



# Swing Trading Strategy Pack

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**Time to apply:** ~20 minutes

**Target audience:** Traders who want bigger moves without staring at charts all day

**Theme:** Swing setups, daily structure, patience, higher R-multiples

**Asset ID:** 012

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## 1. What Is Swing Trading?

Swing trading means holding trades for 1–5 days, catching bigger market moves. Unlike scalping or day trading, swing setups focus on daily/4H structure and strong confluence.

You can:

- Ride trends with less screen time
  - Use higher RRR (3:1+ targets)
  - Trade only 2–3 times per week
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## 2. Setup #1: Break & Retest

1. Identify a clean breakout of daily/4H support or resistance.
2. Wait for retest (wick rejection or engulfing).
3. Enter with SL behind structure, TP at next HTF level.

**Checklist:**

- Break confirmed with volume
  - Retest candle close in your favor
  - $RR \geq 2:1$
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### 3. Setup #2: Supply/Demand Zones

1. Mark strong daily supply/demand areas.
2. Price enters zone → look for reversal candle on 1H/4H.
3. Enter with SL beyond zone edge.

#### Example:

- Demand zone on EUR/USD daily chart
  - 4H bullish engulfing at zone → long setup
  - TP at mid-range or previous high
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### 4. Setup #3: Trendline Play

1. Draw trendline with at least 3 touches.
2. Enter on bounce + confirmation candle.
3. SL below trendline (long) or above (short).

**Pro tip:** Combine with fib retracement for extra confluence.

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### 5. Risk & Psychology Rules

- Risk 0.5–1% per swing trade (wider SLs needed).
  - Accept overnight exposure (set alerts, don't stare).
  - Take partials at key levels (scale out 50%).
  - Journal every swing setup → patience is skill.
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### 6. Tools To Support Swing Trading

Tool	Use Case	Link
TradingView	HTF charting & alerts	<a href="https://tradingview.com">tradingview.com</a>
FX Calendar	News filter (avoid surprises)	<a href="https://forexfactory.com">forexfactory.com</a>
EarnBasis	More strategy drops	<a href="https://earnbasis.com">earnbasis.com</a>

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### Bonus Tip: Weekly Scan

Every Sunday, scan top 10 pairs. Mark bias + 1–2 swing zones. Trade only when price comes to you.

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