

# Steps To Enter Long

- Check high time frame charts for trends and patterns.
- Identify high time frame demand and supply levels.
- Pick the time frame you want to enter on.  
Find a small time frame level inside the high time frame chart level to go long near.
- Measure distance to first target. If the distance is three to one risk to reward, take the trade.
- Use a limit order to enter the first retracement into the demand level. Use a buy entry stop to enter the second retracement into the demand level.
- Place stop loss below lowest low of the demand level.
- Place a limit order to exit at the first profit target.

# Demand Pattern

- The drop-base-rally pattern can be traded long on any time frame for swing trades, position trades, and short term trades.
- Once the pattern forms, buy the first pullback to the origin of the move.
- Place a stop loss below the lowest low of the base. (use a consistent number like 5 pips, 10 cents.)
- Take your first profit at the highest high of the rally after the pattern forms. (the farther away from the base that price initially rallies, the better the profit zone)
- After taking the first profit, move your stop loss to breakeven plus the spread.
- If a rally-base-rally forms after entry, trail your stop loss to the lowest low of that base, and repeat.
- Use the nearest rally-base-drop as the final target.

# Entries, Exits, Risk Management

BPUSD - 240 min FOREX L=1.49792 0.00631 0.42% B=1.49792 A=1.49835 O=1.49092 Hi=1.49955 Lo=1.48334 C=1.49792 V=0



# Steps To Enter Short

- Check high time frame charts for trends and patterns.
- Identify high time frame demand and supply levels.
- Pick the time frame you want to enter on.

Find a small time frame level inside the high time frame chart level to go short near.

- Measure distance to first target. If the distance is three to one risk to reward, take the trade.
- Use a limit order to enter the first retracement into the supply level. Use a sell entry stop to enter the second retracement into the supply level.
- Place stop loss above the highest high of the supply level.
- Place a limit order to exit at the first profit target.

# Supply Pattern

- The rally-base-drop pattern can be traded short on any time frame for swing trades, position trades, and short term trades.
- Once the pattern forms, sell short the first pullback to the origin of the move.
- Place a stop loss above the highest high of the base. (use a consistent number like 5 pips, 10 cents.)
- Take your first profit at the lowest low of the decline after the pattern formed. (the farther away from the base that price declines, the better the profit zone)
- After taking the first profit, move your stop loss to breakeven plus the spread.
- If a drop-base-drop forms after entry, trail your stop loss to the highest high of that base, and repeat.
- Use the nearest drop-base-rally as the final target.

# Entries, Exits, Risk Management

GBPUSD - 60 min FOREX L=1.48238 -0.00999 -0.67% B=1.48238 A=1.48264 O=1.49259 Hi=1.49399 Lo=1.47550 C=1.4 ...

