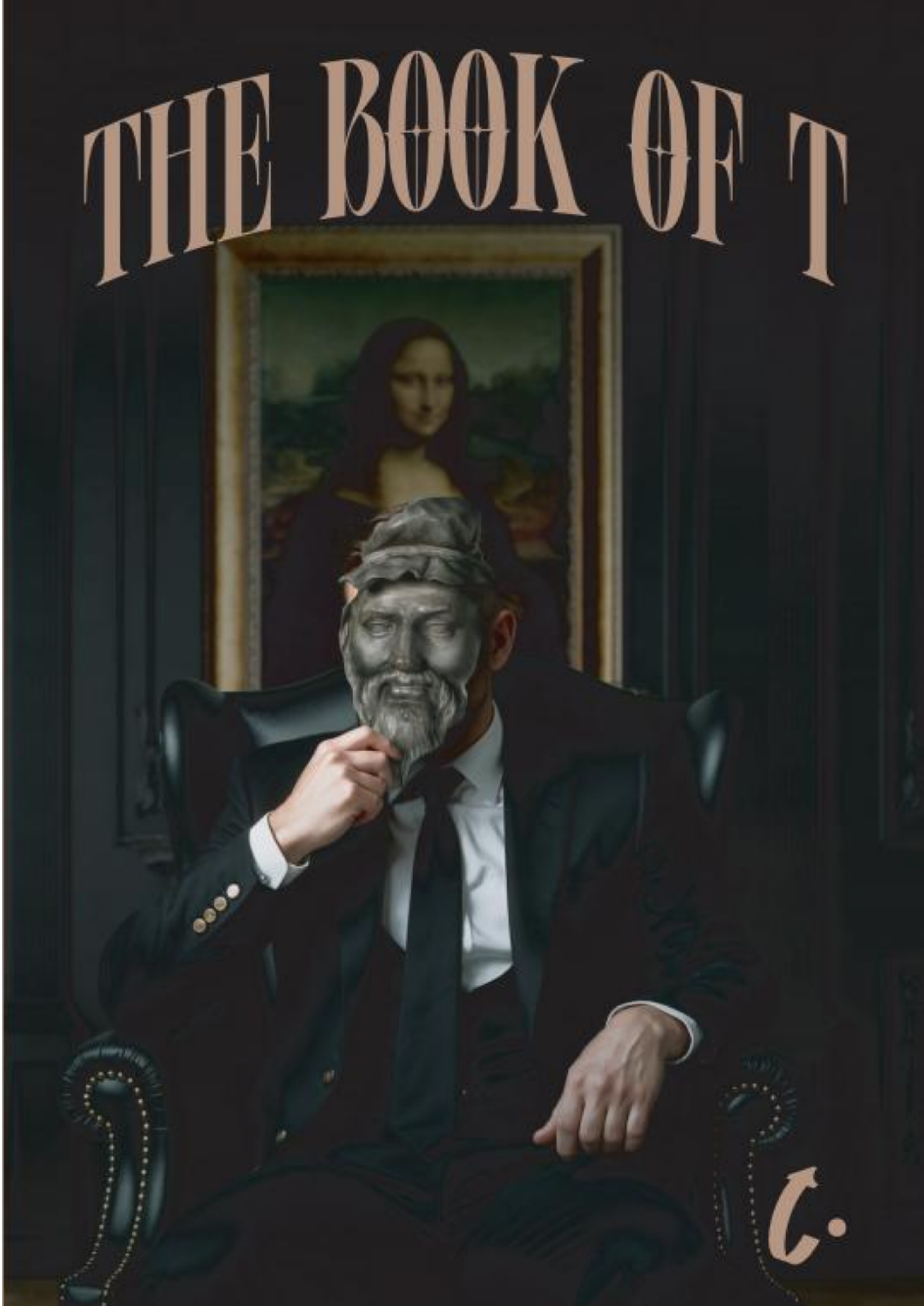
THE BOOK OF T



C.

"In a perfect world, everyone would be profitable. Every trader that touches the market will automatically understand it and can now live their dream life.

But that's what a perfect world is, and it isn't achievable. But a better world? For sure. I made this book to hopefully help the reader take a step in the right direction.

My journey in the market has been a love story. Heartbreak, pain and sweetness beyond imagination. And this is me sharing it with you.

I hope my personal advice can help you in whichever area you might be stuck in.

Remember,
React, don't predict"

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The Book of T.

Memoirs of a Once Struggling Trader and How He Made It Out

My grandparents, wise and caring. Giving me the advice I needed for life and the ones who started it all

My mother, the guiding light and the one who made me believe in myself, pushing me beyond what I thought was possible

My father, the one who gave me the strength to stand on my two weak legs and kept me away from bad business

My best friends, the ones who believed and supported me throughout the way

My future wife and children, the ones I try to be the best role model for

My love letter to every struggling trader, every human who followed my journey, every soul I've touched directly or indirectly and above all, my beloved students.

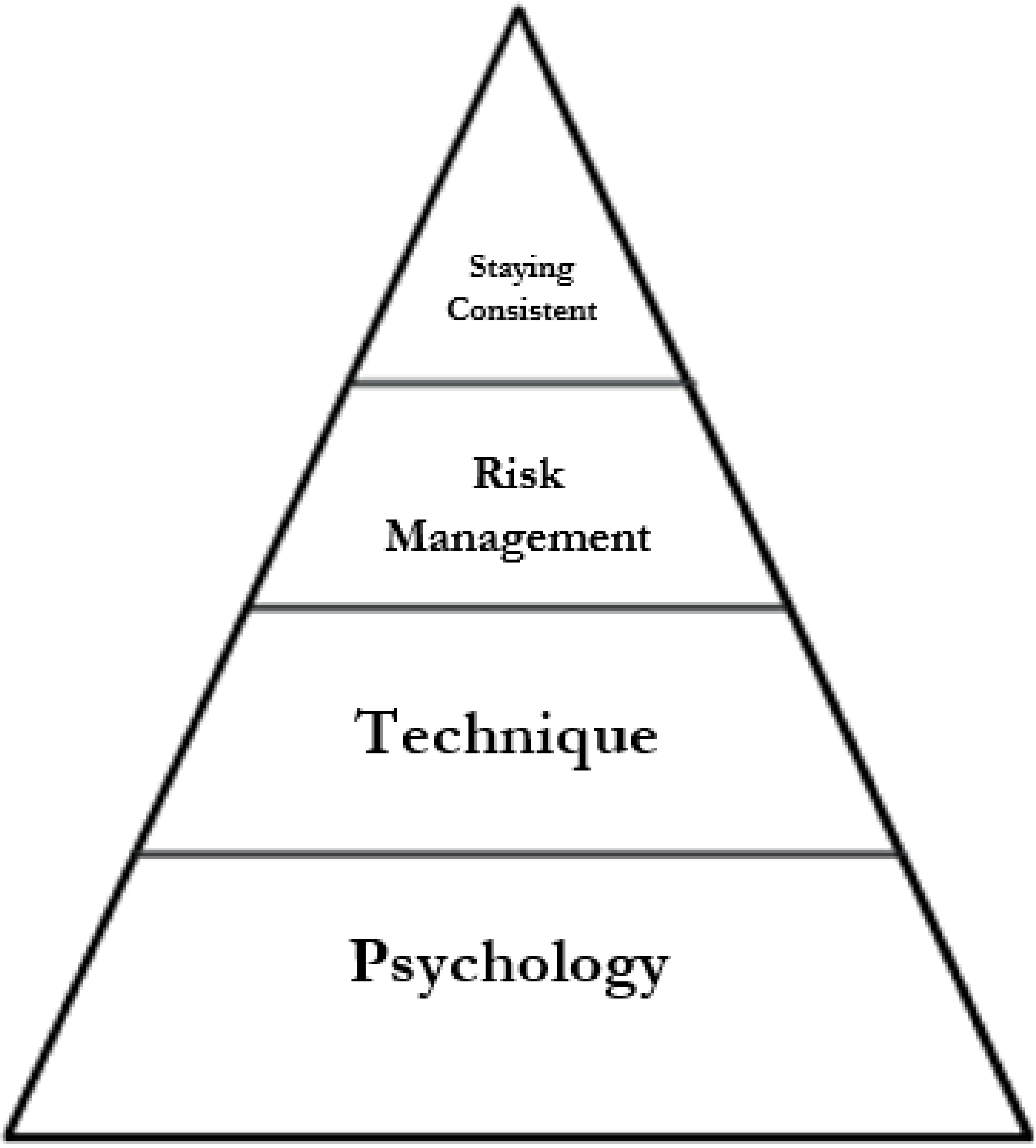
This one's for you.

The Epilogue

I know why you're here. You have an undying spirit that wants freedom outside of your usual 9-5. Something different. Something more. Just like how I was years back. You're hungry, you're lost and you have no idea what to do next. You found trading on an instagram reel or a tiktok video, or better yet, from a dude on youtube who claims to have made a billion dollars in a month (spoiler alert, you can't do that).

You tried everything you could to become profitable but due to the unfortunate nature of this shady f*****g industry, you're still left clueless, without a guide, without any path to follow. Everything either seems totally out of reach, or simply outright dumb. On the other side, someone is telling you that you need at least 10k USD to fund an account, the other side is saying that retail traders won't make it because we're competing with trillion dollar hedge funds, and on the far far far side someone is telling you that you can flip 10 bucks to a million in a few days. So what's real and what's not? What's the truth and what's bogus? You came here to find that out. And maybe i have the answer you want.

Reality



If you want to be a great trader, you must master all these.

Psychology allows you to master yourself.

Technique allows you to get the best trades.

Risk Management keeps you alive long enough.

Staying Consistent keeps you profitable.

Master these 4 pillars, and you're basically a supertrader
Fail one, and you're done.

By the end of this book, I hope most of you know exactly how to improve in each area.

Section 1: The Journey of a Trader

My Story

My name is Ariff T. I am proudly Malaysian. My friends call me T. Well, at this point everyone calls me that except for my mom. I got that nickname when I was 13 while attending an elite boarding school in Malaysia. Ever since I was a child, I had this affinity towards all that is beautiful. I always wanted to be great. This lead me to pursue so many things when I was in school and university. I represented my country in various competitions, be it ranging from debating, science fairs and rugby. At one point I represented Malaysia to Intel ISEF in America and was able to get a medal that gave me a permanent membership in The Society For Science. I made an invention that would change my young life at the time. Due to my stellar achiements, I was offered a full scholarship to one of the world's best universities, and graduated with honors. I've always wanted to be an all rounded person. I believe that a jack of all trades but a master of none is better than a master of one.

From a young age, I've always hated seeing my dad have to work very hard to provide for the family. I wanted to be great for my family. Two types of people exist, one that sees success and has envy, while the other type of person feels inspired and wants to get involved. I am the latter. I always wondered how people got rich. Because it definitely isn't by working a good job. While working a job can make you comfortable, how do you get RICH? I want sovereignty. I want to truly enjoy my time here on God's big blue Earth. I wanted to be free. I believe that as a man, being poor is an insult to yourself, a man can only be truly proud of himself if he can provide well, and money is a key factor in providing. During university, I tried everything I could to make money, until my father started trading stocks. I learned some basic technical analysis from him and decided this was the path I wanted to pursue. I mean, easy money right?

BOY WAS I WRONG

I went into the market in my first year thinking that it was just like any other skill, until i lost all my savings. At one point i only had 19MYR(4.5USD) in my bank account and had to last the rest of the month. I deposited it all into a broker and got nothing. Is trading a scam? Absolutely not. But can you make it in a year? Nah I don't think so. I was also scammed by multiple people and projects throughout my early career. Copytrade this, signal group that. These things hurt a beginner. Which is why i don't usually indulge in them. I believe the best way to provide value to traders is only education. Which means the educator and the student will almost always get value.

I started trading using every indicator you could imagine. The RSI, MACD, Ichimoku Clouds, Moving Averages. While i totally respect my friends who trade these kind of styles as they are very profitable, I believe that the true essence of the market lies in trading the naked chart.

Just a few lines on the chart,
With a whole lotta logic

If you really ask me how I went on to find these things, it was because i was raised in the Golden Era of Malaysian Traders. Circa 2019. Something I'd like to revive. There were so many awesome traders to learn from at the time. Each having their own unique skillsets and created so many profitable traders under their guidance. I was lucky. So lucky to be mentored by them. Now that they're all gone, I bear the torch and their legacy. I am the next generation. And have been for the past few years. I hope that someday, when I retire from this industry, someone will continue on what i left on as well and go on to be a great person in the industry.

I found my edge in only trading XAUUSD and i dare say that now my skillset has become so complete to the point where I can practically grow any account size to any account size, the only barrier is time. (Unless we're starting with 10 bucks lol). I was able to make good money from trading during my final year in university and retired upon graduation. I now own multiple businesses to keep my lifestyle afloat while also trading. Usually at this point i prefer to swing trade. It removes the stress from the equation. I am surrounded by some of my students who love me as a trader and as a person all of which I love back. I've always traded SNR like this ever since I started trading, and one day, one person leaked my class recordings to Youtube, went viral then the Internet coined that style as MSNR (Malaysian SNR) and now I just roll with it. Blessings upon blessings from the Most High. What a life. Alhamdulillah.

I told myself, if i were ever to have a presence on social media, i want it to be one without a face. All my followers can see is a silhouette of a man. Me. I chose that path because

I want people to appreciate the art I produce, the trades I make, and the value I want to provide. I dont want people to follow me and adore me just because I have a handsome face or a good looking body. In this superficial world, someone has to make a change. And if you want to change the world, start with yourself. F**k the nice cars and flashy watches, I want to make art. I've always been inspired by the art of Leonardo Da Vinci, a visionary of his era. Created the Monalisa, his ultimate work of art that redefined painting as a whole. Throughout the years I've spent in the market, I wanted to create my own Monalisa, something that people would look back on years after I'm gone. And I guess I was able to find it. Inspire people with art, with knowledge. That is the way. That is true wealth. Inspiration.

I knew from a very young age that I'd rather work for myself and even fail in the process as long as I have the opportunity to build my dream life. Something in me was always telling me that I refuse to be average, I refuse to be limited by others' constraints. Now look where that got me. Here! I don't want to disclose my entire net worth to you, as that would be sinful of me. But we can safely say I reached 6 figures quite a long while ago and have grown a lot since (take a guess). And all this started from me trying to flip accounts using my life savings (half of which I lost in the early stages). I now can live my childhood dream of living in London, while caring for my family in Malaysia. Bought everything I've ever wanted, and I can now breathe and live happily. I am comfortable. And trading has brought me peace that would be almost unachievable if I worked a stressful job.

Now that I've reached a more mature stage in my trading career, I wish to share what my experience in a book. They say that whatever is written goes on to live long after you're gone, and I like that. I like to be remembered in a good light (hopefully). This book is the byproduct of my years of market experience, mostly written while listening to jazz while having an occasional cigar in hand. I purposely made the book to not have an index, so you can go through it without skipping any pages. I do hope you enjoy.

Love,
T

Failure is a Tool

“The master has failed more than the disciple has ever tried”

Are you scared of failure?
I know I am.

But what if in trading, it’s totally necessary? What if i told you that the more times you fail, the better your odds of making it. Provided, you journal each loss.

Throughout this section of my writing, we’ll explore two categories of failed attempts when taking trades:

1. Failed attempts during the learning process
2. Failed attempts after developing a system

One can be learned from, while the other is simply the result of successful trading. Let’s explore how to be a much better trader by dealing with losses effectively and turning them into lessons while simultaneously turning you into a stoic rock

If two were to meet, which one could win?

An unstoppable force
or
An immovable object?

Don’t answer.

Because you’re going to need to be both of these if you’re looking to succeed in trading

Failures During The Learning Process

"The master has failed more times than the beginner has even tried"

If you fail to learn from your mistakes, you truly lose. There's no way out anymore. Learning how to trade is exactly the same as learning any craft in any field. You simply have to fail forward. In this section, let's explore how we can fail gracefully.

Step 1: Find trading knowledge that you'd like to master.

Step 2: Understand every parameter about that knowledge.

Step 3: Start backtesting. Find months/years of the exact same scenario happening. (Backtesting is to gain familiarity with a technique. Similar to muscle memory.)

Step 4: Start front testing. Show up in the market everyday for a few months minimum to test your understanding.

Step 5: Record all failures that happen during the front testing process. Screenshot with explanation (if there are any)

My personal belief is that there are two types of failed trade attempts in the market.

1. <u>Human Error</u>

Human error means that you were just an absolute dimwit during the execution of the trade. This can mean a wide range of things like adjusting your stop losses to make them too tight, taking profits too early, entering a trade too late/early, revenge trading, or simply being delusional and placing a trade when there's nothing there.

Human error is the easiest type of failure to avoid. In my personal experience, most amateur traders that i have had the pleasure to work with have most their losses due to human error. Simply lacking the discipline, patience and trust in their system to execute like a steel-willed samurai.

A simple and proven way to avoid such errors is to get something to write on, could be a piece of paper or a nice whiteboard, and clearly write your trade rules on that. Before you take any trade, refer to what you've written down. If all criterias are met, then go ahead and trade. If none are met, then turn on the PS5, play a couple games and just WAIT.

2. Technical Error

Ah, so you thought that after rigorous backtesting and front testing you would have a ‘perfect’ understanding of the market? Think again. The market will surprise you.

Again, my personal belief of mine is that there is no technique or trading method that averages a 100% win rate throughout an extended period of time. Anyone who claims that is either selling you a dream, a total scammer or has the luck of someone rediscovering a Dodo Bird in the Sahara Desert.

Technical errors fall into the category of losses that happen after you have followed all your rules in your system. They are simply unavoidable and it would be foolish of you to want to avoid them. Trust me, trying to find a flawless technique will cost you years of your time and will only cause a whole lot more confusion than you anticipated.

Albert Einstein said,
“Insanity is doing the same thing over and over again expecting different results”

I DISAGREE.

Trading is not physics. There is nothing that is 100% accurate. For example, in physics, due to the law of gravity, if you throw an apple in the air, the apple WILL fall down. But in trading, the apple can sometimes just fly in the air and never come back. But if I know that the apple has a 70% chance of coming back down, I will throw that apple everytime and hope for a win. THAT IS TRADING. You can have all the timeframes in your favour, the perfect setups, and it will still fail. But if you do it 100 times, you will be profitable.

If you lose due to a technical lose, meaning that you followed all rules well, then DO THE SAME THING REPEATEDLY.

Stick with a proven, simple, strategy and LET THE ODDS PLAY OUT

The best traders have mastered the art of losing.

That wasn't a typo.

Read that again.

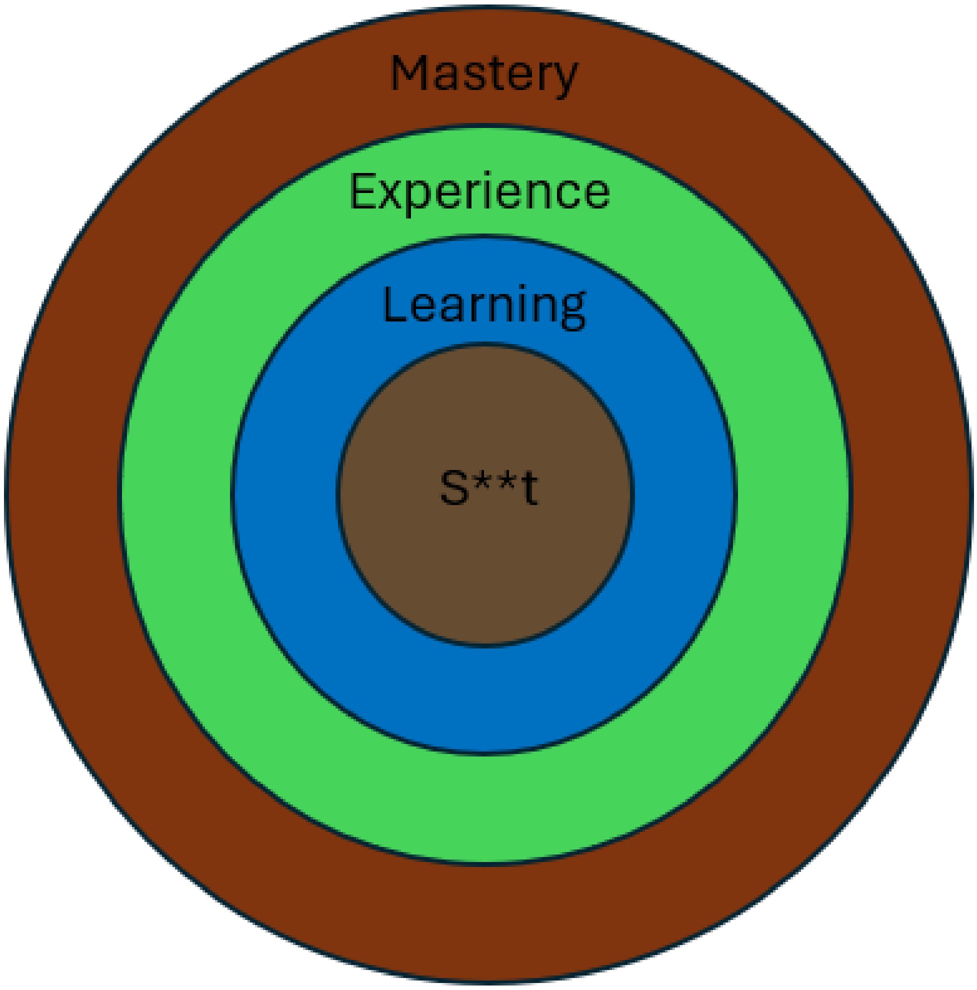
The Phases of a Trader

Every trader goes through multiple phases before reaching the level they want to be. It's like how in a game, you start off at Level 1, and as you play more, you gain experience and your level increases. The thing about trading is that most traders refuse to respect the process and the grind it takes to truly make it in this industry. In this section, let's talk about the process. Here are the phases that every trader goes through:

1. Shit Phase
2. Learning Phase
3. Experience Phase
4. Mastery

Once you learn how to identify which phase you're in, you start learning to enjoy the process, which most traders fail to do. They come in just for the money and that's why they leave with none.

Growth comes in phases



Who you are now is built on who you were

Growth moves in full circles

Shit Phase

Pardon me for the lack of better language, but unfortunately it is what it is. This phase is something that every trader goes through. It is that phase where you have absolutely no guidance, totally relying on Youtube Videos and are constantly jumping from one trading philosophy to another.

Simply speaking,

YOU ARE LOST

There's good news and there's bad news. The good news is, you have so much room to grow. The world is out there for the taking and you are basically a newborn in the trading world. You are at the stage where you have near unlimited amounts of passion and full drive. You are motivated to make it and really, enjoy this buzz while you can because it won't last.

The bad news? Well, it's that you won't be able to make it out unless you properly search for someone to guide you out there. SO many people give up in this phase simply because they start thinking that trading isn't for them, or it's just too complicated. But really, I get it. I've been there before and all I can say is.. Good luck.

The only way for you to get out of this is by finally admitting that you need some proper guidance and require someone to tell you what's right from wrong. The fact that you purchased this book shows that you understand that you require guidance. And i applaud you for that. Good on you!

During my shit phase, I was jumping from signal group to signal group, hoping that each guru would give me some holygrail method that would somehow make me a millionaire overnight. Unfortunately, all I got was simple 2 minute videos of dudes explaining support and resistance in the most uncanny manner. I was mixing and matching every strategy I could find and the more I mixed, the worse it would become. Heh. And I thought I was smart. My shit phase ended when i decided to take matters into my own hands and bought a mentorship. Learned some cool knowledge and built my foundation on it. Awesome

Everyone starts somewhere

But for traders?

