Nastrading academy

DAY TRADING

FINANCIAL FREEDOM

Unlock the secrets of trading, gain financial freedom, and transform your future with our comprehensive course on mastering the markets.

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DAY TRADING GUIDE FOR BEGINEERS

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Meet me!

Amid the global upheaval of the pandemic, my journey from military service to day trading emerged as a testament to resilience and adaptability, revealing avenues for empowerment and financial stability amidst uncertainty. As I embarked on this new chapter, driven by a desire to take control of my financial destiny, I encountered both challenges and opportunities that reshaped my perspective on Navigating the complexities of the trading world, I quickly realized that success hinged not only on market knowledge but also on the mastery of oneself. Through dedicated study and practice, I honed my skills in mental analysis, technical analysis, fundamental understanding, and risk management, recognizing these as the cornerstones of profitability and longevity in trading. The transition from traditional employment to the dynamic realm of day trading was not without its obstacles. Yet, with each setback came invaluable lessons in resilience and perseverance. Embracing the volatile nature of the markets, I learned to ride the waves of uncertainty with a mix of caution and excitement, finding strength in adversity and solace in newfound knowledge. Central to my journey was the discovery of NASDAQ100 trading, a transformative experience that propelled me towards consistent profitability and financial independence. Mastering the intricacies of this market proved to be a turning point, offering a path to success that surpassed my expectations. Today, as I reflect on my journey, I am filled with gratitude for the challenges that led me here. Armed with the right knowledge and a steadfast commitment to growth, I am empowered to carve out a future defined by financial freedom and abundance. My hope is that my story serves as a beacon of inspiration for aspiring traders, guiding them towards their own path of empowerment and success in the ever-evolving landscape of trading.

PREFACE

The incredible growth of the internet over the past five years has led to the enormous popularity of the Foreign Exchange Market and all the tracings from currency pairs to stocks. There are plenty of learning materials (books) you can find online these days, some being legitimate whilst many are only selling fake dreams by focusing on things that don't make sense. The so-called mentors also arise in huge numbers, with their job of making people, especially new traders believe that trading is easy, and you can become a millionaire after a week of trading. I like to call them Instagram Traders. Forex and all the Trading is not a place where you can come with your money and expect to become a millionaire overnight, NEVER. This is like any other business so must be treated and respected equally. As they say Business is not for everyone, the same applies to TRADING. Trading is not for everyone but only for those with the right knowledge and patience. Don't let anyone tell you that Forex is easy. It's Neither Hard nor Easy! That's the truth. Sometimes I feel sad when I see Instagram Traders posting things like "All you need is an Internet connection and a Phone to make money" That's not true my Friend and Don't Be Fooled. Trading without proper Knowledge can be worse than gambling. That's why I have always been encouraging my students and other traders to invest their time in learning rather than being too dependent. In this handbook, I'm going to reveal the most reliable and proven methods on how to trade the NASDAQ100 in a very consistent and profitable way.

TRADING PSYCHOLOGY

Imagine standing at the edge of a diving board. Below lies a pool filled with uncertainty. The water could be calm and inviting or churned with hidden dangers. Trading is no different. Every decision is a leap, but the outcome often depends less on the market and more on your mindset. Trading psychology, the silent force behind every profitable or failed trade, is the foundation of success. I will try to elaborate in the simplest manner possible so that everyone can understand before going forward to the Strategies and How to Trade the NASDAQ100 successfully.

Understanding the Emotional Landscape of Trading

The Tug of Fear

Fear is the invisible chain that holds many traders back. It doesn't just stop you from taking risks—it makes you second-guess your analysis, doubt your decisions, and sometimes, abandon opportunities altogether.

Fear can be;-

- **Fear of Losing (Fear of Failure)**
- **Fear of Success**

- **Fear of Losing (Fear of Failure)**

Fear of Failure associates with the results of losing trades or in some instances trading capital. As a result, lead to the unwillingness of executing the trades even if the analysis is correct and end up regretting not taking the trades that turned into huge profits as expected.

Fear of Success This is when a trader is afraid of giving back (donating to the market) the profits on running trades which results in closing the winning trades too early before reaching the intended target which also attracts regret and pain.

Greed Greed is supposed to be good, but when we look at the hard facts, greed often causes a number of impulsive trading decisions that should be avoided. Traders who are influenced by greed often don't adhere to sound risk and money management principles. Greed also reinforces the **GAMBLING MINDSET** which describes trading without set rules and based on impulsive decisions. Greed can result in.

1- Overtrading can be attributed to greed in that the desire to make money encourages taking trades that are outside of the adopted methodology.

2- Impulsive trading is often the result, with the trader ignoring pre-set rules in favor of chasing profit or making up for losses.

3- Aggressive risk-taking In order to make more money and satisfy greed, a trader may adopt risk parameters that exceed the available resources. Taking abnormally large positions and engaging in reckless money management practices are common issues associated with greed.

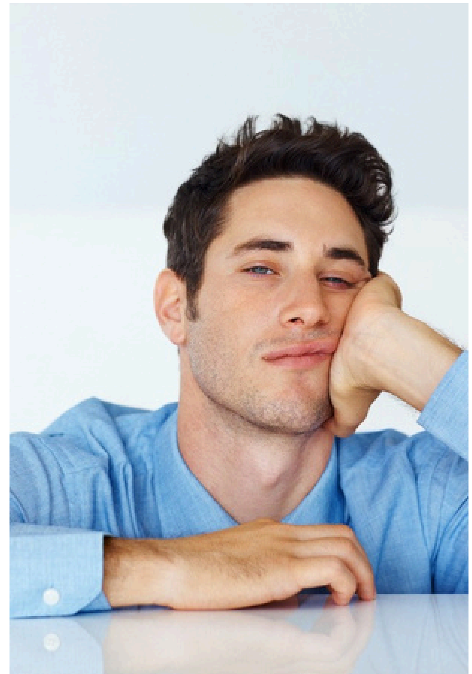
The result is the tendency to exhibit indecision when taking profits, and reluctance in exiting losing trades. Let's first understand these common Emotions before we jump on how to control them.

Hope

Hope, fear, and greed often come hand in hand. Most of the time when we are in a losing position, we often show signs of hope when they delay the realization of a loss and give a trade more room to breathe. Another example of hope is when we try to make up for past losses and then enter a trade with a position that is too big and not according to their rules. Excitement / Anxious Any touch of excitement when trading is a sign that somewhere along the lines, you went wrong. When you are overly anxious when you are in a trade, it is often a sign that your position is too big, you broke your rules, or that you shouldn't be in that trade. Keeping track of your excitement level and asking yourself why you feel anxious or excited can often help you get out of trades where you shouldn't be in the first place.

Boredom

Although boredom is more of a current state than an emotion, it is worth pointing it out. Bored traders also often lack focus. A sign that you lack focus is when you find yourself going through the same instruments and timeframes repeatedly without really



knowing what you are looking for. Also, when you miss trade entries, because you weren't paying attention, browsing the internet, or doing something else is a sign that your focus is no where it should be. Get your priorities straight and when you are trading, don't engage in any other activities. Frustration Frustration is often the cause of trading mistakes that result from any of the previously mentioned emotions. When traders miss trades, violate their rules, and lose money, take too much risk and lose too much money, or see what they should have done, frustration starts to take over. Frustration then reinforces all the bad negative behavior patterns that a trader struggles with anyway and intensifies the problems a trader has. **Mastering Emotional Challenges** Trading emotions can't be eliminated, but they can be managed. Here's how:

Shift Your Perspective:
Losses aren't failures—they're feedback. Instead of fearing them, analyze what went wrong and use it to refine your approach.

Create a Daily Routine:
Begin each day with a clear goal: "Today, I'll focus on executing my strategy without letting emotions interfere." At the end of the day, reflect on whether you stayed disciplined.

Use Tools for Control:
Implement stop-loss orders and position-sizing rules. These aren't just risk management tools—they're emotional shields, ensuring you

- never risk more than you can handle.

Journal Your Trades: After every trade, note the setup, your decision-making process, and how you felt.

Patterns will emerge, revealing

the emotional triggers that influence your performance.

PRACTICAL EXERCISES

1. Understanding Emotions in Trading

Question 1:

What emotion often causes traders to hesitate before entering a trade, even when their strategy suggests it's a good opportunity?

A. Greed

B. Fear

C. Overconfidence

D. Excitement

Question 2: Which of the following is an example of "fear of success" in trading?

A. A trader misses a perfect setup because they are too afraid to act.

B. A trader closes a winning position early out of fear that it will reverse.

C. A trader hesitates to take a profitable trade because they doubt they can repeat it consistently.

D. A trader takes too many trades without considering risk.

2. The Impact of Greed

Question 3:

Greed in trading often leads to which of the following behaviors?

A. Overtrading and excessive risk-taking

B. Waiting for the ideal entry point

C. Adhering strictly to stop-loss levels

D. Consistently following a trading plan

Question 4:

You've made a solid profit early in the day. Greed convinces you to take more trades. As a result, you lose most of your profits by overtrading. What could have prevented this?

- A. Avoiding any trades after hitting the profit target
- B. Ignoring stop-loss orders C. Trading larger
- position sizes D. Entering trades without analysis
-

3. Overconfidence and Risk

Question 5:

Which of the following is a common sign of overconfidence in a trader?

