

# Kameo: Elements of Power General Speedrun Info

(Version: 23.07.28)

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### 000 Loading Times and Versions

Except for loading speeds no differences between consoles have been discovered. Glitches work the same across the board and all versions run at 30 frames per second. However, the physical copy of the 360 version can, if not installed, cause frame drops/lag in certain areas. Make sure to install it, you'll also benefit from slightly faster loading times.

The FPS Boost Version on Series X/S consoles disables major glitches and sequence breaks such as Ash clipping and Snow Temple early. It is possible however to turn FPS Boost off in the Xbox OS and get access to the regular version.

### 001 Scores and Unlockables

The alternative Warrior Skins that can be unlocked through scoring points correspond to the ones you can „physically“ pick up or acquire in the shops. They disappear from their respective source if unlocked via scoring and vice versa will be available in the Wotnot Book and shown as "Unlocked" in the Magic Mirror if collected/purchased. In order to have everything unlocked in the Wotnots Bonus Page/Magic Mirror the following amount of points have to be met:

- Thorn's Castle: 2,500,000
- Forgotten Forest: 2,000,000
- Water Temple: 3,000,000
- Snow Temple: 3,000,000
- Thorn's Pass: 5,000,000
- Thorn's Airship: 3,000,000
- Quest Total: 24,000,000

In order to achieve Rank A in every stage, the following amount of points have to be met:

- Thorn's Castle: 15,000,000
- Forgotten Forest: 15,000,000
- Water Temple: 17,000,000
- Snow Temple: 30,000,000
- Thorn's Pass: 30,000,000
- Thorn's Airship: 30,000,000

If you're looking for details about the scoring system itself and how to improve your combat, there is this in-depth guide about achieving A-Ranks written by „Draekon“ („Crudmonk“) & „B SMOoTH“:  
<https://gamefaqs.gamespot.com/xbox360/516505-kameo-elements-of-power/faqs/41592>

Notice that you DO NOT have to use the Magic Mirror to achieve Rank A. You can do that during your regular campaign playthrough.

## 002 Elemental Fruit Index

There is a total of 74 Elemental Fruits to collect

13 of them are large fruits [L] which are worth 3 fruits each, that makes 61 regular fruits + 13 x 3 large fruits = 100 total

Elemental Fruits in shops cost 30 Runes each

Enchanted Kingdom:

1. Shake-it plant right beside the Shadow Troll well
2. Pick-up plant outside Chamber of Living Portraits
3. Shake-it plant outside Chamber of Living Portraits
4. Smash the vase to the left of the Magic Mirror
5. Under a shell on lakeshore
6. Shop
7. Shop
8. Light torches with Ash in Dungeon [L1]
9. One of the cauldrons in Dungeon in the farthest back room
10. Grow plants with Deep Blue outside Mystics hut [L2]
11. Smash the second vase to the left in Throne Room
12. In a chest on the first level of Ancient Tower
13. Frozen in ice on the first level of Ancient Tower
14. Shake-it plant on the second level of Ancient Tower
15. Find all 3 missing children in Ancient Tower [L3]
16. Win Typhoon's Quiz (Typhoon's house is near the lake)
17. Interact with the 5 Signs: 1) Lenya Shrine 2) Yeros Shrine 3) outside Throne Room on the terrace's backside 4) behind the shop 5) outside Mystic's hut

Forgotten Forest Glade:

18. Shake-it plant near the entrance
19. Defeat the Trolls in Dil's house [L4]
20. Shop
21. Shop
22. Shake-it plant between the lake and Nettle's house
23. Kill all spiders in Nettle's house [L5]
24. Shake-it plant behind Creeper's hut
25. Kill all mosquitoes and destroy their nests in Mushroom Cavern [L6]
26. Feed the statue with Rubble in Mushroom Cavern
27. One of the pick-up plants on the stone circle
28. Blow up the stone in front of Creeper's hut with Thermite [L7]
29. One of the pods on the ceiling on the path up to Mushroom Cavern
30. Shake-it plant near the Shadow Troll well of Thermite (Ogre Swamp)
31. Interact with the 5 Signs: 1) near Creeper's hut on the right side of the path 2) in the room where Warrior Trainer and Jukebox are 3) on a stump in the lake in front of Forest Temple entrance 4) in front of Mushroom Cavern entrance 5) beside Dil's house

