

FLIPPING MARKETS

TRADING PLAN 2.0.1



**FLIPPING
MARKETS**

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First of all:

I'd like to give credit to my mentor,
and to the course I learned the most
from.

Always give credit to the ones who's
led you to success.

The course:



phantomtradingfx

My mentor:



fractalmarkets



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SESSION BROKER NEWS



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Session and broker talk

I recommend choosing only **one** pair / metal / index, in only **one** session (London and New York are the best choices)

You should master the chosen pair by backtesting it (I highly recommend to use **TradingView** Pro plan, so you can replay price on any timeframe). Start by going back a few weeks on the chart, and backtest every single chosen session.

This will help you to understand the theories and logic behind everything the **chosen** pair does (in the chosen session of course!!!)

Trading on 4-5 or even more pairs will **confuse** you using this strategy.



Personally, I **only** trade **EUR/USD** in **New York** session, from 2pm to 5pm (GMT+2 timezone, Hungary), meaning I'm actively trading 3 hours/day. I started to trade forex for financial and time **freedom**. Why would I trade 8-10 hours a day then? Trust me, EVERY session has more than enough opportunities EVERY SINGLE DAY!

This is the most optimal session time for me.

Broker choice:

- Do some research, and use that broker who can satisfy your needs
- offers the lowest spreads
- pay you out without a question
- Personally I use ICmarkets, shoutout to them.

News:

- Before every session open, you should go and check out if there's any upcoming **HIGH IMPACT** news.
- I recommend <https://www.forexfactory.com/calendar> (Forex Factory calendar) for this purpose.
- Trading news is **risky**. In order to protect your capital you should **ALWAYS be careful** opening a trade before high impacts (marked with **red** folder on Fx Factory)
- If you've got an open position before the news are released, you should manage it to **risk free** (put your stoploss to at least BreakEven [BE])



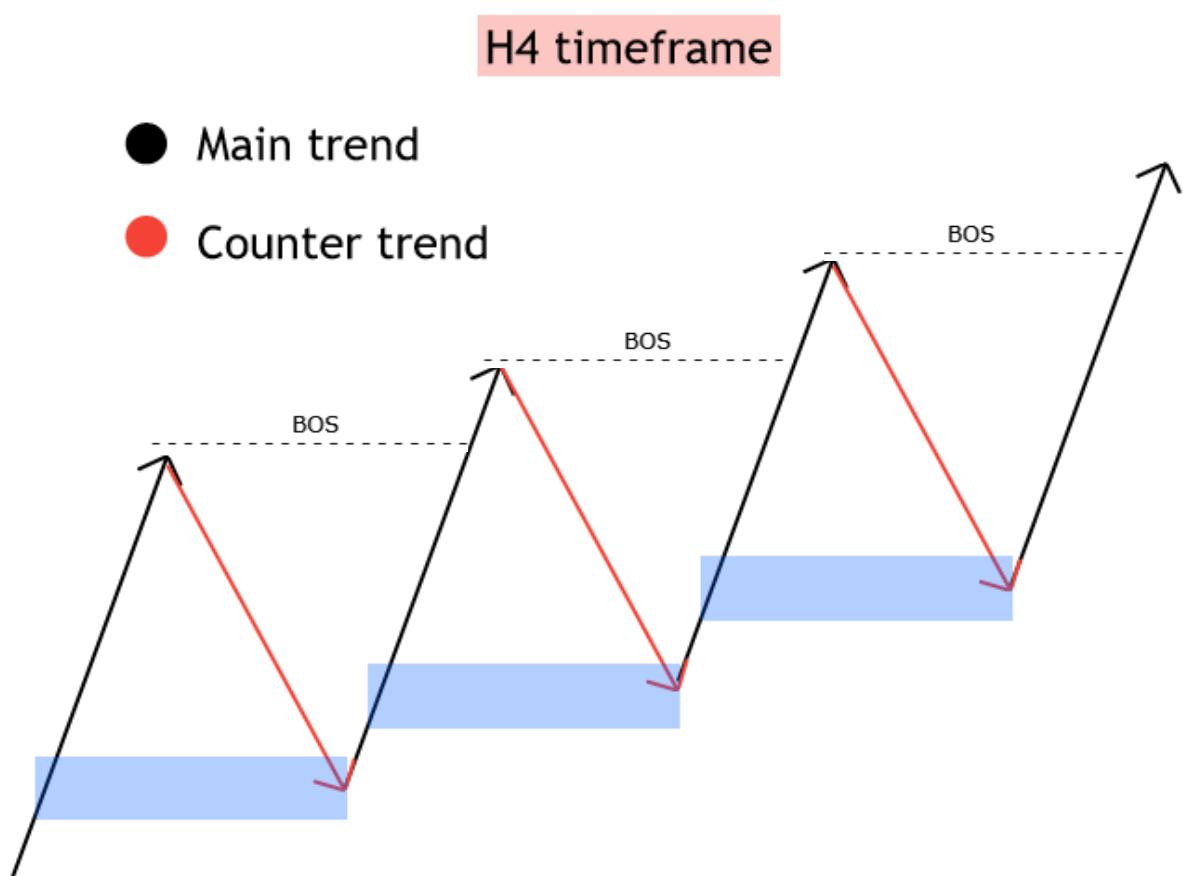
STRUCTURE WEAK/STRONG POINTS



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Structure mapping

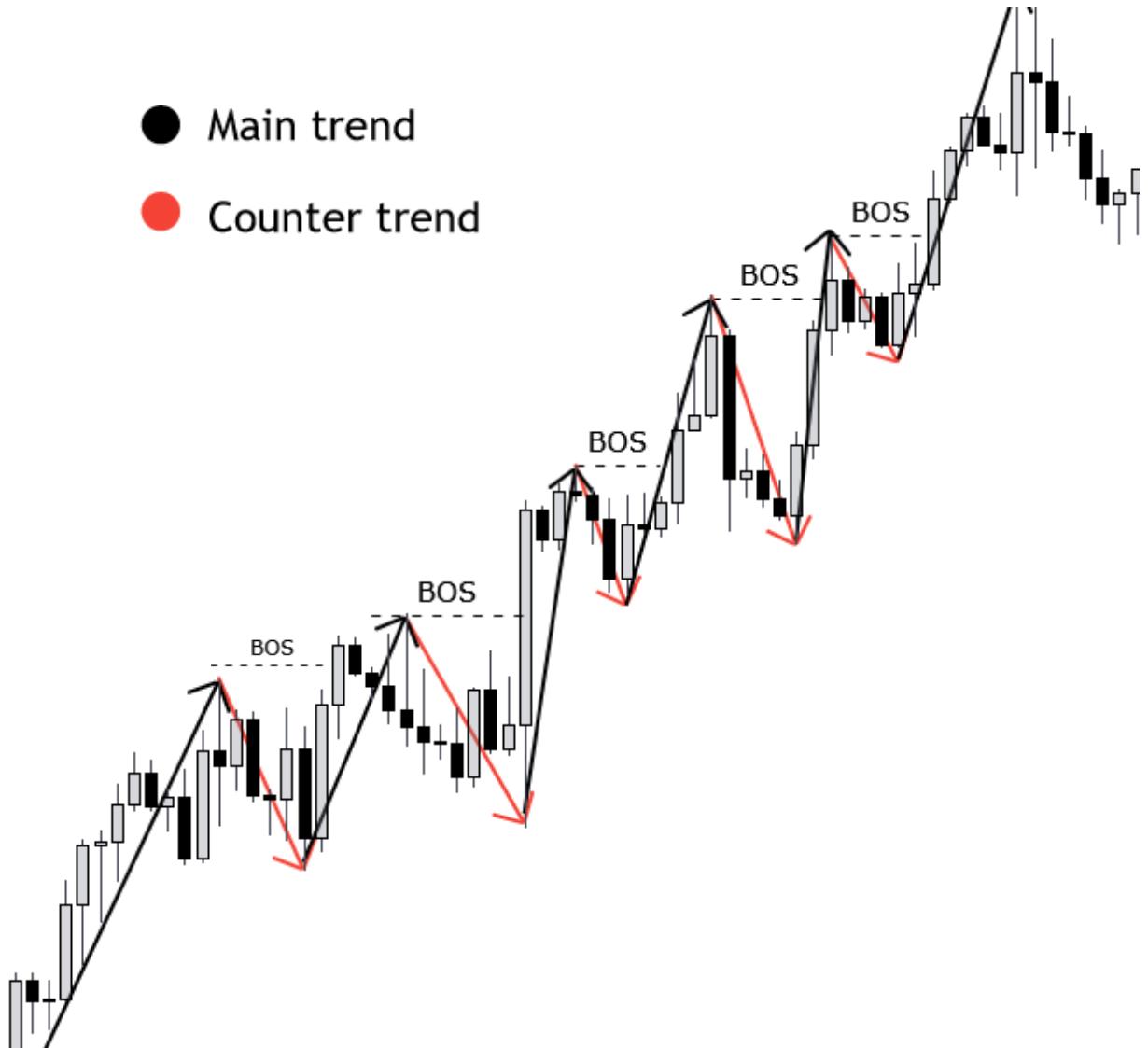
Following the market structure, and understanding the pro and counter trend is one of the most important thing in trading



Red arrows are the pullback phases of the main trend.

Trading these movements are counter trend trades.





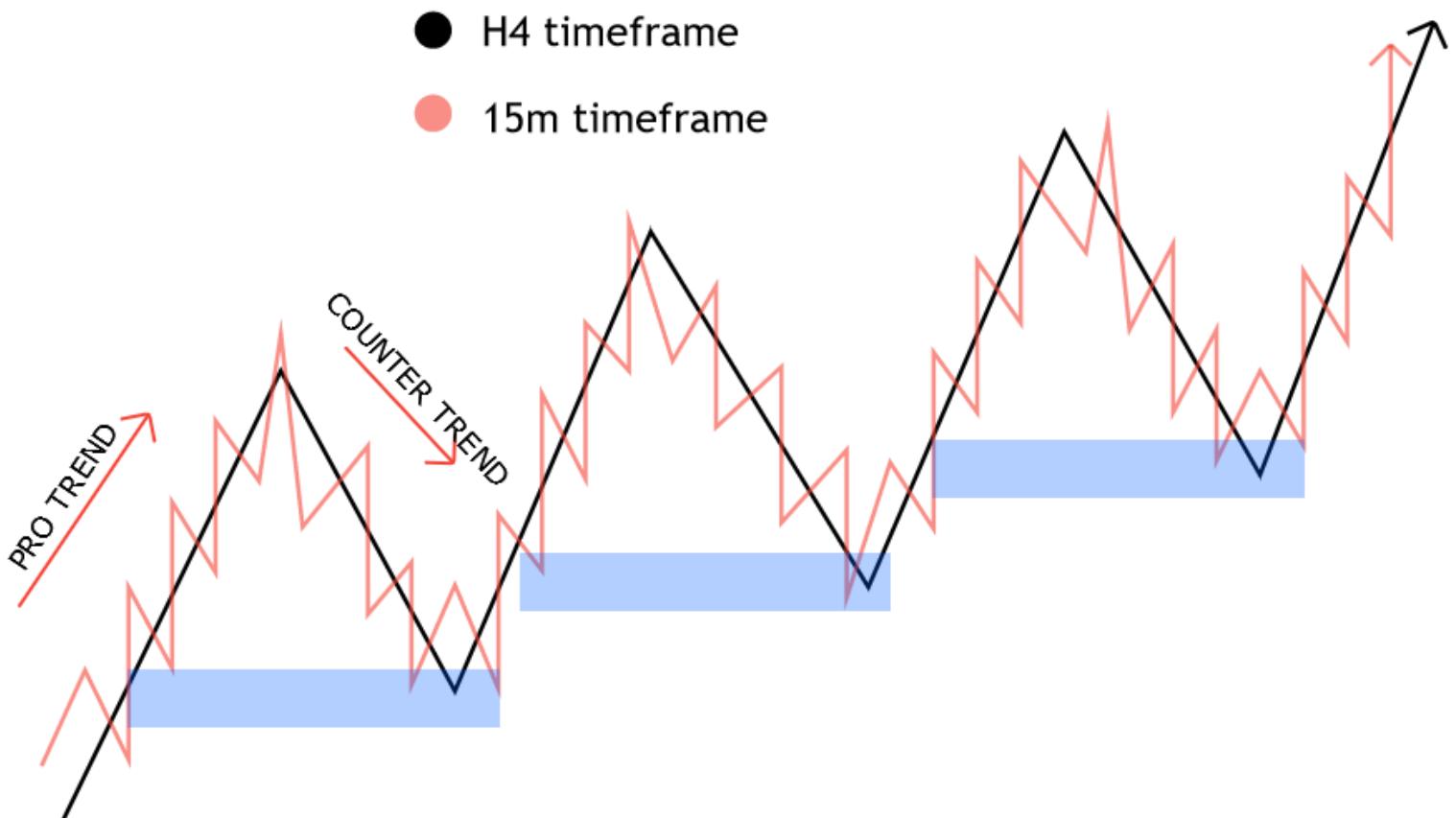
Main trend movements are more impulsive than the Counter trend. Thereby it's easier and safer to catch pips in the main trend.
You can trade counter trend too, but always calculate with the fact, that it's more unpredictable.



The H4 timeframe price action looks like this on the 15m timeframe.

But you can apply this on any timeframe.

The 15m price action (black), will look like this on the 1m timeframe (red).



Understanding the HTF (H4, 15M) movements will lead you to success trading on the LTF (1m).

ALWAYS look at the bigger picture before you execute trades on the 1m.

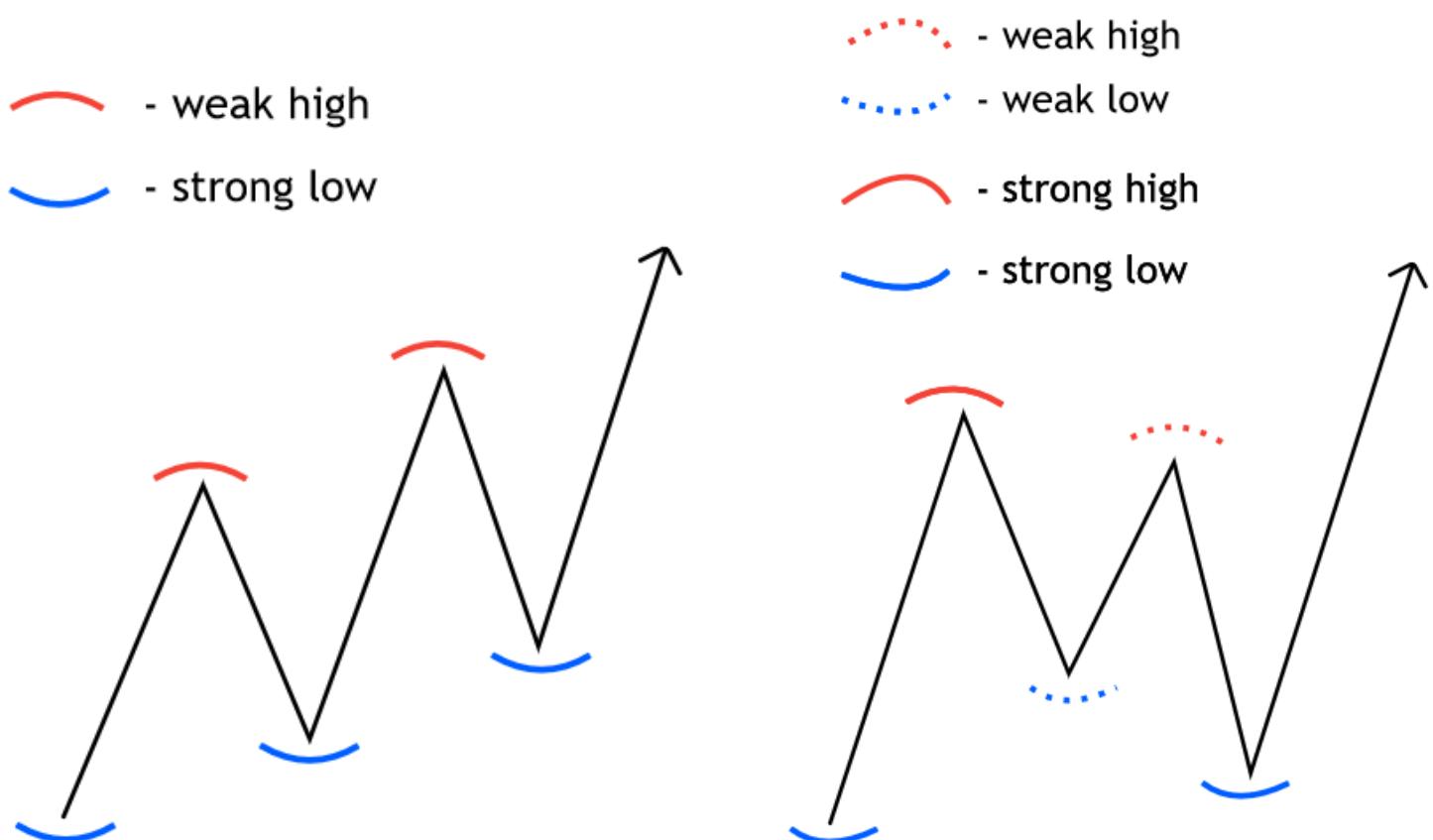
It can be noisy if you don't master the higher timeframes first



WEAK / STRONG points

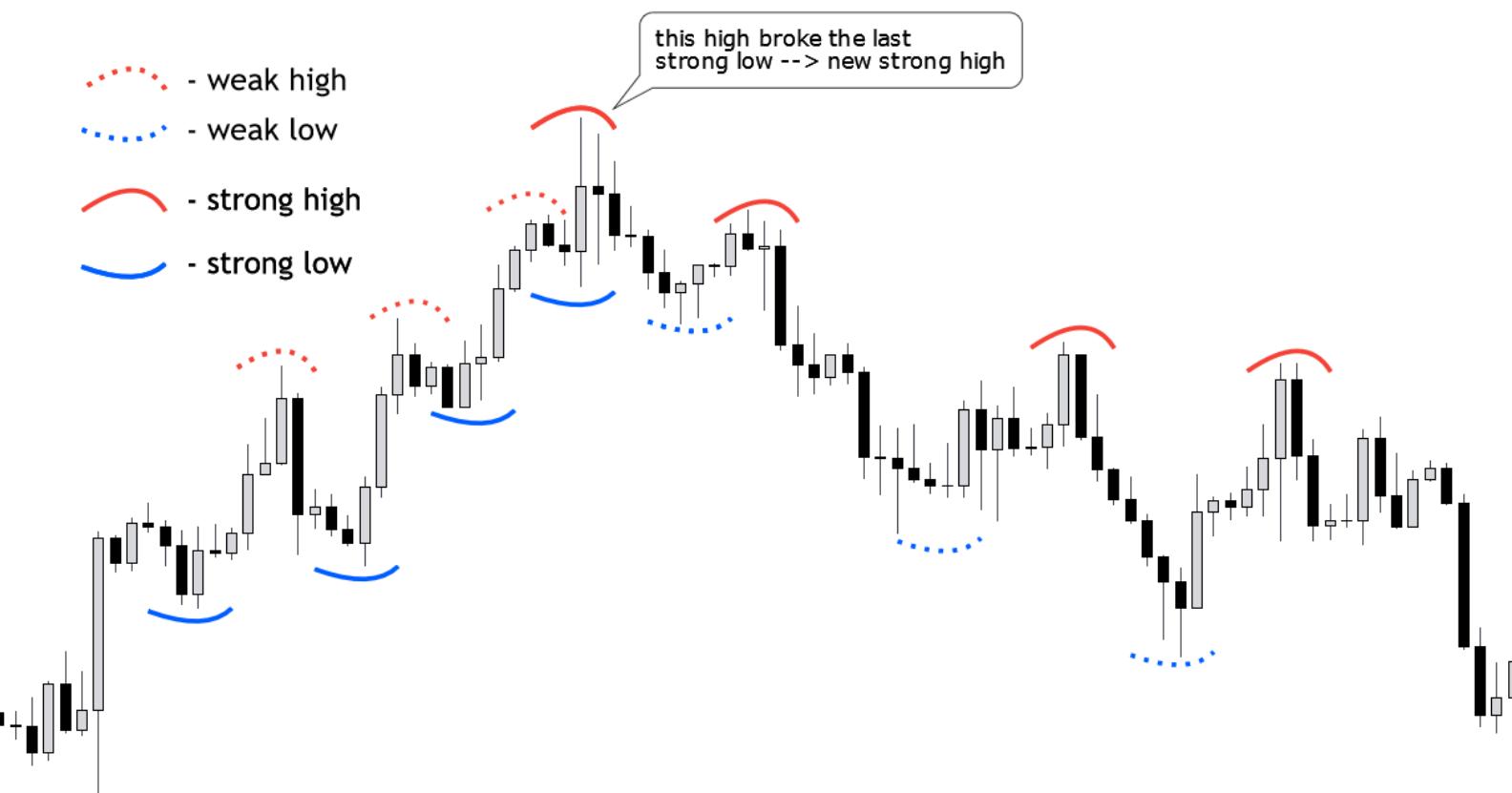
Strong highs/lows: A structural point will be confirmed as strong, when it can break through the latest opposite zone. (for example: demand will be strong if it can break through the last supply)

Weak highs/lows: A structural point will be confirmed as weak, if it can't break through the latest opposite zone and rejects on it.



If a weak high breaks through a weak low, it won't make it strong.