We start at the very bottom

Learning Phase

The learning phase is where you decide to break from your old habits because you're starting to understand that you are inherently lost. You want to do better, so you start paying people for knowledge. I believe that mentorship is not a scam, this book itself feels like a mentorship but just in written word form. I believe mentorships are only scams when the teacher does not give what is promised or massively under delivers. Otherwise, getting a mentorship is the best decision for anyone starting out in any industry.

Learning can only be done well when done correctly. Most people don't truly know how to learn. Sometimes, more knowledge leads to destruction especially when not managed properly. Here's where i can give you some of my experience to hopefully guide you on this path. My personal philosophy to learn is,

"You must know what you don't know, so you can find what you don't know"

To be an effective learner, learn to understand where your weak points are. Where you need help and guidance at. Simply learning without intent will leave you overwhelmed and left in a state of analysis paralysis.

During my learning phase, i identified that i needed help with long term market direction, so i went scavenging for mentors that only do swing trades. I needed help with understanding how to work with lower timeframes, so i went under the wing of a superscalper. I needed help understanding the hourly timeframes, so I decided to enroll under a mentorship of someone who mainly daytrades. You see, that's how you effectively learn. Throughout my learning phase, I have had the pleasure to learn with so many teachers, namely Saintsbrian, 411, Emrage Capital and much more that I do not wish to name. But all of these amazing people have shaped me into the trader and person i have become today, and i am eternally grateful for them.

Bottomline, the learning phase is where you start to take bits and pieces of knowledge and add them into your personal arsenal.

Stand on the shoulders of giants

Then enjoy the view

Experience Phase

Your mentorship has ended. Now it's time for you to face the market. The experience phase is where you no longer learn from a person. Rather, you start learning from yourself and the market. You start collecting data (methods disclosed in further chapters) and figuring out which pieces of the puzzle work best together. Have you ever heard about a man who has 10+ years in the market but still minimal results? Well that's usually because he did not collect experience in the right direction. The criterias to build a profitable system simply were not met, and he was left moving around in circles.

Direction is more important than speed

My personal experience phase took years. This is where most truly start giving up. The feeling of "I've learnt so much, but i know nothing". Sound familiar? Been there, done that. The only way out of this is by restructuring yourself and locking in by building yourself a personal system (steps in coming chapters). Here's a story about one of my mentors and friends and how he achieved profitability.

He was a business owner and was very tired working 100 hour weeks. Good money, but he needed to rest. What happened was that he devised a plan. At the time, he had 5+ years experience in trading and basically knew everything but was not profitable. He used the monthly revenue to bring his staff members to Langkawi for a company retreat but he stayed in the hotel room. 18 hours a day just backtesting and front testing while collecting data in the form of annotated screenshots. During this time, he told himself, “I’m tired, i want to rest” If he did not make it in 30 days, he will give up. The human mind works in wondrous ways. When you push it to the absolute extreme, miracles can happen especially when you have a strong connection to God. After 11 days, he was able to turn 5 figures to multiple 6 figures and called off the company retreat. He made it. He’s now able to make money while resting. A few weeks later, he closed off the business, paid off the staff and went on to live as free as a bird. All it takes is years of learning then a short time of continuous and intense pressure. And then you should be set

Mastery

Congratulations, you made it. Everything was worth it in the end. You are now consistently profitable and you either have a huge amount of prop firm funding or have a nicely sized personal account. *standing ovation* You can now pull money while you're doing anything. Heck, even while you're taking a shower. You can make a person's yearly salary within a week with 1% the effort. But the thing is, no one knows what you had to endure in the process of trying to be profitable. The pain you endured, the nights you doubted yourself, the hardships that came with it. Insane. That's the insane part about trading. It's a whole lot of nothing, then boom. All at once. Everything you've ever lost, made back within a short amount of time. Do i sound like I'm selling you a dream? Yeah kinda. But is it possible? Absolutely. And I'm coming from a place of experience here. Believe in yourself and you're already halfway there.

How would you know if you've achieved total mastery? Well, it is when you have system that you know like the back of your hand. A system you trust, is profitable and can stand the test of time. The second sign is that you are now mostly desensitised to what the market does. It can go to the moon or shoot down thousand of pips but you wouldn't care. You finally realise that you now have control over a lot of things and one of those things is yourself. You're basically a monk with money making powers. That is the end goal of a trader.

You open the charts, look at the market, and if there is no setup that looks nice enough or follows your entry models, you close them and learn to wait. It's a beautiful life.

How do you maintain yourself in mastery? Well that's simple. Here's an analogy, you've now turned yourself into a supercar. If you drive through the countrysides enough, you'll get dirty. So you'll need a wash and some yearly maintenance. As a trader who has achieved mastery, the best way for you to get a 'wash' and 'maintenance' is by reviewing your journal, data and screenshots for a few hours every weekend. To make sure you are always as familiar as possible with how it works without missing much details.

Section 2:
The Trader's Mindset

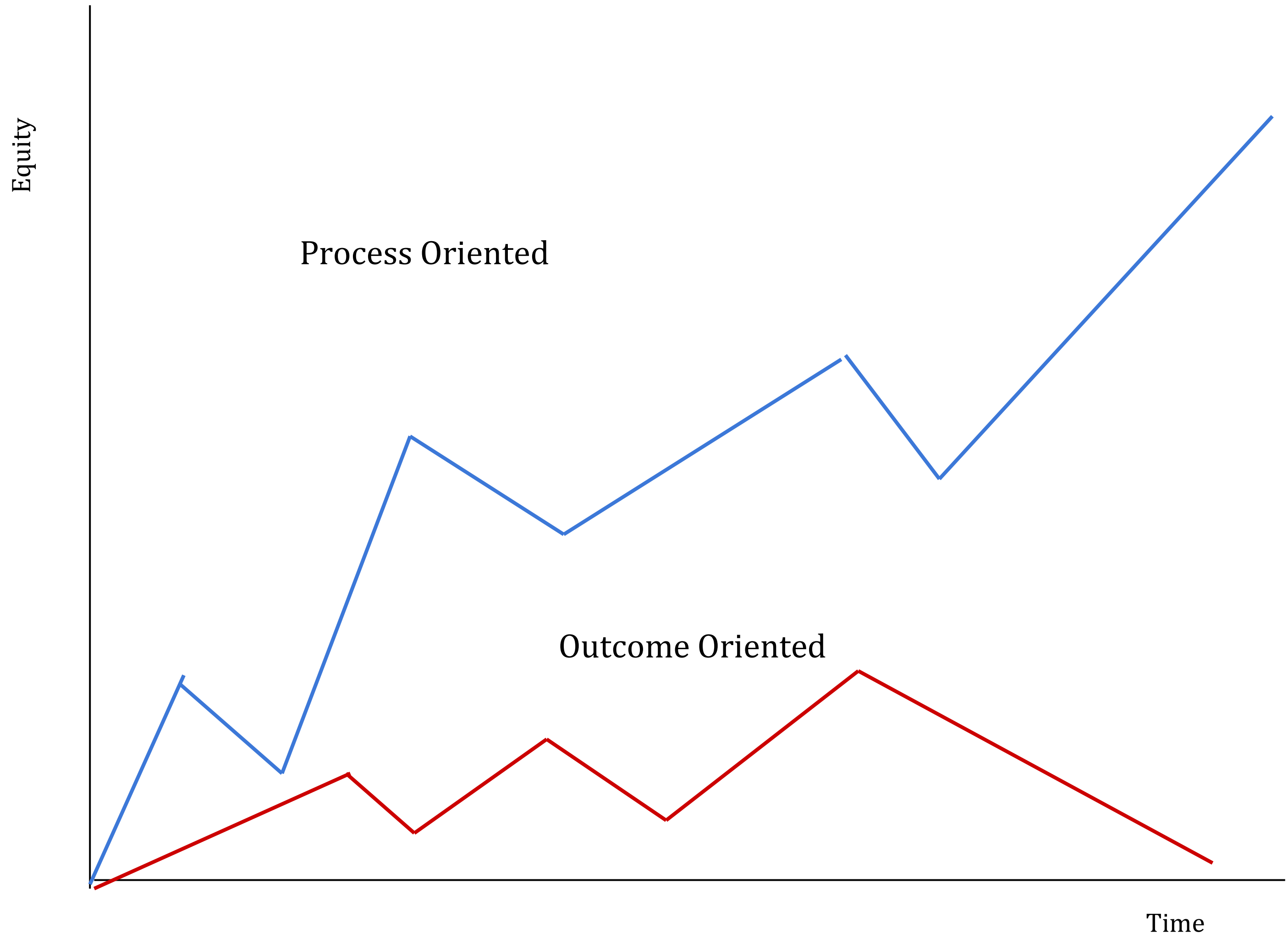
Process Oriented VS Outcome Oriented

Above all in trading, it is extremely important to be process oriented rather than being outcome oriented. You don't have to win every single trade. You just have to win enough to be profitable. If you lose on a setup that has been profitable in the long run, if it comes again in the future, just take it again. You should be a stoic in this sense. Good trading is simply doing the SAME thing again and again. Despite the results, because you know in the long run, you can win.

When you focus on a process,
You get a desirable outcome

When you focus on an outcome,
You lose

If you're hungry,
Do you find a way to get food, or learn to eat?



You want results?

Do something that helps you get results

Fear and Greed

These two aspects destroy more traders than you realise. And this is why so many fail in this journey. This is why i love to talk about how trading is largely a personal journey and the only way to get better as a trader is if you take the time to improve as a person.

To improve as a person, you will need to clearly identify your emotional triggers and the tendencies that come when you feel them. For example, revenge trading or simply full porting an account, both of which could eventually be a silent killer in the realm of trading.

Let's talk about this. No, let's have a heart-to-heart conversation about this.

Like anything else in life,

You have to grow inside first to grow on the outside.

Just like how flowers can only bloom when they’re perfectly ready

<u>Fear</u>

Fear kills more traders than lack of knowledge ever will. Imagine knowing so much about the market, knowing your technique like the back of your hand but still lacking the conviction to execute these trades. Been there? If your answer is yes, then this action is tailor made specifically for you.

Let's do a little mental exercise. How many times have you seen a crystal clear setup, and completely ignored it thinking "Nevermind, it wont work" and then a few hours later, you come back and it played out all the way to TP? Why did that happen? It was because you were not able to learn to trust the process. Trades fail, trades work. As long as you know that most of your trades should go well, then just continue hitting the right buttons. There is no need to be scared. Being overly cautious will only hurt you more.

Killing Fear

Most fears are created in the mind. Most fears are simply imagined outcomes that took control of you because you weren't disciplined enough to say NO.

Fact of the matter is, in order to be a successful trader, you have to totally get rid of a certain human part of yourself, which is why many traders fail. They weren't able to break free from the mental shackles that haunt them.

Here's some advice

If you knew that a trade would work MOST OF THE TIME, would you still be scared? Would you be hesitant? Nope. Of course not. You'd come to terms that if you lose, this is simply just another outcome in the grand probability of things. You would be able to tell yourself,

"I can win if i take this again next time"

To achieve total confidence, you'll need... DATA (to be continued)

Using Data To Combat Fear

My personal opinion is that the best traders are simply the best data collectors. Throughout my experience mentoring huge talents, one thing holds true to each one that make it in this industry:

A passion for pattern recognition

Most of the insane ones that i know say things like, "I've been backtesting for 6 hours a day", "I have hundreds of screenshots of setups in my folder", "I tried everything i could". And really, it is just THAT SIMPLE to get where you want in trading. Having being totally familiarised with your technique eliminates most traces of fear. Do those 100 screenshots per setup. Find every scenario and keep them in a nice folder. Do that heavylifting, and the fear you experience while dancing with the live market should dissolve on its own

"He who sweats more in training bleeds less in war"

Greed

Like everyone else, you came into trading because you thought it could turn small money into big money real quick. While that can be correct, the best path to success is incremental and steady gains rather than full porting your account at every opportunity.

"Greed makes people poor"

I know you want to make that $1000. But you only have $50. Simply speaking, your mind wont be able to handle such pressure especially knowing that you MUST turn that money into 4 figures. It's a hard life, i know. But adding this to it only makes life harder.

Here's a little scenario that you might have experienced. You're in a trade, and you've already gotten a 1:2 RR trade. Nice! But instead of taking profit, you want it to go to the moon and get a 1:5 RR trade. That doesn't happen and ends up taking your stoploss. If you took profits and followed your plan, you could have been alright. But your greed got the best of you and now you have to recover your account from drawdown. Not fun right? But here's the thing, if only you could learn to respect your plan, things could have turned out much differently.

Managing Greed

In my personal opinion, there are only 2 ways to go about trading. Personal funds or Prop Firms and that's basically it. Both ways have their pros and cons but are extremely effective when it comes to getting success in trading.

If you're lucky enough to have personal capital or have a comfortable job that pays well and do not want to follow stringent rules that prop firms force onto you, then personal funds is the way. However, if you don't have much money but are extremely skilled in trading, go the prop firm route. Much less flexibility but way more bang for your buck especially if you can make it to a payout.

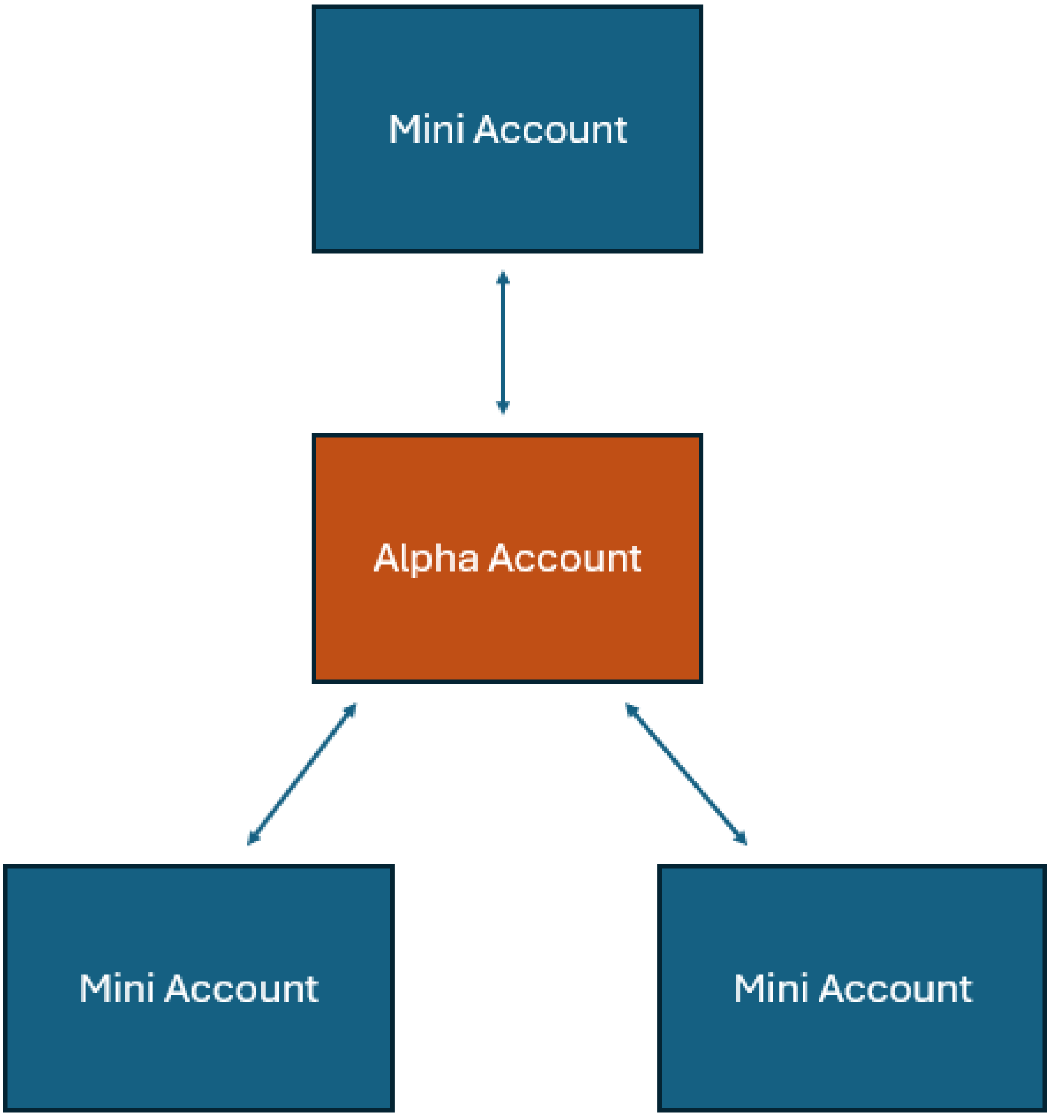
Human beings are born greedy, and it can manifest in many different ways. Let's do a little deep dive on how to manage this in both routes so you can learn not only how to make money, but keep it too.

Personal Funds

Since everything is left to your own responsibility, you'll need to learn the art of account management to squeeze as much value as you possibly can.

Let's say you're starting off with $10000. I can't go lower than this as people will start saying that i'm giving you unrealistic expectations, but this system can be applied to any amount of capital.

Take that $10000 and split it into 4 accounts. $2500 each. Risk 10-15% on every trade you take on the $2500 account. If you're able to get a good 50% growth on that account, transfer it back into the large pool of $10000. This takes a HUGE mental burden off you and can eventually make your trading very stress free in the long run. And this way, you're also forcing yourself to not risk your entire capital therefore greed can't get to you even if it tried.

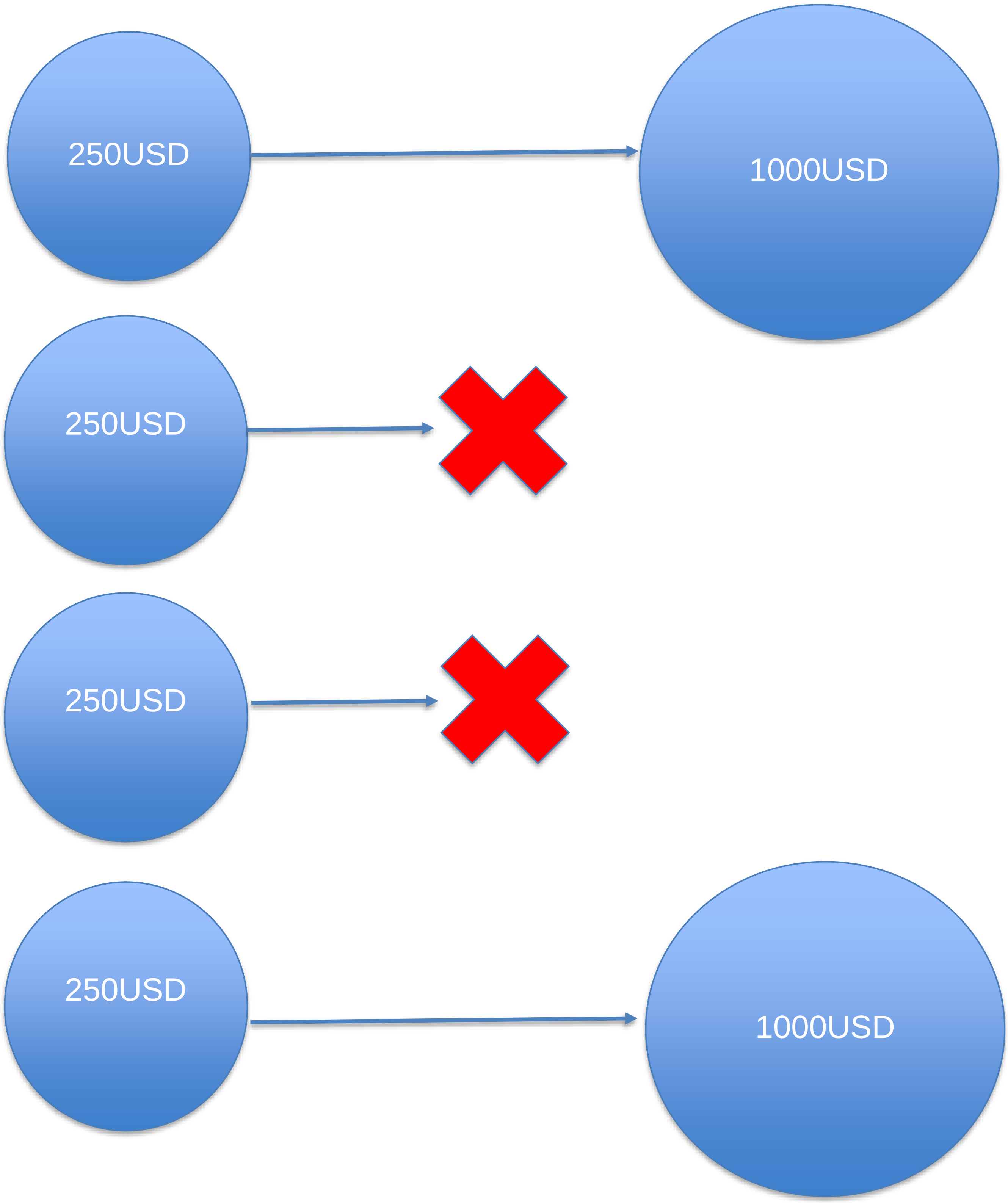


Rinse and repeat

Full Margin (Kamikaze Mode)

This is using a personal account on steroids. You go risking it all on one setup and wait for an outcome. I know some guru out there will read this and probably diss me on this, but truly, it's one of the best ways to make good money from trading if you're starting from absolute zero. At least that's how I did it. This method helped me turn 100 Bucks into 1k, 1k to 10k, and slowly scaled up to a much larger amount. If you have more than a 50% win rate on setups more than 1:1 you can make it work marvellously.

In this world that we live in, people discourage the art of massive risk taking. Somewhere on the net, I heard someone say that a healthy risk is 0.5% of an account. But let's be real here, you don't have 100k. You want to start from the absolute bottom. So let me help you grow that thing. Let's say we're starting from 1000USD. Let's get to the money heist. And let's just hope your broker gives you a nice enough leverage while allowing you to withdraw your money if you succeed with this method.



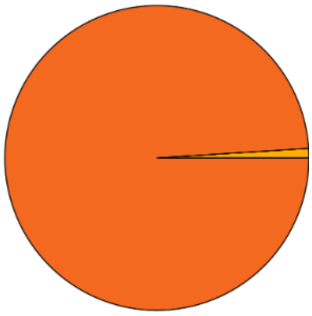
All it takes is a few good trades. And you're golden

Prop Firms

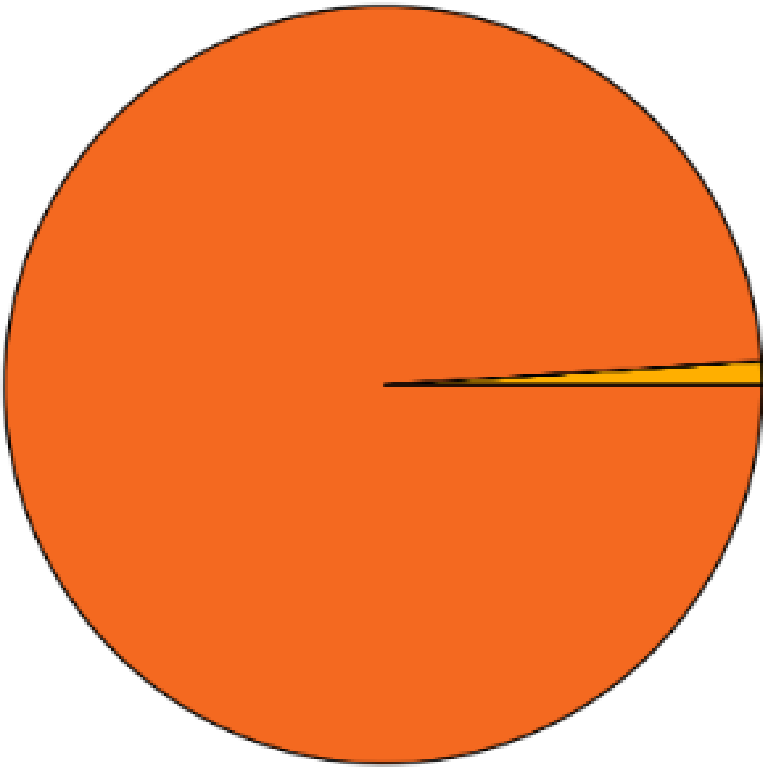
Frankly speaking, we are living in the golden era of prop firms. They're basically everywhere. But due to this, the bar of entry to the trading industry is now so low you can even start trading with $50. It's actually insane. But like anything else, it's a double edged sword and most people hurt themselves in the process. Let's learn how to use them smartly.

