[List of abilities](https://bulbapedia.bulbagarden.net/wiki/Ability#List_of_Abilities)

<https://bulbapedia.bulbagarden.net/wiki/Category:Moves>

<https://www.smogon.com/dex/sm/pokemon/>

Calculating damage:

<https://bulbapedia.bulbagarden.net/wiki/Damage>

<https://www.trainertower.com/dawoblefets-damage-dissertation/>

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<https://bulbapedia.bulbagarden.net/wiki/Category:Items>

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