







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:











Machamp	Machop	Raikou	Mamoswine	Giratina (0)	Metagross
					
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
NORMAL ROCK ICE STEEL DARK		WATER FLYING	GROUND FLYING GRASS DRAGON	GHOST PSYCHIC	ICE ROCK FAIRY
Blissey, Chansey, Snorlax, Rhyperior, Melmetal		Vaporeon, Gyarados	Dragonite, Salamence	Gardevoir, Espeon	Gardevoir, Togekiss

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

Rayquaza	Mewtwo	Roserade	Weavile
			
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 NORMAL	Chansey NORMAL	Snorlax NORMAL	Muk POISON	Muk (A) POISON DARK
					
Ideal moveset	⚡ Zen Headbutt (12) ⚡ Dazzling Gleam (100)	⚡ Zen Headbutt (12) ⚡ Dazzling Gleam (100)	⚡ Zen Headbutt (12) ⚡ Outrage (110)	⚡ Infestation (10) ⚡ Gunk Shot (130)	⚡ Infestation (10) ⚡ Gunk Shot (130)
Weaknesses	FIGHT	FIGHT	FIGHT	GROUND PSYCHIC	GROUND
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.	Few counters against Muk (A).
	Milotic WATER	Vaporeon WATER	Togekiss Fairy FLYING	Melmetal STEEL	Lapras WATER ICE
					
Ideal moveset	⚡ Waterfall (16) ⚡ Surf (65)	⚡ Water Gun (5) ⚡ Aqua Tail (50)	⚡ Air Slash (14) ⚡ Dazzling Gleam (100)	⚡ Thunder Shock (5) ⚡ Thunderbolt (80)	⚡ Ice Shard (12) ⚡ Ice Beam (90)
Weaknesses	ELECTRIC GRASS	ELECTRIC GRASS	ELECTRIC ICE ROCK POISON STEEL	FIGHT GROUND FIRE	FIGHT ROCK ELECTRIC 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"> 🔴 Counter (12) 🔴 Dynamic Punch (90)
Weaknesses	   	  	   	  	  
Remarks	High DPS, Metagross realise lot of damage	Gardevoir is resistant to  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) 🟠 Crunch (70) 	<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	  	  		   	 