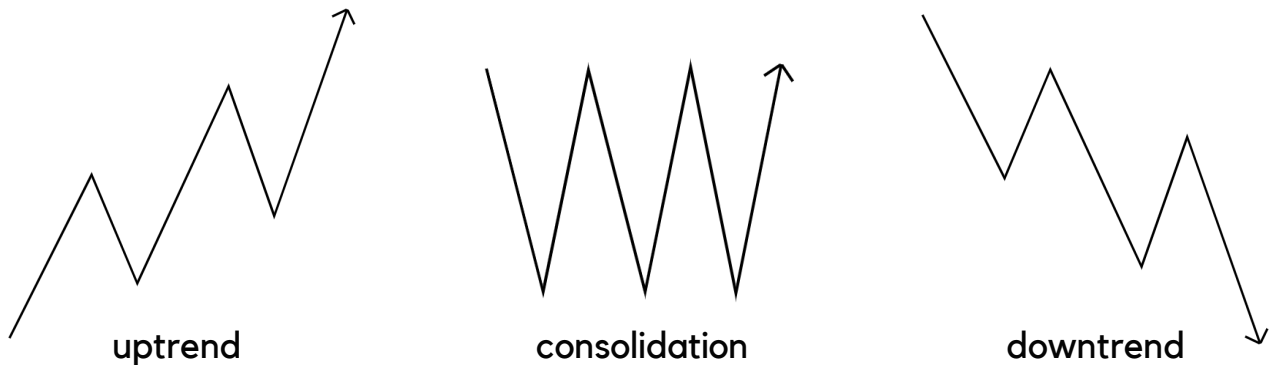
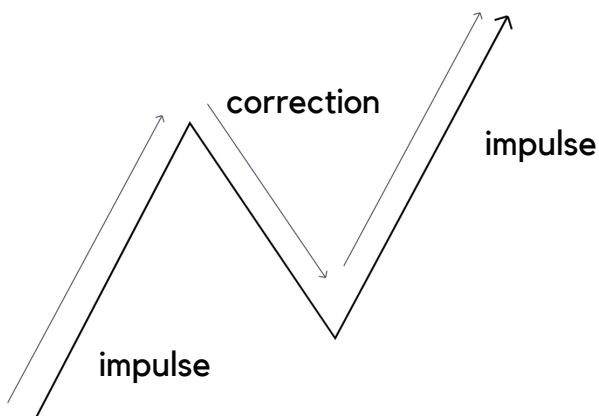


Trends - cheat sheet

Every market has 3 trend phases:

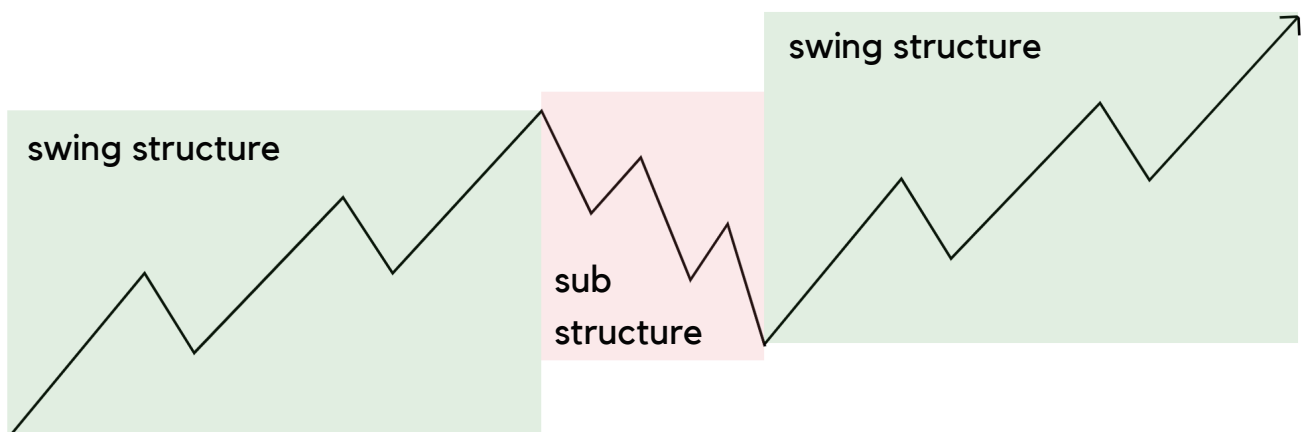


We want to trade through uptrends & downtrends primarily - *the only exception being Asian range liquidity run trading (as covered in LTF work).* When we know the trend we can trade clearly in line with the direction of the market and keep riding the trend until the market changes direction.



Uptrends & downtrends are made up of 2 key components: **impulses & corrections**. We can view the impulses & corrections as 'swing structure' & 'sub structure'.

The overall direction of the larger trend is the '**swing structure**' and the pullback move happening within each correction is a smaller trend itself, named '**sub structure**'



Using swing structure & sub structure

Swing structure & sub structure can both be traded as their own independent trends. Traders can follow price down on the higher timeframe basis using swing structure and trade the opposite way for shorter term trades within the opposing trends of the 'sub structure'.

Swing & sub trade example:

