

General Notes

All Pokémon that have 7-1 male to female gender ratios have had their gender ratios switched to 50% male 50% female. This includes starter Pokémon, fossil Pokémon, and other rare Pokémon. Gender ratios of Pokémon that evolve by gender (e.g. Combee and Salandit) have not been changed.

Every Pokémon that evolves by high friendship has had its base friendship boosted to 120.

Move Changes:

Absorb	20 power → 40 power
Mega Drain	40 power → 60 power
Covet	Normal type → Fairy type

The following Pokémon have changed experience growth groups:

Nincada, Ninjask, Shedinja	Erratic → Medium Fast
Volbeat	Erratic → Medium Fast
Swablu, Altaria	Erratic → Medium Fast
Zangoose	Erratic → Medium Fast
Lileep, Cradily	Erratic → Medium Fast
Anorith, Armaldo	Erratic → Medium Fast
Feebas, Milotic	Erratic → Medium Fast
Clamperl, Huntail, Gorebyss	Erratic → Medium Fast
Cranidos, Rampardos	Erratic → Medium Fast
Shieldon, Bastiodon	Erratic → Medium Fast
Finneon, Lumineon	Erratic → Fast
Shroomish, Breloom	Fluctuating → Medium Fast
Makuhita, Hariyama	Fluctuating → Medium Fast
Illumise	Fluctuating → Medium Fast
Gulpin, Swalot	Fluctuating → Medium Fast
Wailmer, Wailord	Fluctuating → Medium Fast
Seviper	Fluctuating → Medium Fast
Corphish, Crawdaunt	Fluctuating → Medium Fast
Drifloon, Drifblim	Fluctuating → Medium Fast

Table of Contents

Bulbasaur - 001	13
Ivysaur - 002	14
Venusaur - 003	15
Charmander - 004	16
Charmeleon - 005	17
Charizard - 006	18
Squirtle - 007	19
Wartortle - 008	20
Blastoise - 009	21
Caterpie - 010	22
Metapod - 011	23
Butterfree - 012	24
Weedle - 013	25
Kakuna - 014	26
Beedrill - 015	27
Pidgey - 016	28
Pidgeotto - 017	29
Pidgeot - 018	30
Alolan Rattata - 019	31
Alolan Raticate - 020	32
Ekans - 023	33
Arbok - 024	34
Pikachu - 025	35
Raichu - 026	36
Alolan Raichu - 026	37
Sandshrew - 027	38
Sandslash - 028	39
Nidoran ♀ - 029	40
Nidorina - 030	41

Nidoqueen - 031	42
Nidoran ♂ - 032	43
Nidorino - 033	44
Nidoking - 034	45
Clefairy - 035	46
Clefable - 036	47
Jigglypuff - 039	48
Wigglytuff - 040	49
Paras - 046	50
Parasect - 047	51
Diglett - 050	52
Dugtrio - 051	53
Alolan Meowth - 052	54
Alolan Persian - 053	55
Psyduck - 054	56
Golduck - 055	57
Mankey - 056	58
Primeape - 057	59
Poliwag - 060	60
Poliwhirl - 061	61
Poliwrath - 062	62
Abra - 063	63
Kadabra - 064	64
Alakazam - 065	65
Machop - 066	66
Machoke - 067	67
Machamp - 068	68
Alolan Geodude - 074	69
Alolan Graveler - 075	70
Alolan Golem - 076	71

Farfetch'd - 083	72
Onix - 095	73
Drowzee - 096	74
Hypno - 097	75
Hitmonlee - 106	76
Hitmonchan - 107	78
Chansey - 113	79
Jynx - 124	80
Electabuzz - 125	81
Magmar - 126	82
Magikarp - 129	83
Gyarados - 130	84
Ditto - 132	85
Eevee - 133	86
Vaporeon - 134	88
Jolteon - 135	89
Flareon - 136	90
Snorlax - 143	91
Chikorita - 152	92
Bayleef - 153	93
Meganium - 154	94
Cyndaquil - 155	95
Quilava - 156	96
Typhlosion - 157	97
Totodile - 158	98
Croconaw - 159	99
Feraligatr - 160	100
Sentret - 161	101
Furret - 162	102
Hoothoot - 163	103

Noctowl - 164	104
Ledyba - 165	105
Ledian - 166	106
Pichu - 172	107
Cleffa - 173	108
Igglybuff - 174	109
Togepi - 175	110
Togepi - 176	111
Mareep - 179	112
Flaaffy - 180	113
Ampharos - 181	114
Marill - 183	115
Azumarill - 184	117
Politoed - 186	119
Hoppip - 187	120
Skiploom - 188	121
Jumpluff - 189	122
Aipom - 190	123
Sunkern - 191	124
Sunflora - 192	125
Espeon - 196	126
Umbreon - 197	127
Wobbuffet - 202	128
Girafarig - 203	129
Dunsparce - 206	130
Steelix - 208	131
Snubbull - 209	132
Granbull - 210	133
Corsola - 222	134
Houndour - 228	135

Houndoom - 229	136
Phanpy - 231	137
Donphan - 232	138
Stantler - 234	139
Tyrogue - 236	140
Hitmontop - 237	141
Smoochum - 238	142
Elekid - 239	143
Magby - 240	144
Blissey - 242	145
Treecko - 252	146
Grovyle - 253	147
Sceptile - 254	148
Torchic - 255	149
Combusken - 255	150
Blaziken - 257	151
Mudkip - 258	152
Marshtomp - 259	153
Swampert - 260	154
Poochyena - 261	155
Mightyena - 262	156
Zigzagoon - 263	157
Linoone - 264	158
Wurmple - 265	159
Silcoon - 266	159
Beautifly - 267	161
Cascoon - 268	162
Dustox - 269	162
Lotad - 270	164
Lombre - 271	165

Ludicolo - 272	166
Seedot - 273	167
Nuzleaf - 274	168
Shiftry - 275	169
Taillow - 276	170
Swellow - 277	171
Ralts - 280	172
Kirlia - 281	173
Gardevoir - 282	174
Surskit - 283	175
Masquerain - 284	176
Shroomish - 285	177
Breloom - 286	178
Nincada - 290	179
Ninjask - 291	180
Shedinja - 292	181
Whismur - 293	182
Loudred - 294	183
Exploud - 295	184
Azurill - 298	185
Skitty - 300	186
Delcatty - 300	187
Mawile - 303	188
Aron - 304	188
Lairon - 305	190
Aggron - 306	191
Roselia - 315	192
Wynaut - 360	193
Beldum - 374	193
Metang - 375	194

Metagross - 376	196
Regirock - 377	197
Turtwig - 387	198
Grotle - 388	199
Torterra - 389	200
Chimchar - 390	201
Monferno - 391	202
Infernape - 392	203
Piplup - 393	204
Prinplup - 394	205
Empoleon - 395	206
Starly - 396	207
Staravia - 397	208
Staraptor - 398	209
Bidoof - 399	210
Bibarel - 400	211
Kricketot - 401	212
Kricketune - 402	213
Shinx - 403	214
Luxio - 404	215
Luxray - 405	216
Budew - 406	217
Roserade - 407	218
Pachirisu - 417	219
Buizel - 418	220
Floatzel - 419	221
Ambipom - 419	222
Buneary - 427	223
Lopunny - 428	224
Happiny - 440	225

Chatot - 441	226
Munchlax - 446	227
Riolu - 447	228
Lucario - 448	229
Skorupi - 451	230
Drapion - 452	231
Electivire - 466	232
Magmortar - 467	233
Togekiss - 468	234
Leafeon - 470	235
Glaceon - 471	236
Gallade - 475	237
Snivy - 495	238
Servine - 496	239
Serperior - 497	240
Tepig - 498	241
Pignite - 499	242
Emboar - 500	243
Oshawott - 501	244
Dewott - 502	245
Samurott - 503	246
Patrat - 504	247
Watchog - 505	248
Lillipup - 506	249
Herdier - 507	250
Stoutland - 508	251
Purrloin - 509	252
Liepard - 510	253
Pansage - 511	254
Simisage - 512	255

Pansear - 513	256
Simisear - 514	257
Panpour - 515	258
Simipour - 516	259
Pidove - 519	260
Tranquill - 520	261
Unfezant - 521	262
Woobat - 527	263
Swoobat - 528	264
Audino - 531	265
Tympole - 535	266
Palpitoad - 536	267
Seismitoad - 537	268
Sandile - 551	269
Krokorok - 552	270
Krookodile - 553	271
Darumaka - 554	272
Darmanitan - 555	273
Maractus - 556	274
Dwebble - 557	275
Crustle - 558	276
Zorua - 570	277
Zoroark - 571	278
Axew - 610	279
Fraxure - 611	280
Haxorus - 612	281
Vullaby - 629	282
Mandibuzz - 629	283
Chespin - 650	284
Quilladin - 651	285

Chesnaught - 652	286
Fennekin - 653	287
Braixen - 654	287
Delphox - 655	289
Froakie - 656	290
Frogadier - 657	291
Greninja - 658	292
Bunnelby - 659	293
Diggersby - 660	294
Fletchling - 661	295
Fletchinder - 662	296
Talonflame - 662	297
Scatterbug - 664	298
Spewpa - 665	299
Vivillon - 666	300
Flabébé - 669	301
Floette - 670	302
Florges - 671	303
Skiddo - 672	304
Gogoat - 673	305
Spritzee - 682	306
Aromatisse - 683	307
Helioptile - 694	308
Heliolisk - 695	309
Sylveon - 700	310
Rowlet - 722	311
Dartrix - 723	312
Decidueye - 724	313
Litten - 725	314
Torracat - 726	315

Incineroar - 727	316
Popplio - 728	317
Brionne - 729	318
Primarina - 730	319
Pikipek - 731	320
Trumbeak - 732	321
Toucannon - 733	322
Yungoos - 734	323
Gumshoos - 735	324
Grubbin - 736	325
Charjabug - 737	325
Vikavolt - 738	326
Cutiefly - 742	328
Ribombee - 743	328
Wishiwashi - 746	330
Bounsweet - 761	330
Steenee - 762	331
Tsareena - 763	333
Oranguru - 765	334
Passimian - 766	335

Bulbasaur - 001

Type

Grass/Poison

Ability

Old Overgrow

New Chlorophyll/Overgrow

Base Stats

Old 45 HP / 49 Atk / 49 Def / 65 SpA / 65 SpD / 45 Spe / 318 BST

New 47 HP / 49 Atk / 49 Def / 65 SpA / 65 SpD / 45 Spe / 320 BST

Evolution

Ivysaur - Level 16

Level Up Moves

Tackle	1		
Growl	1		
Vine Whip	5		
Leech Seed	8		
Poison Powder	11		
Sleep Powder	13		
Magical Leaf	15		
Take Down	17		
Sludge	19		
Sweet Scent	21		
Razor Leaf	23		
Growth	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Ivysaur - 002

Type

Grass/Poison

Ability

Old Overgrow

New Chlorophyll/Overgrow

Base Stats

Old 60 HP / 62 Atk / 63 Def / 80 SpA / 80 SpD / 60 Spe / 405 BST

New 65 HP / 62 Atk / 63 Def / 85 SpA / 85 SpD / 60 Spe / 420 BST

Evolution

Venusaur - Level 32

Level Up Moves

Tackle	1		
Growl	1		
Vine Whip	5		
Leech Seed	8		
Poison Powder	11		
Sleep Powder	13		
Magical Leaf	15		
Take Down	18		
Sludge	20		
Sweet Scent	22		
Razor Leaf	24		
Growth	26		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Venusaur - 003

Type

Grass/Poison

Ability

Old Overgrow

New Chlorophyll/Overgrow

Base Stats

Old 80 HP / 82 Atk / 83 Def / 100 SpA / 100 SpD / 80 Spe / 525 BST

New 80 HP / 82 Atk / 83 Def / 105 SpA / 100 SpD / 80 Spe / 530 BST

Evolution

Mega Venusaur - Mega Evolve

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Charmander - 004

Type

Fire

Ability

Old Blaze

New Tough Claws/Blaze

Base Stats

Old 39 HP / 52 Atk / 43 Def / 60 SpA / 50 SpD / 65 Spe / 309 BST

New 39 HP / 60 Atk / 43 Def / 63 SpA / 50 SpD / 65 Spe / 320 BST

Evolution

Charmeleon - Level 16

Level Up Moves

Scratch	1		
Growl	1		
Ember	5		
Smokescreen	8		
Metal Claw	11		
Bite	14		
Dragon Rage	16		
Fire Fang	19		
Scary Face	21		
Crunch	24		

Move Tutor Moves

Sleep Talk	
------------	--

Charmeleon - 005

Type

Fire

Ability

Old Blaze

New Tough Claws/Blaze

Base Stats

Old 58 HP / 64 Atk / 58 Def / 80 SpA / 65 SpD / 80 Spe / 405 BST

New 60 HP / 70 Atk / 60 Def / 85 SpA / 65 SpD / 80 Spe / 420 BST

Evolution

Charizard - Level 36

Level Up Moves

Scratch	1		
Growl	1		
Ember	5		
Smokescreen	8		
Metal Claw	11		
Bite	14		
Dragon Rage	16		
Fire Fang	20		
Scary Face	22		
Crunch	25		

Move Tutor Moves

Sleep Talk	
------------	--

Charizard - 006

Type

Fire/Flying

Ability

Old Blaze

New Tough Claws/Blaze

Base Stats

Old 78 HP / 84 Atk / 78 Def / 109 SpA / 85 SpD / 100 Spe / 534 BST

New 78 HP / 84 Atk / 78 Def / 109 SpA / 81 SpD / 100 Spe / 530 BST

Evolution

Mega Charizard X - Mega Evolve

Mega Charizard Y - Mega Evolve

Move Tutor Moves

Sleep Talk	
------------	--

Squirtle - 007

Type

Water

Ability

Old Torrent

New Bulletproof/Torrent

Base Stats

Old 44 HP / 48 Atk / 65 Def / 50 SpA / 64 SpD / 43 Spe / 314 BST

New 50 HP / 48 Atk / 65 Def / 50 SpA / 64 SpD / 43 Spe / 320 BST

Evolution

Wartortle - Level 16

Level Up Moves

Tackle	1		
Tail Whip	1		
Water Gun	5		
Withdraw	8		
Bubble	11		
Bite	13		
Water Pulse	15		
Rapid Spin	17		
Haze	19		
Protect	21		
Yawn	23		
Aqua Tail	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Wartortle - 008

Type

Water

Ability

Old Torrent

New Bulletproof/Torrent

Base Stats

Old 59 HP / 63 Atk / 80 Def / 65 SpA / 80 SpD / 58 Spe / 405 BST

New 64 HP / 63 Atk / 85 Def / 65 SpA / 85 SpD / 58 Spe / 420 BST

Evolution

Blastoise - Level 36

Level Up Moves

Tackle	1		
Tail Whip	1		
Water Gun	5		
Withdraw	8		
Bubble	11		
Bite	13		
Water Pulse	15		
Rapid Spin	18		
Haze	20		
Protect	22		
Yawn	24		
Aqua Tail	26		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Blastoise - 009

Type

Water

Ability

Old Torrent

New Bulletproof/Torrent

Base Stats

Old 79 HP / 83 Atk / 100 Def / 85 SpA / 105 SpD / 78 Spe / 530 BST

New 79 HP / 73 Atk / 100 Def / 95 SpA / 105 SpD / 78 Spe / 530 BST

Evolution

Mega Blastoise - Mega Evolve

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Caterpie - 010

Type

Bug

Ability

Shield Dust

Base Stats

45 HP / 30 Atk / 35 Def / 20 SpA / 20 SpD / 45 Spe / 195 BST

Evolution

Metapod - Level 7

Level Up Moves

Tackle	1	Bug Bite	7
String Shot	1		

Move Tutor Moves

N/A	
-----	--

Metapod - 011

Type

Bug

Ability

Shed Skin

Base Stats

50 HP / 20 Atk / 55 Def / 25 SpA / 25 SpD / 30 Spe / 205 BST

Evolution

Butterfree - Level 10

Level Up Moves

Harden	1	Iron Defense	9
--------	---	--------------	---

Move Tutor Moves

N/A	
-----	--

Butterfree - 012

Type

Bug/Flying

Ability

Old Compound Eyes

New Tinted Lens/Compound Eyes

Base Stats

Old 60 HP / 45 Atk / 50 Def / 90 SpA / 80 SpD / 70 Spe / 395 BST

New 60 HP / 45 Atk / 50 Def / 110 SpA / 85 SpD / 85 Spe / 435 BST

Evolution

N/A

Level Up Moves

Gust	Evo		
Gust	10		
Confusion	11		
Poison Powder	13		
Stun Spore	13		
Sleep Powder	13		
Struggle Bug	15		
Psybeam	17		
Silver Wind	19		
Air Cutter	21		
Supersonic	23		
Safeguard	26		

Move Tutor Moves

Sleep Talk	
------------	--

Weedle - 013

Type

Bug/Poison

Ability

Shield Dust

Base Stats

40 HP / 35 Atk / 30 Def / 20 SpA / 20 SpD / 50 Spe / 195 BST

Evolution

Kakuna - Level 7

Level Up Moves

Poison Sting	1	Bug Bite	7
String Shot	1		

Move Tutor Moves

N/A	
-----	--

Kakuna - 014

Type

Bug/Poison

Ability

Shed Skin

Base Stats

45 HP / 25 Atk / 50 Def / 25 SpA / 25 SpD / 35 Spe / 205 BST

Evolution

Beedrill - Level 10

Level Up Moves

Harden	1	Iron Defense	9
--------	---	--------------	---

Move Tutor Moves

N/A	
-----	--

Beedrill - 015

Type

Bug/Poison

Ability

Old Swarm

New Merciless

Base Stats

Old 65 HP / 90 Atk / 40 Def / 45 SpA / 80 SpD / 75 Spe / 395 BST

New 65 HP / 110 Atk / 40 Def / 45 SpA / 80 SpD / 95 Spe / 435 BST

Evolution

Mega Beedrill - Mega Evolve

Level Up Moves

Twineedle	Evo		
Twineedle	10		
Fury Attack	11		
Rage	13		
Poison Tail	15		
Pursuit	17		
Focus Energy	20		
Venoshock	22		
Assurance	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Pidgey - 016

Type

Normal/Flying

Ability

Keen Eye/Tangled Feet

Base Stats

Old 40 HP / 45 Atk / 40 Def / 35 SpA / 35 SpD / 56 Spe / 251 BST

New 40 HP / 45 Atk / 35 Def / 45 SpA / 35 SpD / 56 Spe / 256 BST

Evolution

Pidgeotto - Level 18

Level Up Moves

Tackle	1		
Sand-Attack	1		
Gust	5		
Quick Attack	7		
Wing Attack	9		
Swift	12		
Air Cutter	15		
Whirlwind	17		
Twister	19		
Feather Dance	22		
Agility	25		

Move Tutor Moves

Sleep Talk	
------------	--

Pidgeotto - 017

Type

Normal/Flying

Ability

Keen Eye/Tangled Feet

Base Stats

Old 63 HP / 60 Atk / 55 Def / 50 SpA / 50 SpD / 71 Spe / 349 BST

New 63 HP / 55 Atk / 55 Def / 65 SpA / 50 SpD / 71 Spe / 359 BST

Evolution

Pidgeot - Level 36

Level Up Moves

Tackle	1		
Sand-Attack	1		
Gust	5		
Quick Attack	7		
Wing Attack	9		
Swift	12		
Air Cutter	15		
Whirlwind	17		
Twister	20		
Feather Dance	23		
Agility	26		

Move Tutor Moves

Sleep Talk	
------------	--

Pidgeot - 018

Type

Normal/Flying

Ability

Keen Eye/Tangled Feet

Base Stats

Old 83 HP / 80 Atk / 75 Def / 70 SpA / 70 SpD / 101 Spe / 479 BST

New 83 HP / 65 Atk / 65 Def / 95 SpA / 70 SpD / 101 Spe / 479 BST

Evolution

Mega Pidgeot - Mega Evolve

Move Tutor Moves

Sleep Talk	
------------	--

Alolan Rattata - 019

Type

Dark/Normal

Ability

Old Gluttony/Hustle

New Hustle/Thick Fat

Base Stats

30 HP / 56 Atk / 35 Def / 25 SpA / 35 SpD / 72 Spe / 253 BST

Evolution

Alolan Raticate - Level 20

Level Up Moves

Tackle	1		
Tail Whip	1		
Quick Attack	5		
Bite	8		
Focus Energy	10		
Pursuit	13		
Hyper Fang	16		
Assurance	19		
Crunch	22		
Sucker Punch	25		

Move Tutor Moves

Icy Wind	Sleep Talk
Taunt	

Alolan Raticate - 020

Type

Dark/Normal

Ability

Old Gluttony/Hustle

New Strong Jaw/Thick Fat

Base Stats

Old 75 HP / 71 Atk / 70 Def / 40 SpA / 80 SpD / 77 Spe / 413 BST

New 95 HP / 81 Atk / 70 Def / 40 SpA / 80 SpD / 77 Spe / 443 BST

Evolution

N/A

Level Up Moves

Fire Fang	Evo		
Thunder Fang	Evo		
Ice Fang	Evo		
Tackle	1		
Tail Whip	1		
Quick Attack	5		
Bite	8		
Focus Energy	10		
Pursuit	13		
Hyper Fang	16		
Assurance	19		
Crunch	23		
Sucker Punch	26		

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	Taunt

Ekans - 023

Type

Poison

Ability

Intimidate/Shed Skin

Base Stats

35 HP / 60 Atk / 44 Def / 40 SpA / 54 SpD / 55 Spe / 288 BST

Evolution

Arbok - Level 22

Level Up Moves

Wrap	1		
Leer	1		
Poison Sting	3		
Bite	6		
Poison Fang	9		
Glare	12		
Screech	15		
Slam	18		
Acid	20		
Stockpile	24		
Swallow	24		
Spit Up	24		

