SMC Simplified



By:TJRTrades

Introduction:

Yo it's TJR, hopefully this book is entertaining and informative on everything you need to know involving trading. I suck at writing so if anything that will make this book so much easier for you to read. Think of this more as a pre-made conversation between you and me. For starters let's go over the things I don't want to talk about in this book. I don't want to talk about brokers because they literally don't matter. Find one that has good reviews, you think looks cool, has a good spread and good commission and that's all. With that being said (sellout moment) this is the broker I use:

https://login.hankotrade.com/register?franchiseLead=MzY3Mg== .

Use it or don't I could care less because I am about to teach you how I make my money. What else will I not talk about. I won't talk about basic stupid shit okay so that means: what a candlestick is, what an uptrend is, what a downtrend is, and anything else that is simply stupid and boring and should just be basic ass information that you should already know when it comes to trading. If I don't talk about it in this book then I don't use it. So don't run to my dms saying (muppet voice)"TJRTrades do you use moving averages" like no did you read the book if it didn't talk about it I don't use it. This book is everything. Literally a brain explosion onto a google doc for you guys of every little thing that is beneficial that I use in trading. There is no secret sauce after this there is nothing different between me and you strategy wise or mentally in trading after you read this book. So it should give you 0 none nada no more excuses to be crying about a loss, crying about overtrading, overleveraging, and all the other stupid stuff you guys were doing before this. This book will start off friendly and welcoming and slowly turn into me yelling at you and trying to whip you into shape to make this shit your full time job. I didn't have someone to do that for me when I was beginning and I wish I did. I wish I had myself as a mentor when I wasn't profitable. So to return the favor to unprofitable TJR I figured what better way than to give people who actually care about me with the same goals that I had when I was starting all the knowledge that I wish I had and streamline it straight to you for \$20 hard earned dollars when other scamming ass youtubers are charging you \$500+ for worse shit. Shall we begin?

Lesson #1:

Numero uno. Stop thinking so much. This shit is so simple you are in your head way too much. Tell your brain to keep quiet and think like a 5 year old would. It will make this so much easier for me and for you. Listen to what I tell you and take it as it is. There is no if ands or buts. there are none. Stop making hypothetical situations in your head and just make this a couple simple ass steps. That's all trading is. 1-3 simple ass steps. Boom lesson one done! How you feeling? good? Do you need to reread it? It's the first lesson for a reason. Maybe reread it for me just so we are for sure.

Lesson #2:

Reread lesson #1.

Lesson #3:

Risk Management. I am going to put this at the beginning because this should be one of the easiest lessons of trading... like ever. It's just two rules but somehow some way you guys manage to mess it up every single day. DON'T OVERLEVERAGE AND OVERTRADE. DON'T OVERTRADE AND OVERLEVERAGE. Imagine it is against the law. Don't do it. Ever. There is no perfect setup there isn't a perfect revenge trade coming there isn't. it's all in your brain trying to convince you to take another trade. I won't talk about how we can control those emotions just yet but let's make this very simple for you guys. Take 1 trade a day. Risk 1-3% of your whole account size. Anything more you are stupid and already broke your rules and you need to reread lesson 1. All you need is 1 trade at 1-3% risk a day. That is it. That will and has paid my bills so there is no reason why it shouldn't pay yours. If you take 3 trades a day, reread lesson 1. If you risk 10% on a trade reread lesson 1. The second you fuck up its trouble. The hardest part about this is just the fact that there is no fun in it. People think day trading is fun and games

and money. When in actuality it isn't. I wake up and do the same thing every morning. Risk the same amount every morning and trade the same thing every morning. It gets boring fast. And someone who thinks day trading is all about money and flashy stuff having to do the same thing over and over again its very easy to say hey why not trade again today why not overleverage my strategy has been working. Once you do that you messed up. So to recap: take 1 trade a day, and risk 1-3% of your whole account nothing more. Should be easy. So make it easy on yourself and actually do it.

