This document will record all the strategies and information about the Metroid: Fusion - 100% / any% NMC Normal Blindfolded Speedrun. By Bubzia.

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# Abbreviations

TB = Textbox

L/R/U/D = digital pad directions

LR/RR = normalized left/right jump

sRR/LR = shortLR/RR

NJ = neutral jump

RT/LT = right/left NJ into Apress for spin

G = grab

GG = grab + getup

W = wallkick

M = morph (morphball)

UM = unmorph

Pbomb = PowerBomb

SJ = space jump

DBJ = doublejump (NJ into neutral SJ at peak)

IGT = in-game time

Yellow Highlight = 100% Changes compared to any%

Green Highlight = BackupStrats

# Before the run

* Create/Load a 0:00 IGT file on the right difficulty (Normal)
* Audio on Headphone mode

# Splits

## Missiles

Mash 10TB,Ldoor

Ldoor

Climb1:1L,LRintoRGG, RRWLN,LR,LRintoRGG,LRintoRGG,NJRGLR,Ldoor

Ldoor

Ldoor

3L terminal, 2TB, Ldoor

Climb2:LR,sLR,wall,RR,sRRwall,NJLGG,LRdoor

Lfall,Dhold, Lfall, Ldoor

Lwall,LR,Lwall,LR,DLkill, Rfall,wallRR,wallRRdoor

2RsRRGG,NJRGG,Rdoor

Rfall,Lfall,R2xfall/RsRRover block, Rdoor

3Rterminal,18TB,yes,Rdoor

Climb3:RR,2RRR,wall,RRWLRGG,RR,Rdoor

Rdoor

//RR save,RRRdoor

RR,NJLGG,RR,ULkill,LR,2RR,Rdoor

3Rterminal,6TByes,Rdoor

RR,RRGG,Rdoor

RR,RT,Uelevator,hold A

Ldoor

6LLR,LRGG,Ldoor

Ldoor

3L,missiles

## MorphBall

URdoor

3Rterminal,6TB,yes,Rdoor

2RR,RT,RR,2RT,missile,RRR transition

R 3missile,DRshootfall,LRGG,DLshoot,DRshootfall,DLshootfall,RRRladderUGG,RfallintoLfallintoRmissiletank, Lfall door

ULshootLR into missiletank,Rdoor //NJDshoot if not hit

Rshootdoor

3Rwall,RRRkill,DRkill,collect into Lwall,RR, (3LR,1L,RR,save)missile into timed eye hits/NJ for dodge, after 2 hits/dodges rekill zombie,Rdoor

2RRR,LRWR,RfallLGRRGG,Rinto Etank, RG,LR,U2missile,NJRGG,Rfall,L into Etank, LRGG,Lfall,RG,Dfall,2blocks,land,LR,super short LT

**MorphBoss**: ready missile spam on spawn, dodge LR/RR alternates into spam

Ball: spam shoot for missile spawns, LR/RR for pickups, else L/R turnaround missile into 3hits

1L/1R LR/RR into morphball

## ChargeBeamSector1Start

M,5L,UM,LRGG,Lfall,LLRGG door

UM on music change/land, LRladderGG,LUM,RRladderU,2Lshoot,LRGGLUM,LshootLRGG,LUM door

Lshoot,shortLR,Ldoor

LR save,LRdoor

Ldoor

Lfall,R2land,Ldoor

3Lterminal,Ldoor

LR,shortLR,Lwall,RR,shortRR,M,R till missiletank,7LUM,Rwall,NJLGG,LR,Ldoor

2LLR,M,3L,UM,Ldoor

Ldoor

2LR,D,elevator, cutscene

Ldoor

LT,LR,D,elevator

## ChargeBeam

DRdoor

3Rterminal,9TB, Rdoor

Rdoor //RR save

Rdoor

RfallLland,Rdoor

9R(scount),4missiles,Rdoor

Hive1: Rwall,RRfastWL,RR,Rwall(4),RR,Rfall,2Lfall,Rwall,LR, test with missile into 3hits,RR,Rdoor

DRmashwall(1-3dmg), MR into Etank,Ltilldmg,UM,RR,Rdoor

Rfall,Ldoor

4L,Dmissile,3L,Dmissile,5Lmissile,Ldoor //try DL missile at 5,2,5 steps

Lfall,Rfall,DRdoor (2-3dmg)

1R,RR shoot Rdoor

Hive2: smallRT,RRGG,RR,NJUG,5-6Rend, TODO A,2Rland, RRGladder U, bit D L test missile 3hits, DA ,DLtap 2kill, Lcollect, Rdoor //2fall backup: Rwall, LRG,RRG

1R,RR,Rdoor //dodge enemy

Rfall,Rdoor

Hive3: 1R,RRG,LRG,RRGG,NJG,7R, try missile 3hit, 9Lend,Rtap,LArelease,LGG,Ldoor

L into missile tank, Rdoor //potential 1hit

Rfall into neutral, Rdoor

PirateRoom: smallRT, Ucheck kill(instant missile),Rwall,Ucheck kill,RRG,Uend,Ucheck kill x2, Lcheck kill else, DtapULRGG, UL/UR check kill,RRG,LR, UR/UL check kill,LRG,RRG,LRGG,Ldoor //5pirates total

ULmash door //security door

ULmash till kill/dmg, kill enemy, LRG,RRLmash for 2block clear (usually 1-2jumps),LRGG,LUM,Ldoor

L3blockfall into M, L UM, Rwall,RRG,LRG,RRG,1D, if beam R, if eye Lmissile for 3hit,LR refill,Ldoor //2Ldoor for SAVE

**ChargeBeamBoss:**

Lmash till kill,RR,5R, Lwait 2 beat cycles, missile, 2dmg into 5R/5L runaway into counterdirection missile repeat for other 3 hits, collect ChargeBeam 4RR/3LR

## BombSector1End

LRG/2LRG,RRGG,2RRdoor //second RR mid

2Rwall,RR,Ushot,NJRGG,RRdoor,

Hive4: R2killfall,L2fall(1-2dmg),MLwall,UMRRGG,smallRR,mash into missiles for 3hit, Lfall,D,Rtap shoot a bit into M,R,UM,Rdoor

URmashdoor //security door

RR,LRWR, LRdoor //RRdoor for SAVE

2LR,RR,(2LR),RRshortWLGG,2RRdoor

Hive5: R/DRmash wall(2kill),LRGG,Lkillwall,RR,Umashkill (check NJ kills if not),NJRGG,2RRkill,RR,2RT(1full,1short),(Rtaps),Umissiles 3hit,Rfall,Ldoor

2LRdoor

L/DLmash door

LR,RRGG,LR2fall,Rfall,Ldoor

Ldoor

9Lwall,RRGG,LRdoor

//3L,recharge skip s1 recharge

//3L,J,save

3L terminal

## Bombs

LR,1L U elevator

Hold A text cutscene, 3down tone press

Rdoor

Rdoor

RT,RR,(Rtaps),D elevator

DRmash door

3R terminal 19TB yes,Rdoor

Rdoor //3RJ SAVE

Rdoor chargebeam//3R refill,

3R D kill,Rfall,Lfall,Rfall/dmg,DLmashfall, R2missle,,chargebeamRwall, NJGG,Urelease, LGRRGG, UR(J) kill, RRGG,LR,Ltap,NJRGG,Rdoor //chargebeam

Test NJDRkill else RRcharge, D release 2missle, Rdoor //chargebeam

RRGG, Rwall try kill, if not: recharge Rwall, Ukill, RRWLGG:

If GG: NJLGG, D,Lkill, Ldoor

Else: Rfall,LRG,RRWL,RR,NJLGG,D,Lkill, Ldoor

Lfall, L/Rtaps for blue security lock, URdoor //chargebeam

Try Drelease, Rfall, DLdoor //chargebeam

Try NJDLrelease kill, else LR, D release,2missile, Ldoor

LR,RfallG,Ddmg,Lfall,try D kill(dmg),Ldoor //chargebeam

Instant release, Ldoor //chargebeam

LR,Ukill,NJRGG,LR,Lfall,LR,Ldoor

3L into bombs

## HighJump

URdoor

Mash Rfall,shortRR,Rfall,RRGG,MR3bomb (unmorph first bomb for speed),R into missile tank

Lbomb, 3x4mashed bombs into UMfall,M,Rfall,RUM, (!Rdoor for save), Ltap 2kill, Lfall, D,kill,Ldoor

LR,4Lfall,RRWLshootGGLfall,UM,1Lwall,Ukill,LR,bomb,UMRtap,shortRT,wait for pillar,RRGG,R into missle, LG,RRtap,RRGG,RUM,Rfall, 2Lbombfall, 2Rbomb,Rtap,UM,DL/DR2kill(savety 2kill if low HP),LR,Lwall, MbombUM, MRfall,bombUMfall,D2kill, //if enemy under the bomb block, try NJRG into wait or NJ D kill

