

This guide will assume you already know how to speedrun Red Version normally (like setting options to Fast, Off, and Shift and knowing which moves are in which slots). You will need FlowTimer. Check the resources page on the Red/Blue Version section of speedrun.com for details on how to obtain flowtimer. The specific entries you need are: Offset: 27000 Interval: 300 Beeps: 26. Set a key not associated with Live Split to be the key to start the timer under settings. Make sure it's easily accessible and you can feel for it with no trouble. Also check the global box for you to be able to activate it without it being active.

The best way to run this game blindfolded is with a good quality wired headset. Ensure that your PC volume is going into your headphones, so you can hear everything clearly. Adjust the audio output on the Gambatte sound options if it isn't automatically adjusted.

Definitions: A = A-button / B = B-button / U = up / D = down / L = left / R = right / W = wall / X = Start / Y = Select / S = stairs / E = enter/exit / T = transfer / any # = number of times to press following button / spam = repeatedly press until said point / pause = 1 second pause

TW = Tail Whip / Ta = Tackle / Bu = Bubble / Le = Leer / HA = Horn Attack / WG = Water Gun / MP = Mega Punch / Th = Thrash / Bb = Bubblebeam / Tb = Thunderbolt / RS = Rock Slide / HD = Horn Drill / Eq = Earthquake / Bz = Blizzard

New Game - wait until you hear Nidorina's cry followed by a few A clicks (assuming you're spamming A & B) followed by about 2.5 seconds of silence. Stop spamming and input the following "3A, X, 7A, X" (note: you will hear a click after every A press registered in this way) and spam A & B until enter game

In Game: RW, UW, RS, DW, 4L, DE, 5R, U + spam A & B through 7 clicks, once music changes, spam A & B through 13 clicks and B through 1 more, 1D, 2R, U + spam A through "received music", 3A, X, spam A & B through "received music", 2L, D into battle

Battle: TW, Ta until faint (if Squirtle faints, restart the run)

D + spam A & B until E, 3L, UW, R, UW, 2L, UW, 4R, UW, 3L, UW, 5R (if NPC is in the way do 6R now and 5L in 2 moves), UW, 4L, UW, L, 8U, 10R, UE, D + spam B until W, R, DE, DW, U, LW, D, L, 8D, 3L, D jumping 4 ledges... on the sound of the 4th... RW, 5D jumping 1 ledge, D2, 7L, DW, L, 5D, 3R, UE, L, UW, R, D + spam A & B until 2nd rival music, L, DE, 3L, UW, R, UW, 2L, UW, 4R, UW, 3L, UW, 5R (if NPC is in the way do 6R now and 5L in 2 moves), UW, 4L, UW, L, 8U, 10R, UE, 2U, LW, 3A, 5U, 3A, D + spam B until W, R, DE, 2L, 2U, LW, 3R, U, save the game. (while in Route 1, only fight a Rattata if you encounter it on the first run to Viridian or back to Pallet. Any encounter is acceptable on the 2nd run up as long as you ONLY battle 1 encounter on Route 1)

Hit the hard reset button on your controller and the hotkey to start FlowTimer simultaneously after the save. You will enter the game as fast as possible and hear beats when you enter the game you can manip a Nidoran by perform the following change of directions on the corresponding numbered beat: hold L entering the game, swap to hold R midway between beat 2 and 3, swap to hold L midway between beat 5 and 6, swap to hold D on beat 12, swap to hold L on beat 15, swap to hold U on beat 17, swap to hold D on beat 21. If you performed the inputs perfectly, you should hear a Nidoran (male) cry, use PokeBall... don't attempt more than 4 YOLO (YOLO is an expression that indicates you're relying on luck) balls and if you don't succeed within 4, 3Ta and use another ball (which should capture). If you didn't get a Nidoran, it's a dead run. Check your placement on the map if you aren't anywhere

near the grass. You may be inputting incorrectly. This process takes time to practice and isn't made overnight. If you do end up in the correct position, but don't get an encounter, you may have saved the game with the NPC from Viridian in the frame which will completely void the manip. Once in battle, don't use more than 4 YOLO balls. If you do end up with only 2 Poke Balls during the fight, Tackle 3 times and throw the ball again. If you did, you will need to heal at Pewter City Pokemon Center on your way to mart.