Lesson #4:

Wow are we done yet my fingers hurt already and I have a headache arguing with you even though you aren't even here. Like I said before this shit is easy. We are already 4 lessons in and there shouldn't be any questions if there are. Reread lesson 1. Moving on. Keeping it nice and simple. We know how much we should risk per trade and how many trades we need to take a day. Now Lets start talking about the fun stuff. The stuff that you guys worship the stuff that is honestly 10% of trading but you guys treat it like the 100%. STRATEGY. Now before you get all bricked up and horny over my strategy. Let me clarify a few things. This strategy won't make you profitable over night. It won't make you a profitable trader when using it. It probably has the equal amount of probability of you being profitable as using support and resistance trading. You are probably like w w w w wellIllI what i thought that's why i bought this to learn how to day trade. Yes and this is how you day trade by pairing an edge(strategy) with a strong and disciplined psychology around trading. There are two parts to the puzzle and strategy is the easiest part. So yes, get sorta excited to learn how I trade but this really isn't going to help you unless you understand what comes after strategy, psychology. If you have a good strategy without good psychology you won't be profitable which is why strategy is 10%. Now that I crushed your dreams lets hop into how I trade. And do me a favor. This is supposed to be easy and simple the second you start freaking out and marking everything on the chart go reread lesson 1 cause i'm going to teach this to you like you are my 8 year old cousin. Let's get into it.

Strategy:

Hey, if you skipped to this part, start from the beginning you missed a lot of important stuff and you are literally throwing your money away into this book if you are only reading this section. Thanks for paying me, but still go back and read everything. It's important. This section is going to be long and hard (hehe). So if you ever find yourself struggling to understand something reread lesson 1 simplify it don't over think it. what I am telling you is it. there's nothing more to it.

Methodology #1: Break of Structure

The basics. This is the easiest and most important thing. So pay attention.

Why is this important to know:

Market structure tells us what the market is doing and what direction it's going. When there is a break of structure there is a shift in market structure changing the trend/direction.

How do we spot it in the market:

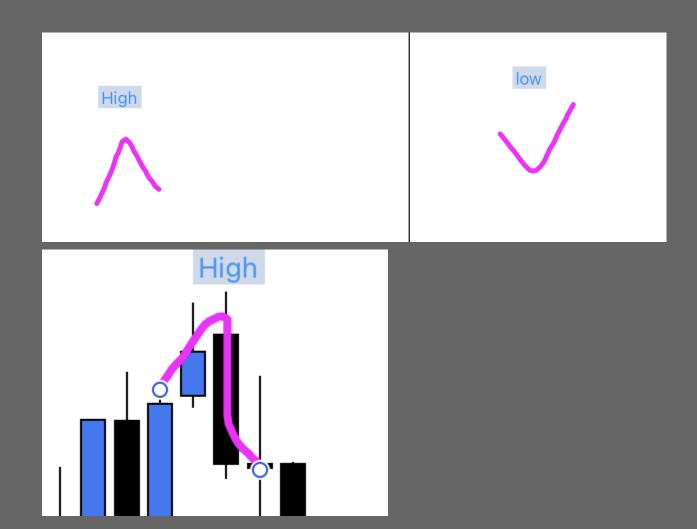
Show and tell time! Who's ready for pictures! First let me write it out, then I'll show you pictures.

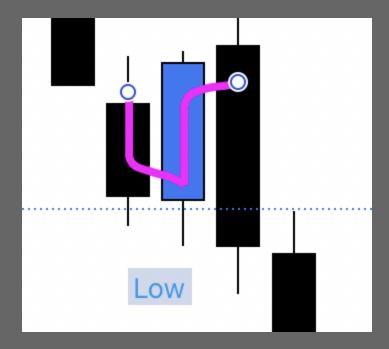
What is a uptrend. Higher highs and higher lows. What is a downtrend. Lower lows and lower highs. Right that is easy we all know that.

Now what makes a high: a move up followed by a move down(it only takes 2 candles to form a high). What makes a low: a move down followed by a move up. (only takes 2 candles).

What is a break of structure in an uptrend: a closure below the wick of the previous low. What is a break of structure in a down trend: a closure above the wick of the previous high.

Boom, that's super easy. Now let me show you pictures on all of these things:





Let me repeat myself: it only takes one up candle and one down candle to make a high and only one down candle and one up candle to make a low.