3Rbombfall,UM,D,Ltapkill,L,UM,LGG(LRGG),2Lbombfall,bombUM,DLmashdoor

Lfall,Rdoor

M,Rfall,bomb,Lfall,RR,Rfallx2,M,1Lbomb, L/Utap alternates till stand, DL kill until free,Lfall,D,2kill(charge,missles) //blue guy is ultra strong

MRbomb,UM,DRshot,MRhold into missile tank,UM,LRGG,LUM,RR,Mbomb,RUM,Rdoor

Rfall,2RRGG,RfallUM, DRmash for kills, Rwall, M Ltap bomb, LR,RRGG,RUM RR,Rmash door

2RR,LRGG(if hit LRGGagain),LRGG,LR,LRquickWR,RRdoor //chargebeam

Rfall,Drelease kill,M,R,5RUMinto RRdoor

RRdoor

RR SAVE!!!, Rdoor //chargebeam

Rfall,RRdoor

Rwall,RRR into E tank, Lfall,Rwall, NJD shot, door fight, timed dodges into chargebeam 2hit

**HighJumpBoss:**

RR,Rfall,Rwall, chargebeam into wait until dmg and attack pattern, Ltap Urelease 3missles, Lwall repeat 2times

Last phase: L wall, wait into bit more R chargebeam U on jump of boss, run away Rwall into Ltap repeat / LR/RR into faster jump attempts, 2 on each side different timing TODO practce

Ball: L/Rwalls into missles for 4 hits

2L/2R into LR/RR for Highjump

## SpeedboosterSector2End

Lwall,LRGG,LRGG,DLdoor

LR,NJLGG,ULLRdoor //chargebeam

Lfall,shortLRdoor

Ldoor (LR save)

1Lwall,shortLR,Ldoor //chargebeam

Lfall,Dreleasekill,M,5LUM,Lwall,LR,Mbomb,UM,Ltap into fall

8SAXstepsRholdwall,NJDshot,Lhold into dmg, Ldoor mashed

LRLRGG,RR,LRGG,LR,2RR,LRGG,RR,3Rwall,2LR(2nd short),M,1Lbomb,1L,Jbomb,UM,JM1RUM,Rdoor

Rdoor //chargebeam

Drelease kill,M2RUM,2LRG,RG,LRMLtransition (bombcheck)

Lbomb UM,LRtap,Lwall,RRUshotblocks,NJR,5Rwall,2LR,4L,RR,4R,2LR,Ldoor

3L recharge, Ldoor //either recharge here or at sector4 beginning

Ldoor (3L J SAVE)

3L terminal

## Speedbooster

5TB,yes,Ldoor

2LR,U elevator

Hold A text press

Rdoor

RT,RR,Rtaps D elevator

DLdoor

3L terminal,11TB,yes,Ldoor

(3L SAVE,) Ldoor

(3L recharge,) Ldoor

LGG,2LR,Ldoor //LlandLR

Ldoor //chargebeam

1Lwall,RR,LRkill,MJbombUM,LR,Lhold till 5electro(on5),2LRGladder,ULtop,Ldoor //if hit L ladder //chargebeam

D missile/release,Lfall into water till spawn UL, then Uladdertop,chargebeamLR, Lfallmash,LRdoor //chargebeam

4L,Ureleasemissile,LRGRRGG,chargebeam,Rwater,1RRR,Rwater,RRkill,RRout of water, JULkill, chargebeam,RRWLWRWLkillGG,LUM,Ldoor

L into Etank,Rdoor

2Rwall,RRGG,RUM,chargebeam,Lwater,LRkill,LRout,Lwater,1L,LRout,LfallG,RRtap,Rdoor //chargebeam

chargebeam,Rwall,RRGladderUG(recharge),Dreleasekill,Rfall,Ldoor //chargebeam

NJreleasekill,ULshot,LRGG,1Lbomb(chainsound),RUM,Rwall,2LR,shortLT,check UJG,

2L into check kill, all the way total 12L,Lrelease,LR,2Lwall,LRtransition

3Lwall,LRGladder,Utop,Ltransition(test bombs)

LUM,Lfall,Rwater, D,Ltap, 0-4kills into ML missile tank,RwallJout,Rtransition(check bombs)

Rfallneutral,UM,RG,DD(M)transition

Lbomb,UM,L,Mbomb,UM,Ldoor

Ukill,LRGladder,UGG,NJUGladder,5Lclimbs,Ushot,RR,Dshot/kill,M,4RwallUM,testUkill,chargebeam, LRGladderUGG,NJkill,LR,NJUladder,3Lclimbs,NJDshot,1Lwall,Umash,LLWRGG,Rdoor

3R SAVE,2RwallURshot,MRJ,transition

Rbombmash into blocks, Rwall,UM,Rdoor

RR,Rfallwater,5R,RRGG,Rdoor

1Rwall,LRG,RRWLWRGladder,UGG,chargebeam,Rfall,Lwall during fall,Rtap, eyedoor for 2 chargebeam hits, different dodge timing since water/ on sound J, Rdoor //can try quickkill with Rwalllfall,hit into RT in front of eye for 1 chargebeam

**SpeedboosterBoss:**

1R,LRGG,LRGladder,2RR,NJ,NJUGladder,all the way left(5L),hit on audio cue(6 beat), DA,land,LRGladder,3U, on hit hold Lregrab, else chargebeam into Rshot on speedend or water outcoming, follow up with one missile until dead,

Ball:shortRR on first platform, spam missiles for fast first hit, RR over ball, ULmissile for second hit, after that random missile it with L/R runaways in water or missile spam on dmg

CollectItem: Rwall,RRG, Utop(1outofwater), LRGG,LR into speed

## Sector4End

3RRdoor

RRGG,12Rshine,Rfall,Linto mashed spark, Rspeed into blocks,Dtransition

Lfall,M,Jbombmash(blocks),UMexplode,MLJ5Lbomb,UMshotafter blocks, MLmissiletank,1RUM,RRGladder,1D,L2missiles,LRGG(check for hole),LfallUM,Rfall,Lfall,4Rfall,RR2shot Rmissile tank, LfallGD(test screw shotcancel),2L,LR,Lfall,Rfall neutral, transition

Ldmg,land,LRGladder,5ULtop,Ldoor //chargebeam

Backups: on second electro hit RGG,LRGladder / Rout of water, L 5 electro 2LRGladder

D,releasekill,ULtestkill,2LR,Ldoor //chargebeam

Jreleasekill, ULshot,LRGG,1Lbomb blocks, R UM,2LR,LT,UGladder tests with Rtap,2Lkill tests, total 12L,LR,Ldoor

Ldoor //speed

Lspeedend,Gladder,2RR into waterpump, LGladder,4D,RR(GG),MR into missile tank,RJ,RfallneutralUM,RRGG,Ushot,NJRGG,Rdoor //speed

Rdoor //speed

Rspeedend,M1RUM,chargebeam R2fall, D,L/R3kills,4L/LL, Rspeed transition

19speedR into neutral/transition(Lback transition),2LRGG,LUM,5waterLinto missiletank,1LLRGGLUM,Ltransition,1L,Rbacktransition speed

Rdoor after long speed

Dkill,chargebeam,RR,3Rtaps,Ukill on spawn,Rdoor

1RRR,(Rwall),5RR/(RR,Rfall,2RR),Rdoor

Rdoor //3Rrecharge

Rdoor //3Rsave

3R terminal

## SuperMissiles

9TB,yes,Rdoor

2RR,U elevator

Ldoor

Ldoor

Ldoor //speed

Ldoor (go neutral in transition)

LT,Ltaps D checks for elevator

DRdoor

3R terminal, 11TB,yes,Rdoor

Rdoor

Rdoor //speed

Rspeed until 2fall,Rwall,Lmash door //speed

Lspeedblocks,3Rwall,2LR,Rtap,NJ2shotD,Rfall,2Rwall,shortLT,Ushot,NJ into missile tank, 3LwallLR,U2shot,NJR,4Rwall, 6wait, 11Lshine,ULsparkLholdGG,M,LJ,bomb,L transition //backup,12shineR,11shineLrepeat

LUM,1-2Lsearch green lock, Rdoor //speed

Rspeed into first sound, RRblocks, Rdoor

Rspeed mash door

Rwall,2LR,M,RJ,Rfall,neutralUM,ULshot open, 4Lwall,Rspeed transition

Rspeed blocks,Lfall,Rdoor

Wait enemy sound,RR,NJLGladder,ULtop,Ldoor

5Lwall,MJbombs,LJ into missiletank, buffered bomb,Lfall,UM,NJRGG,3Rwall,bomb,JR,2R,bomb,bitR,UM,RRdoor //chargebeam

