HOW TO TRADE **ANY** MARKET

CONTINUING FROM WHERE WE STOPPED

HAVE YOU COMPLETED STEP 1?

This live training video builds upon the workshop I previously shared with you.

Participating in and understanding the first workshop is crucial, as it lays the foundation of this system. If you haven't seen it yet, I highly recommend you do:

Watch it here: https://mentfx.com/insider-step-1/

Additionally, there's a PDF workbook available at: https://mentfx.com/workbook.pdf

These PDFs are tailored to complement the video training, offering deeper insights and easy access to the resources mentioned in the video.

As I emphasized **-** if you haven't viewed the workshop, **please do that first.**

This training session will remain available, so there's no rush. I've structured the learning materials thoughtfully to ensure a coherent and straightforward learning experience.

The workshop introduces the foundational ICI trading plan, covering several key aspects:

- Identifying the right conditions for a trading setup
- Recognizing when to avoid certain setups
- Determining the optimal location for your stop loss
- Pinpointing the ideal moment for taking profit
- Managing your trades effectively

This approach is applicable across any timeframe, instrument, or symbol.

Now, let's dive into today's training session!

EXCLUSIVE FOR MENTFX INSIDERS

This training video is exclusively available in our private mentorship program and is not accessible to the general public. It will not be released on my public YouTube channel.

This content is specifically intended for our private mentorship students and Mentfx Insider subscribers.

If you're not part of the mentorship, this video offers a sneak peek into what we cover inside.

Please note, that joining is completely optional. The Insider list is complimentary, meaning you can access this information without any cost.

My goal is to provide you with all the necessary resources to kickstart your journey. Utilize the information I'm sharing and take the steps towards getting funded.

Continuing from where we left off, you've already put in a lot of effort by going through the first workshop. It's really the foundation of everything we're doing here. If you haven't checked it out yet, please make that your first step.

Now, for you insiders, I've got something special. I'm going to show you exactly what you're aiming for, and I'm not hiding anything behind a paywall.

This is my system, up close and personal.

In the first part of our training, you'll see how consistent effort and experience can seriously boost your skills. You're going to see your own trading system get better and better over the next few months.

FRAMEWORK FOR PATIENCE

We're not doing anything different here. It's the same drill: follow the rules, let the setups come to us, and only take the trades that make sense.

We don't hop in and out of trades randomly, nor do we try to force things to happen.

You've probably heard me say it a million times - patience is key.

And if you're getting tired of hearing it, that's actually a good thing.

Think about it: there are thousands of markets to trade, each with its own timeframes. This means there are countless opportunities every single day.

But here's the catch - you can't and don't need to catch them all.

You can be successful by just catching a small slice of what's happening every day.

If you focus too narrowly, sure, you can convince yourself to make a trade just about anywhere. But that's just seeing the CONCEPT and missing out on the bigger picture - the CONTEXT.

FRANTICAL ANALYSIS

Today, I'm going to walk you through what you should do when you're analyzing the charts.

A common issue I've noticed is that students understand the entry criteria and know they need to perform a higher time frame analysis. However, instead of clarifying things, this higher time frame analysis often just muddles everything up.

Let's say you're someone who places 1-minute entries and decides to start a top-down analysis from a yearly chart, working your way down through the timeframes. By the time you reach your entry timeframe, you might find that the trends across these timeframes don't align well.

This is where the confusion kicks in.

Imagine this: the yearly chart shows a bullish trend, but the monthly chart is bearish, the weekly is bullish again, but the daily is bearish. So, what do you do? Are you bullish or bearish?

That's precisely what I want to tackle in this training.

I'll demonstrate how to conduct a thorough analysis without getting lost in the complexity of it all.

WORKS ON EVERYTHING

This trading approach is versatile – it works on everything. It doesn't matter if you're into Forex, stocks, crypto, futures, commodities...

And it's the same regardless of the timeframe you're trading on – be it 1 minute, 23 minutes, 3 hours, 7 hours, 13 days, or even 2 and a half months. I'm exaggerating to make a point here: the timeframes really don't matter.

