



Final Fantasy VII Remake Intergrade Episode INTERmission
Normal Speedrun Guide by TheScruffington

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FINAL FANTASY VII REMAKE

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Introduction

Welcome to the Final Fantasy VII Remake Intergrade Episode INTERmission Normal speedrun guide! This guide is intended to help anyone interested in speedrunning the Episode INTERmission Normal category of Final Fantasy VII Remake Intergrade. It will explain and provide the strategies, shops, menus, and upgrades necessary in order to complete the game as quickly as possible.

Discord

The Final Fantasy VII Remake speedrunning community is very passionate about the franchise and always welcomes new runners. There is no question too silly to ask; if you ever need assistance, feel free to join our server and ask for advice!

You can join the Discord server by [following this link](#).

Timing, Difficulty, and Ruleset

--GENERAL GAME RULES--

- Runs are timed via RTA (Real Time Attack).

- All DLC items are banned. This includes the additional Götterdämmerungs obtained from the Weiss battle after completing the Episode INTERmission DLC.
- Runs require video proof to be submitted.

--CATEGORY-SPECIFIC RULES--

- Timer begins when selecting either Easy or Normal difficulty and ends at the final hit of the game when the “Nero is defeated” text is displayed.

Chapter 1: Wutai’s Finest

Menu
<u>Battle Settings</u> <u>Yuffie</u> L1 + □: Art of War L1 + △: Windstorm L1 + O: Wind Ninjutsu L1 + X: Ice Ninjutsu

Toxirats
➤ Attack until 1 ATB, Windstorm [L1 + △], Throw.

Gorgers
➤ Attack until 1 ATB, Ice Ninjutsu [L1 + X]. ➤ Repeat attacks until both enemies are defeated.

Toxirat x2 & Lesser Drake

- Target Toxirat A, Attack until 1 ATB.
- Target Lesser Drake and use Windstorm [$L1 + \Delta$]. repeat attacks until STAGGERED.
- Use Windstorm [$L1 + \Delta$].

1. Hit the elevator, then **save and reload**.

Gorgers

- Position Yuffie so she attacks both Gorgers.
- Throw before 1 ATB, use Ice Ninjutsu [$L1 + X$].

Wayward Wolves

- Attack/Throw/Retrieve until 1 ATB, group up enemies.
- Use Windstorm [$L1 + \Delta$].
- Repeat attacks until both enemies are defeated.

Fort Condor Minigame

Note: your opening hand for this minigame is random. Adapt accordingly.

- Spawn Guard Dog on left side.
- Use Fire spell on left tower.
- Spawn Security Officer when Guard Dog is close.
- Use Cure spell when Guard Dog takes damage.

- Spawn Grenadier after left tower is destroyed.

2. Talk to Old Snapper (Happy Turtle Flyer person) after exiting hideout.
3. Talk to Chadley.
4. Return to hideout.
5. Talk to everyone twice.
6. Follow Nayo out of Sector 7 Slums.
7. Perform the following menu when Nayo begins to open the gate.

Menu
<p><u>Materia & Equipment</u></p> <p><u>Yuffie</u></p> <p>Set Materia</p> <p>[Fire] [Deadly Dodge] [Ice]</p> <p>[Parry] [SWAP SYNERGY WITH SONON'S AUTO-CURE] [Empty]</p> <p><u>Sonon</u></p> <p>Set Materia</p> <p>[Lightning] [SWAP AUTO-CURE WITH YUFFIE'S SYNERGY]</p> <p>[Healing] [First Strike]</p>

8. **Save and reload.**

Corneo Lackey x3
<ul style="list-style-type: none"> ➤ Target Corneo Lackey C. ➤ Attack until Yuffie has 1 ATB. ➤ Synergize. ➤ Repeat Attacks until all enemies are STAGGERED. ➤ Use Fira on Corneo Lackey C.

➤ Throw and Retrieve.