A. Relying on technical analysis for every trade

B. Trading larger position sizes after a string of wins

C. Consistently applying the same trading strategy regardless of market conditions

D. Following strict risk management rules

Question 6:

After several successful trades, a trader begins to skip their routine risk management checks, feeling invincible. This behavior is an example of:

A. Risk aversion

B. Overconfidence

C. Frustration

D. Emotional discipline

4. Handling Frustration and Setbacks Question 7: Frustration can often lead to revenge trading. What is revenge trading? A. Entering trades with a pre-determined risk limit B. Taking trades impulsively to recover from losses C. Following the trading plan rigorously after a loss D. Celebrating small wins after a loss

Question 8:

You've missed a profitable trade setup, and frustration starts to build. What is the best way to handle this?

A. Jump into a random trade to make up for the loss

B. Review the market carefully for other setups, and then step away to regain focus

C. Forget about the market and stop trading for the day

D. Increase position size to make up for missed profits

5. Managing Fear and Greed

Question 9:

Which technique can help reduce the fear of losing money on a trade?

A. Taking larger positions to make bigger profits

B. Creating a risk/reward plan before executing the trade

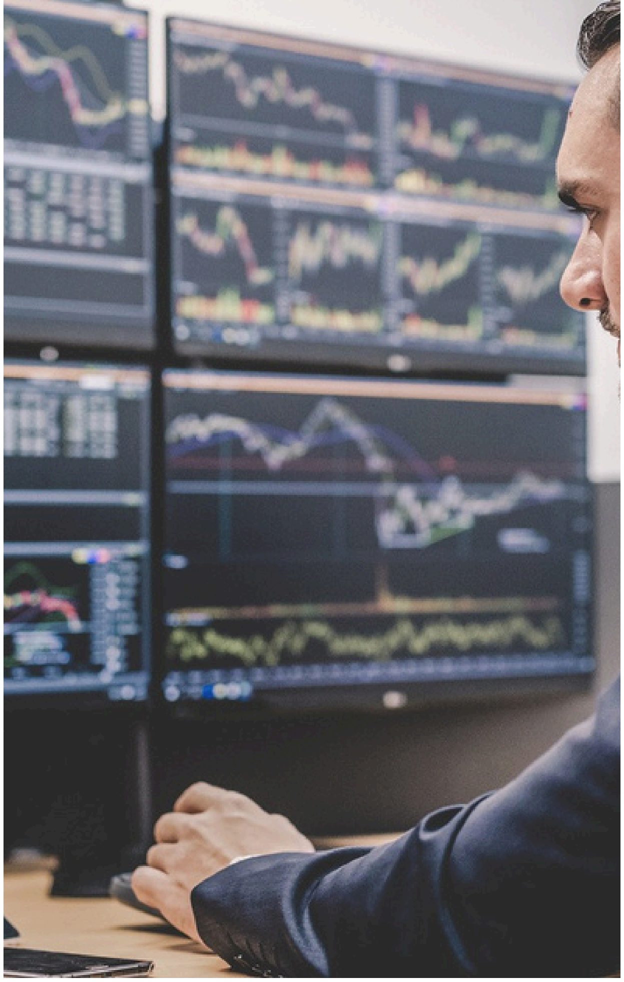
C. Avoiding risk management tools like stop-losses

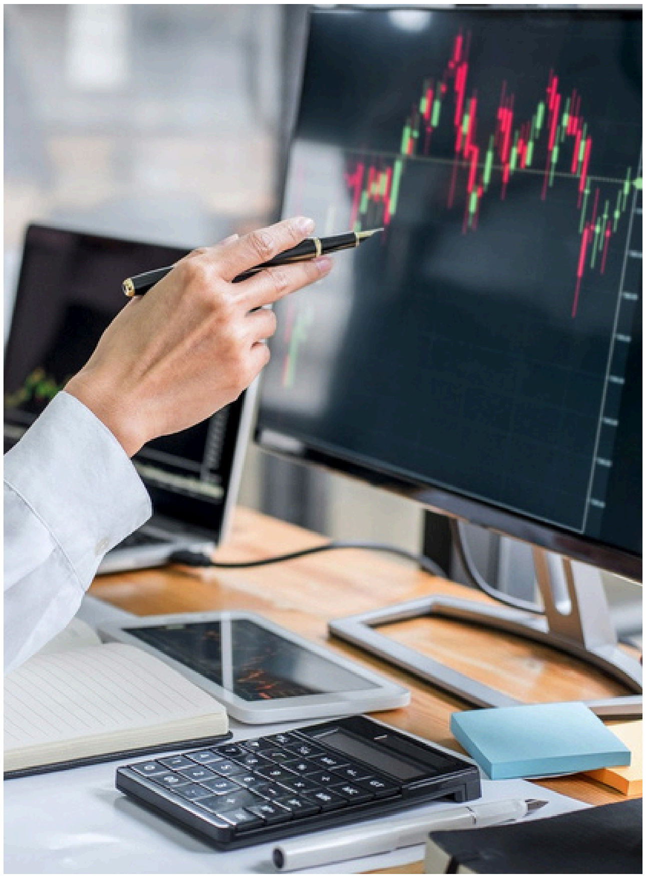
D. Entering trades without analyzing risk

SCENARIO SIMULATION

You enter a trade based on your strategy, but the price starts moving against you. Your stop-loss is set, but you feel tempted to move it further away, thinking the market will reverse. What should you do? **Solution:** Trust your stop-loss and stick to your plan. Moving it exposes you to unnecessary risk and emotional turmoil.

Reflection Prompt Think of a recent decision you made under pressure (not necessarily in trading). What emotion have drove your action? How could you approached the situation differently?





TRADING PSYCHOLOGY IN ACTION

Let's apply what we've learned:

- Case Study: A novice trader experiences a string of losses and feels paralyzed by fear. They stop trading, spend two weeks reviewing their strategy, and implement stricter risk management rules. On returning, they focus on small, disciplined trades, rebuilding their confidence one step at a time.

HOW TO MANAGE EMOTIONS AND RISK FOR SUCCESSFUL AND CONSISTENT TRADING

1. **Trade an edge like a casino.** Before placing any Trade, Bear in mind that anything can happen in the market even if you are 100 percent sure about your analysis. Your trades can turn into profits as you expect or can go against them and result in a loss. By knowing this you will always stick to the use of proper and strict risk management

2. **No need for outside influence to execute a trade (Ignore Distractions).** Here I'm talking about things like ideas from Friends, Irrelevant Telegram groups, and mostly Instagram Traders. It's not bad to take ideas or Signals from others or your mentor but before doing so make sure you do your own analysis and be sure that it fits with your trading plan first before executing. A huge part of trading psychology - especially right now with the massive growth in social media platforms, is to "stay in your own lane". If you spend most of your time-consuming content on Instagram you are witnessing other traders posting screenshots of their winning trades most of them being from Demo Accounts, you may be led to overtrade and become fearful of missing positions.

3. **No need to trade every single trade or every day.** Staring at the charts all the time is a bad habit of unsuccessful Traders which usually leads to executing Trades all the time even if they do not fit the quality of your Trading plan and Analysis.

Don't force trades to happen and instead be patient enough to wait for the market to present the best Trading opportunities. Taking fewer Trades as possible will make you a great Trader since you give yourself enough time to analyze the market.

4. **Trade the Right Market Conditions (Know when to Stop Trading).** Staying away from market conditions that aren't ideal is also important. Not trading when you aren't ‘feeling it' is a good idea. Don't look to the market to make you feel better; if you aren't up to trading the simple solution may just be to step away. When you are Bored, Frustrated, or Too excited DON'T TRADE.

5. Create your own rules Setting your own rules to follow when you trade can help you control your emotions. Your rules might include setting Risk/Reward tolerance levels for entering and exiting trades, through profit targets, and/or stop losses.

6. Develop a Trading Methodology Based on Facts. Taking the time to develop a sound trading methodology is worth the effort. It may be tempting to believe in the "so easy it's like printing money" trading scams that are prevalent on the internet especially Instagram. But facts, not emotions or hope, should be the inspiration behind developing a trading plan. Traders who are not in a hurry to learn typically have an easier time sifting through all of the information available on the internet. Consider this: if you were to start a new career, more than likely you would need to study at a college or university for at least a year or two before you were qualified to even apply for a position in the new field. Expect that learning how to trade demands at least the same amount of time and factually driven research and study.

7. Only risk what you can afford to lose (Protect your Trading capital) Taking the time to develop a sound trading methodology is worth the effort. It may be tempting to believe in the "so easy it's like printing money" trading scams that are prevalent on the internet especially Instagram. But facts, not emotions or hope, should be the inspiration behind developing a trading plan. Traders who are not in a hurry to learn typically have an easier time sifting through all of the information available on the internet. Consider this: if you were to start a new career, more than likely you would need to study at a college or university for at least a year or two before you were qualified to even apply for a position in the new field. Expect that learning how to trade demands at least the same amount of time and factually driven research and study.

8. Keep yourself Neutral (Don't attach your Feelings to losses). Not all trades are going to be winning Trades, by knowing that it will help manage emotions by not being so attached when losses occur. Take this technique I normally use when trading: Before placing any trade after you have already decided on the percentage that you are willing to lose then Virtually deduct that amount from your Trading account by assuming that you have already lost. So even when the trade truly turns out to be a losing one you will not feel so down since you have already trained your mind on this technique.

9. Always Ignore that Greedy Voice in your Head. This is happening to every trader but as A successful you should always learn to ignore the inner voice that keeps telling you not to respect your Risk management and add more positions hoping to get rich quickly from a single trade. You must always fight and detach these human instincts (Greed and Fear) as they can be your enemies.

10. Treat Trading Like a Business To be successful, one must approach trading as a full or part-time business and not as a hobby or a job. As a hobby, where no real commitment to learning is made, trading can be very expensive. As a job, it can be frustrating since there is no regular paycheck. Trading is a business and incurs expenses, losses, uncertainty, stress, and risk. As a trader, you are essentially a small business owner and must do your research and strategize to maximize your business's potential. Hence Losses can be treated as Expenses or Operational costs of the business.