Series of strong lows and weak highs.
After the last high broke through the last
STRONG low, the character has been
changed, and price started to form series
of strong highs and weak lows.



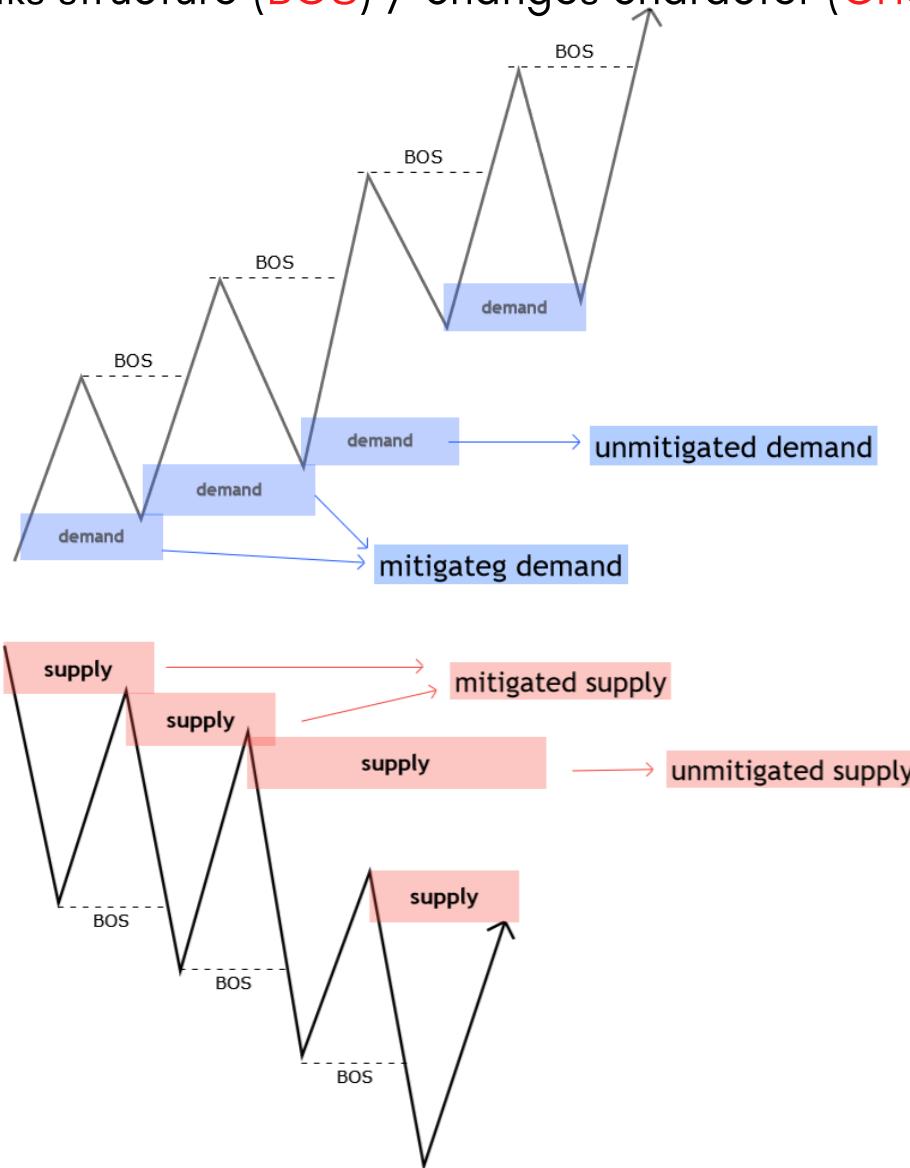
**SUPPLY/
DEMAND
MITIGATION
INEFFICIENCY**



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Supply and Demand explained

supply/demand is a zone, where price rapidly pushes away from (lots of orders placed), creating inefficiency (IFC) , and breaks structure (BOS) / changes character (CHoCH).



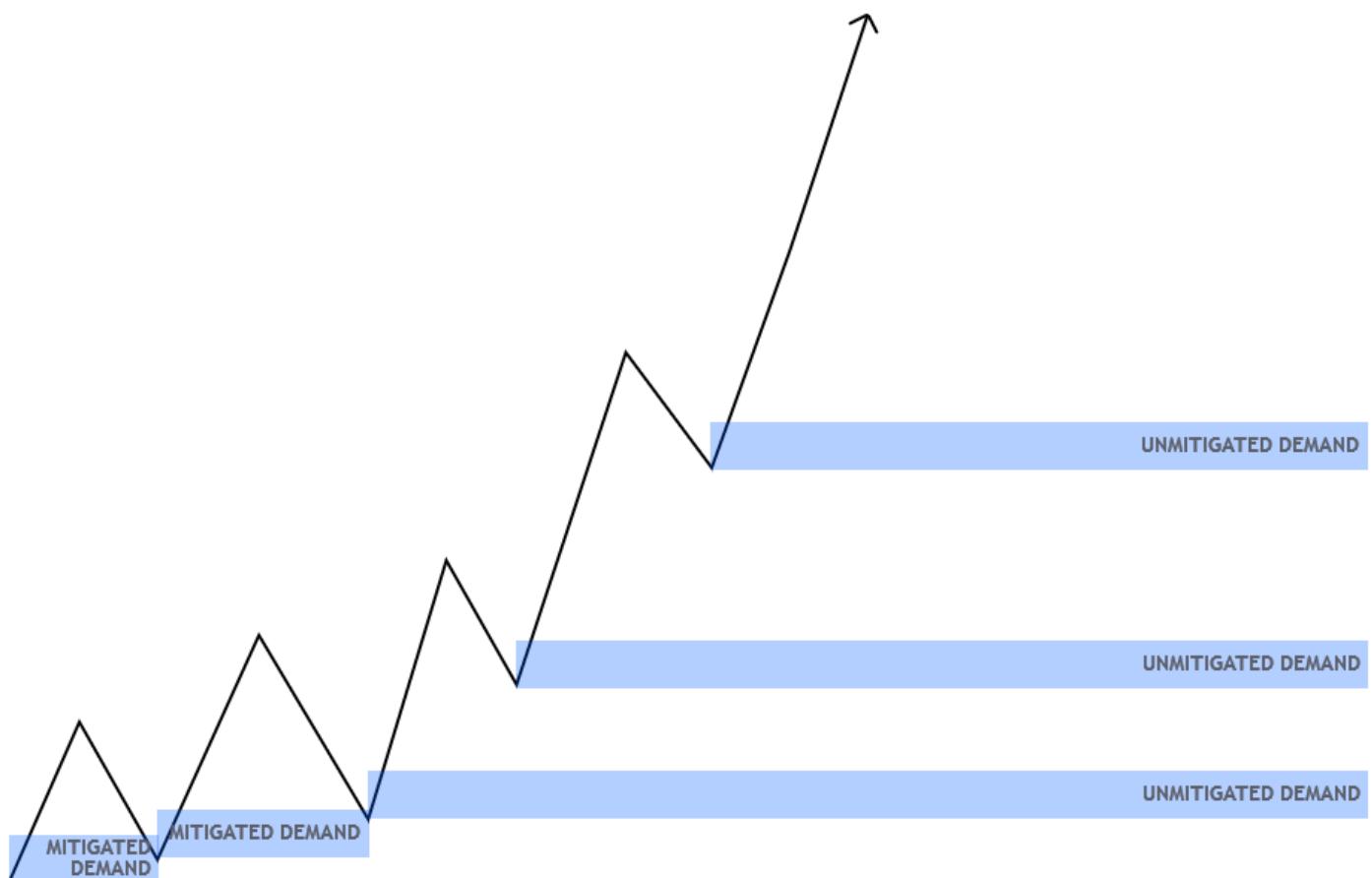
the 2(+1) factors you should pay attention to:

- Did it create IFC?
- Did it break structure, or change character? (Did it break S/D?)
- (did it create liquidity?)



What's mitigated / unmitigated?

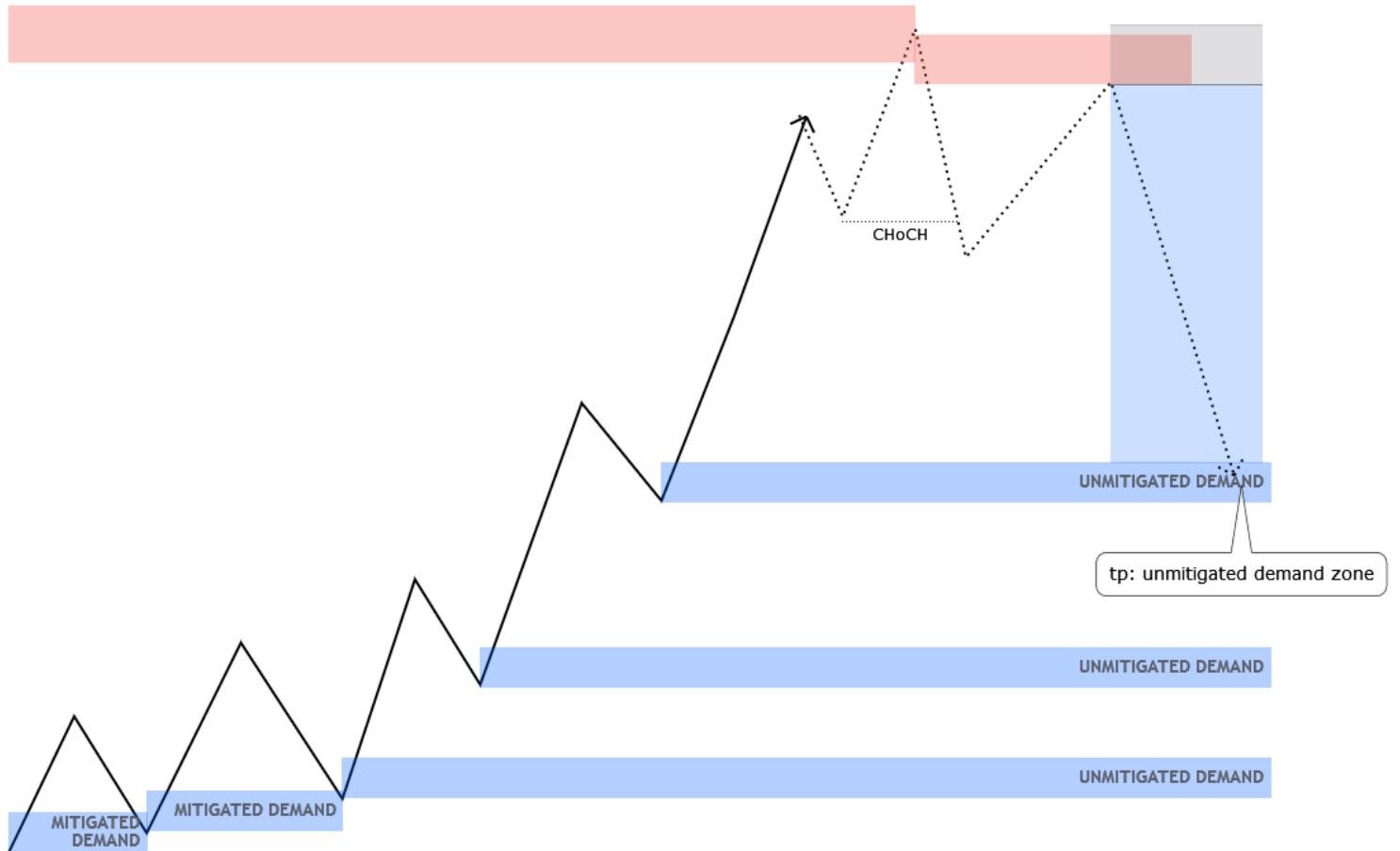
- when price taps into a d/s zone, that has not been tapped yet, it becomes mitigated from unmitigated



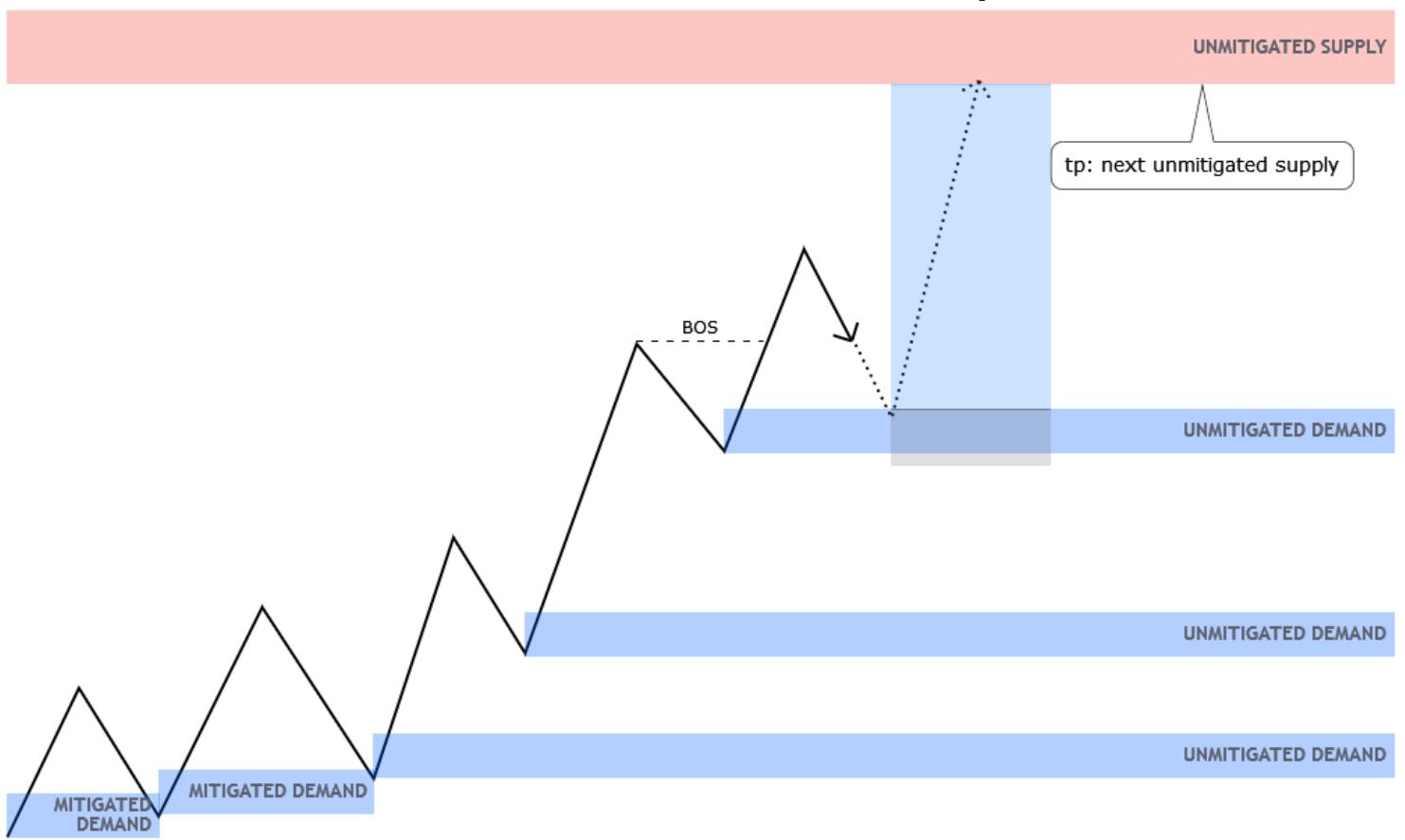
- These unmitigated zones could be our TP points after CHoCH, or entry points on continuation.



CHoCH example

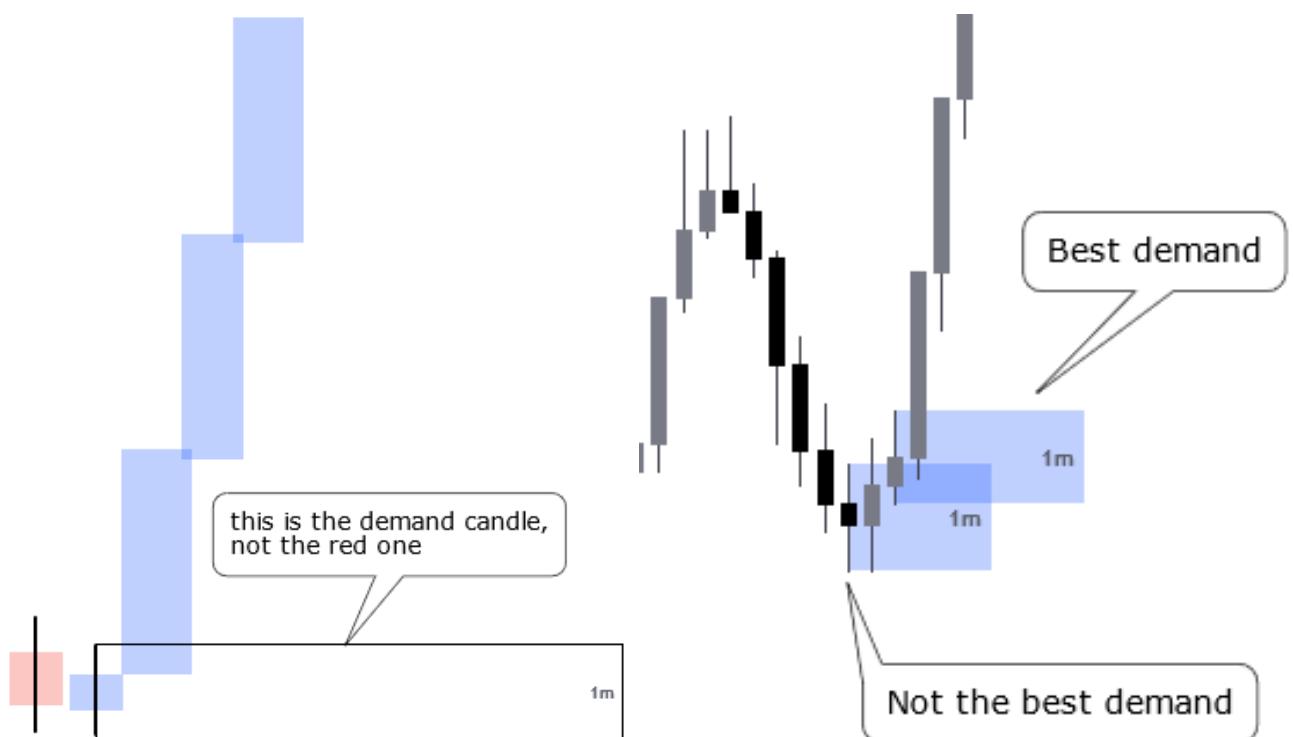


Continuation example

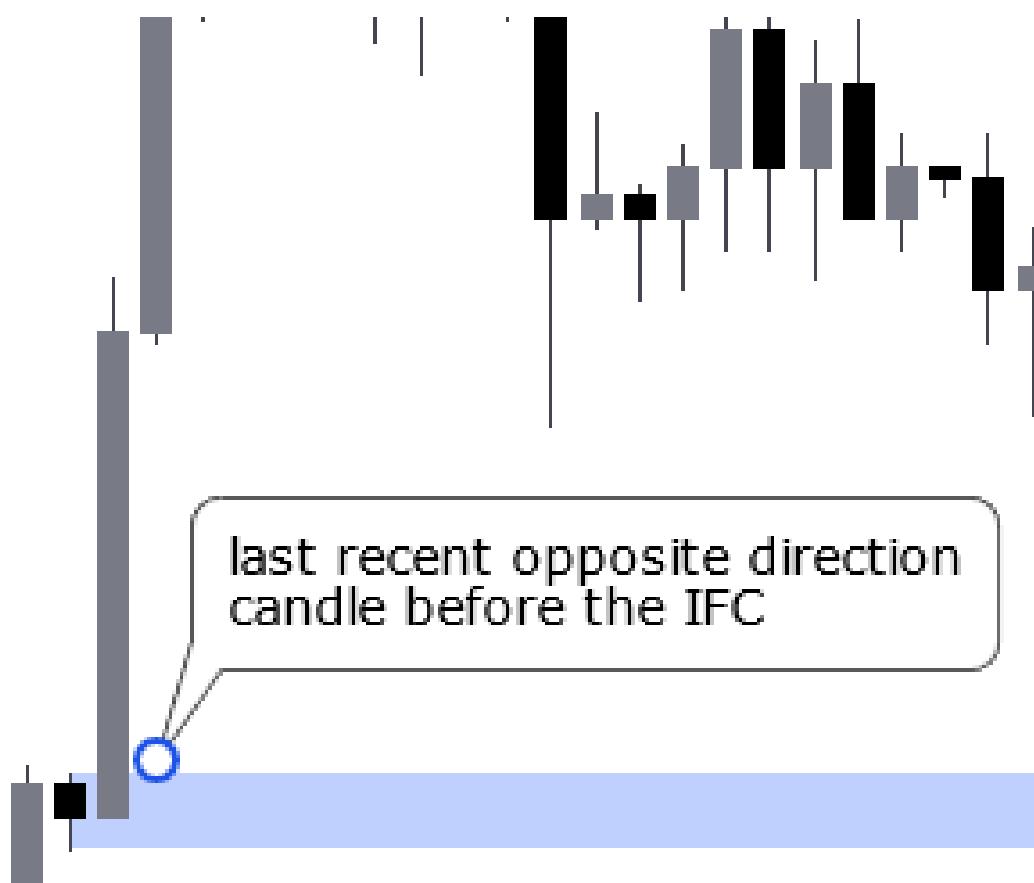
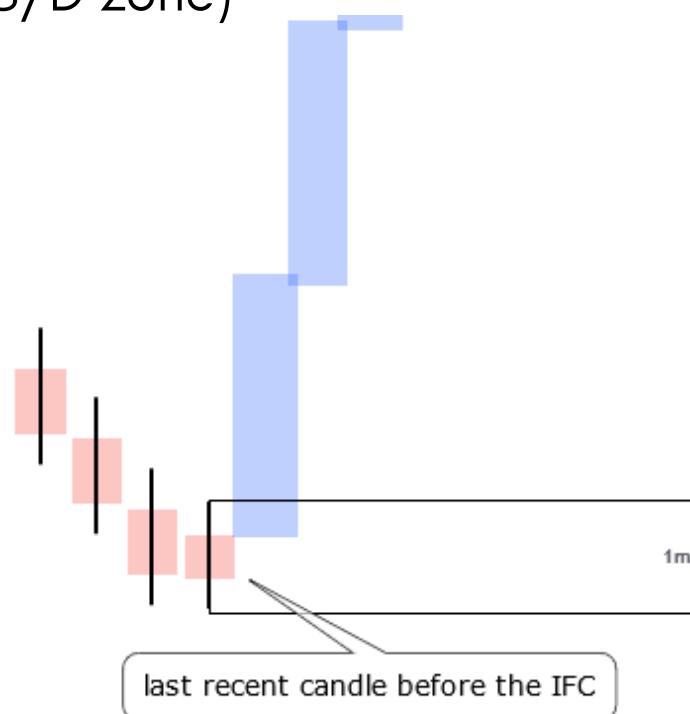


In order to find the best s/d zone:

- find areas where IFC has been created
- find the last recent candle before the IFC
- it doesn't have to be an opposite direction candle! (for example: if the IFC was created on the long side, you can choose an upside move candle, it doesn't have to be a downside move candle.)



