

FTMO BOOTCAMP GUIDE

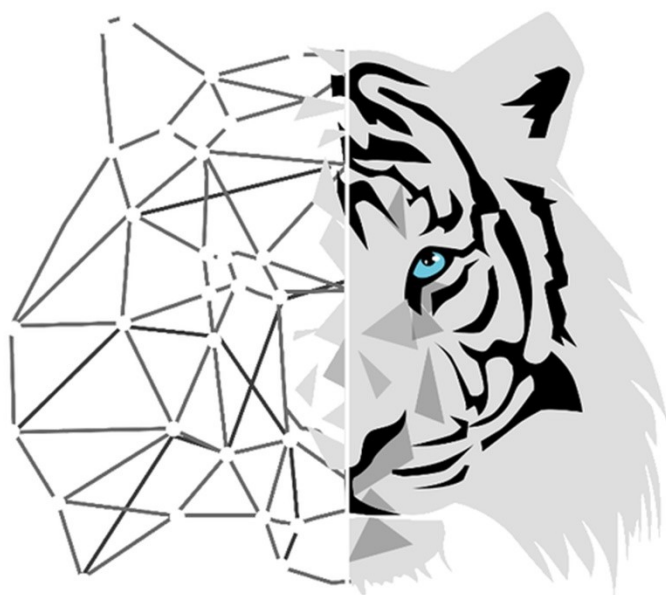


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Introduction



Welcome family! It is a pleasure for myself and the mentors to be able to support you here at the RockzFX Academy throughout this inspiring journey over the next few weeks. This guide has been put together to aid you throughout, so please read below very carefully.

All I want to say is that this opportunity is going to be very exciting and personal for each one of you. There will be times when things will get tough, but we are here together as a team to get through those ups and downs.

Please remember that regardless of the outcome, the journey itself is a massive milestone in your trading career. Stay focused, remember why you initially started, stick to your rules and your goals. This challenge can provide an excellent opportunity for you and your future. A new chance means a new goal, a fresh start and a new world of opportunities. We want to wish you all well as you embark on this journey!

However, as much as us mentors will be here to support you, it will come with its own hurdles. Please make sure you are 100% ready to take on the challenge, for the highs and lows it will throw at you.

You all will have to adapt to a new mindset and rule out those bad habits. The adaptation will require really trusting the process and not expecting immediate results, but instead seeing a more significant and fuller picture for your future.

One trade, one loss or one take profit is not representative of your abilities, stay humble, work hard, wake up every day to be the best you can be. You do not have to trade every day to pass the challenge, the day you are not trading is a BE day for you, and you can start with a clean slate the following day.

Best of luck, everybody!

Rockz and Mentors.

Broker



After much deliberation, we make a suggestion that **FTMOs** own broker is the best option to take. Even though they do not offer the smallest of spreads overall, they offer the best conditions and overall cost.

The idea behind having a broker with slightly bigger spreads and no commission is a much better plan moving forward for this strategy because we base most of our entries on momentum. This means that we only get triggered in a trade once price moves in our intended direction.

The idea is to stick to major pairs. These will include pairs like **EU**, **EJ**, **UJ**, **GU** and **EG**.

Hopefully, you are getting the point. The way to combat spreads would be to slightly increase your **SL** and your **TP** according to the spread at that time. Technically nobody should be entering a trade when the spreads are raised so this is something you need to keep in mind.



Remember, the choice is still yours.

Example: If the spreads are a full 1 pip (on MT4 would show up as 10 under the pair) which is rare but as an example and you intend to enter a trade with an **SL of 7 pips** with your entry being **12345**. What we suggest the best option is, will be to increase your **7 pips** in the following way:

SELL

Original entry: 1.2345

With spread: $1.2345 + 1 \text{ PIP} = 1.2344$ (**1 PIP** below your original entry)

Original stop loss: 1.2352

With spread: $1.2352 + 1 \text{ PIP} = 1.2353$ (**1 PIP** above your original stop loss)

BUY

Original entry: 1.2345

With spread: $1.2345 + 1 \text{ PIP} = 1.2346$ (**1 PIP** above your original entry)

Original stop loss: 1.2338

With spread: $1.2338 + 1 \text{ PIP} = 1.2337$ (**1 PIP** below your original stop loss)

Entering Trades



As you all know from the course and the strategy itself, your best course of action for opening trades will be to use **stop orders**. This will give you the highest probable chance of getting to BE as you will be taking advantage of momentum at its peak.