Once caught, 2D RW, 3U, RW, U, 3R, UW, 2D, LW spam A & B to get Potion. If you don't hear the hidden item tune, go 2U, LW and try again because the moving NPC blocked your way. After obtaining, 2R UW, 3L, 5U, 6R, 7U, 7L, UE, R, UE, UW, 9R, 9U, L, 2U, 2R, 12U, 2L, U + spam A until item tune, 3U, LW, R, DW, 4L, UW, LW, R, DW, LW, 6U, A to get Potion, U + spam until battle.

Bug Catcher: TW, TW, Ta until faint (you may need to use Potion at some point during the fight to avoid fainting if you hear red bar). If you're poisoned, you'll notice a longer than usual attack for Weedle followed by an extra click. Use Antidote ONLY after battle. If you don't use it, toss it while using Potion on Squirtle. To heal from menu AFTER swapping Squirtle and Nidoran, simply X, D, A, D, 3A, 3B. If needing to Antidote, instead of 3B, go B, D, 3A, 3B. If tossing Antidote, instead of 3B, go B, D, A, D, 5A, 2B. Swap Nidoran and Squirtle when you menu to Potion/Antidote by first going X, D, 2A, D, A, D, A. Then you can access Items by doing B, D, A. Potion takes 2 clicks and Antidote takes 3.

To continue, UE, R, UE, 2U, 5R, UW, 5R, UE, L, 2U, L, 2A, D, A, 5U, 3A, D + spam B until W, R, DE, LW, 5U, 9L, 5D, 6R, UE, 5U, LW, UW, 3R, UW, A spam until battle.

Brock: R, A, D, 2A... then Bu until faint. After 2 level ups, 3A, U, A... then R, A, D, 2A... then if you only needed 2 Bubbles to KO Geodude, you can start attacking with Bubble right away. If it took 3, listen for a damaging attack sound. If you hear it during the swap in, then Bu until dead, if not, TW, TW, Bu until dead. This fight relies a lot on RNG which if you hear Squirtle's cry at any point after an attack in this battle, the run is over. Once you hear gym music again, D+ spam B until E, 6L, 5U, RW, DW, RW, 2D, RW, UW, 3R, U, X, 2U, A, 2D, R, 2B, U + spam A until battle.

Bug Catcher 1: All 3 Pokemon: Le, HA, HA (if still alive use Tackle to kill)... (potion pre Youngster by doing the following after the fight: X, 2D, A, D, 3A, 3B) Then go 2U, R + spam A until battle

Youngster: Le, HA until dead, heal if red bar by doing the following after Ekans cry: D, A, D, 3A, B spam until back to attack menu, U, Le, HA until dead... After battle go D, R + spam A until battle

Bug Catcher 2: HA, Ta until dead, HA until dead, HA, Ta until dead, HA until dead... After battle go D, RW, U, 2R, D + spam A until battle

Bug Catcher 3: Both Pokemon: HA until dead... After battle RW, 3D, 5R, 3D, 2R, UW, RW, 3U, RW, 6D, RW, A, D + spam B, as soon as you hear a wall go X, 3U, A, pause, A, hard reset the game

We will be performing the Spearow manip. Get into the game as fast as possible, and while the game screen is loading hold R. You should hear a Spearow cry shortly after. If you don't, then the turning NPC above you looked in a direction he wasn't supposed to look. You can fix after a miss by reloading the game, 2U, R, A, D + spam B until W, quickly X, 3U, A, pause, A, hard reset. Once you get to the battle, if you have 2+ poke balls, go D, A (hold), R to try to yolo catch it. If you only have 1, then Ta, Ta before throwing the poke ball. Once you catch it, go 4L, UW, 3R, UW, 3R, UW, L, UE, U + spam A until healing tune, D + spam B until exit tone,

RW, L, UE

Mt. Moon will be the most tedious part of the run because of all of the encounters you'll face, and some will even screw up your counts, so map knowledge is key to ensuring you don't screw up. To get through (ignoring encounters) go 6U, 5L, 3D, R + spam A until item tone, RW, UW, R, UW, RW, UW, RW, 2L, DW, A (item tone), R, UW, A (item tone), UW, LW, 3R, DS, DW, LS, 3R, UW, R, A (item tone), 4D, LS, RW, US, DW, 2U, LW, UW, A (item tone), 2D, RS, DW, RS, 3U, RW, L, 2D, RW, L, 2U, 3R, DW, LW, DW, LW, UW, R + spam A until battle