Always choose the last recent candle that created the IFC! This will be your valid S/D zone
(don't forget that it has to break structure / opposite S/D zone)

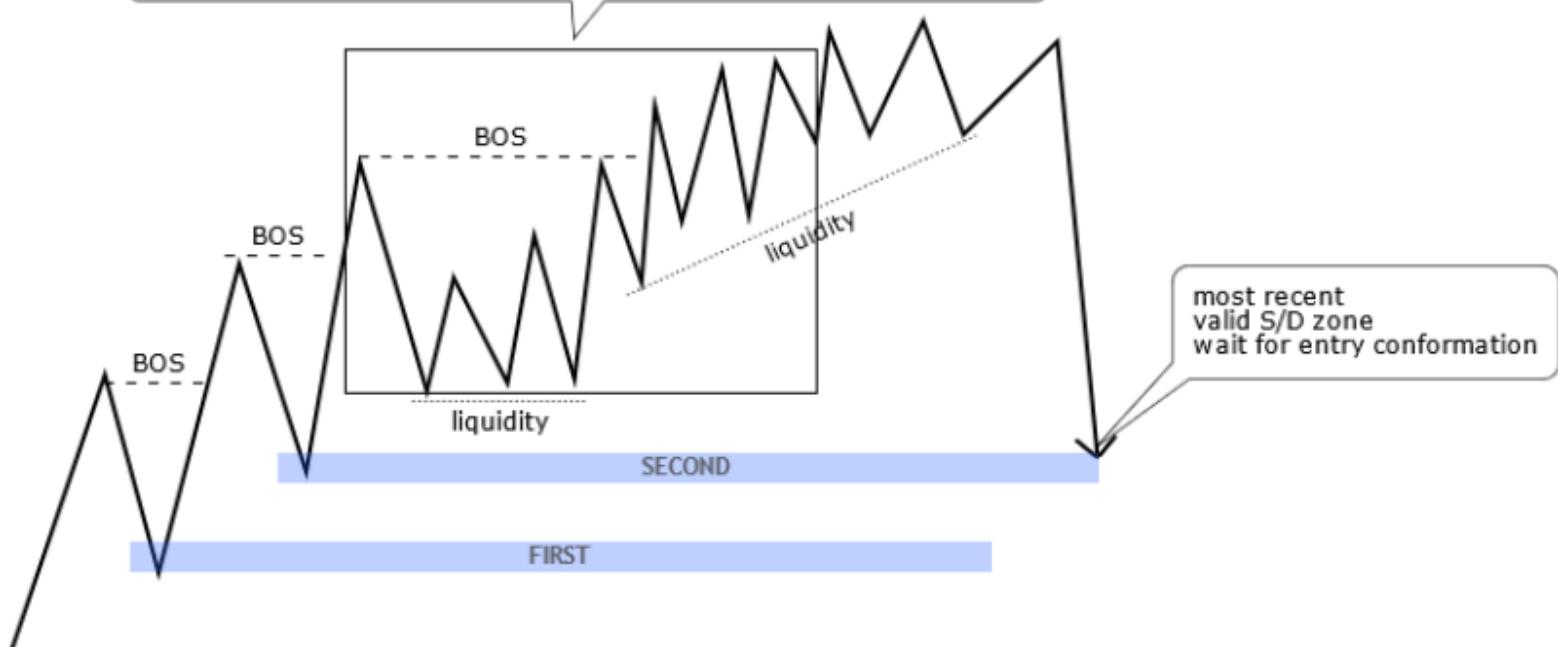


As I mentioned above, Supply/demand zones are the most valuable for me, if the price rapidly pushes away, creates IFC, and changes character (CHoCH). (example below)



Always use the most RECENT S/D that gave us the 3 factors.

area marked with a box is not a valid demand zone
it broke structure, but didn't leave IFC behind like the "second" zone.
also it built lots of liquidity on the way up, which confirms that our
"first" or "second zone will be our POI



If one of the factors is missing, it won't be a high probability setup.

Try to take only the high probability setups to protect yourself from unnecessary losses.



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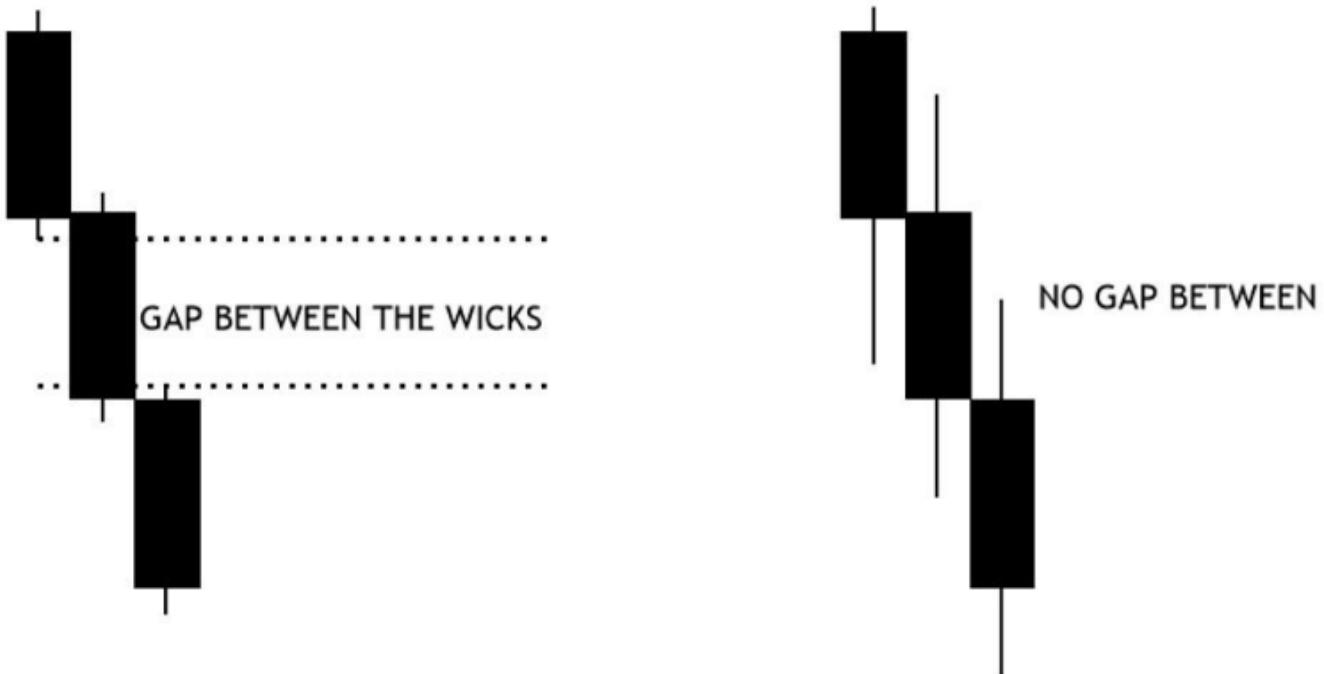
IFC explanation

Unfilled price area,

"IFC"

Inefficiency

Efficiency



When the market moves rapidly, and leaves inefficiency behind, price usually fills the created gap to restore balance.

Assigning IFCs, and combining them with Supply and Demand zones, can make you avoid lot of early entries, and can save you from unnecessary losses.

IFC has a lot of synonyms, such as:

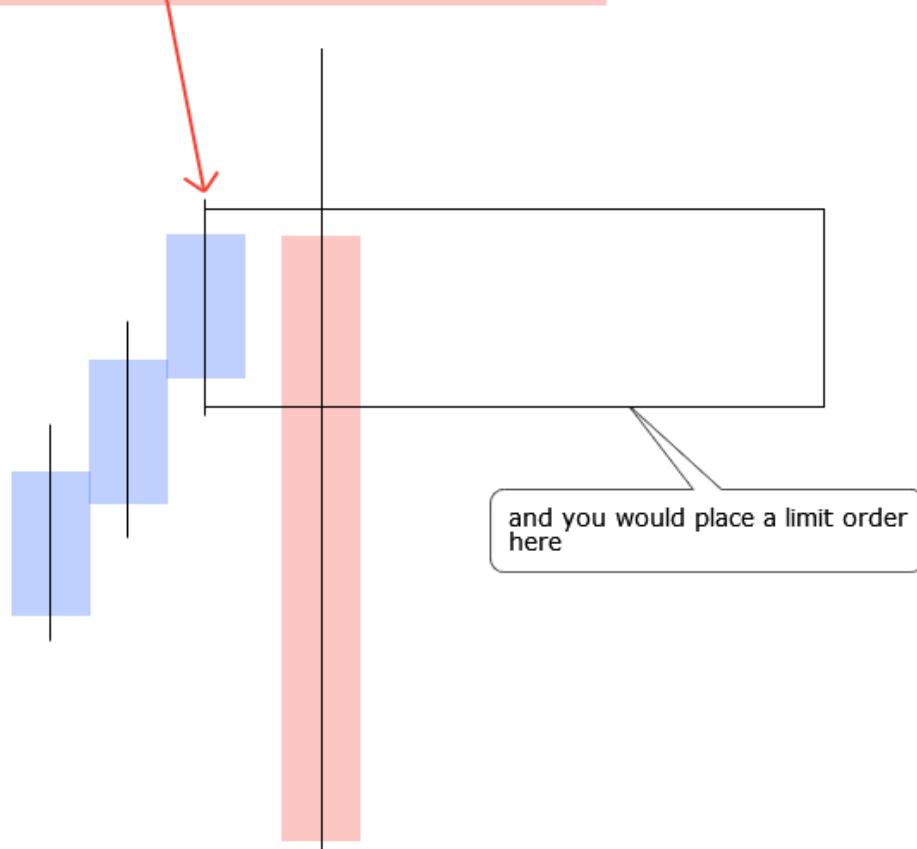
Imbalance, GAP, Fair value gap, unfairness, etc.



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When should you use the wicks as zones?

Normally you would mark this zone as supply, right?

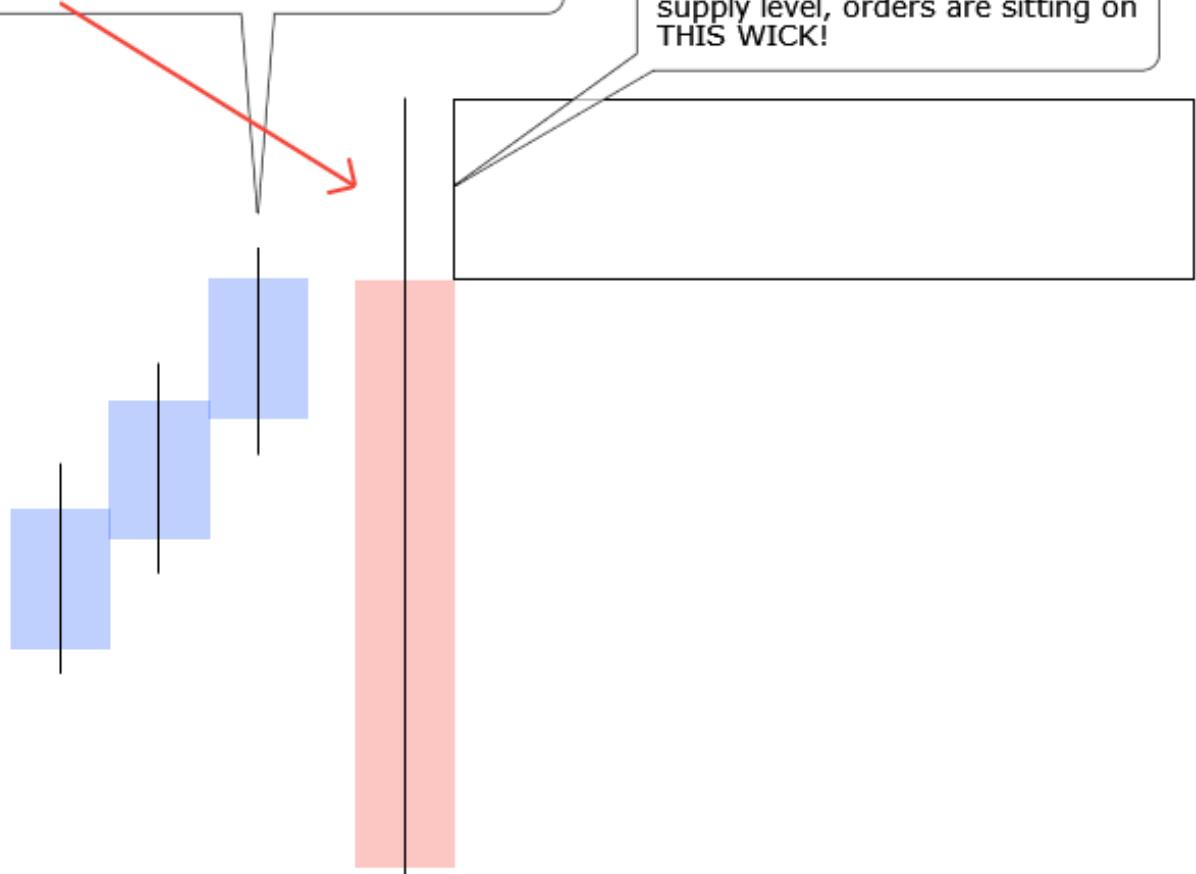


In these scenarios most of the orders would be stopped out. You should consider the wick before the IFC!



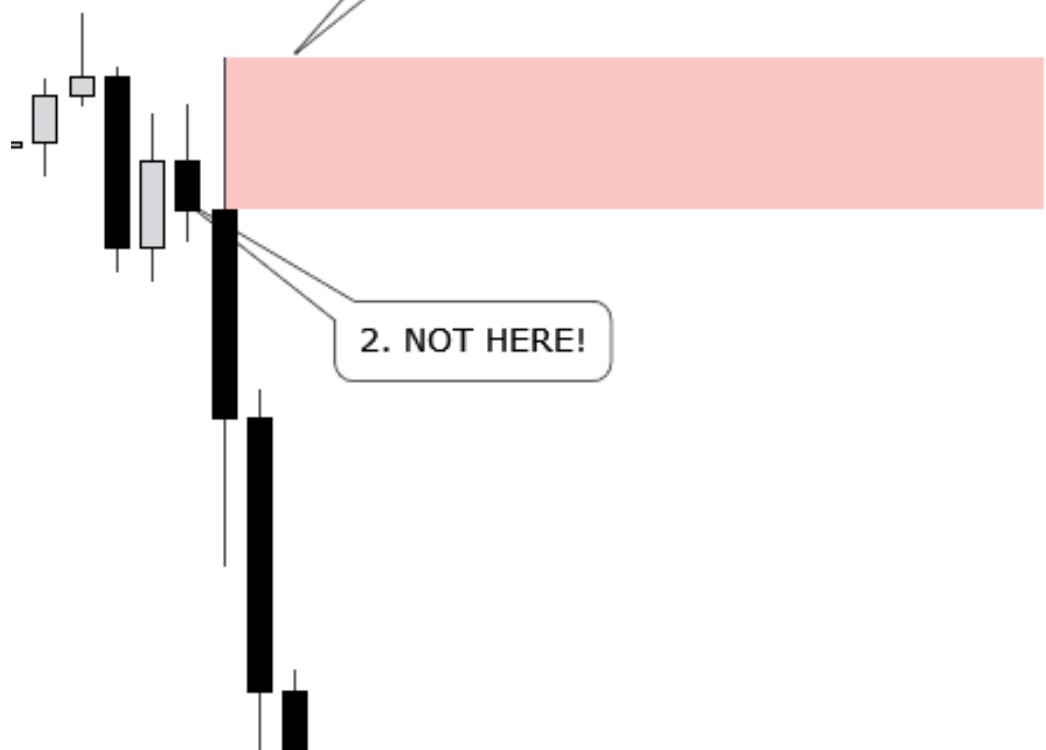
There aren't any resting orders left on this candle, all of them get mitigated by this following candle.

in this case, this is your valid supply level, orders are sitting on THIS WICK!



1. WICK = VALID SUPPLY
orders are resting here

2. NOT HERE!



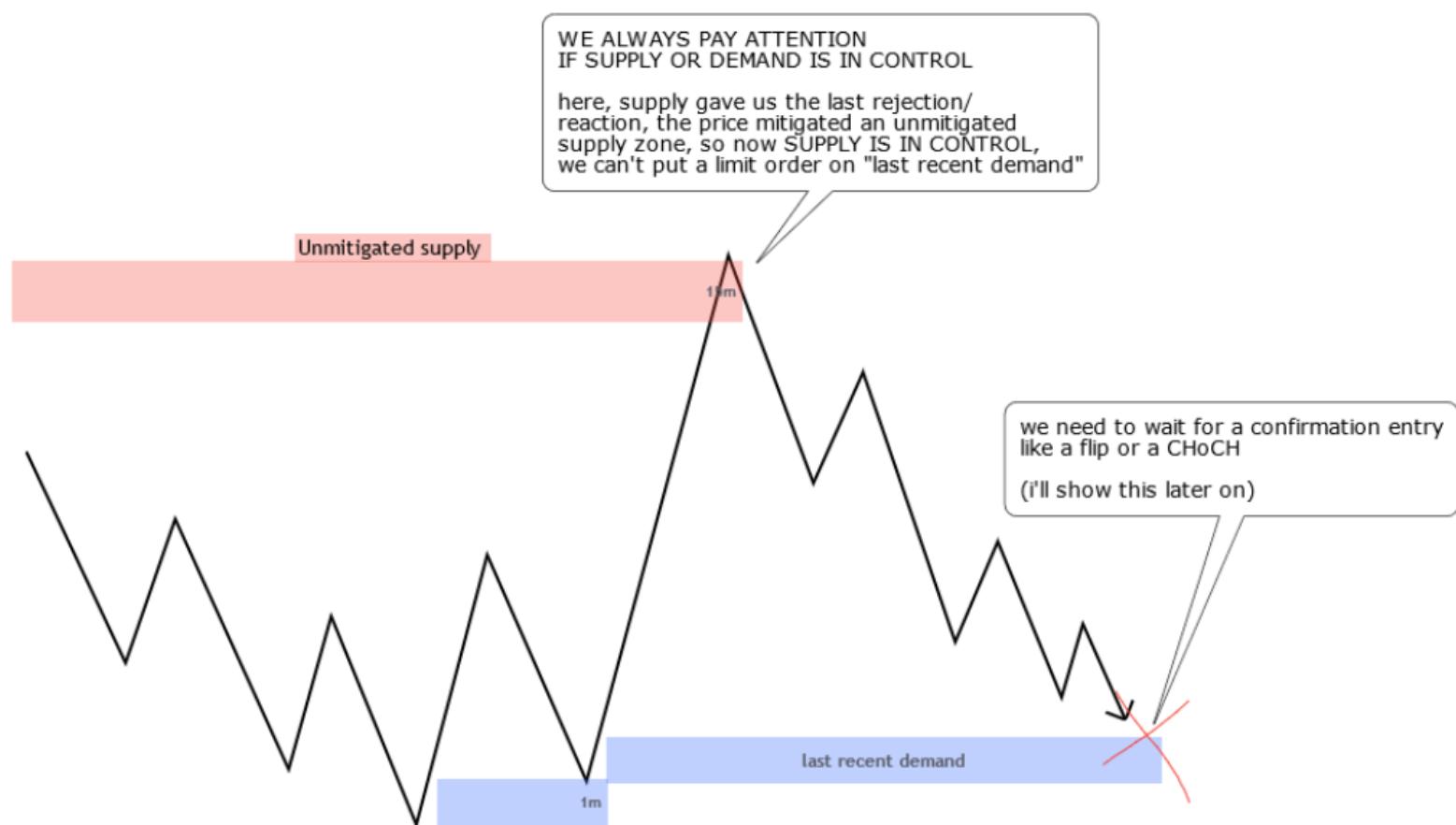
**RISK ENTRY /
CONFIRM ?**

**WHO'S IN
CONTROL?**



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What if the price comes from an unmitigated zone?