Move Tutor Moves

Sleep Talk	
------------	--

Arbok - 024

Type

Old Poison
New Poison/Dark

Ability

Intimidate/Shed Skin

Base Stats

Old 60 HP / 95 Atk / 69 Def / 65 SpA / 79 SpD / 80 Spe / 448 BST
New 80 HP / 95 Atk / 69 Def / 65 SpA / 89 SpD / 80 Spe / 478 BST

Evolution

N/A

Level Up Moves

Crunch	Evo		
Wrap	1		
Leer	1		
Poison Sting	3		
Bite	6		
Poison Fang	9		
Glare	12		
Screech	15		
Slam	18		
Acid	20		
Stockpile	25		
Swallow	25		
Spit Up	25		

Move Tutor Moves

Sleep Talk	
------------	--

Pikachu - 025

Type

Electric

Ability

Static

Base Stats

Old 35 HP / 55 Atk / 40 Def / 50 SpA / 50 SpD / 90 Spe / 320 BST

New 45 HP / 80 Atk / 50 Def / 75 SpA / 60 SpD / 120 Spe / 430 BST

Evolution

Raichu - Thunder Stone

Alolan Raichu - Dawn Stone

Level Up Moves

Tail Whip	1		
Thunder Shock	1		
Growl	1		
Play Nice	5		
Quick Attack	7		
Thunder Wave	10		
Electro Ball	13		
Double Kick	16		
Feint	18		
Fake Out	20		
Spark	23		
Nuzzle	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Raichu - 026

Type

Electric

Ability

Static

Base Stats

Old 60 HP / 90 Atk / 55 Def / 90 SpA / 80 SpD / 110 Spe / 485 BST

New 65 HP / 105 Atk / 60 Def / 105 SpA / 85 SpD / 110 Spe / 530 BST

Evolution

N/A

Level Up Moves

Thunderbolt	Evo	Quick Attack	1
Tail Whip	1	Thunderbolt	1
Tail Whip	1	Volt Tackle	25

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Alolan Raichu - 026

Type

Electric/Psychic

Ability

Surge Surfer

Base Stats

Old 60 HP / 85 Atk / 50 Def / 95 SpA / 85 SpD / 110 Spe / 485 BST

New 70 HP / 95 Atk / 50 Def / 115 SpA / 90 SpD / 110 Spe / 530 BST

Evolution

N/A

Level Up Moves

Psychic	Evo	Thundershock	1
Speed Swap	1	Tail Whip	1
Thunderbolt	1	Quick Attack	1
Psychic	1		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Sandshrew - 027

Type

Ground

Ability

Old Sand Veil

New Sand Rush/Sand Veil

Base Stats

50 HP / 75 Atk / 85 Def / 20 SpA / 30 SpD / 40 Spe / 300 BST

Evolution

Sandslash - Level 22

Level Up Moves

Scratch	1		
Defense Curl	1		
Sand-Attack	1		
Poison Sting	3		
Rollout	6		
Bulldoze	8		
Rapid Spin	10		
Fury Cutter	12		
Magnitude	14		
Swift	17		
Metal Claw	20		
Fury Swipes	22		
Sand Tomb	24		

Move Tutor Moves

Knock Off	Sleep Talk
Stealth Rock	

Sandslash - 028

Type

Ground

Ability

Old Sand Veil

New Sand Rush/Sand Veil

Base Stats

Old 75 HP / 100 Atk / 110 Def / 45 SpA / 55 SpD / 65 Spe / 450 BST

New 85 HP / 110 Atk / 110 Def / 45 SpA / 55 SpD / 65 Spe / 470 BST

Evolution

N/A

Level Up Moves

Crush Claw	Evo		
Scratch	1		
Defense Curl	1		
Sand-Attack	1		
Poison Sting	3		
Rollout	6		
Bulldoze	8		
Rapid Spin	10		
Fury Cutter	12		
Magnitude	14		
Swift	17		
Metal Claw	20		
Fury Swipes	23		
Sand Tomb	25		

Move Tutor Moves

Knock Off	Sleep Talk
Stealth Rock	

Nidoran ♀ - 029

Type

Poison

Ability

Old Poison Point/Rivalry

New Hustle/Rivalry

Base Stats

55 HP / 47 Atk / 52 Def / 40 SpA / 40 SpD / 41 Spe / 275 BST

Evolution

Nidorina - Level 16

Level Up Moves

Growl	1		
Scratch	1		
Tail Whip	4		
Double Kick	7		
Poison Sting	9		
Fury Swipes	12		
Poison Tail	15		
Bite	17		
Charm	19		
Helping Hand	21		
Poison Fang	23		
Toxic Spikes	25		

Move Tutor Moves

Sleep Talk	
------------	--

Nidorina - 030

Type

Poison

Ability

Old Poison Point/Rivalry

New Hustle/Rivalry

Base Stats

70 HP / 62 Atk / 67 Def / 55 SpA / 55 SpD / 56 Spe / 365 BST

Evolution

Nidoqueen - Moon Stone

Level Up Moves

Growl	1		
Scratch	1		
Tail Whip	4		
Double Kick	7		
Poison Sting	9		
Fury Swipes	12		
Poison Tail	15		
Bite	18		
Charm	20		
Helping Hand	22		
Poison Fang	24		
Toxic Spikes	26		

Move Tutor Moves

Sleep Talk	
------------	--

Nidoqueen - 031

Type

Poison/Ground

Ability

Old Poison Point/Rivalry

New Sheer Force/Rivalry

Base Stats

Old 90 HP / 92 Atk / 87 Def / 75 SpA / 85 SpD / 76 Spe / 505 BST

New 90 HP / 75 Atk / 87 Def / 92 SpA / 85 SpD / 76 Spe / 505 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Sleep Talk
Stealth Rock	Taunt

Nidoran ♂ - 032

Type

Poison

Ability

Old Poison Point/Rivalry

New Hustle/Rivalry

Base Stats

46 HP / 57 Atk / 40 Def / 40 SpA / 40 SpD / 50 Spe / 273 BST

Evolution

Nidorino - Level 16

Level Up Moves

Leer	1		
Peck	1		
Focus Energy	4		
Double Kick	7		
Poison Sting	9		
Fury Attack	12		
Poison Tail	15		
Horn Attack	17		
Chip Away	19		
Helping Hand	21		
Poison Fang	23		
Toxic Spikes	25		

Move Tutor Moves

Sleep Talk	
------------	--

Nidorino - 033

Type

Poison

Ability

Old Poison Point/Rivalry

New Hustle/Rivalry

Base Stats

61 HP / 72 Atk / 57 Def / 55 SpA / 55 SpD / 65 Spe / 365 BST

Evolution

Nidoking - Moon Stone

Level Up Moves

Leer	1		
Peck	1		
Focus Energy	4		
Double Kick	7		
Poison Sting	9		
Fury Attack	12		
Poison Tail	15		
Horn Attack	18		
Chip Away	20		
Helping Hand	22		
Poison Fang	24		
Toxic Spikes	26		

Move Tutor Moves

Sleep Talk	
------------	--

Nidoking - 034

Type

Poison/Ground

Ability

Old Poison Point/Rivalry

New Sheer Force/Rivalry

Base Stats

Old 81 HP / 102 Atk / 77 Def / 85 SpA / 75 SpD / 85 Spe / 505 BST

New 81 HP / 95 Atk / 77 Def / 92 SpA / 75 SpD / 85 Spe / 505 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Sleep Talk
Stealth Rock	Taunt

Clefairy - 035

Type

Fairy

Ability

Old Cute Charm/Magic Guard

New Magic Guard/Unaware

Base Stats

70 HP / 45 Atk / 48 Def / 60 SpA / 65 SpD / 35 Spe / 323 BST

Evolution

Clefable - Moon Stone

Level Up Moves

Disarming Voice	1		
Encore	1		
Growl	1		
Pound	1		
Spotlight	1		
Sing	5		
Double Slap	7		
Defense Curl	10		
Wish	13		
Draining Kiss	16		
Bestow	19		
Follow Me	21		
Wake-Up Slap	23		
Minimize	25		

Move Tutor Moves

Icy Wind	Knock Off
Heal Bell	Sleep Talk
Stealth Rock	

Clefable - 036

Type

Fairy

Ability

Old Cute Charm/Magic Guard

New Magic Guard/Unaware

Base Stats

95 HP / 70 Atk / 73 Def / 95 SpA / 90 SpD / 60 Spe / 483 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Knock Off
Heal Bell	Sleep Talk
Stealth Rock	

Jigglypuff - 039

Type

Normal/Fairy

Ability

Old Cute Charm/Competitive

New Competitive/Cute Charm

Base Stats

Old 115 HP / 45 Atk / 20 Def / 45 SpA / 25 SpD / 20 Spe / 270 BST

New 115 HP / 45 Atk / 40 Def / 45 SpA / 45 SpD / 20 Spe / 310 BST

Evolution

Wigglytuff - Moon Stone

Level Up Moves

Sing	1		
Defense Curl	3		
Pound	5		
Play Nice	7		
Disarming Voice	9		
Disable	11		
Rollout	14		
Draining Kiss	16		
Double Slap	18		
Round	20		
Wish	22		
Spit Up	25		
Stockpile	25		
Swallow	25		

Move Tutor Moves

Icy Wind	Knock Off
Heal Bell	Sleep Talk
Stealth Rock	

Wigglytuff - 040

Type

Normal/Fairy

Ability

Old Cute Charm/Competitive

New Competitive/Cute Charm

Base Stats

Old 140 HP / 70 Atk / 45 Def / 85 SpA / 50 SpD / 45 Spe / 435 BST

New 140 HP / 70 Atk / 45 Def / 105 SpA / 50 SpD / 45 Spe / 455 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Knock Off
Heal Bell	Sleep Talk
Stealth Rock	

Paras - 046

Type

Bug/Grass

Ability

Old Effect Spore/Dry Skin

New Dry Skin/Effect Spore

Base Stats

35 HP / 70 Atk / 55 Def / 45 SpA / 55 SpD / 25 Spe / 285 BST

Evolution

Parasect - Level 24

Level Up Moves

Scratch	1		
Poison Powder	4		
Stun Spore	7		
Absorb	9		
Fury Cutter	12		
Leafage	14		
Bug Bite	17		
Razor Leaf	19		
Spore	22		
Slash	24		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Parasect - 047

Type

Bug/Grass

Ability

Old Effect Spore/Dry Skin

New Dry Skin/Effect Spore

Base Stats

Old 60 HP / 95 Atk / 80 Def / 60 SpA / 80 SpD / 30 Spe / 405 BST

New 70 HP / 115 Atk / 80 Def / 60 SpA / 80 SpD / 30 Spe / 435 BST

Evolution

N/A

Level Up Moves

Scratch	1		
Poison Powder	4		
Stun Spore	7		
Absorb	9		
Fury Cutter	12		
Leafage	14		
Bug Bite	17		
Razor Leaf	19		
Spore	22		
Slash	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Diglett - 050

Type

Ground

Ability

Old Sand Veil/Arena Trap

New Arena Trap

Base Stats

10 HP / 55 Atk / 25 Def / 35 SpA / 45 SpD / 95 Spe / 265 BST

Evolution

Dugtrio - Level 26

Level Up Moves

Sand-Attack	1		
Metal Claw	1		
Growl	4		
Astonish	7		
Mud-Slap	10		
Magnitude	13		
Bulldoze	16		
Sucker Punch	19		
Reversal	22		
Mud Bomb	24		

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Dugtrio - 051

Type

Ground

Ability

Old Sand Veil/Arena Trap

New Arena Trap

Base Stats

Old 35 HP / 100 Atk / 50 Def / 50 SpA / 70 SpD / 120 Spe / 425 BST

New 45 HP / 100 Atk / 50 Def / 50 SpA / 70 SpD / 120 Spe / 435 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Alolan Meowth - 052

Type

Dark

Ability

Pickup/Technician

Base Stats

40 HP / 35 Atk / 35 Def / 50 SpA / 40 SpD / 90 Spe / 290 BST

Evolution

Alolan Persian - high Friendship, Level 28

Level Up Moves

Scratch	1		
Growl	3		
Bite	6		
Fake Out	9		
Parting Shot	11		
Fury Swipes	13		
Snarl	15		
Screech	18		
Faint Attack	20		
Taunt	22		
Pay Day	24		

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	Taunt

Alolan Persian - 053

Type

Dark

Ability

Fur Coat/Technician

Base Stats

65 HP / 60 Atk / 60 Def / 75 SpA / 65 SpD / 115 Spe / 440 BST

Evolution

N/A

Level Up Moves

Swift	Evo		
Scratch	1		
Growl	3		
Bite	6		
Fake Out	9		
Parting Shot	11		
Fury Swipes	13		
Snarl	15		
Screech	18		
Faint Attack	20		
Taunt	22		
Power Gem	24		

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	Taunt

Psyduck - 054

Type

Old Water
New Water/Psychic

Ability

Old Damp/Cloud Nine
New Swift Swim/Cloud Nine

Base Stats

50 HP / 52 Atk / 48 Def / 65 SpA / 50 SpD / 55 Spe / 320 BST

Evolution

Golduck - Level 29

Level Up Moves

Scratch	1		
Water Sport	1		
Tail Whip	3		
Water Gun	5		
Confusion	8		
Fury Swipes	10		
Water Pulse	13		
Psybeam	16		
Confuse Ray	19		
Disable	21		
Screech	23		
Zen Headbutt	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Golduck - 055

Type

Old Water
New Water/Psychic

Ability

Old Damp/Cloud Nine
New Swift Swim/Cloud Nine

Base Stats

80 HP / 82 Atk / 78 Def / 95 SpA / 80 SpD / 85 Spe / 500 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Mankey - 056

Type

Fighting

Ability

Old Vital Spirit/Anger Point

New Anger Point/Defiant

Base Stats

40 HP / 80 Atk / 35 Def / 35 SpA / 45 SpD / 70 Spe / 305 BST

Evolution

Primeape - Level 28

Level Up Moves

Covet	1		
Scratch	1		
Low Kick	1		
Leer	1		
Focus Energy	1		
Fury Swipes	5		
Karate Chop	8		
Pursuit	11		
Seismic Toss	13		
Brick Break	16		
Swagger	19		
Cross Chop	21		
Assurance	24		

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Primeape - 057

Type

Fighting

Ability

Old Vital Spirit/Anger Point

New Anger Point/Defiant

Base Stats

Old 65 HP / 105 Atk / 60 Def / 60 SpA / 70 SpD / 95 Spe / 455 BST

New 65 HP / 115 Atk / 60 Def / 60 SpA / 70 SpD / 95 Spe / 465 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Poliwag - 060

Type

Water

Ability

Old Water Absorb/Damp

New Water Absorb/Swift Swim

Base Stats

40 HP / 50 Atk / 40 Def / 40 SpA / 40 SpD / 90 Spe / 300 BST

Evolution

Poliwhirl - Level 25

Level Up Moves

Water Sport	1		
Water Gun	1		
Mud Shot	4		
Hypnosis	6		
Bubble	9		
Double Slap	12		
Water Pulse	14		
Rain Dance	17		
Body Slam	20		
Bubble Beam	23		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Poliwhirl - 061

Type

Water

Ability

Old Water Absorb/Damp

New Water Absorb/Swift Swim

Base Stats

65 HP / 65 Atk / 65 Def / 50 SpA / 50 SpD / 90 Spe / 385 BST

Evolution

Poliwrath - Water Stone

Politoed - King's Rock

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Poliwrath - 062

Type

Water/Fighting

Ability

Old Water Absorb/Damp

New Water Absorb/Swift Swim

Base Stats

95 HP / 95 Atk / 95 Def / 70 SpA / 90 SpD / 70 Spe / 510 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Abra - 063

Type

Psychic

Ability

Old Synchronize/Inner Focus

New Magic Guard

Base Stats

25 HP / 20 Atk / 15 Def / 105 SpA / 55 SpD / 90 Spe / 310 BST

Evolution

Kadabra - Level 16

Level Up Moves

Teleport	1	Encore	10
----------	---	--------	----

Move Tutor Moves

Knock Off	Sleep Talk
Taunt	

Kadabra - 064

Type

Psychic

Ability

Old Synchronize/Inner Focus

New Magic Guard

Base Stats

40 HP / 35 Atk / 30 Def / 120 SpA / 70 SpD / 105 Spe / 400 BST

Evolution

Alakazam - Level 34

Level Up Moves

Kinesis	Evo		
Kinesis	1		
Teleport	1		
Confusion	16		
Disable	18		
Psybeam	21		
Miracle Eye	23		
Reflect	25		

Move Tutor Moves

Knock Off	Sleep Talk
Taunt	

Alakazam - 065

Type

Psychic

Ability

Old Synchronize/Inner Focus

New Magic Guard

Base Stats

55 HP / 50 Atk / 45 Def / 135 SpA / 95 SpD / 120 Spe / 500 BST

Evolution

Mega Alakazam - Mega Evolve

Move Tutor Moves

Knock Off	Sleep Talk
Taunt	

Machop - 066

Type

Fighting

Ability

Old Guts/No Guard

New No Guard/Guts

Base Stats

70 HP / 80 Atk / 50 Def / 35 SpA / 35 SpD / 35 Spe / 305 BST

Evolution

Machoke - Level 28

Level Up Moves

Leer	1		
Low Kick	1		
Focus Energy	3		
Karate Chop	7		
Foresight	9		
Low Sweep	12		
Seismic Toss	15		
Rock Throw	17		
Revenge	19		
Knock Off	21		
Meditate	23		
Vital Throw	25		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Machoke - 067

Type

Fighting

Ability

Old Guts/No Guard

New No Guard/Guts

Base Stats

80 HP / 100 Atk / 70 Def / 50 SpA / 60 SpD / 45 Spe / 405 BST

Evolution

Machamp - Level 36

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Machamp - 068

Type

Fighting

Ability

Old Guts/No Guard

New No Guard/Guts

Base Stats

90 HP / 130 Atk / 80 Def / 65 SpA / 85 SpD / 55 Spe / 505 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Alolan Geodude - 074

Type

Rock/Electric

Ability

Old Magnet Pull/Sturdy

New Sturdy/Galvanize

Base Stats

40 HP / 80 Atk / 100 Def / 30 SpA / 30 SpD / 20 Spe / 300 BST

Evolution

Alolan Graveler - Level 25

Level Up Moves

Tackle	1		
Defense Curl	1		
Charge	4		
Rock Polish	6		
Rollout	9		
Spark	12		
Rock Throw	14		
Smack Down	17		
Thunder Punch	19		
Curse	22		
Self-Destruct	25		

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Alolan Graveler - 075

Type

Rock/Electric

Ability

Old Magnet Pull/Sturdy

New Sturdy/Galvanize

Base Stats

55 HP / 95 Atk / 115 Def / 45 SpA / 45 SpD / 35 Spe / 390 BST

Evolution

Alolan Golem - Level 36

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Alolan Golem - 076

Type

Rock/Electric

Ability

Old Magnet Pull/Sturdy

New Sturdy/Galvanize

Base Stats

80 HP / 120 Atk / 130 Def / 55 SpA / 65 SpD / 45 Spe / 495 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Farfetch'd - 083

Type

Old Normal/Flying
New Fighting/Flying

Ability

Old Keen Eye/Inner Focus
New Defiant/Inner Focus

Base Stats

Old 52 HP / 90 Atk / 55 Def / 58 SpA / 62 SpD / 60 Spe / 377 BST
New 52 HP / 90 Atk / 65 Def / 78 SpA / 62 SpD / 90 Spe / 437 BST

Evolution

N/A

Level Up Moves

Peck	1		
Sand-Attack	1		
Leer	1		
Fury Cutter	1		
Fury Attack	6		
Aerial Ace	9		
Knock Off	12		
Slash	15		
Air Cutter	17		
Revenge	20		
Swords Dance	23		
Agility	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Onix - 095

Type

Rock/Ground

Ability

Old Rock Head/Sturdy

New Sturdy/Weak Armor

Base Stats

35 HP / 45 Atk / 160 Def / 30 SpA / 45 SpD / 70 Spe / 385 BST

Evolution

Steelix - Level up while holding Metal Coat

Level Up Moves

Mud Sport	1		
Tackle	1		
Harden	1		
Bind	1		
Curse	4		
Rock Throw	7		
Rock Tomb	10		
Rage	12		
Bulldoze	14		
Stealth Rock	17		
Rock Polish	19		
Gyro Ball	22		
Smack Down	24		

Move Tutor Moves

Sleep Talk	Stealth Rock
Taunt	

Drowzee - 096

Type

Psychic

Ability

Insomnia/Forewarn

Base Stats

60 HP / 48 Atk / 45 Def / 43 SpA / 90 SpD / 42 Spe / 328 BST

Evolution

Hypno - Level 26

Level Up Moves

Pound	1		
Hypnosis	1		
Disable	5		
Confusion	8		
Headbutt	11		
Poison Gas	14		
Meditate	16		
Psybeam	18		
Wake-Up Slap	21		
Flatter	23		
Psych Up	25		

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Hypno - 097

Type

Psychic

Ability

Insomnia/Forewarn

Base Stats

Old 85 HP / 73 Atk / 70 Def / 73 SpA / 115 SpD / 67 Spe / 483 BST

New 85 HP / 94 Atk / 70 Def / 94 SpA / 115 SpD / 42 Spe / 503 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Hitmonlee - 106

Type

Fighting

Ability

Old Limber/Reckless

New Reckless/Limber

Base Stats

50 HP / 120 Atk / 53 Def / 35 SpA / 110 SpD / 87 Spe / 455 BST

Evolution

N/A

Level Up Moves

Double Kick	Evo		
Close Combat	1		
Double Kick	1		
Jump Kick	1		
Meditate	1		
Mega Kick	1		
Revenge	1		
Reversal	1		
Rolling Kick	1		
Meditate	5		
Rolling Kick	9		
Brick Break	15		
Focus Energy	20		
Feint	23		
Jump Kick	25		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Hitmonchan - 107

