

Pokemon Beginner Cheat Sheet

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Types, battle basics, team building, catching, evolution, status effects, and training strategy.

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1. Main Goal

Pokemon games usually focus on:

- Catching Pokemon.
- Training a team.
- Battling trainers.
- Earning badges or story progress.
- Defeating stronger opponents.
- Completing the Pokedex.

2. Battle Basics

Each Pokemon has:

- Type or dual type.
- Moves.
- HP.
- Attack stats.
- Defense stats.
- Speed.
- Ability.

Goal: reduce opponent HP to zero while protecting your team.

3. Type Matchups

Move	type	matters.
Result	Damage	
Super effective	2×	
Normal	1×	
Not very effective	0.5×	
No effect	0×	

Example: Ground Pokemon are weak to Water, Grass, and Ice moves.

4. Easy Type Memory

- Water beats Fire, Ground, Rock.
- Fire beats Grass, Ice, Bug, Steel.
- Grass beats Water, Ground, Rock.
- Electric beats Water and Flying.
- Ground beats Fire, Electric, Poison, Rock, Steel.
- Fighting beats Normal, Ice, Rock, Dark, Steel.
- Fairy beats Fighting, Dragon, Dark.

5. Team Building

A balanced team should include:

- Different types.
 - Physical attackers.
 - Special attackers.
 - Defensive Pokemon.
 - Speed options.
 - Coverage moves.
 - Status or support moves.
- Avoid having your whole team weak to the same type.

6. Move Types

Same Type Attack Bonus: If a Pokemon uses a move matching its own type, damage is boosted.
Example:

Water Pokemon + Water Move = Bonus

Coverage move: A move used to hit types your main moves cannot handle.

7. Stats

Stat	Meaning
HP	Health
Attack	Physical damage
Defense	Physical protection
Sp. Atk	Special damage
Sp. Def	Special protection
Speed	Who moves first

8. Status Effects

Status	Effect
Burn	Damage over time; lowers physical attack
Poison	Damage over time
Paralysis	May stop movement; lowers speed
Sleep	Cannot act temporarily
Freeze	Cannot act until thawed
Confusion	May hit itself

9. Catching Pokemon

Better catch chances:

- Lower the Pokemon's HP.
- Use status effects like sleep or paralysis.
- Use better Pokeballs.
- Use special balls in the right situation.

Do not knock out a Pokemon you want to catch.

10. Evolution

Pokemon may evolve by:

- Leveling up.
- Using stones.
- Trading.
- Friendship.
- Time of day.
- Learning moves.
- Special locations or items.

Evolution usually improves stats and may change type or moves.

11. Items

Item	Use
Potion	Restores HP
Revive	Brings fainted Pokemon back
Antidote	Cures poison
Paralyze Heal	Cures paralysis
Pokeball	Catches Pokemon
Escape Rope	Leaves cave/dungeon in some games
Repel	Reduces wild encounters

12. Battle Strategy

- Use super effective moves.
- Switch out of bad matchups.
- Keep team healed.
- Save strong moves for important fights.
- Use status moves to control battle.
- Do not rely on one Pokemon only.

13. Trainer Prep

Before a Gym or boss battle:

- Heal at Pokemon Center.
- Buy potions and status cures.
- Check type weaknesses.
- Level your team evenly.
- Put best lead Pokemon first.
- Save before major fights when possible.

14. Common Mistakes

- Using only starter Pokemon.
- Ignoring type matchups.
- Forgetting to heal.
- Not carrying Pokeballs.
- Teaching only damage moves.
- Having too many same-type Pokemon.
- Ignoring speed.
- Not switching when matchup is bad.

15. Beginner Glossary

Term	Meaning
Pokedex	Pokemon collection record
STAB	Same Type Attack Bonus
Coverage	Moves for different matchups
Faint	Pokemon reaches zero HP
Ability	Passive Pokemon effect
Evolution	Pokemon changes form
TM	Item that teaches a move

Best beginner advice: Do not only choose your favorite Pokemon. Build a balanced team and use type advantages.