9. **Skip Cutscene.**

10. Perform the following menu.

Menu
<p><u>Upgrade Weapons</u></p> <p><u>Yuffie</u></p> <p>4-Point Shuriken</p> <p>-> Weapon Upgrade Settings</p> <p>-> Auto 2: Prioritize Attack</p>
<p><u>Materia & Equipment</u></p> <p><u>Yuffie:</u></p> <p>Armor -> Chthonian Armlet</p> <p><u>Sonon:</u></p> <p>Armor -> Ninja Armlet</p> <p><u>Yuffie</u></p> <p>Set Materia</p> <p>[SWAP FIRE WITH SONON'S LIGHTNING] [Deadly Dodge] [Ice]</p> <p>[Parry] [Auto-Cure] [Empty]</p> <p><u>Sonon</u></p> <p>Set Materia</p> <p>[SWAP LIGHTNING WITH YUFFIE'S FIRE] [Synergy]</p> <p>[Healing] [First Strike] [Empty]</p>

Battle Settings

Yuffie

L1 + □: Art of War

L1 + △: Windstorm

L1 + O: Blizzara

L1 + X: Ice Ninjutsu

Sonon

L1 + □: Twirling Lunge

L1 + △: Swirling Storm

L1 + O: Thundara

L1 + X: Fire

11. Pick up **[Kindred Cord]**.

Cripshays

- Repeat Attacks when enemies are grouped up until nearly 1 ATB (don't mash).
- Throw and Attack.
- Use Windstorm **[L1 + △]**.
- Attack/Throw until defeated.

Security Officer & Elite Security Officer

- Use Attacks / Deadly Dodge to group up enemies until 1 ATB.
- Throw and use Windstorm **[L1 + △]**, command Sonon to use Fire **[R2 + L1 + X]**.

Horned Cripshay

- Synergize and Attack.
- Use Blizzara [L1 + O] after Cripshay's string of attacks.
- Repeat Attacks until Yuffie has 2 ATB, then use Synergized Art of War [L1 + □].
- Throw and run towards the exit of the battle zone.

12. Pick up [Steel Reaper].

Security Officer & Elite Security Officer

- Use Attacks / Deadly Dodge to group up enemies until 1 ATB.
- Throw and use Windstorm [L1 + △], command Sonon to use Fire [R2 + L1 + X].

13. Command Sonon to use Cure on Yuffie while waiting for the conveyor belt.

Menu

Upgrade Weapons

Yuffie

Steel Reaper

-> Weapon Upgrade Settings

-> Auto 2: Prioritize Attack

Sonon

Marshalist's Staff

-> Weapon Upgrade Settings

-> Auto 2: Prioritize Attack

Materia & Equipment

Yuffie:

Accessories -> Gozu Drive

Sonon:

Accessories -> Kindred Cord

Wrath Hound

- Throw and Attack until 1 ATB.
- Use Ice Ninjutsu [L1 + X].
- Synergize and repeat Attacks until Yuffie has 1 ATB.
- Retrieve when Wrath Hound is Pressured.
- Use Synergized Windstorm [L1 + Δ] before stagger.
- Attack until 1 ATB.
- Use Blizzara [L1 + O].

Wayward Wolves

- Attack/Throw/Retrieve until 1 ATB, group up enemies.
- Use Windstorm [L1 + Δ].
- Repeat attacks until both enemies are defeated.

14. Command Sonon to use Cure on Yuffie while traversing through the level.

Levrikon

- Synergize and repeat Attacks until Levrikon is cornered.
- Throw and Attack until 1 ATB.
- Use Ice Ninjutsu [L1 + X].

- Repeat Attacks until STAGGERED, then use Synergized Windstorm [L1 + △].

15. Proceed to the conveyor belt minigame.

Conveyor Minigame

- Hit a big yellow box on the left to obtain [Turbo Ether].
- Hit boxes in the last section to obtain [Ether x3], [Mega-Potion x3], [Phoenix Down x3], and [Elixir].

