move:** Shift Gear

**Type:** Steel

**Frequency:** Scene x2

**AC:** None

**Class:** Status

**Range:** Self

**Effect:** Raise the user's Attack 1 Combat Stage and raise the user's Speed 2 Combat Stages.

**Contest Type:** Smart

**Contest Effect:** Get Ready!

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**Move:** Steel Wing

**Type:** Steel

**Frequency:** At-Will

**AC:** 3

**Damage Base 7:** 2d6+10 / 17

**Class:** Physical

**Range:** Melee, 1 Target, Pass, Spirit Surge

**Effect:** Raise the user's Defense 1 Combat Stage on 15+.

**Contest Type:** Cool

**Contest Effect:** Steady Performance

## WATER MOVES

**Move:** Aqua Jet**Type:** Water**Frequency:** At-Will**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Physical**Range:** Melee, 1 Target, Priority**Effect:** None**Contest Type:** Beauty**Contest Effect:** Saving Grace**Move:** Aqua Ring**Type:** Water**Frequency:** Scene**AC:** None**Class:** Status**Range:** Self, Coat**Effect:** Aqua Ring covers the user in a Coat that heals the user at the beginning of their turn. The user is healed a Tick of Hit Points each turn.**Contest Type:** Beauty**Contest Effect:** Safe Option**Move:** Aqua Tail**Type:** Water**Frequency:** EOT**AC:** 4**Damage Base 9:** 2d10+10 / 21**Class:** Physical**Range:** Melee, Pass**Effect:** None**Contest Type:** Cute**Contest Effect:** Steady Performance**Move:** Brine**Type:** Water**Frequency:** Scene x2**AC:** 2**Damage Base 7:** 2d6+10 / 17**Class:** Special**Range:** 6, 1 Target**Effect:** If the target's Hit Points are under 50%, Brine's Damage Base is increased to Damage Base 13 (4d10+10 / 35).**Contest Type:** Smart**Contest Effect:** Incentives**Move:** Bubble**Type:** Water**Frequency:** At-Will**AC:** 2**Damage Base 4:** 1d8+6 / 11**Class:** Special**Range:** Burst 1**Effect:** Bubble lowers the target's Speed on 16+.**Contest Type:** Cute**Contest Effect:** Desperation**Move:** Bubble Beam**Type:** Water**Frequency:** At-Will**AC:** 2**Damage Base 8:** 3d6+10 / 21**Class:** Special**Range:** 4, 1 Target**Effect:** Bubble Beam lowers the target's Speed on 18+.**Contest Type:** Beauty**Contest Effect:** Desperation**Move:** Clamp**Type:** Water**Frequency:** Static**Class:** Static**Effect:** The user gains a +1 Bonus to Accuracy Rolls made to initiate Grapple Maneuvers, and +2 to Skill Checks made to initiate Grapple Maneuvers or gain Dominance. Whenever the user gains Dominance in a Grapple, the target of the Grapple loses a Tick of Hit Points.**Contest Type:** Tough**Contest Effect:** Steady Performance**Move:** Crabhammer**Type:** Water**Frequency:** EOT**AC:** 4**Damage Base 10:** 3d8+10 / 24**Class:** Physical**Range:** Melee, 1 Target**Effect:** Crabhammer is a Critical Hit on 18+.**Contest Type:** Tough**Contest Effect:** Exhausting Act

**Move:** Dive  
**Type:** Water  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Burst 1, Set-Up, Full Action  
**Set-Up Effect:** The user moves underwater and their turn ends. The user must be in water at least 10 meters deep to use Dive. While underwater, the user may not be targeted by Moves.  
**Resolution Effect:** The user may shift horizontally using their underwater speed, and then may shift straight up until reaching a target. The user then attacks with Dive, creating a Burst 1.  
**Contest Type:** Beauty  
**Contest Effect:** Special Attention  
**Special:** Swim +3

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**Move:** Hydro Cannon  
**Type:** Water  
**Frequency:** Daily x2  
**AC:** 4  
**Damage Base 15:** 4d10+20 / 45  
**Class:** Special  
**Range:** Line 9, Smite, Exhaust  
**Effect:** None  
**Contest Type:** Beauty  
**Contest Effect:** Seen Nothing Yet

---

**Move:** Hydro Pump  
**Type:** Water  
**Frequency:** Scene x2  
**AC:** 4  
**Damage Base 11:** 3d10+10 / 27  
**Class:** Special  
**Range:** 6, 1 Target, Push  
**Effect:** The target is pushed away from the user 3 meters.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

---

**Move:** Muddy Water  
**Type:** Water  
**Frequency:** EOT  
**AC:** 5  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** Close Blast 2  
**Effect:** As a Shift Action, the user may Move to any open square in Muddy Water's area of effect without provoking any Attacks of Opportunity. On 16+, the Accuracy of all targets is lowered by 1.  
**Contest Type:** Tough  
**Contest Effect:** Desperation

---

**Move:** Octazooka  
**Type:** Water  
**Frequency:** At-Will  
**AC:** 3  
**Damage Base 7:** 2d6+10 / 17  
**Class:** Special  
**Range:** 6, 1 Target  
**Effect:** On an Even-Numbered Roll, the target's Accuracy is Lowered by 1.  
**Contest Type:** Tough  
**Contest Effect:** Incentives

