

# Pokémon FireRed /LeafGreen Team Building FAQ

by Rishmeister

Updated to v1.5 on Sep 24, 2007

TEAM BUILDING FAQ

POKÉMON!

By: RishMister

Email me at [rishiyer@hotmail.com](mailto:rishiyer@hotmail.com) me if you need any Help.

BEFORE ASKING ANY QUESTIONS ABOUT MY FAQ BEING

WRONG ETC. PLEASE GO TO:

<http://www.gamefaqs.com/portable/gbadvance/game/921905.html>

THEN CLICK ON MY LATEST VERSION OF THIS GUIDE.

I DONT WANT ANYONE TO CONTACT ME USING MSN. ONLY USE EMAIL

I have to give Credit to Serebii.net even though most of this FAQ was mine

THIS FAQ IS NOT TO BE COPIED! PLEASE READ THE DISCLAIMER

Section 4)

-----  
Version 1.2: A bit of a change on the Sustainer Pokemon.

Version 1.3: I've been getting irritating e-mails about shuckle being better than steelix as a sustainer. PLEASE READ AHEAD BEFORE E-MAILING! I know it's better and I added that in Version 1.2 But I've changed the two Pokemon even more for the lazy ones who can't be bothered to read ahead.

Version 1.4: Set up a link to my latest version of the FAQ.

Version 1.5: Clarified that I want no-one MSNing me  
-----

Contents:

1: INTRO

1.1: What is Team Building? [WITB]

1.2: Controls [COLS]

1.3: Terminology (Please see) [TRMN]

2: BASICS

2.1: A balanced Team [EQUL]

2.2: A Pokemon's purpose [PPSE]

2.3: A Pokemon's Nature [BHAV]

2.4: Attack and Special Attack [ATKS]

2.4: Type Chart [TPYE]

3: BUILDING THE TEAM

3.1: Intro	[BGIN]
3.2: Starter	[FRND]
3.3: Sustainer	[BIGP]
3.4: Legendary	[RRAE]
3.5: Sweeper	[STRG]
3.6: Catcher	[CTCH]
3.65: Mild - Sweeper	
3.7: Trapper	[TTRP]
3.8: HM Buddy	[HMTM]
3.9: The Final Team	[FNAL]
4: Credits/Disclaimer	[ENDD]

---

1.1 What is Team Building? [WITB]

---

In Pokemon, you use creatures to battle with. But you will only succeed and triumph if your Pokemon are raised in a well trained manner. Team Building is where you choose your best possible team of Pokemon to triumph and finally beat the Pokemon League. This FAQ will guide you step by step on how to do that.

---

1.2: Controls [CONT]

---

Direction Pad: Movement

A button: To select or to proceed forward while reading something

B Button: To run (while on foot and moving), or go back

L & R: To move left and right in the Pokemon Storage System

Select: To use an item that's registered to select, or to move items in your bag

Start: To open the start menu

---

1.3: Terminology [TRMN]

---

There are some words that new players may not know:

Kanto - The area where Fire Red and Leaf Green players play in

Johto - An old area used in the past games

Hoenn - The area where Ruby, Sapphire and Emerald players play in

Kanto Pokemon: The Pokemon in Kanto (Numbers 1 - 151)

Johto Pokemon: The Pokemon in the Extended Safari zone, and Pokemon Colosseum (152 - 251)

Hoenn Pokemon: The Pokemon in Hoenn (252 - 386)

TM: A Technical Machine that teaches a Pokemon a move (Can only be used once each)

HM: A Hidden Machine that teaches a Pokemon move used in battle, and to complete the game

EV: Effort Values (Go to Serebii.net)

Cut - HM01  
Fly - HM02  
Surf - HM03  
Strength - HM04  
Flash - HM05  
Rock Smash - HM06  
Waterfall - HM07  
Dive - HM08

If there is any new terminology you want me to add, please PM me.

