



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 x2 resistance -30 retreat *

illus. kodama

095/167

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

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BASIC

Shaymin

HP 80

NO. 0492 Gratitude Pokémon. HT: 8" WT: 4.6 lbs.

Ability Flower Curtain

Prevent all damage done to your Benched Pokémon that don't have a Rule Box by attacks from your opponent's Pokémon. (Pokémon ex, Pokémon V, etc. have Rule Boxes.)

Smash Kick 30

weakness x2 resistance retreat *

illus. Isono

010/182

The blooming of Gracidea flowers confers the power of flight upon it. Feelings of gratitude are the message it delivers.

BASIC

Snorunt

HP 70

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

Chilly 10

weakness x2 resistance retreat *

illus. Wintz Wander

046/217

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

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BASIC

Ting-Lu

HP 140

NO. 1003 Ruinous Pokémon. HT: 8'10" WT: 1542.6 lbs.

Ground Crasher 30

If a Stadium is in play, this attack also does 30 damage to each of your opponent's Benched Pokémon, and discard that Stadium. (Don't apply Weakness and Resistance for Benched Pokémon.)

Hammer In 110

weakness x2 resistance retreat ***

illus. Amesaki Dynamic

110/167

It slowly brings its exceedingly heavy head down upon the ground, splitting the earth open with huge fissures that run over 160 feet deep.

BASIC **Ting-Lu** **HP 140**

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Hammer In 110

weakness ⚡ ×2 resistance retreat ★★

It slowly brings its exceedingly heavy head down upon the ground, splitting the earth open with huge fissures that run over 160 feet deep.

110/167 ★

BASIC **Yveltal** **HP 110**

NO. 0717 Destruction Pokémon. HT: 19' WT: 447.5 lbs.

Clutch 20
During your opponent's next turn, the Defending Pokémon can't retreat.

Dark Feather 110

weakness ⚡ ×2 resistance ♀ -30 retreat

When its life comes to an end, it absorbs the life energy of every living thing and turns into a cocoon once more.

088/132 ★

Pokémon Tool **TRAINER**

Air Balloon

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

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.

181/217

Pokémon Tool **TRAINER**

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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.

181/217

Supporter **TRAINER**

Boss's Orders *Ghetsis*

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

You may play only 1 Supporter card during your turn.

114/132

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114/132

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.

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

144/162

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144/162

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Illus. AYUMI ODASHIMA
H 144/162

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

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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 133/142

You may play only 1 Supporter card during your turn.

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Supporter

TRAINER

Gwynn



Discard up to 2 Pokémon that don't have a Rule Box from your hand, and draw 3 cards for each card you discarded in this way. (Pokémon **EX**, Pokémon **V**, etc. have Rule Boxes.)

Illus. nagimiso
J PGL 078/084

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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
J MEG 119/132

You may play only 1 Supporter card during your turn.

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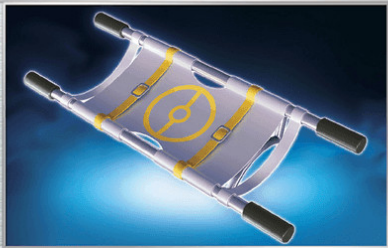
You may play only 1 Supporter card during your turn.

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Item

TRAINER

Night Stretcher



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

Illus. Toyste Beach

H ASC 196/217

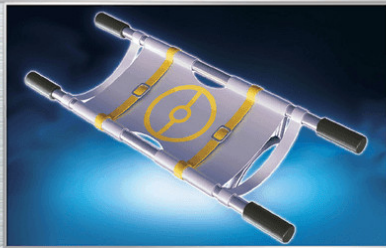
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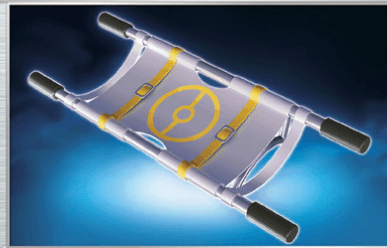
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H ASC 196/217

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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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Poké Pad



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J POR 081/088

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Item

TRAINER

Pokégear 3.0



Look at the top 7 cards of your deck. You may reveal a Supporter card you find there and put it into your hand. Shuffle the other cards back into your deck.

Illus. Toyste Beach

G SV 186/198

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

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Illus. Toyote Beach

G **SV** **186 / 198**

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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.

Illustration by **imonii**

1 **MEG EN** 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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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.

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 imoniii

MEG 127/132

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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 131/132

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Ultra Ball



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

Illus. Ayaka Yoshida

1 **MEGA** **131/132** ●

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

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Item **TRAINER**

Unfair Stamp



You can use this card only if any of your Pokémon were Knocked Out during your opponent's last turn.

Each player shuffles their hand into their deck. Then, you draw 5 cards, and your opponent draws 2 cards.

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

Illustration: Kenta Sudo

H **TWILL** **165/167** ☆

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Vertical text on the right edge: You can't have more than 1 ACT SPEC card in your deck.

Basic Energy

ENERGY

Basic  Energy



A large, glowing blue Basic Energy symbol is centered on a dark blue background. The symbol is surrounded by a bright, circular burst of white sparkles and light rays, creating a sense of energy and power.

MEEN 007

©2025 Pokémon / Nintendo / Creatures / GAME FREAK

This is a Basic Energy card from the Pokémon Trading Card Game. The card has a blue and white design. At the top, the text "Basic Energy" is on the left and "ENERGY" is on the right, separated by a stylized blue and white swoosh. The word "Basic" is in a bold, black, sans-serif font, followed by a black Poké Ball icon and the word "Energy" in a regular, black, sans-serif font. In the top right corner, there is a small circular icon of a Poké Ball. The center of the card features a large, glowing blue Poké Ball with a black silhouette of a Pokémon (resembling a Charizard) inside it. The background is a gradient of blue and white, with many small white sparkles or stars scattered around the central Poké Ball. 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 circular icon of a Poké Ball.

Basic Energy

ENERGY

Basic  Energy



MEGA 007

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