Rfall,release Rmash missiles, RRdoor after kill3 //RRon first speedsound

Rdoor

3R into data Super Missiles

## Sector3End

ULdoor

Ldoor //speed

L2fall,2Rwall,shortRRdoor

Rdoor

Rfall,3Rwall,shortRRdoor

land,4missiles,R into missiletank, ULmashLLdoor

3L recharge,1L,LLdoor

3L,NJsave,Ldoor

Lfall,2Lwall,RRGG,LR,5L(boss sound),Rfall,RR,5Rmash,shortRR,Rdoor

**SupersBoss(Bot1):**

Rtimed missile shot on 6th boss step into neutral U spam for 2-3(need to hit once to initialize stunlock), Lwall (till ball shot soundcue),RR,dmg,NJU, Ltap,Dmissile setup, wait for wallbounce into missilemash(6th step),neutral into missile spam after dmg

LR,RR,2LR into transition

Lmissilemash speed door //TODO check if the flying enemy really cannot hit you

BufferedShine in transition,neutral L spark,M(DD),bomb,UMexplosion,Mbomb,Etank,Mbomb,fall,land,Lmissile6Lwall,

MJbombs,LJ into transition

Lfall,UM,6Lmashwall, chargebeam, RR(kill),2Rwall,LR,Ldoor

Ldoor //recharge 3L

Ldoor //save 3L,NJ

3L terminal

## VariaSuit

10TB,yes,Ldoor

2LR,U elevator, cutscene, 4fast TB

Rdoor

Rdoor

Rdoor //speed

Rdoor

Rdoor //neutral in transition

RT/Rtaps into D elevator checks

DRdoor

3R terminal,10TB,yes,Rdoor

Rdoor

Rdoor

instantJ after transition for speedJ, Rdoor

Rfall,Lfall,M,LJbombs,LJ transition

L into missile tank, Rtransition

RUM,R3missiles, 6RshortRR,2Rwall,M,RJbombs,RJ Rtransition

RJbombs, block sounds(else repeat), RRGG,3Rbombblock,Rfall into Etank, NJLpipe,Lfall,Ltransition

LUM,Rwall,LR,3Lwall,RR,Rdoor

URmash,shortRRdoor

URmash fall, Lfall,Rfall,Lfall(if not Rfall again),URmash shortRRdoor

Rmash(dmg),RGladder,Lshot,LR(GGUM),Lfall,LRtillLGladder,DArelease(1-3dmg boosts),DLdoor

ULmash speed,LGladder, DArelease,Ldoor

2Lwall,LRM,Lwall into Etank,Lwallbombs blocks, Rfall,Rfall blocks,Rdoor

9Rwall,M,bomb,UM(explosion),M,L into SAX, 3stepsR(full), (total 24steps pbomb), wait for second(5steps after 1st) spacejump into RR,R,fallblocks,Ldoor

6Lmashwall,LRGG,Lhold into transition,

DLmashG,DA4shots,Dshot,M,6Ltransition //Ldoor save for Boss! TODO

UM, (Umash?),2L, LRGG(charged),Lbombs till missile tank, Rfall,UMkill,M,Rtransition //TODO enemy RNG

Backup: kill all with Umash,ULmash from Rwall, Dmash

UM,Rwall,Ushot fullRR,Rshot,2Rfall,Rdoor strat test //chargebeam

Rdmg,RRkill,Rfall neutral into door attacks, 1missile hit, dodge on attack, Rdoor

Wait for ball to go away (2nd electro sound after explosion), Rdoor

**VariaSuitBoss:**

Chargebeam, 3RR,LR, just chargebeam releases on dmg,

ball = L/R in water until hit into neutral missile, if no hit long time, turnaround missile check

water,L/Rwall,LRGG/RRGG,LR/RR,short LT/RT, NJ into VariaSuit

## Sector6End

Rtap,2RR,Rdoor

Rdoor

2RRGladder,14Utop charge,LR,Ldoor

neutral,3L,LR into missile tank, Lhold,LGG,5LUM,Lwall,try URcharge,charge,RR,NJ into missile tank,M,Rfall,UM,Rdoor

2RRGladder,14Utop,Rdoor //chargebeam TODO hundo?

3R,RR,LR,Ldoor //on dmg repeat from RR

ULkill,shortLR,LRGG,Lfallblock,UM,LRGG,2LUM,chargeRwall,RRWLWRWLWRWLmash(GG),Lmash door //R is safe on ladder, 5W total //chargebeam

Lfall,2Lwall,RRGG,Rwall(dmg),RRWL,Lwall,Urelease, LRGladder,1U,RR(GG),3Rwall,LR,Ldoor

charge,DLrelease on 5th step after fall, Ldoor with shortLR(after kill) //chargebeam

Release in transition, Lfall,Rfall,Lfall,DLmash, 6Lwall,charge,RRGG,Drelease, 2Rwall,LR,Ldoor

ULmash till door,LRdoor

3L recharge, Ldoor

Ldoor

3L terminal

## IceMissiles

16TB,yes, Ldoor

2LR,U elevator

Ldoor

Ldoor

Ldoor

Ldoor //speed

Ldoor

Ldoor

Ldoor //transition slowdown

LT Ltaps D check for elevator

DRdoor

3R terminal, 5TB,yes,Rdoor

Rdoor //3RNJSAVE

Rdoor //3Rrecharge, neutral in transition for speed stop

Rfall,Ukill,NJshot,NJmissile,RRGG,4RUM,Rdoor

1Rneutralfall,R2dmg,RR(G),LRGG,LRGladder,7U,RR,Rdmg,RGDfall,Lfall,RRdoor //backup: Rwall,2LR,RR,2LRGG

4R,RR,2Rfall,2Lfall,1Rwall,NJDshot,Ldoor

D,missile,5L,Rdoor //build speed

Rspeedblocks,2Lfall, Rfall,2Rwall,shortRR,M,Rbomb,Rfall,UM,shot,M,Rdoor

Instantly RJbombs,UM,Rfall,1R,shortRRdoor

Rfall Dshot,land,LRdoor //backup: LwallDLshotsGDLdoor

(3L SAVE), Ldoor

Lfall,5LLR,instant reLR,3LLR,Ldoor

Ldoor

3L yellow security door,ULdoor

5L,RR,missile,1Rwall,2RR,NJL,LR,Ltap,UL enemykill,NJRGLRM,bombsRland, LRGladder,10UL(regrab on dmg),RR,Rdoor

//OLD STRAT: 5L,RR,missile,2Rwall,2RR,NJL,LR,Ltap,NJRGG,2RR,RRGladder,Ushot,ULshot,LR,4Lwall,RR,Ushot,NJR,Rdoor //enemies can throw you off if not on cycle and rng, reset room or improvise if hit and lost

(3RSAVE),Rdoor

Ushot(lock), Dmissile,Rdoor //neutral in transition

4R,RRGG,3R,shortRR,Rdoor

URshot,Rdoor //URdoor

3R data into ice missiles

## Sector5End

Rdoor

DRmash

**EarlyEtank(try once, else second visit):**DRmash, land,LfallRGladder,1U,DLmissilemash till freeze, timed LR, LRdoor

Lfall,Lspawnmissilekill,shortLR,M,1Lwall bomb,UMexp,MLbombs into Etank,RJ(rebomb),RUM,Rfall,URdoorsound,shortRRdoor

Rfall,Ldoor //TODO check if missile climb tank not later in cleanup with spacejump else restrat

Wait till transform sound,missile,LR,Ushot,NJLGG,Ldoor

chargebeam,LR,LGG,2LR,NJreleasekill,2RR,NJLreleasekill on spawn, RGG,Rfall,

Ltapmissile on spawn,LRdoor //speed

Lspeedend,LR,RR,Rdoor //LRWRGG timed

missile,RR,NJL,RR(dmg),6Rwall,RR,4Rmashwall,RRGG,Ltapshot,LRGG,3LfallUM,6LRRGG(on 6th step neutral)(backup:Lwall,4RRRGG),3Rwall,RR,NJLGG,2LwallLR,Ldoor

Lfall,NJRGG,RRGladder8ULR,L2dmg,LG,RRtap,3soundsLtap,L1-2dmg,4L,shortLR,Ldoor

Ldoor //TODO early missile tank

2LLRGladder,4U,RRGladder,LRdoor //emergency start

3Lrecharge,Ldoor

3L save, Ldoor

3L terminal

## WideBeam

9TB,yes,Ldoor

//6min escape sequence

2LR,U elevator

Rdoor

RT,RR,Dchecks elevator //Sector3

DRdoor

Rdoor

Rdoor

Rdoor

Rdoor //through speedblocks etc.