---

## 2.1: A Balanced Team

---

[EQUIL]

When you are in a Pokemon battle, your team needs to be balanced. If you have a team with 3 Electric Type Pokemon and 3 Fire Type, and you are facing a ground type, unless it's a remarkably low level, you're finished. A ground type can destroy Fire types and Electric Types. So you need a balanced team to beat whatever Pokemon you face. Here is a perfect team:

Electric Type: Probably one of the most important types. This is used in the league a whole lot

Water Type: A type that has only 3 weaknesses. Strong against many and can use Ice beam

Normal Type: Good against everything apart from ghost, fighting and steel

Psychic/Dark Type: It would be best if you could have a Pokemon which knows both types of moves. These are used against the 'Less popular types'

Ground, Rock or Fighting Type: These types usually have each others moves. For e.g. a Fighting type might know Earthquake and Rock Slide.

Fire or Flying Type: Most people choose a Flying type or have a Flying Type as one of the other Pokemon, for the HM02 - Fly. A Fire Type is also a very popular type since most Fire Type Pokemon have a high Sp Attk.

---

## 2.2: A Pokemon's Purpose

---

[PPSE]

There are different purposes used for your Pokemon, in and out of battle. What Pokemon you choose to have is your choice  
Here is the following:

Sweepers: Every team needs a Sweeper which hits hard. These are used to wipe out Pokemon usually at the start

A Starter: This is optional, but a good choice. Most Pokemon trainers love their Starter so much, that if it's really weak, they still keep it. These are probably the fastest Pokemon to level up.

HM Buddy: This is totally optional and I wouldn't recommend it. But there are those who need a Pokemon which knows rubbish HM's to get through your journey

Catcher: This is also optional and I wouldn't recommend it. A catcher is a Pokemon who knows a range of strong moves, to very weak moves. The best killer catchers are those who know false swipe

Sustainer: A sustainer is one with lots of HP. whenever you're Sweepers or Starters are low on HP, the Sustainer comes in, enduring attacks while you heal them. The best sustainers know rest.

Legendary: Some people like to have strong legendary's just because they are one - off Pokemon. This isn't wrong, but isn't always the right choice.

Trapper: This could be a catcher as well and I HIGHLY don't recommend it. A trapper traps a Pokemon then Baton Passes over to the catcher who catches it. Good for catching Lati@s without a Master Ball

Obviously you can't have 7 different Pokemon for you can only hold 6. Added to that, you'd want more Sweepers. This is what I recommend:

Starter

Sustainer

Sweeper

Sweeper

Legendary (Only the Strong ones, see below)

Catcher (This could be replaced by a sweeper or HM buddy, your choice)

---

### 2.3: A Pokemon's Nature

[BHAV]

---

Most people ignore this section because they think it's useless. IT IS NOT! A Nature makes a Pokemon what it is; certain natures make Pokemon stronger in on type of attack, but weaker in another. All other types aren't increased or decreased.

---

Lonely		+ Attack		- Defense
Brave		+ Attack		- Speed
Adamant		+ Attack		- Special Attack
Naughty		+ Attack		- Special Defense
Bold		+ Defense		- Attack
Relaxed		+ Defense		- Speed
Impish		+ Defense		- Special Attack
Lax		+ Defense		- Special Defense
Timid		+ Speed		- Attack

---

Hasty	+ Speed	- Defense
Jolly	+ Speed	- Special Attack
Naive	+ Speed	- Special Defense
Modest	+ Special Attack	- Attack
Mild	+ Special Attack	- Defense
Quiet	+ Special Attack	- Speed
Rash	+ Special Attack	- Special Defense
Calm	+ Special Defense	- Attack
Gentle	+ Special Defense	- Defense
Sassy	+ Special Defense	- Speed
Careful	+ Special Defense	- Special Attack

If your Pokemon is:

Bashful  
 Docile  
 Hardy  
 Quirky or  
 Serious,

It means that their stats are all the same.

---

## 2.4: Attack and Special Attack [ATKS]

---

### (Physical) ATTACK MOVES:

These type of moves are stronger the higher your Attack is.  
 The higher your Defense to these types of moves, the less damage they'll do.

Normal  
 Bug  
 Fighting  
 Flying  
 Ghost  
 Ground  
 Poison  
 Rock  
 Steel

### (Energetic) SPECIAL ATTACK MOVES:

These type of moves are stronger the higher your Special Attack is.  
 The higher your Special Defense to these types of moves, the less damage they'll do.