Rocket: Both Pokemon: HA until dead (you may need to heal during the fight. You can use potion by going D, A, D, 3A assuming you still have poke balls. If you don't, then go D, 4A instead) after battle, go D, 2R, UW. Now we're ready for the first major menu of the run

Moon Menu: X, 2D, A, (If you have ANY poke balls left, you can toss them now by going A, D, A, D, 4A before continuing the sequence) 3D, 5A, wait until you hear mt moon music again, 2D, 12A, D, 5A, 4D, 3A, wait until you hear mt moon music again, 3D, spam A until learned attack tone, 3B, now you can spam A until battle

Super Nerd: MP, HA (if it disables HA then use MP until Koffing), HA until dead, MP until dead... after battle go R, U + spam A until after 2nd item tone, 3U, LW, DW, U, RS, RS, RW, 4D, RW, 2U, RW, D, RW (note: the moving npc is usually here), U (if you can't, the npc wasn't in your way, and you can go 4L, UE to center and ignore the next 4 inputs), RW, D, 2R, UE, U + spam A until healing tone, D + spam B until exit tone, DW, LW, 3D, 3L, UE, UW, RW, U, R, A, D + spam B (very fast) until W, L, DE, 5L, UW (if you hear a wall within the first 2 seconds, then go L, UW, R to get around the moving npc), R, UE, UE, U, 5R, A (hidden item tone), 5L, DE, DE, 12R, U until battle (you can choose to save before this by only going 4U followed by X, 3U, A, pause, A, U + spam A until battle)

Rival 2: MP, HA until dead (if you hear no attack sound for a solid 2 seconds during following a click on Pidgeotto's first attack, then you were probably sand attacked) (if you need to potion at any point during the battle go D, 4A, then U at the battle menu), Abra: HA, Rattata: MP, Bulbasaur: MP, HA until dead... after battle go U + spam A until battle

Bug Catcher: HA, HA (it might be range, so you might need a 2nd HA for either Pokemon)... after battle go LW, U + spam A until battle

Lass: MP (if it doesn't kill, use HA to finish it), HA until dead... after battle go RW, U + spam A until battle

Youngster: All 3 Pokemon: MP... after battle go LW, U + spam A until battle

Lass: MP (if it doesn't kill, use HA to finish it), HA until dead... after battle go RW, U + spam A until battle

Jr. Trainer: HA until dead... after battle go LW, U + spam A until battle

Rocket: Both Pokemon: MP... after battle go UW, RW, U, RW, DW, RW, U + spam A until battle

Hiker: WG... after battle go UW, 2R, 3D, R, D + spam A until battle

Jr. Trainer: MP, HA until dead... after battle go RW, DW, R + spam A until battle

Hiker: WG, WG, MP, WG... after battle go U, RW, 2U, R + spam A until battle

Lass: MP, HA, MP (after hearing level up music go 7A, D, A, exit battle... after battle go R, UW, A (hidden item tone), 7R, UE, UW, R + spam A until text, L + spam A until W, R, U + spam A until you hear cerulean music again, wait for about 4 seconds, 3R, U + spam A until text, U + spam B until W. Now it's time for the Bill menu.

Bill Menu: X, 2D, A, 4D, 5A, 2D, A until warp tone, UE, U + spam A until healing tune, D + spam B until exit tone, DW, LW, 3D, 3L, UE, UW, RW, U, R, A, D + spam B (very fast) until W, L, DE, 5L, UW (if you hear a wall within the first 2 seconds, then go L, UW, R, UW to get around the moving npc), RW, UE, UW, R, UE, R + spam A until battle

Rocket: Th... after battle go R + spam B until W, D until ledge jump, D, 3L, UE, UW, LW, UW, RW, UW, L + spam A until battle

Jr. Trainer: Th... after battle go U, L + spam A until battle [you can choose to save before this by going U, X, 3U, A, pause, A, L + spam A until battle (note: if you want to save before Misty, you'll lose time by not having IT unless you decide to save before talking to bike shop worker)]

Misty: Th (you may get bubblebeam crit or even bubblebeam speed drop in starmie. These are the reasons why some runners save before Misty)... once you hear gym music again, D+ spam B until W, RW, DW, 2L, DE [if you want to heal before going to Vermillion, then follow this sequence instead of the first 2: 11L, UE, U + spam A until healing tune, D + spam B until exit tone, DW, LW, 3D, 3L, UE, UW, RW, U, R, A, D + spam B (very fast) until W, L, DE, 5L, UW (if you hear a wall within the first 2 seconds, then go L, UW, R, UW to get around the moving npc)], 22L (if you W after 14L, then instead go U, 8L), UW, RW, UE, UW, R, UE, RW, 3D, RW, DW, LW, U, 2L, DW, 3L, 5D, 2R, UE, R, US, DW, LS, DE, 11D, 2L, 3D, 6L, D + spam A until battle

