

Pokemon Sword and Shield TM Locations

Locations of all 100 Technical Machines (TMs) in the Galar region in Pokemon Sword and Shield Versions on Nintendo Switch. Contains Story Spoilers. Information pulled from multiple sources including Serebii.net and "The Official Galar Region Pokedex" strategy guide. Current as of 5/30/2020 Pre-DLC.



- ☐ TM00 Mega Punch - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥10,000)
- ☐ TM01 Mega Kick - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥40,000)
- ☐ TM02 Pay Day - Motostoke, head right from the North-most Pokemon Center until seeing a Lapras painted on a garage door. Then, travel south through a windmill and down stairs where the TM will be near the water.
- ☐ TM03 Fire Punch - Wyndon PokeMart outside of stadium (¥50,000)
- ☐ TM04 Ice Punch - Wyndon PokeMart outside of stadium (¥50,000)
- ☐ TM05 Thunder Punch - Wyndon PokeMart outside of stadium (¥50,000)
- ☐ TM06 Fly - Stow-on-Side, receive from a Flying Taxi driver in the house with the blue door by the stairs that lead to Stow-on-Side Stadium
- ☐ TM07 Pin Missile - Route 4 in the northeast patch of yellow grass on the ground behind a kid dressed as a Pikachu.
- ☐ TM08 Hyper Beam - Wyndon PokeMart outside of stadium (¥50,000)
- ☐ TM09 Giga Impact - Wyndon PokeMart outside of stadium (¥50,000)
- ☐ TM10 Magical Leaf - Receive after defeating the Grass-type gym leader, Milo
- ☐ TM11 Solar Beam - Tuffield, requires Water Mode for Rotom Bike. Head towards the Route 4 entrance then enter the water and head up the river. The TM is on the left.
- ☐ TM12 Solar Blade - Wyndon PokeMart outside of stadium (¥50,000)
- ☐ TM13 Fire Spin - Hammerlocke West PokeMart (¥10,000)
- ☐ TM14 Thunder Wave - Complete the Rotom Rally race in the Wild Area that runs from the Bridge Field Pokemon Nursery to

East Lake Axewell

- ☐ TM15 Dig - Route 6, go up the ladder that leads to a Pokemon Camp and the Fossil restoration scientist. The TM is to the right of the campsite.
- ☐ TM16 Screech - Circhester, head to the upstairs floor of the eastern building of the Circhester hotel. Enter the first door on the right of the elevator and talk to the hiker to receive the TM.
- ☐ TM17 Light Screen - Motostoke Upper Level West PokeMart (¥10,000)
- ☐ TM18 Reflect - Motostoke Upper Level West PokeMart (¥10,000)
- ☐ TM19 Safeguard - Motostoke Upper Level West PokeMart (¥10,000)
- ☐ TM20 Self-Destruct - Wyndon Battle Tower League Official TM Shop (¥100,000)
- ☐ TM21 Rest - Ballonlea, follow the path that wraps around the Pokemon Center, finding the TM under three large mushrooms
- ☐ TM22 Rock Slide - Route 9, requires Water Mode for Rotom Bike. Found on a sandbank on the southwestern edge of the area.
- ☐ TM23 Thief - Hammerlocke West PokeMart (¥10,000)
- ☐ TM24 Snore - Glimwood Tangle, heading left into darkness after coming across a couple of trainers.
- ☐ TM25 Protect - Motostoke Upper Level West PokeMart (¥10,000)
- ☐ TM26 Scary Face - Galar Mine, following a path past a trainer on the left-hand side, continuing past a second trainer.
- ☐ TM27 Icy Wind - SHIELD: Defeat the Ice-type gym leader, Melony; SWORD: Receive from a young man in the home north of the Circhester Pokemon Center.
- ☐ TM28 Giga Drain - Wyndon Battle Tower League Official TM Shop (¥100,000)
- ☐ TM29 Charm - Hammerlocke, go to the vault and head up the stairs. Before re-entering the vault pass the stairs and pick up the TM on the right.
- ☐ TM30 Steel Wing - Route 6. Locate an artist trainer holding a Pikachu statue and follow the ladder leading down. Head southeast and find the TM near the water.
- ☐ TM31 Attract - Route 5, head to the area where a trainer is camping next to a small pond and find the TM in the bottom-right corner.
- ☐ TM32 Sandstorm - Hammerlocke West PokeMart (¥10,000)
- ☐ TM33 Rain Dance - Hammerlocke West PokeMart (¥10,000)
- ☐ TM34 Sunny Day - Hammerlocke West PokeMart (¥10,000)
- ☐ TM35 Hail - Hammerlocke West PokeMart (¥10,000)
- ☐ TM36 Whirlpool - Receive after defeating the Water-type gym leader, Nessa.
- ☐ TM37 Beat Up - Route 3, finding a fork in the road then back-tracking to a berry tree. The TM is at the end of the path.
- ☐ TM38 Will-O-Wisp - Receive after defeating the Fire-type gym leader, Kabu
- ☐ TM39 Facade - Motostoke Riverbank in the Wild Area, go up the hill against the city walls and move around the concrete slab. The TM is on the ground next to three pipes.
- ☐ TM40 Swift - Received from Hop near the start of the game when first leaving Wedghurst.
- ☐ TM41 Helping Hand - Motostoke Upper Level West PokeMart (¥10,000)

