

3M TRADING STRATEGY



- There are 4 main components to this strategy. Starting with analyzing the market and ending with properly executing and managing a trade.
- **Structure** (helps use create a bias for the market, bullish or bearish)
- **Supply and Demand zones** (helps us pick areas we expect to see bullishness or bearishness from)
- **Entry Confirmation** (specific things we need to see in the supply and demand zones in order to enter a trade)
- **Trade Management** (the strategy of managing your profits/losses once you have entered a trade)



TIMEFRAMES

- Timeframes are an extremely important concept in trading that many people do not understand correctly
- There is no one timeframe that is the best to trade, the purpose of looking at different timeframes is to get a better understanding of how price was delivered to us
- The main timeframes that we look at in this strategy are the Daily, 4H, 1H, and 5min
- However, we may look at any other timeframes in order to get a better understanding of how price was delivered in a certain area

STRUCTURE

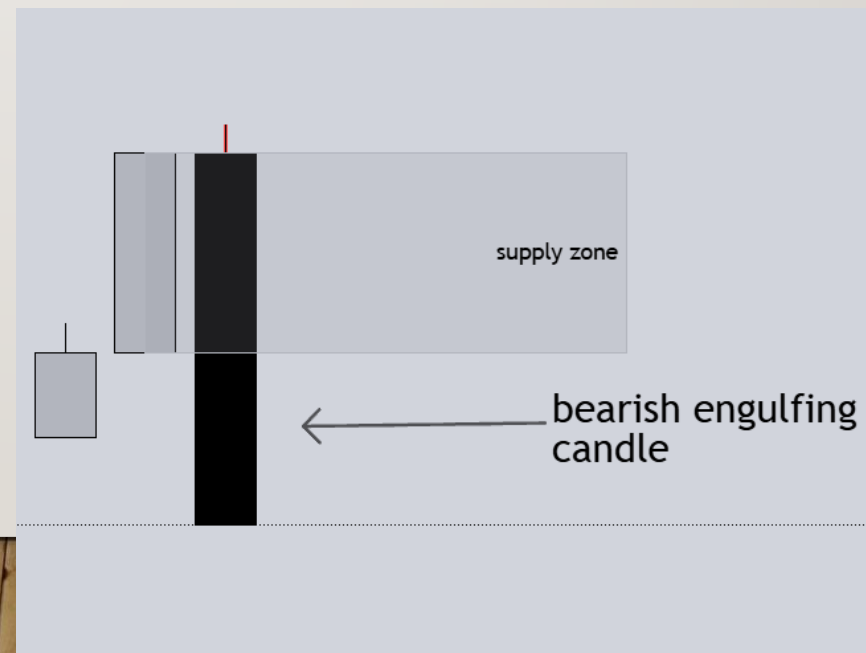
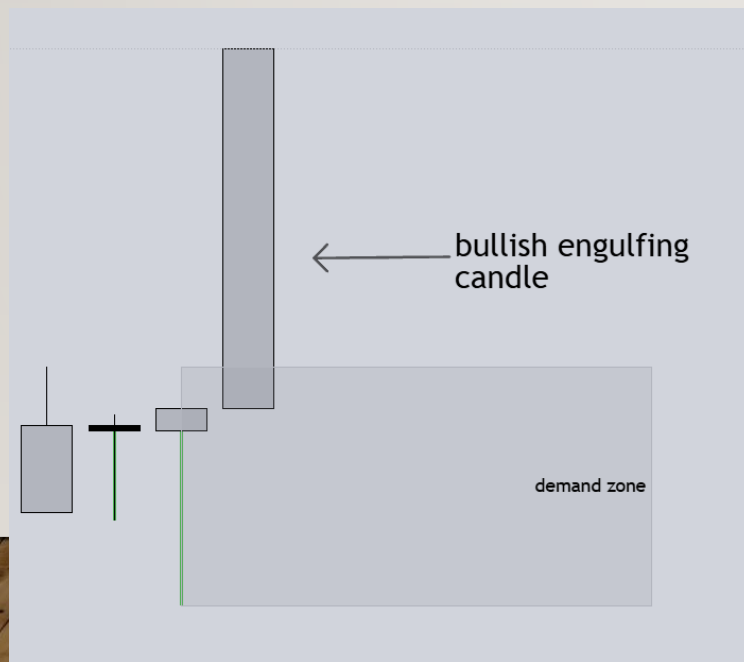
- The **first step** is to use the structure breaks to determine a bias in the market on the high timeframe, we call this the **Structural Bias**
- You do this by viewing the breaks up or down using the “**mentfx structure indicator**” on Tradingview
- You can add this indicator to your chart for free
- Determine the structural bias of the **Daily and 4h timeframe**, if they are both in-line with each other, you can hop down to the 1h