There will be no set way to enter trades. You all have taken steps to take the challenge, so I will be expecting you all to have an excellent technical understanding of the strategy itself and of course have your own ways to enter the markets based on your personal abilities to identify the patterns you trade.

Stubbsy says: *“Do not pay for and start the challenge unless you feel you have 100% grasped the course and material, there is nothing wrong with having self-belief. But an understanding of the strategy and the psychology behind being successful in it is paramount. You must also read and fully understand every objective and rule before signing up.”*



This is an essential factor to consider family. As much as we (Mentors) will be there to support you, we will not be able to carry your burdens that come off of the back of emotional and psychological effects, you may experience when taking the challenge.

We all want you to be sure that this is the right time to take the challenge and that you are incredibly comfortable with your patterns and understanding of market structure.

The support that will be given by the Mentors and myself will and should be an example in itself how you can hone in your bad habits and really leverage the strategy to pass this opportunity as smoothly as possible.

Remember, you still need to take responsibility for your own actions. This is not something we can control.

Best Times to Trade



We have sat down and spoke in length about this. We completely understand that there will be many who will be trading at different times due to the time zone difference. This should not be something that should concern you too much, neither should this make you feel anxious about your possibilities to take the challenge.

I would like to mention though that of course there will be better times to trade and times to avoid trading. We know the Asian session technically is going to be the worst time. Low volume and fewer participants in the markets.

The pinnacle times to trade would be London open to around London close. This is where the two big players will be in the markets, creating more volume at the same time.

Generally, when London closes the majority of mentors will be out of the markets until the next day.



This does not mean you have to be out too, but it should give you an incline as to when the strategy is at its peak. We all voted unanimously, and this is the times we will be trading:

- **Rockz:** 6-10-2 (4h Candles)
- **Stubbsy:** 6-10 (4h Candles)
- **Chantal:** 6-10 (4h Candles)
- **Paulina:** 6-10-2 (4h Candles)
- **Dmobster:** 6-10 (4h Candles)
- **Matthew:** 6-10 (4h Candles)

You do not need to stick to these times by any means. But this is what we advise you do if you want to be taking trades with the highest probable chance of capitalising on momentum and volume.

Note: From **4.30 pm** London Close, Mentors and I will be unavailable for support in the FTMO boot camp channel. If you continue to trade outside of these hours, this will be off of your own back. Also, **remember to avoid placing trades between 9-10pm UK time**, during the rollover time, spreads are incredibly high.

Trading the 4h candle



This is really going to be down to you. We understand that everyone sees patterns in their own way. We also understand that not everyone will be able to see patterns at the same time. And it is improbable that there will be a trading setup available at the same time every day during the hours of us looking for a trade and the duration of the FTMO challenge.

We suggest that no one sets it in stone a specific time when they will be looking for a setup. Be open and only trade when the setup comes to you.

Granted, we mention that trading in the first two hours of a 4h candle open provides you with the best chances of taking advantage of the current 4h candles move. This is true. **BUT**, as this is a totally different ball game, I advise you to be open to trading when you feel the time is right for you.



Putting too much emphasis on a candle open and when it is due to close may put too much pressure on yourselves to take a trade at this time. As a whole, we will be taking our trades when the time feels right for us. Each one of us will be different in our approaches, and the likelihood of you all being different in your approach will be the same. Go with what feels right for you.

The challenge is not about being right for every trade. It is about managing yourself throughout the whole process and whatever happens at the end, pass, fail or a chance to retry, you know deep down you did what was right for you. Of course, if you are planning to enter a trade at the last 15 minutes of the 4h candle close then, we have a problem. I am sure you all fully understand what I am getting at here.

Remember: Once you have identified a potential opportunity based on the 4h timeframe, the majority of your analysis should be taken to the **1h** and **15m** timeframe. Always have it in the back of your mind what your intentions are after you have made your decision on the 4h timeframe.