Steel	Normal	/2	/2	Normal	/2	x2	Normal	Normal	Normal
Dark	Normal	Normal	Normal	Normal	Normal	Normal	/2	Normal	Normal

CHART 2

	Flying	Psychic	Bug	Rock	Ghost	Dragon	Steel	Dark
Normal	Normal	Normal	Normal	/2	X-X	Normal	/2	Normal
Fire	Normal	Normal	x2	/2	Normal	/2	x2	Normal
Water	Normal	Normal	Normal	x2	Normal	/2	Normal	Normal
Grass	/2	Normal	/2	x2	Normal	/2	/2	Normal
Electric	x2	Normal	Normal	Normal	Normal	/2	Normal	Normal
Ice	x2	Normal	Normal	Normal	Normal	x2	/2	Normal
Fighting	/2	/2	/2	x2	X-X	Normal	x2	x2
Poison	Normal	Normal	Normal	/2	/2	Normal	X-X	Normal
Ground	X-X	Normal	/2	x2	Normal	Normal	x2	Normal
Flying	Normal	Normal	x2	/2	Normal	Normal	/2	Normal
Psychic	Normal	/2	Normal	Normal	Normal	Normal	/2	X-X
Bug	/2	x2	Normal	Normal	/2	Normal	/2	x2
Rock	x2	Normal	x2	Normal	Normal	Normal	/2	Normal
Ghost	Normal	x2	Normal	Normal	x2	Normal	/2	/2
Dragon	Normal	Normal	Normal	Normal	Normal	x2	/2	Normal
Steel	Normal	Normal	Normal	x2	Normal	Normal	/2	Normal
Dark	Normal	x2	Normal	Normal	x2	Normal	/2	/2

3.1: INTRO

[BGIN]

If you have been a good breeder and have read everything in my FAQ so far, finally, the moment you've been waiting for... Building your Team!

Before you choose which pokemon you catch, make sure it has:

1. The Best moves for its purpose
2. It's got high SP Attk / Attk (depending on what type it is)

3. It's the nature you want (this is VERY important for the best team)

The following sections will go through the best, not all, pokemon to choose for each section.

Obviously, different people like different Sweepers so I will only show the best Sweepers there is (that don't fall into any other category)

-----  
3.2: The Starter

[FRND]  
-----

This obviously depends on what game you have. I will list the Johto Starters though to obtain them, you'll have to complete your EMERALD pokedex, or trade from Colosseum (recommended). There won't be too much info on them.

What I say about each Pokemon goes for their evolved forms too.

Here are the Pokemon we will be looking at:

Bulbasaur  
Squirtle  
Charmander  
Chikorita  
Totodile  
Cyndaquil  
Treecko  
Mudkip  
Torchic

KANTO STARTERS

**Bulbasaur:** A not so good choice, definitely not the best. This pokemon is rarely thought of but has a fine moveset. Unfortunately. This Pokemon is worse than Charmander in every Stat (apart from a teeny weeny bit more HP).

The Pokemon is unfortunately also Grass and Poison. Making this weak to many more different attack types. If you're a real REAL beginner with hardly ANY pokemon knowledge, go for this Pokemon. Otherwise, let's leave him be.

**Squirtle:** Ah! A fine fine choice. This pokemon has a higher Defense and SP Defense than both Bulbasaur and Charmander. But unfortunately lacks Attack, SP Attack and speed to that of Charmander. But it has more SP Attack than Bulbasaur making Bulbasaur an even bigger loser. A great choice for defender.

**Charmander:** Oh yes! The killer! As explained in the Bulbasaur and Squirtle explanations, the only thing this Pokemon lacks is a bit of Defense and Sp Defense. A bit hard to start off with for you'll need to get him to lvl 13 before taking on Brock. This is the recommended choice for a good Team.



(You will have a good Sustainer to tackle your defense lackness)

## JOHTO STARTERS

Chikorita: This pokemon is a lot like squirtle because its got a MASSIVE defense but lacks in other skills. A good choice for cautious players.

Cyndaquil: SO AMAZINGLY STRONG! This pokemon is the strongest of ALL starters in SP Attack. But unfortunately lacks (a lot) in others. Not too recommended, but a good Sweeper if you have other balanced pokemon.

Totodile: If you are catching Croconaw pokemon then purifying it then actually breeding the croconaw to get this pokemon then getting ready to (breathe) beat story mode and get a link cable to trade over to your gameboy, then the best choice. Since the Johto Starters are so hard to obtain, unluckily many will miss out in the high Attack and Defense this Pokemon possesses. The best choice of the three Johto Starters.