11. Have a Trading Plan A trading plan is a written set of rules that specifies a trader's Entry, Exit, and Money Management criteria. Using a trading plan allows traders to do this, although it is a time-consuming endeavor. Compiling a trading plan is the first step to attack the emotions of trading, but unfortunately, the trading plan will not completely obviate the effects of these emotions. Keeping the Trading Journal may also be helpful.

12. Learn more than you Trade Just because you are Trading a live Account does not mean that you should stop learning. Every moment financial markets behave in a very Unique way so by continuing learning you expose your mind to new Patterns and Behavior that the market may present.

Trading Psychology and Risk Management are skills that many Traders seem to lack hence results in tremendous losses which can lead to Emotional and Financial Bankruptcy.

PRACTICAL EXERCISES

Quiz 1: Understanding Fear in Trading

Question: A trader exits a trade early due to fear of losing more money. What emotion is most likely driving this decision?

A. Overconfidence

B. Fear

C. Greed

D. Excitement

Quiz 2: Managing Frustration

Question: What is the best way to manage frustration after a string of losing trades?

A. Increase trade size to "make up" for losses

B. Keep trading aggressively until you win

C. Take a break and reassess your strategy

D. Ignore the losses and continue with your plan

Quiz 3: Greed and Overtrading

Question: What is a common consequence of greed in trading?

A. Following a disciplined trading plan

B. Avoiding risk entirely

C. Overtrading and ignoring stop-losses

D. Consistently hitting profit targets

Quiz 4: Risk Management Basics

Question: What is the primary purpose of a stop-loss order in trading?

A. To lock in profits

B. To limit losses by exiting a trade at a predefined level

C. To guarantee profits

D. To control emotions during trades

Question: What does the risk-to-reward ratio represent?

A. The total number of trades you make in a day

B. The amount you risk compared to the potential reward

C. The amount you make compared to your initial investment

D. The number of stop-losses you set

Quiz 6: Emotional Control and Consistency

Question: Which of these strategies best helps maintain emotional control during a trade?

A. Risking a larger portion of your account to make up for previous losses

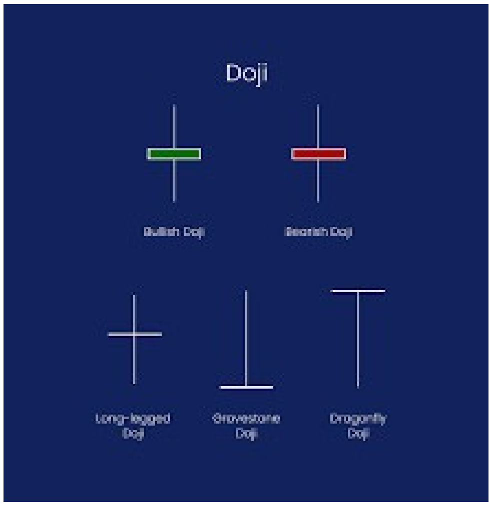
B. Trading without any risk management

C. Sticking to a clear risk management plan and trading discipline

D. Making emotional decisions based on "gut feelings"

MODULE 2: TECHNICAL STRATEGIES

Technical analysis is the art of predicting future price movements based on historical price data and market patterns. It's not about guessing; it's about understanding patterns and identifying clues in the charts to make well-informed, objective decisions. In this module, we will explore the core strategies that can help you understand price behavior, recognize trends, and make more confident trading decisions. Let's start by understanding how to read price charts and identify patterns that reveal market psychology. **Understanding Price Charts** **Candlestick Patterns: The Language of Price Movements** Candlestick patterns tell the story of the market. They are formed by the open, high, low, and close prices within a specific time period. Candlestick charts provide more information than bar charts because they visually show whether the market is bullish (rising) or bearish (falling).

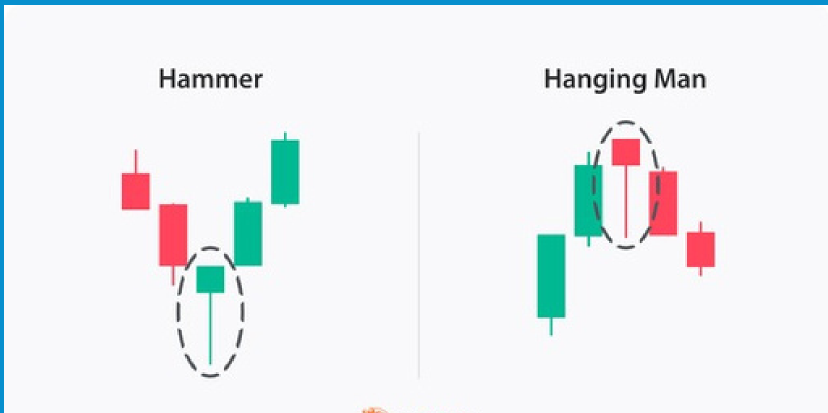


Key Candlestick Patterns to Watch:

Doji:

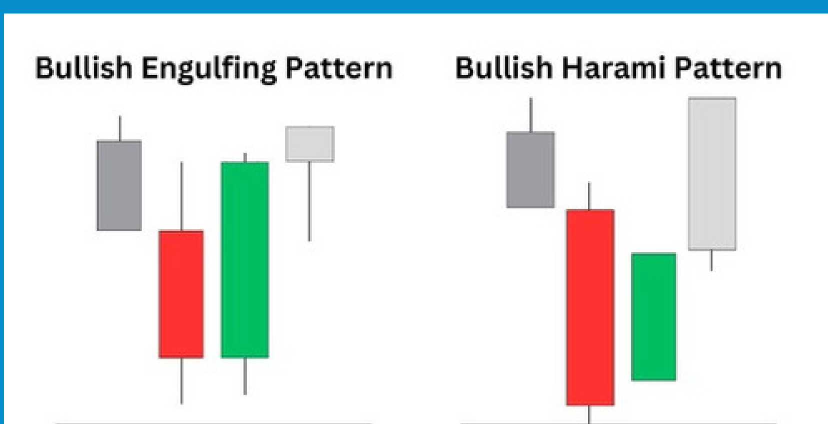
- Explanation: A Doji appears when the open and close prices are nearly identical, signaling market indecision.
- Why it matters: A Doji at the end of a strong uptrend or downtrend often indicates a potential reversal.
- Example: In a strong uptrend, a Doji followed by a bearish candlestick might indicate the trend is losing momentum.

- **Hammer & Hanging Man:**



Explanation: Both are single candles with a small body at the top and a long lower shadow. The Hammer appears at the bottom of a downtrend and suggests a potential reversal to the upside, while the Hanging Man forms after an uptrend and could signal a reversal to the downside.

- Example: A hammer at the bottom of a downtrend shows that despite selling pressure, buyers stepped in to push the price back up, indicating a potential trend reversal.



Engulfing Patterns: Explanation: A bullish engulfing pattern occurs when a small bearish candle is completely engulfed by a larger bullish candle, signaling that buyers have taken control. A bearish engulfing pattern signals the opposite: sellers overpowering buyers.

- Example: After a downtrend, a bullish engulfing pattern suggests that the market is turning in favor of buyers.

Interactive Exercise: Let's review a chart with a Doji pattern. What does it tell you about the market sentiment, and how would you act on it? Pause and analyze this scenario. Support and Resistance: The Market's Psychological Levels Support and resistance levels are not just arbitrary price points—they represent key psychological levels where traders collectively "decide" that the price is either too low (support) or too high (resistance) to continue. These levels are where the market tends to reverse or stall, and they are essential in any trader's toolkit.

Support: A price level where buying pressure is strong enough to prevent the price from falling further.

- Example: In a strong downtrend, the price may repeatedly bounce
- off a certain level, forming a "floor." This is support, where buyers are consistently stepping in.

Resistance: A price level where selling pressure is strong enough to prevent the price from rising further.

- Example: During an uptrend, the price may repeatedly fail to break
- through a specific level, forming a "ceiling." This is resistance, where sellers are overpowering buyers.

The Role of Breakouts: When the price breaks through support or resistance, it can lead to a strong trend in the direction of the breakout.

Support and Resistance: The Market's Psychological Levels Support and resistance levels are not just arbitrary price points—they represent key psychological levels where traders collectively "decide" that the price is either too low (support) or too high (resistance) to continue. These levels are where the market tends to reverse or stall, and they are essential in any trader's toolkit. Support: A price level where buying pressure is strong enough to prevent the price from falling further.

