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| **TMs** |  | **Location** |
| 1 - Focus Punch |  | Cianwood City from Chuck’s Wife |
| 2 - Dragon Claw |  | Dragon’s Den |
| 3 - Water Pulse |  | Given to you by Misty |
| 4 - Calm Mind |  | Given to you by Lucious |
| 5 - Psyshock |  | Rocket Factory |
| 6 - Toxic |  | Given to you by Janine |
| 7 - Hail |  | Weather Man in Goldenrod Radio |
| 8 - Bulk Up |  | Route 2 |
| 9 - Bullet Seed |  | Azalea Town |
| 10 - Hidden Power |  | Route 5 |
| 11 - Sunny Day |  | Weather Man in Goldenrod Radio |
| 12 - Taunt |  | Rocket Factory |
| 13 - Ice Beam |  | Chillen |
| 14 - Blizzard |  | Icefall Cave |
| 15 - Hyper Beam |  | Goldenrod Department Store |
| 16 - Light Screen |  | Ecruek City |
| 17 - Protect |  | New Bark Town |
| 18 - Rain Dance |  | Weather Man in Goldenrod Radio |
| 19 - Roost |  | Sprout Tower |
| 20 - Dragon Wing |  | Shay |
| 21 - Fire Punch |  | Celadon Department Store |
| 22 - Solar Beam |  | Given to you by Erika |
| 23 - Iron Tail |  | Jasmine |
| 24 - Thunderbolt |  | Given to you by Ohm. |
| 25 - Thunder |  | Goldenrod Department Store |
| 26 - Earthquake |  | Goldenrod Department Store |
| 27 - Return |  | Man in Cerulean Pokecenter |
| 28 - Leech Life |  | Ilex Forest |
| 29 - Psychic |  | Psychic Guy in Saffron City |
| 30 - Shadow Ball |  | Given by Mike Mangian |
| 31 - Brick Break |  | Cianwood City Dojo |
| 32 - Power Up Punch |  | Celadon Department Store |
| 33 - Reflect |  | Fuschia City |
| 34 - Shock Wave |  | Powerplant |
| 35 - Flamethrower |  | Given to you by Koal |
| 36 - Sludge Bomb |  | Route 50 |
| 37 - Sandstorm |  | Weather Man in Goldenrod Radio |
| 38 - Fire Blast |  | Goldenrod Department Store |
| 39 - Venoshock |  | Route 26 |
| 40 - Aerial Ace |  | Falkner |
| 41 - Low Sweep |  | Cianwood City Dojo |
| 42 - Facade |  | Route 28 |
| 43 - Brutal Swing |  | Jade City |
| 44 - Rest |  | Route 15 |
| 45 - Smart Strike |  | Given by Lou Dolphin |
| 46 - Rock Polish |  | Rock Tunnel |
| 47 - Steel Wing |  | Route 2 |
| 48 - Volt Switch |  | Power Plant |
| 49 - Brine |  | Olivine Lighthouse |
| 50 - Overheat |  | Mt. Ember |
| 51 – Sky Attack |  | Outside Safari Zone |
| 52 - Focus Blast |  | Goldenrod Department Store |
| 53 - Energy Ball |  | Meadow |
| 54 - False Swipe |  | Route 36 |
| 55 - Scald |  | Given by Chelsea Hameister |
| 56 - Bulldoze |  | Given to you by Terra |
| 57 - Dragon Tail |  | Given by Lance in Kanto Victory Road |
| 58 - Infestation |  | Ilex Forest |
| 59 - Dragon Pulse |  | Dragon Den |
| 60 - Drain Punch |  | Given by John Mangian |
| 61 - Will o Wisp |  | Lavender Tower |
| 62 - Silver Wind |  | Lake of Rage |
| 63 - Wild Charge |  | Mt. Silver |
| 64 - Ice Punch |  | Celadon Department Store |
| 65 - Shadow Claw |  | Celadon Department Store |
| 66 - Thunder Punch |  | Celadon Department Store |
| 67 - Counter |  | Cianwood Dojo |
| 68 - Giga Impact |  | Goldenrod Department Store |
| 69 - Struggle Bug |  | Route 48 |
| 70 - Avalanche |  | Ice Cave |
| 71 - Stone Edge |  | Sevault Canyon |
| 72 - Discharge |  | Factory |
| 73 - Thunder Wave |  | Route 2 |
| 74 - Toxic Spikes |  | In Celadon |
| 75 - Swords Dance |  | Training Tower |
| 76 - Stealth Rock |  | Given to you by Brock. |
| 77 - Spikes |  | Training Tower |
| 78 - Headbutt |  | Training Tower |
| 79 - Dark Pulse |  | Zabuza |
| 80 - Rock Slide |  | Rock Tunnel |
| 81 - X-Scissor |  | Bugsy |
| 82 - Hone Claws |  | Training Tower |
| 83 – Bug Buzz |  | Bike Path |
| 84 - Poison Jab |  | Fuchsia City |
| 85 - Dream Eater |  | Shayde |
| 86 - Acrobatics |  | Sprout Tower |
| 87 - Frost Breath |  | Icefall Cave |
| 88 - Work Up |  | Cherrygrove |
| 89 - U-Turn |  | Ilex Forest |
| 90 - Grass Knot |  | The Bluffs |
| 91 - Flash Cannon |  | Goldenrod Department Store |
| 92 - Trick Room |  | The Bluffs |
| 93 - Sky Drop |  | Bellsprout Tower |
| 94 - Substitute |  | Berry Forest |
| 95 - Sleep Talk |  | Route 16 |
| 96 - Swagger |  | Jade City |
| 97 – Giga Drain |  | Celadon Park |
| 98 - Rock Tomb |  | Ninja Village |
| 99 - Dazzling Gleam |  | Amy |
| 100 - Confide |  | Route 26 |
| **HMs** |  | **Location** |
| 1-Cut |  | Vermillion School Prize |
| 2-Fly |  | Route Next to Celadon, above Bike Path |
| 3-Surf |  | Oak gives to you after saving him. |
| 4-Strength |  | Given to you by Blue in Saffron City |
| 5-Waterfall???? |  | Given to you after defeating Kanto Elite Four by Blue. |
| 6-RockClimb??? |  | ???? |