

## **Pokémon TMs and HMs**

## Hidden Machines

### 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

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