- ☐ TM42 Revenge - SWORD: Defeat the Fighting-type gym leader, Bea; SHIELD: Receive from an elderly woman in the last house before going to the gym in Ballonlea.
- ☐ TM43 Brick Break - Route 8, turn left when reaching the large tunnel then find the TM on the ground behind some ruins.
- ☐ TM44 Imprison - Wyndon Battle Tower League Official TM Shop (¥100,000)
- ☐ TM45 Dive - Route 9, travel as far left as possible to find a man and woman standing next to an umbrella. Talk to the woman for the TM.
- ☐ TM46 Weather Ball - Hammerlocke East PokeMart after defeating the Fairy-Type gym leader, Opal (¥30,000)
- ☐ TM47 Fake Tears - Receive from a musician found upstairs in the eastern building of Circhester's Hotel (far right hotel room from the elevator, room with many Pikachu)
- ☐ TM48 Rock Tomb - SWORD: Defeat the Rock-Type gym leader, Gordie; SHIELD: Receive from a man inside the home north of Circhester's Pokemon Center.
- ☐ TM49 Sand Tomb - Galar Mine No. 2, locating a man at a fork-in-the-road. Head right then find the TM on the floor.
- ☐ TM50 Bullet Seed - Hammerlocke West PokeMart (¥10,000)
- ☐ TM51 Icicle Spear - Circhester, between two pillars on the right side of the central bath.
- ☐ TM52 Bounce - Wyndon Battle Tower League Official TM Shop (¥100,000)
- ☐ TM53 Mud Shot - Galar Mine No. 2, requires Water Mode for Rotom Bike. Use the bike to cross the ponds on one of the paths then find the TM in the back.
- ☐ TM54 Rock Blast - Galar Mine, find a mine worker to the right of the tracks, head past him and go up the trail to the right leading to an exit on a cliff to find the TM.
- ☐ TM55 Brine - Hammerlocke West PokeMart (¥10,000)
- ☐ TM56 U-turn - Glimwood Tangle, heading left of the elderly lady in the middle of the forest. Find a glowing mushroom on the far left side, interact with it to find a path leading back toward the TM.
- ☐ TM57 Payback - Route 2 behind Professor Magnolia's house, path along the right side.
- ☐ TM58 Assurance - Route 7 near a woman camping, a man with an umbrella, and the bridge. The TM is hidden between the man and the bridge near the fence.
- ☐ TM59 Fling - Wyndon Battle Tower League Official TM Shop (¥100,000)
- ☐ TM60 Power Swap - Wyndon PokeMart outside of stadium (¥30,000)
- ☐ TM61 Guard Swap - Wyndon PokeMart outside of stadium (¥30,000)
- ☐ TM62 Speed Swap - Wyndon PokeMart outside of stadium (¥30,000)
- ☐ TM63 Drain Punch - Wyndon PokeMart outside of stadium (¥50,000)
- ☐ TM64 Avalanche - Route 9, requires Water Mode for Rotom Bike. Follow the bridge south, then enter the water to the left. Return to land at the bottom of the area, then head up the path to get the TM.
- ☐ TM65 Shadow Claw - Lake of Outrage, requires Water Mode for Rotom Bike. Ride on the lake toward the small sliver of land toward the north side. The TM is behind a large tree.
- ☐ TM66 Thunder Fang - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥30,000)
- ☐ TM67 Ice Fang - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥30,000)
- ☐ TM68 Fire Fang - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥30,000)