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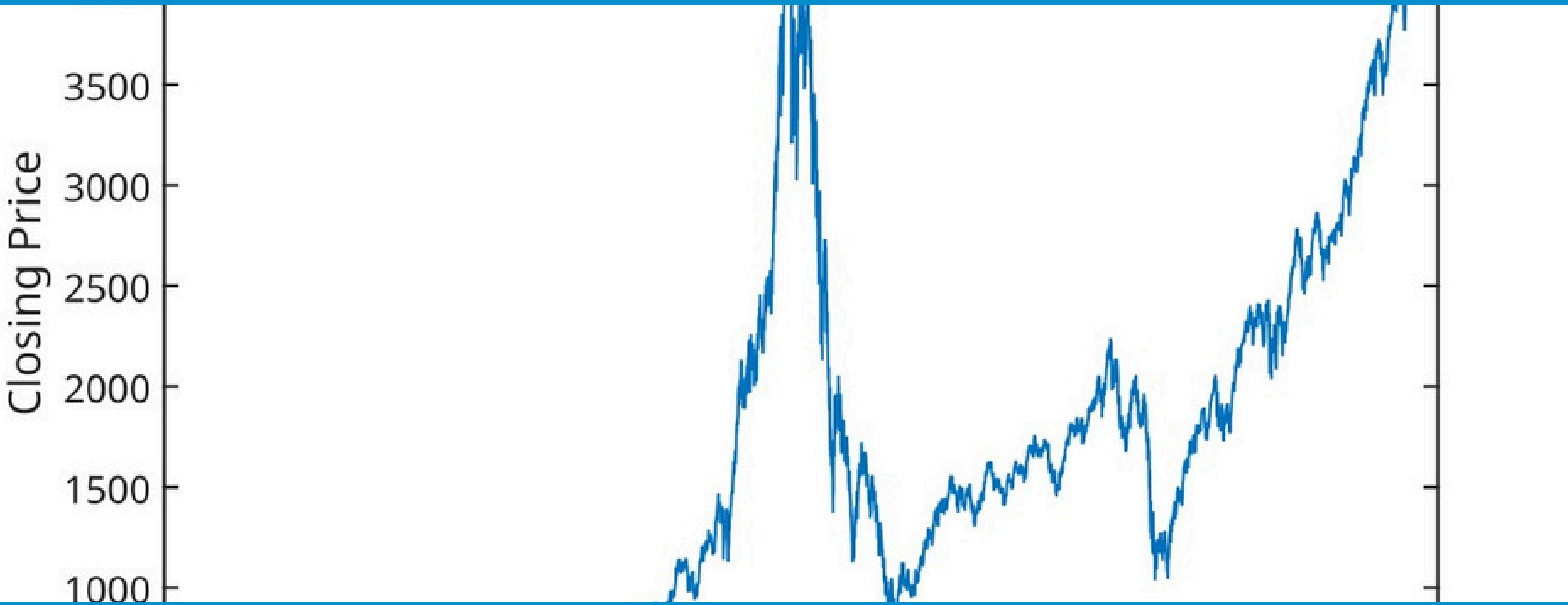
The Role of Breakouts: When the price breaks through support or resistance, it can lead to a strong trend in the direction of the breakout. Traders often wait for confirmation before acting on a breakout to avoid false signals.

Trendlines and Channels: Visualizing Market Direction Trendlines are one of the simplest yet most powerful tools in technical analysis. They visually represent the overall direction of the market and can be used to identify entry and exit points.

- Uptrend: Draw a line along the lows (support) in an uptrend. The price should remain above this line, and buying opportunities often occur when the price retraces toward it. Downtrend: Draw a line
- along the highs (resistance) in a downtrend. The price should stay below this line, and selling opportunities arise when the price rises toward the trendline.



MODULE 3: THE NASDAQ100

It's very interesting because many traders keep coming up with this question, Why has NASDAQ100 become so popular these days? The answer to that is simple and that's because of the VOLATILITY (enormous price movements in a short period), On a normal day NASDAQ100 can move up to 2000+ pips in a single day.\ Indices, especially NASDAQ100 will show you what Currencies can make you in three weeks in hours or a day. And that's why I don't trade currencies anymore. For major currency pairs to make such a move it can take several days if not weeks and that's the reason we see many traders are now shifting to NASDAQ100. However what many traders fail to understand is how to enter the Market with the Right Mindset and Proper Trading Knowledge. Being a MAESTRO of Technical analysis on trading Currency pairs, doing analysis based on Price action where the use of support and resistance levels and all kinds of strategies and trends from horizontal to diagonal come into action will still not be enough when it comes to trading Indices, especially the NASDAQ100. Since NASDAQ100 makes huge price movements within a short period, it is advised to cover all possible scenarios available when doing analysis. From Fundamental Strategies to Technical as well as its unique market structure and patterns that you cannot find in currency trading.

THE NASDAQ100

As it is possible to make a lot of money in a few hours or a day it's also possible to lose a chunk of money if you don't know how to trade it accordingly.

What I would like to say is in Trading to be successful we all need

• 20% of Trading Skill and the rest 80% is all about (Risk Management, Trading plan, Trading psychology as well as discipline and patience)

Many if not every Trader knows how to draw Trend lines, many know how to spot beautiful trading patterns, many know how to do Analysis but why Many are still unsuccessful in Trading? There comes the question

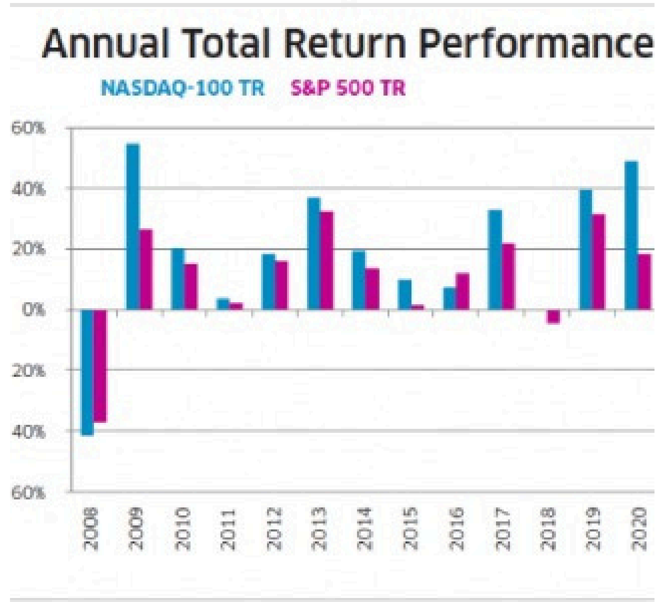
And the Answers to all those questions are.

• **Risk management**

• Trading plan and Good Trading Strategy (core knowledge) • Trading psychology in general

Discipline and Patience

Before jumping to the Real Deal (The Strategies on How to Trade NASDAQ100) first let's understand these crucial points mentioned below. • Never enter the market with a Gambler's mindset that you are going to be rich overnight. • Forex and all Trading is not a get-rich- quick scheme. You can make a profit on the first few trades but how consistent that is going to be is all that matters.



1 data is through 3/31/2021

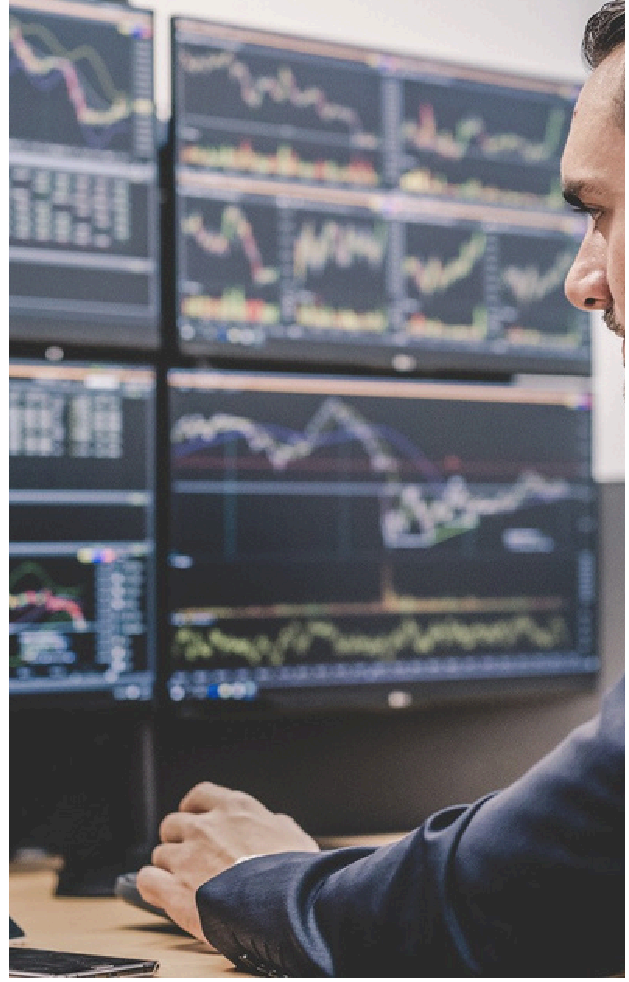
• Risk management rules will not only protect you, but they can make you very profitable in the long run. Trading NASDAQ100 without proper Knowledge can be very dangerous due to its high volatility. It can wipe your hard- earned money in a matter of seconds if you don't know how things really work when trading it.

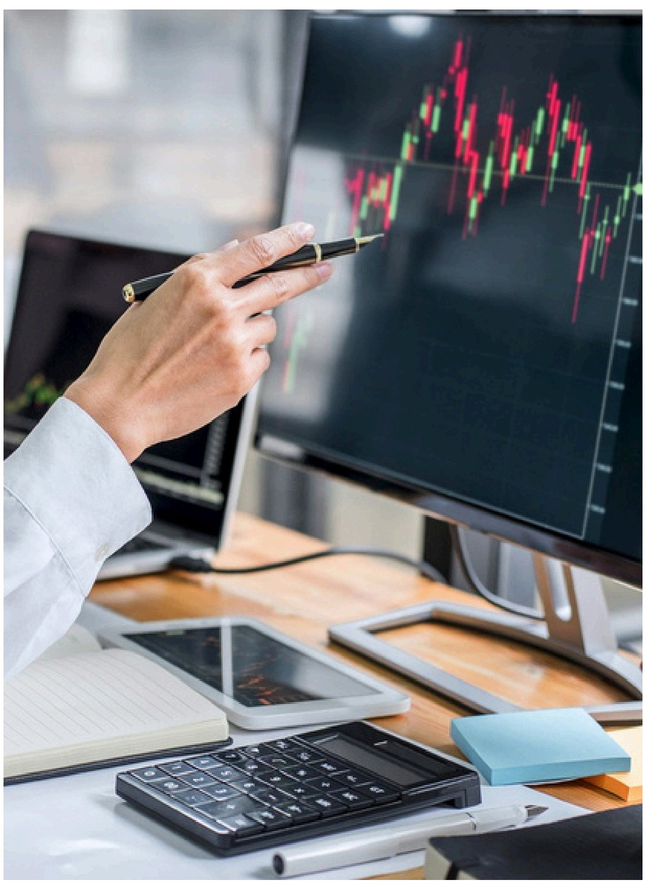
Here is another simple piece of advice I have for those who are still not profitable in Trading NASDAQ100. Set realistic goals when trading. This will help you minimize if not eliminate all wrong expectations on your Trading career.