Markets behave similarly across the board, no matter the market or the timeframe.

There are basically two stages in market movement – Stage 1 (consolidation) and Stage 2 (markup or markdown). When I talk about these stages, I'm referring to the Wyckoff methodology.

But here's the thing – you don't need to dive deep into Wyckoff. It's not going to directly aid in what we're doing.

What I've done is synthesize concepts from various market theories I've studied to create a clear, straightforward way of looking at the markets.

All you need to understand is that the market is always in one of these two stages – either consolidating (Stage 1) or in a trend phase (Stage 2).

In the video training I've prepared, I placed my entries on the 1-hour chart. I picked a random stock I'd never analyzed before and scrolled to a random section.

In the mentorship program, I have backtesting videos where I use 15-minute and 1-day timeframes.

Personally, for my Forex trading, I currently use a 15-minute timeframe for entries, and for stocks, I trade on a daily chart.

But remember, in the previous workshop, I demonstrated how you can apply this system even on a 1-minute chart.

CLOUDS OF LIQUIDITY

The reason this trading strategy works across all timeframes and markets is that liquidity is engineered in the same way everywhere. This is the key process behind the transfer from weak to strong hands in the markets. I've created a detailed video explaining this concept thoroughly.

If you haven't seen it yet, I highly recommend watching it. You can find it here:

https://www.youtube.com/watch?v=1trkOnKk2tI

This video will give you a deeper understanding of how liquidity functions and why it's a crucial factor in trading across different markets and timeframes.

RULE OF 30

A practical approach to avoid getting overwhelmed by higher time frame analysis is what I call the "Rule of 30." I've even made a YouTube video about it, which you can watch here:

https://www.youtube.com/watch?v=EHMRFoBKuI0

This rule is a straightforward way to determine which time frame to use for your higher time frame analysis. Remember, it's a guideline, not a strict rule.

Here's how it works: If your entry time frame is 1 minute, then according to the Rule of 30, your higher time frame would be 30 minutes.

If your entry time frame is 5 minutes, your higher time frame, following this rule, would be 150 minutes, or 2.5 hours. In such cases, where the time frame doesn't neatly fit into a standard chart, you can adjust to use either a 2-hour or 4-hour time frame.

This rule provides a basic framework to guide you in choosing an appropriate time frame for analysis.

For example, if you're entering trades on a 1-minute time frame, analyzing a weekly or monthly chart might not be as effective due to the significant difference in time scales.

In the training video I made, I used the 1-hour chart for my entry time frame. Applying the Rule of 30, my higher time frame for analysis is 30 times higher, which would be 30 hours. However, I rounded it down to 24 hours and used the daily chart as my analysis time frame.

RULE OF 4

Alongside the Rule of 30, I've also introduced a complementary concept – the Rule of 4. While the Rule of 30 aids in higher time frame analysis, the Rule of 4 is crucial for SND (Supply and Demand) zone validation. This is a more recent addition to my teaching, but it's a game-changer in avoiding unfavorable market conditions.

Let's break it down with an example: Suppose you determine that the trend is bullish on the daily timeframe. Next, you apply the Rule of 4. In this case, it means switching to a 4-hour timeframe to assess if there's a valid SND zone that supports your bullish view.

For bullish trades, you're looking for demand zones, and for bearish trades, supply zones are your focus. These zones act as points of invalidation.

