

High and Lows

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So to start with this we need to be able to mark our highs and lows, so the way that we do it, is we are going by a candle by candle basis. So let's focus on the from here to here.

So we are going to start off with the weekly, and the reason why is because the weekly, daily and the 4h is where we get our overall bias.

I prefer start with weekly, because it is high enough. So on weekly we don't really change that often, but if we are talking about it from this point of view, is our high and our low is here. What we can see is, although we are having breaks of structures, we are not going to move our highs and lows until this is broken.

When we mark the highs and lows, this is known as a range, and that is going to be our trading range.



So from here what we are thinking is that price is obviously bearish, because its just broken structure, we don't need to worry about that just yet, but from this position what we are looking at price is obviously bearish, but then if you look at from the left, it looks bearish.

We only need to think about what we are going to do next in terms of the weekly bias, until this range has been broken, but at this point our bias is bearish.



In terms of moving our highs and lows at this point, using the weekly, we have just broken the high. So now we move our high into the new high. Now in terms of marking out our highs, we want to use the highest wick or the lowest wick for our low.



Now that we marked out the high because that's structure that was broken. We need to find where the low actually was. So if we come down and if we go candle by candle basis, we want to see which candle was broken.

So if we can see it from this point of view, is we still create lows, and then we create a high, so the low is now going to be this one. So that's our new low from this point.

So that's our new trading range.



Now that we have broken the previous high, our bias has now gone bullish, so we are going to be looking for buys within this range.



And obviously in terms of OBs we can also see that we have got the OB sitting here, and that is pretty much where price has reacted to, almost reached it.



So now we have broken our high again, so we are going to move our high to the most recent high which is there, and we are going to find the low that was created.

So what we can see is we created a low and then created a high, so we created at this point, this candle low was broken by this one, so that now becomes our low, so that is our low.

In terms of our weekly, so this is our weekly range and the price is in our favour in terms of being bullish. The reason why its being bullish is because broken bullish structure, simple as that.

In terms of the weekly, when we mark out our weekly highs and lows, we won't actually be doing it that often, if we think about it, because they don't move that often. This are huge moves.



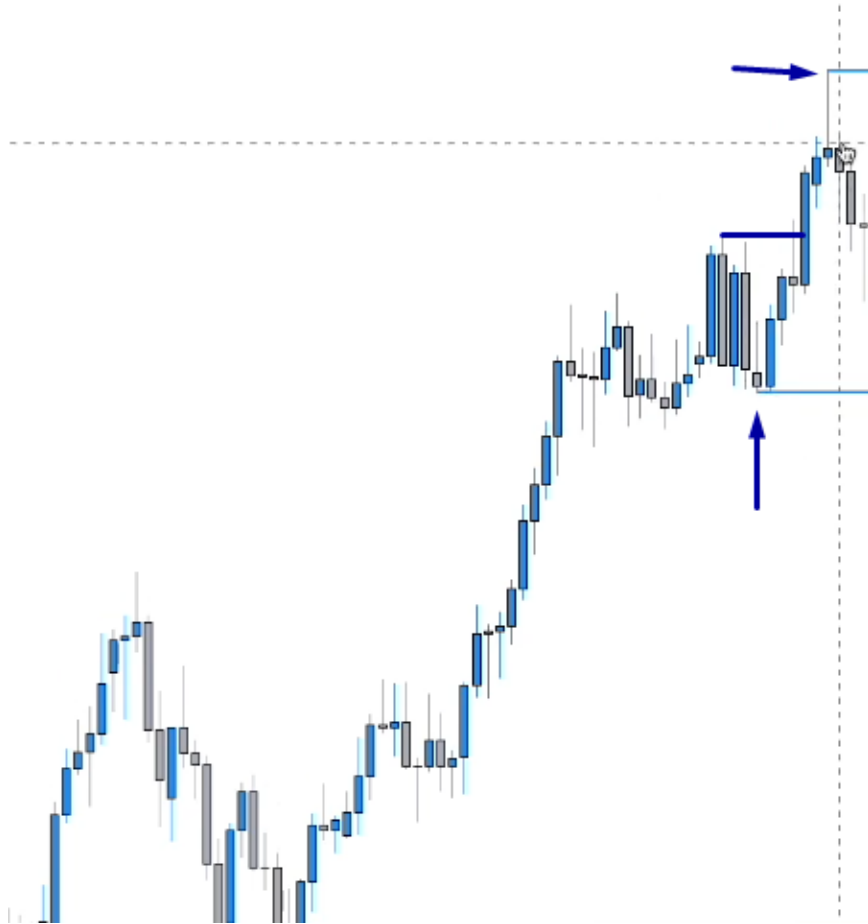
So if I move price back to where it was, now that we have established at this point, now that we have established our weekly high and low, we are going to do same thing on the daily. So we are going to establish our daily high and low.