Jr. Trainer: Th... after battle go D + spam A until battle

Jr. Trainer: Th... after battle go 19D (if you W after 11D, then instead go L, 8D, R), 11R, DW, U, LW, D + spam B until W, L, DW, LW, US, 6D, R, DW, RW, U + spam A until battle (don't save before or you'll lose IT)

Rival 3: HA (if sand attacked, HA until dead on Raticate instead of MP) until dead, MP, Th (if sand attacked go HA, HA until dead instead)... after battle go U + spam A until W, LS, 4R, U + spam A until text, D + spam B until W, LS, DW, LW, R, UW, L, US, D, 24R, UE, on boat leaving scene hold U until W, RW, UW, 8L, UE, 2U, L, A, D, A, D, 3A, 2D, 3A, B, A, 5D, A, 3U, 8A, D + spam B until W, R, DE, 8L, UE, 2U, R, 3A, U, 2A, once you hear Farfetch'd cry D + spam B until W. Now it's time for the Cut menu

Cut Menu: X, 2D, A, 4D, 5A, U, A (move learned tone), A, 4D, 5A, U, 7A, 3D, 5A, 4D, 5A, U, A (move learned tone), A, B, U, spam A until cut tone, 3D, 3L, UE

Vermillion gym is going to be impossible to give a clear cut guideline, but there's a way to make it easier. Once your inside, go R, UW, and go 2A, 2B while listening for a text box followed by a click. From the X on the map shown below, there are cans marked O that can be the initial can where the cans marked C cannot be the initial can. Once you check a can and hear a text box followed by a click, make your way to the can in the far upper left corner. That can is the 2nd can about half of the time regardless of the position of the initial can. Q marks any trainer, and the = is a representation of their line of sight for battle. Once you confirm the 2nd can, you should be on the tile above the can in the far upper left corner. From that position go 3R, UW, R + spam A until battle

====Q

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  0   C   0   C   0
===Q
  C   0   C   0   C
Q===
  0   C   0   C   0
                X
          || S ||

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Lt. Surge: MP (if it doesn't kill, then HA until dead), Th... once you hear gym music again, D+ spam B until W, R, DE, RW, UW, X, D, A, U, spam A until cut tone, 4U, 6L, UE, LW, UW, R + spam A until key item tone, R + spam B until W, X, A, U, spam A until warp tone, U + spam A until healing tune, D + spam B until exit tone, DW, LW, 3D, 3L, UE, UW, RW, U, R, spam A until key item tone, B, DW, L, DE. Now it's time for the Bicycle menu

Bicycle Menu: X, D, A, Y, 8D, Y, U, 5A, U, 7A, 2D, spam A until Bicycle tune (note: there's an extra A/B press necessary after hearing the tune because of a text box), 6R, DW, X, U, A, U, spam A until cut tone, 2D, RW, UW, L, 4U, RW, X, spam A until cut tone, RW, D + spam A until battle

Lass: MP, Th... after battle go L, D until ledge jump, RW, U, RW, D, RW, U + spam A until battle

Bug Catcher: Tb, Th... after battle go UW, 2L, UW, RW, D until ledge jump, 2D, 11R, D until ledge jump, RW, DW, LW, UW, RW, UE

In Rock Tunnel, you'll need 3 Repels. To use 1 go X, 2D, A, 5D, 3A, 2B. After use go DW, 7R, D + spam A until battle

Poke Maniac: Bb, Tb... after battle go 2D, RW, US, DW, L + spam A until battle

Poke Maniac: Tb... after battle go 10L, U + spam A until battle

Jr. Trainer: Th (you may miss range, so if you wanna save beforehand it's perfectly OK because a stun spore could end the run because there are 2 more unavoidable battles)... after battle go UW, RW, UW, R + spam B until W, X, 2D, A, 5D, 3A, 2B, UW, D, LS, 6D, RW, 5D, RW, US, LW, 4D, L, DW, LW, 4U, L + spam A until battle