### Mountain Falls:

32. Under a grey shell on the path near the shop
33. Shop
34. Shop
35. Light all the torches of the torch tower [L8]
36. Inside one of the lobster traps in Lobster Hollow
37. Shake-it plant on the path up at Lobster Hollow entrance
38. Blow up the stone chests underneath the torch tower
39. Place 3 pearls from the underwater oysters on the starfishes [L9]
40. In a palm tree pod on the island on the lake near entrance
41. In a palm tree pod close the stone bridge
42. Defeat Water Trolls in Reefus' hut [L10]
43. Build a stone ramp near Treasure Cave and jump to the shake-it plant
44. Shake-it plant on a hill behind Squibble's shop
45. After entering Treasure Cave take the right path to a shake-it plant
46. Water Troll in Treasure Cave
47. Water Troll in Treasure Cave
48. Save Mizu in Treasure Cave [L11]
49. Inside the tunnel where Mizu was trapped, inside a chest
50. Interact with the 5 Signs: 1) on the path up at Lobster Hollow entrance 2) in a gap in the wall behind the shop 3) on the backside of torch tower 4) on the hill behind Squibble's shop 5) behind the stone ramp you use for fruit 43

### Snow Top Village:

51. Near the entrance where the ice spiders are, in one of the iced pods
52. In an ice block near the kid dancing around a camp fire (shop level)
53. One of the iced pods above the shop
54. Free the frozen dude (one level above the shop) [L12]
55. Play the ice block guessing/melting game until you win a fruit
56. Shop
57. Shop
58. Shake-it plant at the bottom of the big ice wall that leads to Sulfur Cave
59. In an ice block near the well in Crystal Grotto
60. In one of the ice chests in Crystal Grotto
61. In one of the iced pods on the ceiling in Crystal Grotto
62. With 40 Below take the ice path at the bottom level. It leads to a plant
63. and a chest
64. With 40 Below take the ice path near Snow Temple entrance
65. Missing child quest: Shoot dragon above school, above kid camp fire and above the house near ice spider section [L13]
66. Interact with the 5 Signs: 1) behind Chom's Den 2) behind the shop 3) at the bottom of the big ice wall that leads to Sulfur Cavern 4) at the bottom of the ice wall that leads to Crystal Grotto 5) near Snow Temple entrance

### Badlands:

67. Shake-it plant in Abandoned Hut near Snow Top Village ice wall
68. Stone chest in Abandoned Hut between Forest Glade and Mountain Falls
69. Pods on the ceiling in Abandoned Hut near Forest Glade
70. Ice block in Abandoned Hut that you find the Elemental Evil Challenge in
71. Win the Elemental Evil Challenge (hut near Snow Top Village ice wall)
72. Win the Troll Trouble Challenge (same hut as Elemental Evil)

73. Win the Pumpkin Panic challenge (hut far out south-east)
74. Win the Beetle Brawl Challenge (hut beside the stone chest hut)

### **003 Life Elixir Index**

1. Life Elixirs in shops cost 20 Runes each
2. Initial Warrior Trainer training
3. In front of the Magic Mirror
4. Kingdom shop
5. Statue cage in Mushroom Cavern
6. Forgotten Forest shop
7. In Torch Tower in Mountain Falls
8. Scooner's Hut in Mountain Falls 8] Mountain Falls shop
9. Near Chom's Den in Snow Top Village
10. Snow Top Village shop
11. In an Abandoned Hut south-west Badlands
12. In an Abandoned Hut north-west Badlands

### **004 Crystal Eye Index**

1. In front of the Kingdom shop under a shell (Restoration/Green)
2. Kingdom Dungeon (Spirit/Blue)
3. Ancient Tower (Defense/Purple)
4. Chamber of Living Portraits (Strength/Red)

### **005 50-Rune-Repository Index**

These unique reservoirs will give you a guaranteed loot of 5 gold runes. They will save the game after being smashed. They will disappear permanently after being smashed, except for #17 and #22.