RR,NJL,2RR(dmg),Rholdfallblocks,neutral,ULshot,4L,Rtransition //build speed

Rspeedblocks,L(GD)fall,Rdoor

R2dmg,bit more Rwall,neutralfall,DLdoor

Llava,LR,Llava,2dmg,2LR,checkNJUGladder, kill enemy,13Lclimbs with UL(U if hit regrab),Ldoor //chargebeam

LRkill,Urelease,ULmissile(timed),LR,NJR,Rdoor

Rfall,2R,shortRR,Rdoor

RR,Umissile(timed),LR,RR,Umissile for freeze, 2R,2LR,Ldoor

LR,1L,LR,UL3missilekill,Umissile,1LLRGG,LGladder,4U,chargebeam,RR,4Rwall(dmg),RR,U3missilekill,ULkillcheck,LR,(NJkill),Dkill,4LLRpit,Lfall,Rfall,Lfall,Rfall,(neutral one pass possible),Ldoor //chargebeam, if first part fall in lava, LRdelayedWRGLRGladder

1L,LRkill,Ldoor //2LRkill,Ldoor

L2missile kill,Ldmg into missile mash,LRenemybug,NJLGG(fast),L 1missilehit on door,Ldoor

LR,RR,LR,4-5missiles2kill,2LR,1-2missilekill,1LLR,Ldmg(door),1missilehit on door, dodge on sound,Ldoor

DLwall(transformsound),dmg,R/L turnaround each 2-3 move sounds,RR into widebeam

## Sector3.2End

B out of text, Ltaps for terminal alarm off,2RRR,shortRR,2RRRdoor //chargebeam

Rdoor (releasekill after Rland)

1R,RRdoor

1R,LR,RR,LR,U3missilekill,bitRRR(GG)(dmg),Rfallblock,neutral,dmgRGGs till door/ lava: 5RRRdoor

RR,Rfallbit,Ldoor //chargebeam

ULreleasekill,Lfall,2L,shortLRdoor

Lfall,Rdoor

Rlava,R3dmg,RR,1RRR,Rlava2dmg,RR,Rlava,RR,Rdoor

chargebeam, 3RRGladder,URtop,LR,LRGladder,ULtop(non chargebeam for audiocue),NJLGladder,ULtop,Ldoor

4L,M,LbombsUM,explode into M Lfall transition

UM,Ltransition

Neutral, ULshot, Ldoor

L4missile,LR,RR,Ushot,RR,4R,RRGladder,LR,mash5Lwall,chargebeam, RR,2R,LR,Ldoor

(3L recharge), Ldoor

(3L SAVE),Ldoor

3L terminal, 11TB,yes

## Animals

Ldoor

2LR,U,elevator

Rdoor

Rdoor

8R(at8),Uchecks for elevator //backup: Lwall,5RR,U,elevator

Rdoor

Rdoor //build speed

RspeedblocksGG,Rdoor //try J instantly after speedblocks for fast door

Rfall,Lfall,R2fall,Rdoor

Rdoor

2RR,RRWLGG,LR,NJLtap,LRdoor

neutral,2L,Uchecks for elevator

Ldoor //Rdoor for save

Umissilefreeze,Lfall,1Rwall,RR,Umissilefreeze,1LLRGG,DRtap,wait for unfreeze, short NJ, timedDURmissile,RR,LR,Ldoor

4L,DLmash,G,D,URshot,5R,Lmash speed blockG,D,Lfall,LR Ldoor

3L,LRGladder,Umissile,DRtimedDmissile,RR,Umissile,2LLR,LRG,2RRdoor

Rfall,4R into terminal

## PowerBombs

Cutscene //check with beam when over

DRmashGD,DLmashGD,UR mash missiletank,RRtap,Rdoor

Rdoor with 2RRRtap

RR,shortRT D elevator, hold A, ABmash after3

Rdoor

RG,Dland,Rfall,L2fall,Ldoor

3L terminal,6TB,yes,Ldoor

LR,3Lwall,NJRGG,shortLRdoor

2LLR,M,2L,UM,Ldoor

Ldoor //build speed

Ldoor

Lspeedblocks, R into missile tank, short RR into transition

3R,Dchecks for elevator

Ldoor

Ldoor

Ldoor //neutral in transition

LT,Dchecks for elevator

DRdoor

3R terminal, 1TByes,Rdoor

(3Rsave),Rdoor

(3R recharge), Rdoor //chargebeam

RGladder,LRtapland,Rdoor

Rdoor

R2dmg,RRGLRGG,LRGladder7URR, R(dmg)G,DAfall,Lfall,1Rwall,shortRRdoor

5RshortRR,Rdoor

URdoor //URshot lock

3R data into power bombs

## Sector5.2End

Rdoor

DRmashfall,Lfall,RGladder,DRmissilemash till freeze, timed short LRon enemy,LR(GG),Ldoor //if not done first time

Pbomb,Lspawnmissilekill,shortLR,M,L into Etank, RJ,RUM, shortRR door

Rfall,DLdoor

Pbomb, Lfallblock,shortLRdoor

SAX: 2SAXstepsL,Pbomb,LR,Lwall,LRMLUM,shortLR door

Pbomb,ULkill,L into Pbombtank, 2R,LRGladder,RRWLdoor

Ldoor //chargebeam ;TODO upper PBOMB TANK spaceJ cleanup early

5Lwall,RR,release,1Rwall,Pbomb,2RR,NJL,2LRGladder,10UL,RR,Rdoor

(3R,NJ SAVE),Rdoor

Pbomb, URshot,Ron exp Rdoor

Neutral, 4R(on5),RRG,LRPbomb,LJ on exp,LUM door

**S5Pbomb room:**

2LR,M,LJ,UM on tile1, Rhold 3xdmg,D,Ltap,missile freeze on 5th dmg beat, M,LJhold till L fall,UMURcheck missile freeze, MLJ pipe, repeat, but Rhold 1xdmg bit delayed missile on 2.5rd dmg beat, Lhold, on land instant UMLGG,L into PBomb Tank, Rfallblocks,12Rwall,shortRR door //backup: Rwall,LR,repeat

Pbomb,Rwall,M,2blocksRUM,L,RR,2Rwall,RR,LRGG,LR,Ldoor

Pbomb,Lhold till after exp,UM,8L(1-2dmg),short LR door

Ldoor //chargebeam

ULkill,LR,Ltap,NJRGG,NJRGladder,1U,LR,Ldoor

(3Lrecharge) Ldoor

(3L NJ save) Ldoor

3L terminal

## ShipReturn

1TB,yes,Ldoor

2LR,U elevator

Rdoor

Rdoor

Rdoor //build speed, neutral in transition

7R,Uchecks for elevator into Rmash4shots, M,RJ,R transition //music change

Pbomb,RJ,Rfall,UM,RR,6Rwall,M,RJ, Rtransition //fall+ridely sounds

Pbomb,Rfall transition

Pbomb,LJ,1Lwall,LJ(Pbomb on way),Lfall,4Lwall,RJsearch,UM,J into Pbomb Tank, M, 4Rwall, UM,RRGG(RJUMGG),2Rfall,UM, chargebeam, 3R,RR,R chargebeam releases into transition //stop speed but can run a bit, neutral on transition is ok

Pbomb,Rwall,RJ on exp, missile tank,UM,Rfall,LR,Ushot,NJR,Rdoor

RfallG,LDLG,DD(M)neutral,Pbomb on land,Lfall,Rdoor //practice fast getting down

Rdoor //speed, 3sounds

Rwall,LR, ship,A mash for save

## SpaceJump

5TB,yes,4TB,Ldoor

Ldoor //speed

Lwall,Pbomb(if not earlier),Ltransition

Lfall,UM,DRmashfall,Lfall,Rdoor

Rmash,on landing RRGladder,2U,LR,RRGladder,Utop,Rdoor

Rfall,2R,on2RR(over enemy),Rdmg,3RshortRR,R into Etank, Rtransition

DRmashGD,DLmashGDR(2dmg), DRmashGD,4Lwall,MPbomb,UMD2missiles,L exp missile tank, Rfall,UM,RGDL,DLmashfall,M,Rfall,bomb/UMshotM,1LUM,9LLRGladder,RRGG,2R,RJchecks,Lfall,LR,Ldmg into door 1 missile hit (after 3dmg go left again), wait a bit for full heal into Ldoor