Type

Fighting

Ability

Old Keen Eye/Iron Fist

New Iron Fist/Keen Eye

Base Stats

50 HP / 105 Atk / 79 Def / 35 SpA / 110 SpD / 76 Spe / 455 BST

Evolution

N/A

Level Up Moves

Mach Punch	Evo		
Agility	1		
Close Combat	1		
Counter	1		
Focus Punch	1		
Mach Punch	1		
Pursuit	1		
Revenge	1		
Agility	6		
Pursuit	9		
Bullet Punch	12		
Feint	16		
Comet Punch	20		
Thunder Punch	25		
Ice Punch	25		
Fire Punch	25		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Chansey - 113

Type

Normal

Ability

Natural Cure/Serene Grace

Base Stats

250 HP / 5 Atk / 5 Def / 35 SpA / 105 SpD / 50 Spe / 450 BST

Evolution

Blissey - high Friendship

Level Up Moves

Double Edge	1		
Defense Curl	1		
Pound	1		
Growl	1		
Tail Whip	5		
Refresh	8		
Double Slap	11		
Soft-Boiled	14		
Bestow	17		
Minimize	20		
Take Down	23		

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	Stealth Rock

Jynx - 124

Type

Ice/Psychic

Ability

Old Oblivious/Forewarn

New Dry Skin/Forewarn

Base Stats

65 HP / 50 Atk / 35 Def / 115 SpA / 95 SpD / 95 Spe / 455 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	Taunt

Electabuzz - 125

Type

Electric

Ability

Old

Static

New

Vital Spirit/Static

Base Stats

65 HP / 83 Atk / 57 Def / 95 SpA / 85 SpD / 105 Spe / 490 BST

Evolution

Electivire - Level up while holding Electirizer

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Magmar - 126

Type

Fire

Ability

Old Flame Body

New Flame Body/Vital Spirit

Base Stats

65 HP / 95 Atk / 57 Def / 100 SpA / 85 SpD / 93 Spe / 495 BST

Evolution

Magmortar - Level up while holding Magmarizer

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Magikarp - 129

Type

Water

Ability

Swift Swim

Base Stats

20 HP / 10 Atk / 55 Def / 15 SpA / 20 SpD / 80 Spe / 200 BST

Evolution

Gyarados - Level 20

Level Up Moves

Splash	1	Flail	15
Tackle	5	Bounce	25

Move Tutor Moves

N/A	
-----	--

Gyarados - 130

Type

Water/Flying

Ability

Old Intimidate

New Intimidate/Moxie

Base Stats

95 HP / 125 Atk / 79 Def / 60 SpA / 100 SpD / 81 Spe / 540 BST

Evolution

N/A

Level Up Moves

Bite	Evo		
Leer	21		
Ice Fang	24		

Move Tutor Moves

Icy Wind	Sleep Talk
Taunt	

Ditto - 132

Type

Normal

Ability

Old

Limber

New

Imposter/Limber

Base Stats

48 HP / 48 Atk / 48 Def / 48 SpA / 48 SpD / 48 Spe / 288 BST

Evolution

N/A

Level Up Moves

Transform	1		
-----------	---	--	--

Move Tutor Moves

N/A	
-----	--

Eevee - 133

Type

Normal

Ability

Old Run Away/Adaptability

New Adaptability

Base Stats

Old 55 HP / 55 Atk / 50 Def / 45 SpA / 65 SpD / 55 Spe / 325 BST

New 55 HP / 55 Atk / 55 Def / 55 SpA / 55 SpD / 55 Spe / 330 BST

Evolution

Vaporeon - Water Stone

Jolteon - Thunder Stone

Flareon - Fire Stone

Espeon - Sun Stone

Umbreon - Moon Stone

Leafeon - Leaf Stone

Glaceon - Ice Stone

Sylveon - Shiny Stone

Level Up Moves

Tackle	1		
Tail Whip	1		
Sand-Attack	1		
Baby-Doll Eyes	5		
Quick Attack	7		
Charm	9		
Helping Hand	11		
Swift	13		
Covet	15		
Bite	17		
Refresh	19		
Wish	21		
Yawn	23		
Stored Power	25		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Vaporeon - 134

Type

Water

Ability

Water Absorb

Base Stats

130 HP / 65 Atk / 60 Def / 110 SpA / 95 SpD / 65 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Jolteon - 135

Type

Electric

Ability

Volt Absorb

Base Stats

65 HP / 65 Atk / 60 Def / 110 SpA / 95 SpD / 130 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Flareon - 136

Type

Electric

Ability

Flash Fire

Base Stats

Old 65 HP / 130 Atk / 60 Def / 95 SpA / 110 SpD / 65 Spe / 525 BST

New 110 HP / 130 Atk / 60 Def / 65 SpA / 65 SpD / 95 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Snorlax - 143

Type

Normal

Ability

Old Pickup/Thick Fat

New Thick Fat/Immunity

Base Stats

160 HP / 110 Atk / 65 Def / 65 SpA / 110 SpD / 30 Spe / 540 BST

Evolution

N/A

Level Up Moves

Tackle	1		
Defense Curl	4		
Amnesia	7		
Pursuit	10		
Chip Away	12		
Yawn	15		
Body Slam	18		
Rest	21		
Snore	21		
Sleep Talk	23		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Chikorita - 152

Type

Old Grass
New Grass/Fairy

Ability

Old Overgrow
New Filter/Overgrow

Base Stats

Old 45 HP / 49 Atk / 65 Def / 49 SpA / 65 SpD / 45 Spe / 318 BST
New 47 HP / 49 Atk / 65 Def / 49 SpA / 65 SpD / 45 Spe / 320 BST

Evolution

Bayleef - Level 16

Level Up Moves

Tackle	1		
Growl	1		
Razor Leaf	5		
Poison Powder	8		
Fairy Wind	10		
Synthesis	12		
Magical Leaf	14		
Reflect	16		
Light Screen	16		
Body Slam	18		
Dazzling Gleam	20		
Leech Seed	22		
Natural Gift	24		

Move Tutor Moves

Sleep Talk	
------------	--

Bayleef - 153

Type

Old Grass
New Grass/Fairy

Ability

Old Overgrow
New Filter/Overgrow

Base Stats

Old 60 HP / 62 Atk / 80 Def / 63 SpA / 80 SpD / 60 Spe / 405 BST
New 65 HP / 62 Atk / 85 Def / 68 SpA / 85 SpD / 55 Spe / 420 BST

Evolution

Meganium - Level 32

Level Up Moves

Tackle	1		
Growl	1		
Razor Leaf	5		
Poison Powder	8		
Fairy Wind	10		
Synthesis	12		
Magical Leaf	14		
Reflect	16		
Light Screen	16		
Body Slam	19		
Draining Kiss	21		
Leech Seed	23		
Natural Gift	25		

Move Tutor Moves

Sleep Talk	
------------	--

Meganium - 154

Type

Old Grass

New Grass/Fairy

Ability

Old Overgrow

New Filter/Overgrow

Base Stats

Old 80 HP / 82 Atk / 100 Def / 83 SpA / 100 SpD / 80 Spe / 525 BST

New 80 HP / 80 Atk / 100 Def / 90 SpA / 100 SpD / 80 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Cyndaquil - 155

Type

Fire

Ability

Old Blaze

New Adaptability/Blaze

Base Stats

Old 39 HP / 52 Atk / 43 Def / 60 SpA / 50 SpD / 65 Spe / 309 BST

New 46 HP / 52 Atk / 43 Def / 65 SpA / 50 SpD / 65 Spe / 320 BST

Evolution

Quilava - Level 14

Level Up Moves

Tackle	1		
Leer	1		
Ember	5		
Smokescreen	7		
Quick Attack	9		
Flame Wheel	12		
Incinerate	15		
Defense Curl	18		
Flame Charge	20		
Extrasensory	23		
Flame Burst	25		

Move Tutor Moves

Sleep Talk	
------------	--

Quilava - 156

Type

Fire

Ability

Old Blaze

New Adaptability/Blaze

Base Stats

Old 58 HP / 64 Atk / 58 Def / 80 SpA / 65 SpD / 80 Spe / 405 BST

New 58 HP / 69 Atk / 58 Def / 85 SpA / 70 SpD / 80 Spe / 420 BST

Evolution

Typhlosion - Level 36

Level Up Moves

Tackle	1		
Leer	1		
Ember	5		
Smokescreen	7		
Quick Attack	9		
Flame Wheel	12		
Incinerate	16		
Defense Curl	19		
Flame Charge	21		
Extrasensory	24		
Flame Burst	26		

Move Tutor Moves

Sleep Talk	
------------	--

Typhlosion - 157

Type

Fire

Ability

Old Blaze

New Adaptability/Blaze

Base Stats

Old 78 HP / 84 Atk / 78 Def / 109 SpA / 85 SpD / 100 Spe / 534 BST

New 78 HP / 69 Atk / 78 Def / 124 SpA / 85 SpD / 96 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Totodile - 158

Type

Water

Ability

Old Torrent

New Strong Jaw/Torrent

Base Stats

Old 50 HP / 65 Atk / 64 Def / 44 SpA / 48 SpD / 43 Spe / 314 BST

New 50 HP / 71 Atk / 64 Def / 44 SpA / 48 SpD / 43 Spe / 320 BST

Evolution

Croconaw - Level 18

Level Up Moves

Scratch	1		
Leer	1		
Water Gun	5		
Rage	7		
Bite	9		
Scary Face	13		
Aqua Jet	16		
Ice Fang	18		
Flail	21		
Crunch	24		

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Croconaw - 159

Type

Old Water
New Water/Dark

Ability

Old Torrent
New Strong Jaw/Torrent

Base Stats

Old 65 HP / 80 Atk / 80 Def / 59 SpA / 63 SpD / 58 Spe / 405 BST
New 65 HP / 85 Atk / 85 Def / 64 SpA / 63 SpD / 58 Spe / 420 BST

Evolution

Feraligatr - Level 30

Level Up Moves

Scratch	1		
Leer	1		
Water Gun	5		
Rage	7		
Bite	9		
Scary Face	13		
Aqua Jet	16		
Ice Fang	19		
Flail	22		
Crunch	25		

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Feraligatr - 160

Type

Old Water

New Water/Dark

Ability

Old Torrent

New Strong Jaw/Torrent

Base Stats

85 HP / 105 Atk / 100 Def / 79 SpA / 83 SpD / 78 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Sentret - 161

Type

Normal

Ability

Run Away/Keen Eye

Base Stats

Old 35 HP / 46 Atk / 34 Def / 35 SpA / 45 SpD / 20 Spe / 215 BST

New 45 HP / 54 Atk / 34 Def / 35 SpA / 45 SpD / 30 Spe / 243 BST

Evolution

Furret - Level 15

Level Up Moves

Scratch	1		
Foresight	1		
Defense Curl	1		
Quick Attack	5		
Fury Swipes	7		
Baby-Doll Eyes	9		
Helping Hand	11		
Slam	13		
Follow Me	15		
Charm	17		
Covet	19		
Sucker Punch	21		
Rest	24		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Furret - 162

Type

Normal

Ability

Old Run Away/Keen Eye

New Fur Coat/Keen Eye

Base Stats

Old 85 HP / 76 Atk / 64 Def / 45 SpA / 55 SpD / 90 Spe / 415 BST

New 85 HP / 85 Atk / 64 Def / 35 SpA / 65 SpD / 110 Spe / 444 BST

Evolution

N/A

Level Up Moves

Agility	1		
Scratch	1		
Foresight	1		
Defense Curl	1		
Quick Attack	5		
Fury Swipes	7		
Baby-Doll Eyes	9		
Helping Hand	11		
Slam	13		
Follow Me	16		
Charm	18		
Covet	20		
Sucker Punch	22		
Rest	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Hoothoot - 163

Type

Normal/Flying

Ability

Old Insomnia/Keen Eye

New Analytic/Tinted Lens

Base Stats

60 HP / 30 Atk / 30 Def / 36 SpA / 56 SpD / 50 Spe / 262 BST

Evolution

Noctowl - Level 20

Level Up Moves

Foresight	1		
Growl	1		
Tackle	1		
Hypnosis	4		
Peck	6		
Confusion	9		
Echoed Voice	11		
Air Cutter	14		
Zen Headbutt	16		
Psycho Shift	18		
Supersonic	21		
Extrasensory	23		
Roost	25		

Move Tutor Moves

Sleep Talk	
------------	--

Noctowl - 164

Type

Normal/Flying

Ability

Old Insomnia/Keen Eye

New Analytic/Tinted Lens

Base Stats

Old 100 HP / 50 Atk / 50 Def / 86 SpA / 96 SpD / 70 Spe / 452 BST

New 100 HP / 50 Atk / 50 Def / 91 SpA / 96 SpD / 65 Spe / 452 BST

Evolution

N/A

Level Up Moves

Tackle	1		
Growl	1		
Foresight	1		
Hypnosis	4		
Peck	6		
Confusion	9		
Echoed Voice	11		
Air Cutter	14		
Zen Headbutt	16		
Psycho Shift	18		
Supersonic	22		
Extrasensory	24		
Roost	26		

Move Tutor Moves

Sleep Talk	
------------	--

Ledyba - 165

Type

Bug/Flying

Ability

Old Swarm/Early Bird

New Technician/Iron Fist

Base Stats

Old 40 HP / 20 Atk / 30 Def / 40 SpA / 80 SpD / 55 Spe / 265 BST

New 40 HP / 50 Atk / 30 Def / 20 SpA / 80 SpD / 55 Spe / 275 BST

Evolution

Ledian - Level 18

Level Up Moves

Tackle	1		
Supersonic	1		
Swift	5		
Bug Bite	9		
Light Screen	12		
Reflect	12		
Safeguard	12		
Mach Punch	14		
Silver Wind	17		
Comet Punch	19		
Baton Pass	21		
Agility	23		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Ledian - 166

Type

Bug/Flying

Ability

Old Swarm/Early Bird

New Technician/Iron Fist

Base Stats

Old 55 HP / 35 Atk / 50 Def / 55 SpA / 110 SpD / 85 Spe / 390 BST

New 55 HP / 95 Atk / 50 Def / 40 SpA / 110 SpD / 85 Spe / 435 BST

Evolution

N/A

Level Up Moves

Aerial Ace	Evo		
Tackle	1		
Supersonic	1		
Swift	5		
Bug Bite	9		
Light Screen	12		
Reflect	12		
Safeguard	12		
Mach Punch	14		
Silver Wind	17		
Comet Punch	20		
Baton Pass	22		
Agility	24		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Pichu - 172

Type

Electric

Ability

Static

Base Stats

20 HP / 40 Atk / 15 Def / 35 SpA / 35 SpD / 60 Spe / 205 BST

Evolution

Pikachu - high Friendship

Level Up Moves

Thunder Shock	1	Sweet Kiss	9
Charm	1	Nasty Plot	11
Tail Whip	5	Thunder Wave	15

Move Tutor Moves

Sleep Talk	
------------	--

Cleffa - 173

Type

Fairy

Ability

Old Cute Charm/Magic Guard

New Magic Guard

Base Stats

50 HP / 25 Atk / 28 Def / 45 SpA / 55 SpD / 15 Spe / 218 BST

Evolution

Clefairy - high Friendship

Level Up Moves

Pound	1	Sweet Kiss	9
Charm	1	Copycat	11
Encore	3	Wish	13
Sing	6	Magical Leaf	16

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Igglybuff - 174

Type

Normal/Fairy

Ability

Old Cute Charm/Competitive

New Competitive/Cute Charm

Base Stats

90 HP / 30 Atk / 15 Def / 40 SpA / 20 SpD / 15 Spe / 210 BST

Evolution

Jigglypuff - high Friendship

Level Up Moves

Sing	1	Sweet Kiss	9
Charm	1	Fake Tears	11
Defense Curl	3	Copycat	13
Pound	5	Wish	16

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Togepi - 175

Type

Fairy

Ability

Old Hustle/Serene Grace

New Serene Grace/Super Luck

Base Stats

35 HP / 20 Atk / 65 Def / 40 SpA / 65 SpD / 20 Spe / 245 BST

Evolution

Togetic - high Friendship

Level Up Moves

Growl	1		
Charm	1		
Metronome	4		
Sweet Kiss	7		
Yawn	10		
Encore	12		
Follow Me	15		
Bestow	18		
Wish	20		
Ancient Power	23		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Togepi - 176

Type

Fairy/Flying

Ability

Old Hustle/Serene Grace

New Serene Grace/Super Luck

Base Stats

55 HP / 40 Atk / 85 Def / 80 SpA / 105 SpD / 40 Spe / 405 BST

Evolution

Togekiss - Shiny Stone

Level Up Moves

Magical Leaf	1		
Growl	1		
Charm	1		
Metronome	4		
Sweet Kiss	7		
Yawn	10		
Fairy Wind	12		
Encore	14		
Follow Me	16		
Bestow	18		
Wish	20		
Ancient Power	23		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Mareep - 179

Type

Electric

Ability

Static

Base Stats

55 HP / 40 Atk / 40 Def / 65 SpA / 45 SpD / 35 Spe / 280 BST

Evolution

Flaaffy - Level 15

Level Up Moves

Tackle	1		
Growl	1		
Thunder Wave	4		
Thunder Shock	6		
Cotton Spore	9		
Charge	11		
Charge Beam	13		
Take Down	16		
Electro Ball	18		
Confuse Ray	20		
Power Gem	22		
Discharge	25		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Flaaffy - 180

Type

Electric

Ability

Static

Base Stats

70 HP / 55 Atk / 55 Def / 80 SpA / 60 SpD / 45 Spe / 365 BST

Evolution

Ampharos - Level 30

Level Up Moves

Tackle	1		
Growl	1		
Thunder Wave	4		
Thunder Shock	6		
Cotton Spore	9		
Charge	11		
Charge Beam	13		
Take Down	17		
Electro Ball	19		
Confuse Ray	21		
Power Gem	23		
Discharge	26		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Ampharos - 181

Type

Electric

Ability

Static

Base Stats

90 HP / 75 Atk / 85 Def / 115 SpA / 90 SpD / 55 Spe / 510 BST

Evolution

Mega Ampharos - Mega Evolve

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Marill - 183

Type

Water/Fairy

Ability

Old Thick Fat/Huge Power

New Huge Power

Base Stats

Old 70 HP / 20 Atk / 50 Def / 20 SpA / 50 SpD / 40 Spe / 250 BST

New 70 HP / 20 Atk / 50 Def / 40 SpA / 50 SpD / 40 Spe / 290 BST

Evolution

Azumarill - Level 18

Level Up Moves

Tackle	1		
Water Gun	1		
Tail Whip	1		
Water Sport	1		
Bubble	5		
Aqua Jet	7		
Defense Curl	9		
Rollout	9		
Bubble Beam	11		
Covet	13		
Helping Hand	16		
Aqua Tail	18		
Play Rough	21		
Aqua Ring	24		

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	

Azumarill - 184

Type

Water/Fairy

Ability

Old Thick Fat/Huge Power

New Huge Power

Base Stats

Old 100 HP / 50 Atk / 80 Def / 60 SpA / 80 SpD / 50 Spe / 420 BST

New 100 HP / 55 Atk / 85 Def / 60 SpA / 85 SpD / 50 Spe / 435 BST

Evolution

N/A

Level Up Moves

Tackle	1		
Water Gun	1		
Tail Whip	1		
Water Sport	1		
Bubble	5		
Aqua Jet	7		
Defense Curl	9		
Rollout	9		
Bubble Beam	11		
Covet	13		
Helping Hand	16		
Aqua Tail	19		
Play Rough	22		
Aqua Ring	25		

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	

Politoed - 186

Type

Water

Ability

Old Water Absorb/Damp
New Drizzle/Water Absorb

Base Stats

90 HP / 75 Atk / 75 Def / 90 SpA / 100 SpD / 70 Spe / 500 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Hoppip - 187

Type

Grass/Flying

Ability

Chlorophyll/Leaf Guard

Base Stats

35 HP / 35 Atk / 40 Def / 35 SpA / 55 SpD / 50 Spe / 250 BST

Evolution

Skiploom - Level 18

Level Up Moves

Splash	1		
Absorb	1		
Synthesis	4		
Tail Whip	6		
Tackle	8		
Gust	10		
Poison Powder	12		
Stun Spore	14		
Sleep Powder	16		
Mega Drain	18		
Leech Seed	21		
Air Cutter	24		

Move Tutor Moves

Sleep Talk	
------------	--

Skiploom - 188

Type

Grass/Flying

Ability

Chlorophyll/Leaf Guard

Base Stats

Old 55 HP / 45 Atk / 50 Def / 45 SpA / 65 SpD / 80 Spe / 340 BST

New 55 HP / 45 Atk / 50 Def / 65 SpA / 65 SpD / 80 Spe / 360 BST

Evolution

Jumpluff - Level 27

Level Up Moves

Absorb	1		
Splash	1		
Synthesis	4		
Tail Whip	6		
Tackle	8		
Gust	10		
Poison Powder	12		
Stun Spore	14		
Sleep Powder	16		
Mega Drain	19		
Leech Seed	22		
Air Cutter	25		

Move Tutor Moves

Sleep Talk	
------------	--

Jumpluff - 189

Type

Grass/Flying

Ability

Chlorophyll/Leaf Guard

Base Stats

Old 75 HP / 55 Atk / 70 Def / 55 SpA / 95 SpD / 110 Spe / 460 BST

New 75 HP / 55 Atk / 70 Def / 85 SpA / 95 SpD / 120 Spe / 500 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Aipom - 190

Type

Normal

Ability

Run Away/Pickup

Base Stats

55 HP / 70 Atk / 55 Def / 40 SpA / 55 SpD / 85 Spe / 360 BST

Evolution

Ambipom - Level up while knowing Double Hit

Level Up Moves

Scratch	1		
Tail Whip	1		
Sand-Attack	4		
Astonish	7		
Fake Out	9		
Baton Pass	11		
Tickle	14		
Fury Swipes	16		
Beat Up	18		
Double Slap	20		
Screech	23		
Agility	25		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	Taunt