How Many Trades Should I take?



In the RockzFX Academy community, we have had quite a number of members pass the challenge already. Some you know about and a couple who would like to stay anonymous. We have, however, a Mentor here and you should all know him by the name of Stubbsy. He has passed the challenge on two occasions. So, he is the best person to answer this question for you.

Stubbsy says: *“When taking my challenges, I implemented a strict one trade per day rule. Win or lose after one trade I will be done for the day. When losing a trade, this helps us to keep control and not let losers spiral out of control. If you follow this one rule, there will be no chance of you breaking the ‘losing 5% in a single day’ objective. By sticking to this, you will have a much better chance of getting another free challenge if you do not hit the profit target by the end of the month. The second part to this the rule is stopping when you win a trade as well. This stops*



greed setting in and protecting our profits made that day. You will feel so much better coming to your charts the next day with all the profits you made the day before banked with nothing given back to the markets. Now for break-even trades. I will leave this one with you. Personally, I would take another setup if it was right, but break-evans affect everyone differently. Some aren't phased by them, others it could cause them to chase another trade. Be honest with yourself and set this rule to your own personality."

This should clear this question up for you, and our recommendation should be clear. However, if you have your own plan, feel free to do your own thing.

The psychological effects of losing more than one trade a day could grate on you, now adding more pressure than is necessary.

Stubbsy said it all, so I do not have anything more to add to this other than be smart and think about listening to the man himself.

How Much Should I Risk



I just want to make this clear. The choice is yours. But if you would like to hear the opinion of the Mentors and myself here it is:

We recommend that you stick to a strict **1% risk per trade** rule no matter what. This ensures your survival rate for the most extended time possible with the most reasonable chances of you hitting your targets promptly.

There are a few ways to see this. The only time you can really lose this challenge is if you lose 10 trades in a row. Technically with the strategy, you all are using and the variety of patterns available with this strategy, there is no real reason why you should even be losing more than **3 trades** in a row.

Risking 1% ensures that you maintain a levelled head throughout the challenge. It is neither too big or too small, and we believe this will be the best route for you all to take.



Those planning to risk more just understand this as an example:

- Risking **2%** per trade, in the beginning, means that if you have two losing trades in a row then technically you are almost at half your allowed loss for the challenge.
- Risking **0.5%** means that out of the 22 days you have for the challenge you need to win 6.6 trades in a row to pass and much more if you take losing trades. It just becomes a chore.

Stubbsy says:

“As we all know on some days the markets can act strangely. This is something I did not recognise in my first challenge, and it made it a lot harder for me. I traded every day when I didn’t need to and gave back unnecessary %. Be aware of this and stay out when our best setups aren’t there. If you come back the next day with all your capital intact, how much better will that feel? A tip I have for you though on a no-trade day is to open a quick 0.01 lot trade and close instantly. This will count as your trade for the day, and you will be able to finish the challenge quicker.”



Remember, the choice is still yours. But consider this advice is coming from traders themselves here in the community who have passed using the exact same strategy as you.



Managing Open Trades



Collectively we have done the numbers, and we advise your best course of action is as follows:

Risk to reward ratio: 1:3

Break-even: We suggest you lock in at break-even as soon as price moves to **1:1** of your entire position. If your stop-loss is **5 pips** and price moves **5 pips** you lock it in.

Granted there will be times that price may pullback and stop you out at break-even, but the whole theory behind the strategy itself is to **manipulate momentum** using the patterns we trade on the lower time frames. That simply means we just want the price to go in our intended direction.

Taking profits: For those planning to stick to a strict **1:3 risk to reward ratio**, the following has been suggested:

**Stubbsy says:**

“Everyone is different, and we all manage our trades differently, but this is what I did for the challenge. My risk was always 1%. Personally, I think any more, and a few losing trades in a row would have a psychological effect on us completing the challenge. I set the trade to break even at 1:1. I take half of my position off at 1:2 and the rest at 1:3. This still leaves us with a nice risk-reward ratio of 1:2.5 These risk-reward rules seemed to do the job for me.”