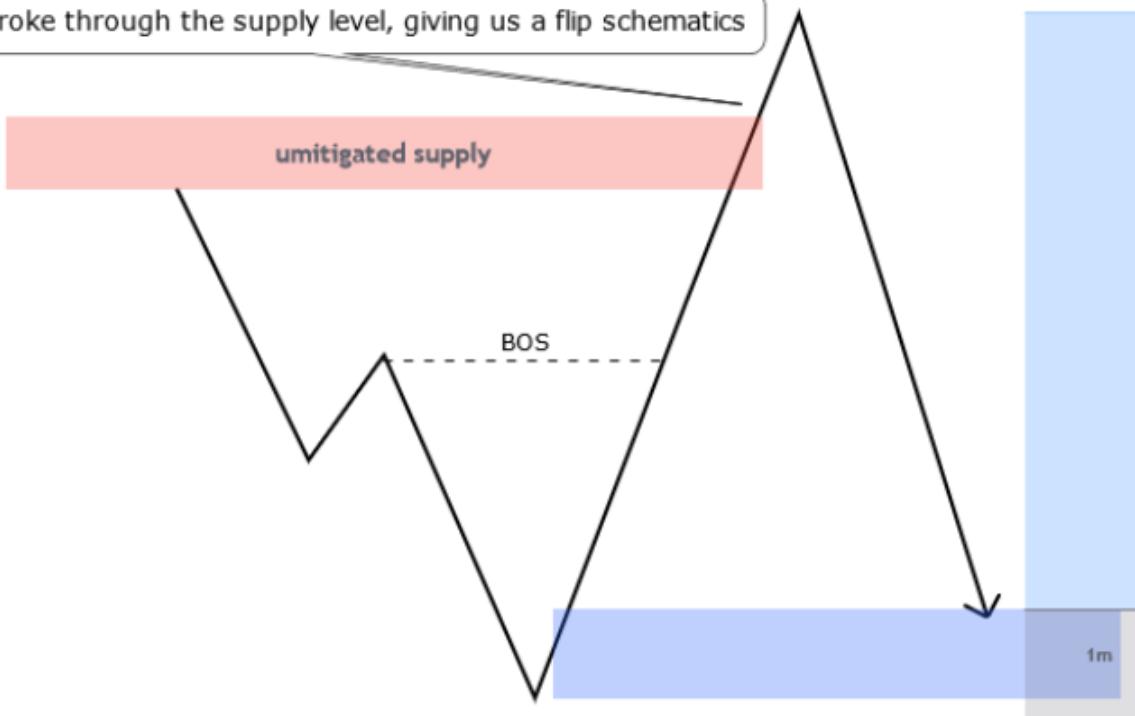
ALWAYS (!!) check if the price comes from an unmitigated zone, or not.

You want to trade the controlling side of the market. If you're waiting for a demand trade to go long, but the price comes from an unmitigated supply zone, **SUPPLY IS IN CONTROL, YOU CAN'T TRADE DEMAND WITHOUT A CONFIRMATION.**



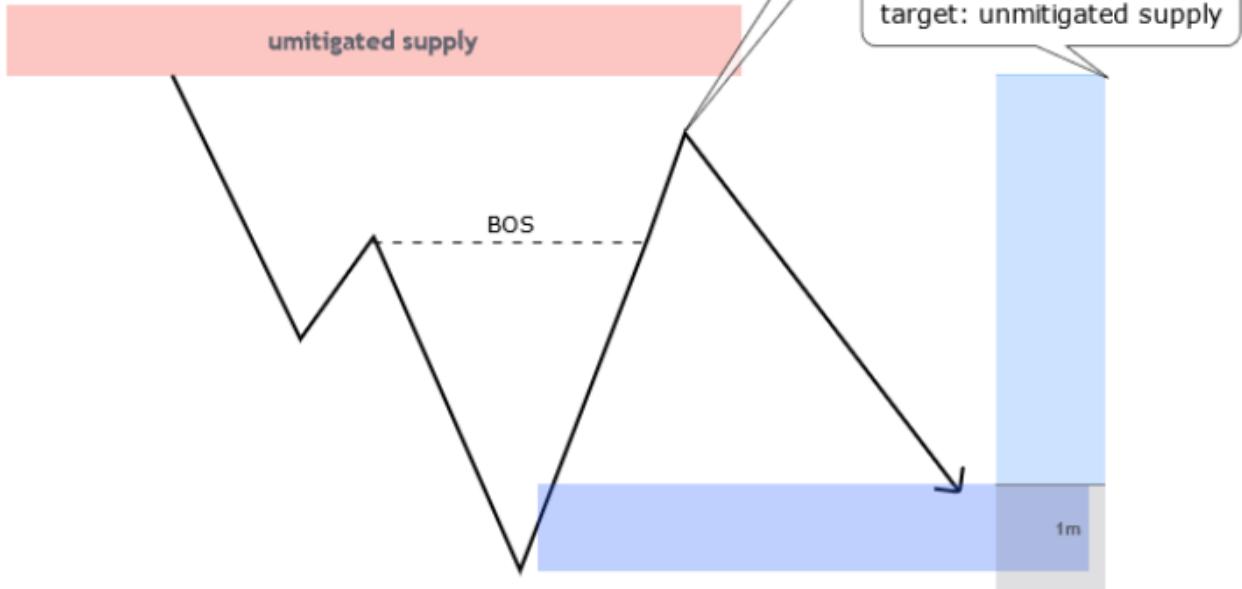
2 scenarios you can use a risk entry:

price broke through the supply level, giving us a flip schematic



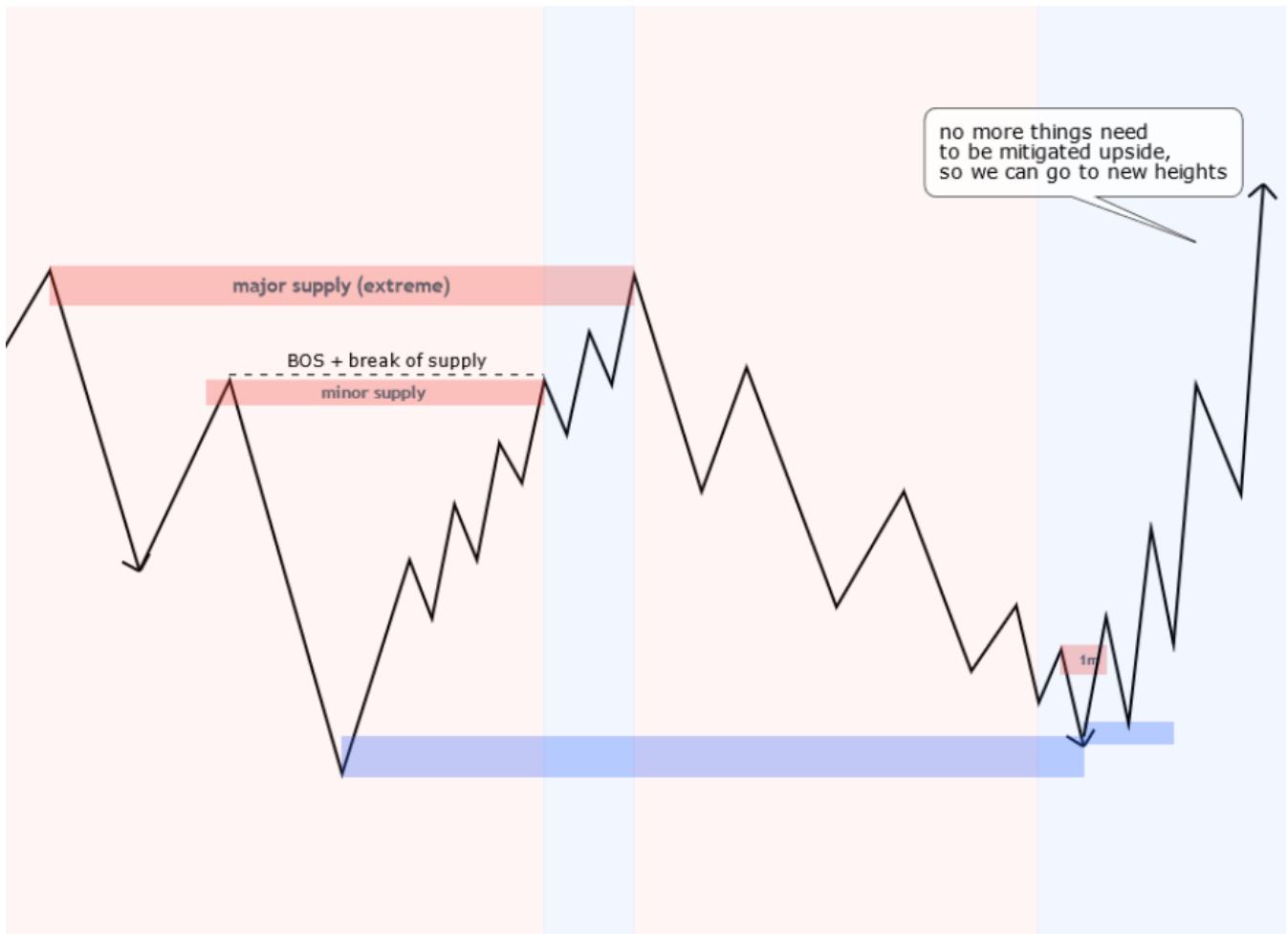
price breaks structure, but didn't tap in any supply zone, meaning
DEMAND IS IN CONTROL

target: unmitigated supply



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understanding what is in control:



light red zone: supply is in control

light blue zone: demand is in control

- we broke through the minor **supply**, forcing **demand** to be in control.
- after, the price rejected on the major **supply**, caused the **supply** to be in control again.
- we expect price to come back to the extreme of the **demand** that created an impulsive orderflow (and left IFC behind) which caused the minor **supply** to be broken. (we do not place a limit order here! price is coming from an unmitigated **supply**, SO SUPPLY IS IN CONTROL).
- finally we wait for a flip, that makes **demand** in control again

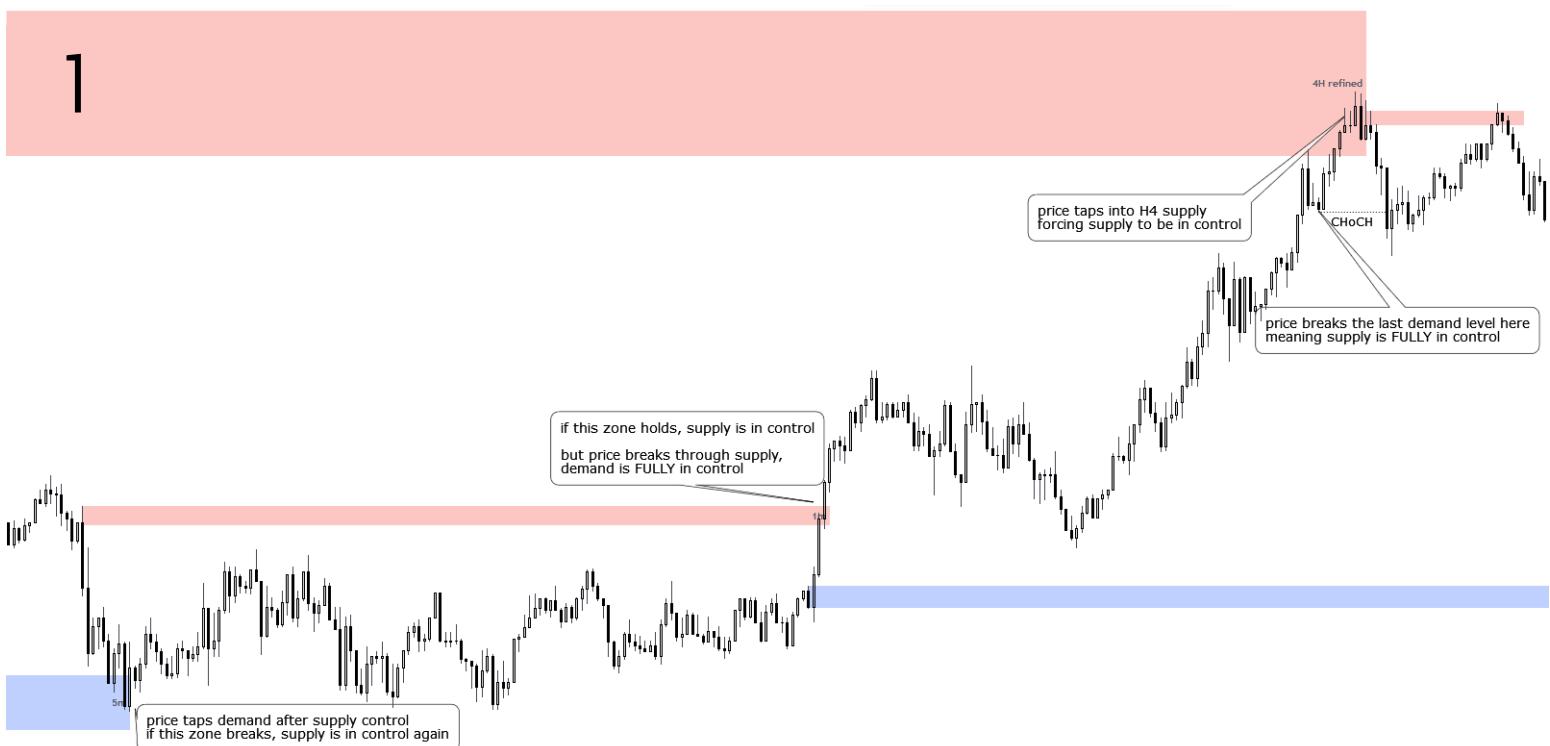


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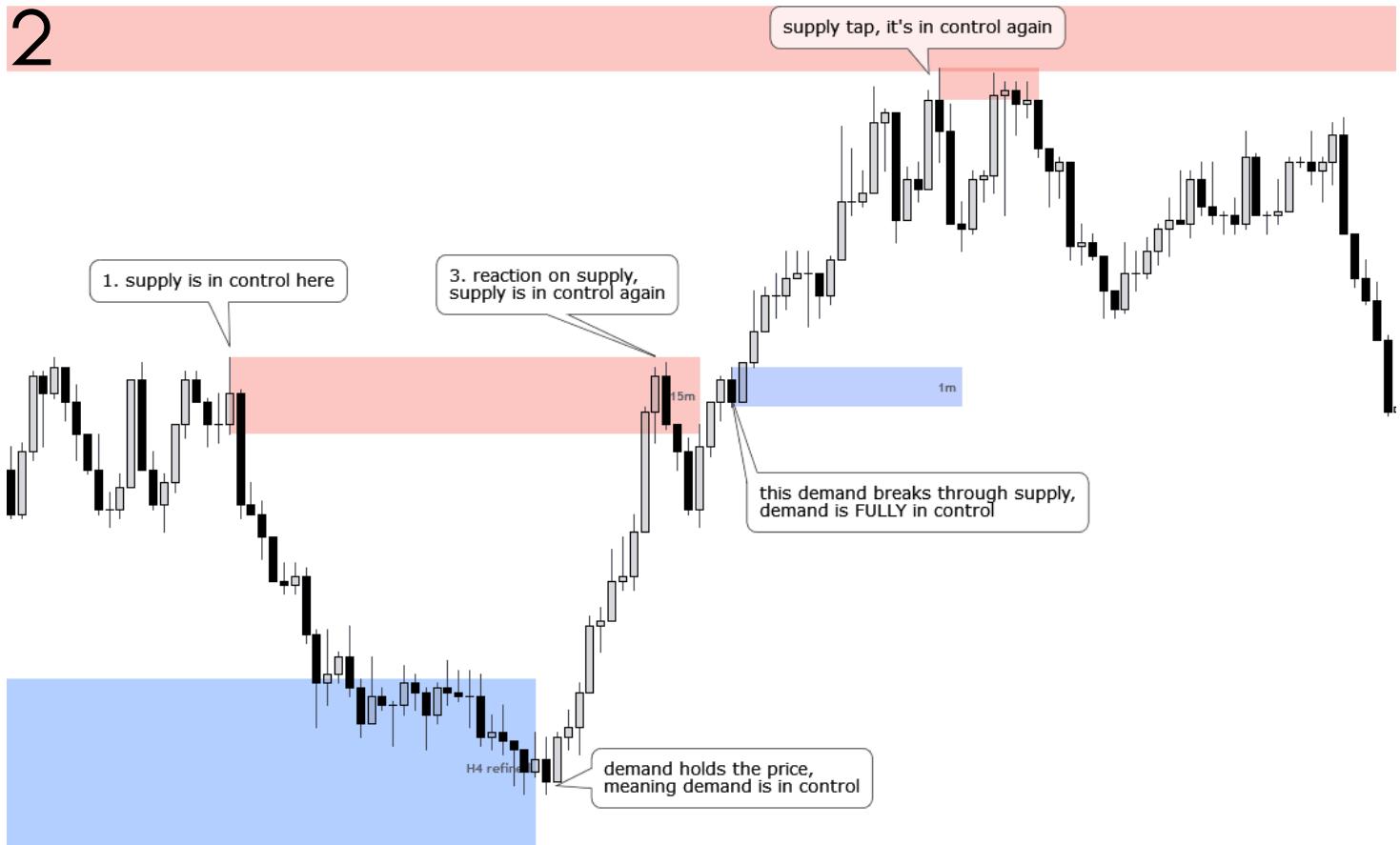
Who's in control live examples

- This is how you can trade between zones, using the "who's in control method"

1



2



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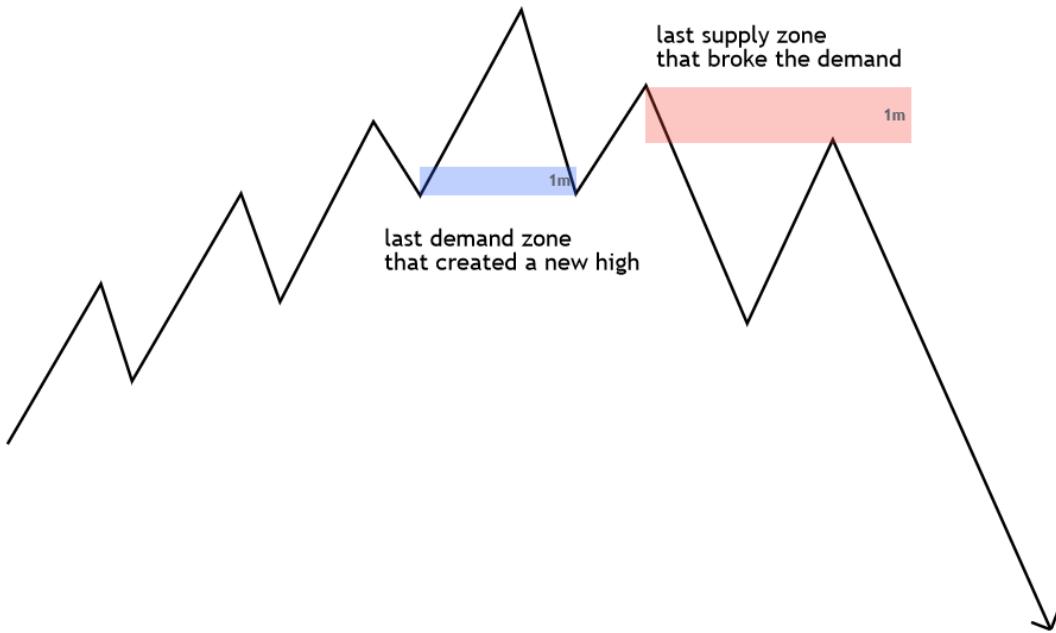
FLIPS
CHOCH
CONTINUATION
EQUILIBRIUM



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Supply and demand flips

Example: S/D flip

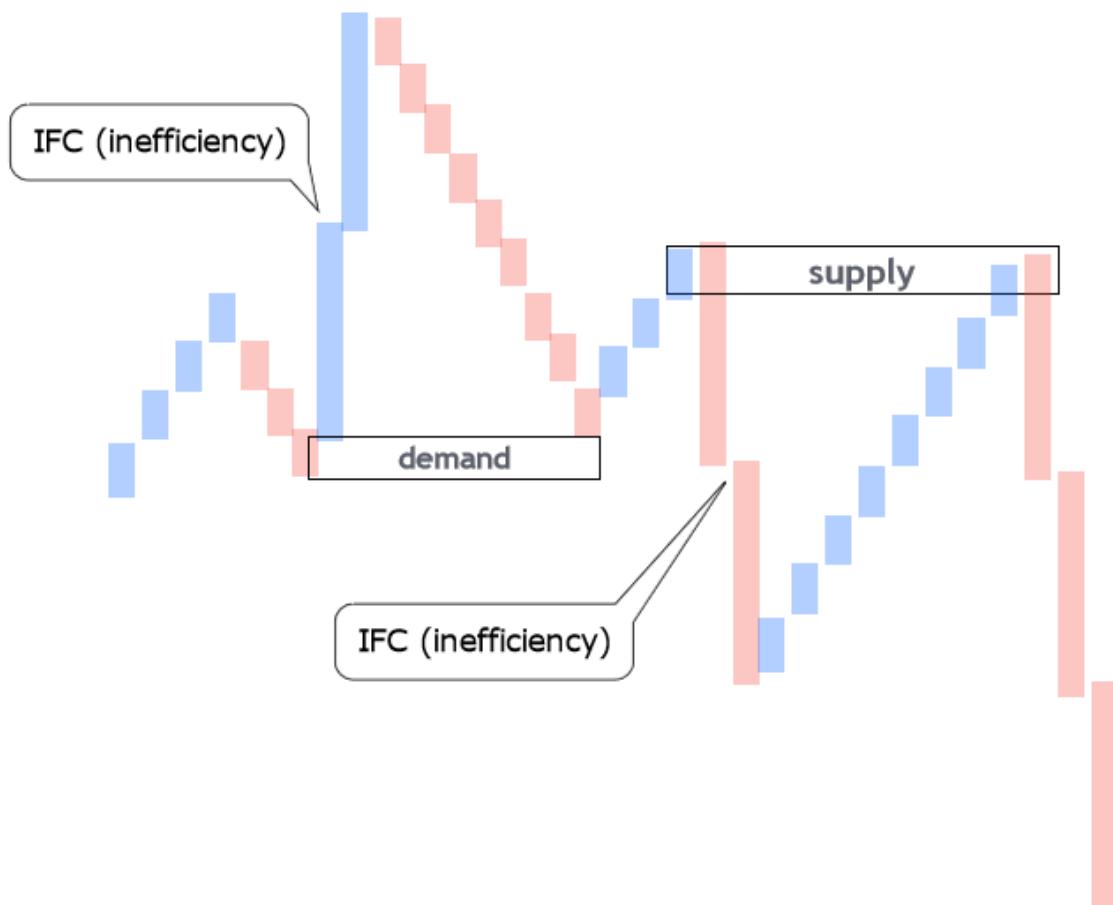


- we call this pattern an "s/d flip"
- price created a new high
- it tested the "last demand zone" (marked on picture), and pushed away from it, but couldn't create a new Higher High (HH).
- Instead of creating a HH, it broke through the "last demand zone" with an impulsive move, leaving a supply zone behind (marked on picture as "last supply zone").
- price retested the supply level, where we put our limit order and open our position.