Don't trade every day Set your target as this will limit you from staring at the charts all the time. You will see what you are looking for but not everything you see will be what you were really looking for, false setups will likely occur.

- Patience and discipline are all that a Trader needs.
- Never aim to double an account in a day or a week.

Sometimes it can happen as you are doing things right but that should never be your aim because the opposite will happen. → Focus on higher time frames for a clear picture of the market





Do not overtrade. 70% of the 90% of people who don't make it in trading are simply doing it wrong by over-trading because they made a good profit today. Instead of stopping for the week or for the day, they then decide to go and look for other opportunities. From there, all the profits they had made were wiped away plus a certain % of the account balance.

Don't have a lot of trades running all at once. Take 2 or 3 trades a week and just apply patience and see your profits increase. Also just focus on a few pairs and this will enable you to trade less.

Always use a stop loss. Even when you are 100% sure of your trade, anything can happen at any time and you will read about the cause later after your account is gone. You can use a take profit or trailing stop for taking profits.

TRADING PLAN

As a Trader, you should always have a trading plan. Because if you fail to plan then you plan to fail. Simple as that.
A trading plan is your roadmap for what you are going to do in the markets. It's something that you have to create and is not optional hence it needs to be written down.

Having a proper Trading plan is essential if you want to become Consistent and Profitable in Trading. A good trading plan includes.
• In the very first place, you have to decide which Financial Instruments you will trade? • How many trades will be taken in a specific period?
• Strategies that work for you that you will use?
• What best time of the day will you trade?
• How much money can you risk per trade?
• When not to trade?
• What are your entry and exit edges?
• What is your Profit Target?

Patience and Discipline

Here I will elaborate more on how a trader can control Greedy, Fear, and Emotions when trading. Failing to control emotions and greed can make you lose what you've earned hard in a very short period of time.
Discipline is the key to preserve your trading capital and increase chances of Trading profitably.

Discipline: How to maintain discipline and patience

- Always set a specific target and when it is reached get out of the market or lock your profits on that point.

- Never trade when you are bored, always follow your trading plan. Always apply proper Risk management so that when the opposite happens, you'll walk out of the market safely without a huge loss. By following your trading plan, you'll always put Fear far away from you. The pain of missing successful trades due to Fear is worse than blowing the account.

Don't over-trade.

- If possible, reduce or eliminate all Distractions, here I'm talking about irrelevant groups and inaccurate signals as they tend to deviate a lot of traders from their Trading plan.

Patience does not only mean when you are waiting for your trade to profit but also when you are waiting patiently for your rightful setup to occur or for a trade to be matured enough before you execute this reduces the risk of losing trade by executing early or to stay in drawdown. Also, when the trade is already in partial profit, you have to wait until it reaches your Target (Take Profit). In the previous lessons I have tried to explain how to Trade the NASDAQ100 profitably starting from the Fundamental Strategies on how to trade the news events and Announcements to the Technical

strategies. Now we are going to Learn the Most effective and crucial Strategy to Trade NASDAQ100 and all other INDICES profitably that I have found working with an accuracy of more than 90%. And if you commit yourself to learning and mastering this trading skill, I can guarantee that it is very possible to make not less than $200 daily with a $100 account using only 0.01 lot size. INDICES Trading is not the same as the way we trade other financial instruments like Currencies or Metals although there are a few similarities.

PRACTICAL EXERCISES

Quiz 1: Understanding NASDAQ100 Basics

1. **Question: The NASDAQ100 includes how many companies?**

A. 100
B. 50
C. 200
D. 150

1. **Question: Which sector is most dominant in the NASDAQ100?**

A. Financials
B. Technology
C. Energy
D. Consumer Goods

1. **Question: Which of the following is NOT part of the NASDAQ100?**

A. Microsoft
B. Tesla
C. JPMorgan Chase
D. Apple

Quiz 2: Support and Resistance in NASDAQ100 Trading

1. **Question: What is a support level in trading?**

A. A level where price is expected to fall further
B. A level where buying interest is strong enough to prevent price from falling
C. A level where selling pressure is expected to prevent further price increase
D. A level where price remains stagnant

1. **Question: Which of the following would indicate a resistance level in the NASDAQ100?**

A. The price moves higher than the previous high
B. The price moves lower than the previous low
C. The price repeatedly fails to break through a certain level
D. The price holds steady at a specific level

1. **Question: If the NASDAQ100 price breaks above resistance, what could this indicate?**

A. A potential for the price to keep rising (bullish breakout)
B. A potential for the price to keep falling (bearish breakout)
C. A potential reversal of trend
D. A potential for the price to consolidate

MODULE 4: STRATEGIES (APPLICABLE TO BOTH NASDAQ100 & US30)

Indices, especially the NASDAQ100, can be tradable using the basic knowledge of Forex Trading but that won't guarantee your success in the long run. In the previous Module, I discussed The Scalping Strategy that INDICES always choose one direction in a certain period and then turn in the opposite direction this is why Indices are referred to as instruments with High Volatility in the Market because they always keep on retracing. And if they don't retrace, when the price keeps going in one direction the Potential continuation patterns are likely to occur in zones and that will be our trading confluence that the price will continue in its direction. These huge price Movements and Retracements most of the time occur from and at certain important KEY LEVELS of Demand and Supply in combination with Support and Resistance. Zones of Supply or Demand in Combination with Support and Resistance simply are zones represented by lines and are not only lines as many thoughts to be. Are zones in which the price tends not to break easily and when broken completely the price will repeatedly retest (creating a Single or Double Retest) the zone before shooting up or down. I have tried to explain in a very simple language so that everyone can understand better.

No need to complicate things, please! I repeat no need to make things look harder while they aren't. I'm saying this because many Traders have this disgusting habit of making things look harder by mixing a lot of strategies and indicators. You can mix with some of the price action strategies like Trends, Trend lines, Trading Patterns, Breakouts and Retest, and others that you know to make your Trading Confluence look stronger but keep in mind that INDICES especially the NAS100 most of the times don't respect Price Action that currency Traders are used to.

This Strategy is based on these Zones as our confluences. The hard part comes on how to draw and spot these Golden zones that will likely make us a lot of money. The Strategy is based on the simple and very crucial knowledge of Supply and Demand in combination with Support and Resistance and if necessary, with some other pure price action concepts. NASDAQ100 and all other indices except volatility indices move in specific numbers (points) before turning or retracing. These points act as our strong Key levels to execute trades from. **Demand and Supply Support and Resistance**

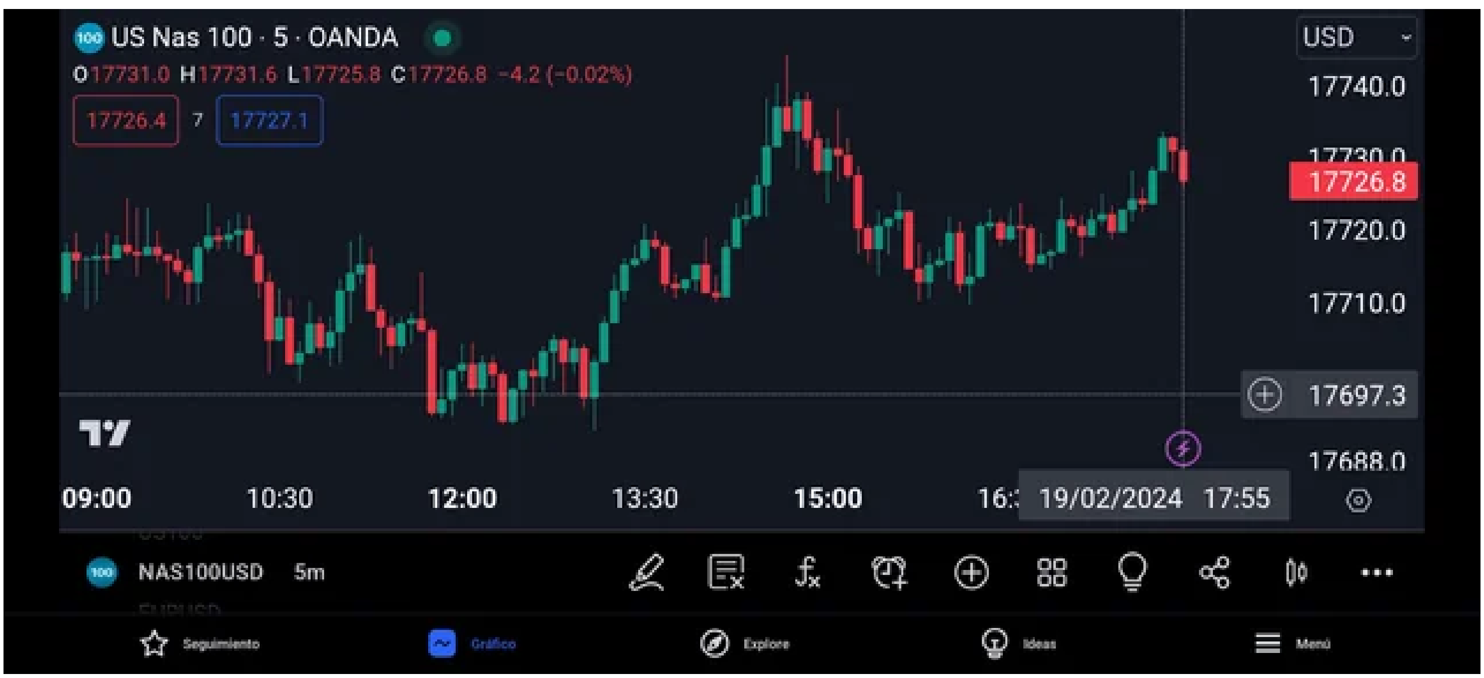
KEY POINTS

When the price reaches these zones will likely.

