

“The Incredibles” Movie Scene Guide

One thing that makes “The Incredibles” DVD so enjoyable is the ability for fans to repeatedly watch their favorite scenes. Here is a comprehensive guide to the scenes of “The Incredibles”

Scene 1: Golden Age. Title sequence including vintage documentary interviews of Mr. Incredible, Elastigirl and Frozone.

Scene 2: Weddings & Lawsuits. On his way to his wedding, Bob Parr turns into Mr. Incredible and takes several detours to heroically make rescues and foil crimes. His number one fan, Buddy, appears and asks to assist him as his sidekick Incrediboy, but Mr. Incredible dismisses him as he hurries away to foil another crime with flirty Elastigirl’s help. Buddy, however, gets in the way, causing a blast that requires Mr. Incredible to miraculously stop a train from crashing. Mission accomplished, he makes it to the church in time to say “I do” to Elastigirl at their wedding, but then learns that the rescued passengers are suing the city for damages, forcing the superheroes out of business and into seclusion.

Scene 3: 15 Years & 50 Pounds Later. Forced to live secretly and anonymously as average suburbanites, Bob has a boring job in an insurance claims department, while Helen (formerly Elastigirl) is a housewife taking care of their baby Jack Jack while their son Dash and daughter Violet are at school.

Scene 4: After School. Helen is called to the principal’s office after Dash is suspected of pulling a prank on his teacher. Violet hides coyly from her high school crush. Dad arrives home in his tiny car after a frustrating day at work.

Scene 5: Family Dinner. The Incredibles sit down for a chaotic family dinner in which they bicker and reveal their unique powers. Lucius (formerly Frozone) drops by to pick up Bob for bowling night.

Scene 6: 2 Ex-Supers. Frozone and Mr. Incredible reminisce while listening for trouble on a police scanner so they can sneak to the rescue against orders. They are followed by a mysterious woman and nearly get caught by the police. Helen finds out and berates her husband for nearly blowing the family’s cover.

Scene 7: A Super Defeated. Back at his depressing job, Bob’s obnoxious boss yells at him for being overly kind and helpful to clients. While being lectured, Bob witnesses a mugging outside, but his boss threatens to fire him if he leaves. The mugger gets away, Bob loses his temper, and is fired.

Scene 8: Help Wanted. Bob returns home, but doesn’t tell Helen he’s lost his job. He clears out his briefcase and finds a classified communication from Mirage drafting him into service on a top secret mission. Tempted to relive his superhero days, he eagerly accepts and fibs to Helen, telling her he’s being sent to a conference.

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Scene 9: Nomanisan. Mr. Incredible travels to Nomanisan Island where Mirage tells him his mission is to locate and disable an artificial-intelligence robot. After a dangerous battle in the jungle and in a volcano, he succeeds.

Scene 10: New & Improved. A wordless montage shows Bob returning home, feeling like his old self -- prouder, happier, thinner, and more romantic. He drives to super-fashion designer Edna Mode’s house to have his old superhero uniform repaired, but she talks him into a new one.

Scene 11: Helen Suspects. Helen overhears Bob on the phone making plans to meet a sultry voiced female on the other end of the line. He leaves for the “conference” that Helen jealously suspects is a romantic rendezvous, but is actually another trip to Nomanisan Island.

Scene 12: Helen & E. While housecleaning, Helen notices Bob’s super-suit is missing, so she calls Edna to find out what’s going on. Edna insists that Helen come see her.

Scene 13: An Important Meeting. Mr. Incredible arrives on the island and is surprised by Buddy, aka Incrediboy, who introduces himself as Syndrome, Mr. Incredible’s vindictive nemesis and a wealthy inventor with an island full of dangerous super-weapons. In a cave, Mr. Incredible discovers clues to Syndrome’s terrible scheme, including GazerBeam’s “Cronos” message.

Scene 14: E’s Lab. In her high-tech laboratory, Edna shows Helen her new uniform creations for each Incredible family member. She also lets the cat out of the bag that Bob has secretly returned to his Mr. Incredible superhero duties.

Scene 15: Secrets Revealed. Mr. Incredible enters Syndrome’s headquarters to hack into the computer system. He discovers that Syndrome has killed dozens of superheroes, and that he may be next. He also learns how Syndrome plans to send a robot to destroy the city.