In my personal worldview, prop firms are good, but they are only a stepping stone that you must use to fund your personal account. If you are to get a payout, be wise and dump a good chunk of it in a reputable broker.

Back to the topic. If you have only $500, you're much much much better off buying a 100k funded account from a firm rather than trying to flip it. Let's be real here. You want to make big money. And flipping that $500 into something meaningful just isn't realistic especially if you're just starting out. Remember, 1% on $500 is $5 but it amounts to $1000 on an $100k account. Just a numbers game. Bigger capital helps you think better without taking dumb risks.



If you want a bigger slice,



Get a **bigger** pie.

Good Answers come by asking great questions.

Have you asked any?
If you have, how many?
If you haven't, **when will you start?**

Throughout my career as a trader, I've had the privilege to meet monsters, wizards and legends of the market. Everything seems to fall in place for them, and it seems like they just know the future (which is impossible). I’ve had the privilege to call them friends, mentors and brothers. I’ve studied them, studied with them, studied under them, and I’ve noticed a very clear pattern in each one of these people

It’s the art of following a system.

You don’t have to care about what the market will do if you know exactly how your next setup looks like. You don’t need to predict if you can react. You don’t need to perceive if you can read. You don’t need to understand everything if you understand a few things clearly. The market does not reward the smartest rather, it rewards the most resilient, the most consistent, and the most meticulous.

It rewards the ones that say,
“If this happens I’ll do this”
It punishes the ones that say,
“This will DEFINITELY happen”

See the difference?

My entire trading career is built on questioning the market. Every level, every movement, every tick and reaction; hoping to find the grand algorithm that governed the thing we call the markets. Funnily enough, i used to believe that a 100% win rate was possible. I had huge winning streaks at a given time, so i felt invincible. Until a losing streak came which made me fall into a deep depression. But that's all a part of the journey. Nothing breaks you more than having the stars ripped from the damn sky the moment you thought they aligned. After having that happen, all i could think of was,

“Have the market makers found me?”
“Will my technique ever work again?”
“Was it all luck?”

Everything felt like it was working against me and i thought it was the end. The end of my trading career. I thought I had to pack my bags and perhaps turn into one of those ecom guys (which is equally as cool) or simply start gambling on memecoin (i'm joking). But little did i know, that was the start of something beautiful. It was the start of my real journey. The true journey of a trader. The growth process

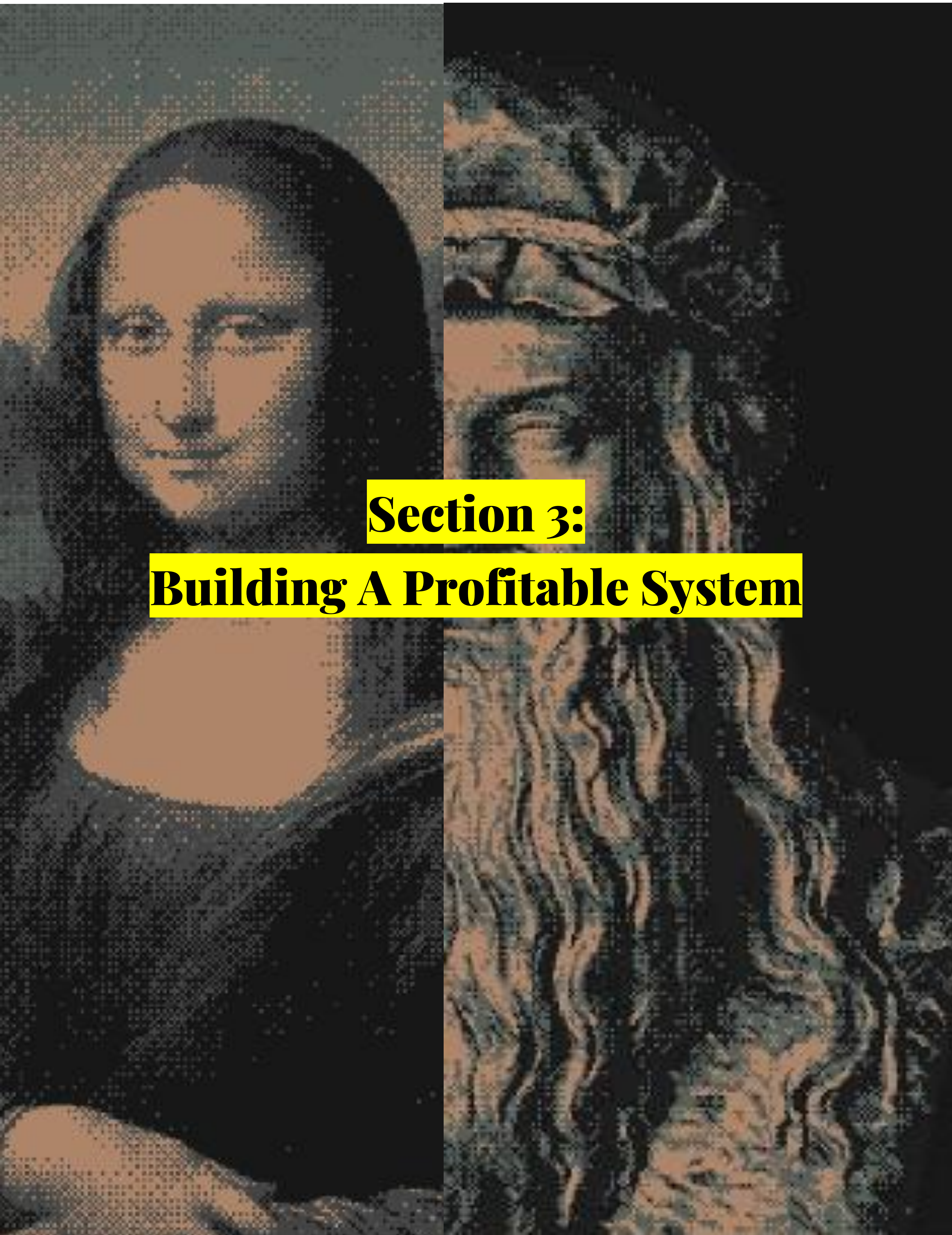
People fail, systems don't. Read that again. People fail, systems don't. A foolproof system is designed to protect the fool (the fool in question is yourself and myself). It took me too long to realise that the market wasn't meant to be understood. It's simply a grand casino with repeated outcomes. You can do everything right, and still fail. You can do everything wrong, and still succeed. That's how absurd the market is. But like anything in life, nothing is truly random. There are patterns even in randomness.

"Everyone thinks trading is fun and games until it breaks you in the process"

Hold five fingers out. Put a finger down if you've gone broke trying to trade. Put a finger down if you've cried because you have no idea what you're doing. Put a finger down if you think you've been scammed. Put a finger down if you've full ported your account on one trade. Put a finger down if you've thought about giving up. All fingers down? Thought so. You'll realise your experiences are universal and you're never alone. Thousands of others reading this book feel the same way as you. Learning trading involves a lot of pain. But if you survive long enough, it can reward you with more than you ever hoped for.

Still here?

Great job. We're only just starting



Section 3:
Building A Profitable System

You’ll need to build a few systems before you enter the market seriously.

1. Trade Entering System
2. Trade Exit System
3. Psychological Systems
    3a) Pain Management System (during losses)
    3b) Pleasure Management System (during wins)

Following these systems allows you to be able to enter supertrader mode provided that you were able to build these systems up on your own. Why is building your own systems so important? It’s because every trader is unique. We have different needs, wants and capabilities. Therefore, there is no one size fits all in trading. Everything is strictly personal. This is the ultimate path to the holy grail in my opinion. Nothing else really comes close.

So what is a holy grail? How does one achieve it? Is the fabled 100% win rate method real? Well, i wouldn't say so. But following these systems allow you to be able to maximise everything you have with minimal downsides. Let’s dive into the creation of each of these systems.

The Trade Entering System

In order to make money from the market, it's obvious that you'll have to take trades. But to keep the money you make, you'll need to learn the art of managing trades. Let's talk about entering first. You'll need a few things to make it work:

1. Understanding of levels
2. Understanding what makes them high probability
3. Understanding what to ignore

You'll never see the light of profitability if you have no idea how your next setup looks like. If I were to test you right now, and pulled up the charts on TradingView and asked,

"What do we do now?"

If your answer isn't, "Wait for x to happen" or "Enter at x" or "Nothing." then i have extremely bad news for you. You simply suck as a trader and you'll either need to backtest for countless more hours and start seriously journaling.

Developing Understanding of Levels

If you haven't realised yet, my entire writing focuses on helping you ask yourself the right questions to understand the pain points you've been experiencing as a trader. I presume that every reader that has a hold of my book has their own style of trading therefore i can focus on the more juicy parts.

In my opinion, the only way for you to truly understand levels of the market is by learning from a well-seasoned trader, or better yet, a Youtube video that details how to mark and interpret said levels. Once you have that, here comes the next step.

Backtest.

Find each level, and take a screenshot every time you find that level happening in the market. Once you have racked up at least 50 screenshots of the exact same level working, congratulations, you've made progress. You're well on your way to be a trader that doesn't guess, but instead uses data-backed decisions. Go you!

Understanding High Probability Levels

Again, I can't totally speak for everyone, but my personal way of determining if a level in the market has a good chance of holding and pushing price in the right direction is....

"CONFLUENCE"

I am an avid believer that the best way to trade is if there are multiple reasons to support your trade, be it buy/sell. My personal rule is that I must have at least 3 unique reasons to support myself taking the setup.

The most important thing that all traders should have in their arsenal is a strategy with an edge.

"What's an **edge**?"

An edge means that your desired outcome has more than a 50% chance of happening in a given scenario. If you'd like to copy my edge, go ahead. Before taking a trade, find multiple reasons to support the decision. If you don't have more than 3, then don't take it. Yep, that simple.

Understanding What to Ignore

Have you ever had an occurrence where you have so many setups that makes you end up as a confused mess?

No? Close this book now and go away

Yes? Okay let's work on it

Most traders lose money because they have no idea what to prioritise. No idea what to focus on. No idea how to know if a setup will break.Based on my personal experience, the best way to determine if your bearish/bullish setup has a probability of breaking is if the higher timeframe has made

1. Structure Breakout
2. A high confluence setup that caused a sharp movement in the opposite direction of your setup

Wait, that simple? Yep. I hold on to the belief that price action is fractal and all the smaller timeframes are used to help the bigger ones move. Just like Santa and his elves.

More of this shall be explained in the later chapters

The Trade Exit System

Good. I will now assume that you now have a clear system to enter. Let's talk about exiting trades next. Let's imagine a few scenarios for you now

SCENARIO ONE **(IN PROFIT)**:

You've taken a trade, and it's in profit. A cool 50 pips and you're just here chilling and enjoying how the trade is going. A part of your mind says to hold until 100 pips, while another says to set it to breakeven and just enjoy the rest of the day. You set your take profit at 100 pips then move your stop loss to breakeven. All of a sudden, price moves towards your breakeven, and you decide to change the plan by adjusting your stop loss to -30 pips. You then end up in a loss. Silly you.

WHAT YOU COULD HAVE DONE:

Before entering the trade, determine what you're playing as first. Will it be a scalp trade, an intraday trade, a multi day trade, or a swing? Depending on the setup, change your stop loss and take profit to accommodate your trade length. Set a rule, for example, if price breaks level x, immediately set a breakeven and let it hit your take profit if it hits. My personal way to manage winners that totally changed my way of trading and increased my profitability is...

PLAYING IT DEFENSIVE

How I'd do it is pretty darn simple but increases the odds of you winning to a maximum. If I'm in losses, I will focus on recovering that loss. Even if it means early take profits. Once that loss has been recovered, i tend to set my trade at breakeven even if it moved around 20 pips. I like my trades risk free. This way, my profits are either 0 pips or my desired take profit. Which is awesome. Try it out!

SCENARIO TWO (IN LOSS):

You've entered a trade, and now you're PnL is in the negatives. Obviously, it's not a sight that you like, but it's simply just another outcome in the grand scheme of things. You set your stop loss to -30 pips and now your trade is at -29. You think to yourself, "Maybe I need to increase my stop loss, I am confident in this trade". The stop loss is then increased to -50 pips and then -60 pips. The cycle constantly repeats until you got stopped out from your broker/prop firm. After getting stopped out, you look back at the charts and find one trade you didn't take and it ended up in a 100 pip profit. You start questioning if it is all worth it.

This is the horror stories traders face everyday

These are our battles.

But you'd be surprised to know that there is the most simple solution to defeat this bad habit

WHAT YOU COULD HAVE DONE:

Ready for the dumbest solution to help you go from 0 to 1?

RESPECT YOUR PLAN.

If your stop loss was -30 pips, we can assume that 30 pips is one life. Think of trading like a Pac-Man Game or whatever you grew up playing. 30 pips is one life. One trade loss. If you were to change and adjust your stop loss every single time you trade, to 50 pips or 60 pips, you'll need to cover that up with more lives instead of 1.

If you're constantly risking the same percentage in every trade, you'll start to see trading as simply just a numbers game and if your knowledge and technique is good enough eventually things will fall into place and you can be profitable. Really simple tweaks.

Another note to add is that, my personal emotional barrier breaks when i have more than 3 losses in a row. When that happens, i take my time off the charts, and just mark my setups. If they continuously work, it helps me regain my confidence, and then i slowly jump back in.

Good trade management requires immaculate self management

It was always You VS You

The Art of Journalling

Let's start off with a story about one of the greatest conquerors of all time ; The Caesar of Ancient Rome, Marcus Aurelius.

The Caesar was tasked with a significant amount of power from a very young age (18 years old). Naturally, power corrupts, power entices and power reveals what's hidden underneath a human. He understood this despite being extremely young and decided he needed a way to lead with the utmost accountability and to avoid arrogance as the Caesar at all costs. This is how his personal journal, "Meditations" came into the world. Meditations was not meant to read by anyone other than himself, however after his death, his personal journal was leaked to the general public and what was inside gave such intimate insight into his life and allowed philosophers to understand him better than ever before.

As the Caesar, he focused on quite a few things. But one pillar that was the theme of the entire journal was:

“Accountability and Constant Learning”

I’m a bit of a Marcus Aurelius nerd, and was always in awe of what he achieved throughout his well-lived life. I mean, who wouldn’t be a fan of a gentleman that defended his nation from a full-on barbarian invasion, managed millions of citizens during the Antonine Plague and all this while maintaining a brotherly bond with his Co-Emperor, Lucius Vertus. Not only did he manage that, but he was also able to stay stoic, calm and calculated throughout his ordeals. I’d like to credit journaling for his feats as there is no other better and simpler way to achieve such success without deep and constant introspection.

A few guiding principles that were clear in his personal journals were:

1. Humility and Restraint in Using Power
2. Clarity Even Under Pressure
3. Balancing Justice and Mercy
4. Enduring Loss Without Losing Himself
5. Leaving a Legacy of Virtue

Have you started journaling?
And if you have, what are your main points?

Journaling as a Trader

Now that you're well aware of how journaling shaped one of the best humans to ever walk the face of Earth, let's start exploring how we can use it to conquer the seemingly impossible skill of trading.

In order to grow as a trader, you'll need to grow as a person. And what better way is there to grow as a person than to be totally aware of your own habits and hesitations.

Within this chapter, I'll share with you the journalling habits that helped me identify my weak points and allowed me to turn them into strengths. I would also like to show you the way to journal that allows you to maximise your strengths into the highest echelon possible.

"What isn't measured, isn't managed"

HOW TO JOURNAL:

1. Type of Trade **(BUY/SELL)**
2. Expected Length of Trade **(SCALP/INTRA/SWING)**
3. Reason for Trade **(CONFLUENCES)**
4. Feelings Before Trade **(BE HONEST)**
5. Outcome of Trade **(PROFIT/LOSS)**
6. Reason for Trade Closure **(TP/SL/BE)**
7. Feelings after Trade **(BE HONEST)**
8. How to improve **(TECHNICAL/HUMAN/CONTINUE)**

I urge everyone reading this to start making proper tables in their phone or anything that can be written on and start journaling. Once you have a nice journal, you'll start to see repetitive patterns in the market and also within yourself. And once you see those patterns, you should know what to do ;)

THE SHORTCUT TO SUCCESS IS SELF AWARENESS

Let me explain to you the logic behind each parameter I have set for you to journal throughout your journey. Bear in mind, I used this during the time I was optimising my models that I currently use.

1. Type of Trade

You can only Buy or Sell. It's very important to take note of what type of order you have placed. It totally helps with understanding how your win rate differs when you're in a different type of trade. Let's say after you follow your system, you realise that your buy trades generate much more profit than your sell trades, therefore your model is more optimised to buy rather than to sell in a longer period of time. This is one of the many observations that you can make after an extended period of journaling.

2. Expected Length of Trade

Record how long you were supposed to hold that specific trade you took. You'll find that the win rate and profitability of your system will vary depending on how long you intend to hold. You will also find that it isn't everyday that the market provides you with long runners. Once you have this part of your recording done and dusted, you can start to approach the market with confidence as you now understand the general expectation of a setup you will take after predicting a duration of which your trade is meant to be held. DIAMOND HANDS BABY!

3. Reason For Trade

Trading is a personal endeavour. I can go on and on about how much money I've made trading using a specific entry model and teach you A-Z but somehow, you'll end up with varying results. Understanding a clear reason behind each and every trade you take is extremely important in the grand scale of things as it tests whether or not you are staying disciplined in using your technique the way it is meant to be used. Let's say that after recording 30 trades, you start realising a certain confluence was not there during your trades that you lost. This will give you ideas on where you should start tweaking your trading models and adjusting where necessary. This is quite literally the shortcut to a holistic understanding of your technique and how to truly use it with the proper edge you were hoping for

4. Feelings Before Trade

Call me crazy but I have had bad experiences taking trades after going through a rough day. Heck, it might be that your wife is causing a scene, your cat scratched you favourite sofa, your car wasn't able to start or simply you just weren't feeling it that day. All of this contributes to how well you analyse the market. Personally, i perform much better when I've had a proper meal and a good refreshing shower. Understanding these personal triggers allows you to be able to manage yourself accordingly to (hopefully) give your best performance when dancing with the market. If you research the world's top athletes, you'll find that a good chunk of them have pre-game-rituals. Maybe one of the reasons you haven't made it yet is because you don't have one yet?

5. Outcome of Trade

Yep. Not going to explain this one. Write down if it went in your way or did not.

6. Reason for Trade Closure

There are only 3 ways for you to close a trade, and those are Stop loss, Take Profit or Breakeven. Yea, we have Stop Out and Margin Call but I would like to categorise that as Stop loss. For every outcome of the trade, you can collect very valuable data to help you improve. For example, when you put a stop loss at 10 pips, the market tends to take it then move in your desired direction. This indicates that you need to expand your stop loss or simply stop taking certain opportunities. Analyse every breakeven trade that happened to you and why it returned to your entry point. Most of the time, there is a pattern that you can leverage so your trade does not hit breakeven as often. For example, waiting for a clear breakout to happen before moving your stop loss to breakeven. Of course, another metric of measurement would be the take profit. Don't just learn from your losing trades, learn from your winning ones as well. A lot of valuable data can be gained if you start understanding the patterns behind the trades you won. And once you see that pattern, leverage it!

7. Feelings After Trade

This part is honestly the worst, because you can't lie to yourself. You're going to have to write exactly how you feel, and write your future self a little note. Since the only way for you to be successful in this craft is by being totally honest with yourself, you cannot lie in this section. If you feel like giving up, just write that down. My journal is full of stuff like, "dammmmmit i gotta give this up", "hey i kinda feel like i own the markets today", "meh. Just another trade.", "Well that setup was bound to fail in the first place". After a while of total honesty with yourself, you'll start to see more patterns in your emotional behaviour and how it affects your trading performance. The goal of it all is not to eliminate emotion, but rather, to manage them like a wise man. You'll begin to realise that the more trades you take, the easier it is for you to become unphased with the emotional hurricanes that trading brings forth. Get after it!

8. How To Improve

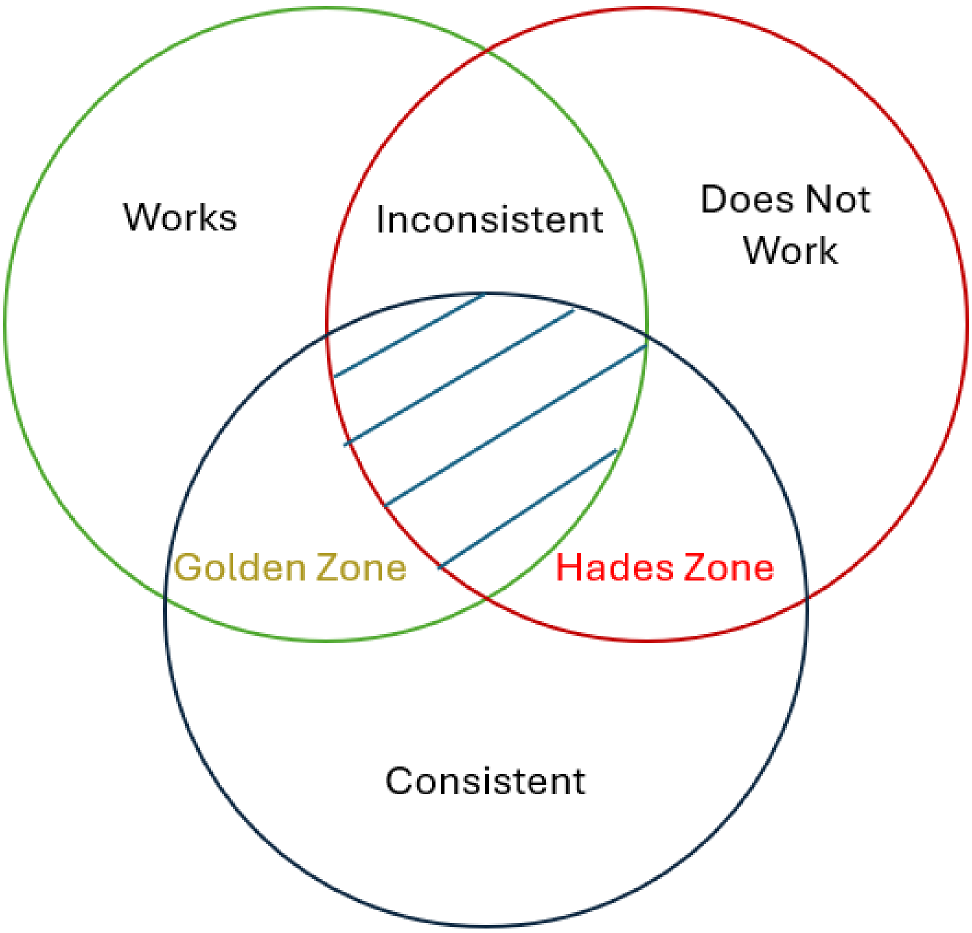
Like I've explained before, losses are due to only 2 reasons. Human error, which is totally avoidable and can be improved upon and the other is Technical Error, which can only be improved via tweaking your system. While i do recommend tweaking your system every now and then to help tackle certain weaknesses, there needs to be a limit. If you're constantly changing the way you use a system, you will never be able to trade properly. You'll be stuck in this death loop of constantly finding better ways to trade and coming out the other end clueless. So make it clear in your journal when you lose a trade if it was a technical loss or a human loss. And immediately give yourself tips to reduce human loss. In a technical loss, simply put this "Good job, you followed your system.". Treat a technical loss the same way you would treat a profitable trade. Because both are the results of following your system without any compromises

Journal Example:

Type of Trade	BUY	SELL
Expected Trade Length	Swing	Scalp
Trade Reason	H1 Entry with H4 Direction	M15 Entry without M30 Direction
Feelings Before	I'm ok.	Nervous
Trade Outcome	Win	BE
Reason For Closure	Hit TP 1:1	Trade went up 30 pips and I set Breakeven at entry point. It hit
Feelings After	Happy, but remain steadfast	I am ok. But wish I just held
Improvement	Stick to same strat	Grow a pair and hold a little

Filtering The B******t

Anyone who has a good mastery of any craft has some kind of secret sauce. This just happens to be mine.