- Fail to break completely and turn (retrace) back to the previous zone. Break and
- retest then continue moving to the next zone or creating a new zone (Higher high or Higher low) if the market has reached the highest or lowest point of all the time.

NB: This Strategy works with an effective accuracy of more than 90% when Fundamental factors (News releases or Announcements) are not associated.

How to identify these Key Levels / Zones First, we need to understand what these zones are. Important technical KEY LEVELS at which price could face an increased buying or selling pressure. Or simply • Are areas of Support and Resistance where the price tends to stop falling or rising but, in some scenarios, these zones can be broken and retested and then the price continues to its intended direction. Hence Supply becomes Demand or Support becomes Resistance and vice versa.



From the above Charts • KEY LEVELS of Supply and Demand in combination with Support and Resistance are Represented by the Horizontal Red Lines • As we have already discussed earlier, these are the Levels or Zones Represented by lines whereby the price comes to retest for the continuation of the intended market direction or retrace to form a new trend. • Also are the levels at which the price has found either a support or resistance and flipped to become a new level. Turning points are represented by Blue squares on the charts.

From the above chart we can see the price was in a slight Uptrend. • Before making any Trading decisions it is very important to determine the overall Trend using higher Time frames like 4H, 1D or 1W in combination with other Fundamental Factors. Overall Trend can be (Uptrend, Down Trend or Ranging Market) IMPORTANT Before going forward I would like you to bear in mind that not every day is a good day to trade especially the NASDAQ100. Since NASDAQ100 is tremendously volatile hence can cause huge damage (loss) if the opposite happens, so I strongly advise staying away from the market at INDECISION PERIOD whereby the market tends to act crazy with no exact direction with very strong and surprising Spikes to both sides. These INDECISION PERIODS are mostly caused by Fundamental factors like Governmental policies, News reports, etc.

QUIZZES

Quiz 1: Basics of Trading Strategies

Question: What is the primary purpose of identifying key levels in trading strategies?

- A. To guess future prices without analysis
- B. To find where to place stop-loss and take-profit orders
- C. To avoid making trades altogether
- D. To ensure you only trade during high volatility periods

Quiz 2: Key Levels

Question: If the price of the NASDAQ100 repeatedly bounces off a specific level without falling lower, what is this level called?

A. Resistance
B. Trendline
C. Support
D. Breakout

Quiz 3: Breakout Trading

Question: What should you do when a breakout occurs above a resistance level?

A. Enter a trade immediately without confirmation
B. Wait for the price to retest the breakout level for confirmation
C. Assume the breakout will fail and trade against it
D. Avoid trading as breakouts are unpredictable

Quiz 4: Risk Management

Question: If you have a $10,000 trading account and you risk 2% per trade, how much money are you risking per trade?

A. $100
B. $200
C. $500
D. $1,000

Question: If RSI is below 30 (oversold) and a hammer candlestick forms at support, what action should you consider?

A. Sell immediately as the market is likely to fall further
B. Wait for confirmation and consider buying
C. Ignore the signal and wait for the RSI to reach 50
D. Place a sell stop below the hammer

Quiz 6: Volatility and Trend Analysis

Question: What does it mean if the US30 is making higher highs and higher lows?

A. The market is in an uptrend
B. The market is in a downtrend
C. The market is consolidating
D. The market is showing no clear direction

Interactive Exercise

Scenario-Based Exercise

Scenario:

You are analyzing the NASDAQ100 chart and observe the following:

- The price has broken above a resistance level but has not yet retested the breakout level.
- RSI is at 65, indicating approaching overbought conditions.
- A bullish engulfing candlestick forms after the breakout.
-

Task:

- Based on this scenario, what would your next steps be? Choose one of the following actions:
    a. Enter a buy trade immediately.
    b. Wait for a retest of the breakout level for confirmation.
    c. Sell, anticipating a reversal.
    d. Do nothing and observe the market further.

Solution: Wait for a retest of the breakout level for confirmation. While the breakout and bullish engulfing candlestick are strong signals, waiting for a retest reduces the risk of entering a false breakout.

MODULE 5: HOW TO PLACE A TRADE

Penny Stocks

Spot KEY LEVELS, these levels are mostly visible in H1 and 15M Timeframes. (Although the use of Multiple Time Frames is highly recommended from 5minutes to 4 Hour Timeframe for more confluences) • Highlight Turning Points within these Key Levels. • Remove all the Indicators if possible and remain with naked charts for clear vision and better execution. • Then Patiently wait for the market to present opportunities at the Key Levels. We only take trade only when one of these Conditions occurs at Key levels. 1. If the Price fails to break completely the Key Levels and Form a Reversal Patterns or Rejections. This will be a confluence to enter a trade without fear, but Risk management must always be considered. Stop-loss is placed a few points below the key level and Take Profit will be to the next key level of the respective direction/trend. (see illustrations below). **NB. Here you must also be aware of things like Stop hunt and Fake outs.** 2. If the price manages to Break completely (not referring to fake outs and stop hunts) the Key levels then we wait for it to form a small pullback or Retest before jumping into a trade.

NASDAQ100 tends to form a Second Retest (Retesting two times before continuing) so it's better to be patient enough to wait for the right entry to avoid the risk of Drawdowns.
Before reaching Key levels NASDAQ100 also tends to shoot up or down very fast and when it reaches tends to form a false breakout before forming a reversal.
This is the Technique I use to get sniper entries, I'll explain this well in the illustrations below and videos on Telegram.

From the above chart, we can clearly see our Key Levels as well as their respective Turning Points. The price firstly broke and retested the key then went up (This was the first trade entry) and retested back again to the same Key Level ended up forming a Second Retest before shooting up again. (second entry)

Examples of Trades taken based on this Concept.


7757.20
7754.75
7752.30
7749.85
7747.40
7744.95
7742.50
7740.05
7737.00
7732.70
7730.25
7727.80
7725.35
7722.90
7720.45
7 Oct 11:35
7 Oct 13:35


DAQ100, M5
7747.25 7723.25 7734.75
7817.40
7807.90
7798.40
7779.40
7769.90
7760.40
7750.90
7741.40
7734.75
7722.40
7712.90
7703.40
27 Sep 15:00


DAQ100, H1
5.50 8300.75 8294.50 8297.50
8371.15
8360.90
8350.65
8340.40
8330.15
8319.90
8309.65
8289.15
8268.65
8258.40
8248.15
8237.90
8227.65
8217.40
8207.15
73675 buy, 0.05
Nov 17:00
15 Nov 18:00


DAQ100, H1
7977.85
7969.40
7960.95
7952.50
7944.05
7935.60
7927.15
7918.70
7910.25
7901.80
7893.35
7884.90
7930315 sl
7876.45
7868.00
7858.70
7851.10
7842.65
21 Oct 23:00

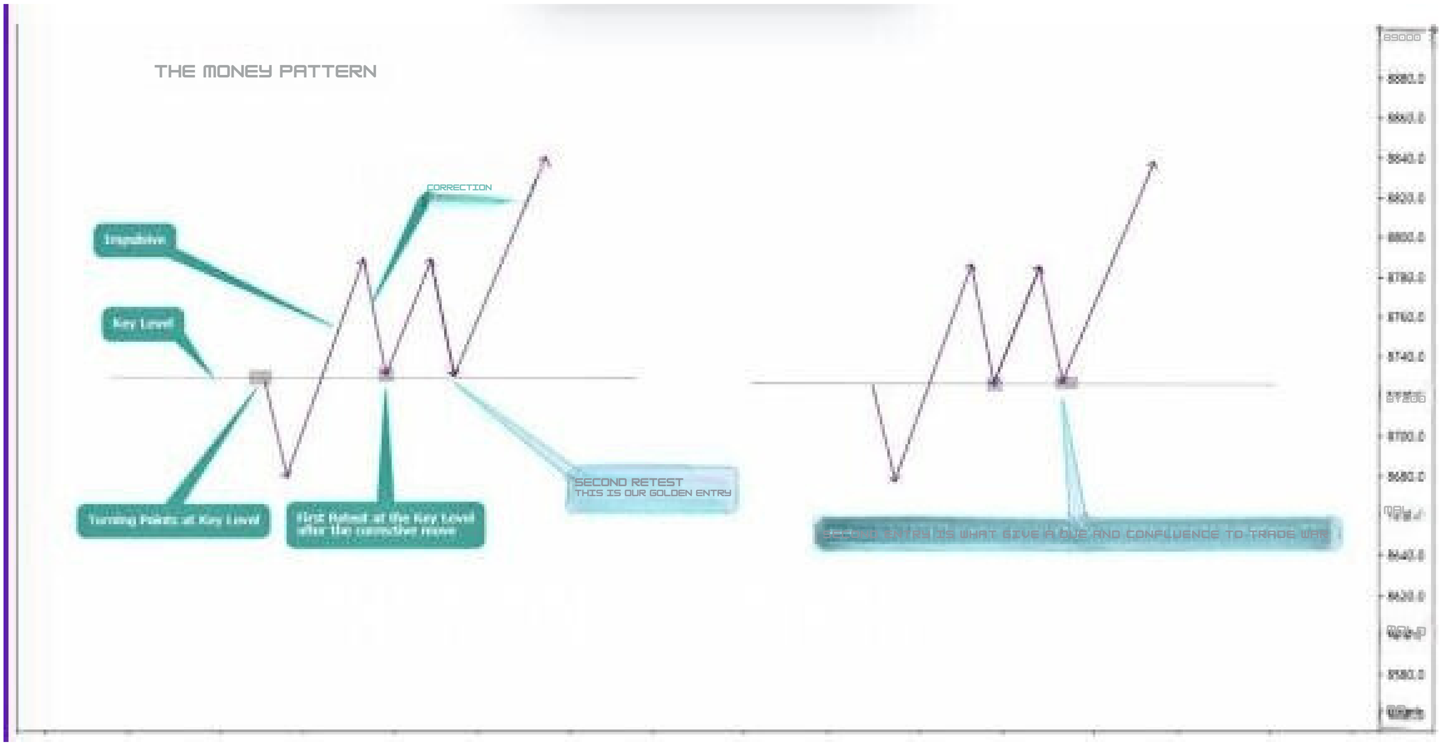
ND100m, M15
8394.5 8390.2 8383.7 8389.8
8400.9
8398.4
8395.9
8393.4
8390.8
8389.8
8388.4
8385.9
8383.4
8380.3
8378.4
8375.9
8373.4
8370.9
8368.4
8366.1
8363.4
8360.9
26 Nov 07:15
26 Nov 13:15
26 Nov 19:15

