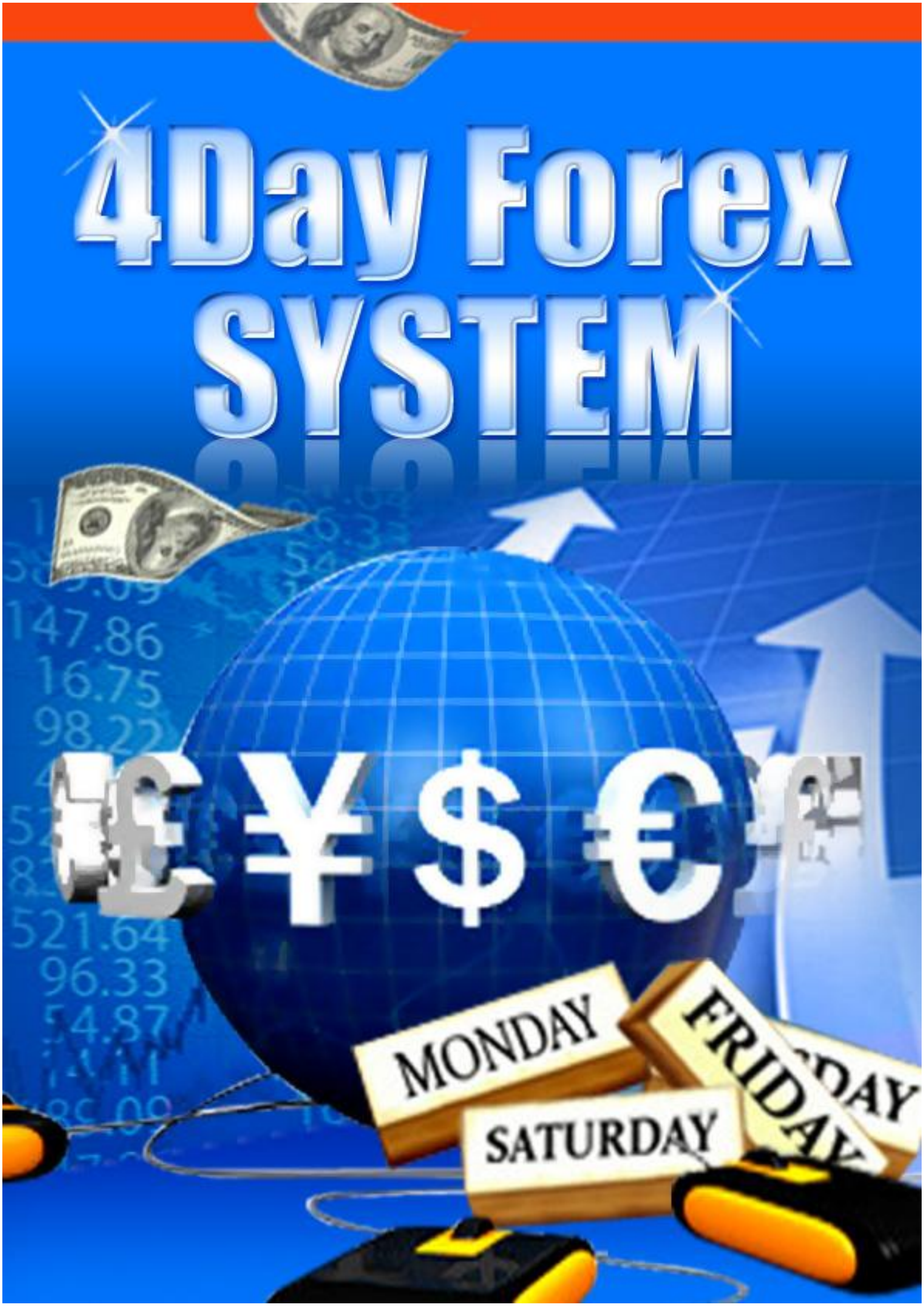
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Contents

Chapter 1

Welcome To 4DayForex™

This chapter will give you a short welcome and introduction to 4DayForex™ before we dive right into the eBook.