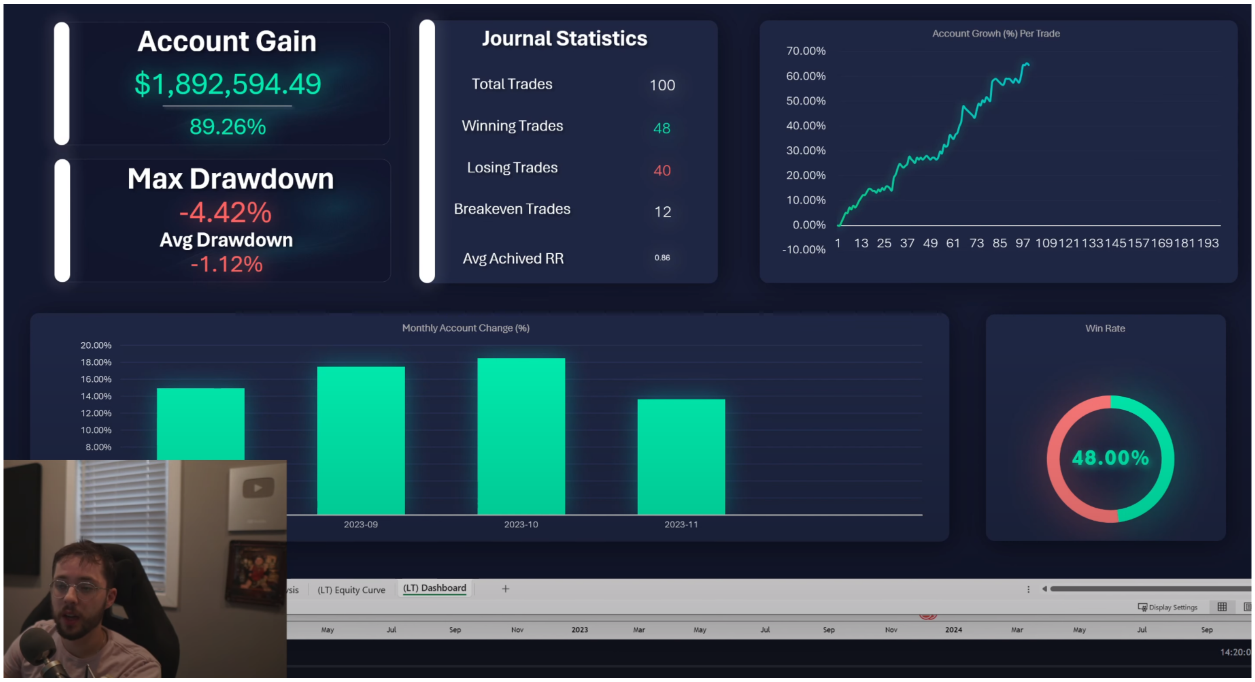
In simple terms, if the price moves outside this identified zone, the potential entry is invalidated. In such a scenario, it's best to step back, wait, and look for another opportunity under more favorable conditions.

Additionally, if a double opposing zone forms, it's a signal to walk away. For instance, if you're eyeing long positions and have identified a demand zone, but then a double supply zone forms, this indicates an influx of short selling. It's a clear sign that you should hold off on long positions and wait for a clearer opportunity.

THE RESULT

In the video, I shared my personal trading results using this system, focusing on the period from August to December.

A crucial note: when you look at my equity curve, please concentrate on the account gain percentage, maximum drawdown, and average drawdown. Ignore the account size, as it's just a placeholder. I initially entered $1,000,000 when starting the journal, but this doesn't reflect my actual account size.



An important observation here - my win rate is below 50%. This means I don't win even half of my trades.

Yes, I take losses. But the key is in how I manage risk and limit potential downsides while allowing my winners to run.

Experiencing losses is an essential part of trading. The outcome of individual trades isn't what matters most. Wins and losses occur randomly. If you stick to the rules and faithfully execute the system, the edge you have will reveal itself over time.

In the training video, I took 5 trades. The first and second were losses. Imagine starting a new challenge account and facing two losses immediately. It's common to feel the urge to change something to avoid further losses. But we didn't alter our approach.

We went on to make another trade, which turned profitable. Then came another loss. But our winning trade was still on track.

We entered one more trade, which we also managed effectively. The end result? Those two successful trades resulted in a combined gain of 10.83 Risk-Reward (RR). After subtracting the 3 losses, we ended up with a net gain of 7.83 RR.

The takeaway here is clear: Apply proper risk management, execute the system, and let your edge play out.

Wishing you the best of luck,
Anton