

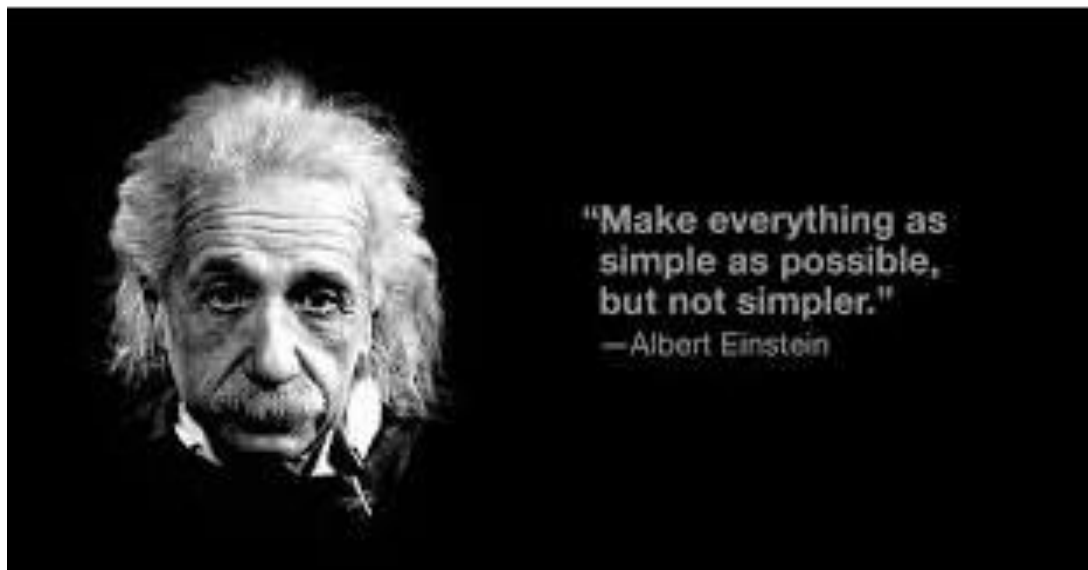
I have not been around for a while, and some people requested me how I trade nowadays, so I thought to present you with my present "trading method".

BTW: this "so called trading method" is nothing original, I invented nothing new here !!!

After the successful trading of MTF HA (see [my Invictus thread](http://www.forexfactory.com/showthread.php?t=325018)) <http://www.forexfactory.com/showthread.php?t=325018>. I moved on to VQ trading (no need to find out what it means), then traded median renko charts very successful, but I had to stop trading due to eye problems.

When my eyes improved (not perfect yet), wanted to get back into trading, but I needed to simplify my trading, use the minimum of charttime and stop using lagging indicators, to prevent any strain to my eyes....

I had to make a "trading method" according to Einsteins' rule:



So I had to come up with something simple, which had to comply with some rules:

- A. not to spend all day in front of the PC to reach my daily target
- B. not smaller than 15 minute timeframe, otherwise 1H timeframe, so enough time to check for set ups and put in pending orders
- C. limit the number of currency pairs to watch. (pairs with the highest ADR)
- D. no lagging indicators
- E. Fast In Fast Out, no risking my money to a minimum in the market... so quick pips

I had to work with Pareto: 20% of the actions count for 80% of the results (and then focus 100% on that 20%) !!

Step 1: starting with the general rule: Trade with the trend..

My simple definition of trend:

If price is higher than the daily open, the trend is UP, so trade only long

If price is lower than the daily open, the trend is DOWN, so only trade short.

My daily open simply starts at the new day of my broker..., nothing special..

Step 2: to find out the waves within the trend, as the trend never goes in a straight line up or down...

For that I use the 1Hour candle... if the 1H candle is the same color as the 1Day candle, its time to surf the wave...

Now my 1H chart looked like this.. (not ready yet). This is the GBP/JPY chart of May 28.