- You can use the indicator to determine when structure is breaking up or down
- Here we can clearly see that the structure breaks are majority bullish, with many to the upside and only a couple to the downside, seeing bearish breaks down is normal even in a bullish bias
- We would determine here that the **structural bias is bullish**



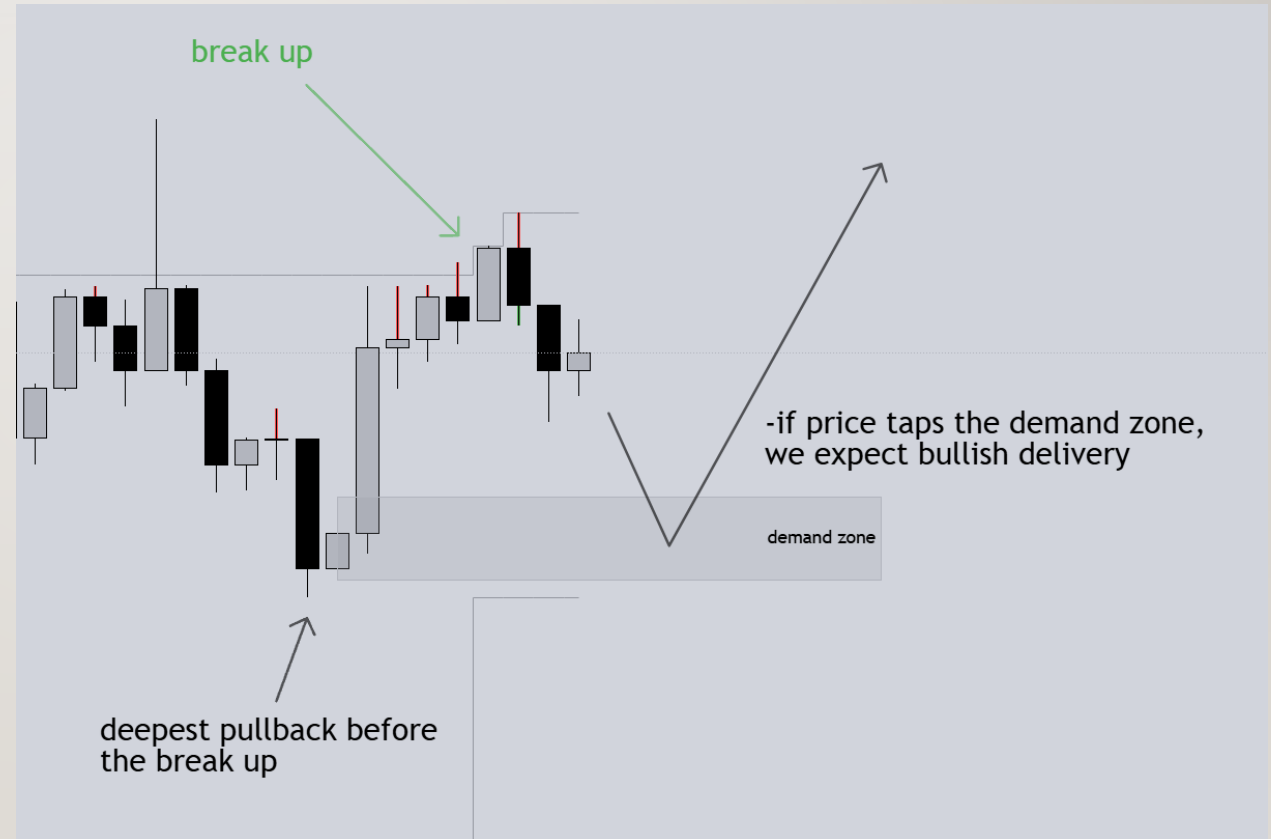
SUPPLY AND DEMAND ZONES

- The **second step** is to find supply/demand zones to target, we do this on the 1h timeframe
- **Demand zones** are just any candle that is followed by a **bullish engulfing candle**
- **Supply zones** are any candle that is followed by a **bearish engulfing candle**