- #1 In Ancient Tower on the first level, in a chest
- #2 In Ancient Tower on the top level, in a chest
- #3 In Mushroom Cavern, in a stone chest
- #4 Entrance area of Forgotten Forest, to your right, in a chest
- #5 In Forest Temple on a pillar in the back-left corner, in a chest
- #6 In the front left corner at Thermite's well, in a stone chest
- #7 In the front right corner at Thermite's well, in a stone chest
- #8 In the back left corner at Thermite's well, in a stone chest (because of a glitch or a strange intention by the developers, this chest won't spawn if you cleared repository #4)
- #9 In Creeper's hut, in a chest
- #10 In Lobster Hollow, the stone chest that is closest to the well
- #11 In Mountain Falls, in a stone chest below Light Tower
- #12 In Mountain Falls in Aegea's hut, in a stone chest
- #13 In Mountain Rise in the mine room, behind a boulder, in a chest
- #14 In Mountain Rise after the long wooden hallway, to the left, in a chest
- #15 In Mountain Rise at the top level, to the right of the caves exit, in a chest
- #16 In Summit Spring, the stone chest right next to the well
- #17 In Treasure Cave in the hidden room, under a shell
- #18 In Treasure Cave in the hidden room, in a stone chest
- #19 In Treasure Cave in the very hidden room, in a chest
- #20 In Choms Den, in a chest
- #20 In Sulfur Cavern, in a chest
- #21 In Crystal Grotto in an alcove, in a ghost chest
- #22 In the south-west Badlands hut, in an ice block

## oo6 Warrior Abilities

For each warrior a spirit bar upgrade can be acquired for 1 Elemental Fruit

Layout: "Upgrade Name" "Elemental Fruits needed" "Description"

Razor Top	2	When creeping in the ground, the spinning leaves do damage
Wildrush	2	Double tap the left stick to do a rush forward attack
Weedkill	3	Hold LT to charge while creeping and release for a powerful upward punch
Razor Stone	2	Shot stones do more damage
Rapid Charge	2	Decreased charging time for LT+RT attack
Stone Storm	3	Shoot stones in machine gun style in arbitrary directions
Inferno	2	Increases the range of the flame when holding LT
Wildfire	2	Three fire balls instead of one when pulling RT
Incinerator	3	LT+RT to set up a fire circle, LT+RT again to release a stationary fire tornado
Razor Back	2	MR does more damage when hitting enemies
Cyclone Spin	2	Hold LT+RT for a constant spinning motion
Hyper Cyclone	3	100% movement controllability of Cyclone Spin
Slick Jet	2	Spray flammable oil on land with LT
Drag Pool	3	LT+RT to creep in the floor and suck enemies into wet death
Splash Down	2	During Drag Pool use LT or RT to attack and smash enemies in the ground
Deep Chill	2	LT+RT while aiming to charge an ultra icy spike that freezes enemies
Spike Storm	2	Hold LT+RT to create an ice spike rain around chilla that will hurt and stun trolls
Slam Hammer	3	Slam enemies in the ground while holding them by pulling LT+RT
Shocker	2	Apply massive electric damage to enemies in Flex's clutches
Slapstorm	2	Stationary Flex stretches in arbitrary directions slapping around like crazy
Super Shocker	3	Apply even more electric damage to enemies in Flex's clutches
Snow Blower	2	Hold LT to fire tiny snow balls at enemies
Snow Roller	2	When holding the big snow ball, pull LT to roll it towards enemies
Icequake	3	When holding the big snow ball, pull LT+RT to induce an earth quake
Lockjaw	3	Throw enemies in the air when having them in Snare's jaw
Toxic Bile	2	While rooted hold RT, the bile can be directed with left stick
Rootquake	2	Increases the range of the basic Root Tremor attack
Fire Burst	2	Bombs will leave a damage dealing fire patch on the floor after exploding
Atom Splitter	2	Exploding bombs release 5 smaller bombs within the damage radius
Backblast	3	While in mortar mode, hold LT+RT to suck enemies and shoot them with RT

## 007 Price List

Typhoon's Quiz	10
Any song at FFG Jukebox	5
Chom's Guessing Game	10
Pumpkin Panic	10
Beetle Brawl	10
Troll Trouble	10
Elemental Evil Challenge	20
Elemental Fruits	30
Life Elixirs	20
Fruit Finder FFG	20
Fruit Finder MF	30
Fruit Finder STV	40
PW Skin in Kingdom shop	75
Rubble Skin in FFG shop	100
MR Skin in MF shop	125
Flex Skin in STV shop	150
Squibble's Info Sheets	150
Trainer's Infos	50
Small money pouch (200)	50
Medium money pouch (400)	100
Larger money pouch (700)	200
Largest money pouch (999)	400

## 008 Typhoon's Quiz

Number in brackets is the amount of down-inputs to get to the correct answer.