## HOENN STARTERS

Treecko: Why are Grass Pokemon so weak!!? This Pokemon isn't particularly strong but is lightning fast. It's a good choice against the league IF you are not planning on getting an electric type, (which would be a bad idea). It's a good pokemon but not so strong. As well as this the 'Special Move' for this Pokemon, Solarbeam, takes 2 turns to cast. Only get this Pokemon if you aren't going to get an electric type

Mudkip: This Pokemon can have a higher Attack than Cyndaquil's SP Attack! It's an awesome Pokemon because of the fact that it's immune to Electric. Nothing to say but this is probably the best choice IF you use him mainly for Attack purposes. It's got a pretty good defense as well. Keep away from grass though (x4 Critical hit!).

Torchic: Great fast and equalled out Pokemon. This is a great Pokemon if you're not getting a fighting type. As well as that in Hoenn there is a small choice of good fire type Pokemon. A loved Pokemon by many. If it's balance you like choose Torchic, if Speed, choose Treecko.

Recommended Starters:

Kanto: Charmander

Johto: Totodile

Hoenn: Mudkip

The current Overall Team

Starter: Mudkip

-----  
3.3: The Sustainer

[BIGP]  
-----

Good Sustainers are those with general good Defense and SP Defense and LOTS of HP. The Best know rest.

All the Stats are in their maximum from (raised from lvl 5 to lvl 100, and the nature helps out too)

CAUTION: These Pokemon are ONLY recommended for Sustainers. Some have terrible SP) attack

These are the Pokemon we will be having a look at:

Steelix

Snorlax

Blissey

Deoxys LEAF GREEN EXCLUSIVE!

Regirock

Regice

Registeel

Steelix: His Defense can go upto 548!!!! Now definetely for a weird reason is the 2nd highest Defense stat in the whole game! But it's SP defense isn't too good. If you're other Pokemon are good against SP Attacks, then this wont be a bad choice. Use this only against physical attackers.

Defense: 548      SP Defense: 240

Snorlax: This Pokemon has a generally good Defense and a higher SP Defense. The Stats aren't too high but this Pokemon can be a killer sustainer. I'm serious, a killer sustainer. This Pokemon can learn Rest. Now you must be thinking, lots of Pokemon learn rest... Yes, but Snorlax has too deadly moves that put Rest to its advantage; Snore and Sleep talk. Now Rest itself is good, because you use rest to heal, then for 2 turns you heal your Pokemon, then you use Rest again, etc. But if there is no need to heal, Snore has 40 power and attacks, when a Pokemon is sleeping...!!! So does Sleep Talk, except this is like Metronome, it does a random attack. I have this Pokemon In my Personal Team, It's a real help.

Defense: 350      SP Defense: 350

Blissey: This Pokemon has THE HIGHEST HP in the game! 714!!! It also has a

huge SP Defense! But probably the worst defense in the game. Just like Steelix except the other way round. So use against SP Attackers.

Defense: 130      SP Defense: 405

Deoxys (Leaf Green): This Pokemon is the best to choose if you firstly, have Leaf Green and Secondly, go to a Nintendo Event (I did and it's great!). It's just got supernaturally amazing Defense. Second best choice, but best if you want your Sustainer to do a bit of attacking. Try to get Leafgreen and this Pokemon.

(WARNING: This Pokemon will ONLY have these stats in Leaf Green).

P.S The other reason this Pokemon is probably slightly better (if!) than Shuckle maybe, just maybe because it has 50 more hp.

Defense: 460      SP Defense: 460

RegiRock: Now this Pokemon has the second best defense in the game (with Steelix) and a decent SP Defense. Use in the same way as Steelix.

Defense: 548      Sp Defense: 328

Regice: This Pokemon has the highest Special defense in the game and a decent Defense. Use in the same way as Blissey

Defense: 328      SP Defense: 548

Registeel: For some weird reason, Nintendo made this Pokemon have almost the same Stats as the Defense Deoxys. It's probably the best choice apart from Snorlax because Snorlax has a whopping 524 HP! This Pokemon also doesn't learn Rest. So if Snorlax is inaccessible get RegiSteel.