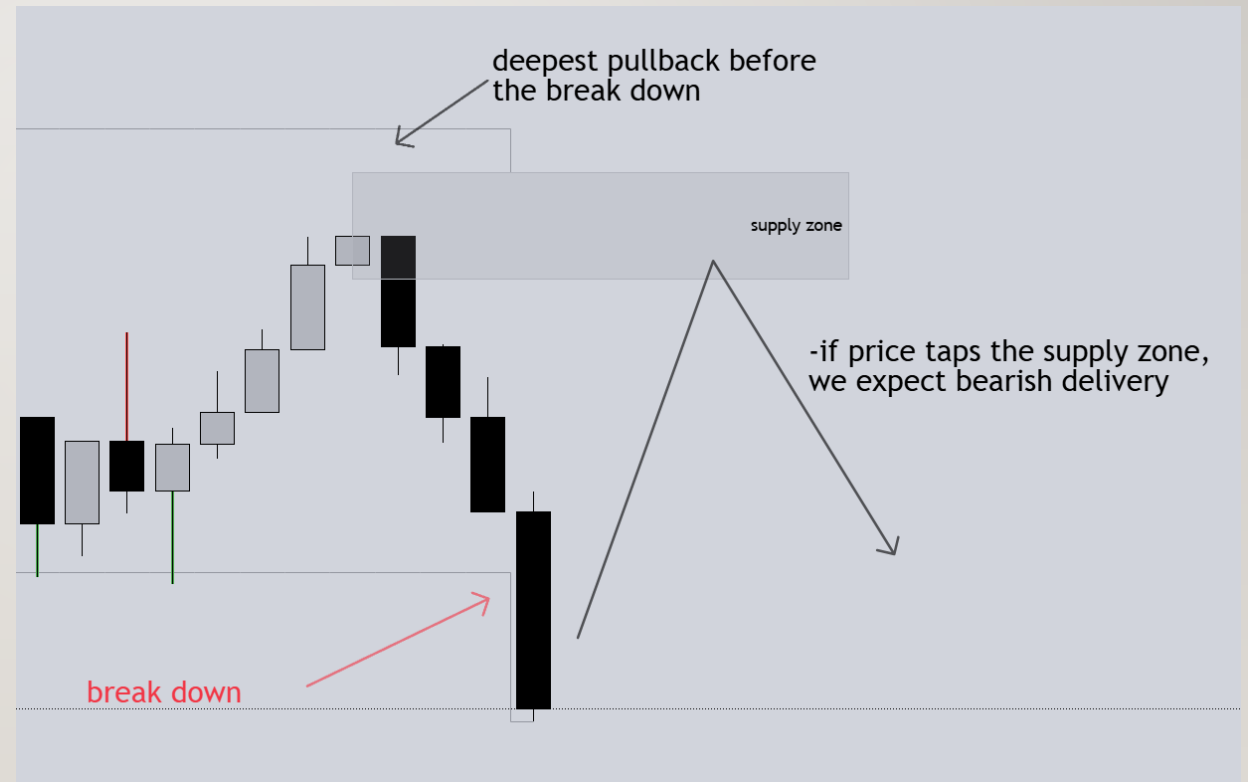
DEMAND ZONES

- If the market is **bullish**, you look for **demand zones**
- After you get a **break up** in structure, you look for the deepest **demand zone** from that break up and target it, if price comes to the demand zone, we expect price to deliver longs from there



SUPPLY ZONES

- If the market is **bearish**, you look for **supply zones**
- After you get a **break down** in structure, you look for the deepest **supply zone** from that break down and target it, if price comes to the supply zone, we expect price to deliver shorts from there