So from this point, we can mark our daily highs and lows. So lets do it from this box.

So our daily high is there and the low that was created was here, the lowest point. We only need to be a moving our highs and lows when the structure has been broken.



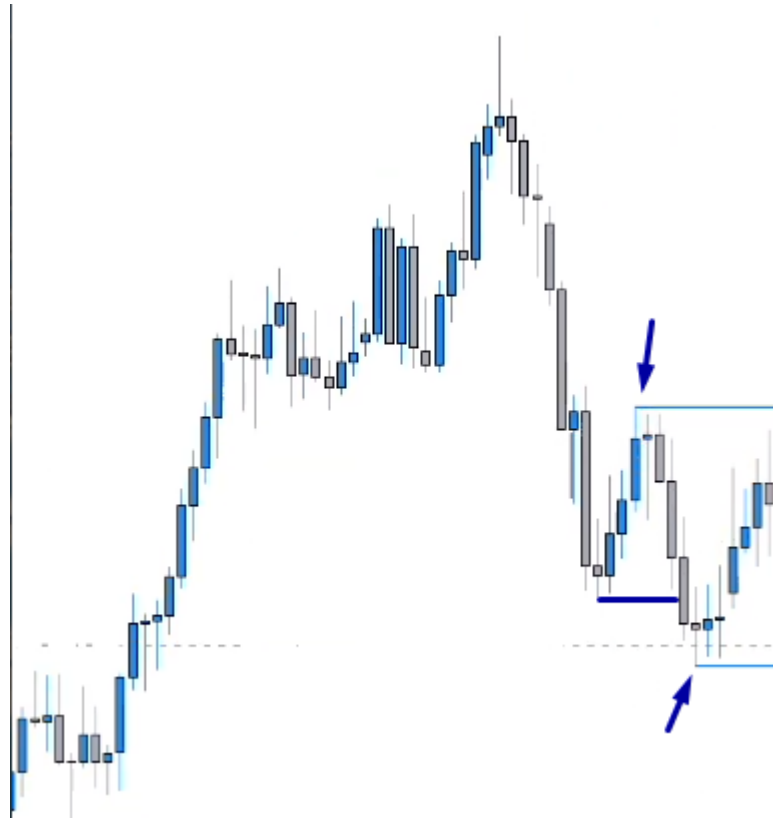
The structure has been broken, so we are going to mark this as our high, and our low from this point, what we can see we have the highest higher that bos and the lowest point is there. So that is now our low.



And then we bos the high again, so now our high is here, price is still bullish in this, where is the low that was created, was from here, this candle low is broken by this one, so our low is now here, thats the lowest point.



Now the low has been broken, so now we can move our low to this candle low, that was being made, and the high continues there.



Now the structure has been broken again, so now this is our low, and now the next high is going to be the highest point, but the high is from here.

Now we are going to wait until that either one of this ranges are broken.



What we can see is the high has been broken here, and where is the low? Now the low is this here. This our trading range and price price is bullish at this point.



Now what I mean by that is we are going to be looking for buys and we see this is the OB, we refined it to this one, we have got a liquidity wick, price obviously rejected that and gone. Its actually reacted here and then continued.



We created a new high, which is here, where we are going to find the low. So the lowest point where the terms of the candle break is here.



Now in terms of bos, we like to have a candle body bos, not just a wicks. A wick for us is just a rejection, but in terms of marking our highs and lows, we are going to use the wicks as our lowest point, but in this situation as this is the highest created that was a low, we are not going to move until either one of this has been broken.