Defense: 438      SP Defense: 438

Shuckle: By far the best but second hardest to obtain Sustainer. His Defense is ridiculously high for no reason!! But he can hold out for long. The only weakness is that he has the worst attack and Moveset and a slightly low HP. Choosing between Shuckle and Deoxys Leafgreen is optional.

(Thankyou Llama\_guy for providing this information. Now I've fixed all this fuss so please don't e-mail me about Shuckle again or I'll block you)

Defense: 614      SP Defense: 614

Recommended Sustainers:

Kanto: Snorlax

Hoenn: Registeel, (Or Shuckle if you have Emerald)

Leafgreen: Deoxys

The current Overall Team

Starter: Mudkip  
Sustainer: Snorlax

-----  
3.4: The Legendary

[RRAE]  
-----

Everyone loves a Legendary, but not always the Strongest. For e.g, the Regi's focus on Defense so are better Sustainers. Here I am looking at the Legendary Sweepers for the other ones may be mentioned in other Sections

These are the Pokemon we will be having a look at:

Mewtwo  
Kyogre  
Groudon  
Rayquaza  
Deoxys (Normal and Attack)  
Mew, Jirachi and Celebi

Mewtwo: This is the strongest Legendary in SP Attack and knows an excellent moveset. It can learn about 44/50 TM's which is awesome. You can make the best Moveset's with the available TM's. Since this is a Psychic type, it's only weak to 3 types of Pokemon (2 of which are incredibly rare). An excellent choice for a careful trainer. People love to show off this Pokemon. It is Fast aswell.

CAUTION: This Pokemon's defense is pretty appauling

Attack: 350      SP Attack: 447    Defense: 306      SP Defense: 306  
Speed: 394

Kyogre: A Pokemon with an Incredibly high SP Attack and SP Defense with is great for it's type. It's awesome if you use it against those that use SP Attacks. This Pokemon also knows a great Water Moveset. It also learns (Like all 3 of the Hoenn beasts) Rest at lvl 50. This Pokemon is a great Water Sweeper if you haven't got any of the Water Sweepers (See Section 3.5). This downside is that this is a slow Pokemon.

Attack: 328      SP Attack: 438    Defense: 306      SP Defense: 416  
Speed: 306

Groudon: Yes, Kyogre's arch - enemy. Now this Pokemon is Just like Kyogre but the complete reverse. It has an Incredibly high Attack and Defense so is used for Pokemon who use Physical attacks. This Pokemon also has a unique moveset consisting of Ground, Fire and Grass!!! It learns Rest, like explained before and is a good Physical sweeper (See Section 3.5). This Pokemon wont be too bad of a Sustainer either. This Pokemon, unfortunately, is just as Slow as Kyogre.

Attack: 438      SP Attack: 328    Defense: 416      SP Defense: 306  
Speed: 306

Rayquaza: Everyone says things like "Just because Rayquaza is the Legendary Peacemaker doesn't mean he's strong, Blah Blah Blah!" Well they are wrong. He is incredibly strong. He is just like Registeel in reverse! (See section 3.3). He is good at Attack and SP Attack, and this would be really good if he was fast. Unfortunately no, he isn't. And for you who know about EV's (not included in this FAQ), Speed Training is the best for this Pokemon. If you are going to train his Speed EV's, then DEFINETELY choose this Awesome Pokemon

Attack: 438      SP Attack: 438    Defense: 306      SP Defense: 306  
Speed: 317

Deoxys Attack: If you have'nt already, please read what I have put for Rayquaza. Now this is the Strongest Pokemon in the game, so is abnormally weak in Defense, but luckily, INCREDIBLY luckily, he is very very fast. So Speed EV training will make this Pokemon invincible (That's what I've done! He He!). That is if you can get this Pokemon in the first place. Best Pokemon ever if trained correctly with speed.

Attack: 504      SP Attack: 504    Defense: 152      SP Defense: 152  
Speed: 438

Deoxys Normal: This Pokemon isn't much different from the Attack version except, some Attack points go to its defense. That in my opinion is terrible, since then you can't allways 1 hit KO the opponent with lightning fast speed. Do exactly what you'd do for the attack version.

Attack: 438      SP Attack: 438    Defense: 218      SP Defense: 218  
Speed: 438

Mew, Jirachi & Celebi: There Pokemon are reffered to as the guardians, and probably are. They have equal stats making them pretty good Pokemon. The problem is, getting them (In the West).