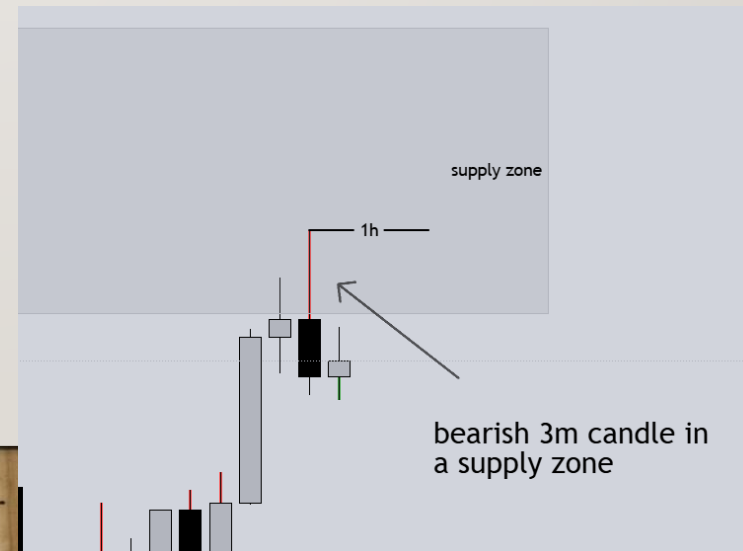
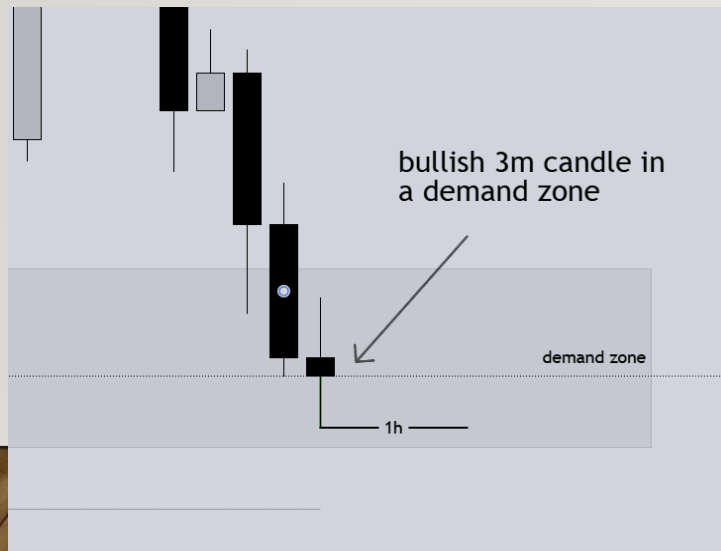


ENTRY CONFIRMATION /CRITERIA

- The **third step** is to look for multi-timeframe entry confirmations in a supply/demand zone
- We do this in the form of the **1h 3M confirmation**, and **5min buy-stop confirmation**
- The second and final indicator you will need is the “**mentfx triple m indicator**”, which highlights bullish and bearish 3M candles, bullish ones having green wicks and bearish having red wicks
- This indicator is also free to add on Tradingview

