The image was copied from post #865 and annotations added.

This is an H4 timeframe. Note the red line I placed between the red and green ZigZag arrows. This represents a "down leg" on the H4. After the candle closed with the red arrow, we would switch to the m15 chart and begin looking for IMT cycles there. However, because no other timeframe charts were posted with this one, we will improvise.

If we had the H1 chart to look at, it is highly likely that we would see ZigZag arrows placed where you see the red and green dots. So, as you see, after the H4 painted the red arrow, we wait for H1 to paint a green arrow to show the rally on the H4 is starting. (If you were trading the H4 according to SDTR, you would have made a sell entry probably on the 2nd bar after the red arrow. But with IMT, you are using H4 ONLY to show you the direction to take your trades on smaller charts.)

Now if you were watching H1 after that H4 red arrow, you would see a green arrow about where you see the green dot that I put on this H4 chart. Now that there is a rally started on H1, you need to be patient for the rally to end, marked by a new red arrow painted on H1. So on this H4 chart, I put the red dot about where it would paint on H1. Notice that there were no new arrows painted on H4 yet.

Now that H1 red arrow painted, simply check for a valid SDTR sell entry, and enter the trade. Again, having only this H4 chart to look at, you probably entered a sell on the 2nd candle after the red dot, which is a little bit below that yellow pp line. You can see from the bars that come after that that there was a tiny amount of drawdown as the price went up a little bit and touched that yellow pp line. Then price went a little sideways before going down nicely and you got nice pips.

You can see that with IMT, you used H4 to SHOW you which direction to trade, then made an entry on H1 when IMT SHOWED you it was the right TIME to make the trade, and SDTR gave you entry confirmation.

Look back at your own charts starting at about May 20 and find this red arrow on H4. Then check H1 as explained here. After you see that works, go back to m15 and use the same steps as used for H1. But add one more criterion: When looking at m15 making the rally, after it paints a green arrow, keep looking at H1. If H1 also makes a green arrow BEFORE m15 paints a red arrow, then stop looking at m15 and look at H1.