Jirachi is the easiest to get in the West (includin australia) by 2 ways.

In US, you have to have pre - ordered (or get from Ebay), the Pokemon Colosseum bonus disk. In Europe and Australia, just get Pokemon Channel.

The special thing about Jirachi is, is that it learns a HUGE moveset with awesome Psychic moves.

Mew is second easiest (Still really hard) to get in the West. You need to go to a Nintendo event and get the Faraway Island ticket, and have Pokemon Emerald Mew is special because of his famous move Transform! Unlike Ditto, he has his own moveset aswell as Transform. He can also use ANY TM, HM, Move Tutor move etc.

This is probably the best of the Pokemon to get.

Celebi is incredibly hard to get since you need to go to a Special Nintendo Event where they will give it away. It really isn't that good, because it's ONLY THE RAREST POKEMON IN ALL OF THE POKEMON GAMES!!!! Oh sorry, ahem, well if you get it, it's got a rubbish Moveset. Not good for a good team

Attack: 328      SP Attack: 328    Defense: 328      SP Defense: 328  
Speed: 328

Recommended Sustainers:

Kanto: Mewtwo  
Hoenn: Rayquaza (Or if Ruby/Sapphire, Deoxys if possible)  
FireRed: Deoxys (If Possible), other wise Mewtwo

The current Overall Team

Starter: Mudkip  
Sustainer: Snorlax  
Legendary: Rayquaza

-----  
3.5: The Sweeper [STRG]  
-----

Now if you have been reading my FAQ from the start, you'll be thinking, FINALLY! The part where I show the best Pokemon to use.

I will be showing the following types of Sweepers:

Electric  
Water / Ice (The water types can learn Ice TM's)  
Psychic  
Fire  
Ground & Rock

These are the Pokemon I will show:

Zapdos  
Manectric  
Omastar  
Milotic  
Alakazam  
Metagross  
Arcanine  
Camerupt  
Golem  
Aggron

Zapdos: A loved Pokemon. and Probably the best Electric Sweeper. There is NO

NEED to get this Pokemon if you have Bulbasaur, Treecko, or maybe Chikorita. This Pokemon is luckily a flying Type also, making it immune to ground, (but weak to ice). Use its Electric moves against Water, Flying, Steel (Most steel types hate electric attacks), and all other types that wont make it not very effective. Use its flying attacks (Drill Peck is Awesome) against Grass fighting and Bug types! An excellent Pokemon.

Attack: 306      SP Attack: 383    Defense: 295      SP Defense: 306  
Speed: 328

Manectric: Unfortunately, since the Electric Pokemon in Hoenn are limited, Manectric is the best Electric type there is. It's got a pretty good moveset and fortunately is fast, so there's no need to worry. This is the best, Hoenn electric type there is and unless you have a grass type, you HAVE to get this Pokemon.

Attack: 273      SP Attack: 339    Defense: 295      SP Defense: 240  
Speed: 339

Omastar: Ignore the Water types if you have Swampert or Blastoise (Fire Red users must obtain this from Leaf Green). This is a great Pokemon with an incredibly high SP Attack. It is also a rock type, making Fire even less effective. This Pokemon unfortunately needs to be taught Ice Beam, but Surf is not a Problem. Definetely get this Pokemon, what ever game you have.

Attack: 240      SP Attack: 361    Defense: 383      SP Defense: 262  
Speed: 229

Milotic: Milotic is a very elegant Pokemon. It has a reasonable SP Attack and a very high SP Defense. It's probably the best Water Tpy in Hoenn. The only problem is obtaining it. You need to catch Feebas in one of the random six river fishing sqaures on route 119. This takes time and effort. Its not very fast. More on this should be on another FAQ talking about Feebas/Milotic.

Attack: 240      SP Attack: 328    Defense: 282      SP Defense: 383  
Speed: 287

Alakazam: (NOTE: Mewtwo would be the best Psychic type. See section 3.4) Alakazam is a might Pokemon with a VERY high attack and a VERY high speed. Just like Rayquaza and Deoxys, Speed EV Training is required to quickly wipe out the opponent before any damage is done. This Pokemon is obtained in all the games and is very good.

