

BASIC Budew **HP 30**



NO. 0406. Bud Pokémon. HT: 8". WT: 2.6 lbs.

Ability **Itchy Pollen** 10
During your opponent's next turn, they can't play any Item cards from their hand.

weakness ♣ ×2 resistance retreat

illus. Yoriyuki Ikegami
H TILDE 016/217

The pollen it releases contains poison. If this Pokémon is raised on clean water, the poison's toxicity is increased.

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STAGE 1 Froslass **HP 90**



NO. 0478. Snow Land Pokémon. HT: 4'3". WT: 58.6 lbs.

Ability **Freezing Shroud**
During Pokémon Checkup, put 1 damage counter on each Pokémon that has an Ability (both yours and your opponent's), except any Froslass.

♣ ★ Frost Smash 60

weakness ♣ ×2 resistance retreat ★

illus. Makoto Tami
H TILDE 053/167

It freezes prey by blowing its -58 degree Fahrenheit breath. It is said to then secretly display its prey.

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STAGE 1 **Mega Froslass EX** **HP 310**



NO. 0478. Snow Land Pokémon. HT: 4'3". WT: 58.6 lbs.

Ability **Freezing Shroud**
During Pokémon Checkup, put 1 damage counter on each Pokémon that has an Ability (both yours and your opponent's), except any Froslass.

♣ ★ ★ Resentful Refrain 50×
This attack does 50 damage for each card in your opponent's hand.

♣ ★ ★ Absolute Snow 150
Your opponent's Active Pokémon is now Asleep.

weakness ♣ ×2 resistance retreat ★

illus. Shon Graphics
H TILDE 047/217

Mega Evolution EX rule When your Mega Evolution Pokémon EX is Knocked Out, your opponent takes 3 Prize cards.

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STAGE 1 **Mega Froslass EX** **HP 310**



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weakness ♣ ×2 resistance retreat ★

illus. Shon Graphics
H TILDE 047/217

Mega Evolution EX rule When your Mega Evolution Pokémon EX is Knocked Out, your opponent takes 3 Prize cards.

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STAGE 1 **Mega Starmie EX** **HP 330**



NO. 0478. Snow Land Pokémon. HT: 4'3". WT: 58.6 lbs.

Ability **Freezing Shroud**
During Pokémon Checkup, put 1 damage counter on each Pokémon that has an Ability (both yours and your opponent's), except any Froslass.

♣ ★ ★ Jetting Blow 120
This attack also does 50 damage to 1 of your opponent's Benched Pokémon. (Don't apply Weakness and Resistance for Benched Pokémon.)

★ ★ ★ Nebula Beam 210
This attack's damage isn't affected by Weakness or Resistance, or by any effects on your opponent's Active Pokémon.

weakness ♣ ×2 resistance retreat ★ ★

illus. Shon Graphics
H TILDE 021/088

Mega Evolution EX rule When your Mega Evolution Pokémon EX is Knocked Out, your opponent takes 3 Prize cards.

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This attack also does 50 damage to 1 of your opponent's Benched Pokémon. (Don't apply Weakness and Resistance for Benched Pokémon.)

★ ★ ★ Nebula Beam 210
This attack's damage isn't affected by Weakness or Resistance, or by any effects on your opponent's Active Pokémon.

weakness ♣ ×2 resistance retreat ★ ★

illus. Shon Graphics
H TILDE 021/088

Mega Evolution EX rule When your Mega Evolution Pokémon EX is Knocked Out, your opponent takes 3 Prize cards.

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BASIC Meowth EX **HP 170**



NO. 0478. Snow Land Pokémon. HT: 4'3". WT: 58.6 lbs.

Ability **Last-Ditch Catch**
Once during your turn, when you play this Pokémon from your hand onto your Bench, you may use this Ability. Search your deck for a Supporter card, reveal it, and put it into your hand. Then, shuffle your deck. You can't use more than 1 Ability that has "Last-Ditch" in its name each turn.

★ ★ ★ Tuck Tail 60
Put this Pokémon and all attached cards into your hand.

weakness ♣ ×2 resistance retreat ★

illus. Shon Graphics
H TILDE 062/088

Pokémon EX rule When your Pokémon EX is Knocked Out, your opponent takes 2 Prize cards.

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BASIC

Munkidori

HP 110

NO. 1015 Retainer Pokémon. HT: 3'3" WT: 26.9 lbs.

Ability Adrena-Brain

Once during your turn, if this Pokémon has any Energy attached, you may move up to 3 damage counters from 1 of your Pokémon to 1 of your opponent's Pokémon.

Mind Bend 60

Your opponent's Active Pokémon is now Confused.

weakness ×2 resistance -30 retreat *

illus. Kodama

095/167 ★

Munkidori keeps itself somewhere safe while it toys with its foes, using psychokinesis to induce intense dizziness.

©2024 Pokémon / Nintendo / Creatures / GAME FREAK

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BASIC

Snorunt

HP 70

NO. 0361 Snow Hat Pokémon. HT: 2'4" WT: 37 lbs.