Sunkern - 191

Type

Grass

Ability

Chlorophyll/Solar Power

Base Stats

Old 30 HP / 30 Atk / 30 Def / 30 SpA / 30 SpD / 30 Spe / 180 BST

New 30 HP / 30 Atk / 30 Def / 70 SpA / 30 SpD / 30 Spe / 220 BST

Evolution

Sunflora - Sun Stone

Level Up Moves

Absorb	1		
Growth	1		
Ingrain	4		
Grass Whistle	6		
Mega Drain	9		
Leech Seed	11		
Razor Leaf	14		
Sunny Day	16		
Worry Seed	18		
Giga Drain	20		
Synthesis	22		
Endeavor	25		

Move Tutor Moves

Sleep Talk	
------------	--

Sunflora - 192

Type

Grass

Ability

Chlorophyll/Solar Power

Base Stats

Old 75 HP / 75 Atk / 55 Def / 105 SpA / 85 SpD / 30 Spe / 425 BST

New 75 HP / 25 Atk / 65 Def / 125 SpA / 85 SpD / 60 Spe / 435 BST

Evolution

N/A

Level Up Moves

Absorb	1		
Growth	1		
Ingrain	4		
Grass Whistle	6		
Mega Drain	9		
Leech Seed	11		
Razor Leaf	14		
Sunny Day	16		
Worry Seed	18		
Giga Drain	20		
Synthesis	22		
Endeavor	25		

Move Tutor Moves

Sleep Talk	
------------	--

Espeon - 196

Type

Psychic

Ability

Old

Synchronize

New

Magic Bounce

Base Stats

65 HP / 65 Atk / 60 Def / 130 SpA / 95 SpD / 110 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Umbreon - 197

Type

Dark

Ability

Old

Synchronize

New

Magic Guard

Base Stats

95 HP / 65 Atk / 110 Def / 60 SpA / 130 SpD / 65 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Heal Bell	Sleep Talk
Taunt	

Wobbuffet - 202

Type

Psychic

Ability

Shadow Tag

Base Stats

190 HP / 33 Atk / 58 Def / 33 SpA / 58 SpD / 33 Spe / 405 BST

Evolution

N/A

Level Up Moves

Counter	1	Mirror Coat	1
Destiny Bond	1	Safeguard	1

Move Tutor Moves

N/A	
-----	--

Girafarig - 203

Type

Normal/Psychic

Ability

Old Inner Focus/Early Bird

New Adaptability

Base Stats

70 HP / 80 Atk / 65 Def / 90 SpA / 65 SpD / 85 Spe / 455 BST

Evolution

N/A

Level Up Moves

Astonish	1		
Confusion	1		
Growl	1		
Tackle	1		
Odor Sleuth	4		
Assurance	7		
Stomp	10		
Psybeam	13		
Agility	15		
Double Kick	17		
Double Hit	19		
Psychic Fangs	22		
Secret Power	24		

Move Tutor Moves

Sleep Talk	
------------	--

Dunsparce - 206

Type

Old Normal
New Normal/Fairy

Ability

Old Serene Grace/Run Away
New Pixilate

Base Stats

Old 100 HP / 70 Atk / 70 Def / 65 SpA / 65 SpD / 45 Spe / 415 BST
New 100 HP / 80 Atk / 80 Def / 65 SpA / 75 SpD / 45 Spe / 445 BST

Evolution

N/A

Level Up Moves

Defense Curl	1		
Rage	1		
Rollout	3		
Spite	6		
Pursuit	8		
Secret Power	11		
Screech	13		
Mud-Slap	15		
Yawn	17		
Ancient Power	19		
Body Slam	21		
Drill Run	23		
Roost	26		

Move Tutor Moves

Sleep Talk	
------------	--

Steelix - 208

Type

Steel/Ground

Ability

Old Rock Head/Sturdy

New Sturdy/Sheer Force

Base Stats

75 HP / 85 Atk / 200 Def / 55 SpA / 65 SpD / 30 Spe / 510 BST

Evolution

Mega Steelix - Mega Evolve

Level Up Moves

Bind	1		
Harden	1		
Mud Sport	1		
Tackle	1		
Curse	4		
Rock Throw	7		
Rock Tomb	10		
Rage	12		
Bulldoze	14		
Stealth Rock	17		
Automotize	19		
Gyro Ball	22		
Smack Down	24		

Move Tutor Moves

Sleep Talk	Stealth Rock
Taunt	

Snubbull - 209

Type

Fairy

Ability

Old Intimidate/Run Away

New Strong Jaw/Intimidate

Base Stats

60 HP / 80 Atk / 50 Def / 40 SpA / 40 SpD / 30 Spe / 300 BST

Evolution

Granbull - Level 23

Level Up Moves

Tackle	1		
Tail Whip	1		
Charm	1		
Bite	5		
Lick	8		
Headbutt	11		
Roar	14		
Covet	17		
Rage	21		
Crunch	24		

Move Tutor Moves

Low Kick	Heal Bell
Sleep Talk	Taunt

Granbull - 210

Type

Fairy

Ability

Old Intimidate/Run Away

New Strong Jaw/Intimidate

Base Stats

Old 90 HP / 120 Atk / 75 Def / 60 SpA / 60 SpD / 45 Spe / 450 BST

New 90 HP / 120 Atk / 85 Def / 60 SpA / 80 SpD / 45 Spe / 480 BST

Evolution

N/A

Level Up Moves

Fire Fang	Evo		
Thunder Fang	Evo		
Ice Fang	Evo		
Tackle	1		
Tail Whip	1		
Charm	1		
Bite	5		
Lick	8		
Headbutt	11		
Roar	14		
Covet	17		
Rage	21		
Crunch	25		

Move Tutor Moves

Low Kick	Heal Bell
Sleep Talk	Taunt

Corsola - 222

Type

Water/Rock

Ability

Old Hustle/Natural Cure

New Regenerator/Natural Cure

Base Stats

Old 65 HP / 55 Atk / 95 Def / 65 SpA / 95 SpD / 35 Spe / 410 BST

New 75 HP / 55 Atk / 100 Def / 95 SpA / 100 SpD / 35 Spe / 460 BST

Evolution

N/A

Level Up Moves

Tackle	1		
Harden	1		
Bubble	4		
Recover	7		
Bubble Beam	10		
Refresh	13		
Ancient Power	15		
Spike Cannon	18		
Lucky Chant	20		
Power Gem	22		
Brine	25		

Move Tutor Moves

Icy Wind	Sleep Talk
Stealth Rock	

Houndour - 228

Type

Dark/Fire

Ability

Old Early Bird/Flash Fire

New Flash Fire/Unnerve

Base Stats

45 HP / 60 Atk / 30 Def / 80 SpA / 50 SpD / 65 Spe / 330 BST

Evolution

Houndoom - Level 24

Level Up Moves

Ember	1		
Leer	1		
Howl	3		
Beat Up	6		
Smog	8		
Roar	10		
Bite	12		
Fire Fang	15		
Odor Sleuth	17		
Faint Attack	20		
Flame Burst	22		
Embargo	25		

Move Tutor Moves

Sleep Talk	Taunt
------------	-------

Houndoom - 229

Type

Dark/Fire

Ability

Old Early Bird/Flash Fire

New Flash Fire/Unnerve

Base Stats

75 HP / 90 Atk / 50 Def / 110 SpA / 80 SpD / 95 Spe / 500 BST

Evolution

Mega Houndoom - Mega Evolve

Level Up Moves

Ember	1		
Leer	1		
Howl	3		
Beat Up	6		
Smog	8		
Roar	10		
Bite	12		
Fire Fang	15		
Odor Sleuth	17		
Faint Attack	20		
Flame Burst	22		
Embargo	26		

Move Tutor Moves

Sleep Talk	Taunt
------------	-------

Phanpy - 231

Type

Ground

Ability

Pickup

Base Stats

90 HP / 60 Atk / 60 Def / 40 SpA / 40 SpD / 40 Spe / 330 BST

Evolution

Donphan - Level 25

Level Up Moves

Odor Sleuth	1		
Tackle	1		
Growl	1		
Defense Curl	1		
Headbutt	5		
Flail	8		
Rollout	10		
Bulldoze	13		
Natural Gift	15		
Endure	17		
Body Slam	20		
Covet	23		

Move Tutor Moves

Knock Off	Sleep Talk
Stealth Rock	

Donphan - 232

Type

Ground

Ability

Sturdy

Base Stats

90 HP / 120 Atk / 120 Def / 60 SpA / 60 SpD / 50 Spe / 500 BST

Evolution

N/A

Level Up Moves

Magnitude	Evo		
Odor Sleuth	1		
Tackle	1		
Growl	1		
Defense Curl	1		
Headbutt	5		
Flail	8		
Rollout	10		
Bulldoze	13		
Natural Gift	15		
Endure	17		
Body Slam	20		
Covet	23		

Move Tutor Moves

Knock Off	Sleep Talk
Stealth Rock	

Stantler - 234

Type

Normal

Ability

Intimidate/Frisk

Base Stats

73 HP / 95 Atk / 62 Def / 85 SpA / 65 SpD / 85 Spe / 465 BST

Evolution

N/A

Level Up Moves

Me First	1		
Tackle	1		
Leer	3		
Astonish	6		
Hypnosis	9		
Stomp	11		
Double Kick	14		
Sand-Attack	16		
Take Down	18		
Confuse Ray	21		
Disable	23		

Move Tutor Moves

Sleep Talk	
------------	--

Tyrogue - 236

Type

Fighting

Ability

Guts/Steadfast

Base Stats

35 HP / 35 Atk / 35 Def / 35 SpA / 35 SpD / 35 Spe / 210 BST

Evolution

Hitmonlee - Level 20, Attack > Defense

Hitmonchan - Level 20, Attack < Defense

Hitmontop - Level 20, Attack = Defense

Level Up Moves

Fake Out	1	Tackle	1
Foresight	1	Pursuit	10
Helping Hand	1	Vacuum Wave	15

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Hitmontop - 237

Type

Fighting

Ability

Intimidate/Technician

Base Stats

50 HP / 95 Atk / 95 Def / 35 SpA / 110 SpD / 70 Spe / 455 BST

Evolution

N/A

Level Up Moves

Rolling Kick	Evo		
Close Combat	1		
Double Kick	1		
Jump Kick	1		
Meditate	1		
Mega Kick	1		
Revenge	1		
Reversal	1		
Rolling Kick	1		
Focus Energy	5		
Pursuit	9		
Quick Attack	15		
Rapid Spin	20		
Feint	23		
Jump Kick	25		

Move Tutor Moves

Sleep Talk	
------------	--

Smoochum - 238

Type

Ice/Psychic

Ability

Old Oblivious/Forewarn

New Hydration/Forewarn

Base Stats

45 HP / 30 Atk / 15 Def / 85 SpA / 65 SpD / 65 Spe / 305 BST

Evolution

Jynx - Level 30

Level Up Moves

Pound	1		
Lick	4		
Sweet Kiss	7		
Powder Snow	10		
Confusion	12		
Sing	15		
Heart Stamp	17		
Mean Look	20		
Fake Tears	22		
Psybeam	24		

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Elekid - 239

Type

Electric

Ability

Old Static

New Vital Spirit/Static

Base Stats

45 HP / 63 Atk / 37 Def / 65 SpA / 55 SpD / 95 Spe / 360 BST

Evolution

Electabuzz - Level 30

Level Up Moves

Quick Attack	1		
Leer	1		
Thunder Shock	4		
Low Kick	7		
Swift	10		
Shock Wave	12		
Thunder Wave	15		
Electro Ball	18		
Light Screen	20		
Thunder Punch	23		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Magby - 240

Type

Fire

Ability

Old Flame Body

New Flame Body/Vital Spirit

Base Stats

45 HP / 76 Atk / 37 Def / 70 SpA / 55 SpD / 83 Spe / 365 BST

Evolution

Magmar - Level 30

Level Up Moves

Smog	1		
Leer	1		
Ember	4		
Smokescreen	7		
Faint Attack	9		
Fire Spin	12		
Clear Smog	14		
Flame Burst	16		
Confuse Ray	19		
Fire Punch	22		
Lava Plume	25		

Move Tutor Moves

Sleep Talk	
------------	--

Blissey - 242

Type

Normal

Ability

Natural Cure/Serene Grace

Base Stats

255 HP / 10 Atk / 10 Def / 75 SpA / 135 SpD / 55 Spe / 540 BST

Evolution

N/A

Level Up Moves

Double Edge	1		
Defense Curl	1		
Pound	1		
Growl	1		
Tail Whip	5		
Refresh	8		
Double Slap	11		
Soft-Boiled	14		
Bestow	17		
Minimize	20		
Take Down	23		

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	Stealth Rock

Treecko - 252

Type

Grass

Ability

Old Overgrow

New Unburden/Overgrow

Base Stats

Old 40 HP / 45 Atk / 35 Def / 65 SpA / 55 SpD / 70 Spe / 310 BST

New 40 HP / 50 Atk / 35 Def / 65 SpA / 55 SpD / 75 Spe / 320 BST

Evolution

Grovyle - Level 16

Level Up Moves

Pound	1		
Leer	1		
Absorb	5		
Quick Attack	7		
Mega Drain	9		
Double Kick	12		
Pursuit	15		
Dragon Breath	18		
Giga Drain	21		
Agility	24		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Grovyle - 253

Type

Grass

Ability

Old Overgrow

New Unburden/Overgrow

Base Stats

Old 50 HP / 65 Atk / 45 Def / 85 SpA / 65 SpD / 95 Spe / 405 BST

New 55 HP / 65 Atk / 50 Def / 85 SpA / 65 SpD / 100 Spe / 420 BST

Evolution

Sceptile - Level 36

Level Up Moves

Fury Cutter	Evo		
Pound	1		
Leer	1		
Absorb	5		
Quick Attack	7		
Mega Drain	9		
Double Kick	12		
Pursuit	15		
Dragon Breath	19		
Leaf Blade	22		
Agility	25		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Sceptile - 254

Type

Old Grass
New Grass/Dragon

Ability

Old Overgrow
New Unburden/Overgrow

Base Stats

70 HP / 85 Atk / 65 Def / 105 SpA / 85 SpD / 120 Spe / 530 BST

Evolution

Mega Sceptile - Mega Evolve

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Torchic - 255

Type

Fire

Ability

Old

Blaze

New

Speed Boost/Blaze

Base Stats

Old

45 HP / 60 Atk / 40 Def / 70 SpA / 50 SpD / 45 Spe / 310 BST

New

45 HP / 65 Atk / 45 Def / 70 SpA / 50 SpD / 45 Spe / 320 BST

Evolution

Combusken - Level 16

Level Up Moves

Scratch	1		
Growl	1		
Ember	5		
Sand-Attack	7		
Peck	9		
Fire-Spin	12		
Quick Attack	15		
Flame Charge	17		
Flame Burst	19		
Feather Dance	21		
Night Slash	24		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Combusken - 255

Type

Fire/Fighting

Ability

Old Blaze

New Speed Boost/Blaze

Base Stats

Old 60 HP / 85 Atk / 60 Def / 85 SpA / 60 SpD / 55 Spe / 405 BST

New 60 HP / 90 Atk / 60 Def / 90 SpA / 60 SpD / 60 Spe / 420 BST

Evolution

Blaziken - Level 36

Level Up Moves

Double Kick	Evo		
Scratch	1		
Growl	1		
Ember	5		
Sand-Attack	7		
Peck	9		
Fire-Spin	13		
Quick Attack	15		
Flame Charge	18		
Flame Burst	20		
Feather Dance	22		
Night Slash	25		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Blaziken - 257

Type

Fire/Fighting

Ability

Old Blaze

New Speed Boost/Blaze

Base Stats

80 HP / 120 Atk / 70 Def / 110 SpA / 70 SpD / 80 Spe / 530 BST

Evolution

Mega Blaziken - Mega Evolve

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Mudkip - 258

Type

Water

Ability

Old Torrent

New Swift Swim/Torrent

Base Stats

Old 50 HP / 70 Atk / 50 Def / 50 SpA / 50 SpD / 40 Spe / 310 BST

New 60 HP / 70 Atk / 50 Def / 50 SpA / 50 SpD / 40 Spe / 320 BST

Evolution

Marshtomp - Level 16

Level Up Moves

Tackle	1		
Growl	1		
Water Gun	5		
Mud-Slap	8		
Foresight	10		
Bide	13		
Mud Shot	17		
Bubble Beam	20		
Rock Throw	23		
Mud Bomb	25		

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Marshomp - 259

Type

Water/Ground

Ability

Old Torrent

New Swift Swim/Torrent

Base Stats

Old 70 HP / 85 Atk / 70 Def / 60 SpA / 70 SpD / 50 Spe / 405 BST

New 80 HP / 85 Atk / 70 Def / 65 SpA / 70 SpD / 50 Spe / 420 BST

Evolution

Swampert - Level 36

Level Up Moves

Bulldoze	Evo		
Tackle	1		
Growl	1		
Water Gun	5		
Mud-Slap	8		
Foresight	10		
Bide	13		
Mud Shot	18		
Bubble Beam	21		
Rock Throw	24		
Mud Bomb	26		

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	Stealth Rock

Swampert - 260

Type

Water/Ground

Ability

Old Torrent

New Swift Swim/Torrent

Base Stats

Old 100 HP / 110 Atk / 90 Def / 85 SpA / 90 SpD / 60 Spe / 535 BST

New 100 HP / 110 Atk / 90 Def / 85 SpA / 90 SpD / 55 Spe / 530 BST

Evolution

Mega Swampert - Mega Evolve

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	Stealth Rock

Poochyena - 261

Type

Dark

Ability

Old Run Away/Quick Feet

New Strong Jaw/Run Away

Base Stats

35 HP / 55 Atk / 35 Def / 30 SpA / 30 SpD / 35 Spe / 220 BST

Evolution

Mightyena - Level 18

Level Up Moves

Tackle	1		
Howl	1		
Sand-Attack	5		
Bite	8		
Odor Sleuth	11		
Roar	13		
Swagger	15		
Assurance	17		
Scary Face	20		
Embargo	22		
Fire Fang	25		
Thunder Fang	25		
Ice Fang	25		

Move Tutor Moves

Sleep Talk	Taunt
------------	-------

Mightyena - 262

Type

Dark

Ability

Old Intimidate/Quick Feet

New Strong Jaw/Intimidate

Base Stats

Old 70 HP / 90 Atk / 70 Def / 60 SpA / 60 SpD / 70 Spe / 420 BST

New 70 HP / 105 Atk / 70 Def / 50 SpA / 60 SpD / 90 Spe / 455 BST

Evolution

N/A

Level Up Moves

Crunch	Evo		
Tackle	1		
Howl	1		
Sand-Attack	5		
Bite	8		
Odor Sleuth	11		
Roar	13		
Swagger	15		
Assurance	17		
Scary Face	21		
Snarl	23		
Fire Fang	26		
Thunder Fang	26		
Ice Fang	26		

Move Tutor Moves

Sleep Talk	Taunt
------------	-------

Zigzagoon - 263

Type

Normal

Ability

Pickup/Gluttony

Base Stats

Old 38 HP / 30 Atk / 41 Def / 30 SpA / 41 SpD / 60 Spe / 240 BST

New 38 HP / 45 Atk / 41 Def / 15 SpA / 41 SpD / 60 Spe / 240 BST

Evolution

Linoone - Level 20

Level Up Moves

Tackle	1		
Growl	1		
Tail Whip	3		
Sand-Attack	5		
Baby-Doll Eyes	7		
Headbutt	9		
Charm	11		
Odor Sleuth	13		
Mud Sport	16		
Pin Missile	18		
Covet	21		
Slash	24		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Linoone - 264

Type

Normal

Ability

Pickup/Gluttony

Base Stats

Old 78 HP / 70 Atk / 61 Def / 50 SpA / 61 SpD / 100 Spe / 420 BST

New 78 HP / 100 Atk / 61 Def / 30 SpA / 61 SpD / 120 Spe / 450 BST

Evolution

N/A

Level Up Moves

Extreme Speed	Evo		
Growl	1		
Tackle	1		
Tail Whip	3		
Sand-Attack	5		
Baby-Doll Eyes	7		
Headbutt	9		
Charm	11		
Odor Sleuth	13		
Mud Sport	16		
Pin Missile	18		
Covet	22		
Slash	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Wurmple - 265

Type

Bug

Ability

Shield Dust

Base Stats

45 HP / 45 Atk / 35 Def / 20 SpA / 30 SpD / 20 Spe / 195 BST

Evolution

Silcoon - Level 7

Cascoon - Level 7

Level Up Moves

Tackle	1	Poison Sting	4
String Shot	1	Bug Bite	7

Move Tutor Moves

N/A	
-----	--

Silcoon - 266

Type

Bug

Ability

Shed Skin

Base Stats

50 HP / 35 Atk / 55 Def / 25 SpA / 25 SpD / 15 Spe / 205 BST

Evolution

Beautifly - Level 10

Level Up Moves

Harden	Evo	Iron Defense	9
Harden	1		

Move Tutor Moves

N/A	
-----	--

Beautifly - 267

Type

Bug/Flying

Ability

Old Swarm

New Berserk

Base Stats

Old 60 HP / 70 Atk / 50 Def / 100 SpA / 50 SpD / 65 Spe / 395 BST

New 60 HP / 70 Atk / 50 Def / 110 SpA / 50 SpD / 95 Spe / 435 BST

Evolution

N/A

Level Up Moves

Gust	Evo		
Absorb	11		
Silver Wind	13		
Stun Spore	15		
Air Cutter	17		
Morning Sun	19		
Mega Drain	22		
Attract	24		

Move Tutor Moves

Sleep Talk	
------------	--

Cascoon - 268

Type

Bug

Ability

Shed Skin

Base Stats

50 HP / 35 Atk / 55 Def / 25 SpA / 25 SpD / 15 Spe / 205 BST

Evolution

Dustox - Level 10

Level Up Moves

Harden	Evo	Iron Defense	9
Harden	1		

Move Tutor Moves

N/A	
-----	--

Dustox - 269

Type

Bug/Poison

Ability

Old Shield Dust

New Corrosion

Base Stats

Old 60 HP / 50 Atk / 70 Def / 50 SpA / 90 SpD / 65 Spe / 385 BST

New 80 HP / 30 Atk / 80 Def / 70 SpA / 100 SpD / 75 Spe / 435 BST

Evolution

N/A

Level Up Moves

Gust	Evo		
Confusion	11		
Poison Powder	12		
Struggle Bug	14		
Moonlight	16		
Venoshock	18		
Psybeam	20		
Silver Wind	22		
Light Screen	24		
Reflect	24		