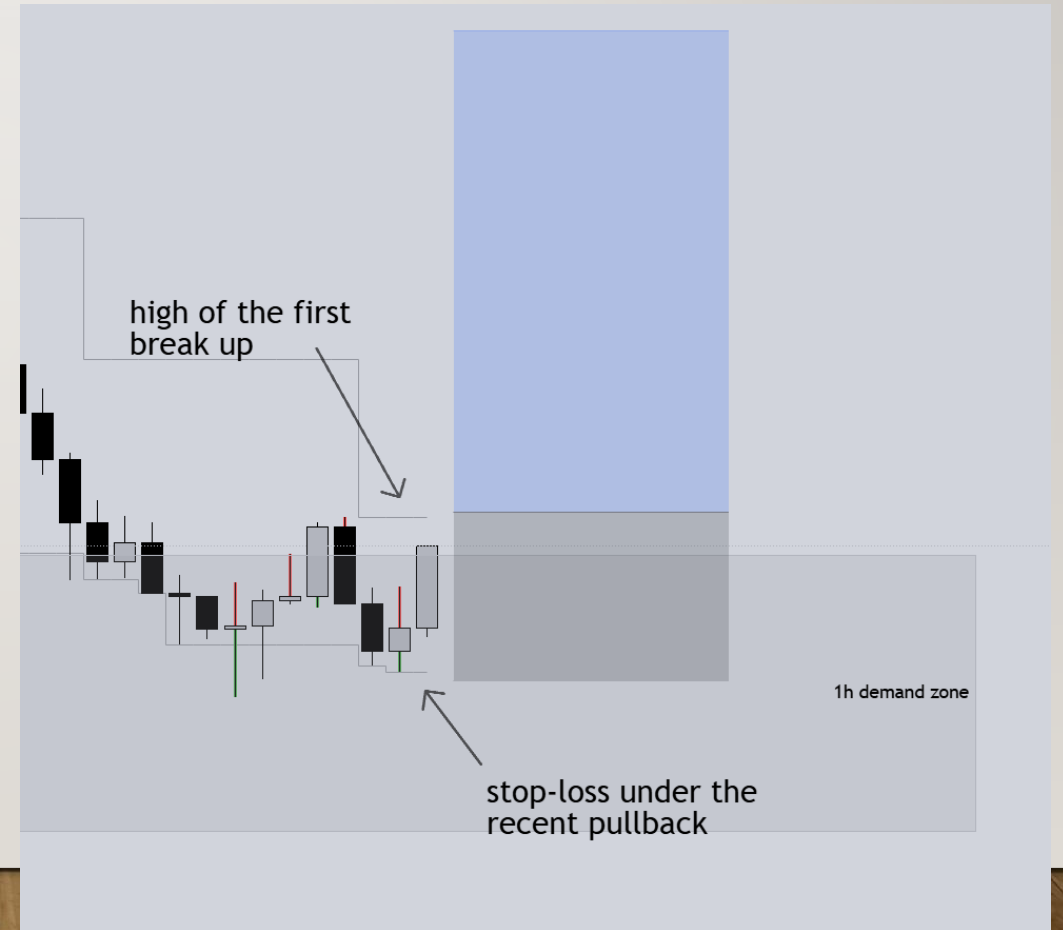
1H 3M CONFIRMATION

- The 1h 3M confirmation is very simple, the first 3M candle that is printed in an SnD zone will give you the 1h confirmation.
- In a **bullish** scenario, you will be looking for a **green 3M candle** in a **demand zone**
- In a **bearish** scenario, you will be looking for a **red 3M candle** in a **supply zone**



5MIN BUY/SELL-STOP CONFIRMATION

- Once you have the 1h confirmation, you drop down to the 5min timeframe and simple place a buy/sell-stop order on the first break up or down, depending on the bias
- For longs, you simply buy-stop the first 5min structural break up in a 1h demand zone, with your stop-loss under the most recent pullback



5MIN BUY/SELL-STOP CONFIRMATION

- For shorts, you simply sell-stop the first 5min structural break down in a 1h supply zone, with your stop-loss above the most recent pullback

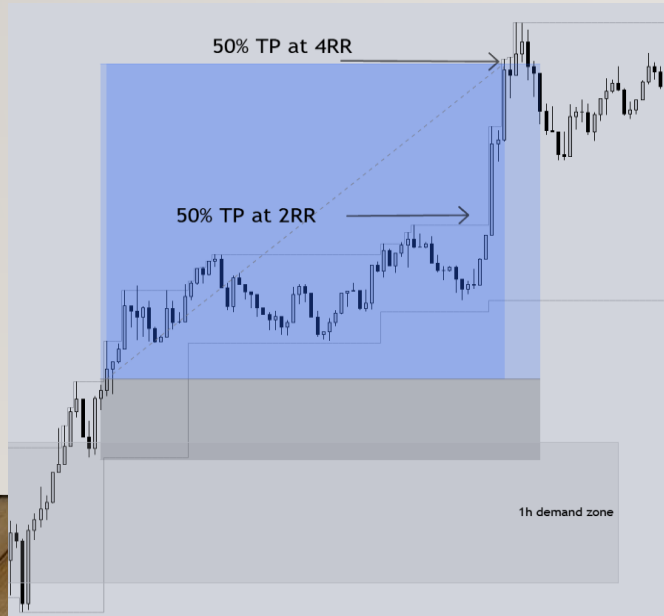


TRADE MANAGEMENT

- Once you have entered the trade, the **final step** is to properly manage it
- Firstly, if the trade hits 2RR, you move your SL to break-even
- Secondly, there are 2 ways which you can manage your running trades, what you use is up to you and your style

TRADE MANAGEMENT

- 1: You can choose to TP at set RR levels (Example: TP 50% at 2RR and 50% at 4RR)
- 2: Or you can choose to trail your SL under structural lows and ride the trend up as far as you can, when price finally comes down to your SL you exit the trade
- What you choose is completely up to you, test each one to see what you like better



OR



GO GET YOUR LAMBO

- **Disclaimer:** This strategy is composed of the very basic concepts that are taught in the 3M Trading group, there are many more complex concepts that are taught in our VIP program that can be added to this strategy to make it much more powerful, but this is a very strong foundation for you guys to start learning from
- It cannot be stressed enough that you need to go **PRACTICE** this strategy, backtest on Tradingview, journal your trades, look at the data, gain confidence with the strategy before taking it to the live markets with real funds
- Once you get comfortable with the rules, have backtested until your eyes bleed, and have the data to back it, you're ready, go get that LAMBO