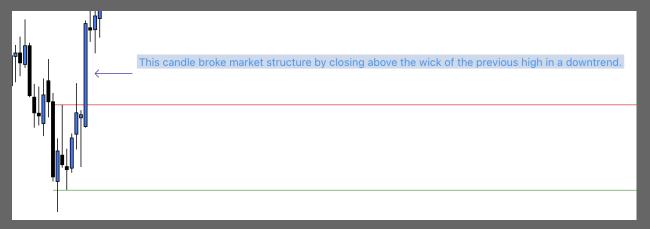
Downtrend: red are the highs greens are the lows. Lower highs Lower lows



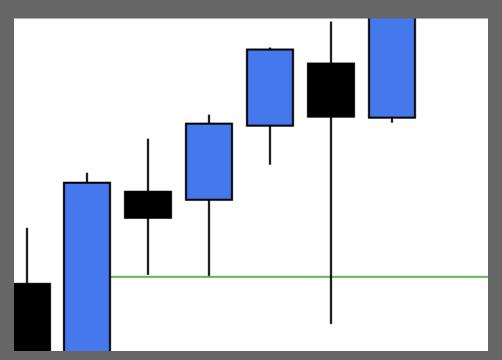
Uptrend: Higher highs(red) and higher lows(green).



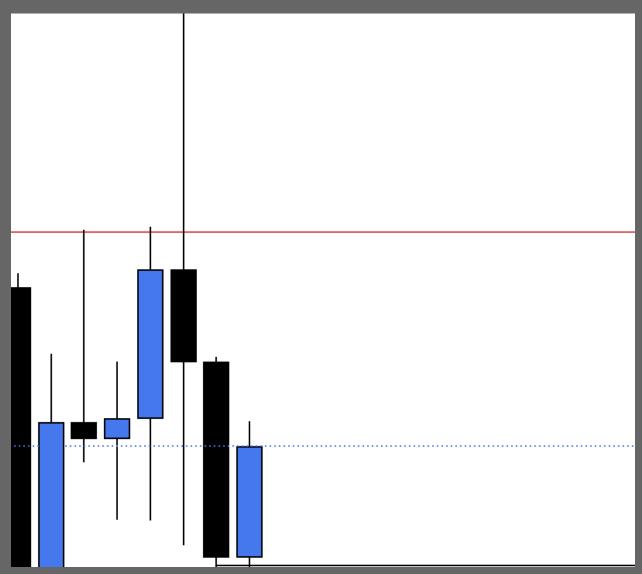
Break of structure to the downside: closure below the wick of the previous low in an uptrend.



Break of structure to the upside: closure above the wick of the previous high in a down trend.



THIS IS NOT A BREAK OF STRUCTURE. IT NEVER CLOSED BELOW THE WICK



THIS IS NOT A BREAK OF STRUCTURE IT NEVER CLOSED ABOVE THE WICK

You did it the easiest part of the strategy is complete! Yay clap it up clap it up. You now know how to identify a trend, know how to identify a high/low, and know how to identify a break of structure to the upside and downside. The basics are out of the way. Now let's get into more of the advanced stuff.

Why is this important to know:

Market moves off of liquidity. There will never be a shift in market structure/break of structure on any time frame without a liquidity sweep. Let me explain what a liquidity sweep is more in depth for you. Remember in high school or college when your econ teacher first explained what a stock exchange was and what it means to buy a stock. If i buy one share of apple that means someone has to sell me one share. Back in the day people would do this and it would take a whole week to get the papers and proof of your share(s). Nowadays it's easy with exchanges and brokers but it still works the same way. If you buy shares someone has to sell them to you. If you want to short someone has to buy them from you. Now let's go back to understanding liquidity. If the banks, institutions, and govs are the market movers then that means they are buying and shorting shares. This also means their contract sizes are so large that they move the market. So how are they able to get that many people in the market to sell when they buy and vice versa buy when they sell. Let's think back to our market structure. How do uptrends move. Higher highers higher lows. How do downtrends move lower lows and lower highs. Beginner traders are trained to buy when a high of an up trend gets "broken" and short when a low in a downtrend gets "broken". Beginner traders are also taught to place stop losses above highs when shorting and below lows when going long. So that gives the market liquidity above highs and lows because if a high gets broken what happens: people enter long AND people get stopped out of shorts. That is a lot of liquidity and market orders being placed doesn't that sound like a perfect time for banks, institutions, and govs to go in the opposite direction as the masses so their orders can get filled. Same thing in the opposite direction when a low gets violated in a down trend people are entering short along with people who were long getting stopped out. A lot of liquidity for the market makers to fill their huge orders and go in the opposite direction. So where does liquidity lie? Above highs and lows within the market. How can we confirm a liquidity sweep? With a break of structure confirming a market structure shift. Pretty simple stuff. Liquidity is above highs and lows. Why? Because people are going to go long and get stopped out above highs and people are going to go short and get stopped out below lows. Something also to note: Liquidity sweeps happen most often at market and session opens. Why? Well, think about this logically. New traders come into the market open wouldn't it make sense for the market to make its move early on and use all the traders as liquidity so it can make its move and