How many Shadow Trolls were recently released?	7 (2)
How many runes for a tune in the Forest Glade?	5 (3)
How many torches power the Shrine of Light?	8 (0)
How many Snow Top children go to school?	5 (4)
How many Trolls are held prisoner in the dungeon?	4 (3)
How many children does Bluster have?	0 (0)

## 009 Shadow Troll Patterns

Beforehand information

Numbers in brackets show the amount of hits (phases) a Shadow Troll (ST) needs to be beaten The 3 spawn areas are center, near center and outer ring

The exact spawn positions within outer ring and near center are random - except Pummel Weed

»Near center« means outside the center spot but inside the circle that surrounds the flower relief on the ground

»Outer ring« means a position outside the imaginary gravestone circle

»Crawling« means an animation where the ST crawls inside the floor in random directions for at least 5 seconds, then crawls towards Kameo and shoots out of the floor once it's below her

Light Trolls always spawn near center. Please refer to the Resources section for pictures of the exact spawn points for the 1st phases (as it makes the 1st phases alot easier and faster if you know the spawn points for Light Trolls)

For outer ring spawns sound effects and the bats are an indicator of where the ST spawns since they fly towards it once it appears - except Thermite, they try to mislead you sometimes

Less detailed notes are down below (memo to look at for speedrunning purpose)

### Pummel Weed (1)

#### Phase 1

spawns near the center to the right side of Kameo's landing spot  
doesn't do any attacks, can't harm you in any way (Light Trolls can though)

### Rubble (2)

#### Phase 1

spawns outer ring in an endless loop  
once you gain control over Kameo you have 15 seconds before a cutscene starts, landing the first hit before the cutscene starts will skip it

after the ST completely vanished (either through hitting it or naturally) it takes 5 seconds for it to spawn again

once the bats start flying towards the ST you have 10 seconds until it spits out bats that target Kameo

#### Phase 2

identical with phase 1

### Major Ruin (3)

#### Phase 1

spawns center and stays there until you hit it  
does a groundwave attack every 12 seconds

#### Phase 2

after the first hit the ST does crawling

endless loop until you hit: spawns outer ring and charges the bat spitting attack, spawns near center and does 2 consecutive groundwaves

#### Phase 3

identical with Phase 2 except it does 2 consecutive crawlings, spawns near center first and does 3 groundwaves

### Deep Blue (3)

#### Phase 1

spawns center and stays there until you hit

endless loop until you hit: summons spikes that shoot out of the ground every 5 seconds, 15 seconds interval between every 5th summon (try not to Flip Kick the Light Troll towards the ST since the bats hurt you and the Light Soul will vanish)

#### Phase 2

identical with Phase 1 except that more spikes will appear

### Phase 3

the ST spawns outer ring on the first spawn  
it will only stay for 6 seconds, then disappear for 5 seconds  
the spikes cover the whole field outside flower circle when summoned  
the 15 seconds interval after the 5th summon is reduced to 7.5 seconds

endless loop until you hit: the ST spawns outer ring for 10 seconds (on the first spawn it's only 6), disappears for 5 seconds

### Flex (3)

Light Trolls move fast and aggressive, it is recommended to kill them intentionally to prevent them from grabbing you when you aim your Light Strike

### Phase 1

spawns center and stays there until you hit  
explosive skulls drop on the field and explode

### Phase 2

after first hit ST does crawling

endless loop until you hit: spawns outer ring and charges bat spit attack

### Phase 3

after second hit ST does crawling spawns center (for only 2 seconds), exploding skulls start dropping on the field

endless loop until you hit: spawns outer ring (not bat spitting, exploding skulls though)

### 40 Below (3)

#### Phase 1

spawns center

after you gain control over Kameo you have 10 seconds until a single groundwave attack, you wanna hit a Light Troll before that cause after the groundwave the ST only stays for 3 seconds which is not enough time to kill a Light Troll, get the energy and hit the ST. What works is to kill a Light Troll before the groundwave, jump over the groundwave and then quickly grab the light energy and land your strike (you can't jump while having Light Troll energy)  
after groundwave the ST disappears for about 5 seconds and then spawns outer ring

#### Phase 2

after first hit ST creates 2 fake ST's and all 3 do crawling, only the real one will target you

endless loop until you hit: spawns center (along with fakes) and does 2 groundwaves spawns outer ring (along with fakes)

#### Phase 3

identical with Phase 2 except ST does 2 crawlings and 3 groundwaves at center and bat spitting with charge at outer ring spawn



Thermite (4)  
Phase 1

spawns center and stays there until you hit  
homing explosive skulls drop on the field

Phase 2

spawns center, disappears every 10 seconds for 5 seconds  
more homing explosive skulls

Phase 3

spawns outer ring switches position every 10 seconds, with a 5 sec disappearance inbetween