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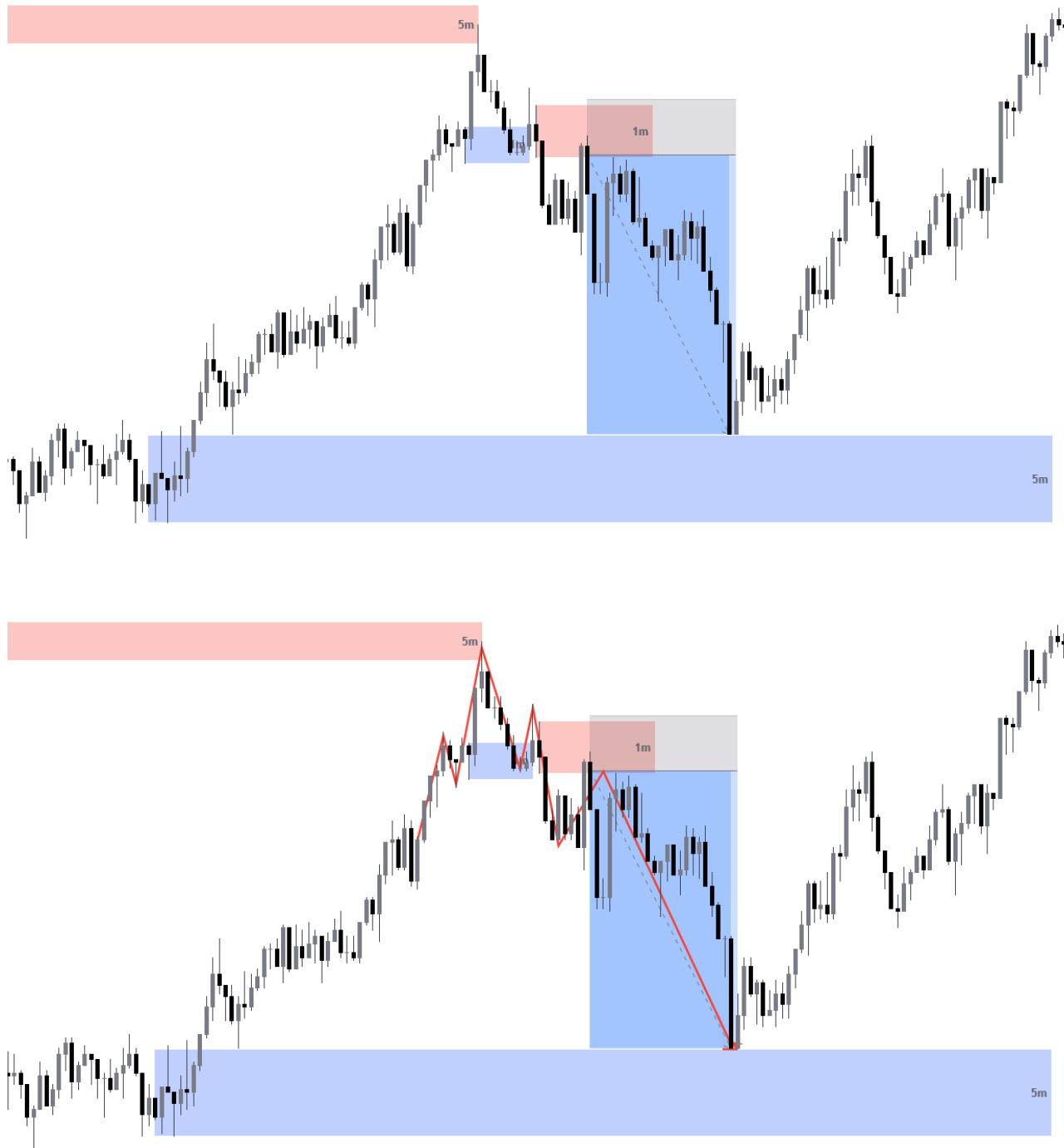
let's see the candle breakdown of this move



- this pattern is most effective, when the price aggressively pushes away from demand and supply zones, and rapidly breaks through the "last demand zone", leaving inefficiency behind.
- if demand was strong, it should have reacted strongly, breaking the freshly created supply level. Instead the demand couldn't give enough rejection to push the price to new highs, so it turned out weak, which caused it to break. This means, that the new supply zone is back in control, so we're trading the supply side of the market



Live chart examples:

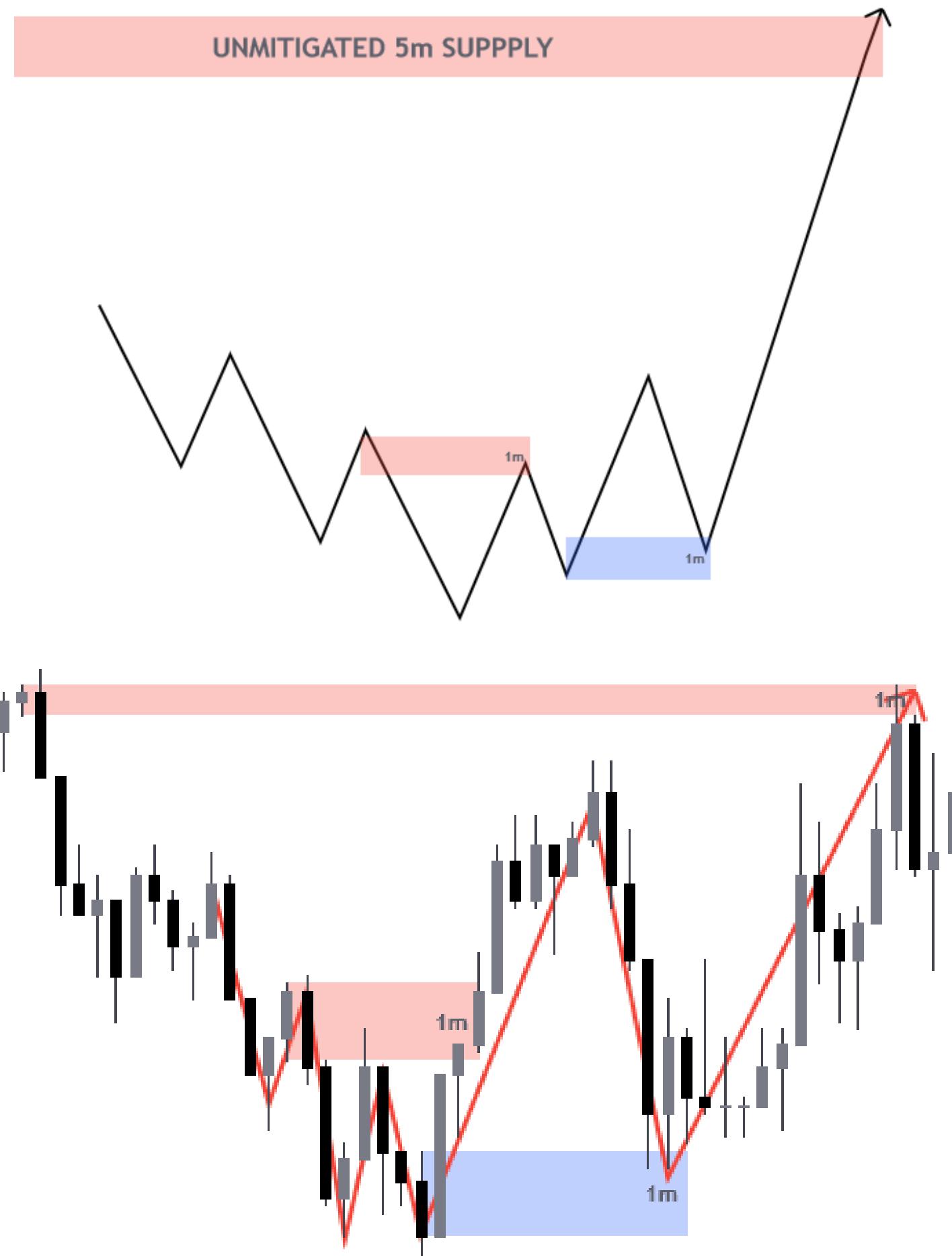


I marked the move of the price with red, so you could see it's the exact same one that I drew on the previous page



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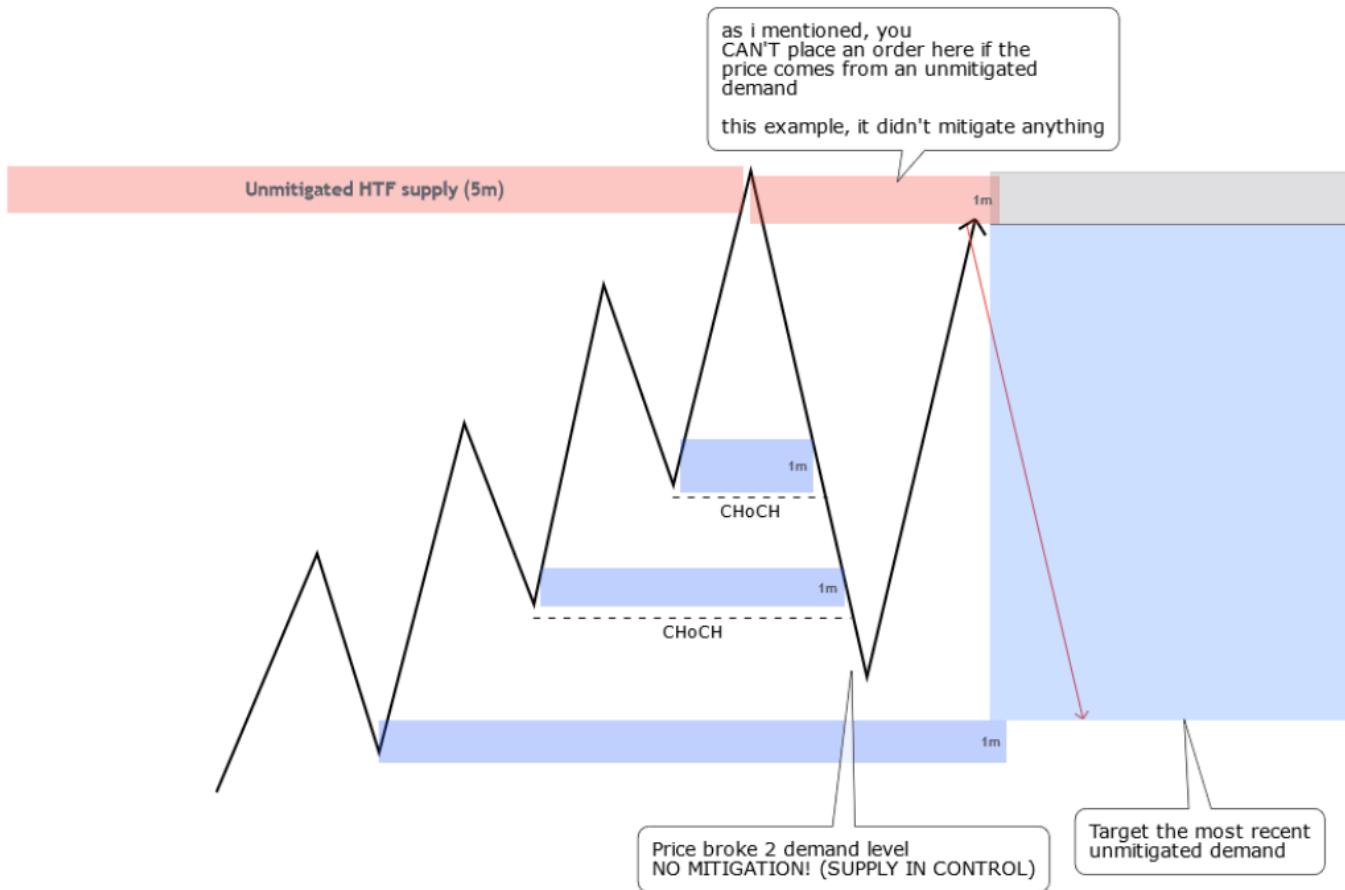
Long example:



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CHoCH entry

CHoCH - Change of character
Meaning the change in the trend.



CHoCH trades are the most effective:

- when they break through 2 or more s/d zones.
- CHoCH forms after a HTF mitigation (example above)
- price impulsively breaks through the zones, with few large candles.



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Live chart examples:



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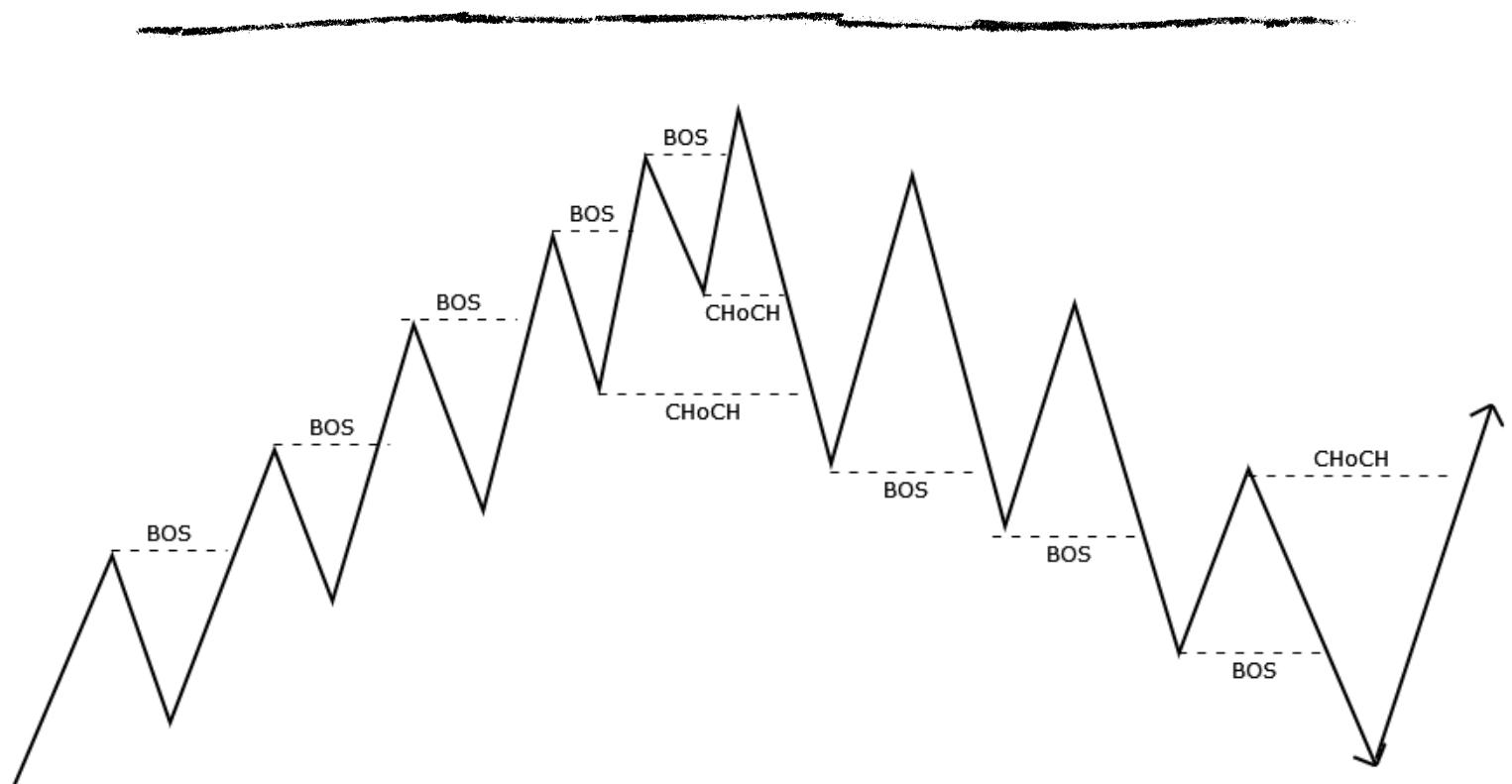
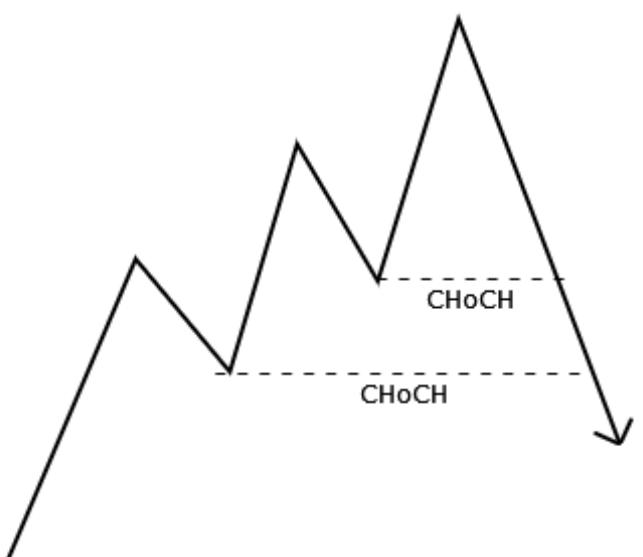
What's the difference between BOS and CHoCH

?