Move Tutor Moves

Sleep Talk	
------------	--

Lotad - 270

Type

Water/Grass

Ability

Swift Swim/Rain Dish

Base Stats

45 HP / 30 Atk / 30 Def / 40 SpA / 50 SpD / 30 Spe / 220 BST

Evolution

Lombre - Level 14

Level Up Moves

Astonish	1		
Growl	1		
Absorb	5		
Bubble	8		
Natural Gift	11		
Mega Drain	14		
Mist	16		
Bubble Beam	19		
Rain Dance	22		
Nature Power	24		

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	

Lombre - 271

Type

Water/Grass

Ability

Swift Swim/Rain Dish

Base Stats

Old 60 HP / 50 Atk / 50 Def / 60 SpA / 70 SpD / 50 Spe / 340 BST

New 65 HP / 55 Atk / 55 Def / 65 SpA / 75 SpD / 50 Spe / 365 BST

Evolution

Ludicolo - Water Stone

Level Up Moves

Fake Out	Evo		
Astonish	1		
Growl	1		
Absorb	5		
Bubble	8		
Natural Gift	11		
Mega Drain	15		
Mist	17		
Bubble Beam	20		
Rain Dance	23		
Nature Power	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Ludicolo - 272

Type

Water/Grass

Ability

Swift Swim/Rain Dish

Base Stats

90 HP / 70 Atk / 70 Def / 90 SpA / 100 SpD / 70 Spe / 480 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	

Seedot - 273

Type

Grass

Ability

Old Chlorophyll/Early Bird

New Chlorophyll/Pickpocket

Base Stats

40 HP / 40 Atk / 50 Def / 30 SpA / 30 SpD / 30 Spe / 220 BST

Evolution

Nuzleaf - Level 14

Level Up Moves

Bide	1		
Harden	1		
Growth	5		
Nature Power	8		
Synthesis	11		
Sunny Day	14		
Leech Seed	17		
Nasty Plot	20		
Explosion	24		

Move Tutor Moves

Sleep Talk	
------------	--

Nuzleaf - 274

Type

Grass/Dark

Ability

Old Chlorophyll/Early Bird

New Chlorophyll/Pickpocket

Base Stats

Old 70 HP / 70 Atk / 40 Def / 60 SpA / 40 SpD / 60 Spe / 340 BST

New 70 HP / 75 Atk / 40 Def / 65 SpA / 40 SpD / 70 Spe / 360 BST

Evolution

Shiftry - Leaf Stone

Level Up Moves

Razor Leaf	Evo		
Harden	1		
Growth	5		
Nature Power	8		
Synthesis	11		
Fake Out	14		
Faint Attack	17		
Torment	19		
Nasty Plot	21		
Razor Wind	23		
Giga Drain	25		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Shiftry - 275

Type

Grass/Dark

Ability

Old Chlorophyll/Early Bird

New Chlorophyll/Pickpocket

Base Stats

Old 90 HP / 100 Atk / 60 Def / 90 SpA / 60 SpD / 80 Spe / 480 BST

New 90 HP / 105 Atk / 60 Def / 95 SpA / 60 SpD / 90 Spe / 500 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Low Kick
Knock Off	Sleep Talk

Tailow - 276

Type

Normal/Flying

Ability

Guts

Base Stats

40 HP / 55 Atk / 30 Def / 30 SpA / 30 SpD / 85 Spe / 270 BST

Evolution

Swellow - Level 22

Level Up Moves

Peck	1		
Growl	1		
Focus Energy	4		
Quick Attack	6		
Wing Attack	9		
Double Team	12		
Aerial Ace	15		
Quick Guard	19		
Agility	22		
Mirror Move	25		

Move Tutor Moves

Sleep Talk	
------------	--

Swellow - 277

Type

Normal/Flying

Ability

Guts

Base Stats

60 HP / 85 Atk / 60 Def / 75 SpA / 50 SpD / 125 Spe / 455 BST

Evolution

N/A

Level Up Moves

Peck	1		
Growl	1		
Focus Energy	4		
Quick Attack	6		
Wing Attack	9		
Double Team	12		
Aerial Ace	15		
Quick Guard	19		
Agility	23		
Mirror Move	26		

Move Tutor Moves

Sleep Talk	
------------	--

Ralts - 280

Type

Psychic/Fairy

Ability

Old Synchronize/Trace

New Trace/Synchronize

Base Stats

28 HP / 25 Atk / 25 Def / 45 SpA / 45 SpD / 40 Spe / 198 BST

Evolution

Kirlia - Level 20

Level Up Moves

Growl	1		
Confusion	4		
Double Team	6		
Teleport	9		
Disarming Voice	11		
Lucky Chant	13		
Magical Leaf	16		
Draining Kiss	18		
Calm Mind	21		
Heal Pulse	24		

Move Tutor Moves

Icy Wind	Sleep Talk
Taunt	

Kirlia - 281

Type

Psychic/Fairy

Ability

Old Synchronize/Trace

New Trace/Synchronize

Base Stats

Old 38 HP / 35 Atk / 35 Def / 65 SpA / 55 SpD / 50 Spe / 278 BST

New 48 HP / 35 Atk / 35 Def / 80 SpA / 55 SpD / 70 Spe / 323 BST

Evolution

Gardevoir - Level 30

Gallade - Dawn Stone, male only

Level Up Moves

Psybeam	Evo		
Growl	1		
Confusion	4		
Double Team	6		
Teleport	9		
Disarming Voice	11		
Lucky Chant	13		
Magical Leaf	16		
Draining Kiss	18		
Calm Mind	22		
Heal Pulse	25		

Move Tutor Moves

Icy Wind	Sleep Talk
Taunt	

Gardevoir - 282

Type

Psychic/Fairy

Ability

Old Synchronize/Trace

New Trace/Synchronize

Base Stats

68 HP / 65 Atk / 65 Def / 125 SpA / 115 SpD / 80 Spe / 518 BST

Evolution

Mega Gardevoir - Mega Evolve

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	Taunt

Surskit - 283

Type

Bug/Water

Ability

Swift Swim

Base Stats

40 HP / 30 Atk / 32 Def / 50 SpA / 52 SpD / 65 Spe / 269 BST

Evolution

Masquerain - Level 22

Level Up Moves

Bubble	1		
Quick Attack	3		
Sweet Scent	6		
Infestation	9		
Water Sport	11		
Struggle Bug	13		
Bubble Beam	16		
Agility	19		
Haze	21		
Mist	24		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Masquerain - 284

Type

Old Bug/Flying
New Bug/Water

Ability

Intimidate

Base Stats

70 HP / 60 Atk / 62 Def / 100 SpA / 82 SpD / 80 Spe / 454 BST

Evolution

N/A

Level Up Moves

Bubble	1		
Quick Attack	3		
Sweet Scent	6		
Infestation	9		
Water Sport	11		
Struggle Bug	13		
Bubble Beam	16		
Agility	19		
Haze	21		
Mist	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Shroomish - 285

Type

Grass

Ability

Old Effect Spore/Poison Heal

New Quick Feet/Poison Heal

Base Stats

60 HP / 40 Atk / 60 Def / 40 SpA / 60 SpD / 35 Spe / 295 BST

Evolution

Breloom - Level 23

Level Up Moves

Absorb	1		
Tackle	1		
Stun Spore	5		
Leech Seed	7		
Mega Drain	9		
Headbutt	12		
Poison Powder	15		
Spore	17		
Growth	19		
Bullet Seed	22		
Giga Drain	25		

Move Tutor Moves

Sleep Talk	
------------	--

Breloom - 286

Type

Grass/Fighting

Ability

Old Effect Spore/Poison Heal

New Technician/Poison Heal

Base Stats

60 HP / 130 Atk / 80 Def / 60 SpA / 60 SpD / 70 Spe / 460 BST

Evolution

N/A

Level Up Moves

Mach Punch	Evo		
Absorb	1		
Tackle	1		
Stun Spore	5		
Leech Seed	7		
Mega Drain	9		
Headbutt	12		
Poison Powder	15		
Spore	17		
Growth	19		
Bullet Seed	22		
Counter	25		

Move Tutor Moves

Sleep Talk	
------------	--

Nincada - 290

Type

Bug/Ground

Ability

Compound Eyes

Base Stats

31 HP / 45 Atk / 90 Def / 30 SpA / 30 SpD / 40 Spe / 266 BST

Evolution

Ninjask - Level 20

Shedinja - Evolve into Ninjask with empty spot in party + Pokéball in bag

Level Up Moves

Harden	1		
Scratch	1		
Absorb	5		
Sand-Attack	7		
Fury Swipes	10		
Bug Bite	12		
Mud-Slap	14		
Metal Claw	16		
Faint Attack	19		
Mind Reader	22		

Move Tutor Moves

Sleep Talk	
------------	--

Ninjask - 291

Type

Bug/Flying

Ability

Speed Boost

Base Stats

61 HP / 90 Atk / 45 Def / 50 SpA / 50 SpD / 160 Spe / 456 BST

Evolution

N/A

Level Up Moves

Double Team	Evo		
Fury Cutter	Evo		
Screech	Evo		
Harden	1		
Scratch	1		
Absorb	5		
Sand-Attack	7		
Fury Swipes	10		
Bug Bite	12		
Metal Claw	16		
Feint Attack	19		
Slash	21		
Mind Reader	23		
Aerial Ace	25		

Move Tutor Moves

Sleep Talk	
------------	--

Shedinja - 292

Type

Bug/Ghost

Ability

Wonder Guard

Base Stats

Old 1 HP / 90 Atk / 45 Def / 30 SpA / 30 SpD / 40 Spe / 236 BST

New 1 HP / 90 Atk / 45 Def / 30 SpA / 30 SpD / 60 Spe / 256 BST

Evolution

N/A

Level Up Moves

Harden	1		
Scratch	1		
Absorb	5		
Sand-Attack	7		
Fury Swipes	10		
Bug Bite	12		
Mud-Slap	14		
Metal Claw	16		
Feint Attack	19		
Shadow Sneak	20		
Mind Reader	23		
Confuse Ray	25		

Move Tutor Moves

Sleep Talk	
------------	--

Whismur - 293

Type

Normal

Ability

Old Soundproof

New Rattled

Base Stats

64 HP / 51 Atk / 23 Def / 51 SpA / 23 SpD / 28 Spe / 240 BST

Evolution

Loudred - Level 20

Level Up Moves

Pound	1		
Echoed Voice	4		
Astonish	6		
Howl	9		
Disarming Voice	11		
Screech	13		
Uproar	16		
Supersonic	19		
Stomp	21		
Roar	24		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Loudred - 294

Type

Normal

Ability

Old Soundproof

New Scrappy

Base Stats

85 HP / 71 Atk / 43 Def / 71 SpA / 43 SpD / 48 Spe / 360 BST

Evolution

Exploud - Level 40

Level Up Moves

Bite	Evo		
Pound	1		
Echoed Voice	4		
Astonish	6		
Howl	9		
Disarming Voice	11		
Screech	13		
Uproar	16		
Supersonic	19		
Stomp	22		
Roar	25		

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	Taunt

Exploud - 295

Type

Normal

Ability

Old Soundproof

New Scrappy

Base Stats

Old 104 HP / 91 Atk / 63 Def / 91 SpA / 73 SpD / 68 Spe / 490 BST

New 104 HP / 51 Atk / 63 Def / 131 SpA / 73 SpD / 68 Spe / 490 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	Taunt

Azurill - 298

Type

Normal/Fairy

Ability

Old Thick Fat/Huge Power

New Huge Power

Base Stats

50 HP / 20 Atk / 40 Def / 20 SpA / 40 SpD / 20 Spe / 190 BST

Evolution

Marill - high Friendship

Level Up Moves

Splash	1	Charm	8
Water Gun	1	Sing	10
Tail Whip	1	Slam	13
Water Sport	1	Helping Hand	15
Bubble	6	Bounce	17

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	

Skitty - 300

Type

Normal

Ability

Old Cute Charm/Normalize

New Wonder Skin/Cute Charm

Base Stats

Old 50 HP / 45 Atk / 45 Def / 35 SpA / 35 SpD / 50 Spe / 260 BST

New 50 HP / 50 Atk / 45 Def / 35 SpA / 50 SpD / 60 Spe / 290 BST

Evolution

Delcatty - Moon Stone

Level Up Moves

Fake Out	1		
Growl	1		
Tail Whip	1		
Tackle	1		
Foresight	3		
Sing	5		
Attract	8		
Headbutt	10		
Baton Pass	12		
Disarming Voice	14		
Double Slap	17		
Tickle	19		
Fake Tears	21		
Faint Attack	23		

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Delcatty - 300

Type

Normal

Ability

Old Cute Charm/Normalize

New Wonder Skin/Cute Charm

Base Stats

Old 70 HP / 65 Atk / 65 Def / 55 SpA / 55 SpD / 90 Spe / 400 BST

New 90 HP / 75 Atk / 85 Def / 45 SpA / 75 SpD / 90 Spe / 460 BST

Evolution

N/A

Level Up Moves

Cosmic Power	Evo		
Fake Out	1		
Attract	1		
Double Slap	1		
Sing	3		
Wish	25		

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Mawile - 303

Type

Steel/Fairy

Ability

Old Hyper Cutter/Intimidate

New Intimidate/Hyper Cutter

Base Stats

50 HP / 85 Atk / 85 Def / 55 SpA / 55 SpD / 50 Spe / 380 BST

Evolution

Mega Mawile - Mega Evolve

Level Up Moves

Taunt	1		
Growl	1		
Fairy Wind	1		
Astonish	1		
Fake Tears	4		
Bite	7		
Covet	10		
Sweet Scent	12		
Vice Grip	15		
Metal Claw	17		
Faint Attack	20		
Baton Pass	22		
Crunch	24		

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	Stealth Rock
Taunt	

Aron - 304

Type

Steel/Rock

Ability

Sturdy/Rock Head

Base Stats

50 HP / 70 Atk / 100 Def / 40 SpA / 40 SpD / 30 Spe / 330 BST

Evolution

Lairon - Level 32

Level Up Moves

Tackle	1		
Harden	1		
Mud-Slap	4		
Headbutt	6		
Metal Claw	9		
Rock Tomb	12		
Protect	15		
Roar	17		
Stealth Rock	19		
Endeavor	21		
Iron Head	24		

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Lairon - 305

Type

Steel/Rock

Ability

Sturdy/Rock Head

Base Stats

60 HP / 90 Atk / 140 Def / 50 SpA / 50 SpD / 40 Spe / 430 BST

Evolution

Aggron - Level 42

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Aggron - 306

Type

Steel/Rock

Ability

Sturdy/Rock Head

Base Stats

70 HP / 110 Atk / 180 Def / 60 SpA / 60 SpD / 50 Spe / 530 BST

Evolution

Mega Aggron - Mega Evolve

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	Stealth Rock
Taunt	

Roselia - 315

Type

Grass/Poison

Ability

Old Natural Cure/Poison Point

New Poison Point/Natural Cure

Base Stats

50 HP / 60 Atk / 45 Def / 100 SpA / 80 SpD / 65 Spe / 280 BST

Evolution

Roserade - Shiny Stone

Level Up Moves

Absorb	1		
Growth	1		
Poison Sting	5		
Stun Spore	7		
Mega Drain	9		
Leech Seed	12		
Magical Leaf	15		
Venoshock	18		
Grass Whistle	20		
Giga Drain	23		
Spikes	25		
Toxic Spikes	25		

Move Tutor Moves

Sleep Talk	
------------	--

Wynaut - 360

Type

Psychic

Ability

Shadow Tag

Base Stats

95 HP / 23 Atk / 48 Def / 23 SpA / 48 SpD / 23 Spe / 260 BST

Evolution

Wobbuffet - Level 15

Level Up Moves

Charm	1	Destiny Bond	15
Encore	1	Mirror Coat	15
Splash	1	Safeguard	15
Counter	15		

Move Tutor Moves

N/A	
-----	--

Beldum - 374

Type

Steel/Psychic

Ability

Clear Body

Base Stats

40 HP / 55 Atk / 80 Def / 35 SpA / 60 SpD / 30 Spe / 300 BST

Evolution

Metang - Level 20

Level Up Moves

Take Down	1		
-----------	---	--	--

Move Tutor Moves

N/A	
-----	--

Metang - 375

Type

Steel/Psychic

Ability

Clear Body

Base Stats

60 HP / 75 Atk / 100 Def / 55 SpA / 80 SpD / 50 Spe / 420 BST

Evolution

Metagross - Level 45

Level Up Moves

Confusion	Evo		
Metal Claw	Evo		
Pursuit	22		
Bullet Punch	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Metagross - 376

Type

Steel/Psychic

Ability

Clear Body

Base Stats

80 HP / 135 Atk / 130 Def / 95 SpA / 90 SpD / 70 Spe / 600 BST

Evolution

Mega Metagross - Mega Evolve

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Regirock - 377

Type

Rock

Ability

Clear Body

Base Stats

80 HP / 100 Atk / 200 Def / 50 SpA / 100 SpD / 50 Spe / 580 BST

Evolution

N/A

Level Up Moves

Stomp	1		
Rock Throw	3		
Charge Beam	6		
Rock Tomb	8		
Recover	11		
Bulldoze	13		
Curse	15		

Move Tutor Moves

Sleep Talk	
------------	--

Turtwig - 387

Type

Grass

Ability

Old Overgrow

New Solid Rock/Overgrow

Base Stats

Old 55 HP / 68 Atk / 64 Def / 45 SpA / 55 SpD / 31 Spe / 318 BST

New 55 HP / 70 Atk / 64 Def / 45 SpA / 55 SpD / 31 Spe / 320 BST

Evolution

Grotle - Level 18

Level Up Moves

Tackle	1		
Withdraw	1		
Absorb	5		
Razor Leaf	8		
Curse	11		
Bite	13		
Body Slam	15		
Mega Drain	17		
Leech Seed	19		
Synthesis	21		
Seed Bomb	24		

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Grotle - 388

Type

Grass

Ability

Old Overgrow

New Solid Rock/Overgrow

Base Stats

Old 75 HP / 89 Atk / 85 Def / 55 SpA / 65 SpD / 36 Spe / 405 BST

New 78 HP / 92 Atk / 90 Def / 55 SpA / 69 SpD / 36 Spe / 420 BST

Evolution

Torterra - Level 32

Level Up Moves

Tackle	1		
Withdraw	1		
Absorb	5		
Razor Leaf	8		
Curse	11		
Bite	13		
Body Slam	15		
Mega Drain	17		
Leech Seed	20		
Synthesis	22		
Seed Bomb	25		

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Torterra - 389

Type

Grass/Ground

Ability

Old Overgrow

New Solid Rock/Overgrow

Base Stats

Old 95 HP / 109 Atk / 105 Def / 75 SpA / 85 SpD / 56 Spe / 525 BST

New 95 HP / 119 Atk / 115 Def / 65 SpA / 85 SpD / 51 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Chimchar - 390

Type

Fire

Ability

Old Blaze

New Iron Fist/Blaze

Base Stats

Old 44 HP / 58 Atk / 44 Def / 58 SpA / 44 SpD / 61 Spe / 309 BST

New 44 HP / 63 Atk / 44 Def / 63 SpA / 44 SpD / 62 Spe / 320 BST

Evolution

Monferno - Level 14

Level Up Moves

Scratch	1		
Leer	1		
Ember	5		
Taunt	8		
Fury Swipes	11		
Flame Wheel	13		
Fake Out	15		
Nasty Plot	17		
Torment	19		
Fire Punch	22		
Facade	24		

Move Tutor Moves

Low Kick	Sleep Talk
Stealth Rock	Taunt

Monferno - 391

Type

Fire/Fighting

Ability

Old Blaze

New Iron Fist/Blaze

Base Stats

Old 64 HP / 78 Atk / 52 Def / 78 SpA / 52 SpD / 81 Spe / 405 BST

New 64 HP / 83 Atk / 52 Def / 83 SpA / 52 SpD / 86 Spe / 420 BST

Evolution

Infernape - Level 36

Level Up Moves

Mach Punch	Evo		
Scratch	1		
Leer	1		
Ember	5		
Taunt	8		
Fury Swipes	11		
Flame Wheel	13		
Karate Chop	16		
Feint	18		
Torment	20		
Fire Punch	23		
Brick Break	25		

Move Tutor Moves

Low Kick	Sleep Talk
Stealth Rock	Taunt

Infernape - 392

Type

Fire/Fighting

Ability

Old Blaze

New Iron Fist/Blaze

Base Stats

Old 76 HP / 104 Atk / 71 Def / 104 SpA / 71 SpD / 108 Spe / 534 BST

New 72 HP / 104 Atk / 71 Def / 104 SpA / 71 SpD / 108 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
Stealth Rock	Taunt

Piplup - 393

Type

Water

Ability

Old Torrent

New Competitive/Torrent

Base Stats

Old 53 HP / 51 Atk / 53 Def / 61 SpA / 56 SpD / 40 Spe / 314 BST

New 53 HP / 51 Atk / 53 Def / 67 SpA / 56 SpD / 40 Spe / 320 BST

Evolution

Prinplup - Level 16

Level Up Moves

Pound	1		
Growl	1		
Bubble	5		
Water Sport	8		
Peck	11		
Bubble Beam	14		
Bide	16		
Icy Wind	18		
Fury Attack	20		
Feather Dance	22		
Brine	24		