Hiker: All 3 Pokemon: Bb... after battle go LW, X, 2D, A, 5D, 3A, 2B, UW, R, DS, LW, DW, RW, DW, LW, 5U, L + spam A until battle

Jr. Trainer: Th... after battle go 3L, DW, LS, RW, DW (during your next 4 movements spam B), LW, DW, LW, DW, LW, D, LW, R, DW, L + spam A until battle

Gentleman: Bb, Th... after battle go LW, R, UW, LW, U, 11 L, D, L, DW, 13L, UW, 2L, UE, R, US, DW, 25L, A (hidden item tone), 3U, 9L, A (hidden item tone), X, 2D, spam A until Bicycle tune, DW, LS, DE, 3R, 5U, 4L, X, spam A until Bicycle tune, UW, LW, 4D, 4L, UE, UW, LW, US, LW, D, L

Celadon Mart: This is one of the hardest things to do, but if you practice enough it'll become like clockwork. A, D, A, 9D, 3A, B, A, 3D, 5A, L + spam B until W, 2D, 3L, U, 2A, 3D, A, 12U, 8A, U + spam B until W, 3R, UW, 8R (a moving npc might block your way after 6R. If they do, you can go 2L, US, US, 4R instead), US, 4L, US, L, 3D, 6L, D, 3A, U, 4A, D + spam B until W, 6R, UW, 5R, US, 4L, US, 3L, U, A, pause, A, D, A, D + spam B until W, the girl you have to trade soda pop to for TM48 is a moving npc, and you need to be spamming A during the following sequence: (LW, U, RW, U, LW, D, RW, D) repeat this sequence as necessary. If you hear any text boxes then you successfully talked to her but keep spamming A until you hear the item tone, D + spam B until W, RW, 5L, UW, spam A until vending tone, R + spam B until

W, 2L, US, LW, 3D, 3L, U, 3A, 10U, 4A, 6D, 5U, 4A, D, A, U, 4A, L + spam B until W, R, UE, RW, U + spam A until elevator tone, DW, L, DE, R, DE, LW, 4D, 8L, U, X, U, A, U, spam A until cut tone, 2U, LW, 4U, LE, LE, LW, 2D, 3L, UE, U + spam A until key item tone, D + spam B until E. Now it's time for the Fly menu

Fly Menu: X, D, A, D, Y, 8D, Y, D, 3A, 3D, 5A, D, spam A until move learned tone, B, 3D, Y, 11D, Y, 3D, 5A, U, spam A until move learned tone, 2B, U, 3A, 3D, A, once you hear Lavendar Town music (worst music in the game IMO) 11R, UE, 8U, RS, LW, UW, L + spam A until battle

Rival 4: Tb, Tb, Bb, Th... after battle go L + spam A until W, 4D, LS, RW, DW, 2R, UW, RW, D, R, DS, L + spam A until battle

Channeler: Both Pokemon: RS (If you miss and get confused and/or paralyzed, try to continue without swapping. If you die, then just reset the run because probability states you won't)... after battle go D, L + spam A until item tone, R, 2U, LW, D, L, 3D, LW, U, LW, U, L, US, R, D + spam A until hidden item tone, UW, 9R, DW, 2L, D + spam B until W, X, 2D, A, 10D, 3A, 2B, 2L, DW, RW, UW, RW, US, UW, LW, U + spam A until battle (you may choose to save before either Channeler if you want, but it's highly unlikely your run will end because of Lick paralysis)

Channeler: RS (you can always opt to go back and heal on the pad if the situation arrives by going 4D, LS, D, LW, DW, LW, 2R, 3U, R, D + spam A until W, L, DW, RW, UW, RW, US, UW, LW 2U to get back to the first Channeler on the floor)... after battle go 2U, 3L, 2D, L + spam A until battle

Channeler: RS (same thing as mentioned in the previous Channeler except in the situation of the 2nd Channeler on the floor, use the same backtrack to heal but add 2U, 4R, 2D to the beginning of the first sequence and add 2U, 4L, 2D to the end of the last sequence)... after battle go D, 4L, D + spam A until item tone, X, 2D, A, D, spam A until move learned tone, D + spam B until W, RW, DW, L + spam A until battle (note: if you went back to heal, use another Super Repel, so it's effect will end at the exact moment necessary). Now it's time for the Ghost menu

Ghost Menu: from main battle menu: D, A, 3D, Y, 6D, Y, 2D, A, L + spam B until S, pause, R, U + spam A until battle

