







# 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	<b>FIGHT</b>	Machamp	<b>FIGHT</b>	Raikou	<b>ELECTR</b>	Mamoswine	<b>ICE</b> <b>GROUND</b>	Giratina (0)	<b>GHOST</b> <b>DRAGON</b>	Metagross	<b>STEEL</b> <b>PSYCH</b>
											
• Counter (12)	• Counter (12)	• Counter (12)	• Counter (12)	• Thunder Shock (5)	• Thunder Shock (5)	• Mamoswine (6)	• Mamoswine (6)	• Shadow Claw (9)	• Shadow Claw (9)	• Bullet Punch (9)	• Bullet Punch (9)
• Dynamic Punch (90)	• Dynamic Punch (90)	• Dynamic Punch (90)	• Dynamic Punch (90)	• Wild Charge (90)	• Wild Charge (90)	• Avalanche (90)	• Avalanche (90)	• Shadow Ball (100)	• Shadow Ball (100)	• Meteor Mash (90)	• Meteor Mash (90)
Usefull versus				Usefull versus		Usefull versus		Usefull versus		Usefull versus	
<b>NORMAL</b> <b>ROCK</b> <b>ICE</b> <b>STEEL</b> <b>DARK</b>				<b>WATER</b> <b>FLYING</b>		<b>GROUND</b> <b>FLYING</b> <b>GRASS</b> <b>DRAGON</b>		<b>GHOST</b> <b>PSYCH</b>		<b>ICE</b> <b>ROCK</b> <b>FAIRY</b>	
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 Machamp.
- Raikou can be replaced by Electivire or Deoxys (Normal).
- There are other good counters that could have been mentioned:

Rayquaza	<b>DRAGON</b> <b>FLYING</b>	Mewtwo	<b>PSYCH</b>	Roserade	<b>GRASS</b> <b>POISON</b>	Weavile	<b>DARK</b> <b>ICE</b>
							
• Dragon Tail (15)	• Dragon Tail (15)	• Psycho Cut (5)	• Psycho Cut (5)	• Razor Leaf (13)	• Razor Leaf (13)	• Feint Attack	• Feint Attack
• Outrage (110)	• Outrage (110)	• Shadow Ball (100)	• Shadow Ball (100)	• Grass Knot (90)	• Grass Knot (90)	• Foul Play	• Foul Play
• Aerial Ace (55)	• Aerial Ace (55)	• Focus Blast (150)	• Focus Blast (150)	• Sludge Bomb (80)	• Sludge Bomb (80)	• Avalanche	• 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	⬢ Zen Headbutt (12) ⬢ Dazzling Gleam (100)	⬢ Zen Headbutt (12) ⬢ Dazzling Gleam (100)	⬢ Zen Headbutt (12) ⬢ Heavy Slam (70)	⬢ Infestation (10) ⬢ Thunder Punch (45)	⬢ Fire Fang (11) ⬢ Body Slam (50)
Weaknesses	FIGHT	FIGHT	FIGHT	GROUND PSYCHIC	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	⬢ 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"> <li>• Zen Headbutt (12)</li> <li>• Meteor Mash (100)</li> </ul>	<ul style="list-style-type: none"> <li>• Confusion (20)</li> <li>• Dazzling Gleam (100)</li> </ul>	<ul style="list-style-type: none"> <li>• Dragon Tail (15)</li> <li>• Outrage (110)</li> </ul>	<ul style="list-style-type: none"> <li>• Confusion (20)</li> <li>• Psybeam (70)</li> </ul>	<ul style="list-style-type: none"> <li>• Bullet Punch (9)</li> <li>• Heavy Slam (70)</li> </ul>
Weaknesses	<div> <div>Ghost</div> <div>Dark</div> <div>Ground</div> <div>Fire</div> </div>	<div> <div>Ghost</div> <div>Dark</div> <div>Steel</div> </div>	<div> <div>Ice</div> <div>Dragon</div> <div>Rock</div> <div>Fairy</div> </div>	<div> <div>Ghost</div> <div>Dark</div> <div>Bug</div> </div>	<div> <div>Psychic</div> <div>Flying</div> <div>Fairy</div> </div>
Remarks	High DPS, Metagross realises lot of damage	Gardevoir is resistant to <b>FIGHT</b> 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"> <li>• Counter (12)</li> <li>• Mirror Coat (60)</li> </ul>	<ul style="list-style-type: none"> <li>• Bubble (12)</li> <li>• Play Rough (90)</li> </ul>	<ul style="list-style-type: none"> <li>• Infestation (10)</li> <li>• Aqua Tail (50)</li> </ul>	<ul style="list-style-type: none"> <li>• Air Slash (14)</li> <li>• Sludge Bomb (80)</li> </ul>	<ul style="list-style-type: none"> <li>• Zen Headbutt (12)</li> <li>• Dazzling Gleam (100)</li> </ul>
Weaknesses	<div> <div>Ghost</div> <div>Dark</div> <div>Bug</div> </div>	<div> <div>Electric</div> <div>Grass</div> <div>Poison</div> </div>	<div> <div>Ground</div> </div>	<div> <div>Ice</div> <div>Electric</div> <div>Rock</div> <div>Psychic</div> </div>	<div> <div>Steel</div> <div>Poison</div> </div>