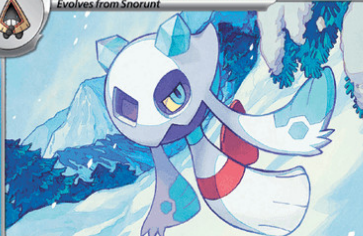


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STAGE 1
HP 90

Froslass

Evolves from Snorunt



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. Makuro Tami



053/167


It freezes prey by blowing its -56 degree Fahrenheit breath. It is said to then secretly display its prey.

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BASIC

Latias **EX**

HP **210**

Ability **Skyliner**

Your Basic Pokémon in play have no Retreat Cost.

Weakness x2 **Resistance** -30 **Retreat Cost**

Eon Blade **200**

During your next turn, this Pokémon can't attack.

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

illus. tokuyuu

H SSP IN 076/191

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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 Wondz

ASCN 046/217

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

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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 Wondz

ASCN 046/217

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

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Supporter

TRAINER

Boss's Orders

Ghetsis

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

Illus. NC Empire

MECN 114/132

You may play only 1 Supporter card during your turn.

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Supporter

TRAINER

Boss's Orders

Ghetsis

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

Illus. NC Empire

MECN 114/132

You may play only 1 Supporter card during your turn.

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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

TEEN 144/162

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

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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

TEEN 144/162

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

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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

WITN 084/086

You may play only 1 Supporter card during your turn.

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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

WITN 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

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You may play only 1 Supporter card during your turn.

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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

MEG 084/086

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

MEG 119/132

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

MEG 119/132

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

MEG 119/132

You may play only 1 Supporter card during your turn.

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Supporter

TRAINER

Lucian



Each player shuffles their hand and puts it on the bottom of their deck. If either player put any cards on the bottom of their deck in this way, each player flips a coin. If heads, that player draws 6 cards. If tails, they draw 3 cards.

Illus. Ined

MEG 157/167

You may play only 1 Supporter card during your turn.

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Supporter

TRAINER

Lucian



Each player shuffles their hand and puts it on the bottom of their deck. If either player put any cards on the bottom of their deck in this way, each player flips a coin. If heads, that player draws 6 cards. If tails, they draw 3 cards.

Illus. Ined

MEG 157/167

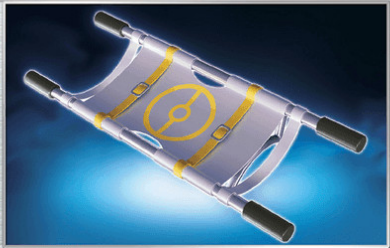
You may play only 1 Supporter card during your turn.

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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

ASC 196/217

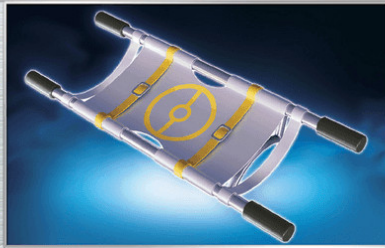
You may play any number of Item cards during your turn.

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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

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 Boro Inc.

POK 081/088

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

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Stadium
TRAINER

Team Rocket's Watchtower

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

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.

ILLUSTRATION BY AYUMI ODASHIMA

MECH 180/182

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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.

ILLUSTRATION BY AYAKA YOSHIDA

MECH 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.

ILLUSTRATION BY AYAKA YOSHIDA

MECH 131/132

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Basic Energy
ENERGY

Basic Energy

MECH 007

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Basic Energy
ENERGY

Basic Energy

MECH 007

©2025 Pokémon / Nintendo / Creatures / GAME FREAK

Basic Energy
ENERGY

Basic Energy

MECH 007

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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.

MECH 162/167

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Special Energy
ENERGY

Telepathic Energy

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

When you attach this card from your hand to a Pokémon, search your deck for up to 2 Basic Pokémon and put them onto your Bench. Then, shuffle your deck.

MECH 088/088

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Special Energy
ENERGY

Telepathic Energy

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

When you attach this card from your hand to a Pokémon, search your deck for up to 2 Basic Pokémon and put them onto your Bench. Then, shuffle your deck.

MECH 088/088

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