Rocket: All 3 Pokemon Tb... after battle go U + spam A until battle

Rocket: from battle menu: D, A, 2D, A, alternate A & B until you hear clicks with both presses, U, HD, HD... after battle go U + spam A until battle

Rocket: Tb, Tb, Th... after battle go U + spam A until text, U + spam B until W with Lavendar tune, L, UW, R + spam A until key item tone, D + spam B until E, X, D, A, U, 2A, D, A, once you hear Celadon tune UE, U + spam A until healing tune, D + spam B until exit tone, 13R, DW, RW, D, RE, R + spam B until E, 4R, 4D, RW, UE, 2U, RW, UW, 2R, UW, 3L, UE, RW, UW, A, pause, 4D, A, DW (won't wall until elevator tone stops), L, DE, DW, L + spam A until hidden item tone, D, L + spam B until W (repel should run out between here and Rocket), D + spam A until battle

Rocket: from battle menu: D, A, 2D, A, alternate A & B until you hear clicks with both presses, U, HD, HD... after battle go RT, L, RT, D, R + spam A until item tone, LW, UT, L, RT, 2U, L + spam A until unlock tone, LW, DW, 3L, UT, 15R, 6U, L + spam A until unlock tone, LW, 2D, LT, UW, L + spam A until battle

Rival 5: from battle menu: D, A, 2D, A, alternate A & B until you hear clicks with both presses, A, 12D, A, alternate A & B until you hear clicks with both presses, U, HD, HD, Tb until dead, HD, HD... after battle go D + spam B until W, RT, L, X, 2D, A, D, 4A, D + spam B until W, R + spam A until battle

Rocket: (X Accuracy is now in slot 2 of the menu for the rest of the run) x accuracy, Bb, HD, HD... after battle go U, 4R, U + spam A until battle

Giovanni: x accuracy, HD, HD, Bb, HD... after battle go D + spam B until W, 3L, UT, 2L, 4U, RT, RW, 2U, 4R, UE, RW, UW, A, pause, 9D, A, DW (won't wall until elevator tone stops), L, DE, LW, DW, 2R, DW, LW, 3D, R, A (item tone), DW, 2R, UW, R, A (item tone) X, D, A, D, spam A until warp tone, X, D, spam A until bicycle tune, LW, 4D, LW, 4D, LW. Now it's time for the Flute menu

Flute Menu: X, A, 2D, 3A, 2D, Y, 11D, Y, D, 3A (poke flute tone will sound), spam B until battle, D, R, A, L + spam B until E, LE, (hold B until you hear hidden item tone) 4L, DW, 2L, 10D, 4R, 8D, A (hidden item tone) RW, W (you literally don't even have to push direction), (hold B during the next 2 sequences) U, 5L, DW, R + spam B until E (repel should run out before E), RE, X, 2D, A, 5D, Y, 7D, Y, 6D, 12 A, D, spam A until bike tune, RW, DW, RW, UW, L, UW, RW, D, RW, UW, RW, UW, LW, 2D, 4R, UE, U + spam A until safari tune (the bicycle may not be a good idea here because you'd have to hold B during each counted step sequence), 2U, RW (we're hoping you don't get the very unlikely encounter here), UW, RE, DW, 12R, X, A, 2D, 3A, 2B, 7R, UW, R, 2U, LW, R, 2D, 3L, UW, D, 3R, 2U, RW, L, 2D, 3R, 5U, 11L, DW, LE, 10L, X, 4A, 2B, 6L, UW, L, 2U, LW, DW, R, 2D, 3L, UW, D, 15R, 3U, LW, R, DE, 2D, L, D + spam A until item tone, U, LW, D, LW, R, UE, R, U + spam A until key item tone, D + spam B until E, X, U, A, D, spam A until warp tone, UE, U + spam A until healing tune, D + spam B until exit tone, X, A, D, 2A, 2D, A, once you hear Fushia tune 14L (while doing this spam B, UE, RW, U + spam A until battle

Juggler: All 4 Pokemon: Eq (if any of them don't die, then use Tb to finish)... after battle go UW, LW, DW, 2R, DW, L, D + spam A until battle