**SpaceJumpBoss(Yakuza):**

Phase1:Rwall,3.5L, on sound(timed), J missile mash (double hand controller strat), until he starts moving, then just wait till grabbed with chargebeam for audiocue, break free with stick mashing L/R hold chargebeam for audiocue, chargebeam U missilespam, if not fire attack repeat until 4 times

Phase2:R/Lwall, UL/UR missile spam until dead

Phase3: L/Rwall, D,R/Ltap missile hit, delayed LR/RR over ball, L/R wall repeat

LR/RR,NJ into spacejump

## PlasmaBeam

//from here on spacejump timing: 2spacejump audiocues into rejump

4SJR,3-4SJRL till land, L transition

Lfall, bit1L into terminal ,A, Ldoor

3L, terminal, 3TB,yes,Ldoor

ULmash(lock),Ldoor

LRGG,RRGladder,LRGG,5SJL,Umash(3shots),4SJL,2shotGG,Ltransition

Pbomb,Lbombs, transistion

SAX: 4SAXstepLfall,Rfall,UM,LGD,landLmissile,LshortLRdoor

M,PbombmashUM, Rfreeze ,LLRexp,3Lshort(dmg)LR,Ldoor

ULmash(3locks),LR,LGG,Ldoor

3L,LRGG,wait till 4thSAXstep out into Rdoor

DRmissile,Rfall,NJD2shots,Rfall,Ldoor

4SJL(GG),DL/Lmashfall,DRmashfall,NJDmash,Ldoor

Ldoor

2LR(SJL),M,LJPbomb,5SJL,3SJRshots(GG),Rfall,4Rwall,RR into Pbombtank,Lfall,ULmash6Lwall,2R,LR,LRintoSJR/RGG,Rdoor

3R,NJ,SAVE !(preboss), Rdoor

Rdoor

RR,2Ushot,dmg,2SJR,4mashRwall(dmg),3Ushot,2-3SJR(GG),Rdmg,door 1 missile hit into refill spawn, Rtransition //IMPORTANT: prepare bossfight with M after slowly grabbing the refill

**PlasmaBeamBoss:**

MainStrat(easier,consistent; 45s fight): Rhold till water, RR,Rfall water, RRdmg,DRmissile mash till Phase3

Phase3:RR dmg,7Rwall(second high note audio cue),turnaround missile hit, dmg4.5L,turnaround repeat with L/R alternates

//(OLD STRAT, only if lower health for maybe any% with Pbomb start into main strat phase2)Phase1:mash Pbomb in transition, UM,Rholddmg,RR,missiles till exp timing,M,Pbomb mash after exp end, UM missile spam until phase two

Phase2: RR into mainstrat

Rwall,spawn,LR into PlasmaBeam

## GravitySuit

Rdoor

RR,Rfall,delayedLdoor

Lmashdoor //build speed, shine in transition

3shine sounds, (fast)LGG, Uspark, R,URkill,1R,RR,Rdoor //backup: LGG,RSJ till Rwall (watch out for dmg)

DRmashkill, RRdmg,2SJRGG/RfallRRGG,Pbomb,1R,UM,3Rwall,NJLmash,LGG into Etank, RUM, 4L,LRGG,LUM,LR,Lfall,LRdoor

ULmashkill(2shots),LR,chargebeam,Ldoor //2L before LR, timed with 2shots

Release in transition, mash(4kill)4L,M, Ltransition

Pbomb,Lwall,exp,UM,6Lwall(after exp;dont shoot), RRUshotcancel,NJR,4R,LR,Ldoor

L2missile mash , ULmash till Lfall,LR on enemy, L into missile tank, RR, Rfall midair missile, 2RR/SJR, Rdoor

RR,3Rwall,LR,Ldoor

Ldoor

Ldoor //build speed, neutral in transition

1L terminal, 5TB, yes, Ldoor

2LR,U,elevator

Ldoor

Ldoor //build speed

Ldoor

Ldoor

Ldoor //neutral in transition

1L,D elevator checks

DRdoor

3R terminal, 4TB,yes,Rdoor

Rdoor

Rdoor //build speed

Rfall,Dmash,Ldoor

ULmash,Lmash,Ushot,M,RJhold(dmg,3J) into missile tank, Rfall,UM,shortRR,neutral shot,Rdoor //prepare big spark

Rdoor

Rdoor

Timed shine(mashed , between shot 1 and 2), sparkR //backup: Rfall,Lwall,Rkill,11Rshine,RR,sparkR

chargebeam ,Rfallscrew,R transition

Rfall,2Lwall,NJDshot,Lwater,DLmissile spamLGG (6-7missiles)(one time chance, else backup in S5Cleanup)

//Etank room:RJholdcorner,8LJholduppercorner,3-4RJ,UM,RGG,Rinto Etank, Rfall,Rtransition

RUM,Rdoor //chargebeam,release in transition

R5release(5 if dmg,4if no dmg), Rwall(door), (Umissiles for kill), LRGG, 3L,LR,1L,LR,Ldoor //chargebeam,release in transition //backup: reenter room,kill,LRGG,wait for transform,kill,LR...

Release in transition, Lfall,spawnLRGG,RRGG,Rdoor

3R,UR3missiles+shot,2RRRLGG,L transition

M,Pbomb,Lmashfall,shortLRexp into PbombTank,RR,1R,shortRR into transition

6R,RR,NJRMPbomb,exp,LRGG,4L,LJhold till second pipe, Lbombs till PbombTank,Rfall,4RUM,RR,Rdoor

3R,NJ,SAVE,Ldoor

Lfall,Rfall,R transition

DRmash, Rfall,3R,RR,SJLSJRGG,Rdmg, door for 1hit missile, Rdoor

RshortRR,M,R2bounce/fall sounds into UMRGG!!! R into Etank //NJbomb RJ R into Etank for savety after RR, Lfall into transition bossfight

**GravitySuitBoss(Nightmare):**

Phase1:LUMland,LRGladder,Utop,RR,chargebeam, D,URhold, timed(after 12 sound) release ,chargerelease after his shot release + 2missile into phase2

Phase2: 1R,Urelease , Urelease, 1xdmg,release + missile , U release kill / if not dead charge, wait for dmg, repeat

Phase3:3Lwall,LRGladder,1D,R wait for phase3 exp, chargebeamrelease into missile mash till dmg, on dmg:Lwall for 1xdmg, 5Rwall,4L,LRGladder repeat one more time ( need to get him into right position

Phase4: 1st hit on spawn Rmissile, short RR into Rwall,Dturnaround missile alternates LR/RR over ball repeat

//<https://youtu.be/J_gicnBcVss> ; <https://www.youtube.com/watch?v=iFdRugOoto4> shoutouts to rossu123 and community for helping with this boss

LR/RR NJ into gravity suit

## DiffusionMissiles

LR,5R,L transition //build speed

ULmash door

Lmash door //chargebeam

Lfall,DRreleasemissile, shortRRdoor

chargebeam, Rfall,Rfalll(dmg),Rfall, Ldmg,release on land, 3L,Rmash door

R speed, pausebuffer two blocks, 1L, spark U, L into PbombTank, Lfall, R transition (set up next speed w chargebeam //backup: Ldoor repeat with chargebeam L strat

8speedsoundsR,RRblocks(on8),Rdoor // backup: LR,Ltransition L(stop speed),Lwall, 4speedsoundsR after transition,RJ,Rdoor

R/DRmashfall, Lfall,Rdoor

2URmash,RR,URmash,RR on land(else LR,NJR),R2dmg,RR,Rfall,2Rwall,LR,NJR into missile tank, Lfall,LR,Lfall,3L,LR,Lfall,LR,Ldoor //constant URmash

DLmashfall,LRGG,L transition

L into PbombTank,RJpipe,Rtransition

RUM,DRmashfall,2DLmashfall,2DRmashfall,DLdoor //can cut fall alternates for timesave

UL2kill,MPbomb,LR,5L,exp,Umissile,ULmissile,RtapUmissile,URmissile,NJR,RR,Rfall,RR,2SJRshotGG,Pbomb,Rbombs into PbombTank, 2L,LJ,Lfall,UM on land, 3L,LRGG,LUM, Ltransition //build speed

Lwall,2R,M,bomb,Pbomb again after exp, Rfall,LfallG,D,Rshot,M,Pbomb,shortRJ,Rfall,exp,Lfall,Rafterexp into transition

Rfall bounce UM, red lock terminal, Rdoor

2R,2SJR3(GG),M,RJ,Rtransition

6Rfall,6Lfall,Pbomb,Rfall,Lexpwait,spawnLR,Lwall,Rtap,Jmissile spam into chargebeam spam for 2 kills, Rdoor after kills //no fall sound

Pbomb,URshotkillcheck, 1R,RR,M,Rfall,RJRinto Etank, 1L,LJ2fall,Ltransition //door close sound

