* From **Liquidity – IOF – Market Structure** (on the daily and weekly timeframe)
* Trading will be based on liquidity driving force. Identify where liquidity is on the chart (above old highs, below old lows, previous area of price accumulation).
* We don’t chase price, we wait for price accumulation/contraction.

**SHORT TERM TRADING**

* Daily = Market Structure and IOF [key S&R, old highs and old lows]
* 4 hour = Daily and/or 4hr OBs and liquidity pool. OB being respected on the 1hr and 4hr.
* 15min = 1hr OB. Time of Day and return to OB [either 1hr or 4hr OB].

**N/B**

* Identify turtle soups.
* When looking for turtle soups, you have to be able to identity short term lows and short term highs [1hr & 15min]. Turtle soups will be in the form of highs and lows being breached. Turtle soup coupled with an OB gives a high probability set-up for a day trade.
* Time and Price: You zoom into a 15min chart, focusing on time, then price. Time first, then price.
* London and New York session. 5min and 15min timeframe for your OTEs in line with your HTF [4hr, daily, 1hr] bias.
* For a bullish IOF, the bullish OB is being respected, bearish OB is being broken. Market structure is moving higher.
* For a bearish IOF, the bearish OB is being respected, bullish OB is being broken. Market structure is moving lower.
* Time of day sensitive for entry and exit.

**TRADING SYSTEM**

1. Identify market structure and IOF on the weekly and daily timeframe.
2. On the 4hr timeframe, mark out 4hr OB and daily OB which are in sync with the daily and weekly market structure/order flow. Also, look for liquidity pools on the 4hr and mark it out.
3. On the 1hr identity OB in sync with the IOF and areas of previous price contraction for possible price reversals.
4. Entry will be on the 15min timeframe during the London Session Close to New York Session Open.

On the 15min timeframe, wait for a retracement to the 11:00 or 12:00 candle during the New York Session to enter a trade.

If there’s an accumulation or contraction around the 11:00 or 12:00 candle, we expect that area to hold for pullbacks

1. Watch out for turtle soups and false breakouts below short term lows and above short term highs.
2. If the 15min timeframe setup is missed, go to the 5min timeframe and look for OTEs pattern in sync with the order flow and market structure.
3. For the exit, Stop Loss (SL) should be 20pips and Take Profit (TP) should be at the previous range’s high or low, or 1/2 R/R ratio.

\*for 4hr OB and liquidity pools use the rectangle tool.

\*for daily and weekly highs or lows, and S & R levels use the line tool.

Additional take notes:

* Compare your 15min chart to your 1hr chart and take note of details (BMS and SMS). Cut through candles to see turning points on your 15min TF and compare it to the 1hr chart.
* Take note of AMD pattern and trend line phantom, as these will be liquidity driving forces.
* When price is approaching or at a weekly support/resistance we avoid engaging the chart until there is a clear direction, as price tends to reverse during these areas.
* Take not and mark out price accumulation/contraction area intraday [1hr, 15min and 4hr] especially in the direction of the trend.
* Look at the previous day if there’s any OB to be respected, especially in the direction of your bias.
* For a retracement into the previous range either an OB will respected or the previous day’s 11:00 or 12:00 candle will respected.
* Follow Up News Updates: Always check major news updates, speeches and economic report as these have great impact on trades and trend direction.
* Only Quality Trades: Focus only in the best trades opportunity and stay away from complicated trades or trades with many uncertainties. Avoid overtrading, it gets you exhausted and expose you to making so many wrong decisions.
* Always Wait for a Confirmation (retest of 11:00 or 12:00): Don’t rush into trades, always wait for a confirmation before opening your positions.

**ACTIVITIES TO DO BEFORE YOU START TRADING**

1. Review any open positions and make any necessary adjustments.
2. Reviewing yesterday’s trades.

Getting you “up to speed” on the market.

1. Identifying any upcoming news that could cause volatility.
2. Being ready to trade when the next trading session opens.

You will want to review the overall market news. You can use Bloomberg.