- ☐ TM69 Psycho City - Route 2, requires Water Mode for Rotom Bike. Ride over the lake to the left of Professor Magnolia's house to find a path, then follow it to the end to get the TM.
- ☐ TM70 Trick Room - Wyndon Battle Tower League Official TM Shop (¥50,000)
- ☐ TM71 Wonder Room - Wyndon Battle Tower League Official TM Shop (¥50,000)
- ☐ TM72 Magic Room - Wyndon Battle Tower League Official TM Shop (¥50,000)
- ☐ TM73 Cross Poison - Dusty Bowl in the Wild Area, requires Water Mode for Rotom Bike. Ride over the water to the northwest corner to a small section of land. The TM is on the left side.
- ☐ TM74 Venoshock - Stow-on-Side west side up a ladder behind a trio of Diglett, following the path along the roof to get the TM.
- ☐ TM75 Low Sweep - Bridge Field in the Wild Area, requires Water Mode for Rotom Bike. Ride over to a small stretch of land surrounded by water to find the TM next to the grass.
- ☐ TM76 Round - Motostoke Upper Level West PokeMart (¥10,000)
- ☐ TM77 Hex - SHIELD: Defeat the Ghost-type Gym Leader, Allister; SWORD: Receive from the elderly woman in the last house before entering the gym in Ballonlea.
- ☐ TM78 Acrobatics - Buy all of the fire-type clothes and accessories from the Hammerlocke Boutique. Equip all of these clothes and the Fire-Gym Outfit. Talk to an artist in Ballonlea to receive the TM.
- ☐ TM79 Retaliate - Receive from Sonia in the Hulbury Seafood Restaurant after defeating the Water-type gym during the main story.
- ☐ TM80 Volt Switch - Earn 20,000 points in one race while participating in one of the Wild Area's Rotom Rallies. Best to do this during one of the longer races.
- ☐ TM81 Bulldoze - Giant's Seat in the Wild Area, along the wall near a large rock with a Pokemon Den next to it.
- ☐ TM82 Electroweb - Hulbury, behind the right side of the lighthouse
- ☐ TM83 Razor Shell - Wyndon Battle Tower League Official TM Shop (¥100,000)
- ☐ TM84 Tail Slap - Dappled Grove in the Wild Area, inside a hollow log near a tree and Pokemon Den in the southwest corner.
- ☐ TM85 Snarl - Recieve after defeating the Dark-type gym leader, Piers
- ☐ TM86 Phantom Force - Deep Slumbering Weald, walking across the fallen log over the river and finding the TM at the end of the path.
- ☐ TM87 Draining Kiss - Receive after defeating the Fairy-type gym leader, Opal
- ☐ TM88 Grassy Terrain - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥20,000)
- ☐ TM89 Misty Terrain - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥20,000)
- ☐ TM90 Electric Terrain - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥20,000)
- ☐ TM91 Psychic Terrain - Hammerlocke East PokeMart after defeating the Fairy-type gym leader, Opal (¥20,000)
- ☐ TM92 Mystical Fire - Wyndon Battle Tower League Official TM Shop (¥100,000)
- ☐ TM93 Eerie Impulse - Wyndon, behind the sign in front of the Battle Tower
- ☐ TM94 False Swipe - Motostoke Upper Level West PokeMart (¥10,000)
- ☐ TM95 Air Slash - Axew's Eye in the Wild Area, on the ground between the water and the tree

- ☐ TM96 Smart Strike - Route 8, up a ladder that leads to a path that goes right.
- ☐ TM97 Brutal Swing - Turffield, in front of the gym on the right side
- ☐ TM98 Stomping Tantrum - Route 10 when Wyndon comes into view, head up to the right just before the first pine tree leading to a small hill to find this TM
- ☐ TM99 Breaking Swipe - Receive after defeating the Dragon-type gym leader, Remia

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