Welcome to 4DayForex™. We would first like to say thank you for choosing to invest in 4DayForex™. You have made a decision to view your trading seriously and take it to the next level – we are thrilled that you have decided to do this with us!

We want to get straight to the "good stuff" as much as you do, we first have a couple of things to say before we do that, but we will keep it short.

This eBook is meant to be read in the order it is presented; by skipping anything at the beginning you are likely to not understand certain things fully later on. However, once you have read through the book for the first time, we recommend you come back to it again and again – particularly the real-life trade examples in Chapter 10.

We will start the eBook by giving you an idea of what to expect from the book. We will then move onto the critical concepts behind the strategies and how to setup your charts for the 4DayForex™ strategies. Finally, we get right into the strategies themselves, and go through many examples step-by-step.

Right, we're done, let's dive right in…

Chapter 2

What 4DayForex™ Will Do For You

This chapter will give you an instant overview of what you should and shouldn't expect from your investment in 4DayForex™.

Whether you have never bought an eBook, or any type of learning material, on Forex previously, or have spent thousands of dollars… you are in a very lucky position to be reading this now!

Why?

Well, if you've never even opened so much as a book on trading Forex before now, you can give yourself a big pat-on-the-back right now. You have managed to choose what could possibly be the simplest, low-risk, high-reward and absolutely-no-hype Forex system on the market.

And if you've already spent thousands (and in some cases tens of thousands) of dollars on trading books and courses you are also among the lucky few. If you fall into this category, you will nod-your-head and truly understand, within the next few pages, at how simple and profitable Forex trading can be.

For most of you reading this you will most likely have read and learned at least *something* about Forex trading. But, as you have wisely chosen to invest in 4DayForex™, your trading career has perhaps not quite gone as well as you had hoped up to this point. That is now about to change.

So let's now dive straight in and explain how 4DayForex™ is different to anything else you have seen, read, watched or heard about – and what it can do for you…

Firstly, we will deal with what 4DayForex™ won't do for you, and then get onto what it can do.

4DayForex™ Is Not An "Auto-Pilot Robot" System

4DayForex™ is not an automated system that you set running while you are away from your computer. We've all seen these types of systems for sale - with their fancy website graphics and over-hyped sales-pitch.

You may have bought one of these "systems". Typically they are called things like, "Forex Super Robot" or "Automated Forex Profit Income" or some other over-the-top title such as that.

If you have previously bought one of these titles, fair enough, they can be quite convincing to newcomers to Forex trading. But, as you have most likely found out, the "system" delivered less than stellar returns – or, to put it another way, you lost some money with it. You either lost a lot of money, or if you were *very lucky*, you just lost a little money; either way, you've learned from the experience, and **you are now ready to learn to trade for real**.

4DayForex™ Is Not A Black-Box "Secret" Strategy

4DayForex™ is not a black-box strategy that uses indicators that are a "secret" - nothing like that here. 4DayForex™ uses only one indicator which is available on pretty much every trading/charting platform.

4DayForex™ is about something simple, something that works and something that YOU can learn. Our sole aim is to turn you into a profitable trader – not sell you "fancy" indicators.

4DayForex™ Won't Make You Rich Overnight

4DayForex™ will not make you rich overnight. We want you to learn to trade Forex simply and profitably. This is why 4DayForex™ focuses on what works, discards anything that doesn't work, and just gives you what you need to make money.

You are not likely to make money trading 4DayForex™ on your first day of trading it. If, by the time you have finished reading 4DayForex™, you think you will be making money every day from *day one* then we have failed at our objective at turning you into a profitable trader.

One of the core requirements of being a successful and profitable trader is that you have a realistic understanding of what is possible in trading. This is why you must be realistic and understand that you will not make money every day. You must also understand that learning how to trade 4DayForex™ will not happen overnight – you must accept that there is a little learning and experience required from you.