they can just sit back relax and watch the money come in. Yeah it would so when do we most often see lower time frame liquidity sweeps within the first 1-2 hours at market open. Now lets hop onto the charts to see it in action. Remember this is just outlining the methodology not how to take a trade just yet okay don't start stressing we gon simplify this for yall.

How do we spot it in the market:

Alrighty let's get into how we can spot and confirm liquidity sweeps with break of structure. Remember don't focus on entries yet we will get to that.



Liquidity swept.



Confirmed with a lower time frame break of structure.

Now let's show session to session liquidity getting swept.



How can we confirm the liquidity was swept with a break of structure...



The blue line indicates the high that was closed above causing the break in structure.

Why is this important to know:

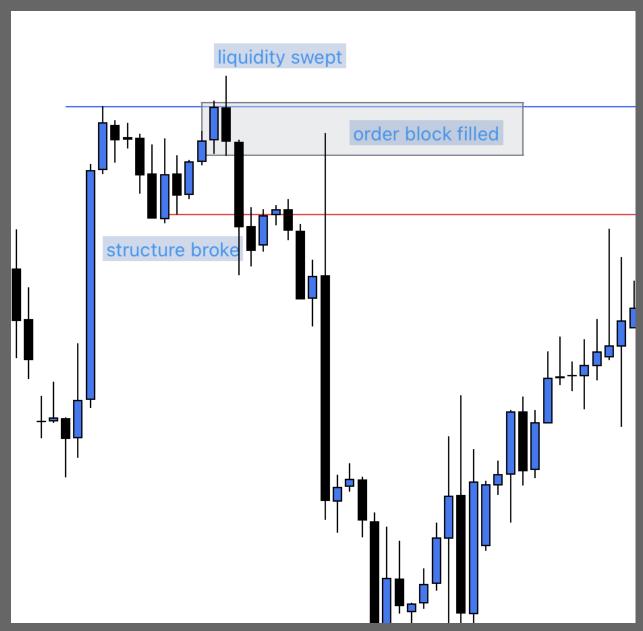
I like to call order blocks our safety net. I frequently use these if I miss the liquidity sweep break of structure entry or if the break of structure is so high or so low that makes the risk to reward not worth taking. Why are they useful to use what are they? Well remember when we said market will sweep liquidity by moving up through a high and then in turn that move up will fill those massive orders placed by banks, institutions, and funds. Yes well that move up that price range is where those orders got filled in turn making that price range a order block. Ah isn't that a clever little name for it. Same thing to the downside. The downward (fakeout) move to make people go short causing the liquidity sweep followed by the break of structure is where those massive orders are filled. Wouldn't it make sense for banks and institutions to draw price back into that area and fill more orders because that's where they were able to fill orders previously. Yes yes it would. So simplified what is it, The upward move prior to the break of structure in an uptrend causing market structure to shift into a downtrend. And the opposite is the downward move prior to the break of structure in a downtrend causing a market structure shift to the upside into a uptrend.

How do we spot it in the market:

Picture time! Yay also my pinkie hurts from typing thought i would let you know.



Simple as that. Liq sweep bos then boom order block formed filled and price rips back up. Lets show one to the downside now.



Simple simple simple.