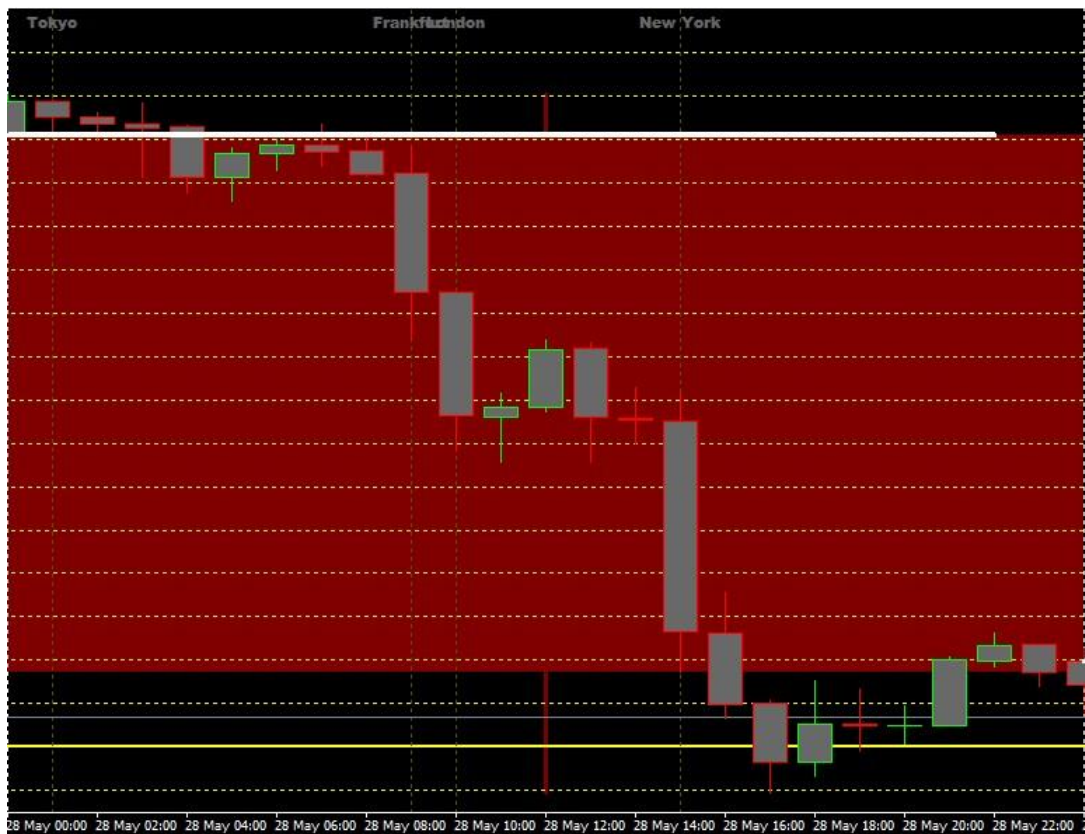


Step 3: find out when to enter a trade...

Now I knew when the 1H & 1D were going in the same direction, I needed to find a place to enter, to get me some pips.. Adding a line indicator to create a grid at the 00 levels.



As my trading day starts from Frankfurt / London open, added the market open information to the chart..



Now it becomes more clear...

1. price below the daily open line (white line) = ONLY SHORT TRADING
2. vertical lines show when markets open.
3. easy to see when the 1H candles cross a yellow dotted line. places where pips are to be made !!

The idea behind this trading is very simple... let me explain..

The markets get active when London, New York (Tokyo) open, as markets start moving when new money is added to the market. This means that the first 2 hours after market open are the best trading hours !!

Say the ADR (Average Daily Range) of a pair for the last 20 days is 100 pips.

Lets use the Daily open line as the centre... so the daily potential of the pair is going higher: daily open + 100 pips and going lower: daily open -/- 100 pips, **although it almost never goes exactly like this...**

If at London open my pair has NOT moved the ADR, I know I can make money !!

Besides, I dont need many pips, not that hungry (read greedy)... no need to eat the whole pie, I simply want a small slice of the pie (5 pips/trade).

With my daily target of 2 % = 10 pips... All I need / day is 2 trades and I am done ;)

As soon as my account reaches a certain level, I will reduce my leverage and daily target %, to a level where I can live comfortable and invest in passive income...

Remember:

10 pips a day is all you need to get rich. (A 1K account with 1 %/day compounding will grow into 1 million in 3 years)

Learn to take that 10 pip daily CONSISTENTLY during your trading career and you enter the Hall of Fame.