16. On the conveyor belt after the minigame, perform the following menu.

Menu

Materia & Equipment

Yuffie:

Weapon -> Steel Reaper

Yuffie

Set Materia

[SWAP LIGHTNING WITH SONON'S FIRE] [Deadly Dodge] [Ice]
[Parry] [ADD FIRST STRIKE FROM SONON] [Empty] [Empty]

Sonon

Set Materia

[SWAP FIRE WITH YUFFIE'S LIGHTNING] [Synergy]
[Healing] [Empty] [Empty] [Empty]

Battle Settings

Yuffie

L1 + □: Art of War

L1 + △: Windstorm

L1 + O: Banishment I

L1 + X: Lightning Ninjutsu

--- Gigantipede: Phase 1 ---

- Throw and repeat Attacks, until Gigantipede approaches.
- Use Art of War [L1 + □].
- Retrieve, Repeat Attacks, Throw, Repeat Attacks, etc.
 - Repeat cycle until 2 ATB.
- Use Art of War [L1 + □].
- Retrieve, Repeat Attacks, Throw, Repeat Attacks, etc.
 - Repeat cycle until 1.5 ATB.
- Use Lightning Ninjutsu [L1 + X].
- Target Tail and move to the back of its body.
- Repeat Attacks until 1 ATB.
- Use Lightning Ninjutsu [L1 + X] on Tail.
- Attack Tail until Phase 2.

--- Gigantipede: Phase 2 ---

- Throw as soon as it casts Drone Deployment.
- When the drones appear, Use Windstorm [L1 + △].
- Synergize before the grapple hook animation begins.
- Stand in the middle of the arena and cast Synergized Art of War [L1 + □].
- Target the Head after the cutscenes.
- Command Sonon to use Thundara [R2 + L1 + O].
- Throw, and use Thunderous Banishment I [L1 + O].

➤ Attack until defeated.

17. **Skip Cutscene.**

18. Chapter 1 complete after skipping the previous cutscene.

Chapter 2: Covert Ops

1. Walk next to the Sweeper before the start of the first encounter.

Sweeper & Slug-Ray x2

- Throw at Sweeper.
- Target Slug-Ray A.
- Use Lightning Ninjutsu [L1 + X].
- Synergize and Repeat Attacks until both Slug-Rays are defeated.
- Target Sweeper.
- Repeat Attacks until PRESSURED.
- Use Fira.
- Repeat Attacks until STAGGERED.
- Use Thunderous Banishment I [L1 + O] when Yuffie has 1 ATB.

2. Walk towards the ledge before the start of the second encounter.

Monodrive x2

- Use Deadly Dodge Attack.
- Repeat Attacks if necessary.

3. Orient your camera towards the black Shinra box before the start of the third encounter.

Monodrive x2

- Throw at Slug-Ray B.
- Turn around and walk towards Shock-Ray C until Sonon casts Thunder.
- After Sonon casts Thunder, Target Shock-Ray C.
- Throw and use Windstorm [L1 + △].

- Move towards Shock-Ray C.
- Synergize, Throw, and Retrieve.
- Repeat Attacks until defeated.
- Target Slug-Ray C.
- Throw and Retrieve.
- Target Slug-Ray A.
- Throw and Retrieve.
- Throw and stand in between the two remaining enemies.
- Use Windstorm [L1 + △].
- Throw and Retrieve.

4. Progress through the level.

Shock Trooper x2

- Target Shock Trooper B.
- Use Deadly Dodge Attack.
- Use Windstorm [L1 + △].
- Target Shock Trooper A.
- Throw.
- Attack until 1 ATB.
- Use Windstorm [L1 + △].

5. As soon as Yuffie says, “Talk about hitting the jackpot! This must be where they make their material!” **save and reload**.
6. Acquire the **[Ninja Cannonball Materia]**.
7. After reaching B14 – Advanced Weaponry: Maintenance, perform the following menu.

Menu

Materia & Equipment

Sonon

Set Materia

[Lightning] [Synergy] [Empty] [ADD NINJA CANNONBALL]
[Healing] [Empty] [Empty]

8. Proceed to the next encounter.

3-C SOLDIER Operator x2

- Target 3-C SOLDIER Operator B.
- Attack, Roll, Attack.
- Synergize.
- Use Dodge Roll Movement to exit battle zone.