Move Tutor Moves

Icy Wind	Sleep Talk
Stealth Rock	

Prinplup - 394

Type

Water

Ability

Old Torrent

New Competitive/Torrent

Base Stats

Old 64 HP / 66 Atk / 68 Def / 81 SpA / 76 SpD / 50 Spe / 405 BST

New 74 HP / 66 Atk / 68 Def / 86 SpA / 76 SpD / 50 Spe / 420 BST

Evolution

Empoleon - Level 36

Level Up Moves

Metal Claw	Evo		
Pound	1		
Growl	1		
Bubble	5		
Water Sport	8		
Peck	11		
Bubble Beam	14		
Bide	17		
Icy Wind	19		
Fury Attack	21		
Feather Dance	23		
Brine	25		

Move Tutor Moves

Icy Wind	Sleep Talk
Stealth Rock	

Empoleon - 395

Type

Water/Steel

Ability

Old Torrent

New Competitive/Torrent

Base Stats

84 HP / 86 Atk / 88 Def / 111 SpA / 101 SpD / 60 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	Stealth Rock

Starly - 396

Type

Normal/Flying

Ability

Keen Eye

Base Stats

40 HP / 55 Atk / 30 Def / 30 SpA / 30 SpD / 60 Spe / 245 BST

Evolution

Staravia - Level 14

Level Up Moves

Tackle	1		
Growl	1		
Quick Attack	5		
Wing Attack	8		
Double Team	10		
Endeavor	13		
Aerial Ace	15		
Retaliate	17		
Whirlwind	20		
Pluck	22		
Take Down	24		

Move Tutor Moves

Sleep Talk	
------------	--

Staravia - 397

Type

Normal/Flying

Ability

Old Intimidate

New Reckless/Intimidate

Base Stats

55 HP / 75 Atk / 50 Def / 40 SpA / 40 SpD / 80 Spe / 340 BST

Evolution

Staraptor - Level 34

Level Up Moves

Growl	1		
Tackle	1		
Quick Attack	5		
Wing Attack	8		
Double Team	10		
Endeavor	13		
Aerial Ace	16		
Retaliate	18		
Whirlwind	21		
Pluck	23		
Take Down	25		

Move Tutor Moves

Sleep Talk	
------------	--

Staraptor - 398

Type

Normal/Flying

Ability

Old

Intimidate

New

Reckless/Intimidate

Base Stats

85 HP / 120 Atk / 70 Def / 50 SpA / 60 SpD / 100 Spe / 485 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Bidoof - 399

Type

Normal

Ability

Simple/Unaware

Base Stats

59 HP / 45 Atk / 40 Def / 35 SpA / 40 SpD / 31 Spe / 250 BST

Evolution

Bibarel - Level 15

Level Up Moves

Tackle	1		
Growl	1		
Defense Curl	5		
Headbutt	8		
Rollout	11		
Hyper Fang	14		
Yawn	16		
Quick Attack	18		
Curse	20		
Crunch	22		
Take Down	24		

Move Tutor Moves

Icy Wind	Sleep Talk
Stealth Rock	Taunt

Bibarel - 400

Type

Normal/Water

Ability

Simple/Unaware

Base Stats

Old 79 HP / 85 Atk / 60 Def / 55 SpA / 60 SpD / 71 Spe / 410 BST

New 99 HP / 95 Atk / 70 Def / 45 SpA / 70 SpD / 71 Spe / 450 BST

Evolution

N/A

Level Up Moves

Water Gun	Evo		
Tackle	1		
Growl	1		
Defense Curl	5		
Headbutt	8		
Rollout	11		
Hyper Fang	14		
Yawn	16		
Aqua Jet	18		
Curse	20		
Crunch	22		
Take Down	24		

Move Tutor Moves

Icy Wind	Sleep Talk
Stealth Rock	Taunt

Kricketot - 401

Type

Bug

Ability

Shed Skin

Base Stats

37 HP / 25 Atk / 41 Def / 25 SpA / 41 SpD / 25 Spe / 194 BST

Evolution

Kricketune - Level 10

Level Up Moves

Growl	1	Struggle Bug	6
Bide	1	Bug Bite	9

Move Tutor Moves

N/A	
-----	--

Kricketune - 402

Type

Bug

Ability

Old

Swarm

New

Technician

Base Stats

Old

77 HP / 85 Atk / 51 Def / 55 SpA / 51 SpD / 65 Spe / 384 BST

New

77 HP / 105 Atk / 61 Def / 55 SpA / 61 SpD / 76 Spe / 435 BST

Evolution

N/A

Level Up Moves

Fury Cutter	Evo		
Growl	1		
Bide	1		
Bug Bite	11		
Absorb	14		
Sing	16		
Focus Energy	18		
X-Scissor	20		
Screech	22		
Fell Stinger	24		

Move Tutor Moves

Knock Off	Heal Bell
Sleep Talk	Taunt

Shinx - 403

Type

Electric

Ability

Old Rivalry/Intimidate

New Intimidate/Guts

Base Stats

Old 45 HP / 65 Atk / 34 Def / 40 SpA / 34 SpD / 45 Spe / 263 BST

New 45 HP / 65 Atk / 44 Def / 40 SpA / 44 SpD / 45 Spe / 283 BST

Evolution

Luxio - Level 15

Level Up Moves

Tackle	1		
Howl	1		
Leer	1		
Quick Attack	6		
Spark	8		
Charge	10		
Baby-Doll Eyes	13		
Bite	15		
Roar	17		
Double Kick	19		
Swagger	21		
Thunder Fang	23		
Crunch	25		

Move Tutor Moves

Sleep Talk	
------------	--

Luxio - 404

Type

Old Electric
New Electric/Dark

Ability

Old Rivalry/Intimidate
New Intimidate/Guts

Base Stats

Old 60 HP / 85 Atk / 49 Def / 60 SpA / 49 SpD / 60 Spe / 363 BST
New 60 HP / 85 Atk / 59 Def / 60 SpA / 59 SpD / 60 Spe / 383 BST

Evolution

Luxray - Level 30

Level Up Moves

Tackle	1		
Howl	1		
Leer	1		
Quick Attack	6		
Spark	8		
Charge	10		
Baby-Doll Eyes	13		
Bite	16		
Roar	18		
Double Kick	20		
Swagger	22		
Thunder Fang	24		
Crunch	26		

Move Tutor Moves

Sleep Talk	
------------	--

Luxray - 405

Type

Old Electric
New Electric/Dark

Ability

Old Rivalry/Intimidate
New Intimidate/Guts

Base Stats

80 HP / 120 Atk / 79 Def / 95 SpA / 79 SpD / 70 Spe / 523 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Budew - 406

Type

Grass/Poison

Ability

Old Natural Cure/Poison Point

New Poison Point/Natural Cure

Base Stats

40 HP / 30 Atk / 35 Def / 50 SpA / 70 SpD / 55 Spe / 280 BST

Evolution

Roselia - high Friendship

Level Up Moves

Absorb	1	Mega Drain	9
Growth	1	Worry Seed	11
Water Sport	5	Leech Seed	13
Stun Spore	7	Magical Leaf	15

Move Tutor Moves

Sleep Talk	
------------	--

Roserade - 407

Type

Grass/Poison

Ability

Old Natural Cure/Poison Point

New Technician/Natural Cure

Base Stats

60 HP / 70 Atk / 65 Def / 125 SpA / 105 SpD / 90 Spe / 515 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Pachirisu - 417

Type

Old Electric
New Electric/Fairy

Ability

Old Run Away/Pickup
New Volt Absorb/Pickup

Base Stats

Old 60 HP / 45 Atk / 70 Def / 45 SpA / 90 SpD / 95 Spe / 405 BST
New 70 HP / 85 Atk / 75 Def / 45 SpA / 90 SpD / 95 Spe / 460 BST

Evolution

N/A

Level Up Moves

Quick Attack	1		
Growl	1		
Bide	1		
Charm	5		
Spark	8		
Endure	11		
Covet	14		
Nuzzle	17		
Swift	19		
Electro Ball	22		
Sweet Kiss	25		

Move Tutor Moves

Sleep Talk	
------------	--

Buizel - 418

Type

Water

Ability

Swift Swim

Base Stats

55 HP / 65 Atk / 35 Def / 60 SpA / 30 SpD / 85 Spe / 330 BST

Evolution

Floatzel - Level 26

Level Up Moves

Sonic Boom	1		
Growl	1		
Water Sport	5		
Quick Attack	7		
Water Gun	9		
Aqua Jet	12		
Swift	15		
Tail Slap	17		
Pursuit	20		
Double Hit	22		
Waterfall	24		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Floatzel - 419

Type

Water

Ability

Swift Swim

Base Stats

85 HP / 105 Atk / 55 Def / 85 SpA / 50 SpD / 115 Spe / 495 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	Taunt

Ambipom - 419

Type

Normal

Ability

Technician/Pickup

Base Stats

75 HP / 100 Atk / 66 Def / 60 SpA / 66 SpD / 115 Spe / 482 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	Taunt

Buneary - 427

Type

Normal

Ability

Old Run Away/Klutz

New Limber/Run Away

Base Stats

55 HP / 66 Atk / 44 Def / 44 SpA / 56 SpD / 85 Spe / 350 BST

Evolution

Lopunny - high Friendship

Level Up Moves

Defense Curl	1		
Splash	1		
Pound	1		
Foresight	1		
Endure	6		
Quick Attack	9		
Baby-Doll Eyes	11		
Frustration	14		
Jump Kick	16		
Baton Pass	18		
Agility	20		
Dizzy Punch	23		
Teeter Dance	25		

Move Tutor Moves

Low Kick	Heal Bell
Sleep Talk	

Lopunny - 428

Type

Old Normal
New Normal/Fighting

Ability

Old Run Away/Klutz
New Limber/Cute Charm

Base Stats

65 HP / 76 Atk / 84 Def / 54 SpA / 96 SpD / 105 Spe / 480 BST

Evolution

Mega Lopunny - Mega Evolve

Level Up Moves

Return	Evo		
Defense Curl	1		
Splash	1		
Pound	1		
Foresight	1		
Endure	6		
Quick Attack	9		
Baby-Doll Eyes	11		
Frustration	14		
Jump Kick	16		
Baton Pass	18		
Agility	20		
Dizzy Punch	23		
Teeter Dance	25		

Move Tutor Moves

Low Kick	Heal Bell
Sleep Talk	

Happiny - 440

Type

Normal

Ability

Natural Cure/Serene Grace

Base Stats

100 HP / 5 Atk / 5 Def / 15 SpA / 65 SpD / 30 Spe / 220 BST

Evolution

Chansey - level up while holding Oval Stone

Level Up Moves

Charm	1	Refresh	7
Pound	1	Sweet Kiss	10
Copycat	4		

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Chatot - 441

Type

Normal/Flying

Ability

Keen Eye/Tangled Feet

Base Stats

Old 76 HP / 65 Atk / 45 Def / 92 SpA / 42 SpD / 91 Spe / 411 BST

New 76 HP / 65 Atk / 50 Def / 102 SpA / 47 SpD / 96 Spe / 441 BST

Evolution

N/A

Level Up Moves

Peck	1		
Taunt	1		
Growl	3		
Mirror Move	5		
Echoed Voice	8		
Sing	10		
Air Cutter	12		
Round	14		
Chatter	17		
Agility	20		
Encore	23		

Move Tutor Moves

Sleep Talk	
------------	--

Munchlax - 446

Type

Normal

Ability

Old Pickup/Thick Fat

New Thick Fat/Pickup

Base Stats

135 HP / 85 Atk / 40 Def / 40 SpA / 85 SpD / 5 Spe / 390 BST

Evolution

Snorlax - high Friendship

Level Up Moves

Lick	1		
Metronome	1		
Odor Sleuth	1		
Tackle	1		
Defense Curl	4		
Amnesia	7		
Pursuit	10		
Chip Away	12		
Screech	15		
Body Slam	18		
Stockpile	21		
Swallow	23		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Riolu - 447

Type

Fighting

Ability

Old Steadfast/Inner Focus

New Prankster/Inner Focus

Base Stats

Old 40 HP / 70 Atk / 40 Def / 35 SpA / 40 SpD / 60 Spe / 285 BST

New 40 HP / 75 Atk / 40 Def / 70 SpA / 40 SpD / 60 Spe / 325 BST

Evolution

Lucario - high Friendship

Level Up Moves

Foresight	1		
Quick Attack	1		
Endure	1		
Counter	4		
Vacuum Wave	7		
Feint	9		
Force Palm	12		
Bullet Punch	15		
Copycat	18		
Screech	20		
Reversal	23		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Lucario - 448

Type

Fighting

Ability

Old Steadfast/Inner Focus

New Justified/Inner Focus

Base Stats

Old 70 HP / 110 Atk / 70 Def / 115 SpA / 70 SpD / 90 Spe / 525 BST

New 70 HP / 115 Atk / 70 Def / 115 SpA / 70 SpD / 90 Spe / 525 BST

Evolution

Mega Lucario - Mega Evolve

Level Up Moves

Aura Sphere	Evo		
Quick Attack	1		
Endure	1		
Foresight	1		
Counter	4		
Vacuum Wave	7		
Feint	9		
Power Up Punch	12		
Bullet Punch	15		
Swords Dance	18		
Metal Sound	20		
Bone Rush	23		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Skorupi - 451

Type

Poison/Bug

Ability

Old Battle Armor/Sniper

New Sniper/Battle Armor

Base Stats

40 HP / 50 Atk / 90 Def / 30 SpA / 55 SpD / 65 Spe / 330 BST

Evolution

Drapion - Level 40

Level Up Moves

Bite	1		
Poison Sting	1		
Leer	1		
Knock Off	4		
Pin Missile	7		
Acupressure	10		
Poison Tail	13		
Pursuit	16		
Bug Bite	18		
Poison Fang	21		
Venoshock	24		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Drapion - 452

Type

Poison/Dark

Ability

Old Battle Armor/Sniper

New Sniper/Battle Armor

Base Stats

70 HP / 90 Atk / 110 Def / 60 SpA / 75 SpD / 95 Spe / 500 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Electivire - 466

Type

Old Electric
New Electric/Fighting

Ability

Old Motor Drive
New Vital Spirit/Motor Drive

Base Stats

75 HP / 123 Atk / 67 Def / 95 SpA / 85 SpD / 95 Spe / 540 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Magmortar - 467

Type

Fire

Ability

Old

Flame Body

New

Mega Launcher/Vital Spirit

Base Stats

75 HP / 95 Atk / 65 Def / 125 SpA / 95 SpD / 83 Spe / 540 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Togekiss - 468

Type

Fairy/Flying

Ability

Old Hustle/Serene Grace

New Serene Grace/Super Luck

Base Stats

85 HP / 50 Atk / 95 Def / 120 SpA / 115 SpD / 80 Spe / 545 BST

Evolution

N/A

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Leafeon - 470

Type

Grass

Ability

Old

Leaf Guard

New

Filter

Base Stats

95 HP / 110 Atk / 130 Def / 60 SpA / 65 SpD / 95 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Heal Bell
Sleep Talk	

Glaceon - 471

Type

Ice

Ability

Old Snow Cloak

New Slush Rush

Base Stats

Old 65 HP / 60 Atk / 110 Def / 130 SpA / 95 SpD / 65 Spe / 525 BST

New 65 HP / 60 Atk / 110 Def / 130 SpA / 65 SpD / 95 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Gallade - 475

Type

Psychic/Fighting

Ability

Old Steadfast

New Justified

Base Stats

68 HP / 125 Atk / 65 Def / 65 SpA / 115SpD / 80 Spe / 518 BST

Evolution

Mega Gallade - Mega Evolve

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Snivy - 495

Type

Grass

Ability

Old Overgrow

New Contrary/Overgrow

Base Stats

Old 45 HP / 45 Atk / 55 Def / 45 SpA / 55 SpD / 63 Spe / 308 BST

New 45 HP / 51 Atk / 55 Def / 51 SpA / 55 SpD / 63 Spe / 320 BST

Evolution

Servine - Level 17

Level Up Moves

Tackle	1		
Leer	1		
Vine Whip	5		
Wrap	7		
Growth	9		
Glare	12		
Leaf Tornado	15		
Leech Seed	17		
Mega Drain	19		
Slam	21		
Leaf Blade	23		
Coil	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Servine - 496

Type

Grass

Ability

Old Overgrow

New Contrary/Overgrow

Base Stats

Old 60 HP / 60 Atk / 75 Def / 60 SpA / 75 SpD / 83 Spe / 413 BST

New 67 HP / 60 Atk / 75 Def / 60 SpA / 75 SpD / 83 Spe / 420 BST

Evolution

Serperior - Level 36

Level Up Moves

Tackle	1		
Leer	1		
Vine Whip	5		
Wrap	7		
Growth	9		
Glare	12		
Leaf Tornado	15		
Leech Seed	18		
Mega Drain	20		
Slam	22		
Leaf Blade	24		
Coil	26		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Serperior - 497

Type

Old Grass
New Grass/Dragon

Ability

Old Overgrow
New Contrary/Overgrow

Base Stats

Old 75 HP / 75 Atk / 95 Def / 75 SpA / 95 SpD / 113 Spe / 528 BST
New 75 HP / 75 Atk / 95 Def / 77 SpA / 95 SpD / 113 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Tepig - 498

Type

Fire

Ability

Old

Blaze

New

Reckless/Blaze

Base Stats

Old

65 HP / 63 Atk / 45 Def / 45 SpA / 45 SpD / 45 Spe / 308 BST

New

65 HP / 65 Atk / 50 Def / 45 SpA / 50 SpD / 45 Spe / 320 BST

Evolution

Pignite - Level 17

Level Up Moves

Tackle	1		
Tail Whip	1		
Ember	5		
Odor Sleuth	7		
Defense Curl	9		
Flame Charge	13		
Rollout	16		
Smog	18		
Take Down	20		
Heat Crash	23		
Curse	25		

Move Tutor Moves

Sleep Talk	
------------	--

Pignite - 499

Type

Old Fire/Fighting
New Fire/Ground

Ability

Old Blaze
New Reckless/Blaze

Base Stats

Old 90 HP / 93 Atk / 55 Def / 70 SpA / 55 SpD / 55 Spe / 418 BST
New 90 HP / 95 Atk / 55 Def / 70 SpA / 55 SpD / 55 Spe / 420 BST

Evolution

Emboar - Level 36

Level Up Moves

Magnitude	Evo		
Tackle	1		
Tail Whip	1		
Ember	5		
Odor Sleuth	7		
Defense Curl	9		
Flame Charge	13		
Rollout	16		
Smog	19		
Take Down	21		
Heat Crash	24		
Curse	26		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Emboar - 500

Type

Old Fire/Fighting
New Fire/Ground

Ability

Old Blaze
New Reckless/Blaze

Base Stats

Old 110 HP / 123 Atk / 65 Def / 100 SpA / 65 SpD / 65 Spe / 528 BST
New 112 HP / 123 Atk / 65 Def / 100 SpA / 65 SpD / 65 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Oshawott - 501

Type

Water

Ability

Old Torrent

New Guts/Torrent

Base Stats

Old 55 HP / 55 Atk / 45 Def / 63 SpA / 45 SpD / 45 Spe / 308 BST

New 62 HP / 60 Atk / 45 Def / 63 SpA / 45 SpD / 45 Spe / 320 BST

Evolution

Dewott - Level 17

Level Up Moves

Tackle	1		
Tail Whip	1		
Water Gun	5		
Water Sport	8		
Focus Energy	11		
Razor Shell	15		
Fury Cutter	18		
Water Pulse	20		
Revenge	22		
Aqua Jet	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Dewott - 502

Type

Old Water
New Water/Fighting

Ability

Old Torrent
New Guts/Torrent

Base Stats

Old 75 HP / 75 Atk / 60 Def / 83 SpA / 60 SpD / 60 Spe / 413 BST
New 75 HP / 82 Atk / 60 Def / 83 SpA / 60 SpD / 60 Spe / 420 BST

Evolution

Samurott - Level 36

Level Up Moves

Karate Chop	Evo		
Tackle	1		
Tail Whip	1		
Water Gun	5		
Water Sport	8		
Focus Energy	11		
Razor Shell	15		
Fury Cutter	19		
Water Pulse	21		
Revenge	23		
Aqua Jet	26		

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Samurott - 503

Type

Old Water
New Water/Fighting

Ability

Old Torrent
New Guts/Torrent

Base Stats

Old 95 HP / 100 Atk / 85 Def / 108 SpA / 70 SpD / 70 Spe / 528 BST
New 95 HP / 102 Atk / 85 Def / 108 SpA / 70 SpD / 70 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Low Kick
Knock Off	Sleep Talk

Patrat - 504

Type

Normal

Ability

Old Run Away/Keen Eye

New Cheek Pouch/Keen Eye

Base Stats

Old 45 HP / 55 Atk / 39 Def / 35 SpA / 39 SpD / 42 Spe / 255 BST

New 45 HP / 55 Atk / 39 Def / 35 SpA / 39 SpD / 62 Spe / 275 BST

Evolution

Watchog - Level 20

Level Up Moves

Tackle	1		
Leer	3		
Bite	6		
Bide	8		
Detect	11		
Sand-Attack	13		
Headbutt	15		
Crunch	18		
Hypnosis	20		
Super Fang	22		
After You	25		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Watchog - 505

Type

Normal

Ability

Old Run Away/Keen Eye

New Cheek Pouch/Keen Eye

Base Stats

Old 60 HP / 85 Atk / 69 Def / 60 SpA / 69 SpD / 77 Spe / 420 BST

New 70 HP / 85 Atk / 79 Def / 50 SpA / 79 SpD / 87 Spe / 450 BST

Evolution

N/A

Level Up Moves

Confuse Ray	Evo		
Tackle	1		
Leer	3		
Bite	6		
Bide	8		
Detect	11		
Sand-Attack	13		
Headbutt	15		
Crunch	18		
Hypnosis	21		
Super Fang	23		
After You	26		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Lillipup - 506

Type

Normal

Ability

Vital Spirit/Pickup

Base Stats

45 HP / 60 Atk / 45 Def / 25 SpA / 45 SpD / 55 Spe / 275 BST

Evolution

Herdier - Level 16

Level Up Moves

Leer	1		
Tackle	1		
Howl	1		
Odor Sleuth	6		
Bite	8		
Baby-Doll Eyes	10		
Helping Hand	12		
Take Down	15		
Work Up	18		
Crunch	20		
Roar	23		
Fire Fang	25		
Thunder Fang	25		
Ice Fang	25		