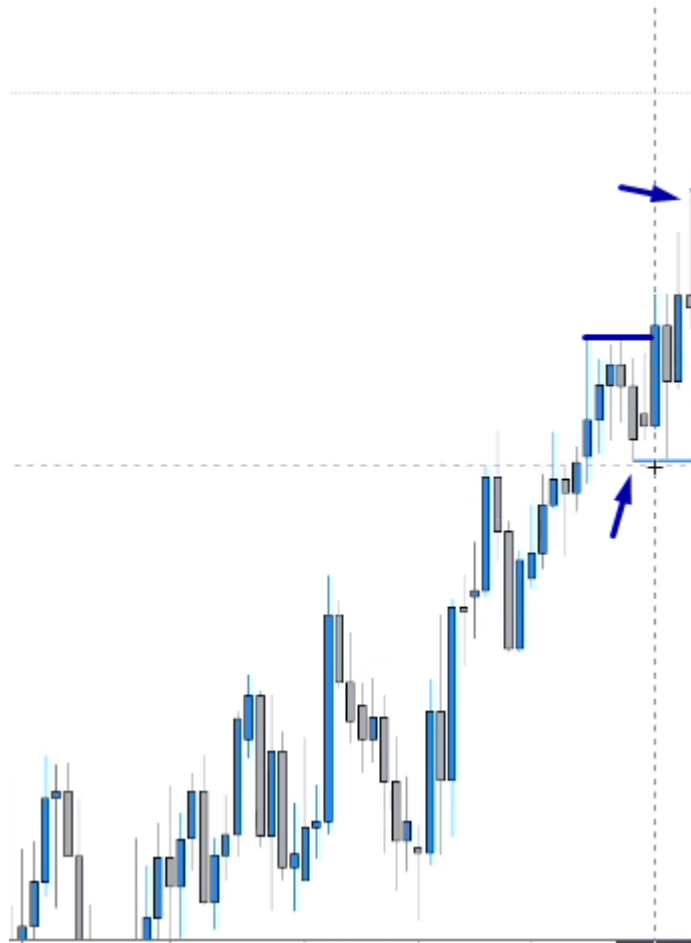
So don't worry about this when this happens.



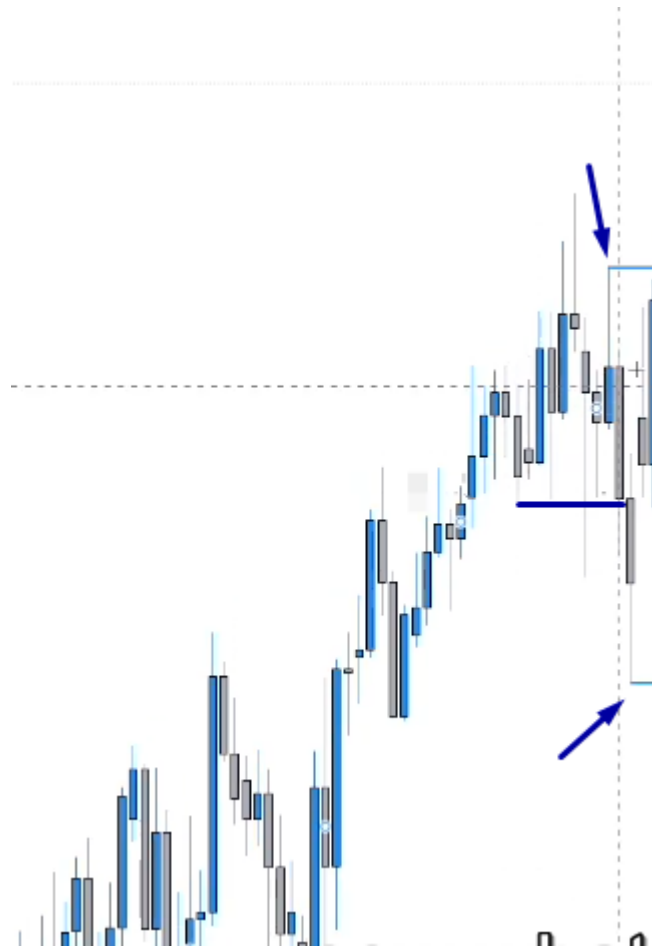
Now that we created a new high, so we are going to move our high to this one and we are going to find the low. So the lowest point is now here, so that is our new trading range from here to here on the daily.

We have now broken structure again, we created this high, because we have broken structure here by this body, and we are going to find the low, which is now here.

So this is now a new trading range from here to here.



We have bos again to the upside and we are now going to move to the highest point. Where is our lowest point? What we can see this is our low.



And then we had this weird move down, which broke this low even though, its a strange move it still broke the low and that is our low. We are gonna find the high, so our high is now going to be this one, because that body broke that before candle high.



Now what we can see is obviously a clear high break, where is the low? The low is still fine where is it.



Now we broke again to the upside and we have created a high, we are going to find the low. So the low is going to be here, so that is now our trading range.



And now we have created a new high, which is here, and this is going to be our low.

So that's how we follow our highs and lows. We're doing the exact same thing on every single timeframe.