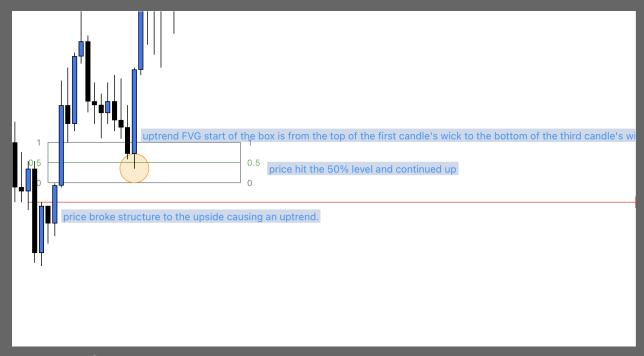
Why is this important to know:

A fair value gap is a liquidity void within the market meaning there were no orders going in the opposite direction of market. Ex: if market is moving down there would be no buyers and if market was moving up there would be no one selling. Hence the name liquidity void. No liquidity in the opposite direction. So with this knowledge knowing that this is a price range that market had no one going in the opposite direction wouldn't it be smart if market moved price back into that price range to fill even more orders in the same direction that market was already going in BECAUSE there would be no countering orders and traders in the opposite direction. Yes it would right if market was moving down and made a liquidity void it would be smart to move price back to that area to retrace to fill more orders because they know there are no buy orders or people buying in that area. Fair value gaps cannot be "used" twice once they were filled they are done. They also become invalid once price breaks structure in the other direction. So if there is a bearish fvg but then price breaks structure up and it gets filled forget about it because we only use FVGs for RETRACEMENTS. They are a retracement tool and I rarely use them for entries mainly i use them to help find a bias of where price could draw to on a high timeframe. (PS. Fair value gaps are usually filled 50% of the way so I use a gann box with just the 50% level marked to label them).

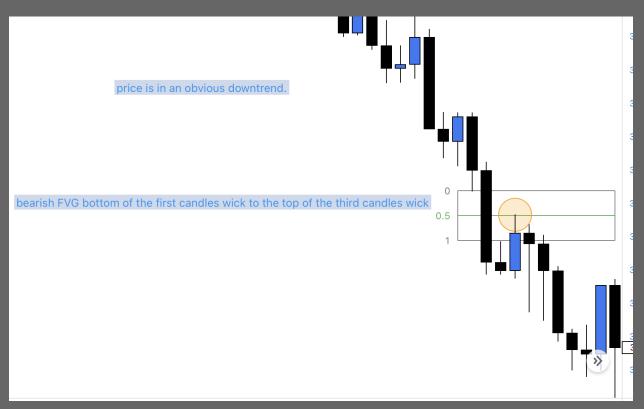
How do we spot it in the market:

For some reason this is one of the hardest concepts for people to draw on the chart so im going to explain it here and then show pictures of what is and what isn't a fair value gap. A FVG is a 3 candle "pattern" the first candle's wick does not fill the second candles body down to the third candle's wick. The second candle is a impulsive move down that has not been filled by the first or the third candles wicks. The third candle's wick does not go up to the first candle's wick. Kinda confusing but trust I will put it on a chart and you will be like oohhhhh. Also how do we draw FVGs. You will see when we put it in picture form but. In a bearish fvg (price is in a downtrend) you draw the box from the bottom of the first candles wick to the top of the third candles wick. In an uptrend

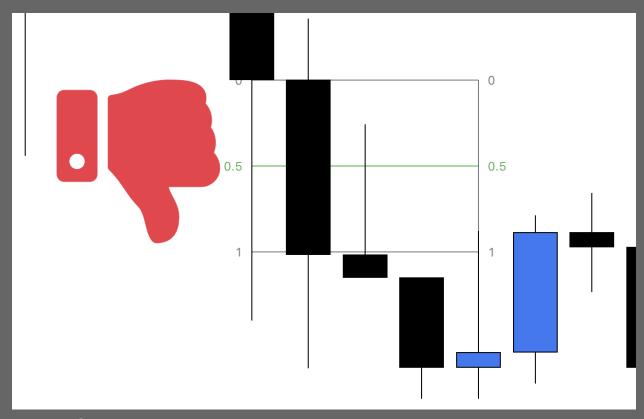
you draw the box from the top of the first candles wick to the bottom of the third candles wick. Picture time.