Attack: 218      SP Attack: 405    Defense: 207      SP Defense: 295  
Speed: 372

Metagross: Unfortunately, without trading Metagross is only obtainable

AFTER beating the Elite 4. But though its Sp attack isnt too high, everything apart from its speed rocks! And its a steel type! A perfect combo! Get this Pokemon whatever the cost(If you can), otherwise, Alakazam.

Attack: 405      SP Attack: 317    Defense: 394      SP Defense: 306  
Speed: 262

Arcanine: Ignore the Fire types if you have Blaziken or Charizard (If you can, get Charizard because it's an awesome Flying type aswell as Fire). Arcanine is a reasonably fast and strong Fire Type. Yes, strong. It learns good moves and isn't too bad of a choice. This is the reccomended Kanto Pokemon

Attack: 350      SP Attack: 328    Defense: 284      SP Defense: 284  
Speed: 317

Camerupt: An excellent Ground / Fire type. Its attacks are remarkably like Arcanine. The only thing is that it's mighty slow. Unless you're training a Numel from lvl 5, don't bother on training speed EV's since it's well to hard to train such a slow Pokemon. I'd reccomend training Defense, and SP Defense, since you'll generally be attacking second at your speed.

Attack: 328      SP Attack: 339    Defense: 262      SP Defense: 273  
Speed: 196

Golem: This Pokemon is remarkably good in Attack and Defense and knows a wide range of good ground moves. It also has the capability to learn most, NOrmal, fighting & rock TMs. Definetely the best choice for Kanto, no doubt about that. Very Slow.  
It learns the ultamite move double edge, 120 Power 100 acc!!!!  
And instead of losing 1/4 HP when using it, he loses nothing because of Rock Head! (Same with Aggron)

Attack: 350      SP Attack: 229    Defense: 394      SP Defense: 251  
Speed: 207

Aggron: The last Sweeper I'll bee talking about. Its a Steel and Rock, but can learn good fighting and rock moves. Unfortunately he is double weak to fighting and ground, and weak to water. But that's it! It's a very good Pokemon. Kinda Slow.  
It learns the ultamite move double edge, 120 Power 100 acc!!!!  
And instead of losing 1/4 HP when using it, he loses nothing because of Rock Head! (Same with Aggron)

Attack: 350      SP Attack: 240    Defense: 504!      SP Defense: 240  
Speed: 18

Reccomended Sweepers:



Kanto: Zapdos  
Omastar  
Alakazam  
Hoenn: Milotic  
Metagross  
Aggron

The current Overall Team

Starter: Mudkip  
Sustainer: Snorlax  
Sweeper 1: Zapdos  
Sweeper 2: Metagross  
Sweeper 3: Arcanine

-----  
3.6: The Catcher [CTCH]  
-----

I have finished the main Part of my FAQ, the following is totally optional apart from the mild Sweeper, which is an amazing choice)

False Swipe has 40 Power, but allways leaves the foe with 1 HP.

These are the following Catchers I'll be showing:

Marowak  
Zangoose  
Farfetch'd

Marowak: This Pokemon has a generally high defense, so it can hold in there while you keep throwing Pokéballs. Only evolve Cubone (only get this Pokemon as a Cubone) at lvl 33, so that it learns False Swipe at an earlier lvl. The best catcher there is (apart from the Mild Sweeper coming up)

False Swipe lvl: Cubone: 33  
Marowak: 39

Zangoose: Unfortunately, Zangoose only learns False Swipe at a later stage, so to properly use him as a catcher, he'll need to be a very high lvl. He has a decent attack so he wont be too hard to train. Only use him if you are willing to use him as a catcher at a later lvl.

False Swipe lvl: 55

Farfetch'd: What a weird name! Don't you think? Anyway, Farfetch'd isn't too good, but with its stick can cause lots of critical hits. This Pokemon also learns False swipe at a high lvl, but luckily not as high as Zangoose. Marowak would be a better choice

False Swipe lvl: 46

---

### 3.65: The Mild Sweeper

---

The following Pokemon was born by Nintendo to be a catcher. But I call it a Mild Sweeper because it's a gem at Sweeping too. It is Scyther.

Scyther: This Pokemon learns False Swipe at 16!!! 16! an you believe that? Like I said he's born to be a catcher. He has a very high attack so aswell as a good sweeper, can get Pokemon down to 1 hp usually in 1 minute. Get this Pokemon whatever team you have. Evolve this Pokemon to a Scizor the first chance you can, because it learns moves at the same lvl, but gets a much higher attack bonus. Best choice there is.