Move Tutor Moves

Sleep Talk	
------------	--

Herdier - 507

Type

Normal

Ability

Intimidate/Sand Rush

Base Stats

65 HP / 80 Atk / 65 Def / 35 SpA / 65 SpD / 60 Spe / 370 BST

Evolution

Stoutland - Level 32

Level Up Moves

Leer	1		
Tackle	1		
Howl	1		
Odor Sleuth	6		
Bite	8		
Baby-Doll Eyes	10		
Helping Hand	12		
Take Down	15		
Work Up	19		
Crunch	21		
Roar	24		
Fire Fang	26		
Ice Fang	26		
Thunder Fang	26		

Move Tutor Moves

Sleep Talk	
------------	--

Stoutland - 508

Type

Normal

Ability

Intimidate/Sand Rush

Base Stats

85 HP / 110 Atk / 90 Def / 45 SpA / 90 SpD / 80 Spe / 500 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Purrloin - 509

Type

Dark

Ability

Old Limber/Unburden

New Prankster/Pickpocket

Base Stats

Old 41 HP / 50 Atk / 37 Def / 50 SpA / 37 SpD / 55 Spe / 281 BST

New 41 HP / 60 Atk / 37 Def / 40 SpA / 37 SpD / 55 Spe / 281 BST

Evolution

Liepard - Level 20

Level Up Moves

Scratch	1		
Growl	1		
Assist	5		
Feint Attack	8		
Sand-Attack	10		
Fury Swipes	12		
Pursuit	15		
Taunt	17		
Torment	19		
Fake Out	22		
Hone Claws	24		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Liepard - 510

Type

Dark

Ability

Old Limber/Unburden

New Prankster/Pickpocket

Base Stats

Old 64 HP / 88 Atk / 50 Def / 88 SpA / 50 SpD / 106 Spe / 446 BST

New 64 HP / 98 Atk / 50 Def / 78 SpA / 50 SpD / 106 Spe / 446 BST

Evolution

N/A

Level Up Moves

Thief	Evo		
Scratch	1		
Growl	1		
Assist	5		
Feint Attack	8		
Sand-Attack	10		
Fury Swipes	12		
Pursuit	15		
Taunt	17		
Torment	19		
Fake Out	23		
Hone Claws	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Pansage - 511

Type

Grass

Ability

Old Gluttony

New Overgrow/Gluttony

Base Stats

50 HP / 53 Atk / 48 Def / 53 SpA / 48 SpD / 64 Spe / 316 BST

Evolution

Simisage - Leaf Stone

Level Up Moves

Play Nice	1		
Scratch	1		
Leer	1		
Lick	4		
Vine Whip	7		
Fury Swipes	9		
Leech Seed	12		
Magical Leaf	14		
Bite	17		
Seed Bomb	20		
Tickle	23		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Simisage - 512

Type

Grass

Ability

Old Gluttony

New Overgrow/Gluttony

Base Stats

75 HP / 98 Atk / 63 Def / 98 SpA / 63 SpD / 101 Spe / 498 BST

Evolution

N/A

Level Up Moves

Fury Swipes	1		
Leer	1		
Lick	1		
Seed Bomb	1		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Pansear - 513

Type

Fire

Ability

Old Gluttony
New Blaze/Gluttony

Base Stats

50 HP / 53 Atk / 48 Def / 53 SpA / 48 SpD / 64 Spe / 316 BST

Evolution

Simisear - Fire Stone

Level Up Moves

Play Nice	1		
Scratch	1		
Leer	1		
Lick	4		
Ember	7		
Fury Swipes	9		
Yawn	12		
Incinerate	14		
Bite	17		
Flame Burst	20		
Tickle	23		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Simisear - 514

Type

Grass

Ability

Old Gluttony

New Blaze/Gluttony

Base Stats

75 HP / 98 Atk / 63 Def / 98 SpA / 63 SpD / 101 Spe / 498 BST

Evolution

N/A

Level Up Moves

Fury Swipes	1		
Leer	1		
Lick	1		
Flame Burst	1		

Move Tutor Moves

Low Kick	Knock Off
Sleep Talk	

Panpour - 515

Type

Water

Ability

Old Gluttony

New Torrent/Gluttony

Base Stats

50 HP / 53 Atk / 48 Def / 53 SpA / 48 SpD / 64 Spe / 316 BST

Evolution

Simipour - Water Stone

Level Up Moves

Play Nice	1		
Scratch	1		
Leer	1		
Lick	4		
Water Gun	7		
Fury Swipes	9		
Taunt	12		
Water Pulse	14		
Bite	17		
Scald	20		
Tickle	23		

Move Tutor Moves

Icy Wind	Low Kick
Knock Off	Sleep Talk

Simipour - 516

Type

Water

Ability

Old

Gluttony

New

Torrent/Gluttony

Base Stats

75 HP / 98 Atk / 63 Def / 98 SpA / 63 SpD / 101 Spe / 498 BST

Evolution

N/A

Level Up Moves

Fury Swipes	1		
Leer	1		
Lick	1		
Scald	1		

Move Tutor Moves

Icy Wind	Low Kick
Knock Off	Sleep Talk

Pidove - 519

Type

Normal/Flying

Ability

Old Big Pecks/Super Luck

New Super Luck/Sniper

Base Stats

Old 50 HP / 55 Atk / 50 Def / 36 SpA / 30 SpD / 43 Spe / 264 BST

New 50 HP / 45 Atk / 50 Def / 46 SpA / 30 SpD / 43 Spe / 264 BST

Evolution

Tranquill - Level 21

Level Up Moves

Gust	1		
Growl	1		
Leer	5		
Quick Attack	8		
Air Cutter	12		
Roost	15		
Detect	17		
Taunt	19		
Focus Energy	21		
Air Slash	23		
Razor Wind	25		

Move Tutor Moves

Sleep Talk	
------------	--

Tranquill - 520

Type

Normal/Flying

Ability

Old Big Pecks/Super Luck

New Super Luck/Sniper

Base Stats

Old 62 HP / 77 Atk / 62 Def / 50 SpA / 42 SpD / 65 Spe / 358 BST

New 62 HP / 55 Atk / 62 Def / 72 SpA / 52 SpD / 65 Spe / 368 BST

Evolution

Unfezant - Level 32

Level Up Moves

Gust	1		
Growl	1		
Leer	5		
Quick Attack	8		
Air Cutter	12		
Roost	15		
Detect	17		
Taunt	19		
Focus Energy	22		
Air Slash	24		
Razor Wind	26		

Move Tutor Moves

Sleep Talk	
------------	--

Unfezant - 521

Type

Normal/Flying

Ability

Old Big Pecks/Super Luck

New Super Luck/Sniper

Base Stats

Old 80 HP / 115 Atk / 80 Def / 65 SpA / 55 SpD / 93 Spe / 488 BST

New 80 HP / 65 Atk / 80 Def / 115 SpA / 55 SpD / 93 Spe / 488 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Woobat - 527

Type

Psychic/Flying

Ability

Old Unaware/Klutz

New Serene Grace/Simple

Base Stats

65 HP / 45 Atk / 43 Def / 55 SpA / 43 SpD / 72 Spe / 323 BST

Evolution

Swoobat - high Friendship

Level Up Moves

Confusion	1		
Odor Sleuth	3		
Charm	6		
Gust	8		
Assurance	10		
Heart Stamp	12		
Air Cutter	15		
Attract	17		
Amnesia	20		
Calm Mind	22		
Air Slash	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Swoobat - 528

Type

Psychic/Flying

Ability

Old Unaware/Klutz

New Serene Grace/Simple

Base Stats

Old 67 HP / 57 Atk / 55 Def / 77 SpA / 55 SpD / 115 Spe / 425 BST

New 67 HP / 57 Atk / 55 Def / 92 SpA / 55 SpD / 115 Spe / 440 BST

Evolution

N/A

Level Up Moves

Confusion	1		
Odor Sleuth	3		
Charm	6		
Gust	8		
Assurance	10		
Heart Stamp	12		
Air Cutter	15		
Attract	17		
Amnesia	20		
Calm Mind	22		
Air Slash	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Audino - 531

Type

Normal

Ability

Old Healer/Regenerator

New Regenerator

Base Stats

Old 103 HP / 60 Atk / 86 Def / 60 SpA / 86 SpD / 50 Spe / 445 BST

New 103 HP / 60 Atk / 96 Def / 70 SpA / 96 SpD / 50 Spe / 475 BST

Evolution

Mega Audino - Mega Evolve

Level Up Moves

Pound	1		
Growl	1		
Helping Hand	1		
Play Nice	1		
Baby-Doll Eyes	4		
Refresh	6		
Disarming Voice	8		
Double Slap	10		
Draining Kiss	13		
Wish	16		
Secret Power	19		
Attract	22		
Heal Bell	25		

Move Tutor Moves

Icy Wind	Heal Bell
Sleep Talk	

Tympole - 535

Type

Water

Ability

Swift Swim/Hydration

Base Stats

50 HP / 50 Atk / 40 Def / 50 SpA / 40 SpD / 64 Spe / 294 BST

Evolution

Palpitoad - Level 25

Level Up Moves

Bubble	1		
Growl	1		
Supersonic	4		
Round	7		
Bubble Beam	10		
Mud Shot	13		
Aqua Ring	16		
Uproar	18		
Muddy Water	21		
Rain Dance	24		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Palpitoad - 536

Type

Water/Ground

Ability

Swift Swim/Hydration

Base Stats

75 HP / 65 Atk / 55 Def / 65 SpA / 55 SpD / 69 Spe / 384 BST

Evolution

Seismitoad - Level 36

Move Tutor Moves

Icy Wind	Knock Off
Sleep Talk	Stealth Rock

Seismitoad - 537

Type

Water/Ground

Ability

Swift Swim/Poison Touch

Base Stats

105 HP / 95 Atk / 75 Def / 85 SpA / 75 SpD / 74 Spe / 509 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Knock Off
Low Kick	Sleep Talk
Stealth Rock	

Sandile - 551

Type

Ground/Dark

Ability

Intimidate/Moxie

Base Stats

50 HP / 72 Atk / 35 Def / 35 SpA / 35 SpD / 65 Spe / 292 BST

Evolution

Krokorok - Level 29

Level Up Moves

Leer	1		
Rage	1		
Sand-Attack	4		
Bite	7		
Torment	9		
Sand Tomb	11		
Bulldoze	14		
Assurance	16		
Mud-Slap	18		
Power Trip	20		
Embargo	22		
Swagger	25		

Move Tutor Moves

Sleep Talk	Stealth Rock
------------	--------------

Krokorok - 552

Type

Ground/Dark

Ability

Intimidate/Moxie

Base Stats

60 HP / 82 Atk / 45 Def / 45 SpA / 45 SpD / 75 Spe / 351 BST

Evolution

Krookodile - Level 40

Move Tutor Moves

Knock Off	Low Kick
Sleep Talk	Stealth Rock

Krookodile - 553

Type

Ground/Dark

Ability

Intimidate/Moxie

Base Stats

96 HP / 117 Atk / 80 Def / 65 SpA / 70 SpD / 92 Spe / 519 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Low Kick
Sleep Talk	Stealth Rock

Darumaka - 554

Type

Fire

Ability

Old Hustle

New Hustle/Inner Focus

Base Stats

70 HP / 90 Atk / 45 Def / 15 SpA / 45 SpD / 50 Spe / 315 BST

Evolution

Darmanitan - Level 35

Level Up Moves

Tackle	1		
Rollout	3		
Incinerate	6		
Rage	9		
Fire Fang	11		
Headbutt	14		
Uproar	16		
Flame Wheel	18		
Facade	20		
Fire Punch	22		
Work Up	25		

Move Tutor Moves

Sleep Talk	
------------	--

Darmanitan - 555

Type

Standard Fire
Zen Fire/Psychic

Ability

Old Sheer Force
New Sheer Force/Zen Mode

Base Stats

Standard 105 HP / 140 Atk / 55 Def / 30 SpA / 55 SpD / 95 Spe / 480 BST
Zen 105 HP / 30 Atk / 105 Def / 140 SpA / 105 SpD / 55 Spe / 540 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Maractus - 556

Type

Grass

Ability

Water Absorb/Chlorophyll

Base Stats

Old 75 HP / 86 Atk / 67 Def / 106 SpA / 67 SpD / 60 Spe / 461 BST

New 75 HP / 76 Atk / 77 Def / 116 SpA / 77 SpD / 60 Spe / 481 BST

Evolution

N/A

Level Up Moves

Spiky Shield	1		
Cotton Guard	1		
After You	1		
Peck	1		
Absorb	1		
Sweet Scent	3		
Growth	6		
Pin Missile	8		
Mega Drain	10		
Synthesis	12		
Quiver Dance	15		
Cotton Spore	18		
Needle Arm	20		
Giga Drain	23		
Spikes	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Dwebble - 557

Type

Bug/Rock

Ability

Sturdy/Shell Armor

Base Stats

50 HP / 65 Atk / 85 Def / 35 SpA / 35 SpD / 55 Spe / 325 BST

Evolution

Crustle - Level 34

Level Up Moves

Fury Cutter	1		
Smack Down	4		
Withdraw	6		
Sand-Attack	8		
Faint Attack	11		
Rock Blast	13		
Rock Polish	15		
Bug Bite	18		
Stealth Rock	20		
Rock Slide	23		
Spikes	25		

Move Tutor Moves

Knock Off	Sleep Talk
Stealth Rock	

Crustle - 558

Type

Bug/Rock

Ability

Sturdy/Shell Armor

Base Stats

70 HP / 105 Atk / 125 Def / 65 SpA / 75 SpD / 45 Spe / 485 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Sleep Talk
Stealth Rock	

Zorua - 570

Type

Dark

Ability

Illusion

Base Stats

40 HP / 65 Atk / 40 Def / 80 SpA / 40 SpD / 65 Spe / 330 BST

Evolution

Zoroark - Level 30

Level Up Moves

Scratch	1		
Leer	1		
Pursuit	4		
Fake Tears	7		
Snarl	10		
Fury Swipes	12		
Faint Attack	15		
Scary Face	18		
Taunt	20		
Foul Play	22		
Torment	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Zoroark - 571

Type

Dark

Ability

Illusion

Base Stats

60 HP / 105 Atk / 60 Def / 120 SpA / 60 SpD / 105 Spe / 510 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Low Kick
Sleep Talk	

Axew - 610

Type

Dragon

Ability

Old Rivalry/Mold Breaker

New Mold Breaker/Rivalry

Base Stats

46 HP / 87 Atk / 60 Def / 30 SpA / 40 SpD / 57 Spe / 320 BST

Evolution

Fraxure - Level 38

Level Up Moves

Scratch	1		
Leer	4		
Assurance	7		
Dragon Rage	10		
Dual Chop	13		
Scary Face	16		
Slash	19		
Focus Energy	21		
False Swipe	23		

Move Tutor Moves

Sleep Talk	
------------	--

Fraxure - 611

Type

Dragon

Ability

Old Rivalry/Mold Breaker

New Mold Breaker/Rivalry

Base Stats

66 HP / 117 Atk / 70 Def / 40 SpA / 50 SpD / 67 Spe / 410 BST

Evolution

Haxorus - Level 48

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Haxorus - 612

Type

Dragon

Ability

Old Rivalry/Mold Breaker

New Mold Breaker/Rivalry

Base Stats

76 HP / 147 Atk / 90 Def / 60 SpA / 70 SpD / 97 Spe / 540 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Vullaby - 629

Type

Dark/Flying

Ability

Old Big Pecks/Overcoat

New Overcoat/Big Pecks

Base Stats

70 HP / 55 Atk / 75 Def / 45 SpA / 65 SpD / 60 Spe / 370 BST

Evolution

Mandibuzz - Level 32

Level Up Moves

Gust	1		
Leer	1		
Fury Attack	4		
Pluck	7		
Nasty Plot	10		
Roost	13		
Flatter	16		
Faint Attack	18		
Punishment	20		
Defog	23		
Tailwind	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Mandibuzz - 629

Type

Dark/Flying

Ability

Old Big Pecks/Overcoat

New Intimidate/Big Pecks

Base Stats

110 HP / 65 Atk / 105 Def / 55 SpA / 95 SpD / 80 Spe / 510 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Chespin - 650

Type

Grass

Ability

Old Overgrow
New Stamina/Overgrow

Base Stats

Old 56 HP / 61 Atk / 65 Def / 48 SpA / 45 SpD / 38 Spe / 313 BST
New 56 HP / 68 Atk / 65 Def / 48 SpA / 45 SpD / 38 Spe / 320 BST

Evolution

Quilladin - Level 16

Level Up Moves

Tackle	1		
Growl	1		
Vine Whip	5		
Rollout	8		
Bite	11		
Leech Seed	14		
Pin Missile	17		
Spikes	20		
Take Down	22		
Seed Bomb	25		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Quilladin - 651

Type

Grass

Ability

Old Overgrow
New Stamina/Overgrow

Base Stats

Old 61 HP / 78 Atk / 95 Def / 56 SpA / 58 SpD / 57 Spe / 405 BST
New 61 HP / 83 Atk / 95 Def / 56 SpA / 68 SpD / 57 Spe / 420 BST

Evolution

Chesnaught - Level 36

Level Up Moves

Needle Arm	Evo		
Tackle	1		
Growl	1		
Vine Whip	5		
Rollout	8		
Bite	11		
Leech Seed	14		
Pin Missile	18		
Spikes	21		
Take Down	23		
Seed Bomb	26		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Chesnaught - 652

Type

Grass/Fighting

Ability

Old

Overgrow

New

Stamina/Overgrow

Base Stats

88 HP / 107 Atk / 122 Def / 74 SpA / 75 SpD / 64 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Fennekin - 653

Type

Fire

Ability

Old Blaze

New Magician/Blaze

Base Stats

Old 40 HP / 45 Atk / 40 Def / 62 SpA / 60 SpD / 60 Spe / 307 BST

New 40 HP / 45 Atk / 40 Def / 70 SpA / 60 SpD / 65 Spe / 320 BST

Evolution

Braixen - Level 16

Level Up Moves

Scratch	1		
Tail Whip	1		
Ember	5		
Howl	8		
Flame Charge	11		
Incinerate	15		
Psybeam	17		
Fire Spin	19		
Hypnosis	22		
Lucky Chant	24		

Move Tutor Moves

Sleep Talk	
------------	--

Braixen - 654

Type

Old Fire
New Fire/Psychic

Ability

Old Blaze
New Magician/Blaze

Base Stats

Old 59 HP / 59 Atk / 58 Def / 90 SpA / 70 SpD / 73 Spe / 409 BST
New 59 HP / 59 Atk / 58 Def / 93 SpA / 70 SpD / 81 Spe / 420 BST

Evolution

Delphox - Level 36

Level Up Moves

Scratch	1		
Tail Whip	1		
Ember	5		
Howl	8		
Flame Charge	11		
Incinerate	15		
Psybeam	18		
Fire Spin	20		
Hypnosis	23		
Lucky Chant	25		

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Delphox - 655

Type

Fire/Psychic

Ability

Old Blaze

New Magician/Blaze

Base Stats

Old 75 HP / 69 Atk / 72 Def / 114 SpA / 100 SpD / 104 Spe / 534 BST

New 75 HP / 65 Atk / 72 Def / 114 SpA / 100 SpD / 104 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Froakie - 656

Type

Water

Ability

Old Torrent

New Protean/Torrent

Base Stats

Old 41 HP / 56 Atk / 40 Def / 62 SpA / 44 SpD / 71 Spe / 314 BST

New 41 HP / 59 Atk / 40 Def / 65 SpA / 44 SpD / 71 Spe / 320 BST

Evolution

Frogadier - Level 16

Level Up Moves

Pound	1		
Growl	1		
Bubble	5		
Quick Attack	7		
Lick	10		
Water Pulse	13		
Smokescreen	15		
Round	18		
Fling	20		
Smack Down	22		
Substitute	24		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Frogadier - 657

Type

Water

Ability

Old Torrent

New Protean/Torrent

Base Stats

Old 54 HP / 63 Atk / 52 Def / 83 SpA / 56 SpD / 97 Spe / 405 BST

New 55 HP / 73 Atk / 52 Def / 87 SpA / 56 SpD / 97 Spe / 420 BST

Evolution

Greninja - Level 36

Level Up Moves

Thief	Evo		
Pound	1		
Growl	1		
Bubble	5		
Quick Attack	7		
Lick	10		
Water Pulse	13		
Smokescreen	15		
Round	19		
Fling	21		
Smack Down	23		
Substitute	25		

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Greninja - 658

Type

Water/Dark

Ability

Old Torrent

New Protean/Torrent

Base Stats

72 HP / 95 Atk / 67 Def / 103 SpA / 71 SpD / 122 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Low Kick
Sleep Talk	

Bunnelby - 659

Type

Normal

Ability

Old Pickup/Cheek Pouch

New Huge Power

Base Stats

38 HP / 36 Atk / 38 Def / 32 SpA / 36 SpD / 57 Spe / 237 BST

Evolution

Diggersby - Level 20

Level Up Moves

Tackle	1		
Agility	1		
Leer	1		
Quick Attack	5		
Double Slap	7		
Mud-Slap	9		
Take Down	12		
Mud Shot	15		
Double Kick	17		
Odor Sleuth	19		
Flail	22		
Dig	25		

Move Tutor Moves

Sleep Talk	
------------	--

Diggersby - 660

Type

Normal/Ground

Ability

Old Pickup/Cheek Pouch

New Huge Power

Base Stats

Old 85 HP / 56 Atk / 77 Def / 50 SpA / 77 SpD / 78 Spe / 423 BST

New 97 HP / 56 Atk / 77 Def / 50 SpA / 77 SpD / 78 Spe / 435 BST

Evolution

N/A

Level Up Moves

Bulldoze	Evo		
Tackle	1		
Agility	1		
Leer	1		
Quick Attack	5		
Double Slap	7		
Mud-Slap	9		
Take Down	12		
Mud Shot	15		
Double Kick	17		
Odor Sleuth	19		
Flail	23		
Dig	26		