9. Command Sonon to use Cure before the next encounter if necessary.

Armored Magitrooper

- Attack, Synergize.
- Use Ninja Cannonball.
- Repeat Ninja Cannonball.
- When Armored Magitrooper casts Core Overdrive, use Synergized Art of War [L1 + □].
- Dodge until Yuffie is outside the range of Eject.
- Unsynergize.
- Throw and Repeat Attacks.
- When the Enhanced Magitrooper is stationary, command Sonon to cast Swirling Storm [R2 + L1 + △].
- Use Windstorm [L1 + △].

10. Command Sonon to use Cure before the next encounter if necessary.

11. Progress through the level until the Security Officers encounter.

Elite Grenadier & Security Officer x3

- Target the Elite Grenadier in the back-right corner of the area.
- Run behind the two Security Officers in the middle of the area.
- Use Windstorm [L1 + △].
- Throw.

12. Continue until the next encounter.

Armored Magitrooper & Armored Shock Trooper

- Target Armored Magitrooper.
- Attack, Synergize.
- Use Ninja Cannonball.
- Repeat Ninja Cannonball.
- Use Synergized Art of War [L1 + □].
- Position Yuffie on the stairs.
- Target Armored Shock Trooper.
- Throw and Repeat Attacks.
- When Armored Shock Trooper begins casting Eject, target the Enhanced Magitrooper.
- Retrieve and Dodge until Yuffie is outside the range of Eject.
- Throw and Repeat Attacks until the Enhanced Shock Trooper has spawned.
- Target Enhanced Shock Trooper and use Synergized Windstorm [L1 + △].

13. Select the **Left Challenge** when prompted before the enemy gauntlet.

14. Proceed to the next encounter.

Mark II Monodrive x2

- Target Mark II Monodrive B.
- Throw and use Windstorm [L1 + △].
- Synergize.
- Retrieve and Attack until defeated.

- Target Mark II Monodrive A.
- Throw and Retrieve.
- Throw and Repeat Attacks until the Mark II Monodrive's shield is deactivated.
- Use Windstorm [L1 + Δ].

15. Select the **Left Challenge** when prompted during the enemy gauntlet.

16. Proceed to the next encounter.

Cutter

- Target Cutter.
- Synergize.
- Use Ninja Cannonball.
- Repeat Ninja Cannonball.
- Dodge backwards.
- Throw and use Lightning Ninjutsu [L1 + X].
- Repeat Attacks until STAGGERED.
- Use Synergized Windstorm [L1 + Δ].
- Repeat Attacks until 1 ATB.
- Use Thunderous Banishment I [L1 + O].

17. Select the **Left Challenge** when prompted during the enemy gauntlet.

18. Proceed to the next encounter.

Monodrive Gang

- Use Deadly Dodge Attack.
- Use Windstorm [L1 + Δ].

19. Select the **Left Challenge** when prompted during the enemy gauntlet.

20. Proceed to the next encounter.

M.O.T.H. Unit

- Run towards M.O.T.H. Unit and Synergize.
- Use Ninja Cannonball.
- Repeat Ninja Cannonball.
- Repeat Ninja Cannonball.
- Use Synergized Windstorm [L1 + △].
- Throw and Repeat Attacks until 1 ATB.
- Use Synergized Art of War [L1 + □].

21. Select the **Middle Challenge (only option)** when prompted during the enemy gauntlet.

22. Proceed to the next encounter.

Deathwheel

- Synergize.
- Run right to avoid its attack.
- Use Ninja Cannonball.
- Repeat Ninja Cannonball.
- Use Synergized Windstorm [L1 + △].
- Throw and Repeat Attacks.
- After Deathwheel casts Saturation Attack, use Ninja Cannonball.
- Throw and Repeat Attacks.
- Use Synergized Windstorm [L1 + △].
- Repeat Attacks until defeated.

23. Command Sonon to use Cure before next encounter.

24. Proceed to the next boss battle.

--- Scarlet: Phase 1 ---

- Synergize.
- Use Lightning Ninjutsu [L1 + X].
- Throw and Repeat Attacks.
- *Dodge as necessary.*
- After dodging Directive: Cover Fire, use Fira.
- *The Crimson Mare should be exposed.*
- Repeat Attacks until The Crimson Mare is STAGGERED.
- Use Synergized Windstorm [L1 + Δ].
- Repeat Attacks until 1 ATB.
- Unsynergize.
- Use Art of War [L1 + □].
- Repeat Attacks.