UM,2ULmash,U2mash, 2LR,RRGG,2Rwall,LR(GG),M, Ltransition //check with bombs

transitionbomb,2L,U/L checks into UM, LtapLR,3SJR3(GG),RRdoor

Rkill,shortRR,Rdoor

chargebeam,Rdoor //release in transition

R2missiles,kill,MPbombUM,shortRR,DRmash exp,fall into L missile tank, chargebeam 3SJR,SJL(GG)/SJR(GG) attempts, Rfall,3R(dmg),shortRRdoor

MPbombUM,URkillswall,RR,afterexpSJL3,SJR3intoL(GG),1LLRintoRdoor

Rdoor

URmash,RRGG(bombs),RUM,6Rwall(attackspawn into 3Rwait for attack dodge),NJL,4L,LRGG,2L,LR,NJRmissile spam , NJmissile spam until freeze, Rfall,RR(GG),M,1RRJ,Rfall,1RRJ(dmg),RUM,Lwall,Rdoor //build speed, Ultra PbombTank shortcut

Rdoor //build speed

Rwall, Ldoor //build speed

Ldoor

LspeedblockG,D,Rdoor //hold R, prepare spark

neutral ,Rspeed,15.5steps buffe, sparkU,Rinto PbombTank,LG,D,LGG,5L,shortLJ, L into missiletank, RJ,shortRJ,6R transition //check bombs; backup: Lwall,Rspeed repeat

2R buffer enemykill,shine,LR,shotcancel (practice height), sparkR, buffer DR into reshine, M, 5RUM,sparkU,Rinto PbombTank,LG,D,LGG,5L,shortLJ, L into missiletank, RJ,shortRJ,6R transition //check bombs

UM,Rdoor

3SJR3Gladder,SJLtapR3SJR3Gladder,Umissile,LRinto instantRintoLGG, 2LUM,Ldoor

Pbomb,LJbomb,Lexp,shortLJdoor

UM,2Lfall,Rdoor

3R,(turnaround shot) data terminal into diffusion missile

## WaveBeam

diffusion,L transition

Release in transition, wait for door sound, 1L,shortLRGG,LfallUM, any%: 2L,LRGladder,SJRL,Ldoor

LR,DBJR,Rdoor

Ltransition

LGG,2missilekill,6L,LR,DshotM,L into MissileTank,RUMfall,RGG,Rtransition

3R,LRGladder,RRLdoor

5L,DBJL,Lfalldoor

Ldoor

MPbomb,L(bombUMexpM),LPbomb mash into PbombTank,2RUM(bombmash timing),3Rwall,3L,NJRGG,NJRGG,Rbombs into door

UM,RDoor

1Rwall,(6RR)/2RR,Rfallland,2RR,Rdoor

Rdoor

Rdoor .. .

3R terminal,6TB,yes,Rdoor

2RR,U elevator

Rdoor

shortRT,RR,D checks for elevator

DRdoor

3R terminal, 3TB,yes,Rdoor //build speed

Rdoor //build speed

Rdoor //speed

Shine in transition,Rspark,Rdoor

DRmashfall,DLmashfall,chargebeam, 6Rwall(dmg),RR,2Rwall(dmg),LR,3Lwall(dmg),RR,Rdoor

DRmash,7R,shortRRdoor

Rfall,Lfall,RfallL,Ldoor

5L,MPbombUM,LR,exp3LLR,Ldoor

Lmashfall,Rmashdoor

Rfallblocks,DLdoor

DLmashfall(dmg),1-2L,shortLRdoor

DLmashfall,landNJDmash,Ldoor

11L shinesparkRdoor //warning sound for boss spawn

Umash,chargebeam,2SJLintoR(GG)

U/URmash(J), SJRLSJR(GG),Rdoor //chargebeam

Chargebeam, Rfall,2R,RR,Rdoor //bossfight

**WaveBeamBoss(Bot2):**

Phase1:chargebeam,2RR, timed release into 3missile spam(after bonk, 8step),2LRwall,Pbomb,afterexp,RR,NJGladder,1Lcorner,Rturnaround,mash for missileattack, missile spam DR on bonk (4-5steps) (3-4 rounds)

Phase2:D,7Rwall,Lturnaround missile, dmg into 7L turnaround missile repeat

2RR/LRNJL into WaveBeam

## ScrewAttack

3L,LRdoor

Ldoorsound,2L,shortLRdoor

DLdoor

ULmash lock, 1L,LR,M, Ltransition

LfallblockUM,Ldoor //build speed

Ldoor //speed

Ldoor //speed

Ldoor //speed

Ldoor //speed

Lwall,RR,Rdoor

Rfall into door,1L,shortLRdoor

Lfall,Rdoor

Cutscene,60s sound,A,3R,DBJRLGG,5SJL3,3SJR2,Rdoor //practice a lot, metroid positions random

Cutscene,Rdoor

3R,terminal,20TB,yes,Rdoor

1Rwall,RR,Uelevator holdA, 3rd down into up rhythm

Rdoor //diffusion

LRGladder,3U,Rdiffusionmissile,RR,shortSJRsGG,R into Etank,LJ,LUMland,8R,LR, 5L(dmg),3RR(if dmg try RR on feel, backup:Rwall,2-3LLRR or repeat or Rwall,2LR,NJR),Rdoor

M,R5acidsounds,UM,shortRRdoor

DRmashG,Dtransition

chargebeam,6L,ULwallrelease,D,URmissile on spawn, chargebeam,spawn,3Rrelease turnaround kill,Rdoor

2R,shortRR,R into PbombTank,Ldoor

LR,Rtap,DBJ transition (L hold in transition)

DBJLGladder, SJRLG(for speed),topPbomb,LUM,RR,Rexp,RRGladder,LR,Ldoor(missilekill)

Pbomb,DLmashexp,chargebeam,Rtaprelease turnaround kill, Ltap, spawn, release turnaround kill, Ldoor

2L,LRintoRland,Rfall,Ldoor

chargebeam,SJLs till door, Ldmgboost into door chargebeam till release kill,Ldoor into boss

**ScrewAttackBoss(Ridely):**

Lfall,Lhold till sound,Rwall Ltap till spawn sound cue(after scream), chargebeam release missile alternate 2x neutral else UL/UR, if not hit other direction tap till Phase2

Phase2: first hit on UR/UL spawn, then L/Rwall,Dtap turnaround hit into RR/LR wall repeat

LR/RR NJ into ScrewAttack

## S1Cleanup

DBJRGGdoor

7-8SJRdoor

4Rwall,LR,3Lwall,DBJR,Rdoor

MPbombUM,Rtransition

R2missilespam,kill1Rwall,MbombUM,diffusion,LG,DLfall,D,Rtaprelease,1RUMLGladder,2D,RRGG,2RUM,Rdoor

URmash(lock),door

1RRRscrewblocks,Lfall,R2missilekill,RRGG,RUM,Lfall,Rdoor

1acidR,RRGG,RUM,R3RR,RRmashlockRGG,Rdoor

7SJL(2kill),2-3SJRland,Rdoor

Rdoor //build speed

Shine in transition, 2R,sparkU,SJL,Ldoor

UL(lock)door

ULmash,LRGG on 3rd kill,2LUM,Ldoor

L3blockfall,2LRscrewblocks,Ldoor

Lmash(2kill)door

Lwall/ on 11th step shine,Rshot,sparkR

Rdoor //build speed

Rtransition //build speed

Shine in transition,1R,RRkill,3R,sparkU,LGG,Lshot,M,LJ into PbombTank, RUM,Rfall,Lland,2L,LRGladder,1U,RRL,Ltransition //build speed

Ldoor //build speed

Lmash(2kill),door //speed

Shine in transition, Rshot,Rspark transition

Rmash recharge, Rdoor

Shine in transition, 2R,RRGladder,LRshot,Lspark transition

Lrecharge, 6steps into shine,Lfall,Uspark,SJR into Etank, Lfall, 7-8SJRdoor(Rwall,LR,NJRGG,RR,Rdoor)

diffusion,2Rwall,RR,NJL,ULmissile,LRGG, Ltransition

Pbomb,Lfall,R into MissileTank, 4L,fullRJ,Rtransition //check bombs

RUM,R2RRdoor

Rmashfall,L2fall,Rdoor

URmash(lock)door

RR,(NJRGG,RR)DBJR,Rdoor

3Rmash,RRM,Rtransition

2RUM,SJLs till MissileTank, RfallM,Ltransition

LUM,Ldoor

Lfall,LRonland,,Ldoor

1L,SJL(Rtap),SJL,Ldoor

Lmashspeed,Ldoor

Shine in transition,shot,sparkL transition

missiletank,LholdAinto missiletank, Rfall,3R,M,6R,shortRJ into missiletank,7LUM,Ldoor

