

# How to use the Gym to defeat opponents in Pokémon Go?

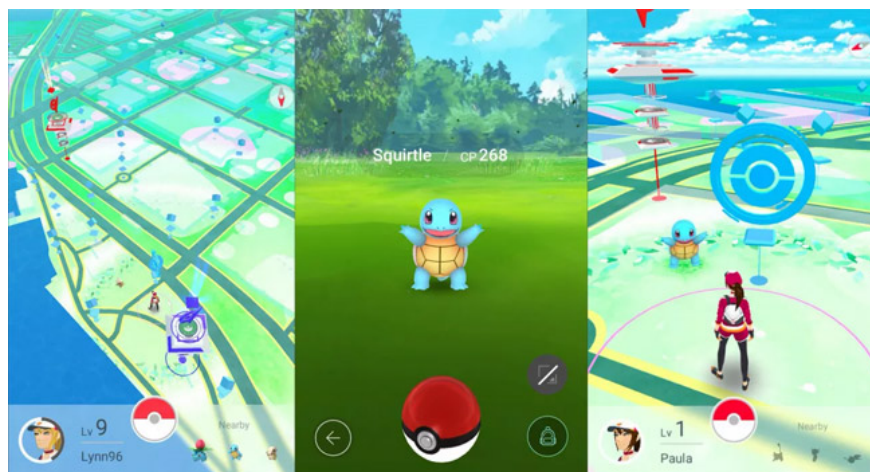
Gym Go Gym in Pokémon Go will be the place where each team coaches their team with strikes and familiarize them with attacks. If you know about the gym then properly exploiting it will increase the strength for the whole team.

Pokémon Go is becoming a new phenomenon in the game village worldwide. The task that each player participates in is to capture as many Pokémon as possible. Then perform training sessions in Gym, to be able to train your team with "sharp fingers", agile attack techniques to eat points.

Gym is a place where every coach must visit to prepare his Pokémon warriors for attack techniques, attacks to defeat opponents. So, if you know how to use Gym's features, the Pokémon team will increase their power much faster.

## 1. Basic things to know about gyms:

After we have harvested quite a few Pokémon warriors, we can choose the method to go to the Gym to test the fighting power of those warriors. If you see a practice room in white, then there are no "enrolled" Pokémon teams practicing there. We can put a Pokémon warrior on it to take control. The training process will take place. There will be your Pokémon jumping in to practice with you. If your Pokémon loses, it will return to the collection and continue to be used.



**Note** , the Gym has a non-permanent Pokémon. If on a team that many people occupy the same room, it can contain many Pokémon. When the gym was upgraded, at the same time the number of Pokémon defending that gym also increased to prevent outside attacks.

The use of the Gym depends on whether the gym is under your management or the opponent's team.

Training in the gym will simulate the fight so you need to pay attention to practice fighting for your team. We need to quickly manipulate the screen to get the Pokémon to hit the attack most quickly towards the animal. If you are ready to perform special skills (signs of small blue bubbles appear), gamers can press and hold Pokémon for a moment to deploy a special attack. After deploying a special skill, we will consume a blue box.

## 2. Attack the opponent's Gym:

According to the Pokémon system article when participating in the battle, we introduce you, each Pokemon system will become "refined" of the other system. Therefore, we need to choose the right kind of Pokémon and calculate to protect the gym effectively. Also need to pay attention to the CP points of each Pokémon.



A Pokémon with a high CP score means being able to fight hard and be given priority to fight. If the Gym has many Pokémon that will need multiple battles to defeat the opponent, take the Gym back to their team. Each battle will reduce the opponent's Prestige point and reduce the amount of Pokem in the room. Therefore, during battles you try to keep yourself as many Pokémon as possible, making it easier and faster to take over the Gym.



To heal Pokémon, we can use potions from visiting Pokéstops. This way, you can continuously use your strong Pokémon. Each battle, players will have some experience points to level up and have more powerful Pokémon.

### 3. Support team gym:

In the defense of the gym, you need many other gamers to be able to create a solid defense system. If we fight for the team practice room, we will increase Prestige level and bring more room for teammates Pokémon.



The battles are similar to the way of invading the opponent's Gym, except that they do not harm the Gym and Pokémon. If the Pokémon is injured, need to heal them. But when you're constantly fighting for the Gym, you'll earn enough Prestige points to get more room for a defensive Pokémon. Adding a defensive Pokémon means that the opponent will be more difficult to destroy your team's Gym.

For example, practice at the ally's level 3 Gym five times and push it to level 4 to allow the fourth Pokémon to be added, to increase its level of protection.

### 4. Take advantage of the gym's benefits:

When practicing at the Gym will gain experience points, or daily rewards if there are Pokémon in the Gym Protection Team.



In the Shop menu you will see a shield in the upper right corner. Clicking on it will display the number of Pokémon you are using to protect the Gym. A 20-hour countdown system is combined with this shield menu. When completing the countdown you will receive Pokecoins and Stardust for each Pokémon who are fighting to protect the Gym. Each Pokémon completes 20 hours of Gym protection, you will receive 10 Pokecoins and 500 Stardust. Every 20 hours you receive up to 100 Pokecoins and 5000 Stardust.

The new 20-hour cycle will be started when you receive the reward so players can align the time to get rewarded in the most appropriate time.

**Wish you all have fun playing games!**

You finished reading the article "**How to use the Gym to defeat opponents in Pokémon Go?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.