Not many truly understand the art of building a system. Most just jump into the market with whatever they've learned from a Youtube Video hoping for consistent profits. That won't work. Let's restructure and build together.

Everyone keeps on saying
“To make money in the market you’ll need a good system”

But what defines a good system?
How do you find it?

But most importantly,
How do you make it?

Find What Works

Let's start with the fun stuff. Defining what works. With the knowledge that you currently have, do a ton of backtesting, and find every scenario that has made money. Put them somewhere in a folder so you can begin researching them deeply.

Have you found them? Good. Now find a pattern between each one. There must be one. There always is one. Then find the ones that don't have much of a pattern between them. Record those as well. They'll be of very good use as we move forward.

Finding What Does Not Work

Find setups that have been violated. A true trader embraces the fact that not all his trades will work perfectly and can manage risk and expectations depending on market scenarios.

Once you have found these setups, again, start finding patterns that connect between them. Similarly to the setups that work, setups that don't work also usually have a pattern. Use your intuition and find them. What is intuition? It is the gut feeling that comes after unreal amounts of data collection and hardwork. A little hint I'd like to give is that usually setups get violated when a higher timeframe direction is not within agreement. Remember, price is fractal and you cannot disregard larger, stronger timeframes.

Finding What is Consistent

Now this is a fun one. I repeatedly mentioned "find patterns" and now this is where you connect them altogether. The things that consistently work can be put into the Golden Zone while the things that consistently don't work can be put into the Hades Zone. I'll give you a damn good example on how to determine what is "consistent". You see that if you enter on an M5 setup that does not agree with a H4 direction bias, it can still work. But over longer period of time, It is NOT consistent. But what is consistent is if you enter on an M5 setup when timeframes agree with each other. A good chunk of the time, you'll be right and you'll make money. Some things work, but are consistent. And you'll have to learn to identify that. Some things don't work, when certain conditions arise. And you'll have to learn to identify those specific conditions to start developing your edge.

Golden Zone

This is the overlapping area of the "Works" and "Consistent" Venn diagrams. Now that you've totally understood what works consistently, you can start building a proper system and structure yourself around that. This is your working area. Clearly define your rules around these specific conditions. Because if you take any trades that do not fulfil the conditions you have set in the Golden Zone, odds are, the trade will likely fail.

If you're meticulous enough in your data collection, You'll only need to define the Golden Zone once and never change it. The funny thing about messing with your trading system is that, if you change one variable, you'll need to tweak 3 other parameters. If you are comfortable with the way your system already works, i would recommend you to just stick with it. Most traders fall into the trap of wanting a 100% win rate and this puts them in the spiral of wanting to constantly change their technique and Golden Zone. Where will this lead you? Absolutely nowhere. Because no strategy is right 100% of the time. But a lot of the time? Very possible. The Golden Zone is your edge. Stick to it.

Hades Zone

The Hades Zone is the embodiment of everything you need to avoid as trader. The overlap of what does not work and is consistent. It is not enough that you know what works consistently. But you must also clearly define when your system has a VERY LOW win rate. For example, my personal strategy does not work phenomenally well during news time. So i tend to avoid taking any trades 30 mins before or 30 mins after the release of the data for NFP, FOMC, CPI, PPI, yeah you get the drift.

Identifying the Hades Zone in your trading can massively help you filter out the crap from the gold when you're participating in market shenanigans. Remember this, "The only way to know what to focus on is to know what you should avoid" For example, my personal rule is that a trade should have at least 3 confluences to if i wish to take it. First, an agreement with the higher timeframe bias, Second a breakout has happened, Third, smaller timeframes are giving a nicely spaced setup. My Hades Zone states that without these 3 confluences, my trades are likely to fail. Clearly outlining this helps you totally ignore low probability setups and can help with much clearer decision making.

Inconsistent

If you see a trade that sometimes works and sometimes does not, and you're not totally sure where to put them as they do not have much explanation behind them, simply categorise these into "Inconsistent". Researching them is a waste of time. We only want setups that have logical patterns behind them to remove the luck aspect from our trades.

Section 4:
The Art of T

My Way.

I personally believe that the naked chart is always the best.

If you want to trade this way,

You're in for a treat

The best things are almost always hidden in plain sight

My personal way of trading only involves 4 different types of setups and multiple confluences be it a trendline or a little something extra. And for as long as i can remember, most market movements usually just come from these 4 levels. You might think that this is recycled garbage from Youtube, but I kid you not, I started using these way before they were even popular. I was shocked at how so many traders in my DMs came asking me if I used any smart money concepts or anything liquidity related. Unfortunately, i do not. My style is very pattern based and simple. In most of my endeavours in life, I usually find some okay success, Alhamdulillah. And I think it mainly boils down to the principle i set for myself:

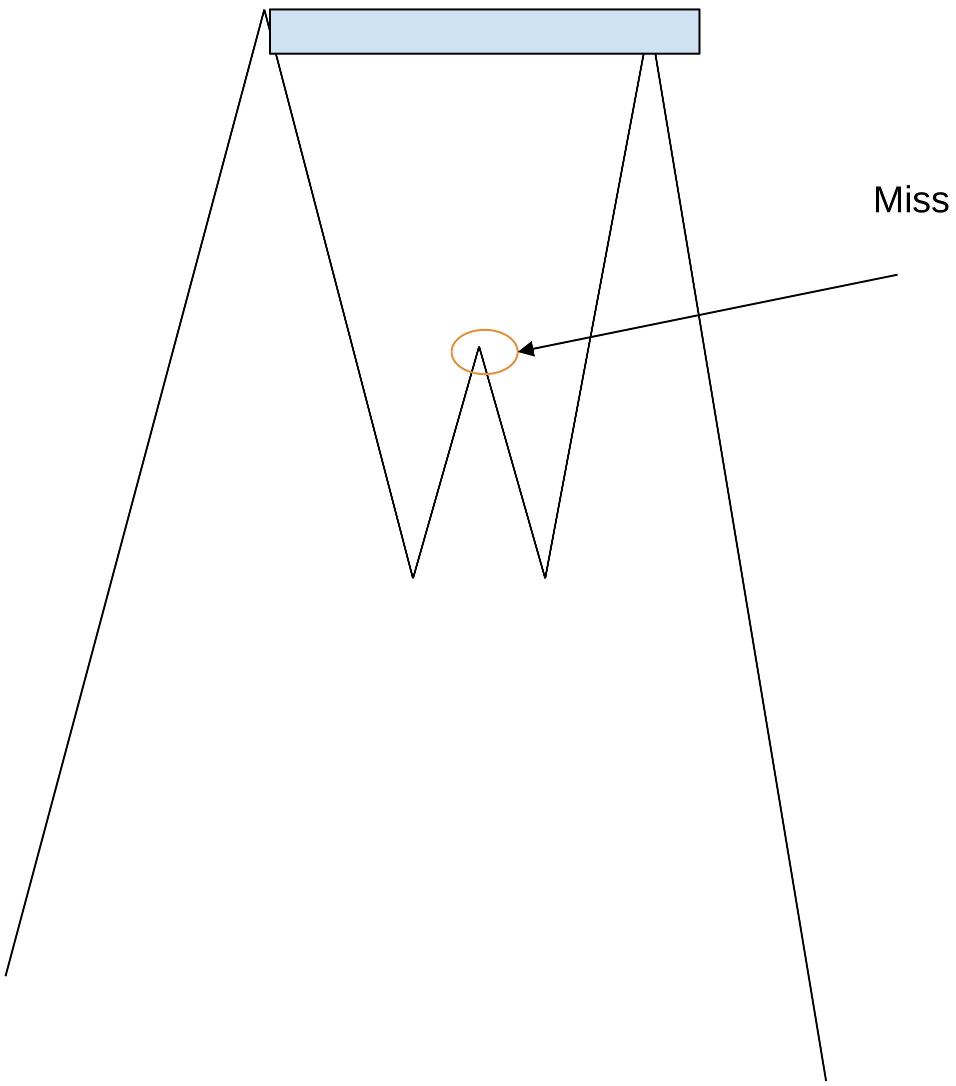
KISS

(Keep It Simple, Stupid)

I believe that if it's complicated, it won't work.
And if it does, it won't work for a long period of time.

In trading, you need a good balance of simplicity and complexity. And i may have found the sweet spot

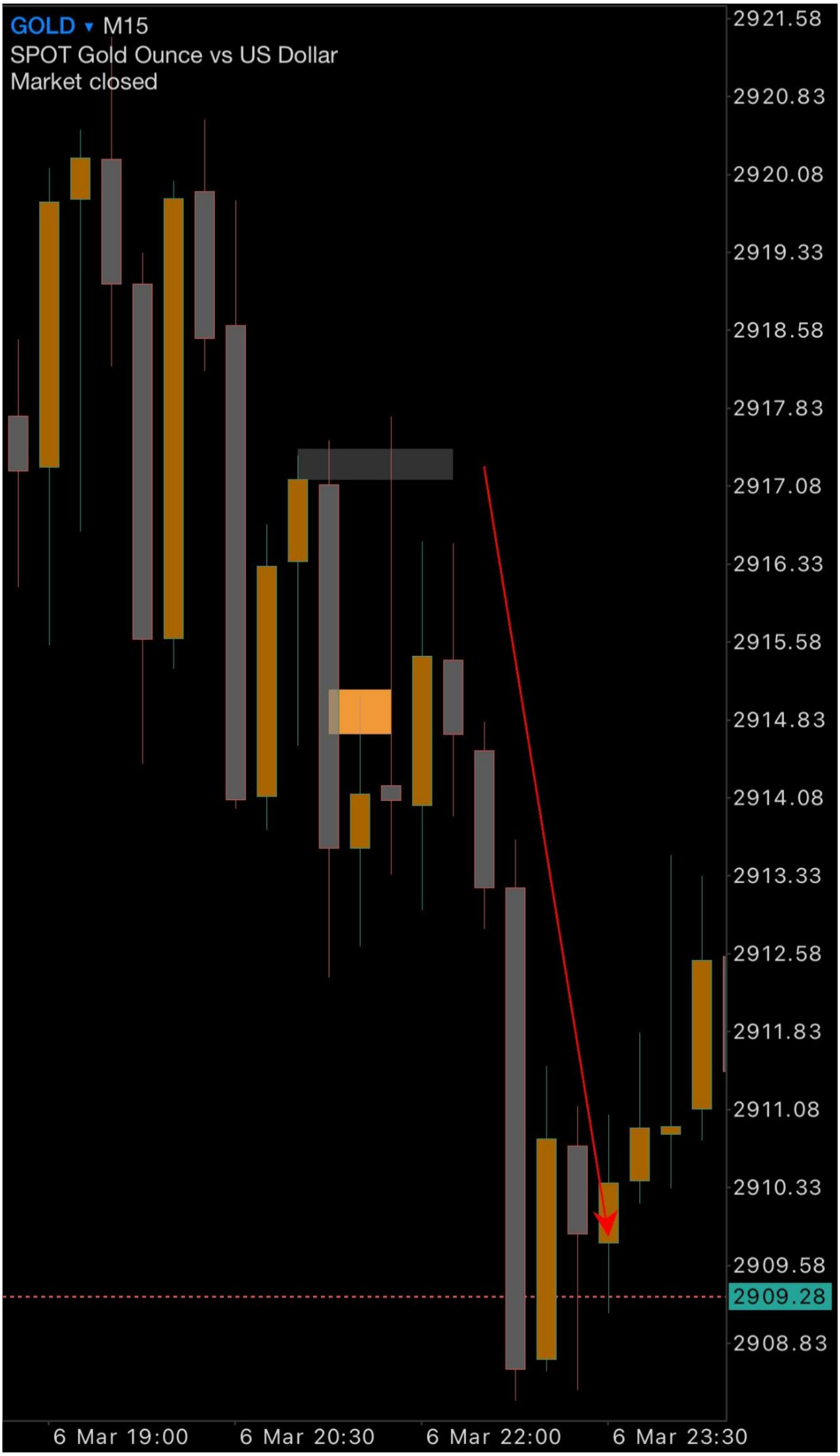
The Classic



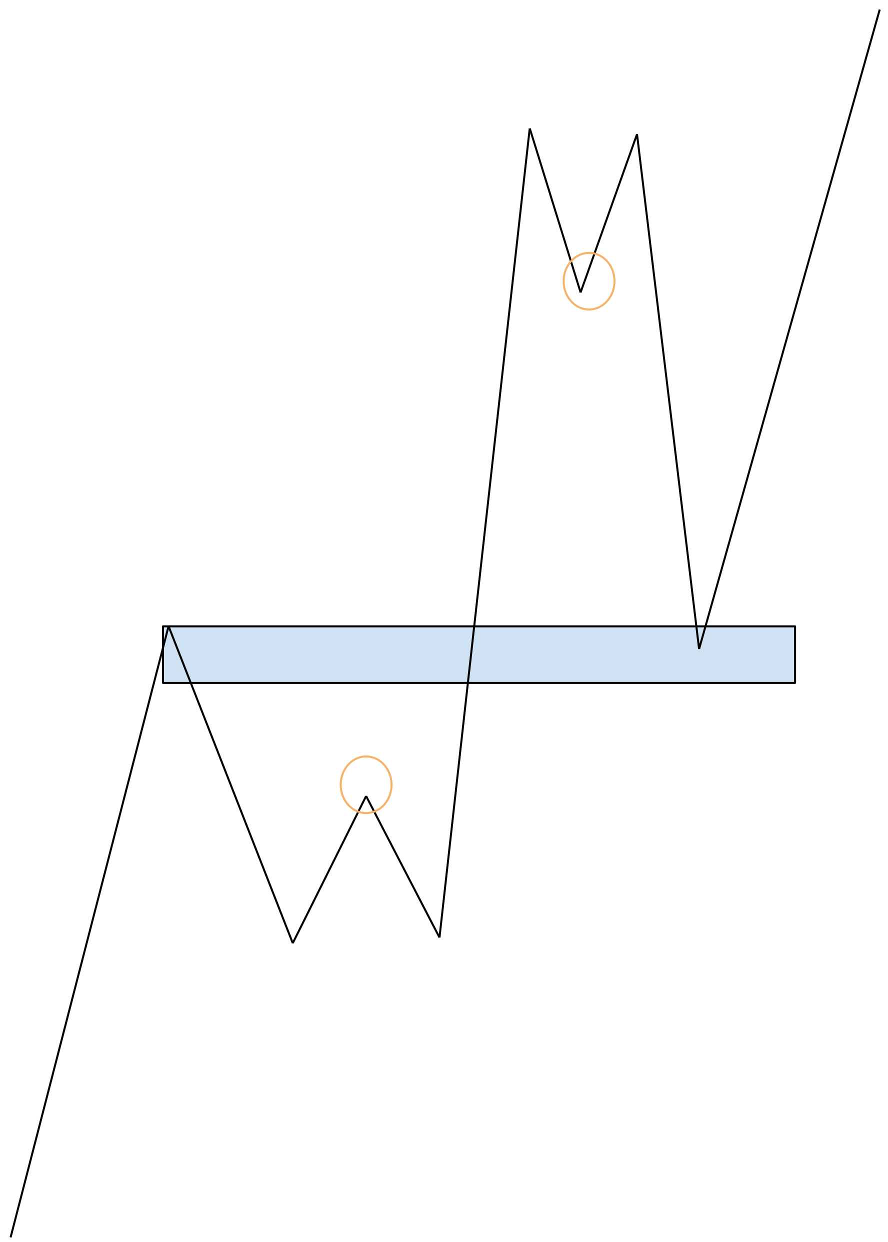
Let your setups breathe

A miss is **always** important

Real Chart Example



The Breakout

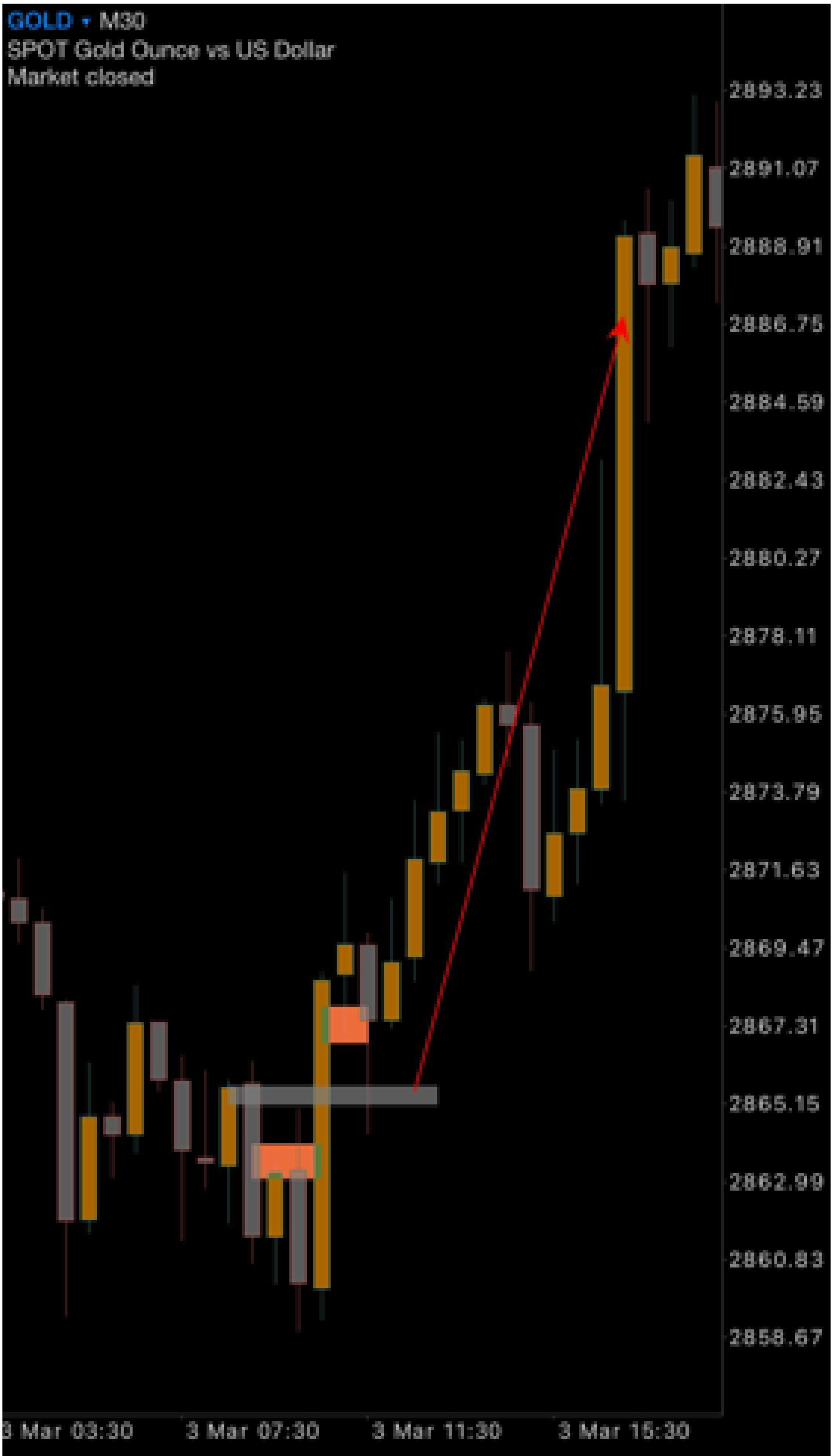


A classic that got broken out

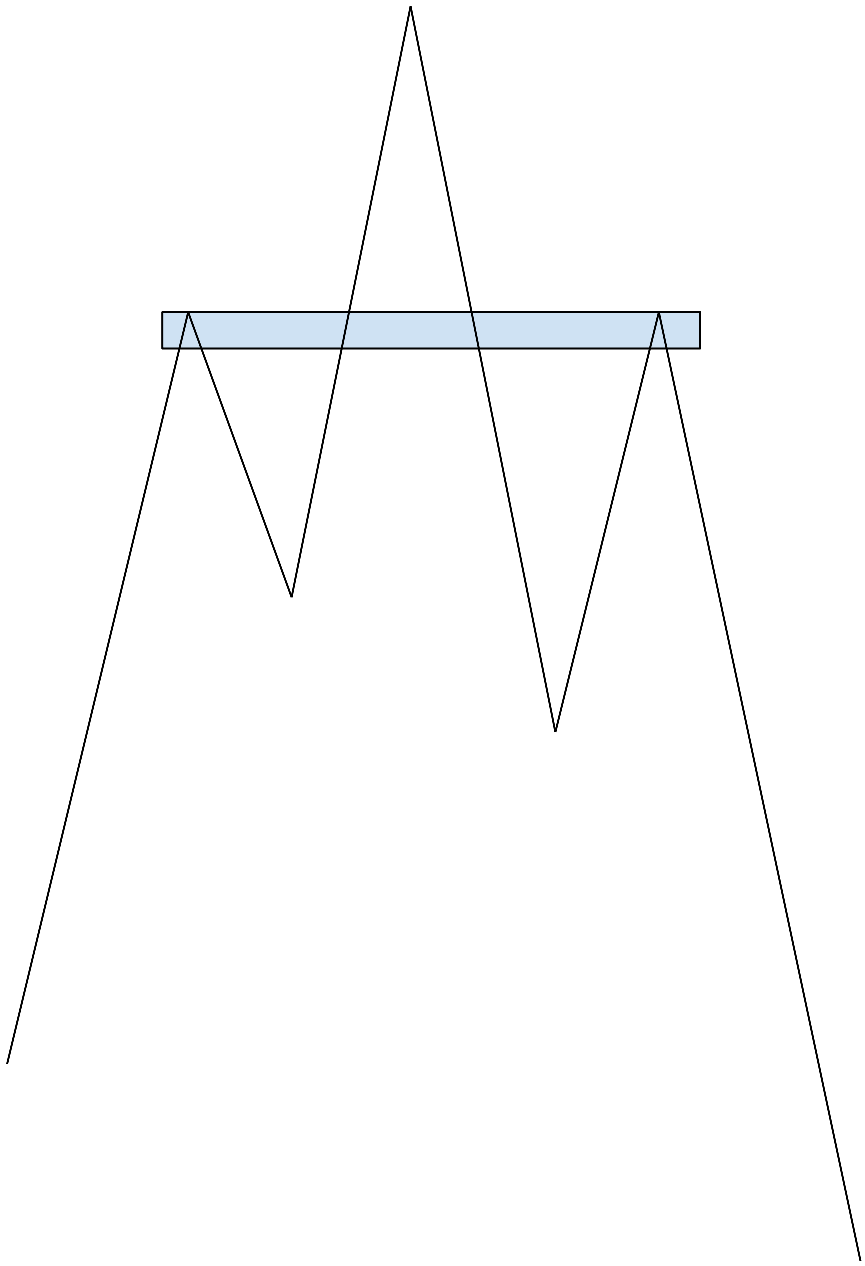
With a miss before and after.