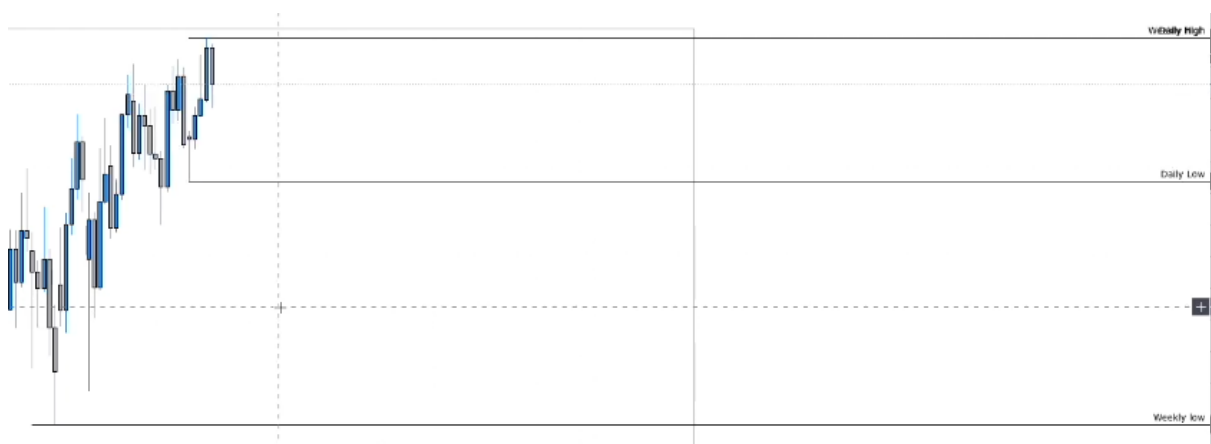
Now what why do we do that?

We want to understand what range we are in. We want to know where we are on every single timeframe, although I have removed for example where the weekly high and low were, ideally we want to keep it in, I only removed it for the video.



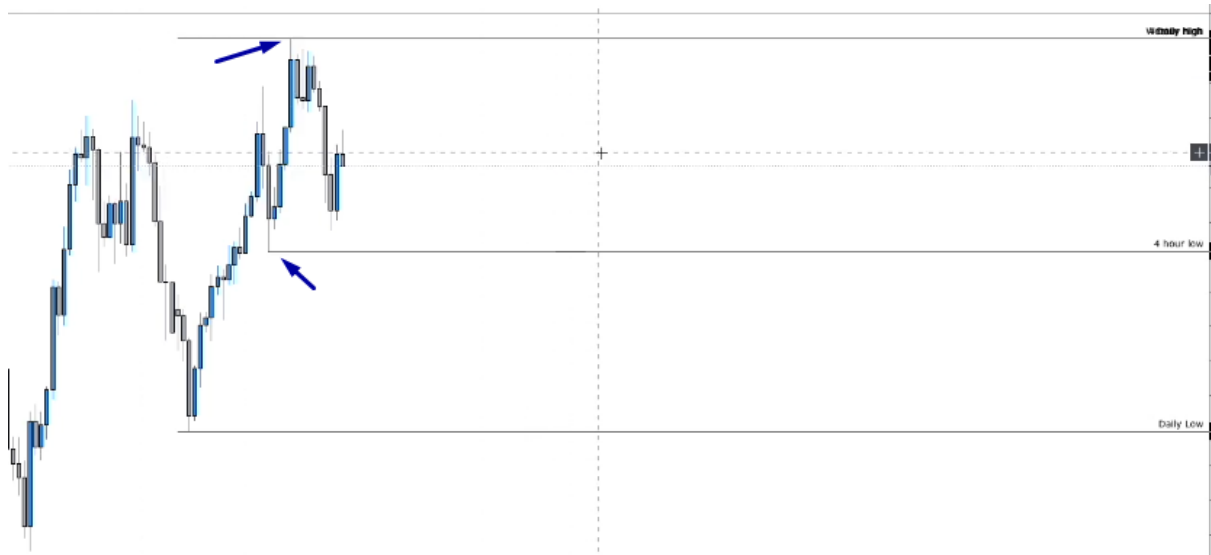
But we going to have our weekly high and low marked on every single timeframe. So our weekly high at the moment is going to be here and our weekly low is going to be this candle here.

And what we can do is put description on that lines.



If we go to the daily we are going to mark where our daily high and low are, so we will have some overlap where we will have the daily high which is here and the daily low is going to be this one.

And again we can put a description "daily high and low".



Now the H4 and look within this range our high is up here, and we can see the overlap and then we are going to do the H4 low, come down from that high we are gonna all remember to always move backwards. So now this is our low and thats the H4 low.