Phase 4

endless loop until you hit: spawns center and does 3 groundwaves  
spawns outer ring

#### SPEEDRUN MEMO FOR SHADOW TROLL POSITIONS

Rubble: 1) outer ring 2) outer ring

Major Ruin: 1) center 2) crawling (miss: outer ring) 3) crawling x2 (miss: near center)

Deep Blue: 1) center 2) center 3) outer ring (time for first hit 6 seconds)

Flex: 1) center 2) crawling (miss: outer ring) 3) crawling (miss: center for 2 sec, then outer ring)

40 Below: 1) center 2) crawling (miss: center) 3) crawling (miss: center)

Thermite: 1) center 2) center 3) outer 4) center -> outer

#### 010 Secondary Knowledge

This segment has information that might not be apparent from simply watching a run and/or might not explain itself on why it's done this way. It also includes instances that yet have to be figured out and are worth noting.

##### General

.) After regaining control over your character after a cutscene, the camera often still faces the object that has been pointed out during the cutscene. Example: After lighting the first torch at Mountain Rise the camera will point towards the locked door after the cutscene.

.) With Major Ruin, holding RT during a loading screen will put him into rolling animation after the loading screen. That has the greatest effect in Thorn's Pass, where you surpass a cutscene trigger during the cutscene (will be pointed out further below).

.) when hanging onto an ice wall with Chilla, leaping in any directions works by just holding RT (frame perfect leaps). No need to tap it.

.) Progressing through text by mashing B is faster than using A.

Going alongside the Any% route:

Thorn's Castle

.) The 2 Trolls atop the first ice wall sometimes stay together (to grab and kill them quickly with Chilla) and sometimes split up and run away. It is not known if their movement is based on RNG or can be influenced by the player.

#### Kingdom

.) Warrior Trainer Tutorial: When walking up to him mash A and B at the same time while holding the left stick forward to get rid of all the textboxes fast.

.) how fast a Light Troll will spawn depends on how fast you skip the very first textbox in the Shadow Trolls lair.

.) after acquiring Pummel Weed, quitting out and re-entering the file, the game will be loaded up and accessible way before the loading screen disappears. You can wait for the loading screen to go away, or you can do the inputs blind: The cursor is in the exact middle of the Wotnot Book, Pummel Weeds entry is on the top right corner of the left Page, so you wanna move the left stick up and slightly to the left. If you hit Pummel Weeds window you'll get the audio cue for that and also the cursor will be locked in place. Put PW on the button of your choice. From there the inputs are: A - down x4 - A - down x1 - A

#### Badlands

.) quickly tapping RT during a horse ride will greatly reduce the spirit energy needed and still give you maximum speed.

#### Forest

.) sometimes the spiders prevent you from grabbing the bomb shell at the first camp fire quickly. It is not known on what instance their spawn time (or movement) is dependent on.

.) Boss Fight Old Ma'wood: After hitting Ma'wood with an explosive shell, he will do the head shaking animation. Once that is done, the laughing cycle animation will start and you have a time window of 30 seconds to land 5 Rubble chips in his mouth. Make sure that you don't kill too many of the Trolls running around, cause once 5 Trolls are dead, Ma'wood will interrupt the laughing cycle and do the head shaking animation again, making it impossible to defeat him on the first cycle.

#### Mountain Falls + Mountain Rise

.) Using Pummel Weed during the Ash clip on the stone chest usually prevents you from the fall damage animation, while Kameo almost always takes fall damage.

#### Water Temple

.) Big Fire Trolls: When spraying them with water they will eventually run out of their fire surface; you can kill them after that but they will still run towards you and try to attack you. If you spray the water for a little longer it will paralyze them, making them easy to kill.

.) Boss Fight Corallis: Where bombs are deployed seems random. The ramp which Corallis goes next will light up.

#### Water Shrine

.) Using Ash to kill Trolls seems to be the most efficient way. Only the big Trolls will actively attack your blue Allies, you don't need to worry about the small Trolls unless they are in your way and costing you time. The most efficient way to kill big Trolls with Ash is to just use Inferno at them until they get thrown off their feet, the rest of their health will be drained by burning effect. The giant Ogre Troll almost always will interfere, you should look out for him and deal with him at the 3rd or 4th cannon.

.) If you notice the Trolls striking an ally but your ally isn't taking damage and isn't stopped from turning the cannon, that means you got lucky and got an invincible ally. Don't hit this guy and just leave him alone doing his job.