Move Tutor Moves

Knock Off	Low Kick
Sleep Talk	

Fletchling - 661

Type

Normal/Flying

Ability

Old Big Pecks

New Gale Wings

Base Stats

45 HP / 50 Atk / 43 Def / 40 SpA / 38 SpD / 62 Spe / 278 BST

Evolution

Fletchinder - Level 17

Level Up Moves

Tackle	1		
Growl	1		
Quick Attack	5		
Peck	7		
Agility	10		
Flail	12		
Wing Attack	14		
Roost	16		
Razor Wind	19		
Tailwind	21		
Natural Gift	24		

Move Tutor Moves

Sleep Talk	
------------	--

Fletcher - 662

Type

Fire/Flying

Ability

Old Flame Body

New Gale Wings

Base Stats

62 HP / 73 Atk / 55 Def / 56 SpA / 52 SpD / 84 Spe / 382 BST

Evolution

Talonflame - Level 35

Level Up Moves

Flame Charge	Evo		
Tackle	1		
Growl	1		
Quick Attack	5		
Peck	7		
Agility	10		
Flail	12		
Wing Attack	14		
Roost	17		
Razor Wind	20		
Tailwind	22		
Natural Gift	25		

Move Tutor Moves

Sleep Talk	
------------	--

Talonflame - 662

Type

Fire/Flying

Ability

Old Flame Body

New Gale Wings

Base Stats

Old 78 HP / 81 Atk / 71 Def / 74 SpA / 69 SpD / 126 Spe / 499 BST

New 78 HP / 89 Atk / 71 Def / 66 SpA / 69 SpD / 126 Spe / 499 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Scatterbug - 664

Type

Bug

Ability

Shield Dust/Compound Eyes

Base Stats

38 HP / 35 Atk / 40 Def / 27 SpA / 25 SpD / 35 Spe / 200 BST

Evolution

Spewpa - Level 9

Level Up Moves

String Shot	1	Stun Spore	6
Tackle	1	Bug Bite	9

Move Tutor Moves

N/A	
-----	--

Spewpa - 665

Type

Bug

Ability

Shed Skin

Base Stats

45 HP / 22 Atk / 60 Def / 27 SpA / 30 SpD / 29 Spe / 213 BST

Evolution

Vivillon - Level 12

Level Up Moves

Protect	Evo	Harden	1
Protect	1	Iron Defense	11

Move Tutor Moves

N/A	
-----	--

Vivillon - 666

Type

Bug/Flying

Ability

Old Shield Dust/Compound Eyes

New Compound Eyes/Dazzling

Base Stats

Old 80 HP / 52 Atk / 50 Def / 90 SpA / 50 SpD / 89 Spe / 411 BST

New 80 HP / 52 Atk / 50 Def / 100 SpA / 50 SpD / 103 Spe / 435 BST

Evolution

N/A

Level Up Moves

Gust	Evo		
Poison Powder	1		
Powder	1		
Sleep Powder	1		
Stun Spore	1		
Struggle Bug	12		
Light Screen	14		
Psybeam	16		
Supersonic	18		
Air Cutter	20		
Draining Kiss	22		
Aromatherapy	25		

Move Tutor Moves

Sleep Talk	
------------	--

Flabébé - 669

Type

Old Fairy
New Fairy/Grass

Ability

Flower Veil

Base Stats

44 HP / 38 Atk / 39 Def / 61 SpA / 79 SpD / 42 Spe / 303 BST

Evolution

Floette - Level 19

Level Up Moves

Tackle	1		
Vine Whip	1		
Fairy Wind	5		
Lucky Chant	8		
Razor Leaf	11		
Draining Kiss	13		
Mega Drain	16		
Wish	19		
Magical Leaf	22		
Grassy Terrain	24		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Floette - 670

Type

Old Fairy
New Fairy/Grass

Ability

Flower Veil

Base Stats

54 HP / 45 Atk / 47 Def / 75 SpA / 98 SpD / 52 Spe / 371 BST

Evolution

Florges - Shiny Stone

Level Up Moves

Tackle	1		
Vine Whip	1		
Fairy Wind	5		
Lucky Chant	8		
Razor Leaf	11		
Draining Kiss	13		
Mega Drain	16		
Wish	20		
Magical Leaf	23		
Grassy Terrain	25		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Florges - 671

Type

Old Fairy
New Fairy/Grass

Ability

Flower Veil

Base Stats

78 HP / 65 Atk / 68 Def / 112 SpA / 154 SpD / 75 Spe / 552 BST

Evolution

N/A

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Skiddo - 672

Type

Grass

Ability

Old Sap Sipper

New Grass Pelt/Sap Sipper

Base Stats

66 HP / 65 Atk / 48 Def / 62 SpA / 67 SpD / 52 Spe / 350 BST

Evolution

Gogoat - Level 32

Level Up Moves

Tackle	1		
Growth	1		
Vine Whip	5		
Tail Whip	7		
Leech Seed	9		
Razor Leaf	12		
Worry Seed	14		
Synthesis	16		
Take Down	19		
Bulldoze	21		
Grassy Terrain	24		

Move Tutor Moves

Sleep Talk	
------------	--

Gogoat - 673

Type

Grass

Ability

Old Sap Sipper
New Grass Pelt/Sap Sipper

Base Stats

Old 123 HP / 100 Atk / 62 Def / 97 SpA / 81 SpD / 68 Spe / 531 BST
New 123 HP / 105 Atk / 72 Def / 67 SpA / 86 SpD / 78 Spe / 531 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Spritzee - 682

Type

Fairy

Ability

Old Healer

New Sweet Veil/Aroma Veil

Base Stats

78 HP / 52 Atk / 60 Def / 63 SpA / 65 SpD / 23 Spe / 341 BST

Evolution

Aromatisse - Level up while holding Sachtet

Level Up Moves

Fairy Wind	1		
Sweet Scent	1		
Sweet Kiss	4		
Odor Sleuth	7		
Echoed Voice	10		
Calm Mind	12		
Draining Kiss	15		
Aromatherapy	18		
Attract	20		
Ally Switch	23		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Aromatisse - 683

Type

Fairy

Ability

Old Healer

New Sweet Veil/Aroma Veil

Base Stats

Old 101 HP / 72 Atk / 72 Def / 99 SpA / 89 SpD / 29 Spe / 462 BST

New 101 HP / 52 Atk / 92 Def / 99 SpA / 89 SpD / 29 Spe / 462 BST

Evolution

N/A

Level Up Moves

Fairy Wind	1		
Sweet Scent	1		
Sweet Kiss	4		
Odor Sleuth	7		
Echoed Voice	10		
Calm Mind	12		
Draining Kiss	15		
Aromatherapy	18		
Attract	20		
Ally Switch	23		

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Helioptile - 694

Type

Electric/Normal

Ability

Old Dry Skin/Sand Veil

New Dry Skin/Solar Power

Base Stats

44 HP / 38 Atk / 33 Def / 61 SpA / 43 SpD / 70 Spe / 289 BST

Evolution

Heliolisk - Sun Stone

Level Up Moves

Pound	1		
Tail Whip	1		
Thunder Shock	4		
Charge	7		
Mud-Slap	9		
Shock Wave	12		
Quick Attack	15		
Razor Wind	18		
Parabolic Charge	20		
Thunder Wave	23		

Move Tutor Moves

Sleep Talk	
------------	--

Heliolisk - 695

Type

Electric/Normal

Ability

Old Dry Skin/Sand Veil

New Dry Skin/Solar Power

Base Stats

Old 62 HP / 55 Atk / 52 Def / 109 SpA / 94 SpD / 109 Spe / 481 BST

New 62 HP / 55 Atk / 52 Def / 114 SpA / 94 SpD / 114 Spe / 491 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
----------	------------

Sylveon - 700

Type

Fairy

Ability

Old

Cute Charm

New

Pixilate

Base Stats

95 HP / 65 Atk / 65 Def / 110 SpA / 130 SpD / 60 Spe / 525 BST

Evolution

N/A

Move Tutor Moves

Heal Bell	Sleep Talk
-----------	------------

Rowlet - 722

Type

Grass/Flying

Ability

Old Overgrow

New Analytic/Overgrow

Base Stats

68 HP / 55 Atk / 55 Def / 50 SpA / 50 SpD / 42 Spe / 320 BST

Evolution

Dartrix - Level 17

Level Up Moves

Tackle	1		
Growl	1		
Leafage	5		
Peck	7		
Astonish	9		
Razor Leaf	12		
Pluck	14		
Ominous Wind	16		
Confuse Ray	18		
Foresight	21		
Synthesis	23		
Shadow Claw	25		

Move Tutor Moves

Sleep Talk	
------------	--

Dartrix - 723

Type

Grass/Flying

Ability

Old Overgrow

New Analytic/Overgrow

Base Stats

78 HP / 75 Atk / 75 Def / 70 SpA / 70 SpD / 52 Spe / 420 BST

Evolution

Decidueye - Level 34

Level Up Moves

Tackle	1		
Growl	1		
Leafage	5		
Peck	7		
Astonish	9		
Razor Leaf	12		
Pluck	14		
Ominous Wind	16		
Confuse Ray	19		
Foresight	22		
Synthesis	24		
Shadow Claw	26		

Move Tutor Moves

Sleep Talk	
------------	--

Decidueye - 724

Type

Grass/Ghost

Ability

Old Overgrow

New Analytic/Overgrow

Base Stats

Old 78 HP / 107 Atk / 75 Def / 100 SpA / 100 SpD / 70 Spe / 530 BST

New 88 HP / 107 Atk / 75 Def / 100 SpA / 100 SpD / 60 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Litten - 725

Type

Fire

Ability

Old

Blaze

New

Intimidate/Blaze

Base Stats

45 HP / 65 Atk / 40 Def / 60 SpA / 40 SpD / 70 Spe / 320 BST

Evolution

Torracat - Level 17

Level Up Moves

Scratch	1		
Growl	1		
Ember	5		
Lick	6		
Leer	9		
Fire Fang	13		
Double Kick	16		
Roar	18		
Swagger	21		
Power Trip	23		
Crunch	25		

Move Tutor Moves

Sleep Talk	Taunt
------------	-------

Torracat - 726

Type

Old Fire
New Fire/Dark

Ability

Old Blaze
New Intimidate/Blaze

Base Stats

65 HP / 85 Atk / 50 Def / 80 SpA / 50 SpD / 90 Spe / 420 BST

Evolution

Incineroar - Level 34

Level Up Moves

Bite	Evo		
Scratch	1		
Growl	1		
Ember	5		
Lick	6		
Leer	9		
Fire Fang	13		
Double Kick	16		
Roar	19		
Swagger	22		
Power Trip	24		
Crunch	26		

Move Tutor Moves

Knock Off	Sleep Talk
Taunt	

Incineroar - 727

Type

Fire/Dark

Ability

Old Blaze

New Intimidate/Blaze

Base Stats

95 HP / 115 Atk / 90 Def / 80 SpA / 90 SpD / 60 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Low Kick	Sleep Talk
Taunt	

Popplio - 728

Type

Water

Ability

Old Torrent

New Liquid Voice/Torrent

Base Stats

50 HP / 54 Atk / 54 Def / 66 SpA / 56 SpD / 40 Spe / 320 BST

Evolution

Brionne - Level 17

Level Up Moves

Pound	1		
Growl	1		
Water Gun	5		
Disarming Voice	7		
Baby-Doll Eyes	10		
Aqua Jet	13		
Bubble Beam	16		
Icy Wind	18		
Encore	21		
Draining Kiss	23		
Hyper Voice	25		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Brionne - 729

Type

Old Water
New Water/Fairy

Ability

Old Torrent
New Liquid Voice/Torrent

Base Stats

60 HP / 69 Atk / 69 Def / 91 SpA / 81 SpD / 50 Spe / 420 BST

Evolution

Primarina - Level 34

Level Up Moves

Pound	1		
Growl	1		
Water Gun	5		
Disarming Voice	7		
Baby-Doll Eyes	10		
Aqua Jet	13		
Bubble Beam	16		
Icy Wind	19		
Encore	22		
Draining Kiss	24		
Hyper Voice	26		

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Primarina - 730

Type

Water/Fairy

Ability

Old Torrent

New Liquid Voice/Torrent

Base Stats

80 HP / 74 Atk / 74 Def / 126 SpA / 116 SpD / 60 Spe / 530 BST

Evolution

N/A

Move Tutor Moves

Icy Wind	Sleep Talk
----------	------------

Pikipek - 731

Type

Normal/Flying

Ability

Old Keen Eye/Skill Link

New Skill Link/Pickup

Base Stats

35 HP / 75 Atk / 30 Def / 30 SpA / 30 SpD / 65 Spe / 265 BST

Evolution

Trumbeak - Level 14

Level Up Moves

Peck	1		
Growl	1		
Echoed Voice	6		
Rock Smash	8		
Supersonic	11		
Pluck	14		
Fury Attack	16		
Roost	18		
Screech	21		
Drill Peck	23		
Bullet Seed	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Trumbeak - 732

Type

Normal/Flying

Ability

Old Keen Eye/Skill Link

New Skill Link/Pickup

Base Stats

Old 55 HP / 85 Atk / 50 Def / 40 SpA / 50 SpD / 75 Spe / 265 BST

New 65 HP / 85 Atk / 50 Def / 40 SpA / 60 SpD / 75 Spe / 285 BST

Evolution

Toucannon - Level 28

Level Up Moves

Peck	1		
Growl	1		
Echoed Voice	6		
Rock Smash	8		
Supersonic	11		
Pluck	15		
Fury Attack	17		
Roost	19		
Screech	22		
Drill Peck	24		
Bullet Seed	26		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Toucannon - 733

Type

Normal/Flying

Ability

Old Keen Eye/Skill Link

New Skill Link/Sheer Force

Base Stats

Old 80 HP / 120 Atk / 75 Def / 75 SpA / 75 SpD / 60 Spe / 485 BST

New 80 HP / 120 Atk / 80 Def / 75 SpA / 80 SpD / 60 Spe / 495 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Yungoos - 734

Type

Normal

Ability

Old Strong Jaw/Stakeout

New Adaptability/Strong Jaw

Base Stats

Old 48 HP / 70 Atk / 30 Def / 30 SpA / 30 SpD / 45 Spe / 253 BST

New 58 HP / 70 Atk / 35 Def / 30 SpA / 35 SpD / 45 Spe / 273 BST

Evolution

Gumshoos - Level 20

Level Up Moves

Tackle	1		
Leer	1		
Pursuit	5		
Sand-Attack	7		
Bite	9		
Odor Sleuth	13		
Bide	15		
Mud-Slap	18		
Hyper Fang	20		
Take Down	23		
Super Fang	25		

Move Tutor Moves

Sleep Talk	Taunt
------------	-------

Gumshoos - 735

Type

Normal

Ability

Old Strong Jaw/Stakeout

New Adaptability/Strong Jaw

Base Stats

Old 88 HP / 110 Atk / 60 Def / 55 SpA / 60 SpD / 45 Spe / 418 BST

New 98 HP / 110 Atk / 70 Def / 55 SpA / 70 SpD / 45 Spe / 448 BST

Evolution

N/A

Level Up Moves

Fire Fang	Evo		
Thunder Fang	Evo		
Ice Fang	Evo		
Tackle	1		
Leer	1		
Pursuit	5		
Sand-Attack	7		
Bite	9		
Odor Sleuth	13		
Bide	15		
Mud-Slap	18		
Hyper Fang	21		
Take Down	24		
Super Fang	26		

Move Tutor Moves

Sleep Talk	Taunt
------------	-------

Grubbin - 736

Type

Bug

Ability

Swarm

Base Stats

47 HP / 62 Atk / 45 Def / 55 SpA / 45 SpD / 46 Spe / 300 BST

Evolution

Charjabug - Level 20

Level Up Moves

Vice Grip	1		
String Shot	1		
Electroweb	4		
Mud-Slap	6		
Bite	9		
Bug Bite	11		
Spark	13		
Acrobatics	16		
Crunch	19		
X-Scissor	22		
Dig	25		

Move Tutor Moves

Sleep Talk	
------------	--

Charjabug - 737

Type

Bug/Electric

Ability

Battery

Base Stats

57 HP / 82 Atk / 95 Def / 55 SpA / 75 SpD / 36 Spe / 400 BST

Evolution

Vikavolt - Thunder Stone

Level Up Moves

Charge	Evo		
Vice Grip	1		
String Shot	1		
Electroweb	4		
Mud-Slap	6		
Bite	9		
Bug Bite	11		
Spark	13		
Acrobatics	16		
Crunch	19		
X-Scissor	23		
Dig	26		

Move Tutor Moves

Sleep Talk	
------------	--

Vikavolt - 738

Type

Bug/Electric

Ability

Levitate

Base Stats

77 HP / 70 Atk / 90 Def / 145 SpA / 75 SpD / 43 Spe / 500 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Cutiefly - 742

Type

Bug/Fairy

Ability

Old Honey Gather

New Sweet Veil/Honey Gather

Base Stats

40 HP / 45 Atk / 40 Def / 55 SpA / 40 SpD / 84 Spe / 304 BST

Evolution

Ribombee - Level 25

Level Up Moves

Absorb	1		
Fairy Wind	3		
Stun Spore	6		
Struggle Bug	9		
Silver Wind	12		
Draining Kiss	15		
Signal Beam	18		
Sweet Scent	20		
Bug Buzz	23		

Move Tutor Moves

Sleep Talk	
------------	--

Ribombee - 743

Type

Bug/Fairy

Ability

Old Honey Gather

New Sweet Veil/Honey Gather

Base Stats

Old 60 HP / 55 Atk / 60 Def / 95 SpA / 70 SpD / 125 Spe / 464 BST

New 60 HP / 55 Atk / 60 Def / 105 SpA / 70 SpD / 125 Spe / 474 BST

Evolution

N/A

Move Tutor Moves

Sleep Talk	
------------	--

Wishiwashi - 746

Type

Water

Ability

Schooling

Base Stats

Solo Form 45 HP / 20 Atk / 20 Def / 25 SpA / 25 SpD / 40 Spe / 175 BST

School Form 45 HP / 140 Atk / 130 Def / 140 SpA / 135 SpD / 30 Spe / 620 BST

Evolution

N/A

Level Up Moves

Water Gun	1		
Growl	1		
Helping Hand	5		
Faint Attack	8		
Brine	11		
Aqua Ring	14		
Tearful Look	17		
Beat Up	20		
Dive	22		
Take Down	25		

Move Tutor Moves

Sleep Talk	
------------	--

Bounsweet - 761

Type

Grass

Ability

Old Leaf Guard/Oblivious

New Oblivious/Sweet Veil

Base Stats

Old 42 HP / 30 Atk / 38 Def / 30 SpA / 38 SpD / 32 Spe / 210 BST

New 52 HP / 40 Atk / 38 Def / 40 SpA / 38 SpD / 32 Spe / 240 BST

Evolution

Steenee - Level 18

Level Up Moves

Splash	1		
Play Nice	3		
Razor Leaf	6		
Rapid Spin	8		
Grass Whistle	11		
Sweet Scent	13		
Charm	15		
Magical Leaf	18		
Teeter Dance	21		
Flail	24		

Move Tutor Moves

Sleep Talk	
------------	--

Steenee - 762

Type

Grass

Ability

Old Leaf Guard/Oblivious

New Oblivious/Sweet Veil

Base Stats

Old 52 HP / 40 Atk / 48 Def / 40 SpA / 48 SpD / 62 Spe / 290 BST

New 62 HP / 50 Atk / 48 Def / 50 SpA / 48 SpD / 62 Spe / 320 BST

Evolution

Tsareena - level up while knowing Stomp

Level Up Moves

Double Slap	Evo		
Splash	1		
Play Nice	3		
Razor Leaf	6		
Rapid Spin	8		
Grass Whistle	11		
Sweet Scent	13		
Charm	15		
Magical Leaf	19		
Teeter Dance	22		
Stomp	25		

Move Tutor Moves

Knock Off	Sleep Talk
-----------	------------

Tsareena - 763

Type

Old Grass
New Grass/Fighting

Ability

Old Leaf Guard/Oblivious
New Queenly Majesty/Sweet Veil

Base Stats

Old 72 HP / 120 Atk / 98 Def / 50 SpA / 98 SpD / 72 Spe / 510 BST
New 72 HP / 120 Atk / 98 Def / 20 SpA / 98 SpD / 102 Spe / 510 BST

Evolution

N/A

Move Tutor Moves

Knock Off	Low Kick
Sleep Talk	

Oranguru - 765

Type

Normal/Psychic

Ability

Inner Focus/Telepathy

Base Stats

Old 90 HP / 60 Atk / 80 Def / 90 SpA / 110 SpD / 60 Spe / 490 BST

New 90 HP / 40 Atk / 80 Def / 100 SpA / 120 SpD / 60 Spe / 490 BST

Evolution

N/A

Level Up Moves

Confusion	1		
After You	3		
Taunt	6		
Quash	8		
Calm Mind	10		
Stored Power	12		
Psych Up	12		
Extrasensory	14		
Faint Attack	17		
Nasty Plot	20		
Zen Headbutt	22		
Instruct	24		

Move Tutor Moves

Knock Off	Sleep Talk
Taunt	

Passimian - 766

Type

Fighting

Ability

Old Receiver

New Receiver/Defiant

Base Stats

100 HP / 120 Atk / 90 Def / 40 SpA / 60 SpD / 80 Spe / 490 BST

Evolution

N/A

Level Up Moves

Tackle	1		
Leer	4		
Rock Smash	6		
Focus Energy	9		
Beat Up	11		
Vital Throw	14		
Scary Face	16		
Take Down	19		
Bestow	21		
Thrash	24		

Move Tutor Moves

Knock Off	Low Kick
Sleep Talk	Taunt