Juggler: Eq, Eq, Tb... after battle go 2D, 3R, D + spam A until battle

Koga: Eq, Eq, Eq, from battle menu: D, A, 6D, 3A, spam B until end of battle or back to battle menu, if Weezing doesn't Self-Destruct, Eq, Tb to kill... after battle L + spam A until W, R, UW, RW, UW, L, UW, RW, DW, 4L, DE, RW, 2D, 6R, UW, 3L, UE, 2L, U + spam A until second hidden item tone, D + spam B until W, 2R, DE. Now it's time for the Double HM Menu

Double HM Menu: X, 2D, A, 2D, 3A, 2D, 15A, 18D, 5A, D, 12A, U, 12A, D, 5A, 15U, B, U, A, D, 3A, LW, DW, RW, X, A, U, A, D, 2A, DW, L, 3D, R, DW, L, 5D, 3R, UE, X, D, 4A, 2B, US, 5R, 6U, 4L, US, RW, DW, L, U, 3A, R + spam B until W, DW, 2R, DT, 3L, 6D, 8R (or you can go RW, 2L), DS, 7U, 6L, DW, RW, D + spam A until item tone, (if you get an encounter, menu will reset, so you'll need to adjust as necessary X, 2D, A, 2D, 3A, 17D, 12A, 3D, 5A, R + spam B until W) X, 4A, D, A, D, 5A, 18D, 5A, U, 7A, 3D, 5A, R + spam B until W, DW, L, U, 3A, L + spam B until W, 4U, 2L, 7U, RW, 3D, 2R, UW, 2L, UW, LW, U, 3A, D + spam B until W, 4R, 2D, LW, 3R, 3D, 2L, A (hidden item tone), 3R, D + spam A until item tone, X, U, A, D, A, 2D, A, once you hear Celadon tune (if you choose to skip the next 2 sequences and go into red bar, you won't be able to hear the inputs, but you'll save a lot of time. Don't try this until you're comfortable attempting it as there are 2 chances it'll kill your run outside of a gen 1 miss even if done perfectly) U + spam A until healing tune, D + spam B until exit tone, 5L, DW, 11L, 5D, 10R, DW, X, A, D, A, D, 2A, X, D, 2A, D + spam B until W, L+ spam B until W (repel runs out around here), (hold B during the next 4 sequences) 3R, UW, D, RW, UE, LW, UW, R, 2U, L, 6U, RW, X, U, 2A, D, 2A, R + spam A until battle

Beauty: Bz... after battle go R, U + spam A until battle

Erica: Eq, Bz, Eq... after battle D + spam B until W, R, D, X, D, A, U, A, D, 2A, DE, X, 3A, 2D, A, once you hear Cinnabar tune X, D, A, R + spam A until W, L, UE,

RW, UW, LW, D, L, U, A, spam A until correct tone, R + spam B until W, U, 2R, UW, LW, D, 2L, U, A, D + spam B until W, 2R, 2D, LW, D, L, U, A, D + spam B until W, 3R, 2D, LW, D, L, U, A, D + spam B until W, LW, UW, spam A until correct tone, R + spam B until W, U, 2R, 2U, LW, UW, A, R + spam B until W, U, 2R, 4U, L, spam A until battle

Blaine: x accuracy, Eq, HD, HD, HD... after battle go L + spam B until W, X, D, A, D, A, 2D, A, once you hear Celadon tune X, A, D, 2A, D, A, once you hear Saffron tune X, D, 2A, R + spam A until W, D, RW, L, UW, RW, UW, (hold B during the next sequence) 4L, UE, 3R, UT, 3L, 2U, LT, L, DW, LT, DT, 2L, U + spam A until battle

Sabrina: All 4 Pokemon: Eq... after battle go D + spam B until W, RT, X, D, A, D, A, 2D, A, once you hear Celadon tune X, A, D, 2A, U, A, once you hear Viridian tune, 4L, X, D, 2A, U + spam B until W, (hold B during the next 6 sequences) 2D, RW, U, RW, 5D, 3L, UE, 2L, UW, L, UW, 2R, U + spam A until battle

Cooltrainer: Eq... after battle go UW, LW, D, LW, U + spam A until battle

Blackbelt: x accuracy, HD, Bz, HD... after battle go DW, RW, U, 2R, DW, LW, DW, R, DW, 2R, DE, UE, 2L, UW, L, UW, 2R, UW, LW, D, LW, UW, LW, R, DW, LW, R, UW, X, 2D, A, 4D, 4A, 2B, spam A until battle

