

So, do you know what is **Bolinger Bands**?

Do you know what is middle bolinger line, upper line and lower line?

If no, why have you been using bollinger?

Since you need to know this to use the system keep reading.

**Bollinger Bands middle line:**

The middle line is area where price is at normal. It's not cheap, it's not expensive. It's normal.

**Bollinger Bands upper line:**

The upper line is area where price is expensive.

**Bollinger Bands lower line:**

The lower line is area where price is cheap.

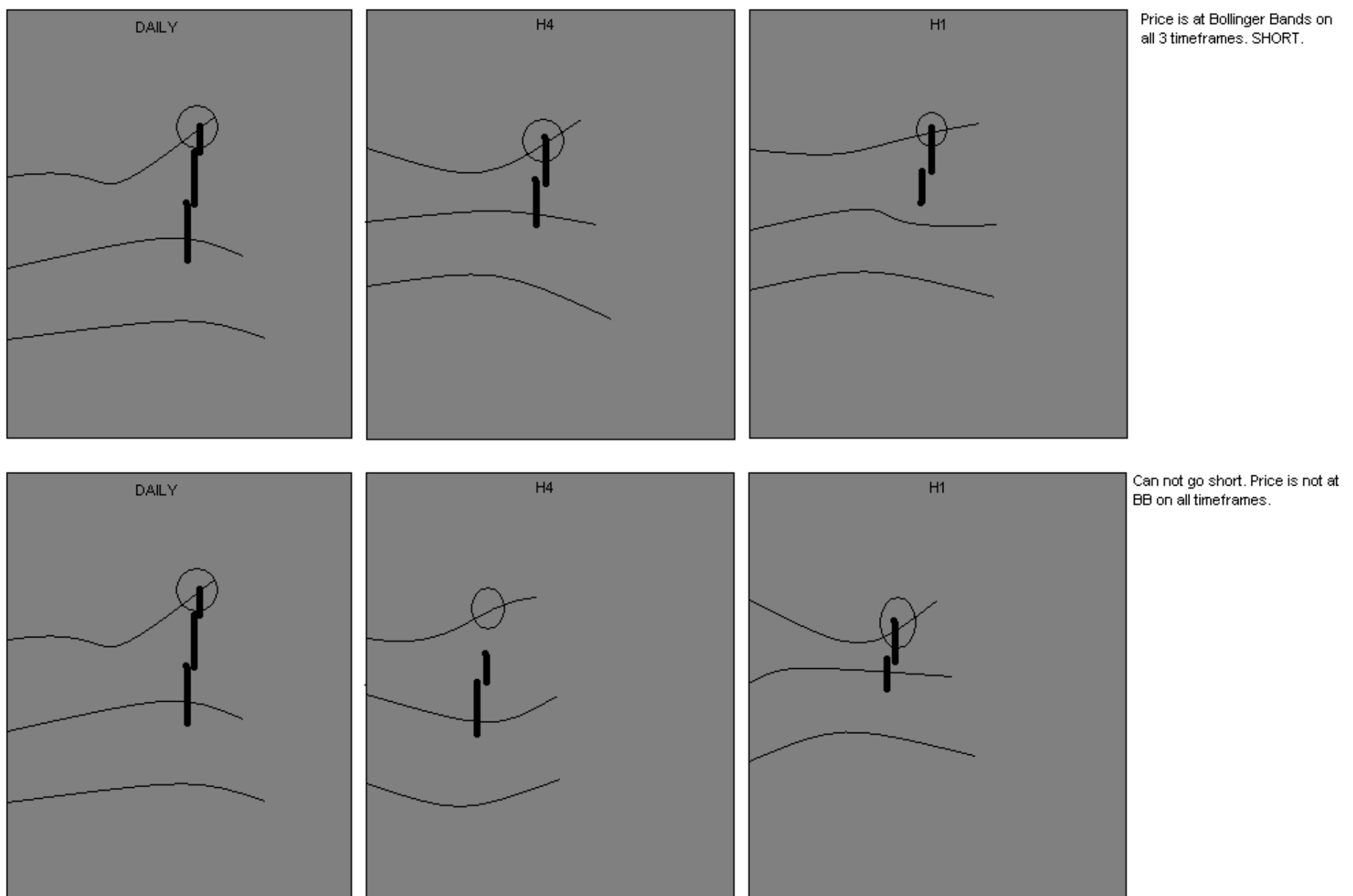
And what's is the simplest rule at forex? Buy low, Sell high **OR** Buy when price is cheap and Sell when price is expensive.

So - we want to buy when price is at the lower bollinger and sell when price is at the upper bollinger.

**BUT** the thing is that very often price just keeps going lower and lower and lower even if it's out of bollinger very much. If so how can this bollinger thing be profitable you ask?