Now on to what 4DayForex™ can do for you…

4DayForex™ Can Give You Trading Confidence

4DayForex™ teaches real strategies that YOU will learn to trade with. You will not be dependent on others for signals, support or indicators. You will be guided, step-by-step and taught to <u>stand on your own two feet</u> with your trading.

One of the reasons you want to learn to trade is to be independent, right? Well, one of the first steps along this path is to understand that to be independent – you must be independent! That maybe sounds silly, but think about it, how can you be an independent trader if you need some else's signals or indicators for you to trade? It just doesn't make sense!

One of our core aims is to make you independent!

4DayForex™ Shows You How To Understand The Strategies Inside-Out

4DayForex™ doesn't just tell you, "do this when such and such happens". No, we explain every little detail about 4DayForex™ to you, each step of the way. Remember, our aim is to get you to the level of becoming an independent, successful and profitable trader.

We tell you what you need to know – because you need to know it – this is part of becoming a successful trader. We explain the concepts and reasoning behind every part of 4DayForex™ so that you fully understand how and why you are trading the system.

4DayForex™ Shows You How To Understand The Forex Market

We explain things about the Forex markets that others leave out.

Many book and courses just teach you about "the system" or "the strategy" and fail to provide the trader with the additional information that is absolutely critical to your understanding of Forex.

Trading would be super-easy if you could just pay attention to the strategy and ignore everything else. Unfortunately the markets are not that ideal. However, YOU are in luck, as throughout 4DayForex™ we provide you with the core things you need to know about the Forex market.

Chapter 3

How We Will Teach You, Step-By-Step, To Trade 4DayForex™

This chapter will outline how we will go about teaching you 4DayForex™ step-by-step – this will give you a better idea of what to expect in the coming chapters and make it easier for you to learn the strategies.

While this eBook is aimed at both new traders and more experienced traders – we have to set a lower-limit on what we teach you.

If you are experienced in Forex trading then you will welcome this refreshingly simple, yet powerful, strategy we teach.

If you are absolutely new to trading there is a chance that some of what we teach will be fairly advanced. However, we are sure, by the very fact you have bought this eBook, that you know at least a little about trading – and that is all you need to know to make real progress with 4DayForex™.

We have had to make some assumptions about how much you, the reader, knows about Forex and trading. If we were to start from the very, very beginning then this eBook would likely be at least twice the size.

So, to keep the eBook as short and simple as possible, here are some of the assumptions we have made:

- You know that Forex is a 24-hours-a-day, 5-days-a-week marketplace.
- You know how to view and use basic trading/charting software (i.e. Metatrader4).
- You know what Candlesticks are on a chart.
- You know some of the basic indicators that can be used on charts (NOTE: only one indicator is used in 4DayForex™, RSI, so this is knowledge is not critical)
- You know how to use your trading platform to place orders, place stoplosses, etc.

Almost everyone reading this will be familiar with the above – and some of you will be way beyond this! However, we just wanted to make it clear where we were coming from, so that no one is left out.

The 4DayForex™ Concepts

First we will start with the concepts behind 4DayForex™ and why they work.

We will explain the concepts as theory (okay, boring for some, but we want you to understand 4DayForex™ fully!) and then demonstrate with examples of real trades later on.

The Charts

It will be difficult to explain the 4DayForex™ strategies and all the details without charts.

So, the first thing we will do is guide you on how to setup your charts.

The 4DayForex™ Strategies And Actual Trades

After we have the charts going, you understand the theory and are comfortable with the various elements of the strategy, we will finally go through real trade examples with the strategies.

This is where you will learn the most in the eBook. Of the parts of the eBook you are likely to re-read – this is most likely where your time will be spent.

In fact, this is really the core of the eBook, and really the best way to understand 4DayForex™. Everything else in the 4DayForex™ eBook is still required (we wouldn't have written it if it wasn't!). But the example chapter is where you will truly come to understand 4DayForex™.

We should mention here that you will almost certainly, even the more experience among you, not grasp everything in the examples chapter on your first read, or even your second. There is a lot of information and subtleties that you will only comprehend after actually trading yourself.

Our hope is that you will use that chapter as a reference.