False Swipe lvl: 16

Reccomended Catchers:

Kanto: Scyther

Hoenn: Zangoose (and if you started with, Sceptile)

The current Overall Team

Starter: Mudkip (Swampert)

Sustainer: Snorlax

Sweeper 1: Zapdos

Sweeper 2: Metagross

Sweeper 3: Arcanine

Mild - Sweeper: Scizor

---

### 3.7: The Trapper

---

[TTRP]

The Dream Team is finished. I really don't reccomend any of the following. But it's there anyway so that if you want to have one, or to know what they are. Read on.

Now getting a trapper is VERY EXTREMELY HARD. ONLY GET ONE IF YOU ARE DETERMINED TO DO SO.

A Trapper is only there for the Following Pokemon

In KANTO:

Suicune

Entei

Raikou

In HOENN:

Latias  
Latos

The Trappers use a move to make sure the Foe doesnt escape, then Baton Passes to the Catcher.

Baton Pass changes Pokemon keeping whatever trapping moves, still in effect.

These are the folowing Trappers I'll be showing:

Smeargle  
Spinarak  
Eevee/Umbreonm

Smeargle: This is a hard Pokemon to get. Now when you get this Pokemon, you need to find a Pokemon with Spider Web, or Mean Look and make Smeargle Sketch it.

Then make him sketch Baton Pass. In battle make him use the trapping move then use Baton Pass.

Spinarak: This is the only way for a Kanto game Trainer to get a Trapper without trading. You will need to breed a Ledyba/Ledian with Mean Look with a Spinarak/Ariados.

Then it will soon learn the trapping move Spider Web. In battle make him use the trapping move then use Baton Pass.

Learns Spider Web: Spinarak: 37  
Ariados: 43

Eevee/Umbreon: First trade Eevee from Kanto to Hoenn. (This MUST be done, you can't get Umbreon from Colosseum. Then level up Eevee so he learns Baton Pass. Then I think let him evolve by friendship in he afternoon, and as an Umbreon level it up to learn Mean Look.

Learns Baton Pass: Eevee - 36  
Mean Look: Umbreon - 42

Reccomended trappers:

Kanto: Spinarak  
Hoenn: Eevee

-----  
3.8: The HM Buddy

[HMTM]  
-----

Last of all, the HM Buddy. Only get a HM buddy if you really need to, and only get one that knows the HM's that your other Pokemon don't know.  
For e.g Teach your normal team Fly, Surf and Strength. There, there's already

3 filled up, only 4 more to go (5 in Hoenn).

Here are the best HM buddy's:

Wailmer/Wailord:

Surf  
Strength  
Rock Smash  
Waterfall  
Dive

NidoKing/Queen:

Cut  
Surf  
Strength  
Rock Smash

Psyduck/Golduck (recomended, dont teach it Surf and Strength):

Surf  
Strength  
Flash  
Rock Smash  
Waterfall  
Dive

Tropius:

Cut  
Fly  
Strength  
Flash  
Rock Smash

If there are any more, please tell me, and I'll add them on. I can't reccomenda ny because it depends what moves you need

-----  
3.9: The Final Team

[FINAL]  
-----

Just for your information, here is the Final Team again:

Starter: Mudkip (Swampert)

Sustainer: Snorlax

Sweeper 1: Zapdos

Sweeper 2: Metagross

Sweeper 3: Arcanine

Mild - Sweeper: Scizor

-----  
4: Credits/Disclaimer

[ENDD]  
-----

Thanks to:

Me! For creating this FAQ

Serebii.net: For giving some Vital information

Ho-Oh2224: For persuading me to become an author & doing the lettering at  
the beginning

Llama\_Guy, for telling me about Shuckle

THIS FAQ IS NOT TO BE COPIED OR USED IN ANY WAY WITHOUT MY  
PERMISSION. IF THIS FAQ IS TO BE USED, TELL ME WHERE WHEN AND WHY  
BUT DO NOT COPY IT. THIS SHOULD BE READ CLEARLY THIS (PARTICULAR) FAQ  
EXCLUSIVE TO WWW.GAMEFAQS.COM

.....Misterioso.....  
-----

This document is copyright Rishmeister and hosted by VGM with permission.