There you have it. The numbers don't lie. This will make sure that you are preserving your capital at all costs. You are on the right side of momentum when taking your trades.

AND you are making sure you are taking your profits off at the right time so you can continue to build a cushion for your next trading day win or lose.

Remember the aim of the challenge is to survive and in doing so trust the process that as long as you are sticking to the rules, you will either pass or get a chance to retry the challenge again for free.

Taking Losses



You need to understand this very quickly and take this one extremely seriously. You are going to take losses. It is part and parcel of trading. This is why we are telling you now if you are not mentally and emotionally ready to take this challenge, then don't rush this process. There is always another time.

This is a numbers game and a real test of really putting aside all the emotions you have or may encounter and fully devote your energy to trusting the process. You have not experienced anything like this before, and it will take a totally different mindset to get through it.

Your patience will be tested, you will feel the urge to trade daily, chase trades and even increase your risk. But this is a foolish game, and I can tell you for sure this is only going to end badly.

A loss is a loss, and that's all it is. You need to accept it immediately as painful as it may be especially if you



do not get off to a good start in the beginning. The pressure will build up for sure.

Just remember there are enough days in the month to pass this challenge and taking one or two losses in a row is okay. It can quickly be cancelled out with one winner.

Stubbsy says: *“There is no getting away from it, you will take losses and you will take break evens. These will hurt and make you doubt yourself; this is normal. Do not let them beat you. Follow the rule above, and you will come out on top. During my challenges after a loss or win, I would get away from my charts completely. I would go to the gym, go fishing or go for a long walk. Don’t let there be a reason to break the one trade per day rule!”*

Find yourself something to do so you are not so fixated on the need to take the trade. You want to be at your optimum and continually keeping a clear head so that you can see things clearly and concisely.

FTMO Bootcamp Plan



For those taking the challenge, this will be an exciting time. I want to manage expectations straight off the bat. Just because we are running the boot camp and will be doing our best to guide you all in the right direction, this does not mean it will be 100% full proof and that everyone across the board will pass.

However, we have faith that there will be many that will, as long as you follow the simple guidelines we set above.

Disclaimer: *Neither myself nor the mentors will hold any responsibility or be held accountable for your challenge results. You are fully responsible for every trade you take, the decision you make and results you get be it win, pass or have the chance to redo the challenge.*

Mentors and I will be guiding you in the right direction each step of the way. We will be reviewing your trades



and results, sharing trade ideas (**not signals**) and pointing you in the right direction whenever we see a potential setup.

However, understand that there will be ZERO signals given. FTMO have a strict policy about taking trades as a group, and if they identify that this is happening, then the challenge will be forfeited.

We, as a whole, will be managing our own currency pairs that have been divided amongst the mentors and me. Our responsibility for the duration of the challenge will be to bring to your attention when either of us sees a potential setup and give you a brief breakdown on what we are seeing.

It will then be down to you to take the trade based on your own rules and of course, how you perceive the markets.

FTMO Channel



For management purposes and to not distract the flow of the support that will be given, the primary channel will be used for **mentors ONLY!**

Each mentor is assigned his or her own currency pairs to be monitoring throughout the day. If and when there is a possible setup or opportunity available, the Mentors will then direct your attention to that pair and briefly explain what they will be looking for.

You then must identify the patterns you trade and execute based on whether you feel it fit.

There will be many opportunities throughout the day, and there will be different styles coming from each mentor. You need to make a decision if you are happy to follow through with the suggestions or wait until the time is right for you.



