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**Ideal Swings Conditions For Any Market**



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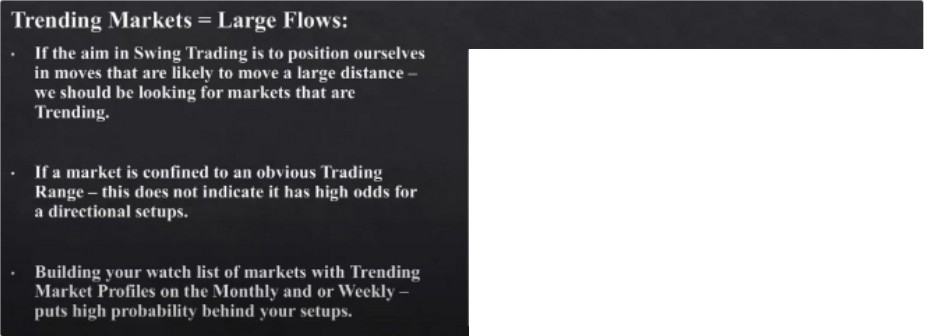
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**Consolidation**

**{Trending} Reversal**

**Consolidation Trending Reversal**

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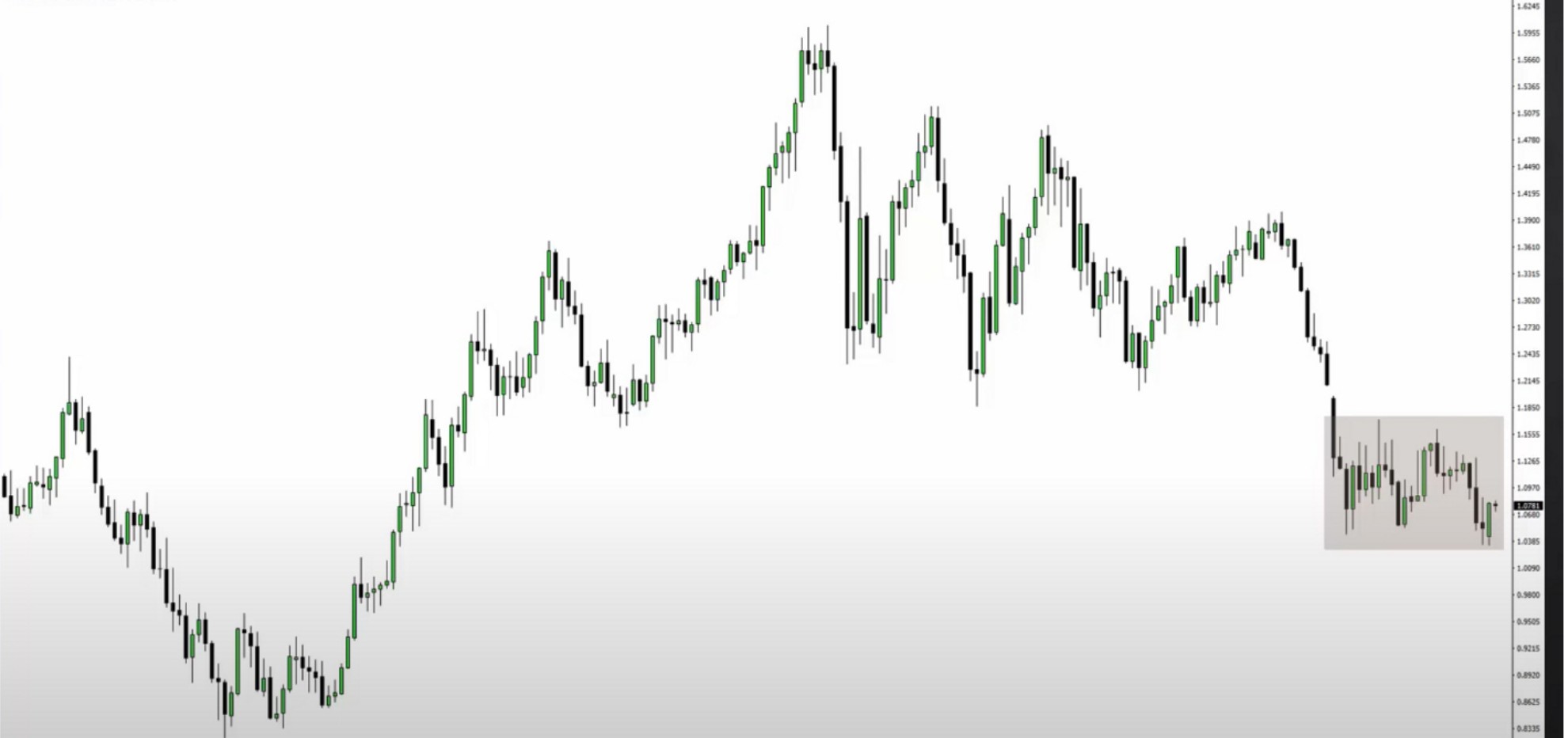
When we leave a consolidation area, chances are were going to be in a trending enviroment Trending markets have funds behind them

Avoid consolidating markets, theres a lack of buying and selling



Avoid your brain to tell you that it wants to reverse, follow the trend If it gives you losses, then its likely making a shift

And just because the monhtly moves higher doesnt mean theres a setup, theres other things to look for as well



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Consolidation profile

Consolidation profiles are tradeable, but its not for swing trading you want to be looking for a trending market for swing trading



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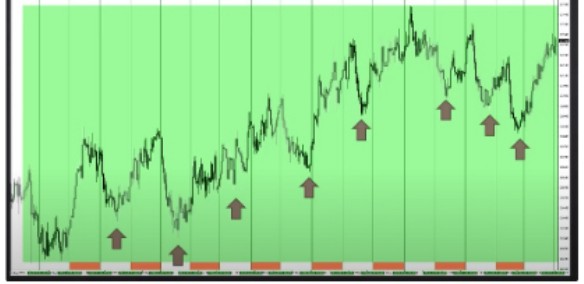
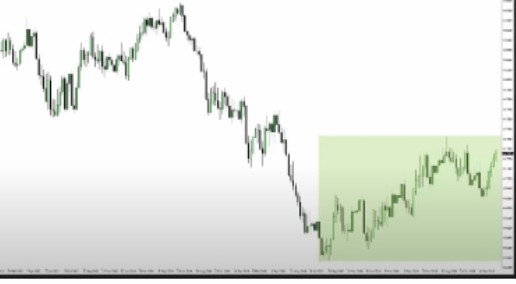
Trending profile

It shows a willingness to leave a consolidation, thats very strong for swing trading



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Each line is a new month

You hold swing trades for about 2 weeks or longer, this gives you an idea of where you want to get involved

We look for strong trending plays, you can combine this with month 5 the long term position trading month and build long term positions and swing trade positions

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