Some Tips & Tricks

We will end the eBook with a summary of 4DayForex™ and various Tips & Tricks.

Hopefully you will have understood everything in the eBook, but if there are some lingering questions, this chapter should answer them.

Chapter 4

The 4DayForex™ Concepts

This chapter will introduce you to the core concepts behind 4DayForex™ - with this knowledge you will then have a solid foundation on which to understand the trade examples in the later chapters.

There are *four* underlying concepts to 4DayForex™. Each one is critical to why 4DayForex™ works. In turn, understanding these concepts, will more easily allow 4DayForex™ to work for you.

On to the 4DayForex™ concepts…

Low-Risk, High-Reward

Okay, this is probably the "aim" of most trading strategies and systems out there – and 4DayForex™ is no different. However, in 4DayForex™, we will define exactly what we want.

By low-risk we mean a small stoploss.

Each pair in the Forex market typically makes a decent move at least once during the trading day. Part of the strategy, as you will see later, is getting on this move.

The 4DayForex™ strategy thus focuses on the lower timeframes to look for opportunity. The timeframes mostly used, and the only ones we will focus on in this eBook, will be the 5-minute and 15-minute timeframes.

By looking for trade entries on these timeframes we are lowering the amount of pips required for our stoploss – compared to entering on hourly, 4-hour or daily charts.

Any Pair, Any market

The second concept behind 4DayForex™ is that the strategies work on ANY Forex pair. Each Forex pair has slightly different characteristics (such as most active trading hours, the type of news that moves it, and so on) and so we don't want to be at the mercy of these "characteristics".

We want a trading system that works on ANY pair and on ANY timeframe – we want flexibility. We don't want to feel that, if a particular market should change, our trading method will not work anymore. Because of the solid underlying concepts of 4DayForex™ this will never happen.

Although we stick strictly to the Forex market, and the 5-minute and 15-minute timeframes, we should point out that this strategy will work on *any timeframe* and in *any market*. 4DayForex™ has the ability to do this because it is based on simple, repeatable underlying factors and principles that make up any market, whether it's Forex, Soya Beans, Stocks or the Dow Jones Index.

Simple and Repeatable

This follows on from the previous concept of being able to apply the strategy to any market.

The financial markets can sometimes seem the most complex thing in the entire world. However, there is a small thing we should bear in mind, and that is: markets (whichever ones we are interested in trading) are just people buying and selling. Nothing else!

Some people expect the market to go up; and others expect the market to go down. There really isn't much more to it than this. It should now be obvious that any strategy that is going to work across multiple markets and multiple timeframes must be simple and repeatable – just like the markets are!

Anyone Can Trade It

Similar to the previous concept following on from the one before it – this concept also follows on from the previous concept.

There would be no point writing an eBook for traders who wish to improve their trading, become profitable and better themselves and their lives if the means of achieving this was out of reach for them.

The 4DayForex™ strategy does not require any fancy software. No special Forex data-feeds are required. No expensive charting packages are required.

The 4DayForex™ strategies themselves are very easy to understand. The strategy will still require you to think about a few of the concepts; but overall, by reading this eBook thoroughly and keeping it to hand, you should be fairly confident in successfully trading what you learn.

4DayForex™ ticks all of the boxes of the above concepts.

Chapter 5

4DayForex™ Chart Setup

This chapter will go over how to setup your charts for trading 4DayForex™.

As we've mentioned many times throughout this eBook – 4DayForex™ is simple. It is also quite simple to setup the chart, but we will go through it step-by-step, so you know what we have on the chart and why we have it.

As we have previously mentioned, we recommend a Metatrader4 broker for this strategy, and so we will use Metatrader4 in our setting-up of the charts.

We recommend Metatader4 as it is the most accessible platform, it offers charting *and* trading, there are many brokers who offer it, and it is overall a very user-friendly and reliable platform.

The Chart Setup

Starting with the default chart in Metatrader4, we remove the gridlines and change the candle colors, and end up with the following:

We then drag-and-drop the "Relative Strength Index" (or RSI) indicator from the Indicators menu onto the chart.