BOS is formed in a continuation



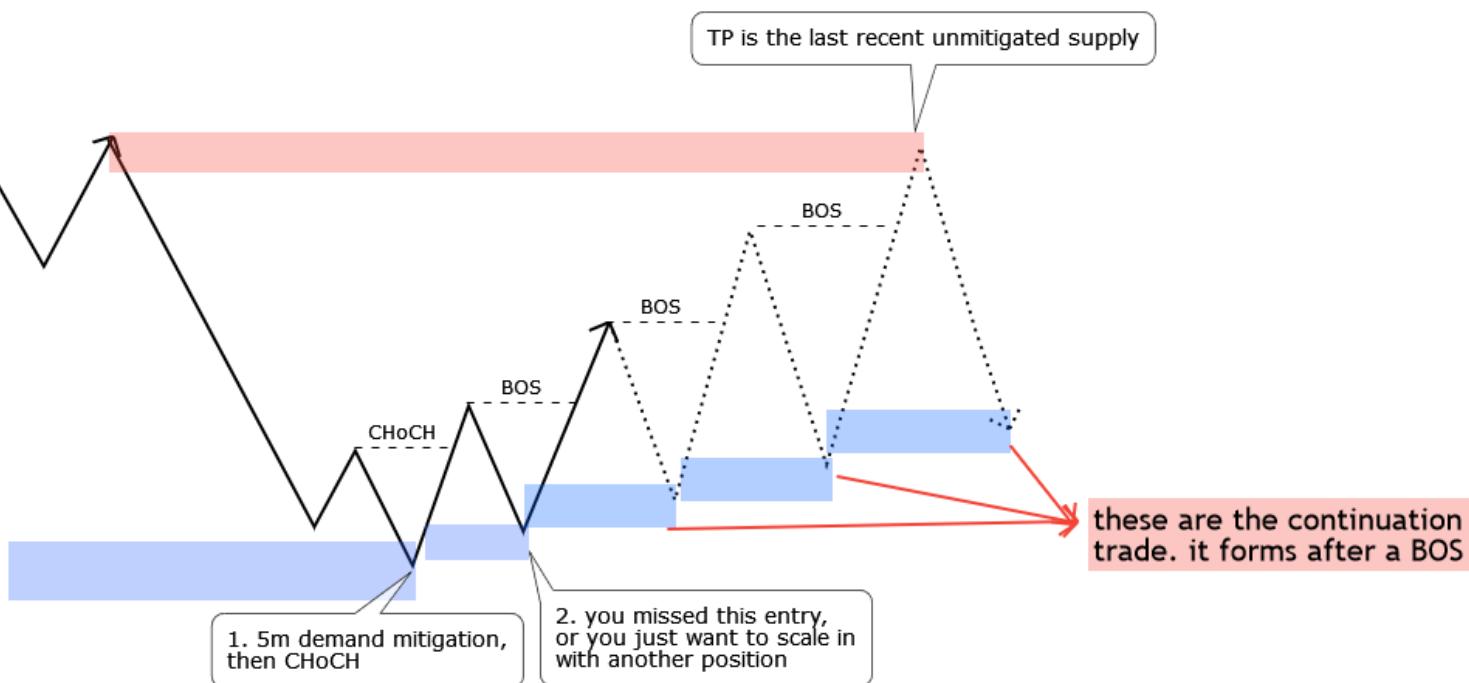
CHoCH is the break of the continuation



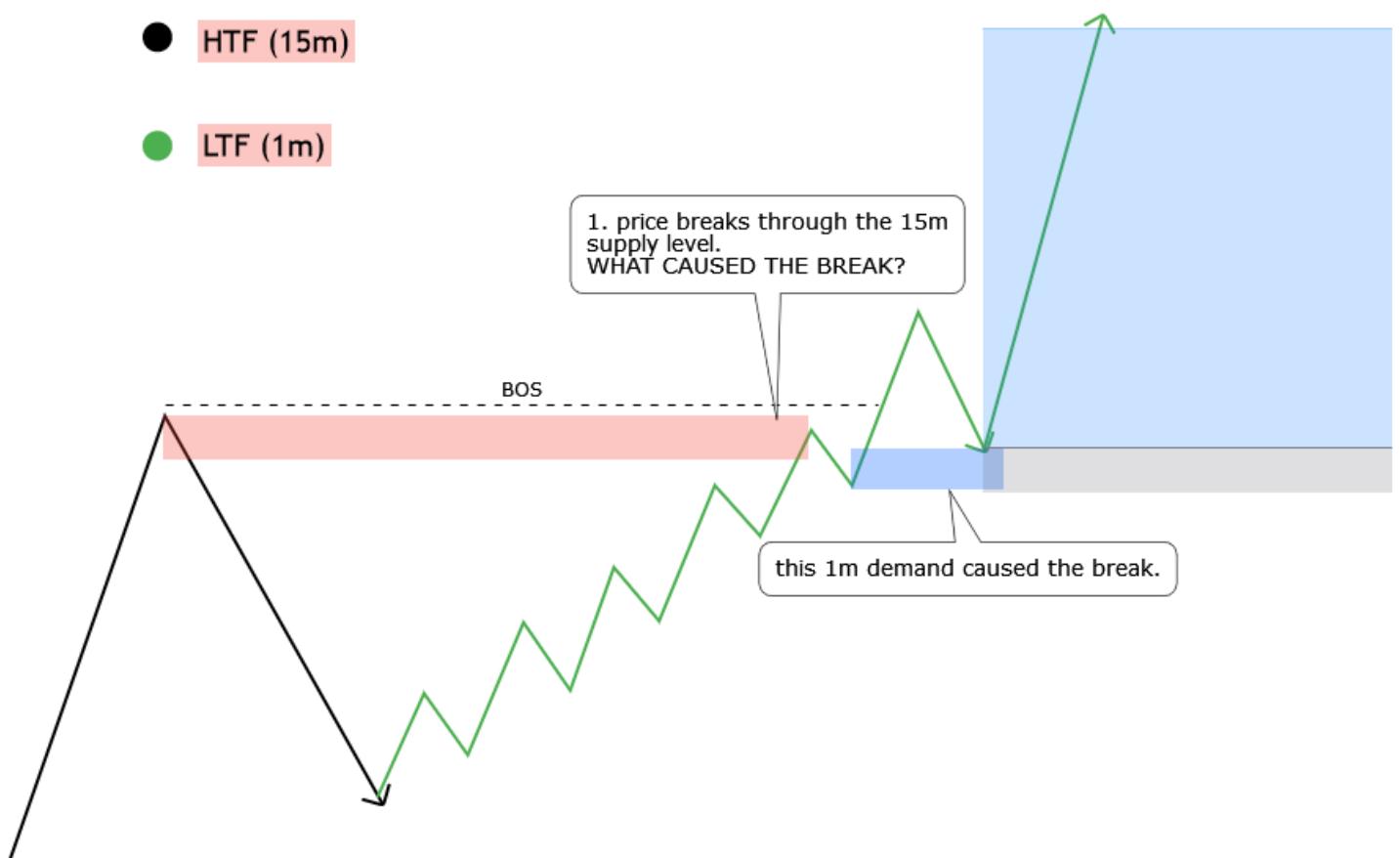
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Continuation entry

- Taking a continuation trade is an easy way to scale in, if you missed the flip/choch, or PA (price action) didn't give you opportunity to enter.
- Let's say, the price mitigated a 5m demand zone, then made a choch and forced demand to be in control.
- The TP would be the next unmitigated supply, but you missed the entry. What can you do in this case?



- Another scenario for the continuation entry, if price goes to a HTF zone, and breaks it.
- In this case price continues its direction, and you can enter based on this.



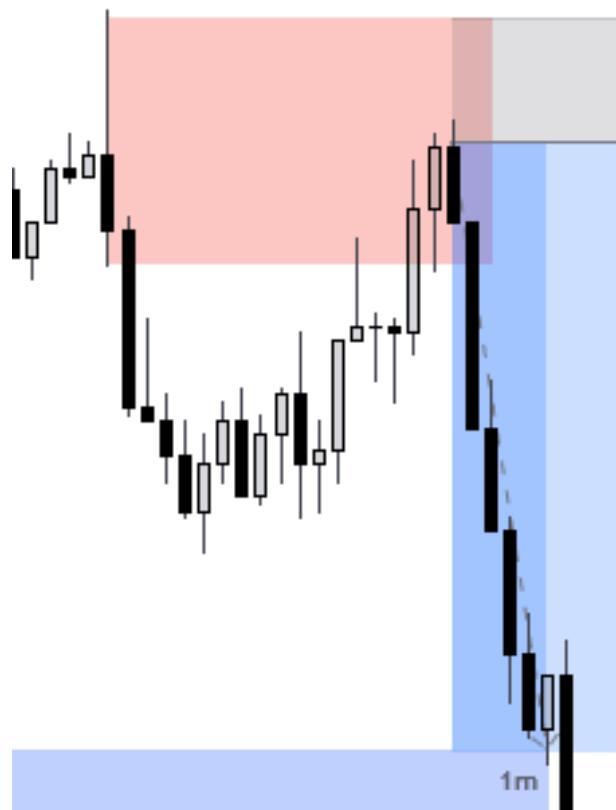
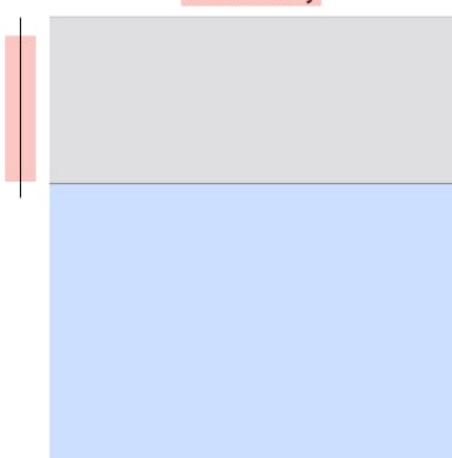
equilibrium entry

I use **50% entry** if the WICK of the candle is bigger than the 50% of the WHOLE candle

wick is bigger than the
50% of the WHOLE CANDLE
Entry on 50% of the candle



normal entry

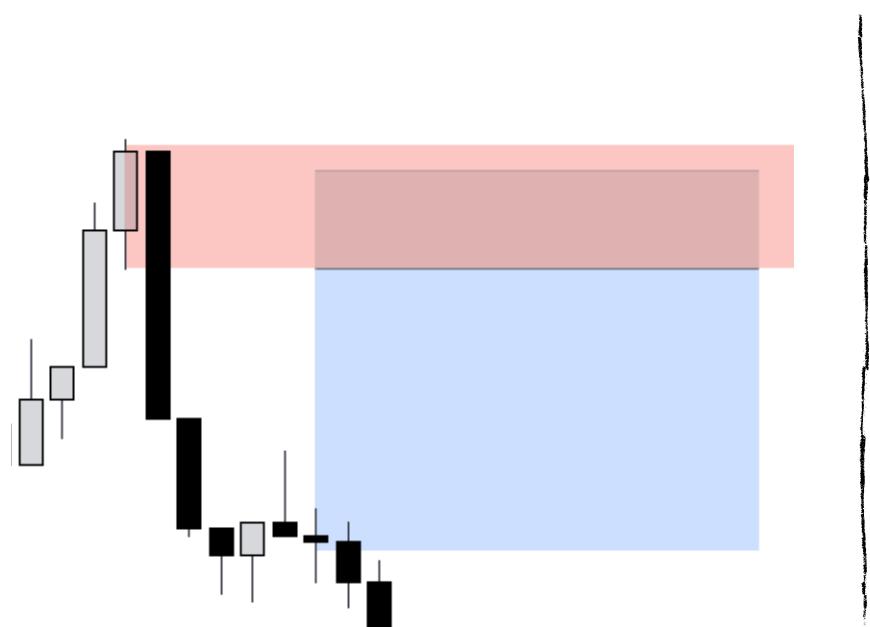


Look at the candle.
The wick is 66% of
the whole candle.
In this case i use
50% of the candle
for the limit.

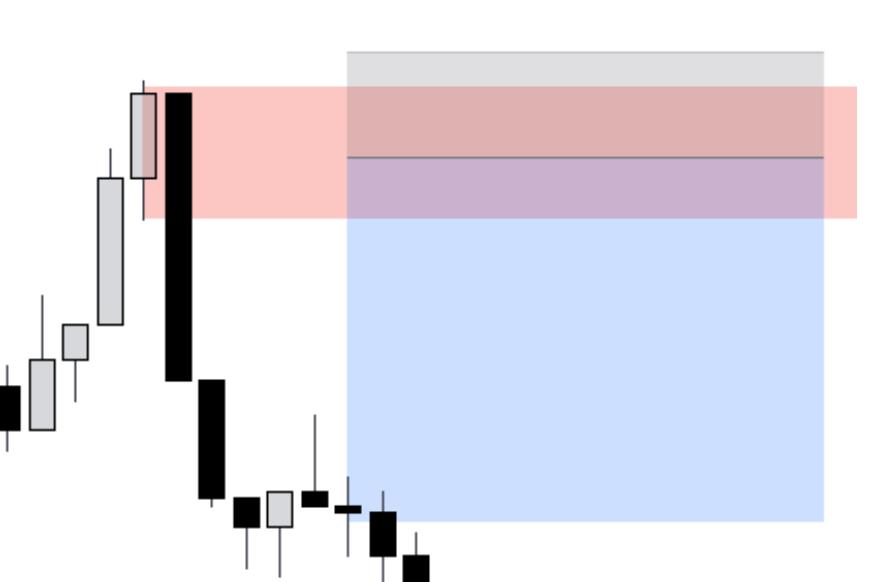


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I use 50% entry in one more scenario, if the maximum 2pip SL can't fit (this topic is explained later on)



As you can see, the candle is more than 2 pips, so the SL can't cover the whole zone.



In this case, I also use equilibrium entry, to make sure the whole zone is covered, and my SL isn't bigger than 2 pips



TRADING PLAN

TRADING PLAN 2.0

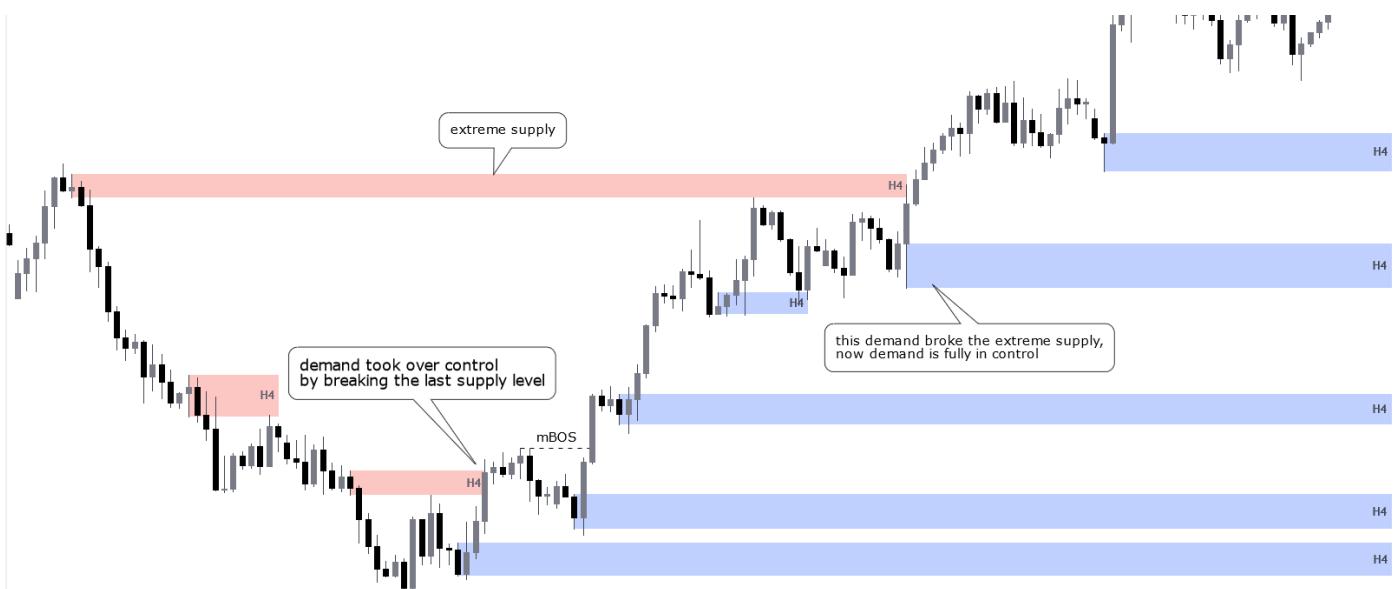


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Once I finished with checking the news, I start to analyse. This is my daily "go through" model.

FIRST STEP: finding H4 supply/demand zones

- we don't take trades on the H4 timeframe, we just simply decide if supply or demand is in control.
- these H4 zones are only used to determine the direction of the market, and your HTF targets.
- **We don't have to wait for these POIs !!**



Defining the overall trend using the H4

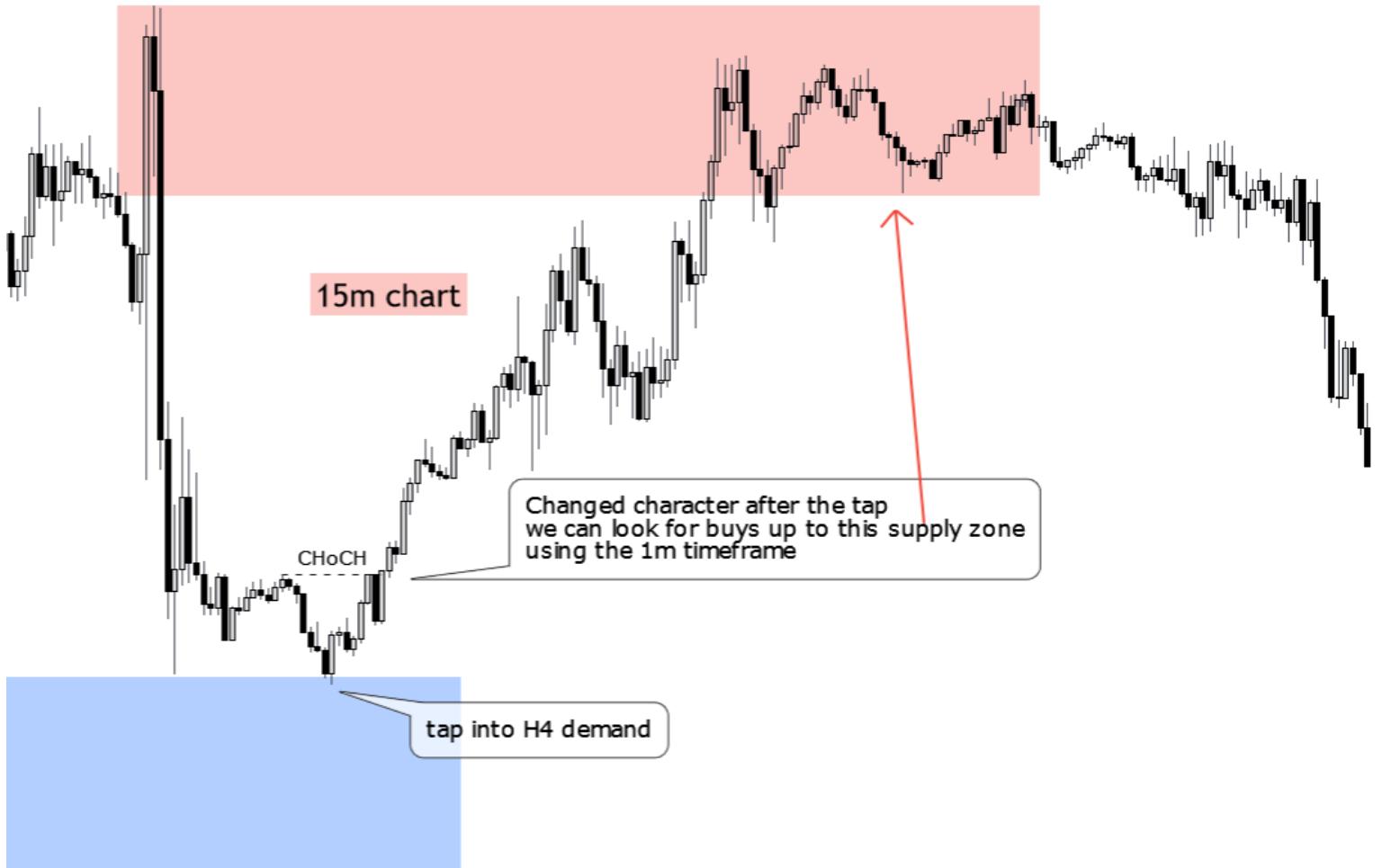


As you can see, the H4 chart is perfect, to identify the overall direction

If we react to a H4 demand zone for example, and change character on the 15m or 5m, we can look for buys up to the H4 supply zone

Let's see an example



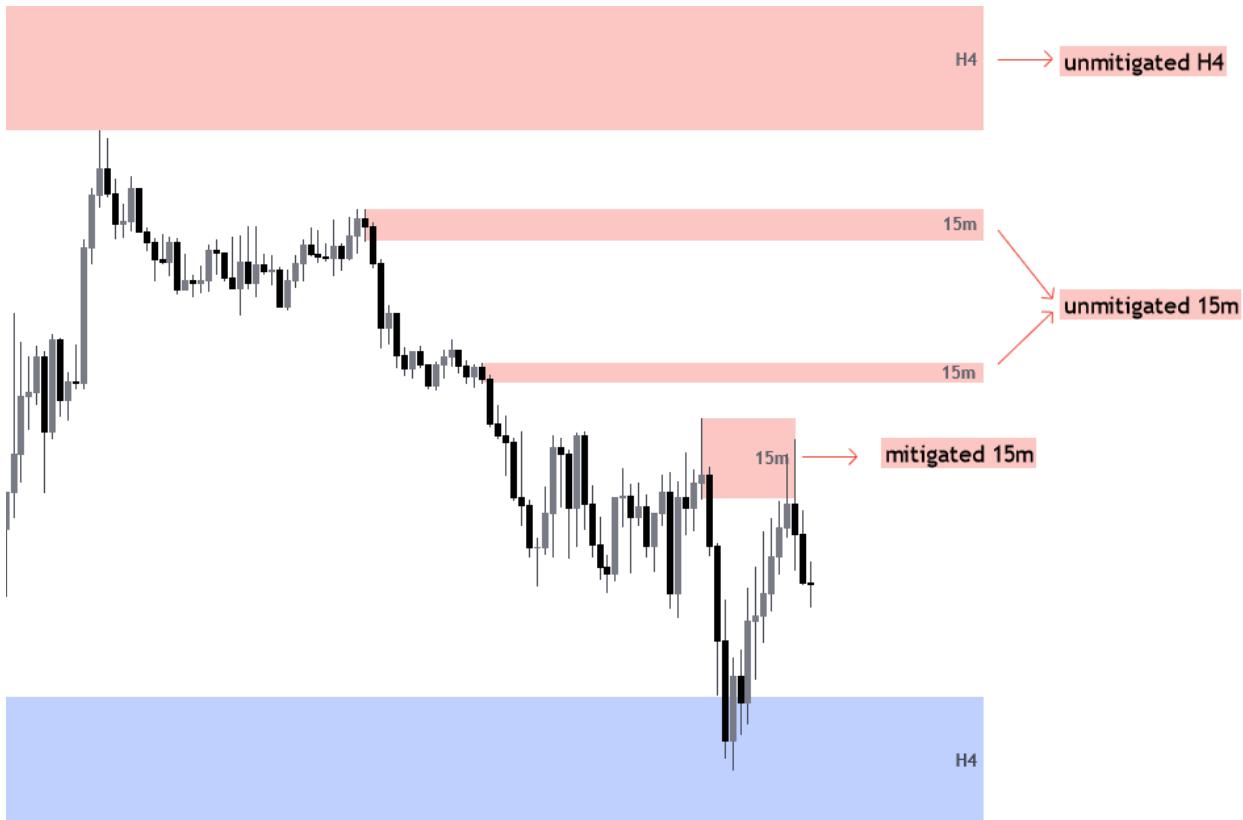


After we reach the H4 supply, we wait for the same confirmations, and look for short opportunities.