2L,LR,RRGG;NJLfull,NJRGG,Rdoor

9Rwall,LR,RR,Rdoor

RR,shortDBJR,1Rwall,LR,L into PbombTank

Rfall,LG,Dfall,Ldoor

Ldoor

Lfall,LRGG,2LUM,2LRblocks,Ldoor

Ltransition

## S3Cleanup

Ldoor //build speed

Shine in transition, 5L,LR,sparkL into missiletank,Rfallscrew(RR),Lmissile2kill,Ldoor //build speed

Shine in transition, sparkL,MPbombUM,shortRR,afterexpLRGG,L into PbombTank,Lfall4blocks,Ltransition

LUM,Lfallscrew(Rfall),LfallRscrew,Rmashdoor

NJmashlock,Rdoor

Rspeedblocks,MPbombLfall,UM,afterexpLRGG,LUM, 2SJLGG into Pbombtank(backup:2SJRSJLGG),RUM,2RRRGG,RUM,Rdoor

Rfallscrew,Lfallscrew,Rdoor //chargebeam

URrelease in transition,mash,RR,R into missiletank,URmash,RR,Rfallscrew,RR,Rdoor

NJmashlock,Rfallneutral(GD),10R,shortRRblocks,11Lwall,Rdoor //speed

Shine in transition, 5R,sparkU, PbombTank,wait6afterblock,Lscrew,2LR,L into PbombTank,2Rwall,RR,R(D)fall(screw for audio),Ldoor

5L,LR,SJL,3SJR,2SJL,SJRGG,R into Etank,2LJnewpipe,Linto missiletank,LfallUM,ULmashdoor

Lmashdoor //build speed

Shine in transition,3L,LR,shot,sparkL transition

holdAbonk,Ldoor

Pbomb,chargebeam,Lwall,Urelease,afterexp,2Rfall,LR,RRGG,RR,Rfall,Lfall,Rfall,DLmashM,10LUM,LR,2RRGG,RUM,RR,R into Pbomb,Rfallblocks,Lwall,5RR,NJL,RR,shortRR,Rdoor

Rfall,3R,RR,Rfall,3R,RR,Rfall,2R,shortRR,Rdoor

3RRGladder,2LRRG,2LRGladder(LRGG,LRGladder),3RRLG,1Lwall,RR,NJLGladder,1U,3RRLG,Ldoor

4L,shortLRblocks,M,Lfallblock transition

UM,Ltransition

ULshot,Ldoor //build speed

Lmashdoor //build speed

Shine in transition,Rdoor

RR,LR,shot,sparkL,transition //watch out for actually holding direction here, try to cancel LR with shot

Ldoor(if spark,else 16SJL)

Pbomb,2L,shortLR,L into missileTank(buildspeed),Lmash into shine,1Lwall,sparkU,Rfall,Rwall,1L,DBJRGG into Etank,2Lfall,2RRblocks,Ldoor

LRRshot PbombTank,Ltransition

## S5Cleanup

Ldoor

RRGLUshot,SJL2kill,4SJLblocksR,ULshot,NJRshot,DRshot,MRfall,Linto PbombTank,Lfall, Pbomb on land,Lfall,Rexp,LfallUM,Lfall,shortLR/NJDshot,Ltransition

waterEtankBackup:

Rtransition

1R,RR,Rtransition

DRmash transition

Rfall,screwLwall into room

| Lfall,Rfall,2Lfallwater,Rfall,Ldoor

| 5Lmash,Rdoor //build speed

| 2Lfall(doorsound),2RshortRR,M,RPbomb,bomb,Rdoor

| RJbomb,UM,mashR/UR,Rfall,shortRRdoor

| Rfall,DLmashG,D,R,shortRR/SJRdoor

| 4R,M,RJ,Rtransition

| RUM,3ULmash,4SJR,3SJL,URshot,SJRs/SJLs spam until missile tank,screwRland,M, <

| Ltransition

| LUM,(S5Etankbackup),Ldoor

| Lfallblock,D,shortLRdoor

| 9L,LRGG,6LUM,5Lmash,shortLRdoor

| 1L,LRGG,MPbombUM,LR,exp,RRGladder,Utop,5SJR3door

| Rfall,RR PbombTank,LshortLR,Ldoor

| Lfallscrew,RfallLdoor

| Ldoor

| 5L,RR,MPbombUM,SJLs till ladderG,7RRLG(or after block),Rdoor

| Rdoor

| URshot,Rdoor

| neutral,4R,RRGG,2RRR,LRGG,

//All this could be skipped if early tanks

1LshortLR,Ltransition

Lfall,Lmashdoorsound,LR,NJRG,shortLRGG,DBJR(GG),Rwall,DBJL,Lshot,RR door,R(dmg)URkill,Rmashkill,9Rwall,11Lshine,sparkL

missileTank,holdAbonk,L,PbombTank, Rmash2fall,shortRRdoor

Rfall,LfallR,LfallGD,Ldoor

Ushot,1L,RRGG missileTank,LUM,Ldoor

Ldoor

Lfall,3LLRblocks,3L,shortLRdoor //potential missiletank late

Ltransition

## S6Cleanup

Ldoor

Lwall(speedend),LR,LfallG,D,Rfall,Ldoor

6L,2tapLRblocks,Lmash, 6Rwall,11Lmashshine,LR,shotdoor,sparkLhold

**S6Sparks:**

land,11R instant shine, 2Ltap/1L, Uspark, Rhold into PbombTank (repeat until you hit the 1speedblock window),Lfall,1L,LRGG,Lfall corner,15-16Rshine,1Rwall,LR,Lsparkrecharge into timed 2SJL blocks, RPbombtank,DRmash,5Lwall,15-16Rshine(13R from fallblock),Uspark,Rtransition

RRGG,2RUM,DRmashdoor

Rfallblocks,DLdoor

DL/Lmash,Lfall,2LshortLRdoor

Lfall,screw,blocks,Ldoor

ULmashlock,LR,M,Ltransition

Lfallblock,UM,Ldoor

Ldoor //build speed

Ldoor //speed

Pausebuffer transition,all pausebuffered Lspeedjumpblocks into frame landing,RholdGG,DBJR,SJL into Pbombtank,Rfall,Rdoor

//Backup:Rspeed repeat

Rdoor

Rdoor

Rwall,2SJRGG,Rtransition

2RUM,URshotlock,Rdoor

5SJL,SJR,Rdoor //speed in transition into Uspark SJRs

mash,Rfall,2R,RR,Rdoor

Rmashdoorsound,RRdoor

URmashlock, missile tank,9L,DBJL,LRdoor

**FramePbomb:**

Rdoor,URkill,NJDkill,DRmissile check if enemy:  
If no: reset room repeat

If yes:Rfall,2Lwall,RR,M,NJbombs,UM,diffusion,3dmg, continue count, release at 6.5,M,RJ,Rfall,RJhold into Pbombtank,Lfall,LJpipe,2LUM,LRdoor

4L,LRblocks,3L,2LR,Ldoor

2Lmash,DBJR,Rdoor

Rmash till ice sound, 2tapRRblocks,5Lwall,Rdoor //speed

Shine in transition, sparkR,Rdoor

1R,NJDshot,Dshot,RR,RGG,LGRR,NJDshot,RGG,Dtap,LtapDLshot,RGG,Dtap,Ltap,DLshot,Rfall,1Lwall,LR,NJDshot,Rfall,1Rwall,LRGG,11Lshine,RsparkholdA into Etank, Lfall,1Rwall,LRGG,11Lshine,shotL,sparkL transition

RG,LRGG,NJRdoor

3Rmash,RR,3RshortRRdoor

Mpbomb,Rhold,6Rafterexp,shortRJ into missiletank, 3L,UMLRblockM,5L,shortLRdoor

3Lmash,LR,3Ldoor

Lfall,LRGladder,RRLG,delayedRRLGblocks,Ldoor

Lmashdoorsound,shortLRdoor

3L,5SJLceiling,Ldoor

5Lmash,LRblocks,2-5LRscrewblocks,Ldoor

Ltransition

## S2Cleanup

Ldoor

3L,LRGG,Ltransition

LfallUM,1Lwall,DRmissile,Rfall,DRmissile,MRfallwater,UMRscrew,Lland,Ldoor

Ltransition

Ldoor

4L,LRblocks,Ldmg,4L,RR,3Rwall,LR,Ldoor

3-4SJLblocks,Ldoor

**CrumbleCity: //second number indicates SJ length**

Etank: 3SJL2,1SJL3,SJL2,SLJRL2,10SJL1.5

From Etank: 4xRfallsoundRR,neutral fall, 2blocks into SJR3,SJR2,SJL1s till PbombTank