Chilly 10

weakness ×2 resistance retreat *

illus. Wintz Wander

046/217 ●

In some snowy lands, certain folklore says a house will prosper if a Snorunt lives there.

©2026 Pokémon / Nintendo / Creatures / GAME FREAK

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©2026 Pokémon / Nintendo / Creatures / GAME FREAK

BASIC

Staryu

HP 70

NO. 0120 Star Shape Pokémon. HT: 2'7" WT: 76.1 lbs.

Water Gun 20

weakness ×2 resistance retreat *

illus. Takeshi Nakamura

020/088 ●

Even if its body is torn, it can regenerate as long as the glowing central core remains intact.

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weakness ⚡ x2

resistance

retreat ★

Illus. Takeshi Nakamura

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MEGA

020/088

Pokémon Tool

TRAINER

Air Balloon

The Retreat Cost of the Pokémon this card is attached to is ★★ less.

Illus. Studio Boro Inc.

ASC

181/217

You may attach any number of Pokémon Tools to your Pokémon during your turn. You may attach only 1 Pokémon Tool to each Pokémon, and it stays attached.

MEGA

026

Supporter

TRAINER

Boss's Orders

Ghetsis

Switch in 1 of your opponent's Benched Pokémon to the Active Spot.

Illus. NC Empire

MEGA

114/132

You may play only 1 Supporter card during your turn.

Supporter

TRAINER

Boss's Orders

Ghetsis

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Illus. NC Empire

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Boss's Orders

Ghetsis

Switch in 1 of your opponent's Benched Pokémon to the Active Spot.

Illus. NC Empire

MEGA

114/132

You may play only 1 Supporter card during your turn.

Item

TRAINER

Buddy-Buddy Poffin

Search your deck for up to 2 Basic Pokémon with 70 HP or less and put them onto your Bench. Then, shuffle your deck.

Illus. AYUMI ODASHIMA

TEF

144/162

You may play any number of Item cards during your turn.

Item

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TEF

144/162

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Supporter

TRAINER

Crispin



Search your deck for up to 2 Basic Energy cards of different types, reveal them, and put 1 of them into your hand. Attach the other to 1 of your Pokémon. Then, shuffle your deck.

Illus. GIDORA
H SCEN 133/142

You may play only 1 Supporter card during your turn.

©2025 Pokémon / Nintendo / Creatures / GAME FREAK

Supporter

TRAINER

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Illus. GIDORA
H SCEN 133/142

You may play only 1 Supporter card during your turn.

©2025 Pokémon / Nintendo / Creatures / GAME FREAK

Supporter

TRAINER

Hilda



Search your deck for an Evolution Pokémon and an Energy card, reveal them, and put them into your hand. Then, shuffle your deck.

Illus. you
I WHIT 084/086

You may play only 1 Supporter card during your turn.

©2025 Pokémon / Nintendo / Creatures / GAME FREAK

Supporter

TRAINER

Hilda



Search your deck for an Evolution Pokémon and an Energy card, reveal them, and put them into your hand. Then, shuffle your deck.

Illus. you
I WHIT 084/086

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©2025 Pokémon / Nintendo / Creatures / GAME FREAK

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TRAINER

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Illus. you
I WHIT 084/086

You may play only 1 Supporter card during your turn.

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Supporter

TRAINER

Judge



Each player shuffles their hand into their deck and draws 4 cards.

Illus. kantonro
J POR 076/088

You may play only 1 Supporter card during your turn.

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Supporter

TRAINER

Lillie's Determination



Shuffle your hand into your deck. Then, draw 6 cards. If you have exactly 6 Prize cards remaining, draw 8 cards instead.

Illus. Atsushi Furusawa
I MEGEN 119/132

You may play only 1 Supporter card during your turn.

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Supporter

TRAINER

Lillie's Determination



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Illus. Atsushi Furusawa
I MEGEN 119/132

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©2025 Pokémon / Nintendo / Creatures / GAME FREAK

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Illus. Atsushi Furusawa
MEG 119/132

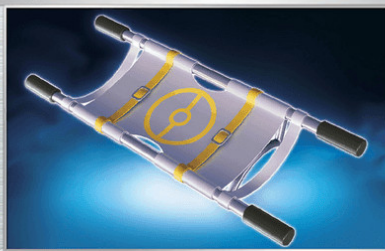
You may play only 1 Supporter card during your turn.

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Item

TRAINER

Night Stretcher



Put a Pokémon or a Basic Energy card from your discard pile into your hand.

Illus. Toyote Beach
H ASC 196/217

You may play any number of Item cards during your turn.

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Item

TRAINER

Night Stretcher



Put a Pokémon or a Basic Energy card from your discard pile into your hand.

Illus. Toyote Beach
H ASC 196/217

You may play any number of Item cards during your turn.

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Item

TRAINER

Poké Pad



Search your deck for a Pokémon that doesn't have a Rule Box, reveal it, and put it into your hand. Then, shuffle your deck. (Pokémon **EX**, Pokémon **V**, etc. have Rule Boxes.)

Illus. Studio Bora Inc.
J POR 081/088

You may play any number of Item cards during your turn.

