

X-Man's Super Simple System

The 4H swing method

1. Timeframe – 4 hour timeframe
2. Pairs – any pair you like, My preferred pairs are G/U, A/U, E/J , E/A, USD/CHF, USD/CAD.
3. Main indicators – Synergy bars, Traders dynamic index, 4EMA shift 0, 60EMA shift 0, 200EMA shift 0, channel indicator (or you could just draw your own channel)

Rules

1. Always trade this method with the trend. The trend is your friend. So if we in an uptrend we are looking to buy the bottoms and if we are in a downtrend we are looking to sell the tops. There will be less entries but we will be more successful. We only need 5 to 10 trades per month on the 4H chart.
2. We will look at TDI for a break in the blue bands, for an uptrend we will look at a break in bottom blue bands and for a downtrend we will look at a break at the top of the blue bands.
3. The channel should be the daily channel set on the 4H chart or you could just have the 4H channel set on the 4H chart. The daily channel holds better.
4. With the 4H TF you can trade this at any time you like but most of the entries are during the London session as there will be the most momentum.
5. Look for higher lows and lower highs (wave analysis), look to your left for S&R areas etc, know your basics.
6. When PA is trending above the 60EMA we are looking for longs
7. When PA is trending below the 60EMA we are looking for shorts.

8. When PA bounces off the daily channel then the trend changes direction and will most probably cross the 60EMA, here we watch out for further resistance or support at the 200EMA.
9. When TDI is above Market base line and we in an uptrend then look for longs.
10. When TDI below market base line and we in a downtrend then look for shorts.

Stop Loss – Stop loss will be set at swing high if you going short and swing low if you going long.

Take profit – Your first take profit will be set at 1:1, the second take profit will be set at 1:2

Entries –

1. You will enter at the open of the 2nd candle confirming with TDI cross. Do not enter when the candles are consolidating (small bodies with long wicks on both sides) or when it's the 3rd or 4th candle.
2. When the blue bands are broken you will wait for TDI to come back into the blue band and will wait for a change in candle colour confirming the green TDI crossing the red TDI line in the direction of the trend
3. When TDI above market base line and we in an uptrend we will enter upward crosses on TDI. The opposite will apply for shorts

Exits –

1. When the colour of the candle changes you can exit.
2. There is potential of keeping a trade open for a week or longer but I keep it open just for 80 to 150 pips.



Remember that if I trade the 4H TF I would prefer looking the A+ setups. There will be about 4 set ups per month per pair each giving you about 100 pips each.

10 of these trades will give you a 1000pips and that's all you need.

So here you have to have extra patience's and lots of discipline.