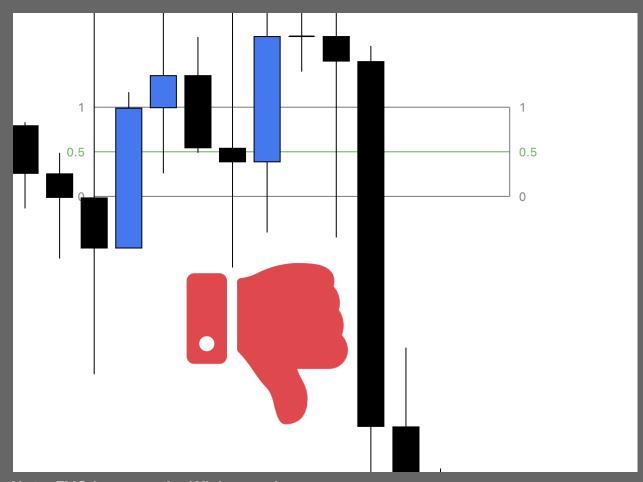
Bullish FVG



Bearish FVG



Not a FVG because the wicks over lap



Not a FVG because the Wicks overlap

Why is this important to know:

Equilibrium is a super easy concept to understand. It is literally the 50% level form the high to the low in an uptrend or the low to a high in a down trend. Why is that 50% level important to us. Well because anything below equilibrium is a premium and what do we know about the market makers they like those juicy discounted prices so would they likely fill more orders in a premium or would they rather wait for price to push into a discount then fill more orders. Exactly they are going to get in at the best price possible. This is similar to the FVG in that it is a retracement tool. We use it to find retracements in the market. We can use either the gann box or the fibonacci tool to mark it out on the chart. I use the gann box just cause its easier.

How do we spot it in the market:

How do we draw it on a chart its pretty easy. In an uptrend you take it from the previous low to the most recent high. In a downtrend you take it from the previous high down to the most recent low. Then you wait for price to get into that 50% level and snipe it. Picture time.



Drawn from the high down to the low



Drawn from the low to the high

Lesson #5:

Wasn't that easy. Boom those are the only methods I use. That's it and most of the time I only use like 2 or 3 when entering a trade. So now that you have all of those let's put it all together. How do we make a trade based off of all that stuff. Well lets think about what we have to help us formulate a trade. We know that liquidity sweeps are the top or bottom of a move because they cause a shift in market structure. So that would be step one find liquidity find a sweep then find a break of structure after. That in itself is enough for me to take an entry. Liquidity sweep break of structure boom enter. What happens if you miss the liquidity sweep well thank goodness we have order blocks that get formed off of breaks of structure for us to find another entry if we missed that. Well what happens if we can't find an entry off an order block well we have FVG and Equilibrium as our retracement tools to find another entry. That gives you the opportunity to enter 3 times before price is long gone. Liq sweep + break of structure thats your first entry thats the best one. If you miss that you have order block entry. If you miss that you have Fair value gap or equilibrium entry. In terms of stop loss placement: for a liq sweep and bos entry i put my stop above/below the liquidity sweep. For a orderblock entry I put my stop loss still above or below

the liquidity sweep. For a retracement entry using the fvg or the equilibrium I put my stop loss above the most recent high that was used in the fvg or equilibrium in a downtrend. And opposite in a downtrend i put my stop loss below the low used to make the equilibrium or fair value gap.

Lesson #6:

Crushing it. Told you this was easy. You now know how and why the market moves when it does and how to find an entry and place your stop loss. Next how do we find our take profit levels. Well the same way we find our entries but just in the opposite directions. If price is going to target liquidity and give us an entry then its safe to assume price is going to draw towards liquidity for us to take profit because thats where resting orders are. For take profits i target areas of liquidity in the direction of my trade so in shorts that would be lows and in longs that would be previous highs. Occasionally I will choose a high time frame orderblock as another take profit but to keep things simple just target other areas of liquidity.

Lesson #7:

Strategy check. Entries check. Exits check. Now how do I manage my position while in a trade? I do this super simply I set 2-3 take profits based on other areas of liquidity that price will likely draw too and take partial profits at each take profit.

When Take Profit 1 gets hit I: close 50% of my position and move my stop loss to my entry price making the trade risk free and a profitable trade

When Take Profit 2 gets hit I: Close another 50% of the open position/25% of the original position and if there was market structure made such as a low or a high for me to move my stop loss above or below into profit I will. If not I keep it at my entry point.

When my final take profit gets hit I: close the remaining positions and then close my apps and move on with my day because I only take one trade a day.

Lesson #8:

Okay so you now know why the market moves you know when to enter you know when to exit you know how to exit. Seems like you got the strategy down all good. If you have trouble visualizing any of this thats alright I have a youtube video on every single one of these concepts I will link them right here.

