

Course 1: Beginner Guide to Trading Forex & Crypto

What Is Trading?

Trading is the act of buying and selling financial assets with the goal of making a profit from price movements.

Unlike investing, trading usually focuses on shorter timeframes and frequent decision-making.

Markets exist because buyers and sellers agree on value at different prices.

Types of Markets

Forex (Foreign Exchange): Trading currencies like EUR/USD or GBP/USD.

Crypto: Trading digital assets like Bitcoin and Ethereum.

All markets move based on supply and demand.

How Price Moves

Prices move when there are more buyers than sellers or vice versa.

Large institutions control most of the market volume.

Retail traders follow price, not control it.

Candlesticks Explained

A candlestick shows price movement within a specific time period.

Each candle has an open, close, high, and low.

Green (or white) candles show bullish movement; red (or black) show bearish movement.

Market Structure Basics

Markets move in trends: uptrend, downtrend, or range.

Higher highs and higher lows indicate an uptrend.

Lower highs and lower lows indicate a downtrend.

Basic Terminology

Pip: Smallest price movement in forex.

Lot: Trade size.

Spread: Difference between buy and sell price.

Leverage: Borrowed capital to increase exposure.

Important Numbers & Figures

Risk per trade should be small (1–2%).

Win rate and risk-to-reward matter more than being right.

Consistency beats big wins.