Process – low timeframes
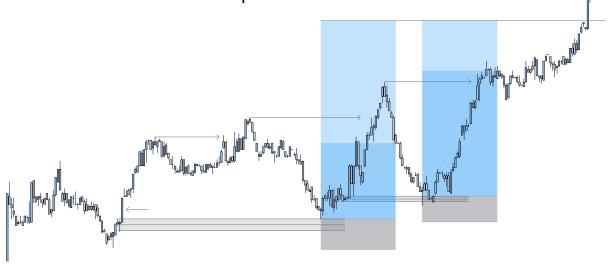
When trading low timeframes we are simply looking to follow intraday order flow one way or another through small daily ranges. Our intraday work starts by identifying an intraday range and then finding one or multiple confirmed structure entries in line with the short term price action.

Low timeframe trading | primary concepts

There are FOUR major concepts used in our low timeframe process

Structure
The core directional concept of all trading work - used for working out which way the market is heading and which way we should be looking to trade it.

Supply & Demand
The primary concept for targets & entries. Every entry made flows out of a supply or demand zone, and almost every target moves into one. Used with structure.

Market Efficiency
Used in correlation with structure & supply & demand to work out areas that need to be filled. Ideal for prime entries and crucial for choosing the most effective targets. Good also for avoiding bad 'early entry' trades.

Liquidity
Adds confluence & confidence to our trades by presenting more clarity on what the market is really doing. Helps to form high probability buying/selling ranges.

The four concepts listed above make up the core of our low timeframe work. The concepts are pulled together in a 'top-down' system from the higher timeframes for directional bias and overall plan down to the lower timeframes for execution and management of prime positions.

── 6-step process ──

Low timeframe trading follows a 6-step process which can be carried out within any session. With LTF work we use session volume so focus on London & New Yorks sessions for your trade executions and management. Close trades at NY close.

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Step 1
Use the 1h chart to form directional bias for the market. Plot imbalanced areas for price to move through for general targets and entry areas

Step 2
Scale to the 15m timeframe to start formulating a clearer view, build a hypothetical idea of a setup and the prime areas you want to see for reversals or continuations

Step 3
On the 1m/5m chart wait for a reaction from your plotted zones and if/when order flow moves in your favour find entry zones by identifying imbalanced zones (usually the zone that broke structure) after HH/LLs in the market depending on direction

Step 4
Set your buy limit/sell limit orders at the top/bottom level of the 1m zone (not the middle) and position stops below. If there is tricky PA put stops under that too. Set your TP SL and order and wait for the trade to be tapped in

Step 5
When a trade is successfully executed be ready to manage. Wait for new HH/LL in the trend and move stops to BE and find new zones to add positions. As the trade flows follow HL/LHs with stops and add scaled positions when valid.

Step 6
Follow trade through to take profit or early stop in profit. Follow the system strictly allow your orders to take your profits automatically in line with the system.

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Following the LTF 6-step system consistently will bring positive results. Always stay on top of risk management limiting position risk to 1% or 0.5% of your position per trade. DO NOT stray from the rules - breaking the strategy breaks your results!