







Gym Attackers

- When you attack a gym, you need to use Pokémon with high DPS, so that your opponent will die fast. Here is an example of team:




Machop	FIGHT	Machop	FIGHT	Raikou	ELECTR	Mamoswine	ICE	GROUND	Giratina (0)	GHOST	DRAGON	Metagross	STEEL	PSYCH
														
• Counter (12)		• Counter (12)		• Thunder Shock (5)		• Mamoswine (6)			• Shadow Claw (9)			• Bullet Punch (9)		
• Dynamic Punch (90)		• Dynamic Punch (90)		• Wild Charge (90)		• Avalanche (90)			• Shadow Ball (100)			• Meteor Mash (90)		
Usefull versus		Usefull versus		Usefull versus		Usefull versus		Usefull versus		Usefull versus		Usefull versus		
NORMAL		ROCK		ICE		STEEL		DARK						
Blissey, Chansey, Snorlax, Rhyperior, Melmetal		Vaporeon, Gyarados		Dragonite, Salamence		Gardevoir, Espeon		Gardevoir, Togekiss						





- Some types are not covered: **BUG** **ELECTR** **POISON** **FIRE** **FIGHT**. Note that **BUG** **ELECTR** **POISON** **FIRE** Pokémon do not have high Effective Health.
- Metagross can be replaced by a third Machop.
- Raikou can be replaced by Electivire or Deoxys (Normal).
- There are other good counters that could have been mentioned:

Rayquaza	DRAGON	FLYING	Mewtwo	PSYCH	Roserade	GRASS	POISON	Weavile	DARK	ICE
										
• Dragon Tail (15)			• Psycho Cut (5)		• Razor Leaf (13)			• Feint Attack		
• Outrage (110)			• Shadow Ball (100)		• Grass Knot (90)			• Foul Play		
• Aerial Ace (55)			• Focus Blast (150)		• Sludge Bomb (80)			• Avalanche		

Gym Defenders


- Take 4 Bulk Pokémon (and avoid taking Pokémon with the same weakness) and 2 High DPS Pokémon.
- Bulk Pokémon:** it takes time to kill them.

	Blissey	Chansey	Snorlax	Muk	Hippowdon
					
Ideal moveset	<ul style="list-style-type: none"> Zen Headbutt (12) Dazzling Gleam (100) 	<ul style="list-style-type: none"> Zen Headbutt (12) Dazzling Gleam (100) 	<ul style="list-style-type: none"> Zen Headbutt (12) Heavy Slam (70) 	<ul style="list-style-type: none"> Infestation (10) Thunder Punch (45) 	<ul style="list-style-type: none"> Fire Fang (11) Body Slam (50)
Weaknesses	FIGHT	FIGHT	FIGHT	GROUND PSYCH	ICE WATER GRASS
Remarks	Blissey is the Pokémon that takes the most time to kill	Chansey makes few damages.	Snorlax realises more damage than Chansey, but it takes less time to kill it.	Few counters against Muk. Muk is resistant to FIGHT moves.	Solide bulk.

	Milotic	Vaporeon	Togekiss	Melmetal	Lapras
					
Ideal moveset	<ul style="list-style-type: none"> Waterfall (16) Surf (65) 	<ul style="list-style-type: none"> Water Gun (5) Aqua Tail (50) 	<ul style="list-style-type: none"> Air Slash (14) Dazzling Gleam (100) 	<ul style="list-style-type: none"> Thunder Shock (5) Thunderbolt (80) 	<ul style="list-style-type: none"> Ice Shard (12) Ice Beam (90)
Weaknesses	ELECTR GRASS	ELECTR GRASS	ELECTR ICE ROCK POISON STEEL	FIGHT GROUND FIRE	FIGHT ROCK ELECTR GRASS
Remarks	Good water type defender	Similar to Milotic	Togekiss is resistant to FIGHT moves.	Similar to Snorlax.	Similar to Snorlax.

Gym Defenders

- High DPS and good Effective Health Pokémon: they realise high damages if the opponent is not optimised.

	Metagross	Gardevoir	Dragonite	Espeon	Hariyama
					
Ideal moveset	<ul style="list-style-type: none"> Zen Headbutt (12) Meteor Mash (100) 	<ul style="list-style-type: none"> Confusion (20) Dazzling Gleam (100) 	<ul style="list-style-type: none"> Dragon Tail (15) Outrage (110) 	<ul style="list-style-type: none"> Confusion (20) Psybeam (70) 	<ul style="list-style-type: none"> Bullet Punch (9) Heavy Slam (70)
Weaknesses	   	  	   	  	  
Remarks	High DPS, Metagross realises lot of damage	Gardevoir is resistant to FIGHT moves.	High DPS	Inferior to Gardevoir	A neutral counter

- Low Cost Pokemon: they realise low damages, but take time to kill them.

	Wobbuffet	Azumarill	Drapion	Crobat	Clefable
					
Ideal moveset	<ul style="list-style-type: none"> Counter (12) Mirror Coat (60) 	<ul style="list-style-type: none"> Bubble (12) Play Rough (90) 	<ul style="list-style-type: none"> Infestation (10) Aqua Tail (50) 	<ul style="list-style-type: none"> Air Slash (14) Sludge Bomb (80) 	<ul style="list-style-type: none"> Zen Headbutt (12) Dazzling Gleam (100)
Weaknesses	  	  		   	 