---

**Move:** Origin Pulse  
**Type:** Water  
**Frequency:** Scene x2  
**AC:** 5  
**Damage Base 12:** 3d12+10 / 30  
**Class:** Special  
**Range:** Close Blast 3, Smite  
**Effect:** None  
**Contest Type:** Beauty  
**Contest Effect:** Desperation

---

**Move:** Rain Dance  
**Type:** Water  
**Frequency:** Daily x2  
**AC:** None  
**Class:** Status  
**Range:** Field, Weather  
**Effect:** The weather becomes Rainy for 5 rounds. While Rainy, Water-Type Attacks gain a +5 bonus to Damage Rolls, and Fire-Type Attacks suffer a -5 Damage penalty.  
**Contest Type:** Tough  
**Contest Effect:** Sabotage

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**Move:** Razor Shell  
**Type:** Water  
**Frequency:** EOT  
**AC:** 3  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target, Dash  
**Effect:** Razor Shell lowers the Target's Defense 1 Combat Stage on an Even-Numbered Roll.  
**Contest Type:** Cool  
**Contest Effect:** Steady Performance

**Move:** Scald  
**Type:** Water  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 5, 1 Target  
**Effect:** Scald Burns the target on 15+.  
**Contest Type:** Smart  
**Contest Effect:** Steady Performance

**Move:** Soak  
**Type:** Water  
**Frequency:** Daily  
**AC:** 2  
**Class:** Status  
**Range:** 5, 1 Target  
**Effect:** The target gains the Water Type in addition to its other Types for 5 turns.  
**Contest Type:** Beauty  
**Contest Effect:** Safe Option

**Move:** Surf  
**Type:** Water  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 9:** 2d10+10 / 21  
**Class:** Special  
**Range:** Line 6  
**Effect:** As a Shift Action, the user may Move to any open square in Surf's area of effect without provoking any Attacks of Opportunity.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

**Move:** Water Gun  
**Type:** Water  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 4, 1 Target  
**Effect:** None  
**Contest Type:** Cute  
**Contest Effect:** Steady Performance  
**Special:** Grants Fountain

**Move:** Water Pledge  
**Type:** Water  
**Frequency:** Scene x2  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Special  
**Range:** 6, 1 Target, Pledge  
**Effect:** If an ally uses Fire Pledge or Grass Pledge, you may use Water Pledge as Priority (Advanced) immediately after their turn to target the same foe. If used in conjunction with Fire Pledge, a Rainbow is created that lasts for 5 rounds. If used in conjunction with Grass Pledge, the target and all foes adjacent to the target are slowed and have their Speed reduced by 2 Combat Stages. Consult the Pledge keyword for additional details.  
**Contest Type:** Beauty  
**Contest Effect:** Safe Option

**Move:** Water Pulse  
**Type:** Water  
**Frequency:** At-Will  
**AC:** 2  
**Damage Base 6:** 2d6+8 / 15  
**Class:** Special  
**Range:** 8, 1 Target, Aura  
**Effect:** Water Pulse Confuses the target on 17+.  
**Contest Type:** Beauty  
**Contest Effect:** Exhausting Act

**Move:** Water Shuriken  
**Type:** Water  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 2:** 1d6+3 / 7  
**Class:** Physical  
**Range:** 6, 1 Target, Five Strike, Priority  
**Effect:** None  
**Contest Type:** Cool  
**Contest Effect:** Reliable

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**Move:** Water Sport  
**Type:** Water  
**Frequency:** EOT  
**AC:** None  
**Class:** Status  
**Range:** Burst 2, Coat  
**Effect:** All targets in the burst, including the user, gain a Coat which grants them 1 Step of Resistance to Fire Type Moves. After a target has been hit by a damaging Fire Type Move, the coat is removed.  
**Contest Type:** Cute  
**Contest Effect:** Sabotage  
**Special:** Grants Fountain

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**Move:** Water Spout  
**Type:** Water  
**Frequency:** Daily  
**AC:** 4  
**Damage Base 15:** 4d10+20 / 45  
**Class:** Special  
**Range:** Burst 1\*  
**Effect:** For each 10% of HP the user is missing, Water Spout's Damage Base is reduced by 1. Water Spout creates a 1 meter burst, but also affects an area 10 meters tall straight up.  
**Contest Type:** Beauty  
**Contest Effect:** Seen Nothing Yet

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**Move:** Waterfall  
**Type:** Water  
**Frequency:** EOT  
**AC:** 2  
**Damage Base 8:** 2d8+10 / 19  
**Class:** Physical  
**Range:** Melee, 1 Target  
**Effect:** Waterfall Flinches the target on 17+.  
**Contest Type:** Tough  
**Contest Effect:** Steady Performance

**Move:** Whirlpool  
**Type:** Water  
**Frequency:** Scene x2  
**AC:** 4  
**Damage Base 4:** 1d8+6 / 11  
**Class:** Special  
**Range:** 3, 1 Target  
**Effect:** The target is put in a Vortex.  
**Contest Type:** Beauty  
**Contest Effect:** Safe Option

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**Move:** Withdraw  
**Type:** Water  
**Frequency:** At-Will  
**AC:** None  
**Class:** Status  
**Range:** Self  
**Effect:** The user becomes Withdrawn. While Withdrawn, the user becomes immune to Critical Hits and gain 15 Damage Reduction. However, while Withdrawn, the user cannot Shift, and may only use self-targeting Moves. The user may stop being Withdrawn as a Shift Action.  
**Contest Type:** Cute  
**Contest Effect:** Sabotage