You wont be the next Soros, (who gives a damn...), but will be an excellent provider to your spouse, children and grandchildren.

Think of this:

\$ / £ / € 10K account @ 2%/day = \$ / £ / € 200/day *5 trading days = \$ / £ / € 1.000/week

So there is absolutely no need te become greedy !!!

If you use PDF (Patience, Discipline, Focus) & BCC (Belief, Consistency, Confidence) you will grow your account exponentially !!

You will be so CONFIDENT, that as soon as you get of bed, you SIMPLY

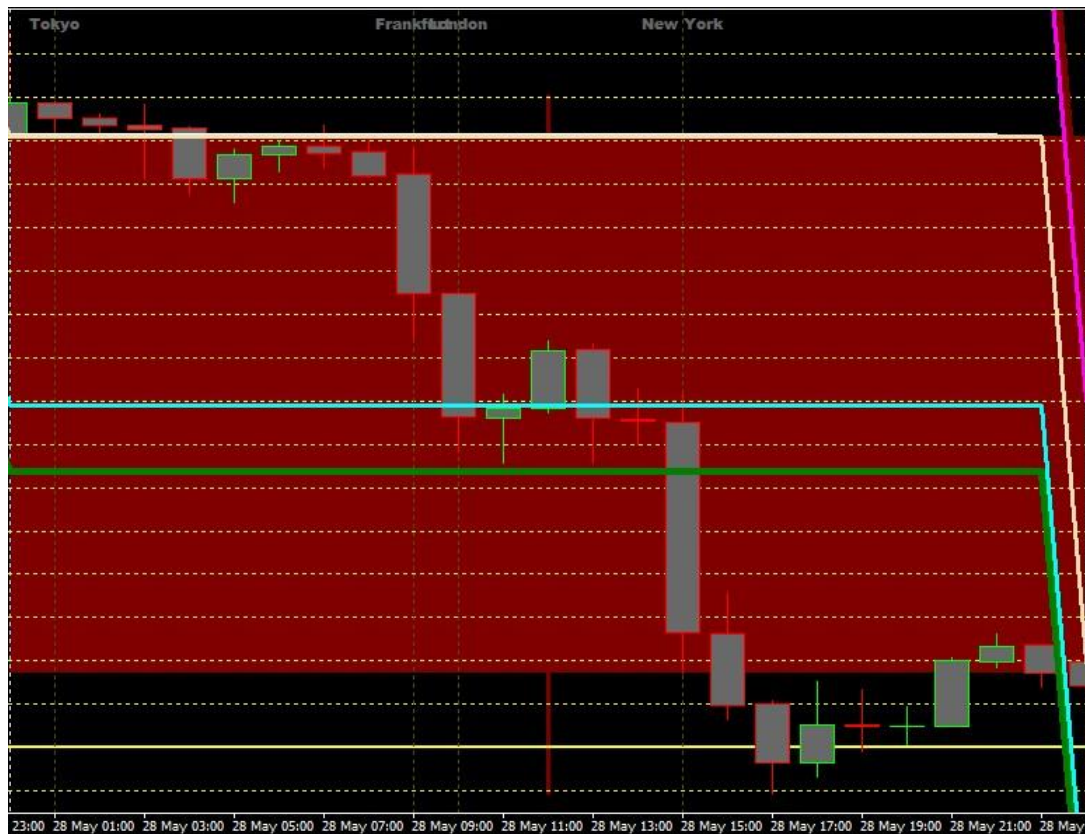
KNOW, that you will MAKE MONEY THAT DAY and EVERY DAY AFTER !!

See forex trading as the beginning, not the end: as the means to build your future, not a get rich quick scheme, treat it like a business, act like a professional and you can become very successful!!

Back to our GBPJPY 1H chart..

Next to know... has the ADR (Average Daily Range) been reached.
In this case added an indicator to show the ADR of May 28th...