Beautiful

Real Chart Example



The HNS (Head and Shoulders)

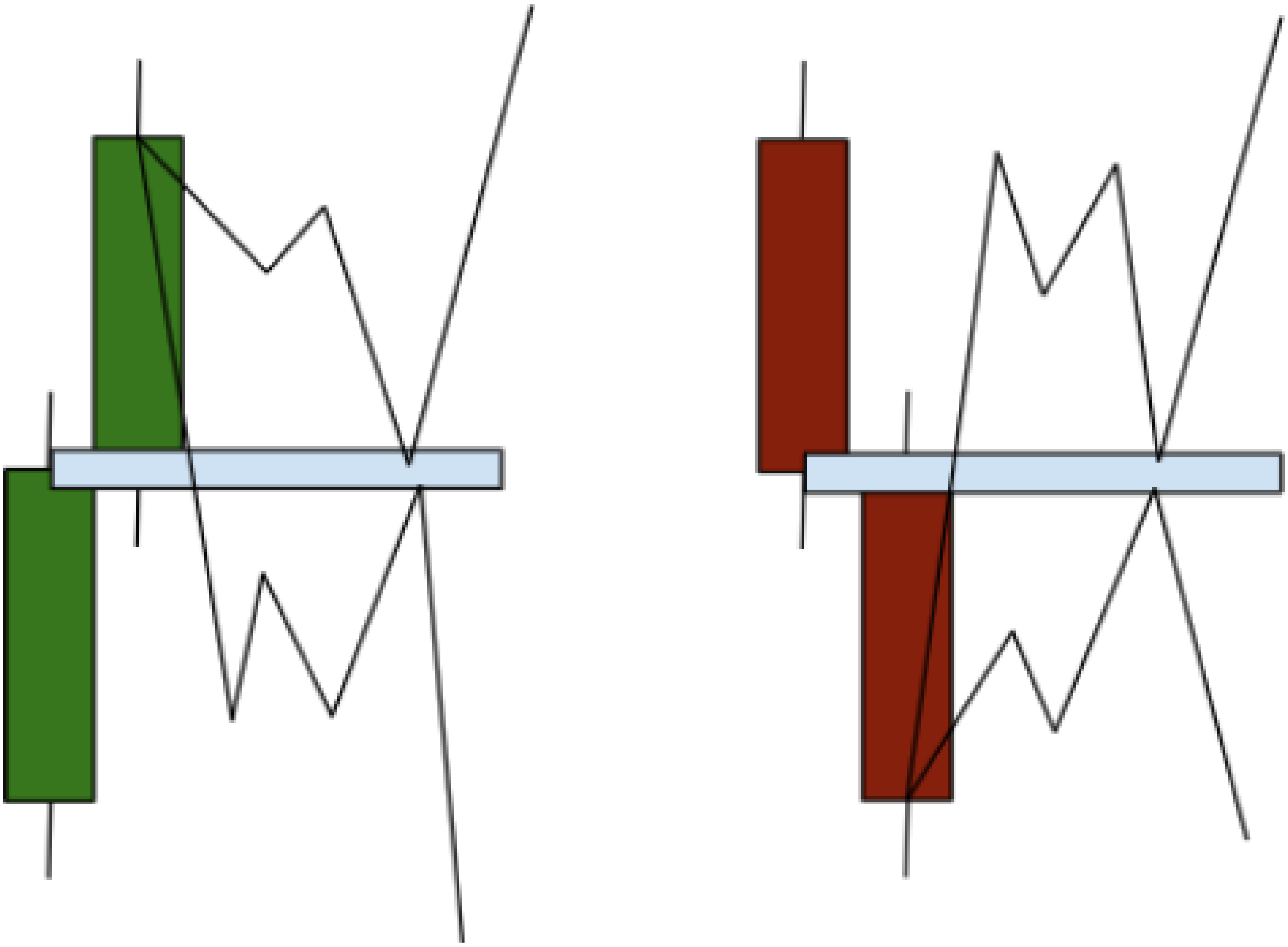


When used correctly,

This thing can signal the start of a lot of swing setups

Real Chart Example

The Gap



The middle thing between two same coloured candles can be used as a support or resistance.

DON'T overcomplicate it

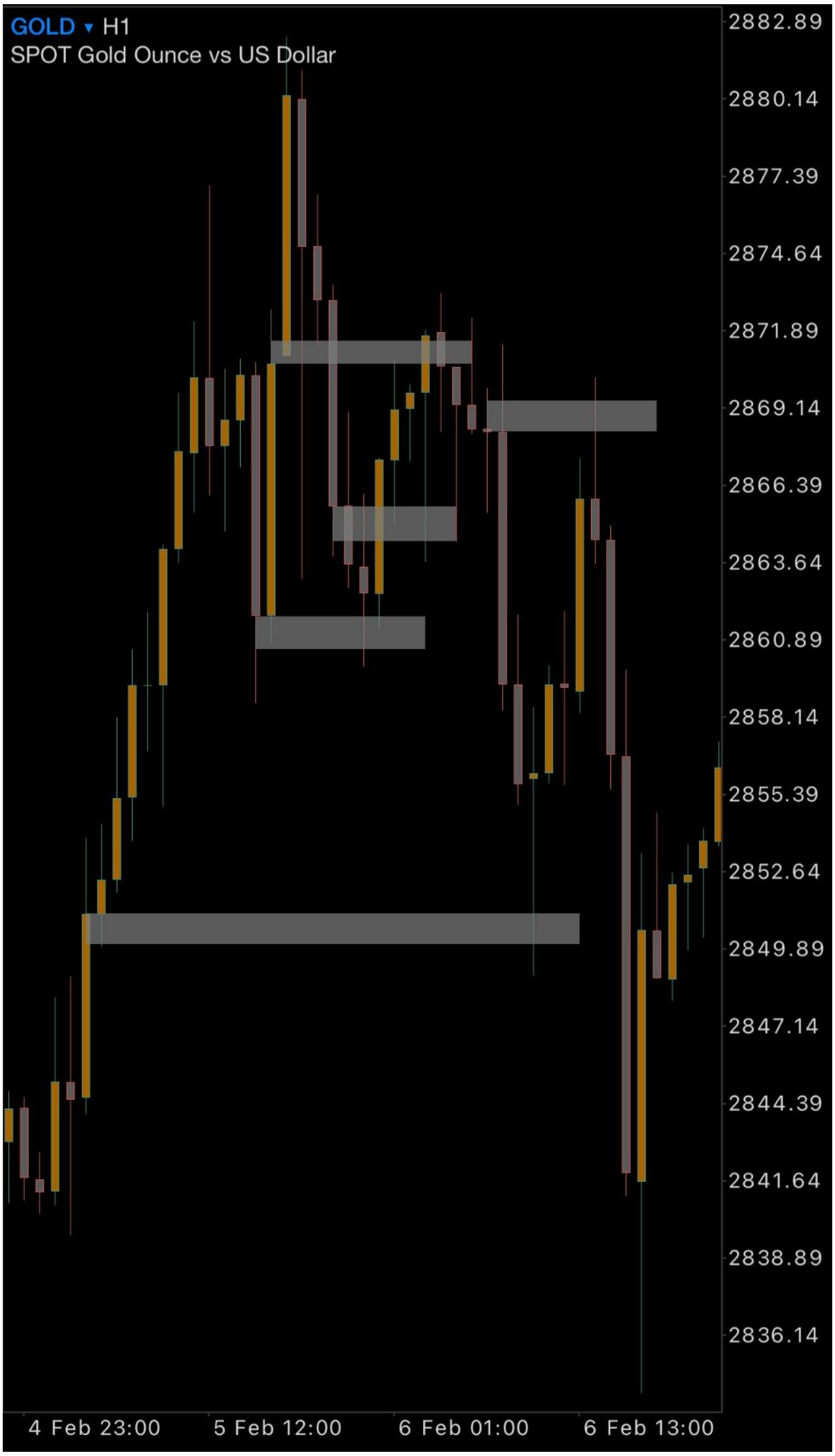
Real Chart Example

These are the most basic of setups. I believe that most of the market movements are caused by these patterns. Some call it liquidity, supply and demand zones or various other names. But reality is, they're just chart patterns and people are just trying to give them fancy names and overcomplicate them.

If you know me well enough, you know that i can leverage almost any market condition. That is because i am flexible when it comes to interchanging with my setups. React, don't predict. Take what the market gives, and don't ask for more. Hold when the market allows you to, buy or sell only when the market clearly allows it. Learning to wait as a trader can do you wonders.

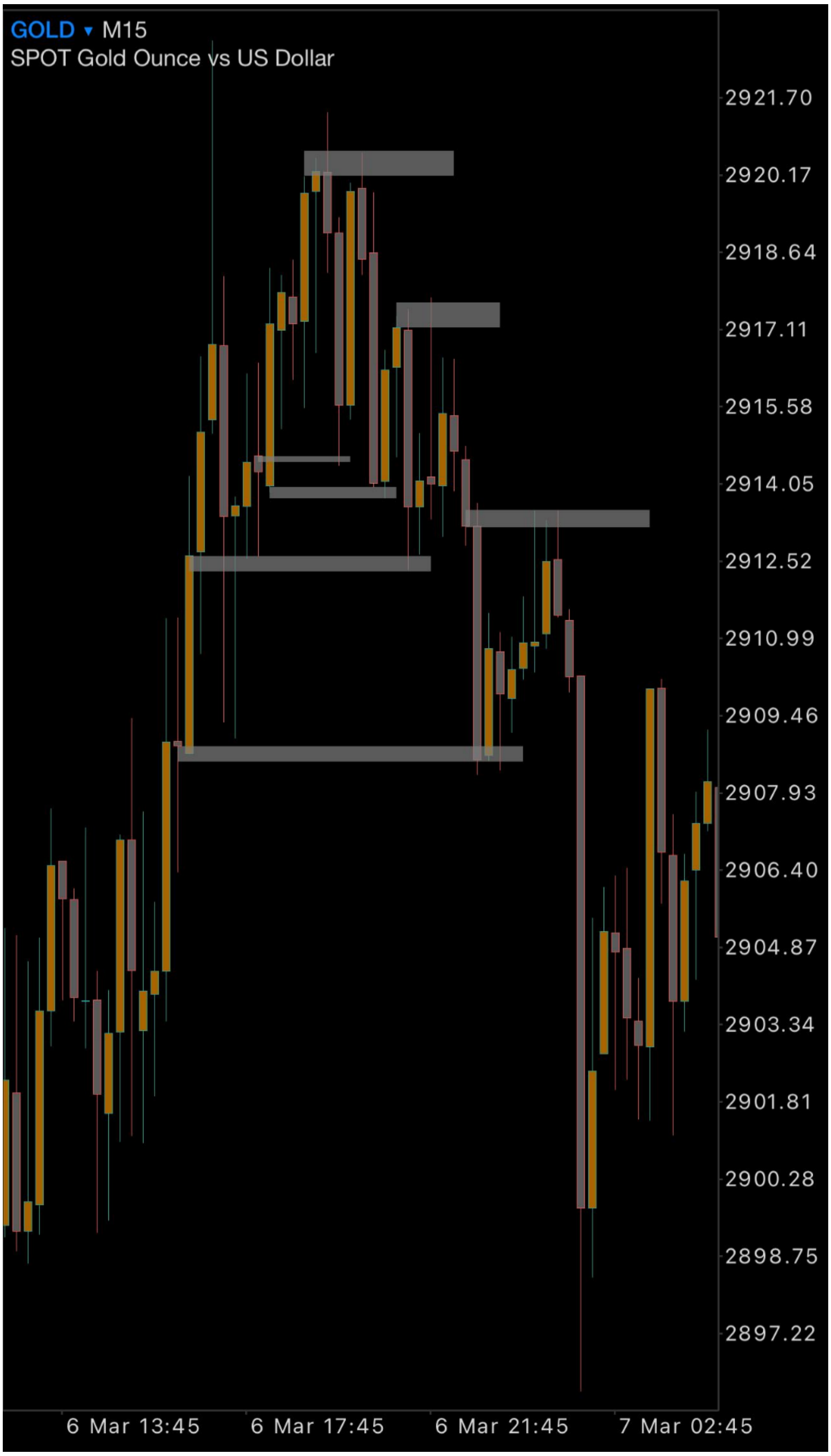
Don't believe you only need 4 types of setups to flow with the market? See the next example.

Real Chart Examples:



Guess the setups

Real Chart Examples:



See it better now?

Now that you've seen these levels, you basically have a good baseline on how I trade. This is the ultimate basics and you'll need to do a LOT of repetition to start getting familiar with these setups. I think I might know what is running through your head right now.

"I see these levels and they clearly work. But a lot of these levels are ignored. How d o I find the ones that can work consistently?"

If this is going through your head, good. It means that you're thinking and not simply just pretending to understand.

As you read further throughout this book, the answers should slowly appear. Enjoy

In my opinion, any good style of trading should have these for it to be complete.

1. Long Term Direction
2. Confirmation
3. Level Filtering (What to Ignore and Focus on)
4. Adjustable Stop Loss
5. Adjustable Take Profit

Each of these components interact with each other like cogs in a grand machine. Without one, the other would fall apart and the entire machine would inevitably fail. Trading should not be treated as rocket science, simply because it isn't. Your style does not need to be super advanced for you to make eye-watering amounts of money. Rather, it just has to be very effective, concise and easy to follow. I've explained parts of this earlier in this book, but let's go on a deeper dive together now.

If your style is complicated, then it's wrong

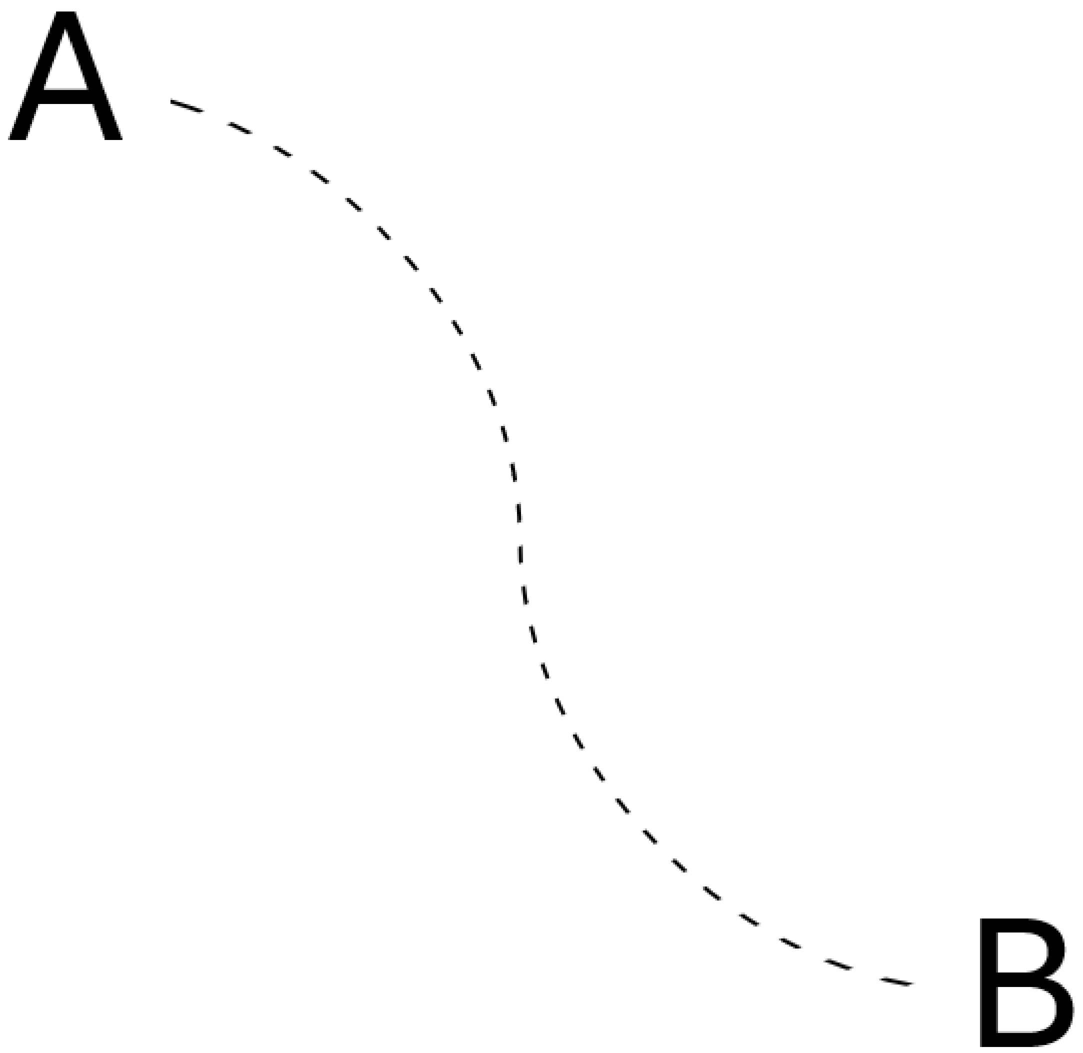
Long Term Direction

Big moves the big

Small follows the big

Big cannot move without small.

Imagine the market like this colony of ants, all following the direction of the queen ant. Whatever the queen says, the workers will follow. But if the workers decide to one day turn on the queen ant, now she is useless and can no longer order. And let's say the queen ant is now challenged by another queen (I don't know if queen ants fight, this is just an analogy), then now the queen that wins the fight will be followed by the worker ants. This is quite literally how I see the market and how i think it works. This alone has helped me generate a clear understanding of what the market could do next and has helped me structure myself to react accordingly.



Price always moves from point A to B

It always has a destination

I believe that the market moves in cycles. It goes from timeframe to timeframe, each completing its own cycle.

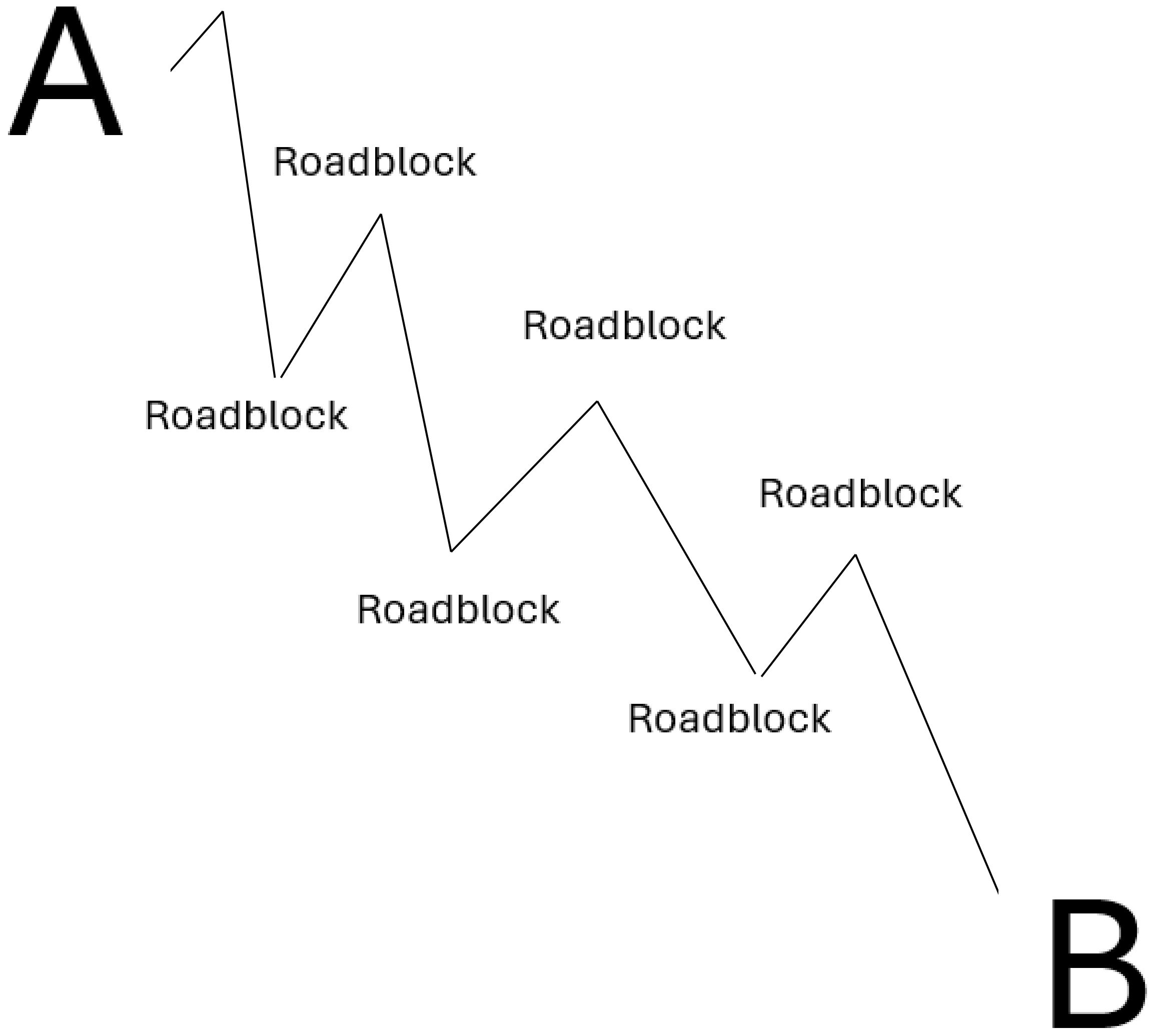
For example,

Movements from Daily Levels will finish at another Daily Level

Movements from H4 Levels will finish at another H4 Level

Movements from H1 Levels will finish at another H1 Level

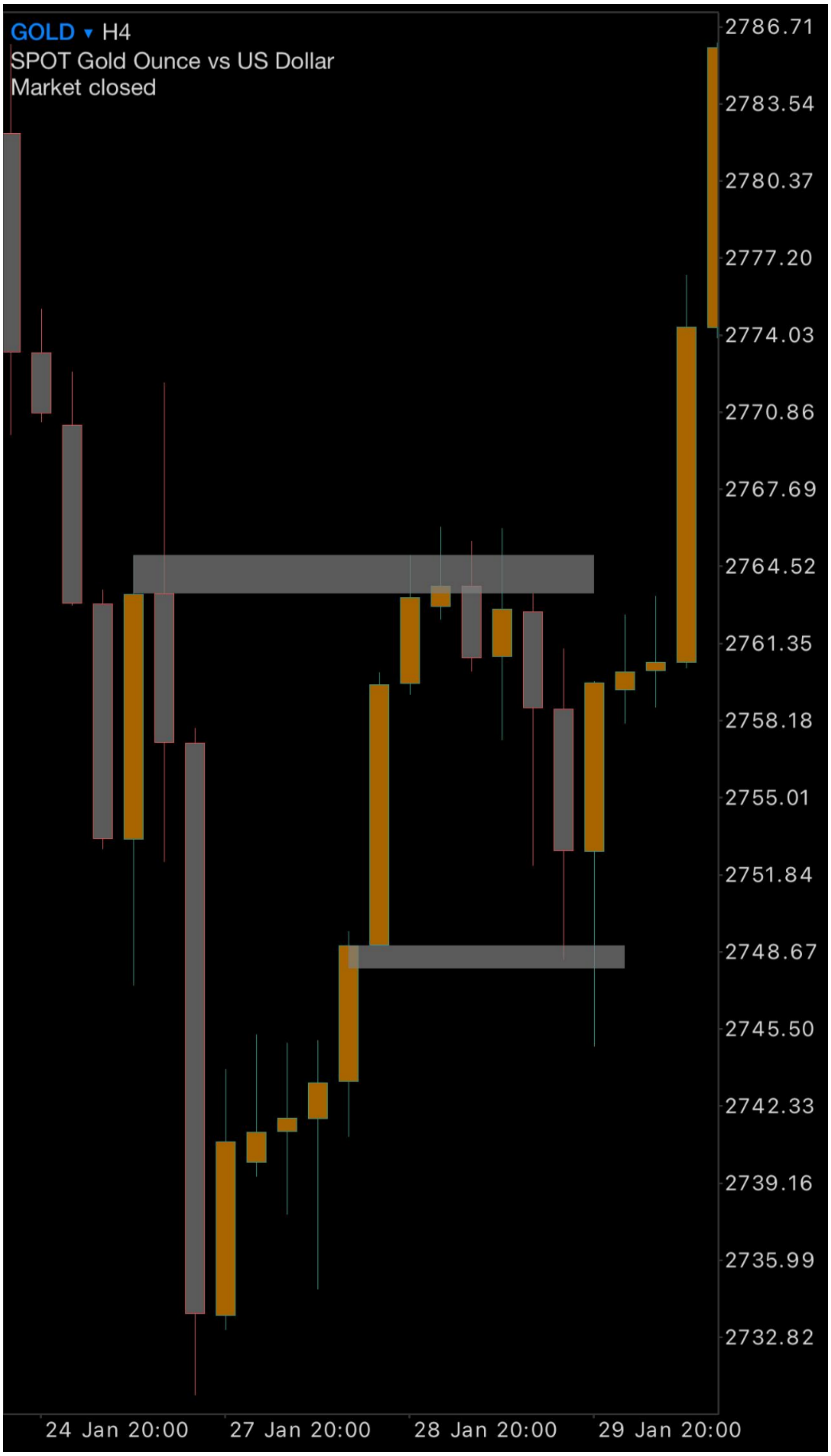
A queen ant can only be stopped by another queen ant of her size. She cannot be stopped by a simple worker ant. It simply isn't possible. However, if a guard approaches her and she convinces her well enough.... She might change her mind. What do i mean by this? I mean to say that something slightly smaller than the biggest authority can move price in a different way. We call this, Roadblock Areas.



