

# **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.