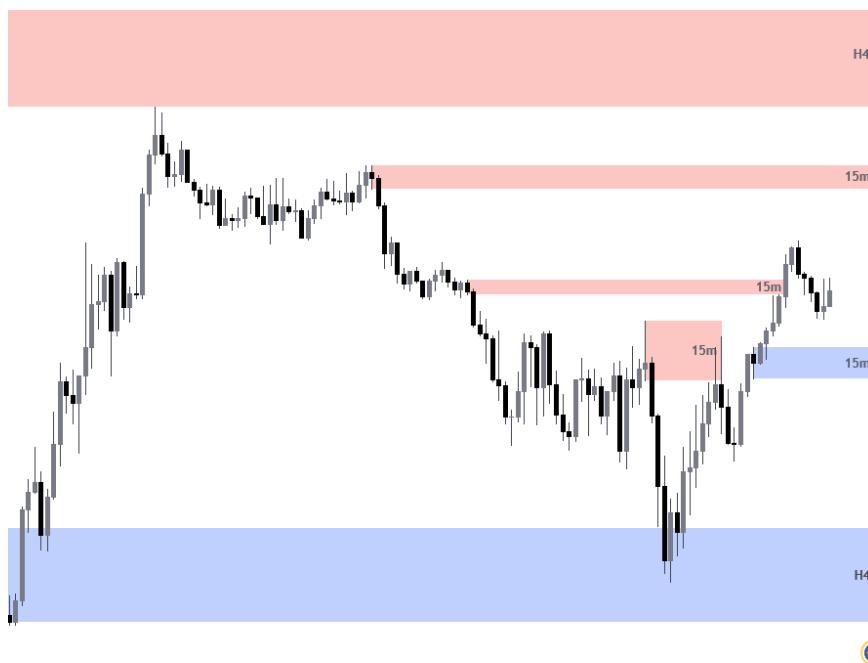
This will help you identify the MAIN and the COUNTER trend



SECOND STEP: finding unmitigated supply and demand on the 15m



As you can see, in this example supply is in control, but we expect a flip or CHoCH after we tapped in a H4 demand



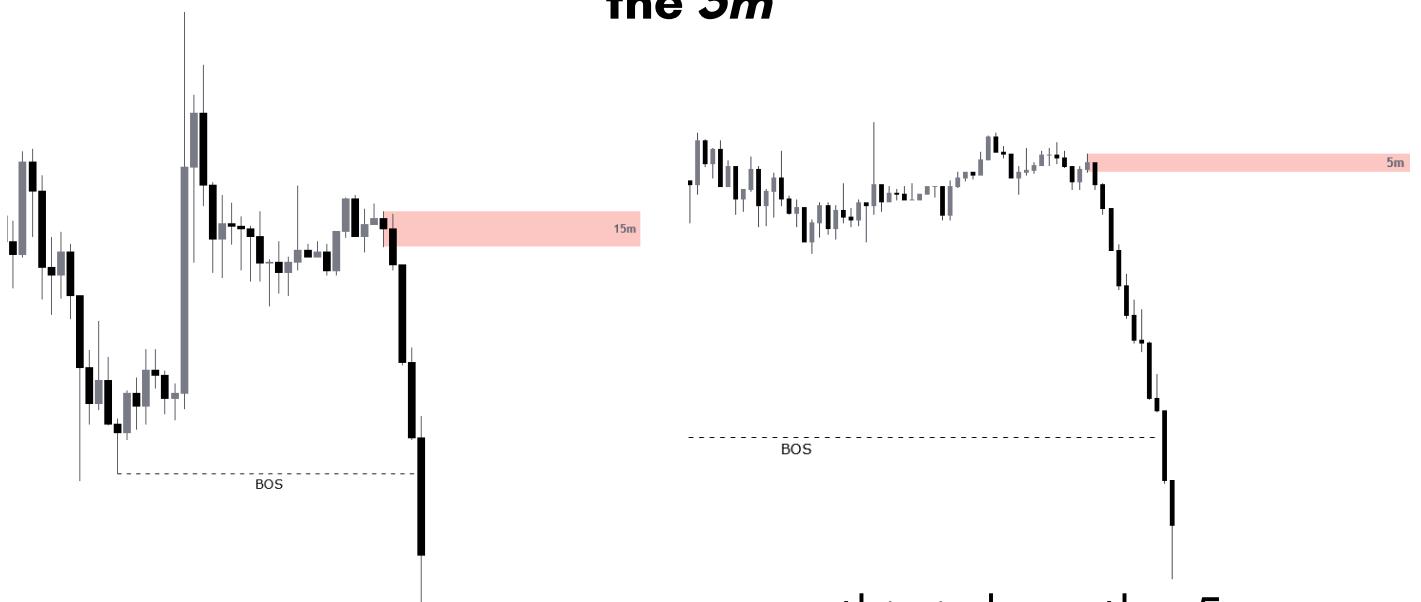
price broke through our last supply level, demand is in control now, so we can look for long entries on the 1m, targeting the recent unmitigated supply, or the H4 supply.



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THIRD STEP:

refine the 15m unmitigated supply/demand zone on the 5m



this is how the 15m supply looks
the whole zone is 3 pips

this is how the 5m refined supply looks
we refined it down to 1.3 pips

If it's possible refine it even to the 1m. Refinement depends on how clean the zone is. If the 1m gives you two unmitigated zones inside the 5m zone, just keep the 5m.
If it gives you two zones, but only one has been mitigated, you can use the one that has not been mitigated yet



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Personally, I do the 3 steps listed above 30 minutes before the session starts.

Once I'm done with the first three steps, I can switch to *1m*, and wait for the session start . Here comes my favorite part, the entries, and execution.

On the *1m* chart, I mark the most valueable zones between the *5m* zones also.

This way I'll know the potential rejection or entry points.



FOURTH STEP

Entry types

When it comes to executing a trade, I enter based on 3 entry types (+ 1 additional confirmation)

- S/D , D/S flips
- CHoCH
- continuation
- (additional confirmation : liquidity)



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LIQUIDITY MANAGING THE TRADE

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What is liquidity?

If Smart Money (Banks) want to buy a currency pair they will need sellers in the market, the existing facility to place these positions In the market is called LIQUIDITY

- The Liquidity is defined by Stop losses, where the Stop losses exist is where the liquidity also exists,
 - Smart Money needs to activate the stop losses of existing orders in the market so that they can place their positions in the market
-

\$\$\$



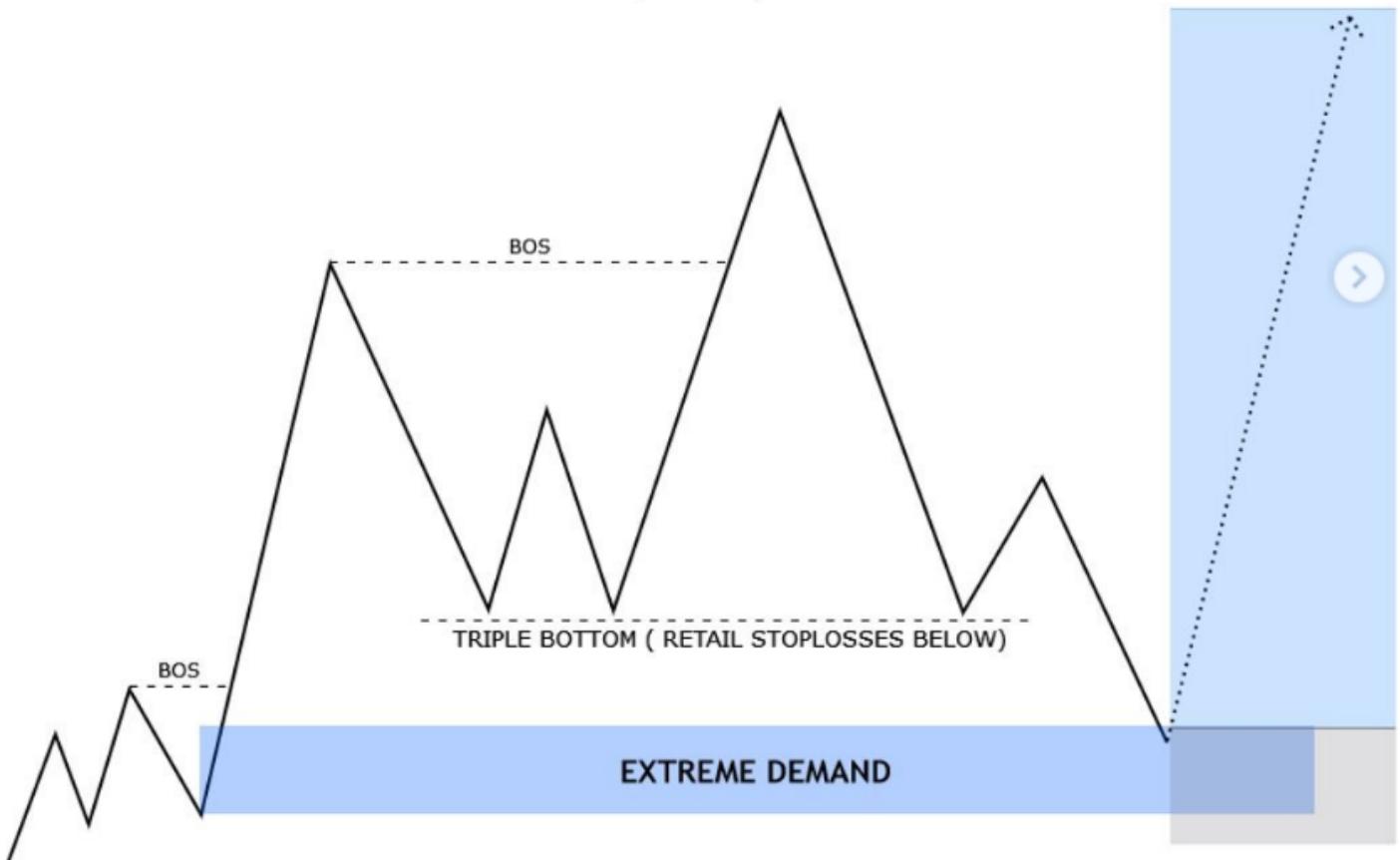
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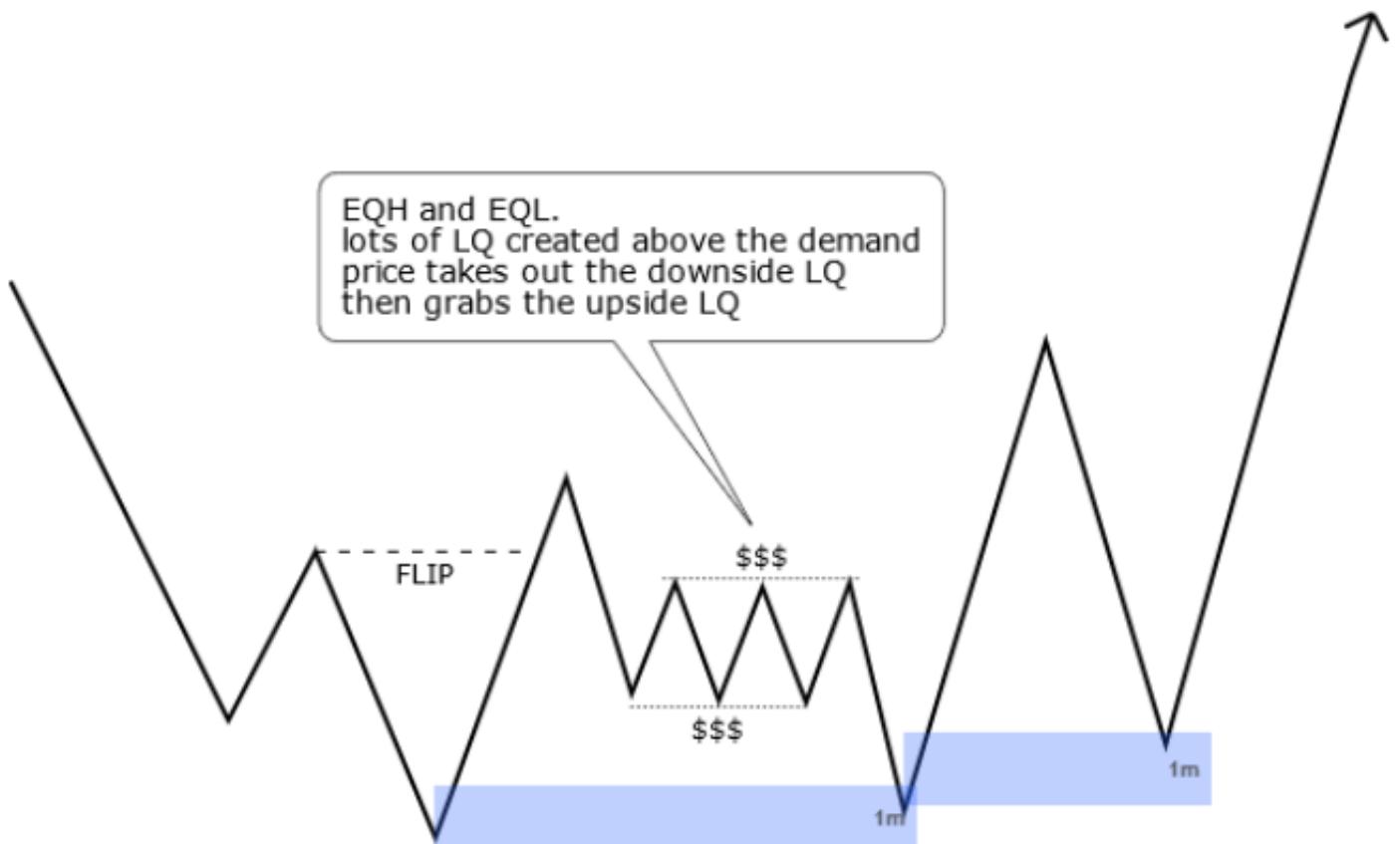
I mark liquidity with three dollar signs ("\$\$\$\$") on the charts.

I mostly pay attention to liquidity in the form of double/triple bottoms/tops (=equal highs, equal lows)

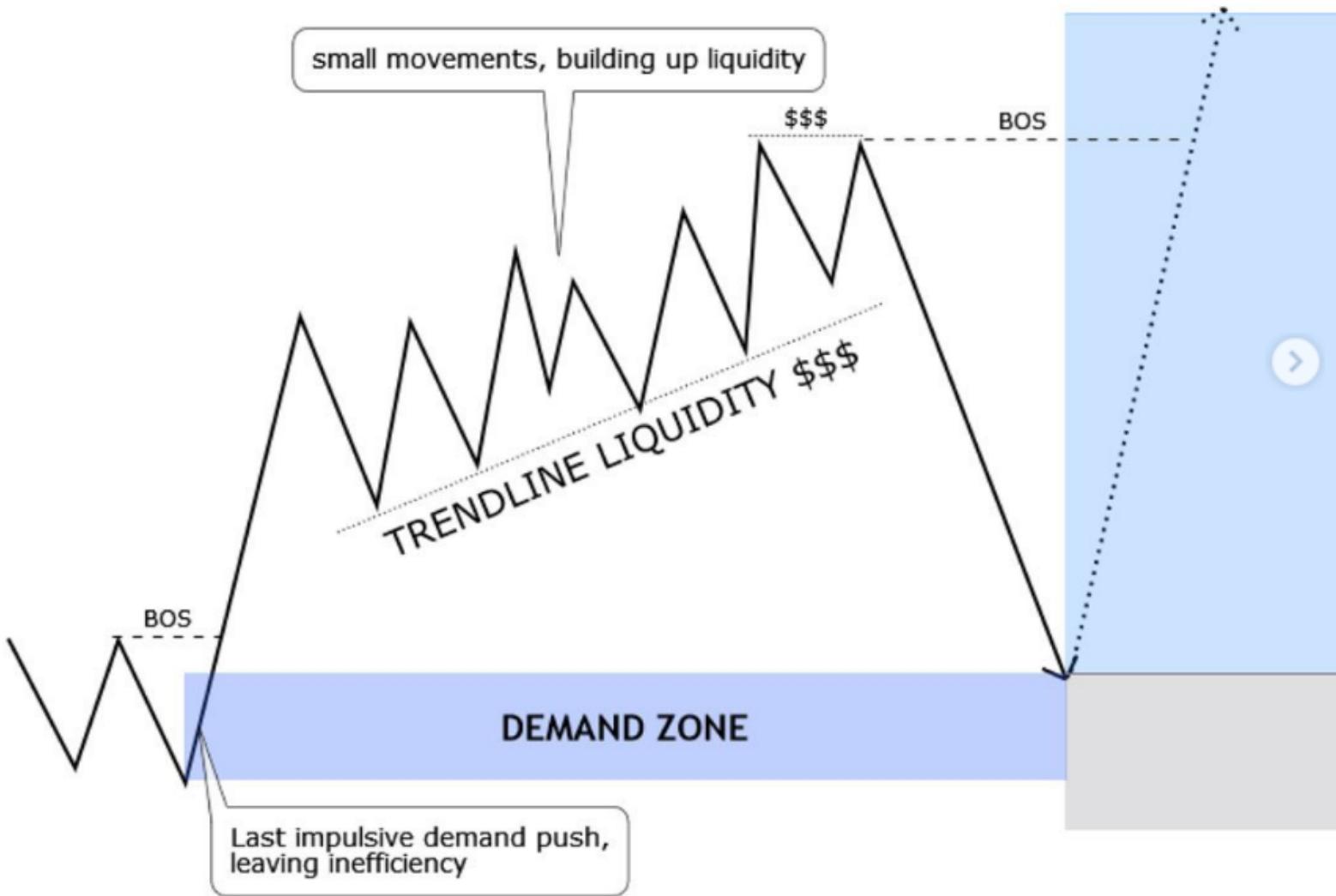
These are further confirmations when they're formed above or below a zone.

Spot the liquidity, before you become the liquidity





Trendline liquidity

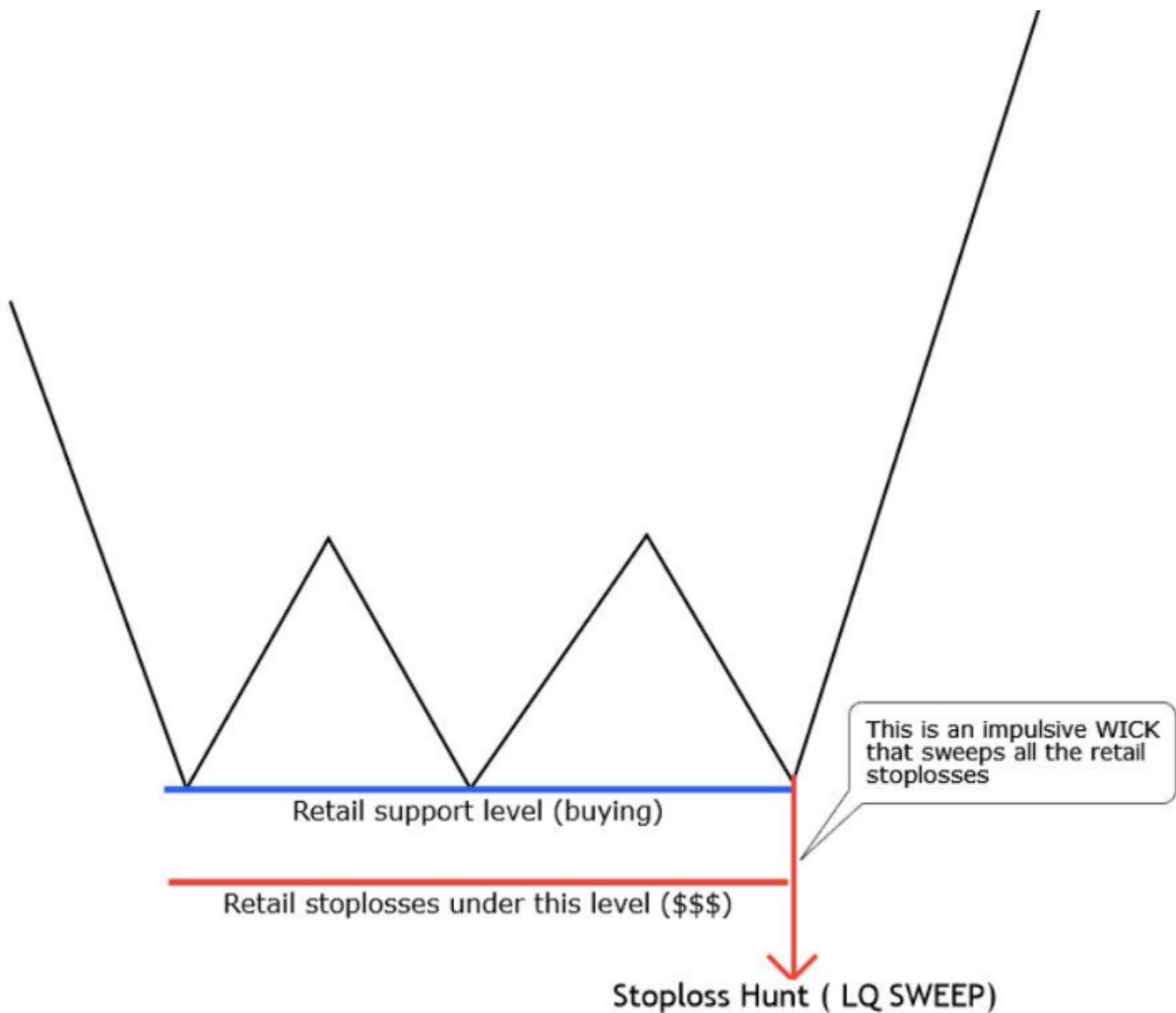


Liquidity can be formed in many ways.
The most common ones are DOUBLE/TRIPLE TOPS AND BOTTOMS.
But it can also be formed as a Trendline Liquidity.
The concept behind it is the same.
Retail traders put their stoplosses below the "Trendline".
The purpose of Smart Money is to activate those stoplosses.