When the Price reach these zones, these scenarios are likely to happen.

1. Break, retest, and continue.
2. Fail to brake and reverse.
3. Form rejections and reverse
4. Form a false breakout then reverse
5. Break, retest, retest again, and then continue (a second retest always give a sniper entry)

NB: Not always price turns at these special levels but sometimes price goes past a bit before turning and this is the reason we have to treat them as Zones and not as lines even though they are represented by horizontal lines.

With this Strategy, a minimum profit target is not less than 1000 points so even if you use a lot size 0.01 you can still walk away with a very nice profit of 100USD within a short while. (This is why I only Trade NASDAQ100)



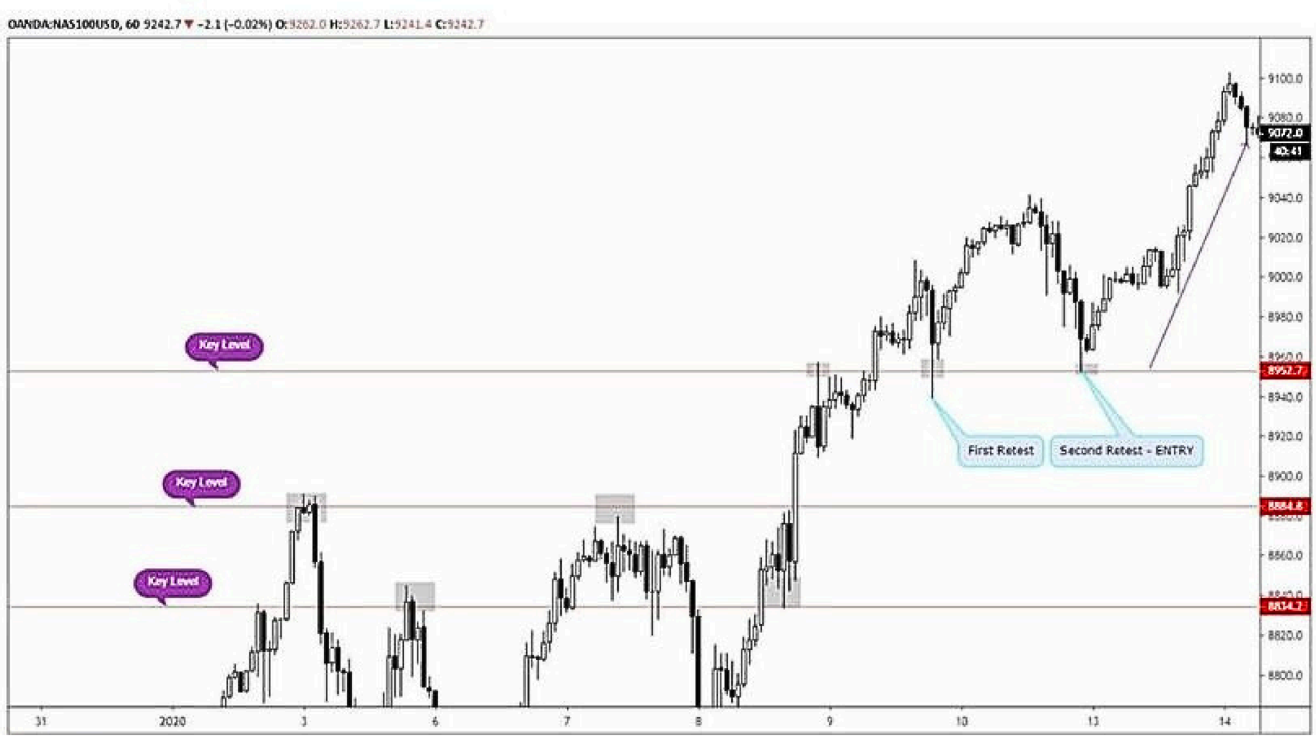
THE MONEY PATTERN Well, you can call whatever suits you because the name doesn't matter. Personally, I call it by the name "The Money Pattern". It is the market Structure that I have discovered within my long days of struggle and losses in the market and for as long as I can recall it is the pattern responsible for more than 51% of all the profits that I have ever made when trading NAS100. Believe me, this pattern is more powerful and Lucrative than any of those that many Traders are familiar with like the Double Tops/ Bottoms or Head and Shoulders pattern. When you spot a pattern like this, patiently wait for it to form reversal candlesticks or rejections then execute trades without Fear. • The Money Pattern is mostly visible in H1 and 15M Time Frames. • It also works on the Bearish Scenario. • This Strategy has a profit accuracy rate of more than 90%.

(see more examples below)

TradingView

From the above chart

- Key level and Turning Points are clearly visible as they are represented by a red horizontal line and Greyed squares respectively.
- Price broke and retested (first retest) a Key Level as indicated above
- Then a small pullback formed to create a Second Retest which acted as our Buy Entry.
- This trade yielded more than 1150 pips with Zero Drawdowns in less than a day.

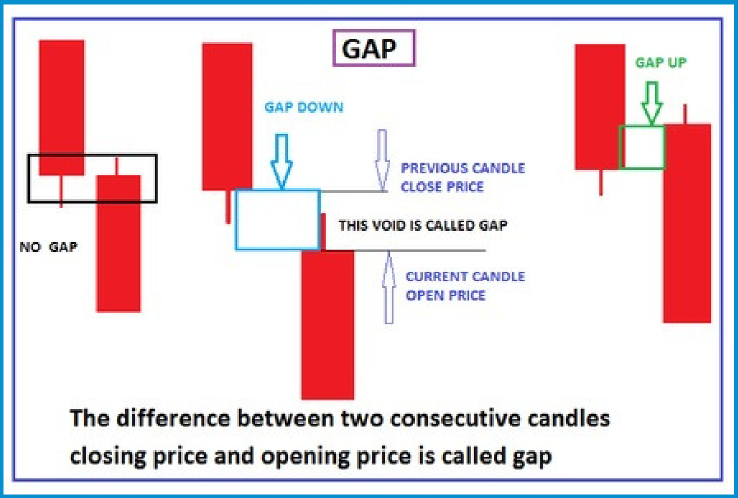


GAP FILL STRATEGY

Gap Fill Strategy is a popular strategy among traders but many fail to understand the reality behind it.

What is a Gap? A gap is an area of a chart where the price either rises or falls from the previous day's close with no trading occurring in between. I won't go deeper into this, but I'll try to elaborate on the important points. The NASDAQ100 opens each day with a new price, therefore when the price opens on a gap up or gap down it shows an imbalance between buyers and sellers. • When NASDAQ100 opens on a significant Gap Down, there is an imbalance caused by too many sellers, it can, therefore, be a good opportunity to buy and wait for a Gap to fill.

• When NASDAQ100 opens on a Gap up means there is an imbalance caused by too many buyers and it can be a good chance to sell and wait for the Gap to be filled. • When the market opens with a Gap caused by Technical Factors that Gap tends not to close (Fill) suddenly and the price will likely continue in the direction of the Gap until when it reaches a strong Key level of Demand and Supply in combination with Support and Resistance and after then it closes.



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Types of Gaps

- **Common Gaps:**

These occur frequently and are often caused by low-impact news or technical adjustments. **Example:** A small gap occurs overnight, but the price quickly returns to the previous level during the trading session.

- **Breakaway Gaps:**

These occur when the price moves sharply out of a range, signaling the start of a new trend.
Example: A breakout above resistance with a gap may indicate a strong bullish move.

- **Runaway Gaps:**

These occur in the middle of an already-established trend and signal strong continuation.
Example: During an uptrend, the price gaps higher, suggesting momentum is building.

- **Exhaustion Gaps:**

These occur near the end of a trend and may indicate that the trend is losing steam.
Example: In an extended uptrend, the price gaps higher but reverses later, filling the gap.