Determine what the overall market sentiment is for the day, review yesterday’s trades and how the previous trading session finished, and maybe identify key market areas like S&R.

* The market moves in waves, after an impulse you want to see a retracement.
* Be prepared to lose, but always trade to win.
* Trading is not a race; it is a journey that you should be enjoying.
* The only way to be a successful trader, is taking small regular gains and building that account overtime – Compound interest.
* Never get in the market because you are anxious. Allow Time, Effort and Patience.
* One of the biggest challenges in trading is to stay focused and positive, even when your account balance is turning negative.
* Wrong trades are not the ones that end in a loss; they are the ones outside the trading strategy or system.
* Emotional discipline helps you put into practice what you know and what you will learn.
* The fast move is the false move; the market maker trend is slow and relentless.
* There’s no such thing as ‘The Big Trade’, there’s only the ‘Big Trader’, and The Big Trader is the guy who wakes up each day and over time continues to turn out profitable results.
* By developing a series of processes and operating purely on their application, you have the ability to create good habit patterns whereby your natural reaction to unforeseen circumstances will be to follow your process and do the right thing. Trading is just a series of process. Develop, analyze, refine and apply your processes.

A **trading plan** is an organized approach to executing a trading system that you have developed based on your market analysis and outlook while factoring in risk management and personal psychology.

Always wait for confirmation. Don’t rush into trades.

**Entry**:

1. A retest to the previous day 11:00/12:00 candle on the 15min/5min timeframe
2. A retest to the current day 11:00/12:00 candle on the 15min/5min timeframe

**Confirmation**: A rejection from a previous day 1hr OB

During 11:00 – 13:00 we expect to see reversals or continuation intraday, using the 15min timeframe as anchor char. Mark out this area, as sensitive part for trade engagement.

If there’s accumulation during 11:00 – 13:00 on the 15min timeframe we expect that area to hold for pullbacks.

Take notes of AMD pattern, trendline phantom and buyside/sellside liquidity.

**STRATEGY FOR EACH DAY**

For there to be a retracement, there must have been repulsive move.

1. Look for entry when price makes a retracement to the 8:00 candle on the 15min timeframe.
2. Look for entry when price makes a retracement to the 11:00 candle on the 15min timeframe.
3. Look for entry when price makes a retracement to the 12:00 candle on the 15min timeframe.

If price rejects a previous day 1hr OB or price rejects a previous day 11:00/12:00 candle we have a confirmation on the direction of our bias.

NB: if the 11:00/12:00 candle is formed above the 8:00 candle and price breaks the high of the 11:00/12:00 candle we enter a buy trade.

If the 11:00/12:00 candle is formed above the 8:00 candle and price move to the downside breaking the low of the 8:00 candle we enter a sell trade.

If the 11:00/12:00 candle is formed below the 8:00 candle and price breaks the low of the 11:00/12:00 candle we enter a sell trade.

If the 11:00/12:00 candle is formed below the 8:00 candle and price moves to the upside breaking the high of the 8:00 candle we enter a buy trade.

We want to see or expect a retracement around 13:00 to 15:00 and around 16:00 to 19:00.

TRADING IN THE ZONE

Consider the experience of being in a losing trade when the market is making consistently higher highs

and higher lows or lower highs and lower lows against your position, while you refuse to acknowledge

you are in a losing trade because you have focused all your attention on the tics that go in your favor.

On the average, you are only getting one out of four or five tics in your direction; but it doesn't matter

because every time you get one, you are convinced the market has reversed and is coming back. Instead

the market keeps going against you. At some point, the dollar value of the loss becomes so great that it

cannot be denied and you finally exit the trade. The first reaction that traders universally have when

looking back at such a trade is, "Why didn't I just take my loss and reverse?"

The opportunity to put on a trade in the opposite direction was easily recognized once there was

nothing at stake. But we were blinded to this opportunity while we were in the trade, because at that

time the information indicating it was an opportunity was defined as painful, so we blocked it from our awareness.