#### Snow Temple

.) During bridge skip, I found it way more consistent for Chilla to stick to the wall, if I don't spend much time mid-air with Major Ruin. You basically wanna do the hop and the rushes in quick succession.

.) If you try to spray the first 3 Ice Warriors into the abyss with Deep Blue, be aware that a strike from those dudes can freeze you while you spray water.

.) Save and quit after releasing the second Walrus will despawn all 8 green Trolls on the ground, making the section easier and faster (this is irrelevant if you're doing bridge skip).

.) Boss Fight Queen Thyra: Her big eye will do exactly 20 bounces until the spikes disappear. If you deal with the big eye with Major Ruin, make sure the eye is touching the ground as you hit it. If you hit the eye while it's in the air it will have no pushing effect.

#### Thorn's Pass

.) Hold RT during the loading screen as you enter Thorn's Pass as it will cause Major Ruin to roll down the path during the intro cutscene and surpass a cutscene trigger.

#### 011 Updates (Any% only)

Newly discovered time saves, route changes or other optimizations will be listed here. Anything that saves time and is not executed in the current WR will be listed here. (Current WR: 1:45:33 Sceptify)

.) When fighting Roll Trolls, switching to Kameo right after hitting the Roll Troll gives you faster maneuvering to the next Roll Troll.

.) In Thorn's Castle on the Final Boss, instead of jumping down, hit the chandelier from the edge below the ice wall. That saves a cutscene. Don't rush forward to the cutscene trigger before the Troll is dead. The chandelier won't kill the Troll if the cutscene is active.

.) New fruit distribution: Forest Stone Circle (+1), Major Ruin Spirit Upgrade (-1), Mountain Falls Shop (+1), Deep Blue Spirit Upgrade (-1), Snow Top Village Shop (+2), Thermite Atom Splitter Upgrade (-2)

To make this fruit distribution work:

Collect 10 Runes from the Warrior Trainer pumpkin and try to get another 20 Runes from the crates around Old Mawood during his animations. The goal is to have at least 30 Runes until Mountain Falls Shop (after Mountain Rise). If you don't get enough Runes from Old Mawood, you have to get them from a 50 Rune Chest from Mountain Rise or in Summit Spring.

Get at least 30 Runes from the Water Shrine Defense to buy at least one fruit in Snow Top Village shop and then shoot the cone above the shop during the egg waiting time. Make sure you don't lose too much health during the Water Shrine Defense, that will increase the chances of coin drops (getting 30 Runes from there should be easy though).

.) New strat on the last Water Temple ship battle: [youtube.com/watch?v=IHmLsZ7shqk](https://youtube.com/watch?v=IHmLsZ7shqk)

.) Better Sulfur Cave escape: [youtube.com/watch?v=d8UOpY-ExMo](https://youtube.com/watch?v=d8UOpY-ExMo)

.) If you have enough health after Sulfur Cave, you can drop with Major Ruin twice, but you're gonna be very low on health coming into avalanche climb (unless you save and quit before avalanche climb which resets the cycle for a perfect climb, but is a little bit slower - your choice :-)).

.) Thorn's Pass: Position yourself in front of the final gate before shooting the dragons.

.) New strat to blow up the side fans much faster in Airship: [youtube.com/watch?v=AAq6kJAKTXI](https://youtube.com/watch?v=AAq6kJAKTXI)

.) Thorn's Airship: After the two side fans you are jumping down a hole in the center room. It is possible to drop down there with Major Ruin, stop mid air and rush forward through the ventilator by switching to Kameo at the right moment. Saves several seconds, needs good timing practice though. Failing it can lead into big time loss.

.) The WR failed to get a proper Thorn fight and lost 30 seconds. By switching to Ash too late, Major Ruin was in a backward motion and Ash ended up facing away from Thorn, that not only lost time but also made Thorn move forward, resulting into him grabbing the chain later on and losing even more time. This is how a good Thorn fight is supposed to look with the Eye of Strength: [youtube.com/watch?v=09U2z\\_YAgul](https://youtube.com/watch?v=09U2z_YAgul)

However, in the first phase you wanna hop and rush forward with Major Ruin instantly to get Ash's flame out before he does the second jump. [And yes, the WR holder is the same guy who created this video and this write-up and still failed the trick. GG]

.) There is a jump down the lava pit in Thorn's Pass that saves a few seconds. Be aware you MUST trigger the checkpoint at the ice wall in order to progress. Failing it can lead into big time loss. [youtube.com/watch?v=3W5oBBldE6U](https://youtube.com/watch?v=3W5oBBldE6U)