How to Trade the Gap Fill Strategy

Identify the Gap: Look for a clear gap between the previous session's close and the current session's open. **Determine the Type of Gap:** Analyze whether the gap is a common gap (likely to fill) or a breakaway/runaway gap (less likely to fill immediately). **Wait for Confirmation:** Use candlestick patterns and indicators like RSI or MACD to confirm whether the price is likely to fill the gap.

Enter the Trade:

If the gap is likely to fill:

- Short the market if the price gapped up.
- Go long if the price gapped down.

Set Stop-Loss and Take-Profit:

- Place a stop-loss above the high of the gap (for shorts) or below the low (for longs).
- Set your take-profit near the previous session's close to capture the full gap fill.

Advantages of the Gap Fill Strategy

Predictable Patterns:

- Gaps often behave predictably, making this strategy reliable with proper analysis.

Quick Opportunities:

- Most gap fills occur within the same trading session, allowing for faster profits.

QUIZZES

Quiz 1: Basics of Gap Fill Strategy

Question: What does the Gap Fill Strategy rely on?

A. Price gaps being unpredictable

B. Price gaps closing as the market rebalances

C. Continuation of price trends without reversals

D. Eliminating gaps entirely

Quiz 2: Types of Gaps

Question: Which type of gap occurs at the start of a new trend?

A. Common Gap

B. Breakaway Gap

C. Runaway Gap

D. Exhaustion Gap

Quiz 3: Identifying a Gap

Question: If the price of NASDAQ100 closes at 15,000 and opens the next session at 15,200, what type of gap has occurred?

A. Down Gap

B. Up Gap

C. No Gap

D. Neutral Gap

Quiz 4: Confirming the Gap Fill

Question: What should you look for to confirm a gap fill trade?

A. A breakout above the high of the gap

B. A candlestick pattern or indicator showing reversal toward the gap

C. Volume increasing in the direction of the gap

D. No confirmation is needed

Quiz 5: Stop-Loss Placement

Question: Where should you place your stop-loss when shorting a gap up?

A. Below the low of the gap

B. Above the high of the gap

C. At the midpoint of the gap

D. At the previous day’s close

Quiz 6: Common Gap Behavior

Question: Which of the following is true about common gaps?

A. They usually fill quickly.
B. They never fill.
C. They only occur in uptrends.
D. They indicate the start of a major trend.

Quiz 7: Challenges of the Strategy

Question: What is one challenge of using the Gap Fill Strategy?
A. Gaps always fill, making it less exciting to trade.
B. It requires significant long-term holding periods.
C. Not all gaps fill, leading to potential false signals.
D. It works only in low-volatility markets.

Practical Exercise

Scenario:

The US30 closes at 34,000 on Monday. On Tuesday, the market opens at 34,150, creating a 150-point up gap. You notice that:

- The RSI is approaching overbought levels (above 70).
- A bearish engulfing candlestick forms at the top of the gap.
- Volume starts to increase as sellers step in.

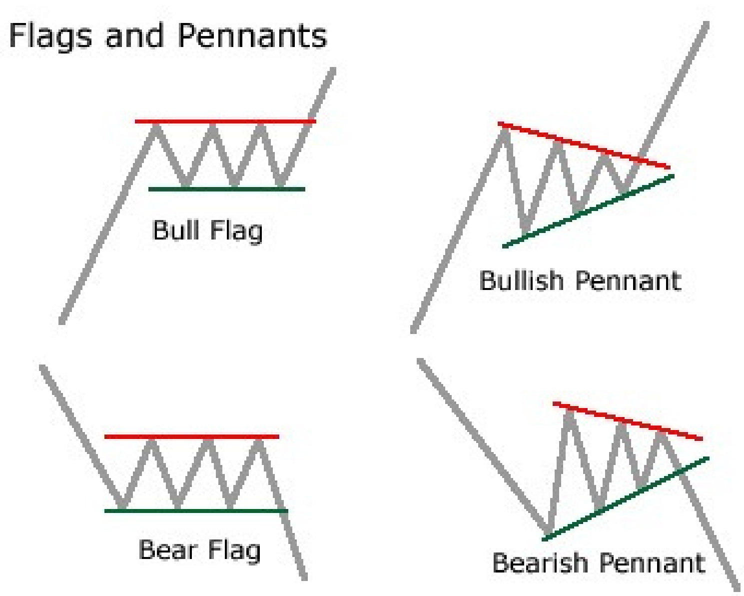
Task:

1. Decide Your Action: Based on this setup, would you:
    - A. Short the market immediately.
    - B. Wait for additional confirmation before shorting.
    - C. Go long, expecting further upward movement.
2. Justify Your Choice: Explain why your selected action is the best move in this scenario.
3. Answer: B. Wait for additional confirmation before shorting.

A bearish engulfing pattern and overbought RSI are strong signals, but waiting for confirmation (such as price breaking below the gap high) reduces the risk of a false signal.

PCP STRATEGY

Potential continuation patterns occur when the trend continues in its existing direction following a brief pause. A continuation pattern suggests that the price will continue to move in the same direction after a continuation pattern completes as it did prior. Nb. Not all continuation patterns will result in a continuation of the trend. Some will result in reversals. There are several continuations patterns that technical analysts use to signal that the price may continue to trend. Examples of continuation patterns include triangles, flags, pennants, and rectangles. • The price must be in a clear Trend (uptrend or downtrend) • Wait for Continuation Patterns to occur • Enter the trade at the breakout of the Continuation Pattern



Stuck in a box

A potential Continuation Pattern (Rectangle) was formed in an uptrend then after the consolidation in a rectangle, the price broke the resistance of a rectangle and then continued moving up.

MODULE 6: WHY DOES NASDAQ100 GET SO VOLATILE AROUND 09:30 GMT-5 (15:30 GMT+2 South African time)?

Openly, the above is one of the questions that many NASDAQ100 traders still can't tell why until today. For this reason, the so-called 'gurus' have taken advantage by lying to many traders that it is the magic time and NASDAQ 100 has to be traded using special crafted strategies or robots while in fact, that's a total lie.

Answering the Question:

NASDAQ100 become more volatile at that time because it is when New York. Stock Exchange opens at 09:30 GMT-5 (15:30 GMT+2 South African time) so Traders and Investors around the world especially the big boys (big banks, hedge funds, large trading institutions) are placing their orders with millions of dollars hence cause that aggressive price volatility.

In the meantime, it is one of the favorites and most lucrative (profitable) sessions to trade NASDAQ100.

Nb: The Module on how to trade NASDAQ100 at this session is also included in the Fundamental Strategies Handbook.

DOTTED LINE STRATEGY

Before releasing any Strategy, we as Mentors like to make sure that we are confident enough that it works after so many back tests and countless live trades. Market behavior is not constant, for that reason we as Traders must always keep on learning new tricks and techniques on how to tackle and secure the market profits massively. Dotted Line Strategy is one of many strategies that will be available in a New Modified Package of PDFs and Video Tutorials. The strategy itself is based on the concepts of Ascending and Descending Channels. Here I will slightly explain based on the trade we executed today and afterward; I would like everyone to back test it at their own time to see the magic behind it. When the market is moving in Ascending or Descending Channel always has a proven tendency to respect the Diagonal Key Levels of the channel. Dotted Line of the Ascending and Descending Channel • What we have discovered over the course of long Trading days is that the price has a proven tendency to respect the Diagonal Dotted Middle line of the channel whenever it reaches. Here listen very carefully, what I've discovered is that. • When the Market is moving in Ascending or Descending Channel and then price reaches these lines it always does the following • Pause (reduce momentum) and then reverse to either the upper or lower trendline of the channel. • Break the Dotted Line, issue a slight retest and then continue to move in its previous direction until the next trendline of the channel

QUIZZES

Concept Understanding

What is the primary behavior of price when it interacts with the diagonal dotted middle line of an ascending or descending channel?

A. It always breaks the line and reverses.

B. It pauses, reverses, or continues in the previous direction.

C. It consolidates for an extended period.

D. It creates a new channel.

Terminology

In the context of the Dotted Line Strategy, what do the diagonal key levels represent?

A. Horizontal support and resistance levels.

B. Dynamic moving averages.

C. Middle and boundary lines of the channel.

D. Fibonacci retracement levels.

Market Behavior

True or False: The Dotted Line Strategy assumes market behavior to remain constant over time.

Channel Identification

What is the visual structure of an ascending channel in the market?

A. Price moves in a downward sloping range.

B. Price consolidates within horizontal support and resistance.

C. Price moves in an upward sloping range between two parallel trendlines.

D. Price forms a triangular pattern.

Strategic Application

If the price breaks the dotted line and performs a slight retest, what is the most likely next move?

A. Reverse and return to the starting point.

B. Continue in the same direction until the next trendline.

C. Form a consolidation zone.

D. Retrace completely.

Risk Management

Why is it essential to back-test the Dotted Line Strategy before live trading?

A. To verify historical data integrity.

B. To identify the most profitable time frames.

C. To ensure confidence in its effectiveness and reduce potential risks.

D. To eliminate the need for live trades.

ALL QUIZZES ANSWERS

TRADING PSYCHOLOGY

1. B
2. C
3. A
4. A
5. B
6. B
7. B
8. B
9. B

HOW TO MANAGE EMOTIONS AND RISK FOR SUCCESSFUL AND CONSISTENT TRADING

1. B
2. C
3. C
4. B
5. B
6. C

MODULE 3: THE NASDAQ100

1. A
2. B
3. C
4. B
5. C
6. A

MODULE 4

1. B
2. C
3. B
4. B
5. B
6. A

MODULE 5

1. B
2. B
3. B
4. B
5. B
6. A
7. C

MODULE 6

1. B
2. C
3. False
4. C
5. B
6. C

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