Great! Here’s a **structured recap** of the **main arcs of the New World** (*Punk Hazard*, *Dressrosa*, *Whole Cake Island*, *Wano*) along with the **mini-transition arcs** (*Zou* and *Reverie*), focusing on:

* **Core values/themes**
* **Narrative pros and cons**
* **Gender writing insight**
* **Moral weight / consequences**
* **Comparisons among the arcs**

**🌋 1. Punk Hazard**

**Core Values:** Scientific abuse, deception, child exploitation, toxic allegiance  
**Major Themes:** The consequences of war experiments, betrayal, reluctant alliances

**✅ Pros:**

* Begins Law–Luffy alliance; sets up Doflamingo & Kaido
* Introduces **Caesar Clown**, a truly loathsome villain
* Deepens **Smoker/Tashigi** dynamics with G-5 Marines
* Introduces **Monet & Vergo**: competent and creepy villains
* Ties old arcs (Vegapunk, MADS) with new threats

**❌ Cons:**

* Lacks stakes by the end — villain isn’t that hard to beat
* Monet’s death feels wasteful (rare female Logia, gone)
* Tashigi once again underused

**🧠 Gender Insight:**

* Monet & Tashigi had potential but are either sidelined or eliminated
* **Children’s suffering** is central, but adults act as saviors

**🎭 2. Dressrosa**

**Core Values:** Freedom vs tyranny, legacy, justice under oppression  
**Major Themes:** Mind control, hidden slavery, multigenerational trauma

**✅ Pros:**

* Major world-building arc (Doflamingo, Celestial Dragons, ancient weapons)
* Deep character threads: **Law’s backstory**, **Kyros & Rebecca**, **Fujitora’s moral code**
* **Straw Hat Grand Fleet** established
* Peak of Oda’s writing complexity and tension

**❌ Cons:**

* Arc length was bloated even in One Pace
* **Rebecca’s arc** weakens climax emotionally
* Overuses flashbacks to extend time
* Side character overload

**🧠 Gender Insight:**

* Rebecca is thematically passive, while **Viola** has more utility
* Sugar is a unique and terrifying female antagonist
* One of few arcs with **multiple active women**, even if some are symbolic

**🐘 3. Zou *(Mini Arc)***

**Core Values:** Loyalty, survival, ancient bonds, protection  
**Major Themes:** Inherited will, racial genocide, ancient weapons

**✅ Pros:**

* Reveals **Raizo**, **Minks**, and **Kozuki clan**
* Emotional depth: **Minks’ suffering for loyalty**
* Sets up Wano and future war
* Great pacing and tone

**❌ Cons:**

* Mostly setup-heavy, little action
* Carrot gets introduced but not yet developed

**🧠 Gender Insight:**

* **Wanda** and **Carrot** are combat-capable women
* More inclusive in animal-people society, less gendered roles

**🎂 4. Whole Cake Island**

**Core Values:** Family, abuse, expectations, identity, freedom  
**Major Themes:** Tyranny of family, arranged marriage, sibling trauma

**✅ Pros:**

* **Big Mom**: terrifying, complex female Yonko
* Sanji’s backstory adds dark emotional layers
* Luffy vs. Katakuri: one of the best 1v1 fights in series
* Female villains: **Smoothie**, **Brûlée**, **Pudding** (gray morality)

**❌ Cons:**

* Straw Hats mostly split up — not a full crew arc
* Pacing lags during seduction forest and cake baking scenes
* Sanji's "won’t hit women" rule still harms flow sometimes

**🧠 Gender Insight:**

* **Big Mom** is peak matriarch villain
* Pudding is nuanced: romantic interest, victim, and semi-villain
* Powerful women abound, but Smoothie is criminally underused

**👑 5. Reverie *(Mini Arc)***

**Core Values:** Political structure, inherited sin, world injustice  
**Major Themes:** Global chessboard, secrets, looming conflict

**✅ Pros:**

* Sets up **Imu**, **Revolutionaries**, **Sabo’s fate**, and **Alabasta's consequences**
* Shows **Nefertari family** again
* Reveals World Government's dark machinery

**❌ Cons:**

* Extremely short
* Massive cliffhangers, no closure

**🧠 Gender Insight:**

* Vivi briefly appears but doesn’t get agency (yet)
* Female rulers like **Queen Cobra** highlight women's positions of power, though still shadowed by patriarchy

**🏯 6. Wano**

**Core Values:** Resistance, national pride, history preservation, inherited will  
**Major Themes:** Samurai code, revenge, isolationism, liberation

**✅ Pros:**

* Massive battle scale, multiple faction wars
* **Oden flashback** is emotionally powerful
* Multiple strong women: **Yamato**, **Hiyori**, **Toki**
* Great payoffs: Kaido’s fall, Gear 5, Joyboy mystery
* Art style shift makes it one of the most cinematic arcs

**❌ Cons:**

* Pacing issues, especially in Act 1
* **Yamato’s arc** ends ambiguously
* Overloads too many characters
* Kaido’s backstory feels rushed at the end

**🧠 Gender Insight:**

* **Yamato** proudly defies gender expectations
* **Hiyori** slaps Orochi — small but cathartic
* **Toki**'s legacy influences an entire timeline

**🧩 Comparative Summary Table**

| **Arc** | **Strengths** | **Weaknesses** | **Gender Representation** |
| --- | --- | --- | --- |
| Punk Hazard | World-building, alliances, Caesar | Weak villain defeat, women sidelined | Tashigi and Monet underused |
| Dressrosa | Complex plot, strong themes, Law’s arc | Bloated, Rebecca’s passiveness | Sugar, Viola, but symbolic femininity persists |
| Zou | Emotional loyalty, efficient setup | Low action, setup-heavy | Wanda and Carrot are proactive |
| Whole Cake | Deep personal conflict, Big Mom, Katakuri | Sanji passivity, split crew pacing | Female villains dominate, Pudding nuanced |
| Reverie | Global scope, big mysteries | Too short, many cliffhangers | Female rulers present, but passive |
| Wano | Epic finale tone, strong women, big reveals | Some arcs rushed, Yamato’s arc unclear | Yamato, Hiyori, Toki — high female strength |

Let me know if you want a *tier list* or *recommendation watch order* based on your energy, time, or themes you like the most (e.g. female presence, pacing, political depth, etc.).