Liquidity: https://youtu.be/XxJAkUfbs0k

Break of Structure: https://youtu.be/aOldFdtKsVc

Order Blocks: https://youtu.be/AUUZ9Vk6p5E

Fair Value Gaps: https://youtu.be/YMgC2ZvwC.lg

Equilibrium: https://youtu.be/lyXKaPy-1SU

Entries and exits (everything put together): https://woutu.be/T-Bn-9GDI3s

Lesson #9:

Wow you know almost as much as me now. Now is the time to go back to risk management because you probably forgot it when reading the strategy part. You probably jumped on tradingview and started looking up what car you were going to buy with this new strategy you found. Slow down big dawg remember what we said strategy is 10% of this. Risk management and discipline which should be easy (but isnt) is the other 90%. So do me a favor and go reread lesson #3. Remember 1 trade a day that is it and 1% risk per trade that is it. That is all I use and ive been makin money off this alright trust me you have to think of this long term. Do you want to turn this into a job or not.

Lesson #10:

Speaking of turning this into a job. I always like to think of things like this. How are you going to be a professional day trader if you don't do everything a professional daytrader does. So what do professionals do and what don't they do. They do use risk management. They do take a small amount of trades a day. They do understand the risks within the market and limit their exposure to the market each day (that may even mean not trading). They do know when news is coming out for each day and know when to avoid it and when not to(we will get into this). They do not over risk because they know that over time with small risk on trades at the end of the year they can make upwards of 200-300% even more if you are good. They do not over trade because they know that the market is built to manipulate and built to make you lose money so when they win they leave for the day. They do not get greedy. They do not chase a trade. They do not revenge trade after losing a trade. All of these should be easy to understand and you are probably like yeah yeah I know I know but the reason why you aren't profitable is because of all the reasons listed above. You are not profitable because you lack discipline and you do not do what the professionals do. You enter to many trades because you think it will make you more money. You revenge trade because you lost and you cannot accept losses and you expect to make money every day when in reality you won't. Part of day trading is being able to accept losses. So how can we help you do all of these things and stick to it. Build a trading plan.

Lesson #11:

What should you include in your plan? I will draft an example plan and you can copy and paste it and edit it so it fits your criteria and your trading style. If you don't follow your trading plan you will not be profitable long term point blank period there is no other way around it you have to follow your rules they are there for a reason. So lets get into my example trading plan.

TJR Trading Plan:

When will I trade:

- NYSE open (1 hour into session open if there are no trades to take I won't trade)
- I will NOT trade any other time of day

How will I enter a trade:

- Liq sweep + BOS entry (stop loss above liq sweep)
- Order block entry (stop above lig sweep)
- FVG or equilibrium entry (stop above/below previous market structure)

How much will I risk:

• 1% of my whole account per trade

How many trades will I take a day:

- 1 trade a day that is it
- I will be okay with a loss and I will be okay with a win no matter the outcome

When will I not trade:

- CPI news report days
- NFP (non farm payroll)
- PPI news days
- FOMC days
- Any other Red or orange folder news day that highly impacts market and price data
- I will never trade during these high impact news days

Advice for myself:

- Be okay with taking a loss
 - You won't win every trade
 - You are human, humans make mistakes
- Be emotionless after a win
 - Understand that you have an edge in the market and you have probability within your strategy so a winning trade is probable
- Understand you are trading off probability not hope
 - o Do not hope/wish your take profit to get hit

- Understand that no matter if you win or lose today in the long run you will be profitable using risk management and your strategy due to probability
- Never stray from your trading plan
 - You made this for a reason to make sure you do not mess up like you have in the past
 - These rules are here to help you stay disciplined and probable without it you will fail.

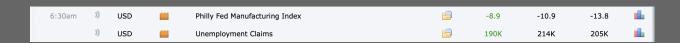
Lesson #12:

You guys are almost pros now just some loose ends that need to be tied.

Where can you find news and when it is happening and how to read it. I get all my news from:

If you are only trading SPX like me or stocks anything in the US. Go to the filter button remove all other countries besides the US and Remove all grey and yellow folders. The only folders that typically move the market are the orange and red folders. How do I know when to trade news and when not to trade. I listed the Major news days that I will always avoid in the trading plan but there are also some days I don't trade that are smaller news events. How do I know when to trade and when not to. The easiest way to do it is to see when news is and if it is before market open simply see how market reacts to when the news drops and if it is super volatile and voluminous don't trade. If it isn't super volatile then you are cool to trade. If news is happening deep into new york stock exchange open then I never bother with it because like I said in my trading plan I only look for trades within the first hour of session open so if news is way later in the day it won't affect me.