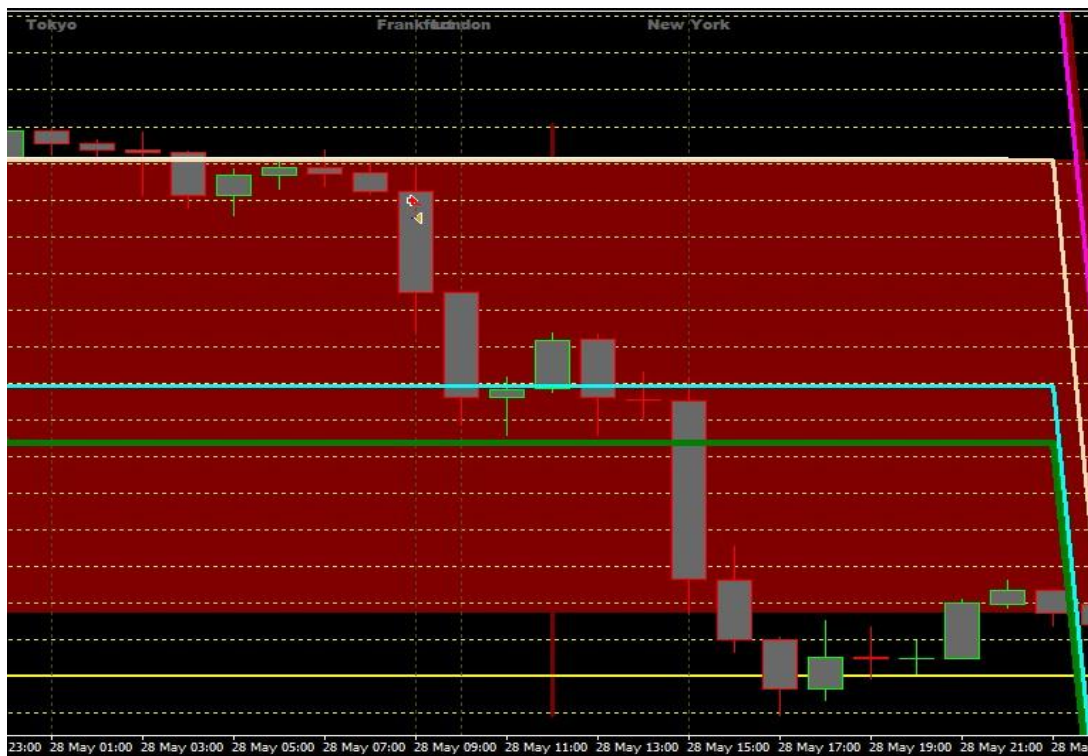
IF ADR has been reached: no more trading...



The clear blue line shows me that ADR has almost been reached... for me a sign NOT to trade this pair anymore!!

You have read in my pre-set rules I trade the 15M, but you can trade this just as easy off the 1H charts !!

Here the charts of the EURJPY and GBPJPY 1H charts, with my trades in the opening hours..... My total "working time" to reach my daily target was 30 minutes...



To summarize..

here a picture of my rules, I have permanently on my trading screen.

WUKAR: WAKE UP KICK ASS REPEAT
LONG
D1 & H1 = GREEN
ENTRY = BREAK 00 LINE

SHORT
D1 & H1 = RED
ENTRY = BREAK 00 LINE

GOAL = PROFIT !!
PDF: PATIENCE, DISCIPLINE, FOCUS!!
BCC: BELIEF, CONSISTENCY, CONFIDENCE!!
CHECK NEWS
CHECK ADR
DISTANCE RN > 10 PIPS
DAILY TARGET: 2 %
OHM MANI PADME HUM

To be honest I will not be around that much (limited to once a day) to answer questions, all that needs to be said...its all in this Word document. Cannot spend too much time in front of the pc, as it stains my eyes.

(My trades are posted on twitter: Udinefx)

Read it a couple of times, set up your charts and watch the 1H charts (easier to see the set ups), and you will see for yourself !!

First demo, until you have consistency, then go live, but with a small account (why risk a big amount, when you can grow your account simply by compounding).

Get used to the live trading as it is a very mental thing. No need to rush it, the markets will be there next, month, quarter, year as well...

If you want to Read more on this way of trading check [this forum](#)

If I can do it... YOU CAN DO IT FOR SURE !!!

Stay green.

Udine