--- Scarlet: Phase 2 ---

- Synergize.
- Use Synergized Windstorm [L1 + Δ].
- Throw and Repeat Attacks until 1 ATB.
- Use Synergized Windstorm [L1 + Δ].
- Repeat Attacks until 1 ATB.
- Use Fira.
- *The Crimson Mare should be exposed.*
- Repeat Attacks until The Crimson Mare is STAGGERED.
- Throw and Use Synergized Windstorm [L1 + Δ].
- Repeat Attacks until 1 ATB.
- Use Thunderous Banishment I [L1 + O].
- Repeat Attacks until defeated.

25. Proceed to the next encounter.

Deepground SOLDIER x3

- Run towards the back of the area.

- Target Deepground SOLDIER B.
- Throw.
- Use Windstorm [L1 + △].
- Synergize.
- Move towards back-right corner while targeting Deepground SOLDIER C.
- Retrieve and Throw.
- Repeat Attacks until 1 ATB.
- Use Windstorm [L1 + △].
- Repeat Attacks until 1 ATB.
- Use Windstorm [L1 + △].
- Repeat Attacks until 1 ATB.
- Use Synergized Windstorm [L1 + △].

26. Continue until the next encounters.

Unknown Entity x2

- Target Unknown Entity B.
- Throw.
- Use Windstorm [L1 + △].

27. Wait for the next encounter.

Zenene x2

- Target Zenene B.
- Throw.
- Dodge towards Zenene A.
- Synergize.
- Retrieve.
- Use Ninja Cannonball.
- Target Zenene A.
- Use Ninja Cannonball.

- Throw.
- Use Synergized Windstorm [L1 + Δ].
- Use Windstorm [L1 + Δ].

28. Wait for the next encounter.

Elite Grenadier & Riot Trooper x2

- Target Elite Grenadier.
- Throw.
- Use Windstorm [L1 + Δ].
- Synergize.
- Throw and Repeat Attacks until defeated.

29. Wait for the next encounter.

Diabolic Creation & Projector

- Target Projector.
- Throw and Retrieve.
- Repeat Attacks in midair.
- Synergize after landing.
- Target Right Arm.
- Use Ninja Cannonball.
- Throw and Repeat Ninja Cannonball.
- When Diabolic Creation begins casting poison ability (???), Use Synergized Art of War [L1 + \square].
- Repeat Attacks until STAGGERED.
- Use Synergized Windstorm [L1 + Δ].
- Repeat Attacks until defeated.
- Target Projector.
- Use Synergized Windstorm [L1 + Δ].
- Throw and Repeat Attacks until 1 ATB.

- Use Art of War [L1 + □].

30. Command Sonon to heal party with items before the final battle.

--- Nero: Phase 1 ---

- Throw.
- Use Windstorm [L1 + △].
- Synergize.
- Retrieve and Repeat Attacks until Nero is STAGGERED.
- Repeat Attacks until both Yuffie and Sonon have 1 ATB.
- Use Synergized Art of War [L1 + □].
- Repeat Attacks until Phase 2.

--- Nero: Phase 2 ---

- Throw.
- Use Windstorm [L1 + △].
- Repeat Attacks until Nero is STAGGERED.
- Use Ninja Cannonball until both Yuffie and Sonon have 1 ATB.
- Use Synergized Windstorm [L1 + △].
- Repeat Attacks until Phase 3.

--- Nero: Phase 3 ---

- Use Synergized Art of War [L1 + □].
- Repeat Attacks until 1 ATB.
- Throw and Use Windstorm [L1 + △].
- Retrieve and Repeat Attacks until Nero is STAGGERED.
- Repeat Attacks until both Yuffie and Sonon have 1 ATB.
- Use Synergized Art of War [L1 + □].
- Repeat Attacks until Phase 4.

--- Nero: Phase 4 ---

- Target Abyssal Wings.
- Use Bloodbath Limit Break.

31. Timer ends after beating Nero and the “Nero defeated” text is displayed.

32. Congratulations!