Journeys aren't always smooth.

Beware of bumps.

Real Chart Example:



H4 Level to H4 Level

Price bouncing from H1 Level to H1 Level

On its way to the H4 Level

Price truly is a funny thing. It seems almost impossible to decode, until you start viewing it as a fractal object. Remember my first analogy about ants? WORKERS MOVE THE QUEEN. Remember my second analogy? THE QUEEN CAN BE CONVINCED.

Daily flows can be blocked by H4.

H4 flows can be blocked by H1

H1 flows can be blocked by M30

You know the drill.

During real practice, mark your levels according to different timeframes and watch how each of them react. You'd be surprised to see how levels on specific timeframes interact with each other. Observe and enjoy.

Confirmation

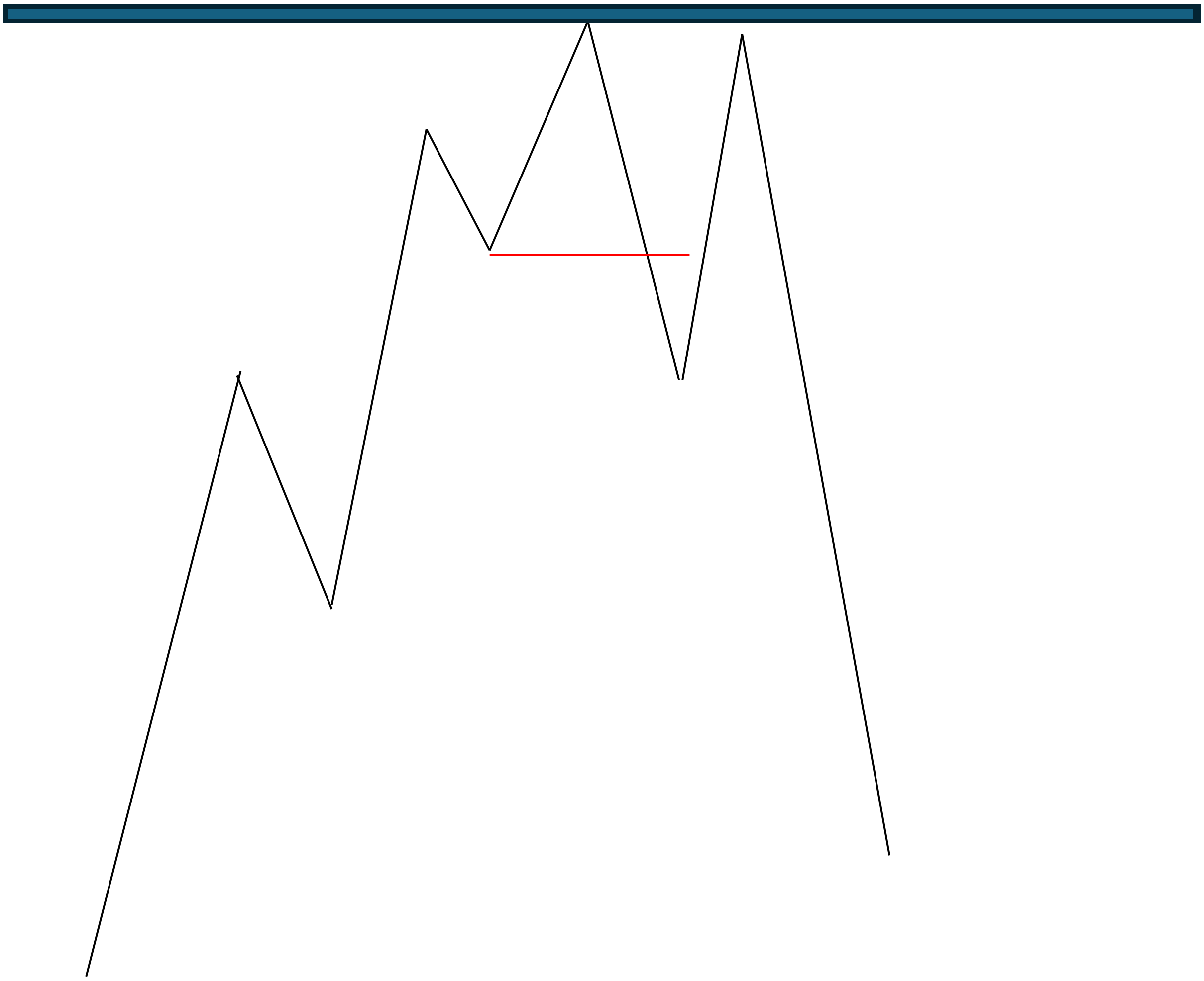
Let’s talk about how to know if a price journey has started. I believe that the market communicates in breakouts and closing price. It quite literally is the foundation of every movement that occurs. Within every long term movement, a breakout will always occur. Here’s an analogy, going back to ants. If the queen decides to move in a certain direction, she won’t be communicating to the worker ants directly. Rather, she will talk to one of her commanders to fulfil her wishes and order the workers. If the commander does not agree with the queen’s orders, the workers wont receive them, and hence they won’t move.

Price will only move when it can.

It has to break ‘gates’ to get to a destination.

What are these gates?

And why are they important?

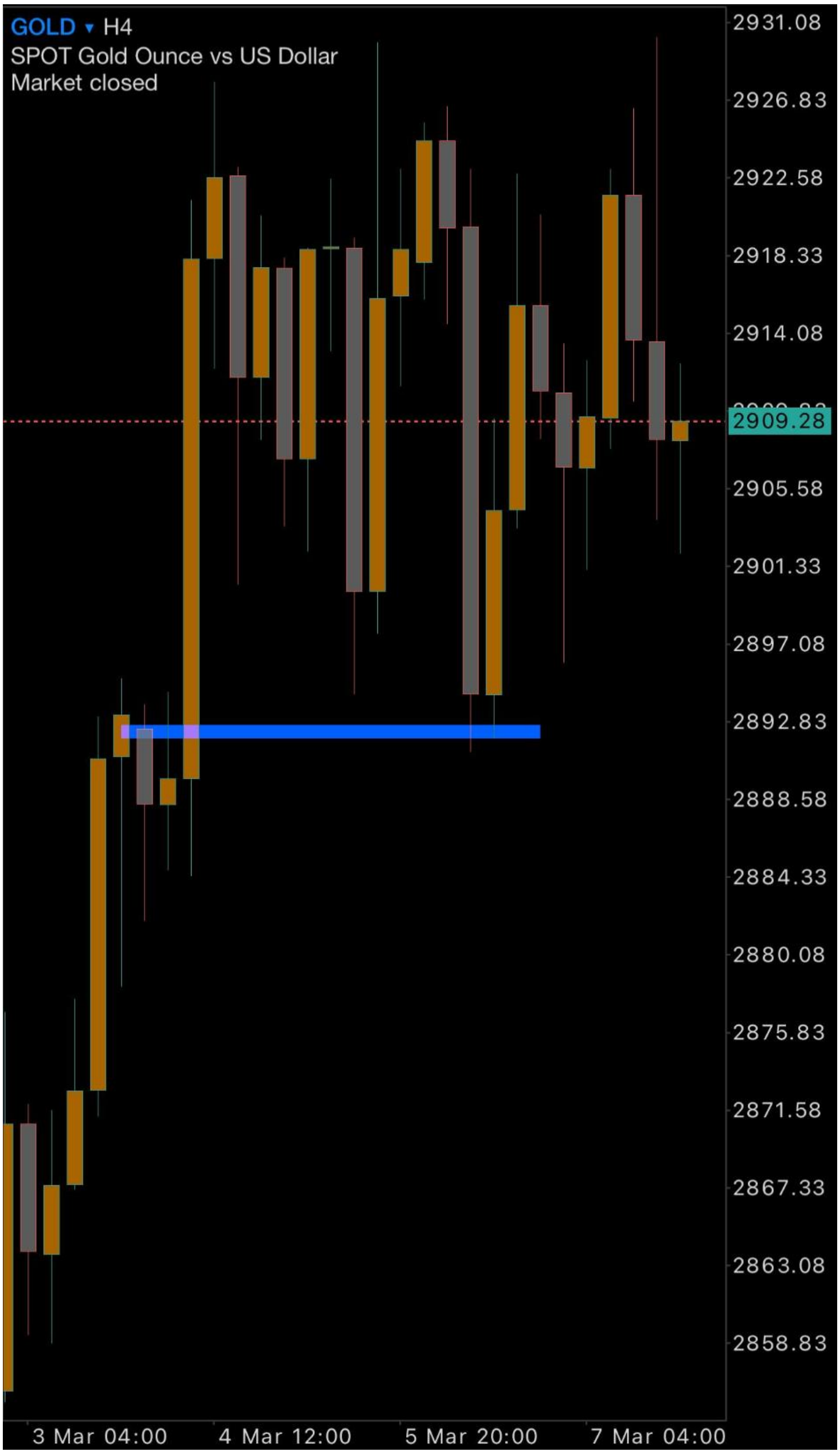


A view of the lower timeframe, at a higher timeframe area

A break of a lower timeframe support on a higher timeframe resistance area is CONFIRMATION

This happens **everyday**.

Here's an example on the real chart



H4 Breakout Level Touched

M15 Breakout of Decision Level

(We now have a confirmation)

M15 Gap Entry

(Take the buy with confidence)

The Harmony of Timeframes

Can you hear the music?

I know what you're thinking,

What is the blue line?

What is the red line?

The blue line is a higher timeframe level. It could be any timeframe you wish.

The red line is a small timeframe structure that was created right before it touched the higher timeframe level. I like to call this a decision level. This level determines if the movement is 'valid'. Imagine the market is a car that wants to go to a certain destination. This is the confirmation that it has enough fuel and is most likely able to reach it!

Using multiple timeframes for entries is an art that takes a lot of time to perfect. But once you can start to piece that together, you might start feeling a sense of control and power you wouldn't be able to imagine.

Clear path given?

Step on the pedal.

Reach that destination

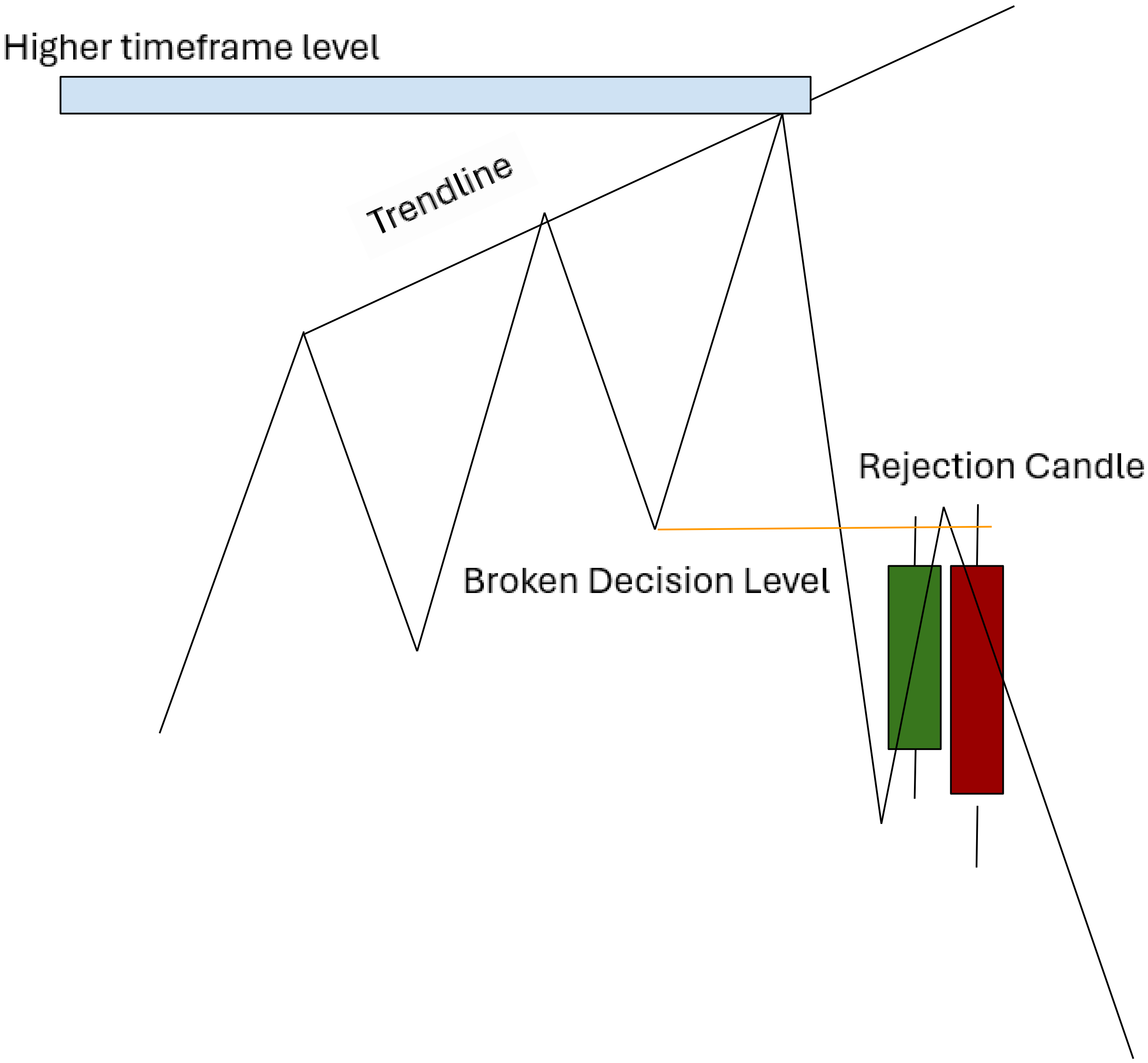
Filtering Levels

As I've told in the previous section,

A very reliable way to determine 'good' levels is...

CONFLUENCE.

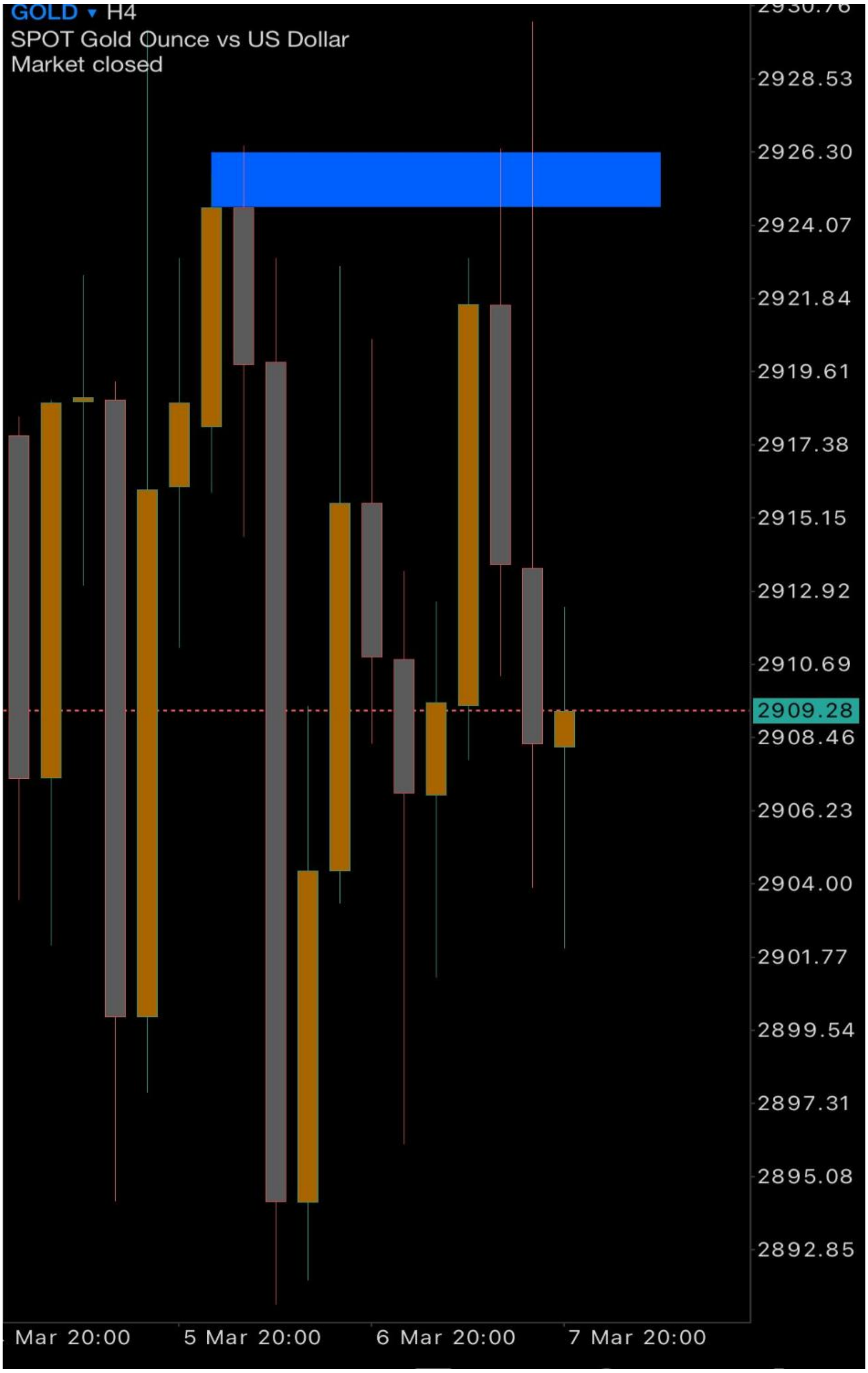
I believe that the market is attracted to beauty. Aesthetic beauty. As bogus as it sounds, this is what I've observed. If a setup is undeniably beautiful, has multiple reasons to take it, and is on the right timeframe, it has a good probability of working out. Here's another analogy, imagine if you eat well, sleep well and train well. Odds are, if you keep doing this, you can live a long healthy life... unless you get cancer. Again, my analogies might seem out of pocket but that's how I think about the market. If the level seems right, and it aligns with multiple narratives, just risk your money on it and set a good stop loss and take profit. Trust it and just let it play out. It's that simple



Trading is more like an art

The art of educated gambling. Haha

Here’s an example on the real chart



H4 Classic Level

H1 Trendline as a Confluence

Candle Closes below M15 Gap Level.

Entry with confidence

Having multiple confluences help with making educated guesses.

As trader, all we do is make educated guesses for a living.

What are the confluences in the diagram i just showed you?

1. A level from a higher timeframe. Perhaps H4.
2. A trendline that leads up to the level.
3. Price touched the level, and made a breakout on the decision level.
4. Price retested the decision level and the wick of the candle rejected it.

Conclusion: IGNORE all buy levels. Focus on selling

I'm not here to educate you on my system, as it would be hard to put it into a book, but I'm here to help you understand how to make your own system. And what I've shown so far is that to make a successful working system, you need to make sure that multiple biases are in your favor before executing. Observe the market without judgement. Let it guide you instead. Most traders nowadays think they're some sort of wizard that can predict the future. Most who think that way will usually get humbled by the market in the long run. This is because the reality is that the market has a degree of randomness. Most predictions are usually flawed. However, if you are able to create a system that involves monitoring the overall 'mood' of the market, you might be well on your way to success.

Never risk your money blindly. It just isn't the way. As Tradingview always says, look before you leap!

First Entry (Blue Box)

This is called the First Entry, or what most people call a high-risk entry. An immediate touch of a level with a nicely placed trendline is already good enough for you to be confident with a trade. The thing about these entries is that they are very high RR as if you get them, you get the very tip of the movement. The only time I take first entries is when my account is already a bit deep in profit. So if I lose out on this, I would not mind as much

Grey Box (Second Entry)

The Second entry comes from a lower timeframe after a breakout happens. A confirmation. This is very reliable when it comes to win rate, as these setups come after a trend is ready to move. Very simple. Very reliable.

Breakout – Pullback – Entry

And that’s basically it!