Giovanni: Eq, Eq, Eq, Eq, Bz... after battle go DW, RW, UW, RW, D, R, DW, RW, U, 3R, DW, LW, DW, R, DW, 2R, DE, X, 2D, A, 2D, 3A, 2U, A, D + spam B until jump ledge, LW, DW, L, D, LW, (hold B during the next 4 sequences) 3D, 4L, UW, D, L + spam A until battle

Rival 6: x accuracy, x special (X Special is now in slot 4 of the menu for the rest of the run), Bz, Bz, Tb, x special, Tb, Eq, Bz... after battle go R + spam B until W, D until ledge jump, (hold B for the next 7 sequences) 4D, LW, UW, RW, 2L, UW, 3L, UE, U + spam B until E, X, 2D, 2A, U + spam B until W, (hold B for the next 3 sequences) 7R, UW, 5L, U + spam B until W, R, U + spam B until W, X, U, A, D, A, D, 2A, U + spam B until W (repel runs out here), 3L, UW, 3R, U + spam A until badge check tone, R + spam B until W, 8U, 6L, U + spam B until W, 3L, UE. Now it's Victory Road time

Victory Road: (this messes me up a lot, so I figured it's best to not bicycle unless you are very sure of your movements here) (if you got the very unlikely encounter before 7th badge check go 2D on the 2nd sequence instead of D and go A, D, 3A instead of 4A on the 8th sequence) X, D, A, 2D, 3A, B, U, 4A, U, 4L, UW, R, D, L, DW, 4R (stop after 4th boulder tone), D, RW, UW, L, UW, RW, D, R, 2U (stop after 2nd boulder tone), 2L, 2U, RW, U, R, DW, LW, 2D, LW, 2D, 3L, 4U, RW, UW, LW, DW, 2R, DW, LW, U, L, UW, LS, D, R, DW, 4R, 3D, L, X, 4A, L, U, 2L, DW, R, D, LW, RW, UW, R, UW, RW, X, D, 4A, 2B, DW, RW, L, 2D, RW, UW, 6L, US, L, UW, X, U, 4A, 2U (stop after 2nd boulder tone), R, 2U, LW, U, L, D (stop after 1st boulder tone), R, 2D, LW, U, L, DW, L, D, RW, U, RW, UW, RW, U, 13R, 5D, 3L, X, D, 4A, 6D, A, D, 5A, 2B, 2U, LW, DW, LW, UW, LW, DW, RW, D, 3R, U, RT, D, 2R, U, X, U, 4A, LW, 5R, 2U, RS, UW, D, LS, A (hidden item tone) RE, RW, UW, LW, 2D, 2L, UW, L, UW, LW, UE, U + spam A until healing tune, R + spam B until W, D, R, U, (perform the next 7 sequences slowly) 5A, D, A, D, 4A, D, 2A, L + spam B until W, U, L, 2U, L, 2A, 2D, A, 3U, 3A, U + spam B until W, RW, L, UE, 2 pause, R, U + spam A until battle

Lorelei: x accuracy, All 5 Pokemon: HD... after battle go U + spam B until W, L, UE, 3 pause, R, UW, X, 2D, A, 4D, 3A, (if you need to heal from super effective crit, do 15D, 3A, 4 pause) 3B, spam A until battle

Bruno: x accuracy, Bz, HD, HD, Bz, HD... after battle go U + spam B until W, L, UE, 3 pause, R, UW, X, 2D, A, 17D, 3A, 4B, spam A until battle

Agatha: x special, Eq (if you get confused, try to battle through it... if you get put to sleep, poke flute is 11D from x special... there's also a chance Agatha will switch out to Golbat; if you hear it use Bz instead), Bz, Eq, Eq, Eq... after battle go U + spam B until W, L, UE, pause until door tone, L, U, X, [if you wanna save before Lance, do 3U, A, pause, A (save tone), 2U instead] 2D, A, 4D, 4A, (if you need to heal from Gengar damage, do 18D, 3A, U + spam B until battle instead of the next 2 sequences) 2B, U + spam A until battle

Lance: x special (if you get hydro pump crit, there's nothing you can do... the run's over unless you saved), Tb, Bz, x speed (6D from x special), Bz, Tb, Bz... after battle go R + spam B until W, (if you were damaged at all during Lance, follow the menu, otherwise just U + spam A until battle) X, 2D, A, 16D, 4A, 2B, U + spam A until battle

Champion: x accuracy, x special, HD, HD, Bz, HD, HD, HD... after battle spam A until credit music