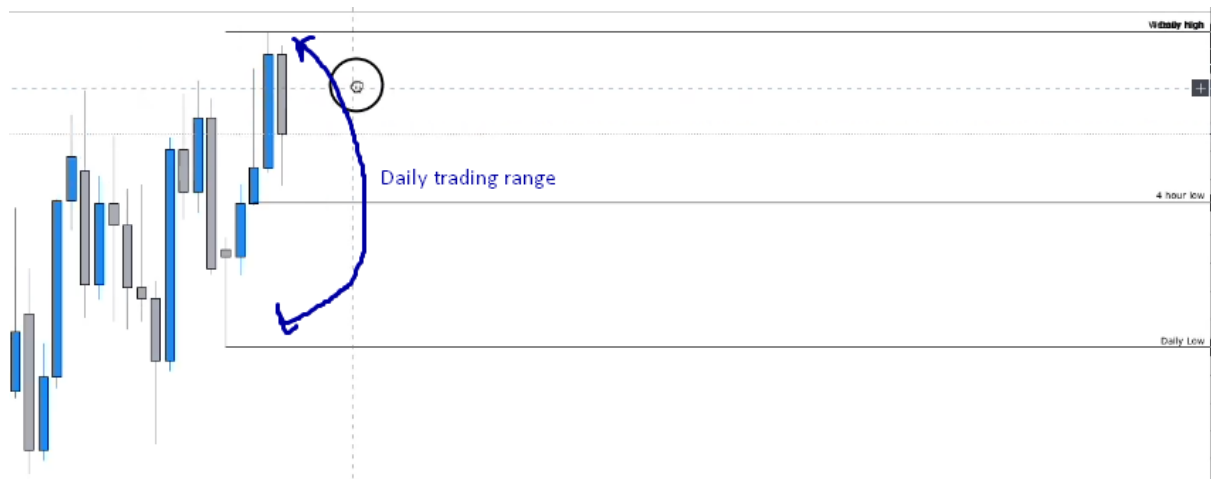
And we can keep going down the timeframes, the reason why we are making the highs and lows is because this are our trading ranges.

So for example we create this H4 range right, so we bos now the upside on the last daily move, and that was our daily range.

Price is bullish, and we know that from various timeframes.

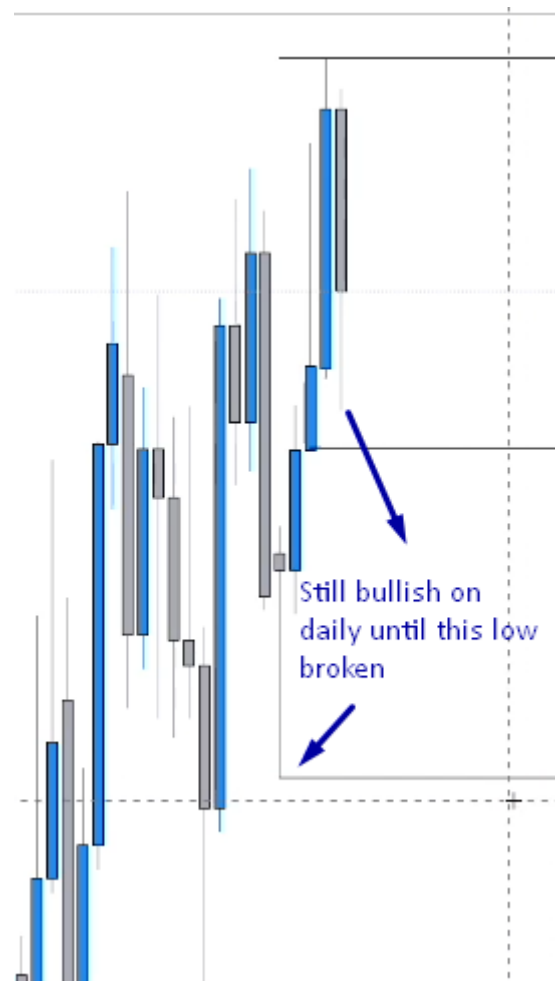
Now H4, daily, weekly is where we get our buyers from.

In the H4 our trading range is going to be from this low to this high.



From the daily range is going to be from this low to this high and so on.





So we are going to follow what the bias actually showing us, we want to stick to the range that we are following, so say for example if price goes to the downside, yes price will be bearish on the H4, but it will still be bullish on the daily until this low has been broken.

So just bear that in mind so we can do that for every single timeframe, even when we come down to doing our entries. We still mark our highs and lows and we are going to trade off them by understanding what trend we are in.