If all roads point to one destination,

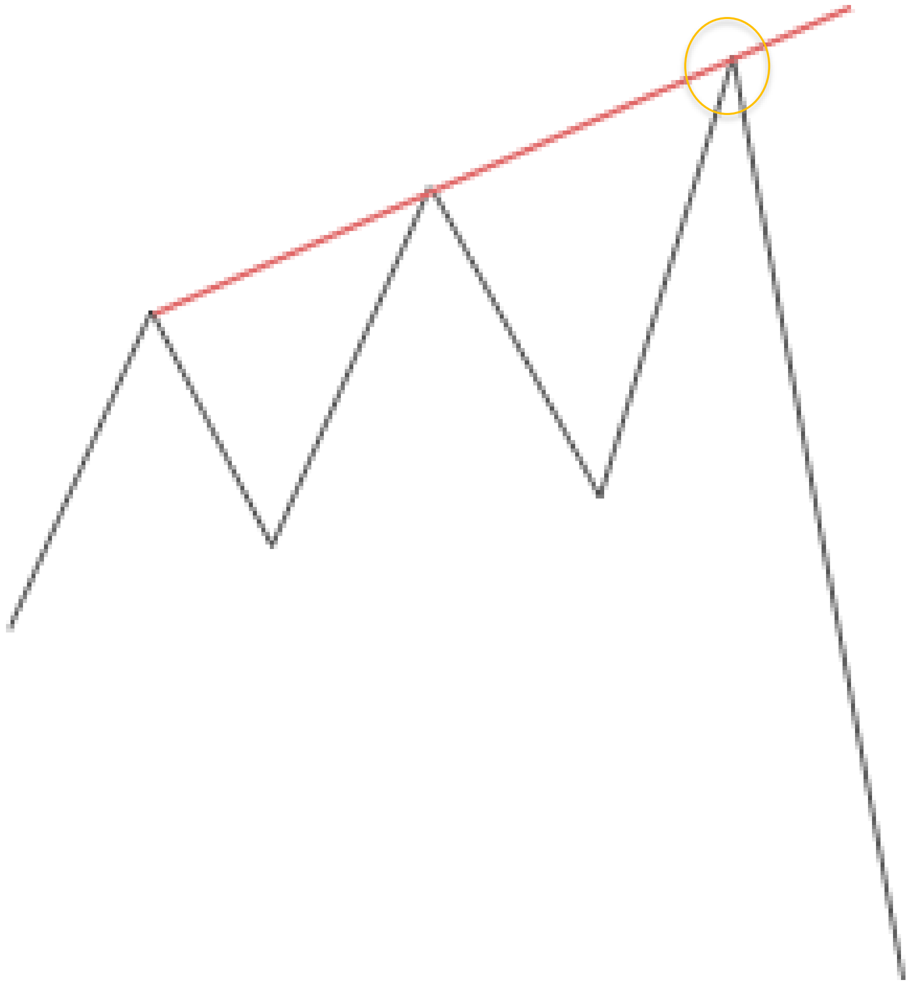
Then only you follow it.

REACT, don't PREDICT

“Wait, did I just see a trendline? What is this sorcery?” Okay, let me explain for you. I use trendlines all the time, but not in ways you’d expect. I see everywhere people claim that trendlines are useless and fugazi, but I would like to humbly disagree. I believe trendlines are a very important tool in determining if a level is good for use. They are the absolute best confluence for you to use. I love them.

I’d like to teach you two trendlines that can hopefully help you in your trading journey

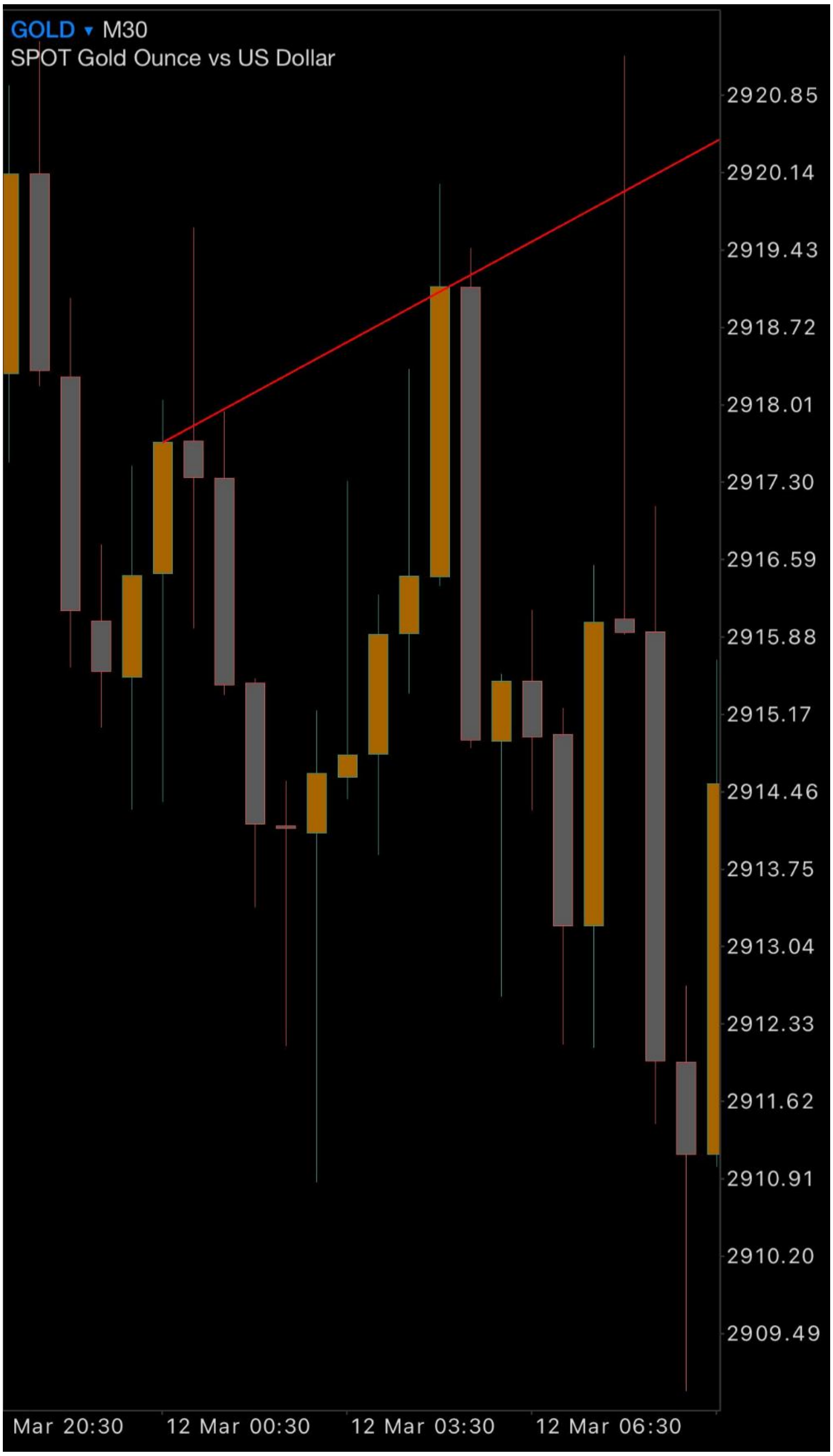
Trendline Type 1:



This is a sell version.
To buy, just flip it around.

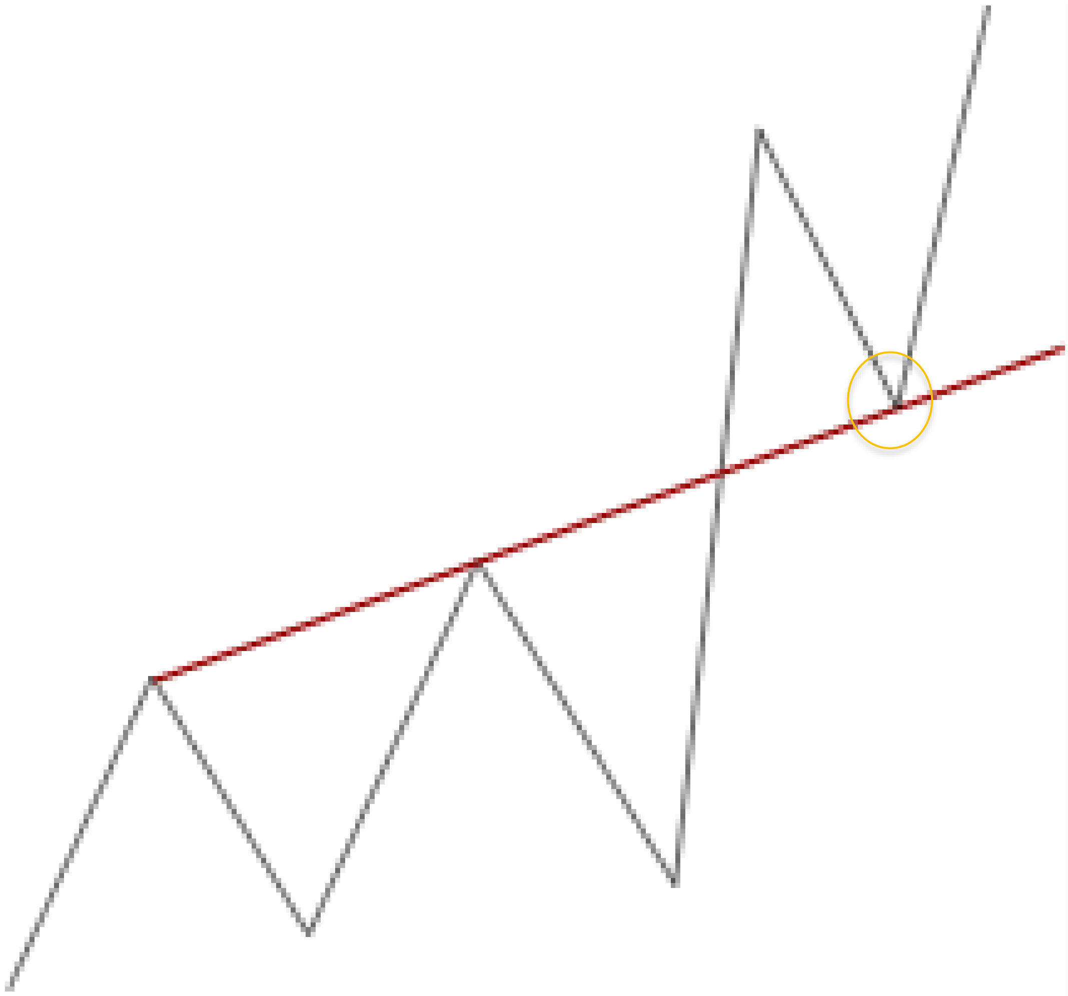
Enter at third touch.

Real Chart Example:



Be sure to draw Point 1 and 2 at the closing price!

Trendline Type 2:



A Type 1 that simply got broken out.

Real Chart Example:

See, not that hard right?

Trendlines are one of those things that feel random but are not. My key component to trendlines is making sure that its third touch appears close by to a level. Be it classic, hns or a breakout level. What I've observed is that they don't work as well when combined with a gap.

Always draw a trendline using the closing price of a candle. Never pull point 1 and 2 using a shadow. In my opinion, these are not consistent and may cause confusion.

One is not complete without the other. Be sure to always have multiple confluences when taking any trade.

The best part about this all?
It happens almost **EVERY DAY**

Just mix and match timeframes

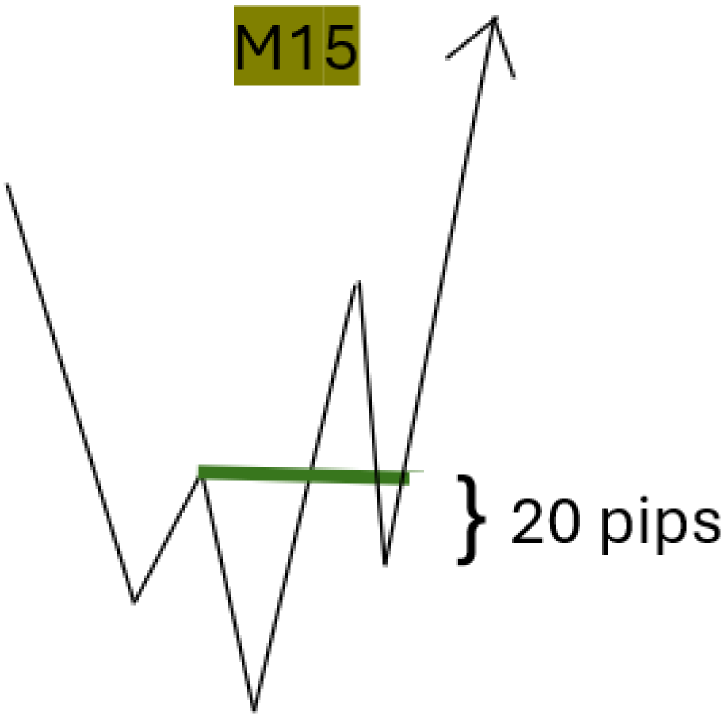
Adjustable Stop Loss and Take Profit

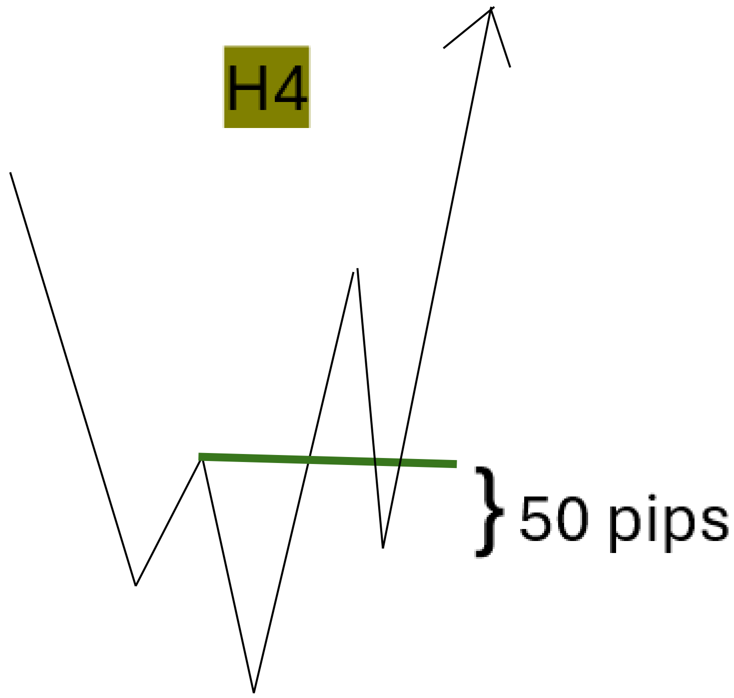
Always remember to adjust your risk according to your setups. You cannot treat every setup the same way, just like how you cannot treat each one of your children the same. Each timeframe has its own characteristics, strengths and weaknesses therefore you must leverage them accordingly. For example, an M15 setup will have a much smaller stop loss than a H4 setup. And a H4 setup should have a larger take profit than an M15 setup. Vice versa.

Every person that has come into contact with me regarding trading has been told the same thing:

"Let your setups breathe"

The breathing room required for each timeframe is different. And that's just how it is. In this section, let's do a dive on how to set stop losses and take profits in an efficient way.





Same thing, just on a different scale

It is not that your setups do not work,

Rather,

It is because you do not let them,

BREATHE

But how would you know if enough room is... enough?

Here's an example, what if I treated every setup the same and decided to put 30 pips stop loss on everything. More often than not, every time i decide to take a H4 setup, most of my trades will hit stop loss before the move even starts. But if i trade the M15, I would be profitable. This is why I think lot of traders tend to focus on only one timeframe for the rest of their life thinking that all other timeframes do not make sense. I was in this group of traders at one point in my career as I only traded the smaller timeframes and refused to see the bigger ones because I was scared of hitting stop losses. Like I said, fear can be mitigated with data. And it took me years to finally understand that the higher timeframes can be traded the exact same way as the smaller timeframes. But just with a more generous stop loss and take profit!

I love swinging trades. It makes me happy when I see my trades just flying across the chart. How do I find them? Well, the answer is actually very very simple. Just find a good setup on a larger timeframe! Again, price is fractal and a "swing trade" is simply just a Daily setup reaching a take profit and a "day trade" n M30 setup reaching a take profit. Do not identify yourself as a stereotype, i.e. swinger, daytrader, scalper, rather follow what the market gives you and react accordingly. If the market allows you to swing, then swing. If the market only allows you to hold for a few hours, then do just that.

I feel like nowadays trading feels like a lost art. Something is just missing when it comes to teaching traders how to be a holistic trader. Everyone just seems like a one-trick pony. In my personal experiences, the best traders i know use multiple timeframes to create their views on the market. And that's what i think most traders lack.

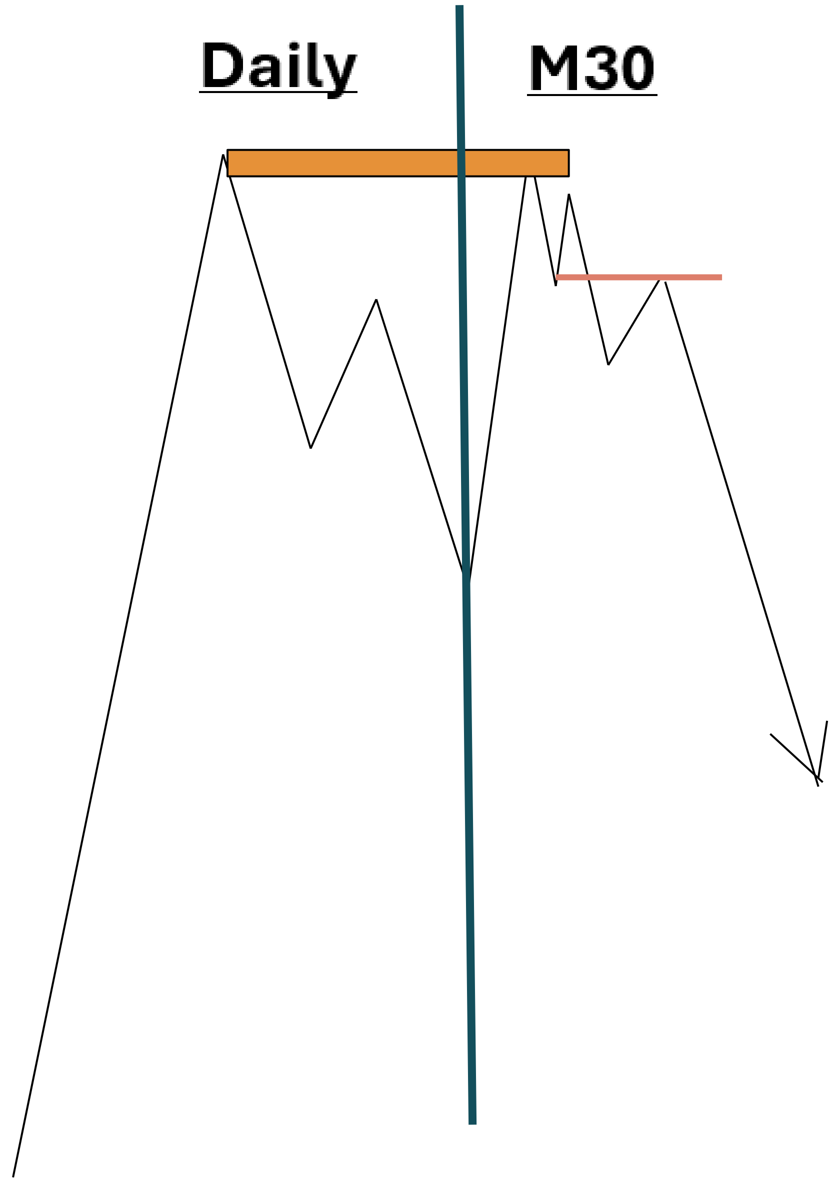
The art of using timeframes

If more traders knew how to balance this, a lot more people would be profitable and happier in the market, and trading would not just feel like this boring process. While it is true that good trading is boring trading, would you want to spend your entire career as a trader doing just one thing and never truly enjoying the market as it should be? It would be a shame if you said yes.

Just a question, would it be necessary for a trader to take profit after a few hours just because they took the trade on the M30? What if i told you that you could swing a trade for much much longer even if you used this timeframe? Would you believe me? Before I answer this, I'd like to repeat that price is fractal and whatever happens on the lower timeframes happens on the higher timeframes, vice versa. In the start of this chapter, I explained about long term direction. The only way for an M30 setup to be a swing trade would be if it FOLLOWS a higher timeframe flow. And that's just it. Don't be so rigid. Allow yourself to explore the beauty of the market.

The best setups occur when the smaller timeframes "agree" with the larger timeframes. This is where you'll find your edge in the market.

Let me show you how to use timeframes in an awesome manner. This combines the timeframes, Daily and M30