**Multiple timeframes is the answer.**

I use H1, H4 and D1. I want for price to be at lower/higher bollingers line on all timeframes. If it is on weekly chart – damn that's good. One big advantage to this strategy is you don't have to watch your screen all day. Use pending orders. If it's hit good – if not, wait for next opportunity.



And now about exits.

You can exit when you want to but since I don't know how much price will fall, I take profit from 20 to 50 pips. It depends on how fast was move to Bollinger and which pair it is.

I don't use Stop Loss with this strategy. I re-enter in the same direction after price makes 100 pip move against me. First time with the same lot and than if there is another 100 pip against me I double lot. It can happen few times so make sure you can handle it. But if you don't like this "no stop loss" thing do it how you want to do it.

After trading it on demo for a while I started to trade live with very small lot and here are results from my live account.

2009.09.14 16:23	sell	0.01	eurusd	1.4640	0.0000	1.4610	2009.09.14 17:15	1.4610	0.00	3.00
2009.09.14 05:14	buy limit	0.01	usdjpy	90.22	0.00	90.75	2009.09.14 15:48	90.71		
2009.09.10 19:11	sell limit	0.01	gbpusd	1.6750	0.0000	1.6620	2009.09.14 05:00	1.6615		
2009.09.10 15:41	sell	0.01	gbpusd	1.6650	0.0000	1.6620	2009.09.14 01:16	1.6620	-0.02	3.00
2009.09.10 13:35	sell	0.01	gbpusd	1.6638	0.0000	1.6608	2009.09.10 14:32	1.6608	0.00	3.00
2009.09.04 04:18	buy limit	0.01	eurjpy	131.10	0.00	131.40	2009.09.04 17:31	132.89		
2009.09.03 05:14	buy limit	0.01	eurjpy	131.05	0.00	0.00	2009.09.03 16:53	132.15		
2009.09.02 18:17	buy	0.01	usdjpy	92.24	0.00	92.44	2009.09.02 18:20	92.24	0.00	0.00
2009.09.02 15:58	buy limit	0.01	eurjpy	131.30	0.00	0.00	2009.09.02 18:18	131.72		
2009.09.02 15:29	buy	0.01	eurjpy	131.41	0.00	131.61	2009.09.02 15:57	131.61	0.00	2.16
2009.09.02 15:13	buy limit	0.01	eurjpy	131.35	0.00	0.00	2009.09.02 15:29	131.41		
2009.09.02 13:16	buy	0.01	eurjpy	131.40	0.00	131.80	2009.09.02 15:11	131.60	0.00	2.16
2009.09.01 18:07	buy	0.01	gbpusd	1.6148	0.0000	1.6149	2009.09.01 19:51	1.6149	0.00	0.10
2009.09.01 17:37	buy limit	0.01	gbpusd	1.6146	0.0000	0.0000	2009.09.01 18:06	1.6153		
2009.09.01 16:31	buy	0.01	gbpusd	1.6149	0.0000	1.6199	2009.09.01 17:37	1.6165	0.00	1.60
2009.08.31 17:38	buy limit	0.01	usdjpy	91.80	0.00	0.00	2009.09.01 05:25	93.11		
2009.08.31 16:25	buy limit	0.01	usdjpy	91.79	0.00	0.00	2009.08.31 17:33	92.82		
2009.08.31 16:01	buy	0.01	usdjpy	92.74	0.00	93.14	2009.08.31 16:25	92.81	0.00	0.75
2009.08.31 08:21	buy limit	0.01	usdjpy	91.80	0.00	92.53	2009.08.31 16:08	92.72		
2009.08.31 06:26	buy	0.01	usdjpy	92.64	0.00	93.64	2009.08.31 12:17	93.12	0.00	5.15
2009.08.28 14:46	sell limit	0.01	eurusd	1.4551	0.0000	0.0000	2009.08.31 07:25	1.4257		
2009.08.28 14:31	sell	0.01	eurusd	1.4381	0.0000	1.4371	2009.08.28 14:45	1.4373	0.00	0.80
2009.08.28 08:52	sell limit	0.01	eurusd	1.4444	0.0000	0.0000	2009.08.28 14:31	1.4383		
2009.08.27 20:32	sell limit	0.01	eurusd	1.4386	0.0000	1.4343	2009.08.28 06:00	1.4359		
2009.08.27 20:00	sell	0.01	eurusd	1.4369	0.0000	1.4335	2009.08.27 20:31	1.4358	0.00	1.10
2009.08.27 15:26	buy limit	0.01	usdjpy	91.80	0.00	94.30	2009.08.27 19:58	93.47		
2009.08.27 15:15	buy limit	0.01	gbpusd	1.5993	0.0000	1.6150	2009.08.27 19:58	1.6286		
2009.08.27 14:52	buy	0.01	gbpusd	1.6168	0.0000	1.6188	2009.08.27 15:11	1.6178	0.00	1.00