How do we read news data and how its delivered and how it will affect the market. It is actually a lot easier than you think. When you see news on forex factory it will look like this.



All you have to do is click the little folder and it will bring this up.



How do we read this well first look at the forecast. We can see that the actual number was less than the forecast. Next look at the usual effect section. We can see that when it is less than the forecast it is good for the currency. Contrary to what you might think. Good for the currency means bad for the Stock market and vice versa bad for the currency means good for the stock market. So when this news report came out during premarket we can see that since it was less that means good for the currency and bad for stock market so we would have a bearish news bias going into session open.

Lesson #13:

The book is coming to an end. If you made it this far you are awesome and I appreciate you taking this time to learn from me. Now what? Before you go This is exactly what I would do if I were you going into the market with your new found knowledge. A step by step guide of what to do and how you can make yourself a profitable trader with a big account size in a couple months. I promise you if you follow this step by step you will be profitable in no time just trust me cause i did the same thing to make myself profitable haha.

Plan going forward:

- 1. Open a demo/paper trading account
 - a. Trade on it exactly how we showed you how using your new strategy and correct risk management while following your plan
 - b. Make 10% on this demo and paper trading account while following risk management and your plan
 - c. This will get you used to emotionless/boring trading.
 - d. You won't be sad about a loss because there won't be money lost
 - e. You won't be happy about a win because there won't be money won
 - f. Once you make 10% move to the next step.
- 2. Open a small \$100 account
 - a. Repeat the steps above
 - b. Use risk management and your trading plan
 - c. Make 10% on this small account
 - i. That means \$10 dollars
 - d. This will get you used to losing your own money but not enough for you to be emotional about it
 - i. You lose \$1 dollar per trade and make 1-3 dollars per trade
 - ii. No emotion
 - e. Make 10% and move to the next step
- 3. Open a larger account 1-5 thousand dollars
 - a. Repeat steps above
 - b. By now you should have emotions and risk management under check because you have built the habit
 - c. Make 10% on your larger account
 - i. Use risk management and follow your trading plan
 - ii. No emotion should be had over a win or a loss
 - iii. This is still not about money its about the skill
 - d. Make 10% and move to the next step
- 4. Open a funded account with a prop firm
 - a. The prop firm will give you 2 challenges to complete
 - i. If you were able to do the past 3 steps these challenges should be a cake walk. Because the challenges are literally to make 10% and to maintain good risk management
 - b. Pass both challenges and you will be funded with a account to trade on

- c. Trade on this account and continue to practice risk management and your plan until you reach a payout
- d. Once you receive a payout create a new live account and deposit the payout money into the live account and now trade both the new live account and the funded account
- e. You will continue depositing your payouts from the funded account into your live account until your live account is 100k+
- f. From here you can either keep the funded account and continue trading on it or just move over to your live account
- 5. Trading your 6 figure live account
 - a. By now you will have day trading mastered and can consider yourself a professional
 - b. Continue following risk management and your trading plan and understand that due to those two things that is what got you to the position you are in to have that 6 figure account.
 - c. Keep building this account and make sure to pay yourself and see the rewards of your hard work that you put in the past several months to get you to this point

Lesson #14:

Congratulations! If you made it to this point you made it. You reached your goal. I am beyond proud of you and the discipline it took for you to get to this position to be able to defy all odds. To be able to be apart of the 2% of day traders that have made it in this space. You were able to stay consistent when others quit. You were able to stay disciplined when others wanted to find a short cut and a quick way out. You knew what it took to make this happen. You followed every rule to a T and now are reaping the rewards from the skill you have. Remember what it took to get you in the position you are today and carry that drive with you to other avenues in life. Use your profits from trading to live the life you have dreamed of and to further put yourself in a better position in terms of wealth. Thank you for being my student and taking the time to see what it takes to make it in Trading! I wish you all the best and please when you have made it dm me updates and pictures of your progress it means the world to me to see the impact i've made on people's lives by sharing my experiences.