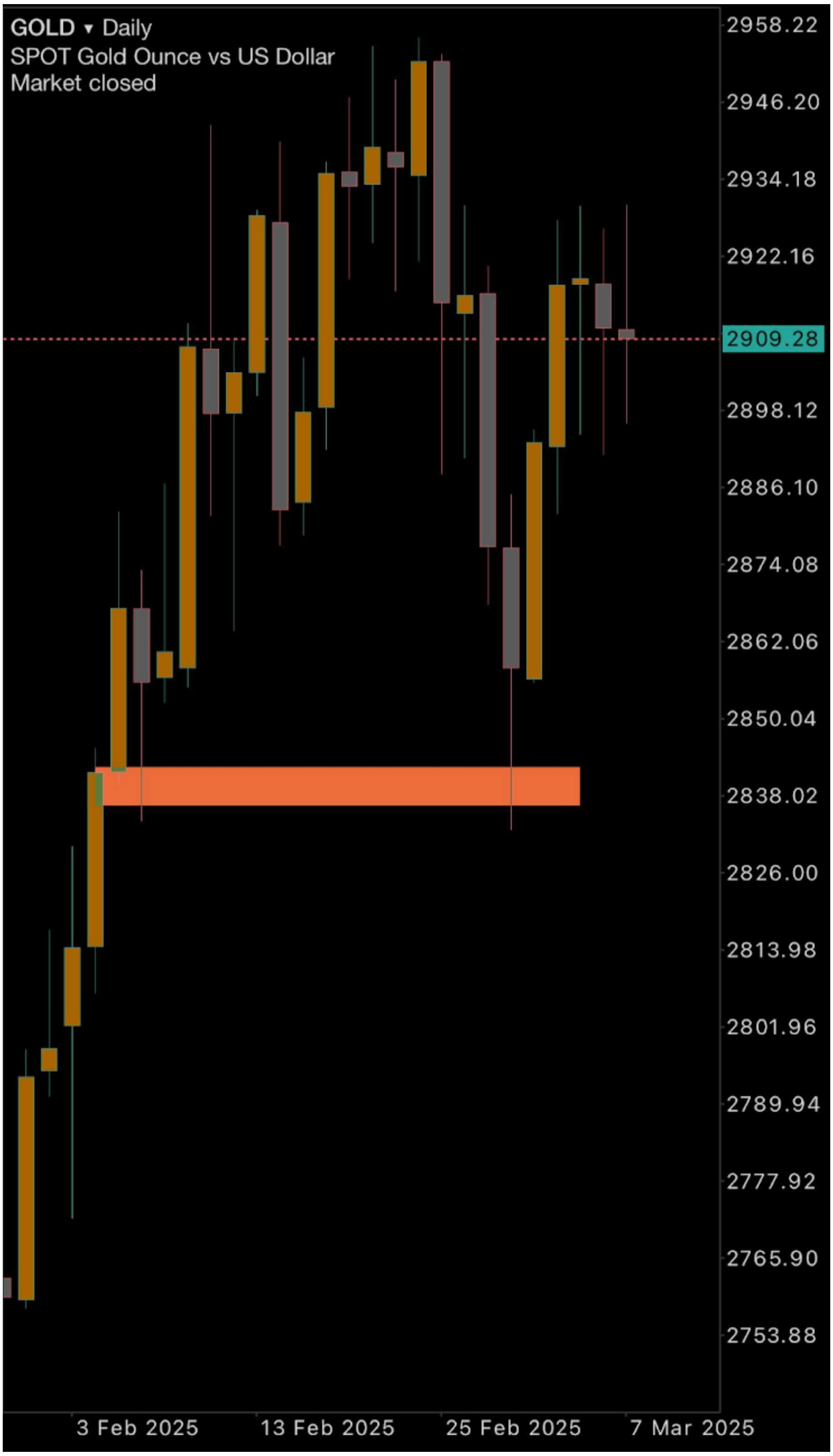


Voila. When a smaller timeframe 'agrees' with the higher timeframe

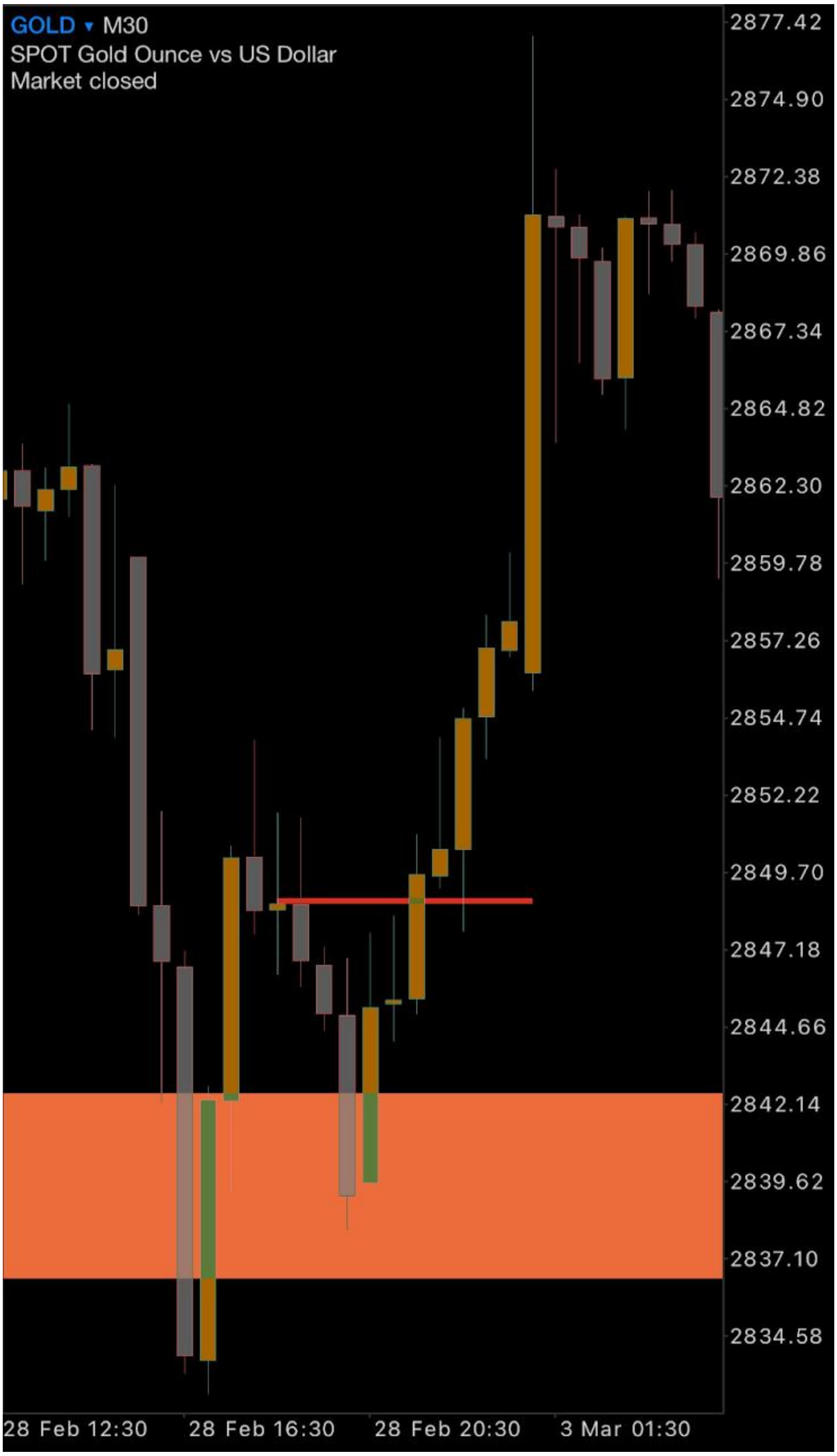
And that's how you swing using M30.

Do some backtesting and you'll find that you can use this in so many different timeframe combos

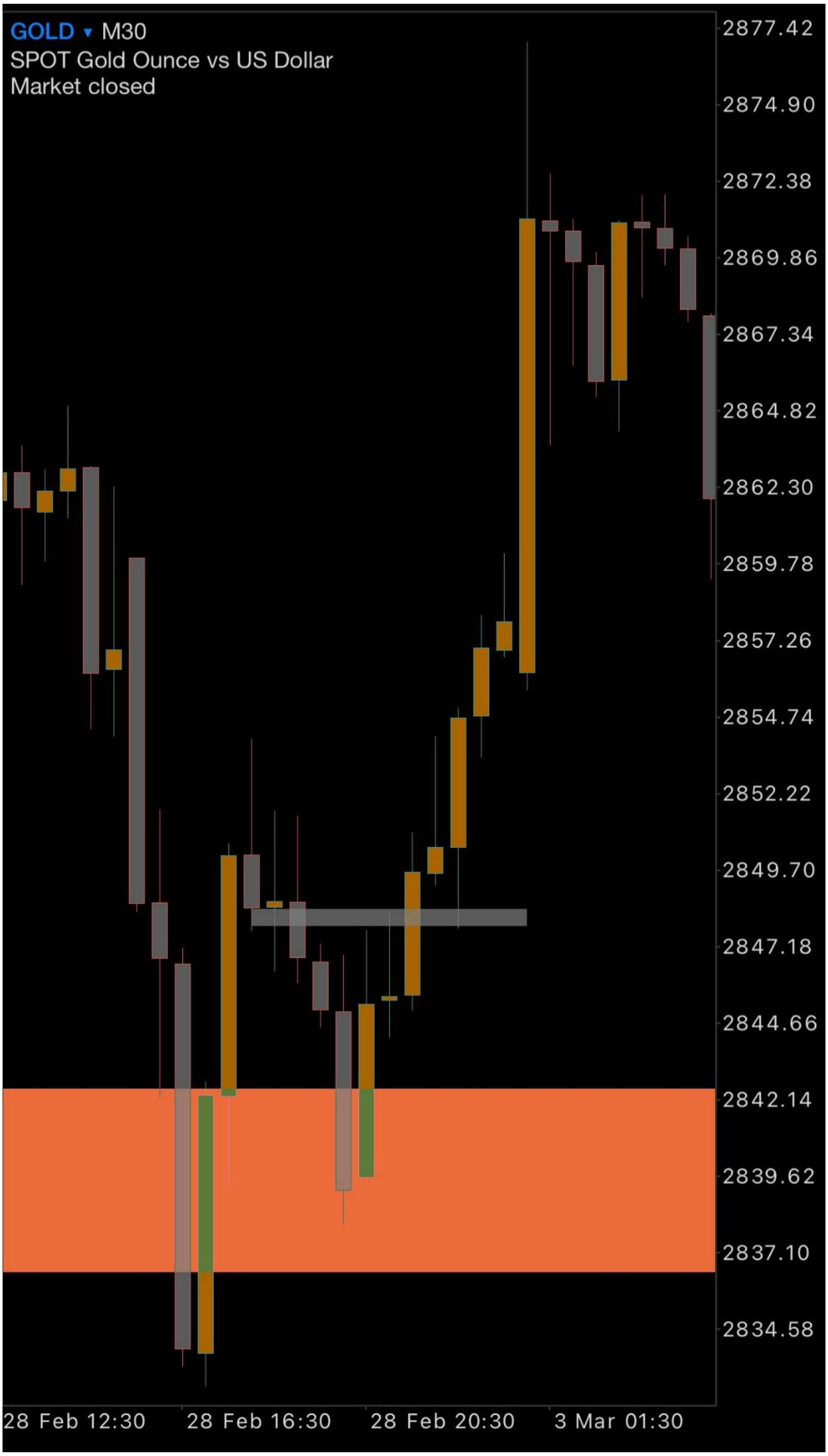
Real Chart Example:



Daily Gap



M30 Decision Level Breakout



M30 HNS Entry

400+ Pips and counting

Follow the flow,

Until it follows you

In this case, rode a Daily flow using M30!

My personal way to use timeframes:

Weekly, Daily - **Long Term Direction**

I don't use these timeframes often and i NEVER use them to take entries. These two are mainly to see if i can do a long swing trade or if I should stick with just a healthy take profit level.

H4 - **My Everything**

Not all timeframes are created equal, and i believe that H4 rules them all. In order for a long swing to happen, H4 levels must break after price touches the Weekly/Daily Level. In order to Day Trade, if your setup aligns with a H4 direction, more often, the trade should end up in profit. I love this timeframe and I check it multiple times a day

H1, M30, M15 - **Finding Entries**

Most of my entries come from these timeframes. They are the most reliable entry timeframes no matter what mode you're in. A breakout happens in these timeframes after touching a higher timeframe level? Pullback and take an entry at a high confluence level. Easy.

M5,M1 - **Surgical Precision**

Some people say these timeframes are just noise. But i view these timeframes as opportunity machines. These two timeframes will almost ALWAYS punish you if you take them without considering direction in advance. But if you follow the direction with these timeframes? SWEET!

The Art of Data Collection

Now that you are clear on what to look for,

Let me help you collect data.

I think another reason why most traders fail is because they lack the skill to collect data efficiently and effectively. They usually rely on familiarity or gut feeling to navigate the uncertainty of various market conditions. The thing is... the market cannot be predicted using mere gut feeling. While it is true that instinct is a key component in trading, it can only be used once you are TOTALLY FAMILIAR with your own technique. It is simply impossible to feel the market in its entirety. But it is totally possible to have a feel for your technique.

A few key points in your data collection process should include:

1. Exact Photos Of Setups.
2. Where Price Came From.
3. Trade Outcome.

If you've mapped out the problem, it is already 50% solved

Exact Photos of Setups

Self explanatory. You'll need the discipline to really document the 'valid setups' in your eyes and put them in a nice folder. A good thing to note is that in order to be profitable, you need to make sure the technique you use stands the test of time. Since the market is mainly reliant on human emotions, one thing stays true

History Repeats Itself

Whatever has happened, should happen again. You can unlock the ability to somewhat perceive the future by looking to the past. And that's the most beautiful thing about the market. What I would recommend is that you must collect at least 100 screenshots of the same exact setup. Let's say you have 5 different types of setups, so you'll need 500 different screenshots. Sounds hard? Nah. Just part of the process. This is actually why most traders take years to be profitable. It is because they don't spend enough time familiarising themselves with their own setups by backtesting. Rather, they let 500 different setups happen in their front testing instead. Which costs years of time. Skip the line and do the hardwork instead. Most people avoid it because they are losers. Are you one?

Exercise :

Lock yourself in your room for a deep data collection session. Give yourself 4 hours of uninterrupted focus. Get a coffee and open Tradingview or Metatrader. Make sure you have a system ready to backtest on a piece of paper beside you and find those exact setups. Aim to find at least 30 setups per hour. 2 setups per minute. By the time you finish those good 4 hours, you should be left with 120 screenshots of setups. Let's say you have 5 different entry models and are want to thoroughly backtest each one. You'll need 500 screenshots each. Amounting to 2500. Since you should be able to collect a good 120 screenshots per hour, you'll need just 20+ hours minimum to be totally familiar with how all your entry models look like. Ready to put in the work?

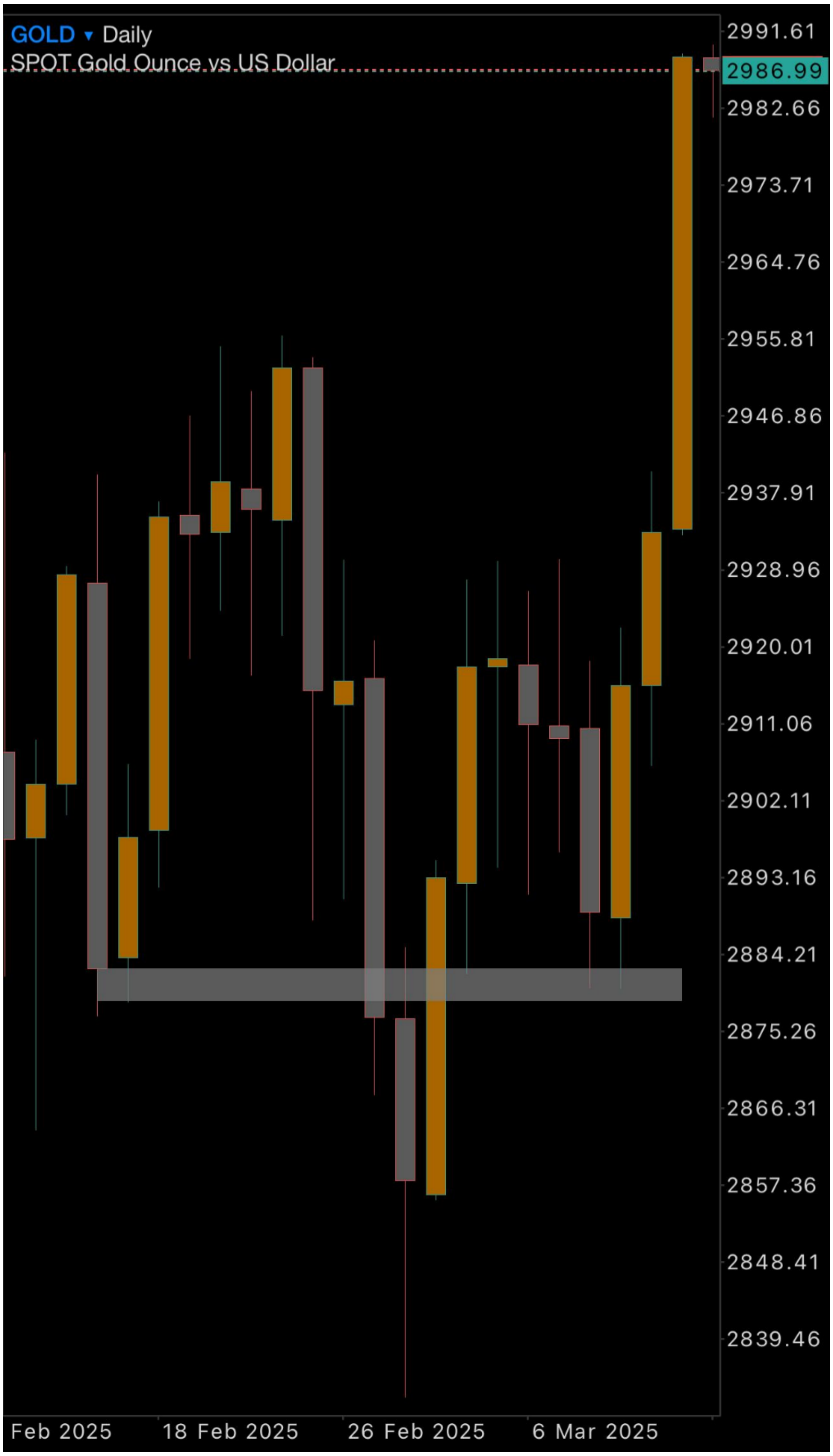
Where Price Came From

My personal belief is that the art of knowing if a level will hold depends on where price pushed from. An example would be that, if the bullish movement start because of a h4 setup, obviously an M15 sell setup would fail. Simple logic. Each timeframe has its own 'weight' and of course the heaviest will win.

Big smashes small

Have you ever seen a perfect setup form, and then get completely violated as if there was no setup there? After that happened, you're left wondering "What else do i need? What did I not see?" Other than a possible news movement, it was definitely because you did not what truly pushed price. Remember, long term direction, bias, then find an entry. Never skip those steps.

Real Chart Example:



Price Pushing UP from Daily HNS

Because it was a DAILY move, all H1 levels break.

Exercise :

If you've followed my first exercise, now you have tons of screenshots. I hope in each screenshot, you included multiple timeframes as well. Now let's do some commentary for each screenshot. For example, "Setup was on M30, but price pushed from a classic H4 Level", "Breakout sell setup on M5, but not following higher timeframe bias" Decorate your screenshots with these kind of words. They cannot be just empty screenshots of just charts. Charts are not information. Words are. Explanations are. After a good while of data collecting, you should start seeing patterns. You start seeing that everything is starting to feel more and more predictable as time goes by.

In the time where i was data collecting, i had over 2000 screenshots of just market stuff. And it took me just a little over a few months to get it done. But here's the thing, i wasn't truly locked in at the time. But theoretically, you should be able to get it done in under a month.

Trade Outcome :

Duh.. Obviously. Now that you have all your parameters and screenshots done, let's do some progress and win rate tracking. Remember, in order for a trader to be profitable, he/she must simply follow a system that is proven to be profitable in the long run and that's just it. Like i explained in my previous chapters, the technical part is much simpler than the psychological part. You'll need to record them based on several conditions

1. Trade hit SL
2. Trade Hit TP 1:1
3. Trade Hit TP 1:Extended (Swing Setups)
4. Trade Hit BE

I think that one of the hardest things to do in the data collection process is learning to be honest with yourself. Just be honest with the setups.

After collecting all that data, find the percentage of times each trade meets each of those 4 criterias. Once you have those, now you can predict if a trade will hit stoploss even before you enter (Put these things in the Hades Zone). You can predict if it should just be a 1:1 RR Trade (Golden Zone). You can now predict if the trade is good for a long swing hold position(also Golden Zone). You can now learn to manage your breakevens better. And that, my dear reader, is as close to the holy grail as it gets. You are now mostly in control of yourself and constantly have a expected outcome! <3

Section 5:
I Love You

Finale (Motivation)

So there you have it. A nice book laid out just for you. As a man who has spent most of his early adult as a trader, I want to say a few things ; The grind is the hardest thing I've ever done in my entire life. And I've done quite ahandful of difficult stuff! But the rewards from trading? By far the best I've ever experienced. I don't want to promise you that after you read this book, you'll immediately know how to totally trade in the market because this takes time. But what I can promise is that I am confident that you have can turn into a much better trader or person if you apply what I've written for you wholeheartedly. Remember, trading is hard not because it is a test of intelligence, rather it is a test of grit and heart. The ones who can stand up after being pushed by the market countless of times are usually the ones that win. All you have to do is stay alive long enough to make it work.

Thank you for reading, ladies and gentlemen. Before we depart from this wonderful journey we've shared, allow me to tell you a few things.

1. Good traders are not gifted. They just try more things than you, they are scientists in the market. Always trying out new things to see if they click, always choosing to not settle for less. They worked harder than you, have more data than you and want it more than you. Most success boils down to how much you want it. If you want it bad enough, then one day, usually a path out of nowhere appears and all you have to do is endure it.

2. Luck is not a deciding factor as a trader. Yes, it is true that you will never know the outcome of a trade until it runs. But understand that once you have a system in place, luck plays much less of a factor in your profitability. Most 'lucky' traders lose everything once their luck has run out.

3. Most traders simply lack patience. Yes, it is true that to be a good trader, it requires years of effort. Years. Same like how doctors take years. Same like how architects take years. That is normal. Most success that comes before the 3 year mark is inconsistent. After 5 years, you should have a solid mindset, a solid strategy and a wonderful execution.

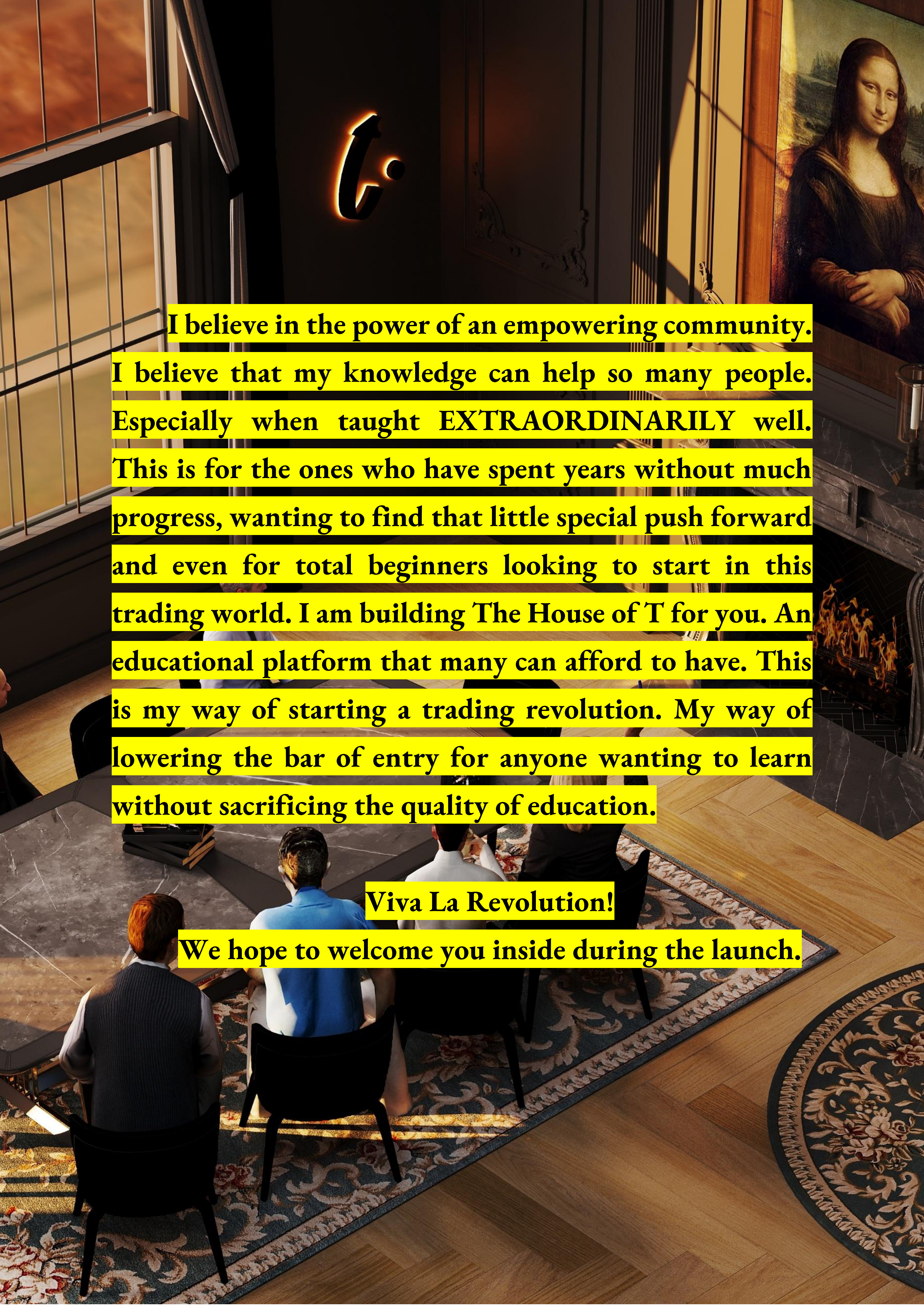
4. Trading is the best skill ever. If you want to go all in into a skill, trading is it. Freedom, time and lots of it. Sometimes so much that you have the time to start writing a 100 page book . (I wonder who that is)

5. Try it all. I mean it. Learn it all, Everything. Then only you can simplify. Go to the complex depths of trading and finally decide where you must prioritise based on your data and comfortability.

6. I believe in you. I'm rooting for you. I want you to win.


What’s Next?


The House of T



I believe in the power of an empowering community. I believe that my knowledge can help so many people. Especially when taught EXTRAORDINARILY well. This is for the ones who have spent years without much progress, wanting to find that little special push forward and even for total beginners looking to start in this trading world. I am building The House of T for you. An educational platform that many can afford to have. This is my way of starting a trading revolution. My way of lowering the bar of entry for anyone wanting to learn without sacrificing the quality of education.

Viva La Revolution!

We hope to welcome you inside during the launch.

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