FromBackup:3SJL2,1SJL3,SJL2,SLJRL2, 2SJL1.5 into 2blocks into SJR3,SJR2,SJL1s till PbombTank

//M,Lbombs,fall,13Rwall,2SJRGG for door //repeat from Etank pipe

//just Rwall,2SJRGG for Pbombpipe

Rwall,2SJRGG,Rdoor

5R,RR,Rfalldoor

Rmashfall,DLmashdoor

Ldoor

Lfall,Rdoor

MPbombUM,SJRs till afterexp,RRGG,RUM,Rfall,shortRR into missile tank, 2SJR,M,2LUM,shortLR into door

Lfallscrewkill,Rtap,Lfall,M,Rtransition

RUM,SJRsGG,Pbomb,UM,1RshortRR into missile tank, M,7LfallUM,Ldoor

Lmashdoor

Pbomb,4L,shortLRblock,M,Lfall,Rfall,Lfall,LUM,Ldoor

**BlockSpaceRoom:**2SJL2 into timed tapSJL fullSJL until (GGL) Pbombtank

//RRGladderUtop repeat

Lfall,Dshot,Pbombtank,M,land,RUM,SJRGladder,4LRRG,Rdoor

M,5RUM,Lmashdoorsound,LRdoor

Lfall,1L,5SJL2,L into missile tank,Rfall,LRGG,LUM,Ldoor

1L,LRGG,L into missile tank,RJland ,RUM,Rdoor

RRGG,RUM,2SJR3(Gladdertop),2R,shortRRdoor

2RRGG,Rdoor

3R,2SJR3(GG),Rdoor

MPbombUM,DRshot,M,Rhold,expRfall,Lfall,UM,Rdoor

Rdoor

Rfall,1R,shortRRdoor

DRdoor

RR,SJRs blocks,Rdoor

**ChainRechargeRoom:**

Rfall,Lfall,RfallLwall,11-13Rshine,2Rwall,LR,sparkLrecharge,9stepshine,2Lwall,RR,sparkRrecharge,7stepshine,1Rwall,LR,Rtap,sparkLrecharge, 7stepshine,2Lwall,RR,sparkRrecharge, 9stepshine,2SJR,Lshotcancel,sparkL into PbombTank, Lfall,Rfall,Lfall,Rfall,13Rwall, 12Lshine,1Lwall,LR,Rshotcancel,sparkRholdR(GG), Rshot into MissileTank,2SJL,RR,LRdoor

7L,LRblocks,4SJL,Lfalldoor

1L,LRGG,Lshot,shortLRdoor

Lfallmash,2LshortLRdoor

Ldoor

1L,2LR,NJLGG,Ushot,RR,Rdoor

Rfall,Rdoor

10Rmashwall,LR,NJL,3L,RRmash,URmashlocks,shortRRdoor

4R,MbombUM,Rdoor

mashkill,URmashkill, 2SJR(2,full),RfallRRGG,Rtransition

Rtransition

## EndBossHundo

(sound)UM,3SJR2,3SJL2,Ldoor

LR,NJR,1R,LR,3L,LRGladderRR,M,RUM,Rtransition

2R,9SJRL(mid),Ldoor

Ltransition

2LR,RR,2Rwall,2LR,RR,LR,2RR,Rdoor

2R,RRM,RJ,1RRJ,Pbomb,Rfall,L into PbombTank(last item),2LLJ,UM,Ldoor

2Lfall,2Rfalldoor

Rdoor

Rtap,RR,save,1R,shortRRdoor

RR,NJL,Ushot,RRLGG,RR,Rdoor

3R terminal,17TB,ABmash till sound,Rtap,NJtap,26TB,Rdoor

2RR,Rdoor

RR,shortRT,Uchecks for elevator

Ldoor

6L,LR,RRGG,LRGG(on GG fight starts)

**SAXFight:**

Phase1:Rfall missile mash till freeze, freeze into instant chagebeam refreeze until he breaks,

If free go lower platform and repeat until dead

Phase2:chargebeam on spawn, L/R into him for jump dodge, on land release repeat till dead, walk into him

Phase3: initial3enemysound,then 2enemy sounds L/R alternates into missiles NJ till dead

Rwall,SJLs until music over, Ldoor

Lwall,RR into escape //8L into escape

**Escape:**

Rdoor

Rdoor

RR,shortRT, Dchecks elevator

Ldoor

Ldoor

Ldoor

Lfall,Rfall,Lfall,Rfall,Lfalldoor //LGD into Ldoor

Lfall,2L,shortLRdoor

Ldoor

LfallRfall,LfallRfall,Rdoor

Rdoor

RTland,Rdoor

Rfall,shortRR,Rfall,shortRR,Rfall,shortRR,Rdoor

**Endboss:**

8R,Linto spawn,Rinto dmg,wait for clam critical dmg

After sax kill: 3breath sounds into RR refill icebeam

5UR(shot timed),URmash till hit, URmashR/Nalternates(2shots,1R beat) into dmg till death

On kill:Rwall, LR wait for ship

Time on losing control (chargebeam sound interrupt)

GGWP

# Any% Notes

S2 start: 30missiles

S2 morph missile 12-13s SKIP GOOD 35

Sector 2 wallkick missile skip 20s

Sector 2 blue guy missile skip 32s

S4 etank 57s better to keep in :/

S4 missile transition 23s skip

S4 afterboss missile 1 13s GOOD

S4 afterboss missile 2 +1 24s BOTH GOOD 45 missiles

S4 pump missile 50

S4 speed missile 20s skip

S3 speed missile 20s skip

S3 forced ball 55

S3 recharge missile 11s SKIP (more if save + refill skipped = 35s) 60

S3 etank SYES on the way

S6 missiles yes 7s 65

S6 etank yes 16s

S6 forced etank yes

S6 worm room 16s skip

S6 long missiles 35s for two skip

S5 etank 25s try at least

Pbomb start missiles on the way YES 70

Pbomb elevator missiles yes 75 7s

Ship return pbomb skip

Ship return pbomb room missile yes 7s 80

Ship return missile tank2 on the way 85

Spacejump etank on the way#

Spacejump missile 7s YES 90

Plasma pbomb skip

Gravity etank right room 22s YES

Gravity s2 missiles SKIP 12s

Gravity left room 14s

Gravity rng tank 14s TRY

Gravity pbomb tank left 10s SKIP

Gravity pbomb save SKIP

Nightmare etank yes

Diffusion all skip

Wavebeam missile skip

S4 cleanup pbomb skip

Screwattack etank

# SaveRefillSkips

No save till s2 hj boss

S1 refill skip

S4 refill YES

S4 save

S4 boss SAVE

S3 refill skip

S3 boss refill YES

S6 refill skip

S6 save skip

S6 boss SAVE

S6 after boss skip

S5 refill YES

S5 save 2 wiggle skip

S5 save 3 skip

S5 no saves if practiced

frankerZ refill

frankzerZ no save

Animals no save

if lowvhealth refill pbomb

Animals refill skip if s5 pbomb enemy refill

Pbomb all saves skip

Ship return save/refill

Plasma beam save skip

Gravity refill skips

Nightmare save

Diffusion water save

Wavebeam refill, no save

Escape save

Ridely save

Cleanups no save

S6 spacebuffer save

# Notes

* Count footsteps 240bpm
* Musclememory for jumpheights
* TODO sector5.2 Pbomb missile and Pbombtank early before cleanup for big timesave: check consistency vs speed of cleanup
* check optimal spacejump rythm : ⅔ of jump height, for consistency around 2 spacejump audio cues //TODO test and check further
* No fall sound in water morphed
* You can pausebuffer the first step sound at recharging a shinespark unlike in Zero Mission
* You can pausebuffer the first frames after a transition with a speedboost in order to start a spaceboost immediately (S6Cleanup - SpacePbombTank)
* Shoutouts to Scotty: [https://www.youtube.com/watch?v=20bGqcxoHfI](https://www.youtube.com/watch?time_continue=11&v=20bGqcxoHfI) for teaching me the route with this vod
* Shoutouts to the Metroid: Fusion und Zero Mission Community for helping and teaching me
* Mainship-Sector1 RTA: 8:53
* Sector1 RTA: 7:49
* Sector2 RTA: 10:48
* Sector4 RTA 10:39
* Sector3 RTA 6:32 1boss death
* Sector6 RTA 7:17
* Sector5 RTA 5:18
* FrankerZ RTA in 8:05 bad practice
* Animals (oneway) in 2:45
* Pbomb in 3:22
* S5.2 in 3:54
* ShipReturn + SJ in 6.28