

Pokémon TMs and HMs

Techinal Machines

- TM01 Focus Punch
- TM02 Dragon Claw
- TM03 Water Pulse
- TM04 Calm Mind
- TM05 Roar
- TM06 Toxic
- TM07 Hail
- TM08 Bulk Up
- TM09 Bullet Seed
- TM10 Hidden Power
- TM11 Sunny Day
- TM12 Taunt
- TM13 Ice Beam
- TM14 Blizzard
- TM15 Hyper Beam
- TM16 Light Screen
- TM17 Protect
- TM18 Rain Dance
- TM19 Giga Drain
- TM20 Safeguard
- TM21 Frustration
- TM22 Solarbeam
- TM23 Iron Tail
- TM24 Thunderbolt
- TM25 Thunder
- TM26 Earthquake
- TM27 Return
- TM28 Dig
- TM29 Psychic
- TM30 Shadow Ball
- TM31 Brick Break
- TM32 Double Team
- TM33 Reflect
- TM34 Shock Wave
- TM35 Flamethrower
- TM36 Sludge Bomb
- TM37 Sandstorm
- TM38 Fire Blast
- TM39 Rock Tomb
- TM40 Aerial Ace
- TM41 Torment
- TM42 Facade
- TM43 Secret Power
- TM44 Rest
- TM45 Attract
- TM46 Thief
- TM47 Steel Wing
- TM48 Skill Swap
- TM49 Snatch
- TM50 Overheat
- TM51 Roost
- TM52 Focus Blast
- TM53 Energy Ball
- TM54 False Swipe
- TM55 Brine

- TM56 Fling
- TM57 Charge Beam
- TM58 Endure
- TM59 Dragon Pulse
- TM60 Drain Punch
- TM61 Will-o-wisp
- TM62 Silver Wind
- TM63 Embargo
- TM64 Explosion
- TM65 Shadow Claw
- TM66 Payback
- TM67 Recycle
- TM68 Giga Impact
- TM69 Rock Polish
- TM70 Flash
- TM71 Stone Edge
- TM72 Avalanche
- TM73 Thunder Wave
- TM74 Gyro Ball
- TM75 Swords Dance
- TM76 Stealth Rock
- TM77 Psych Up
- TM78 Captivate
- TM79 Dark Pulse
- TM80 Rock Slide
- TM81 X-Scissor
- TM82 Sleep Talk
- TM83 Natural Gift
- TM84 Poison Jab
- TM85 Dream Eater
- TM86 Grass Knot
- TM87 Swagger
- TM88 Pluck
- TM89 U-Turn
- TM90 Substitute
- TM91 Flash Cannon
- TM92 Trick Room

Hidden Machines

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