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Item

TRAINER

Poké Pad



Search your deck for a Pokémon that doesn't have a Rule Box, reveal it, and put it into your hand. Then, shuffle your deck. (Pokémon **EX**, Pokémon **V**, etc. have Rule Boxes.)

Illus. Studio Bora Inc.
J POR 081/088

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Illus. Studio Bora Inc.
J POR 081/088

You may play any number of Item cards during your turn.

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Stadium

TRAINER

Risky Ruins



Whenever any player puts a Basic non-♣ Pokémon onto their Bench during their turn, place 2 damage counters on that Pokémon.

Illus. imoniii
MEG 127/132

You may play only 1 Stadium card during your turn. Put it next to the Active Spot, and discard it if another Stadium comes into play. A Stadium with the same name can't be played.

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TRAINER

Risky Ruins



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Supporter **TRAINER**

Salvatore

Search your deck for a card that has no Abilities and evolves from 1 of your Pokémon, and put it onto that Pokémon to evolve it. Then, shuffle your deck. You can use this card on a Pokémon you put down when you were setting up to play or on a Pokémon that was put into play this turn.

You may play only 1 Supporter card during your turn.

Illus. Ryota Fusa

H **TEF** **EN** 160/162 ◆

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Stadium **TRAINER**

Team Rocket's Watchtower



★ Pokémon in play (*both yours and your opponent's*) have no Abilities.

illus. AYUMI ODASHIMA

0 **DREN** 180 / 182 ◆

You may play only 1 Stadium card during your turn. Put it next to the Active Spot, and discard it if another Stadium comes into play. A Stadium with the same name can't be played.

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Item **TRAINER**

Ultra Ball

You can use this card only if you discard 2 other cards from your hand.

Search your deck for a Pokémon, reveal it, and put it into your hand. Then, shuffle your deck.

You may play any number of Item cards during your turn.

Illus. Ayaka Yoshida

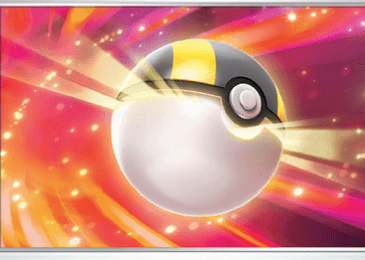
0 **MEG** **131/132**

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Item

TRAINER

Ultra Ball



You can use this card only if you discard 2 other cards from your hand.

Search your deck for a Pokémon, reveal it, and put it into your hand. Then, shuffle your deck.

You may play any number of Item cards during your turn.

Illus. Ayaka Yoshida

MEG EN 131 / 132

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Item **TRAINER**

Ultra Ball



You can use this card only if you discard 2 other cards from your hand.

Search your deck for a Pokémon, reveal it, and put it into your hand. Then, shuffle your deck.

You may play any number of Item cards during your turn.

Illus. Ayaka Yoshida

0 **MEG** **131/132**

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Basic Energy

ENERGY

Basic  Energy



A large, glowing blue Basic Energy symbol is centered on a dark blue background with a sparkling, starry effect. The symbol is a thick blue ring with a smaller blue circle inside, creating a stylized 'P' shape.

MEGA 007

©2015 Pokémon / Nintendo / Creatures / G.P. POKÉMON

This is a Basic Energy card from the Magic: The Gathering CCG. The card has a blue and black color scheme. The top left corner features the text "Basic Energy" in a stylized font. The top right corner features the word "ENERGY" in a bold, sans-serif font. The center of the card displays a large, glowing blue sphere with a black, stylized "E" shape in the middle, surrounded by a cloud of white sparkles. The bottom left corner has the "MEEEN" logo and the number "007". The bottom right corner has a small circular icon with a blue and black design. The card is set against a dark blue background.

This is a Basic Energy card from Magic: The Gathering. The card has a blue background with a large, glowing blue mana symbol in the center. The symbol is surrounded by a bright, sparkling blue aura. At the top left, the text "Basic Energy" is written in a stylized font. At the top right, the word "ENERGY" is written in a bold, sans-serif font. In the bottom left corner, there is a small black box with the word "MEEN" in white, followed by the number "007". In the bottom right corner, there is a small blue mana symbol.

Special Energy

ENERGY

Ignition Energy

★ ★ ★



If this card is attached to 1 of your Pokémon, discard it at the end of your turn.

As long as this card is attached to a Pokémon, it provides ★ Energy.

If this card is attached to an Evolution Pokémon, it provides ★ ★ ★ Energy instead.

086/086

★ ★ ★

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Special Energy

ENERGY

Legacy Energy

★



As long as this card is attached to a Pokémon, it provides every type of Energy but provides only 1 Energy at a time.

If the Pokémon this card is attached to is Knocked Out by damage from an attack from your opponent's Pokémon, that player takes 1 fewer Prize card. This effect of your Legacy Energy can't be applied more than once per game.

167/167

★

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Basic Energy

ENERGY

Basic Energy

★



003

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Basic Energy

ENERGY

Basic Energy

★



003

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003

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ENERGY

Basic Energy

★



003

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