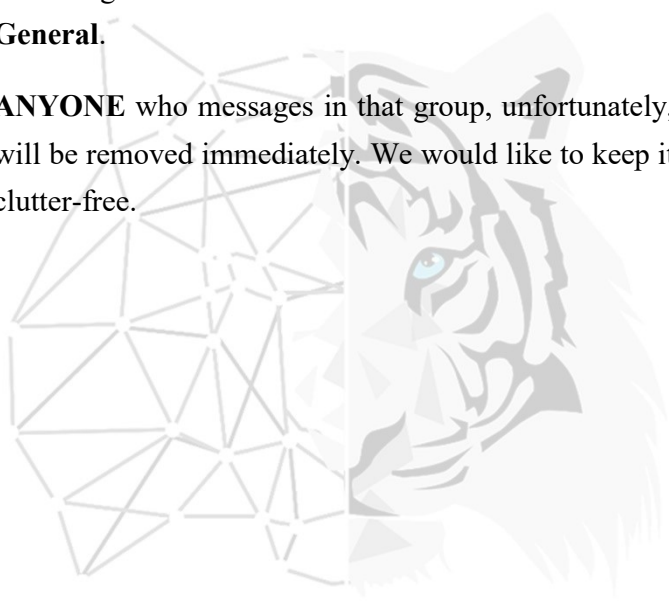
Communication in the channel

There is a **STRICT** no speaking rule in the FTMO challenge channel other than for **mentors only**.

This will allow us to stay focused and to offer the best possible advice at the time.

Any questions or chart analysis that you would like reviewing must be sent to the main channel in **General**.

ANYONE who messages in that group, unfortunately, will be removed immediately. We would like to keep it clutter-free.



Sharing Trade Ideas



After discussing this extensively, we have come to the conclusion that we will **not** be sharing signals.

As mentioned for those who are wanting to take the challenge we expect that you have at least given the FTMO trial a go on the trial version to get a good feel for how things work and the objectives that are set out.

We also expect that you have a good understanding of your own style that you will be using to trade for the duration of the challenge. We will be there to support as many members as we can but what we won't be able to do is control what you do.

Reviewing Trades

For trade reviews, we will only be focusing on losing trades only! We are aiming to set aside **3 days** out of the week to be there for those struggling with emotional or psychological barriers throughout this challenge.



I ask that no one sends any chart analysis to the FTMO channel: regardless if it is a win, lose or break even trade.

This will be a rollercoaster of course and emotions will be high, and there will be an element of pressure as you may have or may not have had to be put in a position like this before, having to be as disciplined and regiment as the challenge outlines.

You really will need to fight against everything you know you shouldn't be doing and really hone on what you know you should be doing. For this reason, we are not going to be reviewing trades daily.

Trade review times:

- **Tuesday:** 1 pm London time
- **Wednesday:** 1 pm London time
- **Sunday:** 12 midday London time

Having these set times in place will allow for structure and for everyone to have the opportunity to come forward with any losing trades they want reviewing. Be sure to provide information on your entry, how you entered, SL, TP and your reasoning and analysis for entering the trade.



*Remember, not every trade you take will be wrong.
Losing is part of trading.*

What pairs should you trade?

This is a personal preference. We suggest due to the slightly higher spreads on the brokers FTMO offer you stick to the majors only. If you are using a broker with 0 commission and marginally higher spreads, this will be your best option. For those trading a broker with minimum spreads but with commission then the choice is yours.

Mentors

Mentors will be trading the major currencies only, and the pairs they are most comfortable with. The technical analysis they will provide will be of the pair they trade the most and are comfortable with.

If you have a pair that is not in the list of pairs they will be focusing on you should direct your questions in the general channel and we will do our best to give you an informed answer to your question based on our personal analysis. Mentors Pairs:

- **Stubbsy:** GBP EUR UJ - Majors only (low spreads)



- **Chantal:** GU GJ EUR - Majors only (low spreads)
- **Dmobster:** GU GBP UJ EUR USD - Majors only (low spreads)
- **Paulina:** GU EU GJ UCHF EG - Majors only (low spreads)
- **Aidah:** GU EU UCHF EG GJ Majors only (low spreads)
- **Rockz:** All major pairs (low spreads)
- **Matthew:** CHF EU UJ EG (low spreads)

The reason for focusing on these currencies and pairs is that these are the ones that offer the best momentum trades and are almost guaranteed volume daily. Remember you are free to trade whatever pairs you like.

Finally, enjoy every single day and emotion you are going to experience during this process.

Think about how many people get an opportunity like we are today, well, not many! This is one of the best financial and personal investment you can make in your lifetime. All of you taking on this challenge have



worked relentlessly to be where you are a now. Keep going, take a breath and let's go!

We are all wishing you the best of luck,

Rockz and Mentors!

