

Quoting carbonado

{quote} okay.the trend on what ever time frame you trade should make a cosistent movement to a particular direction.....so that means lower lows.or higher highs.....now path of least resistance is where price wants to go know,,,,evn if its just a retracement to a trend.....i would be waiting for the checklist you talked about and how do you manage your trades...do you use ADR.....or an exist rule

Yes a simple enough way to determine current trend is following the HH, HL or LL, LH patterns. This can be one way to stay with the higher TF trend if we only take long trades say on our entry TF if the higher TF is making HH and HL's. We can also use this simple trading this pattern on a 5min chart taking 5min entries following whatever the current 5min PA is telling us regardless of the higher TF. That said a very typical pattern at the highs and lows for the day are to see a HH followed by a LL or a LL followed by a HH with price then either heading the opposing direction into a new intraday trend or ranging off sideways into the next day. When trading the small trends within the larger trends we are free to long and short at will when the set-ups occur we do however need to be aware that these trends are very fickle and change easily. It takes longer for the overall Acc and Dist process to complete on say a 4 hour chart as trends build and change, a 5 min chart however this can happen multiple times daily as we see price ride various waves up and down. We can profit from these provided that we use smart money and risk management and realize that most trades will be for smaller pips with the occasional runners where bigger pips can be bagged with good SL management.

Yes I pay attention to ADR's for pairs. I use this for 2 reasons;

1. To pick the best pairs to trade based on their 60 day ADR
2. To see when a pair may be reaching the end of it's move for the day

ADR will not always play a role in exiting as I am more of a let the market take me out kind of trader as I trail my SL's at various locations again depending on the TF and overall expectations for the trades I am in.

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{quote} Basically all i am trying to say is do you counter trend or just trend trade.....

Yes I can and will trade long and short in the same day if the set-ups are there and meet my trade plan requirements.