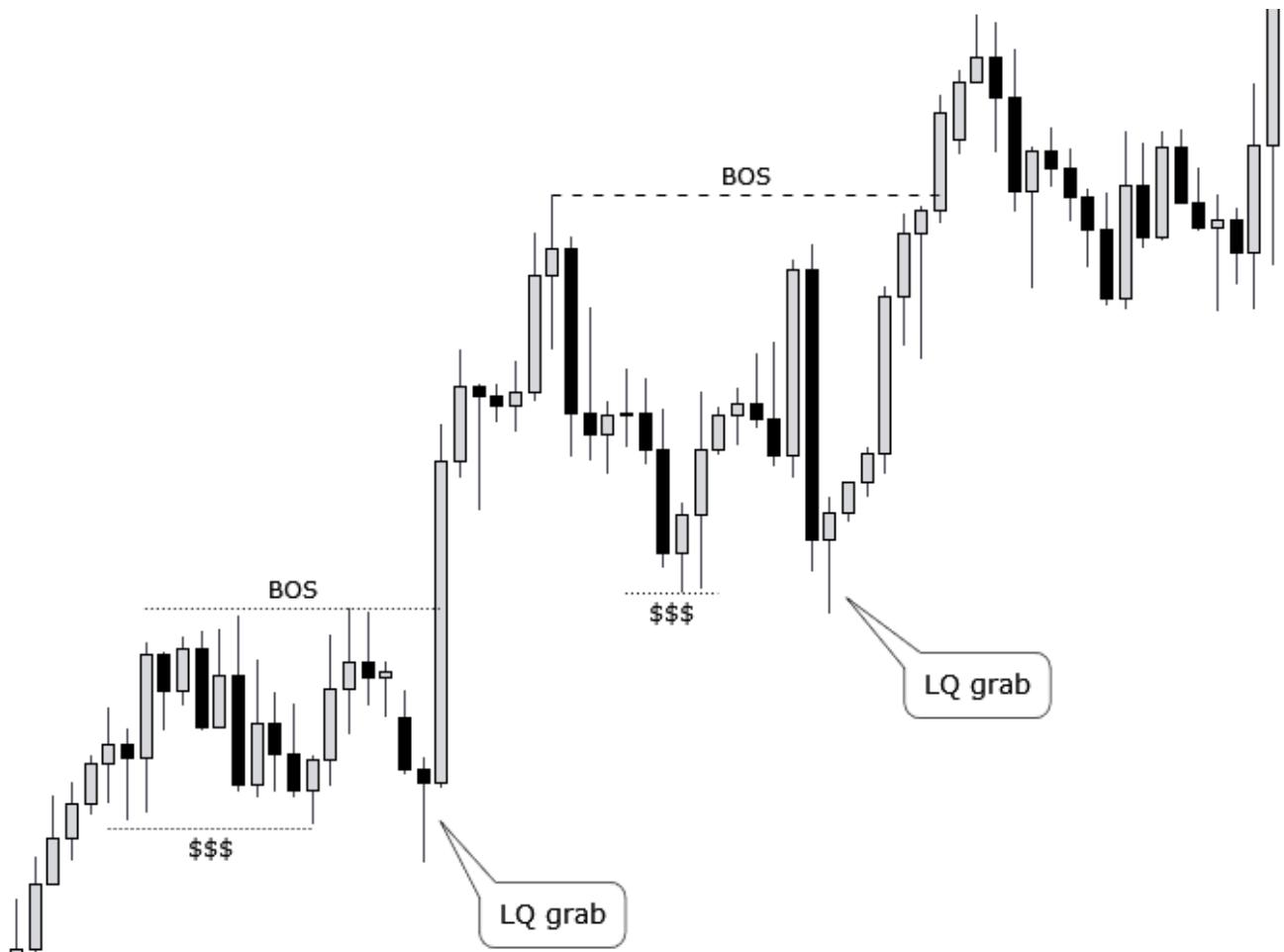
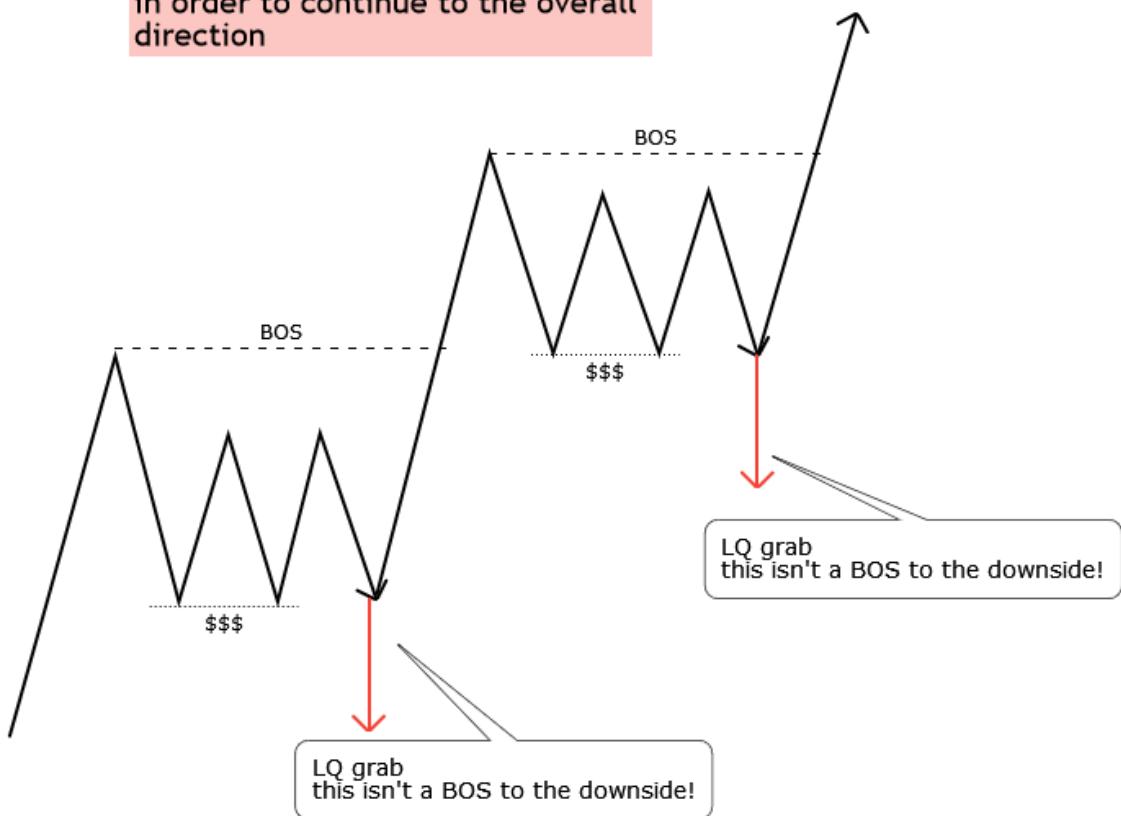


Liquidity grab / BOS ?

- LQ grabs usually happen with ONE impulsive movement, and leave a large wick behind
- in order to continue the pro trend movement, price needs to collect more orders in the form of liquidity

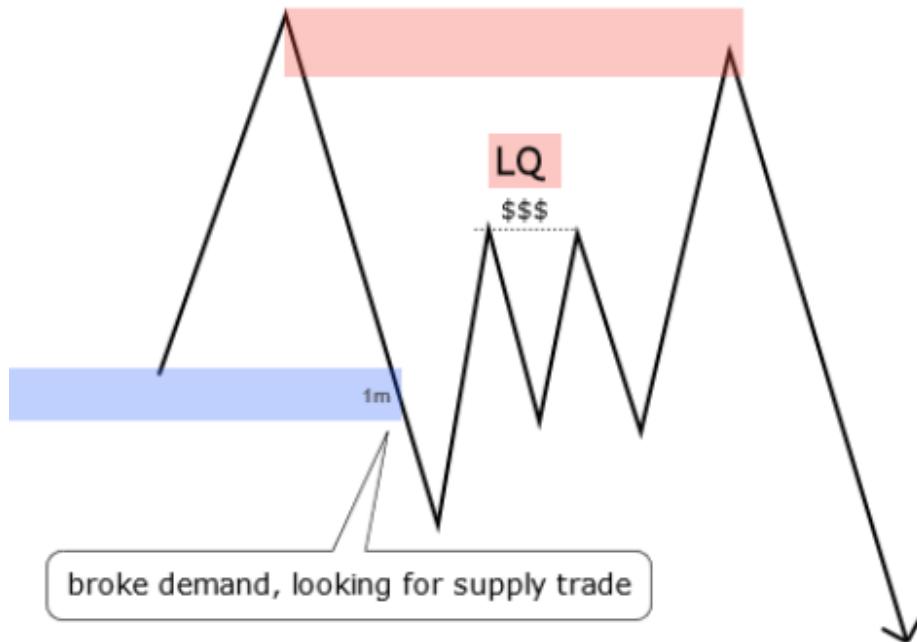


price needs to collect more orders
in order to continue to the overall
direction



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My favorite setup



FIFTH STEP

Managing the trade

I always risk 1% of my balance each trade.

After a 2% loosing streak I leave trading for the rest of the day, and backtest my mistakes.

I'm an intra-day trader, so I manage to close my positions before the session ends. (I DON'T HOLD POSITIONS LONGER THAN 1 SESSION)

I always use a 2 pip / 1.5 pip StopLoss, depends on the entry

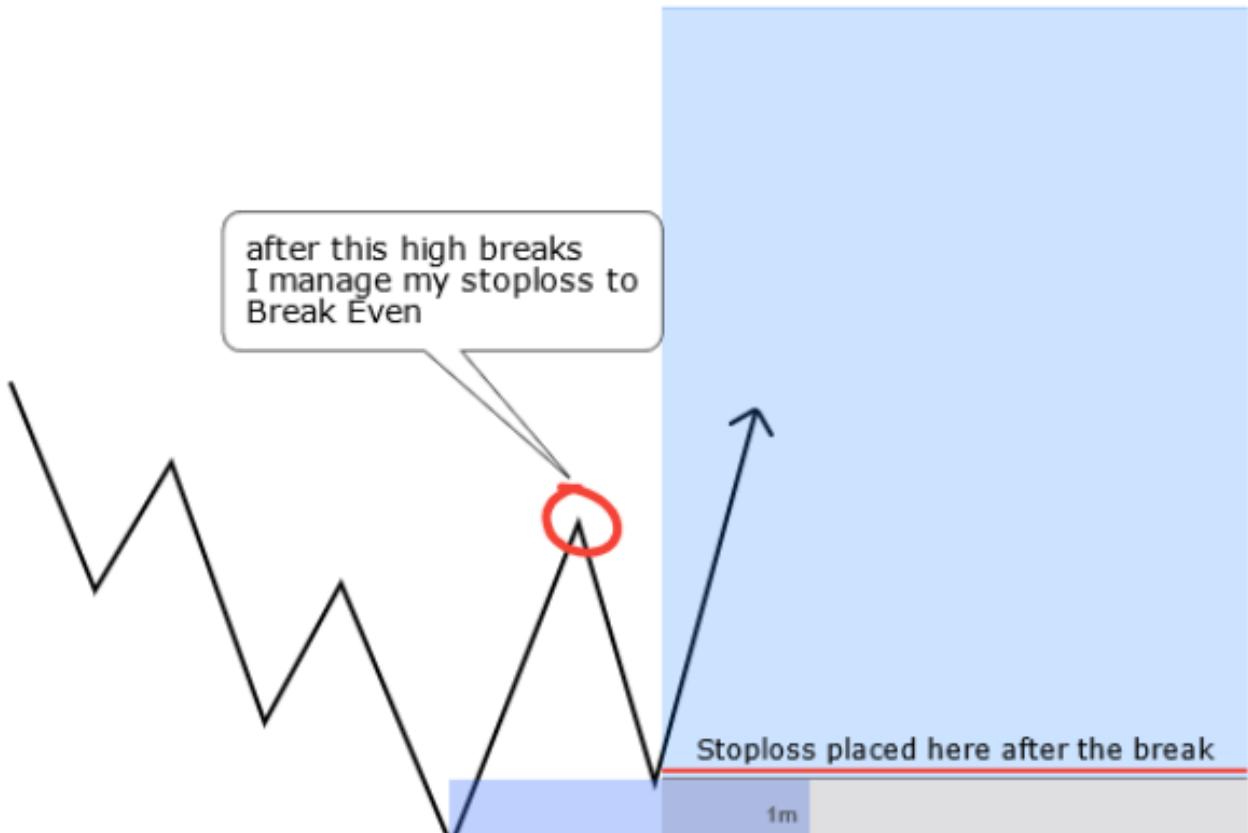
As I mentioned in the "News trading" topic, if I've got an open position before any High Impact news is released, I immediately manage my stoploss to BE.



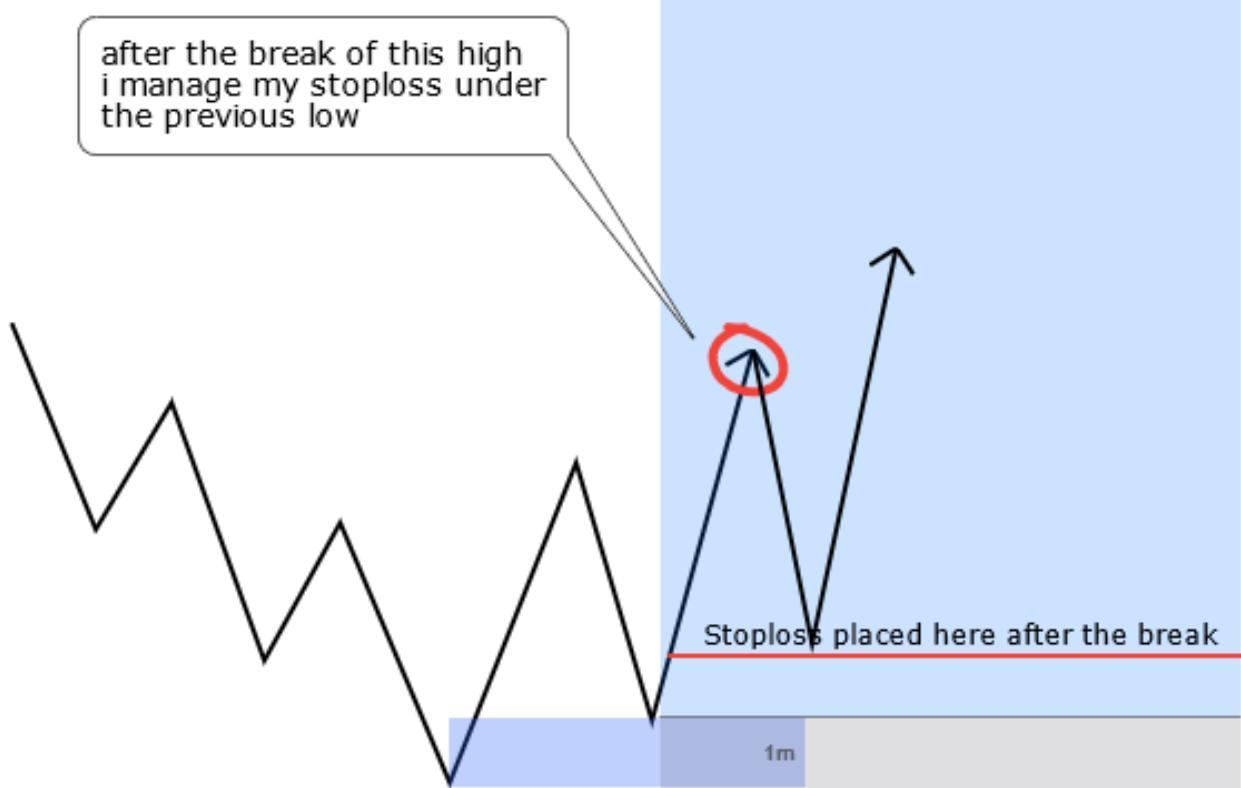
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How I manage my open trades

Let's see an example:



This goes on and on



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Dealing with spreads

Have you ever experienced your limit not triggering, but price touched your limit? (example below)



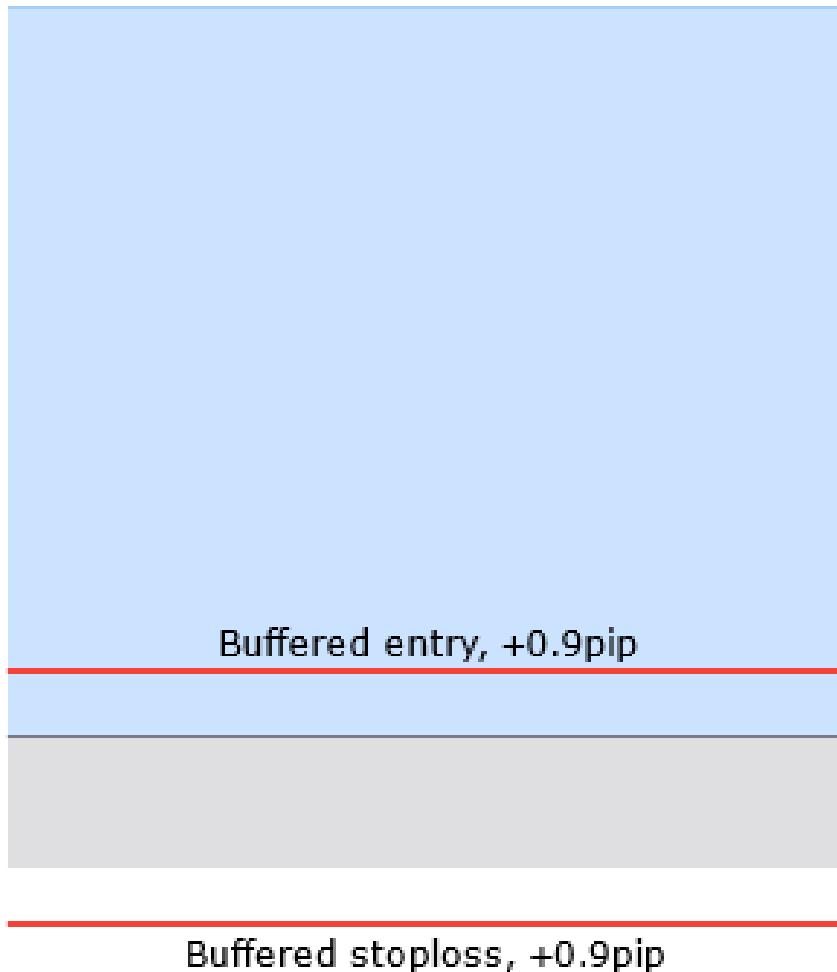
This is caused by the spreads. You can deal with this pretty easily.

You have to buffer your entry limit, and your stop loss by the spreads.



For example, your spread is 9. This means you should buffer your entry and your stop loss by 0.9 pip.

21:54:52
AUDCAD
Spread: 9



I only use this when spreads are bigger than usual, and I want to make sure I get tagged into the trade.



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Printable checklist

- 1. CHECKING IF THERE'S ANY UPCOMING HIGH IMPACT NEWS TODAY**
 - 2. H4 SUPPLY/DEMAND MARKUP, DETERMINE THE OVERALL DIRECTION**
 - 3. FINDING **15m** SUPPLY AND DEMAND ZONES AND MARKING THEM UP**
 - 4. REFINING ALL **15m** S/D ZONES ON THE **5m** (pay attention if there are more than 1 zones! You already know how to refine them)**
 - 5. SWITCH TO **1m** MARK UP ANY POTENTIAL **1m** ZONES THAT WOULD LEAD TO THE **5m** ZONE**
 - 6. DECIDE WHICH ENTRY TYPE TO USE (risk/confirmation) EXECUTING TRADES ON **1m** USING THE RIGHT METHOD**
 - 7. TARGET THE LAST RECENT UNMITIGATED S/D ZONE, MANAGE THE TRADE**
- +1. REPEAT**



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**Please go through everything in this PDF and
BACKTEST IT!!!**

**For example, you just read the "S/D flips topic".
Do me a favor, and practice the flips until your
eyes and brain learn how flips look , and you see
every flip on the chart.**

**When you're done with the flips, and your eyes
can see literally every flip, scroll to "CHoCH
entries" and do the same with them.**

This is the only way you can learn this.

**Take care ladies and gentlemen, hit
me up in DM if you've got any
question! (but only if you've
backtested enough!!!!)**