Scene 16: Suiting Up. Back at home, Helen packs her suitcase to go find Bob, and includes her new Elastigirl super-suit. Dash and Violet find their suits too, and try them on. Helen resumes her identity as Elastigirl, and borrows a jet to find Mr. Incredible.

Scene 17: Missile Lock. Syndrome holds Mr. Incredible captive and reveals that his spying accidentally deployed Elastigirl’s homing signal, revealing her in-flight location and jeopardizing her safety. Elastigirl discovers Violet and Dash stowed away on the jet, just before Syndrome’s missiles destroy the plane.

Scene 18: Out to Sea. Parachuting safely to the sea, Elastigirl, Violet, and Dash use their powers to motorboat to shore -- on Nomanisan Island. Believing that his wife has been killed, Mr. Incredible is angered and threatens to get even by killing Mirage, but he can’t bring himself to do it. Syndrome is pleased that he’s broken Mr. Incredible’s spirit.

Scene 19: Good Guys/Bad Guys. Mom tells her children the truth about the real life-and-death dangers that threaten them all, and insists that their powers are no longer taboo. She instructs them to use their powers to their fullest, for the first time in their lives, to keep each other safe.

Scene 20: Elastigirl Returns. Mirage lets Syndrome know that after he was willing to sacrifice her, she no longer trusts him. Elastigirl sneaks into Syndrome’s secret rocket cave where it is preparing to launch, and battles several guards.

Scene 21: Caves & Rockets. Ignoring Violet’s reminder to stay safely hidden, Dash explores the cave and finds a tunnel leading to the rocket just as it launches. Dash dashes out to save Violet just as the flames fill the cave. As the rocket stealthily approaches the city, Dash and Violet are detected in the jungle and set off an alarm throughout the compound.

Scene 22: Lost and Found. Mirage has a change of heart and frees Mr. Incredible, telling him his family survived the crash and are on the island. Elastigirl enters and jealously hits Mirage, and is reunited with Mr. Incredible. Together they exit to rescue the kids who are being pursued by Syndrome’s guards on flying saucers.

Scene 23: 100 Mile Dash. Big chase scene in which Dash discovers he can run on water, and Violet’s invisibility outwits armed guards. Working together, they escape.

Scene 24: Reunited. Dash and Violet reunite and run into mom and dad, and all four Incredibles use their unique superpowers to combat the guards, but Syndrome manages to capture them all.

Scene 25: Bob’s Confession. The four Incredibles are held captive. An emotional Mr. Incredible tells his family that he’s come to realize that they are “my greatest adventure – and I almost missed it.” Violet uses her skills to escape and release her family.

Scene 26: Frozone & Honey. Meanwhile, back in the city at Frozone’s apartment, he and his wife Honey are arguing. He’s worried about the robot attacking the city outside his apartment window. She’s worried about their dinner party.

Scene 27: Omnidroid Attacks. Syndrome arrives to stop his own robot and trick citizens into believing he saved the city, but the robot gets the better of him. The Incredibles arrive by strapping an RV onto one of Syndrome’s jets.

Scene 28: Road Trip. Bob and Helen bicker about freeway directions as they speed to the scene of the crime. Mr. Incredible tells his wife and kids to stay behind, but they vow to stick together, no matter what.

Scene 29: The Incredibles Vs. the Omnidroid. Mr. Incredible fights the robot, while Dash snatches away the remote control from Syndrome, with Violet and Frozone’s help.

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Scene 30: Past Vs. Future. Victorious, The Incredibles ride home in a National Supers Agency limousine. Helen calls in for messages and discovers that Jack Jack has been acting strangely and his babysitter was replaced. They arrive home to find that Syndrome is holding Jack Jack hostage and plans to kidnap him to be his sidekick. But “normal” Jack Jack has other ideas, and uses his newly-developed super powers to fry Syndrome’s plans once and for all.

Scene 31: Happy Endings. Everything is back to normal suburban bliss -- only better, now that Violet is newly confident and Dash is allowed to enter a school track meet. But then a new arch rival, Moleman, arrives and threatens to disturb the peace with his huge subterranean drilling machine, hinting that the next adventure is about to begin.

Scene 32: End Credits.