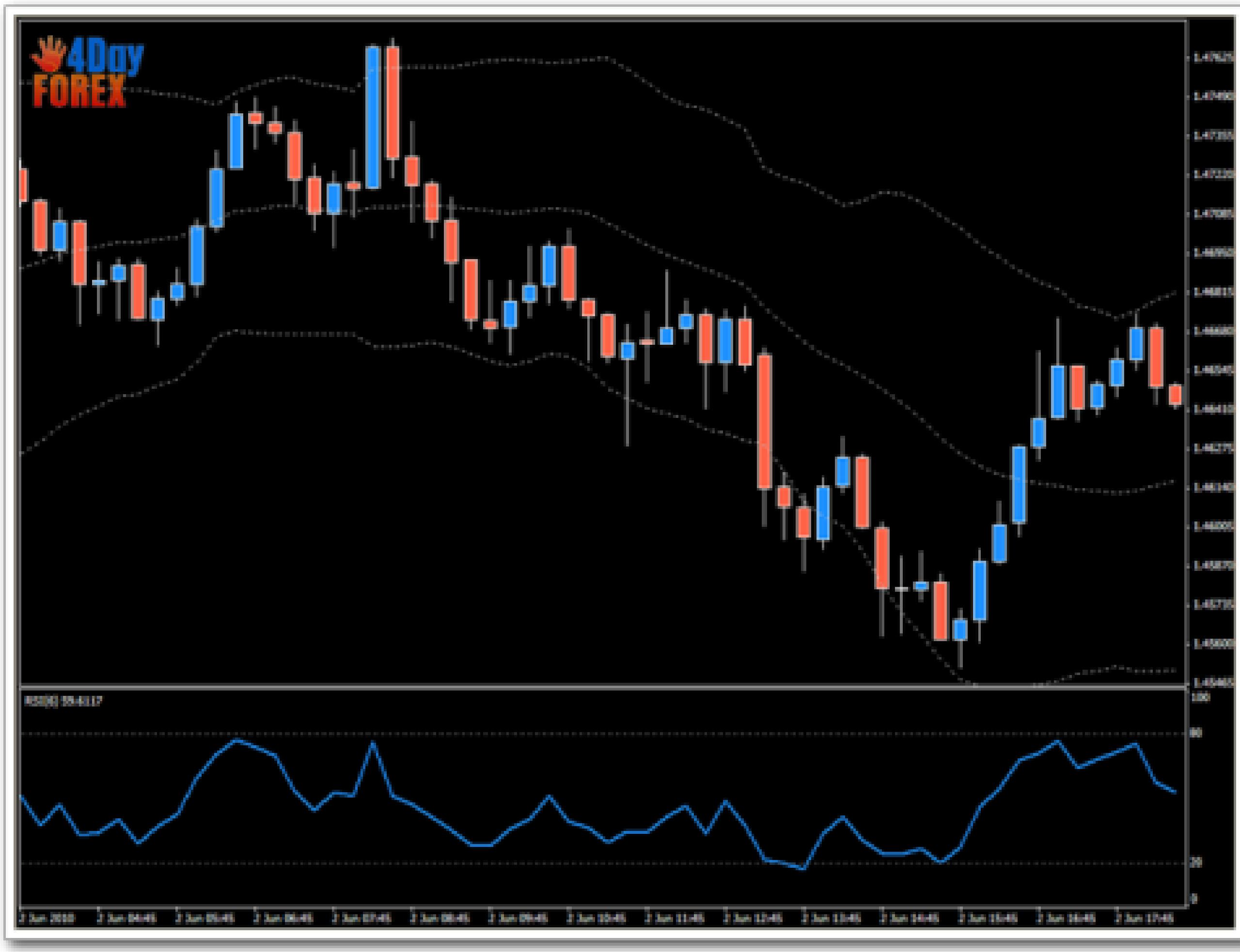
We set the indicator period value to '6'.

We also add horizontal, dashed lines at '80.0' and '20.0' (NOTE: these lines are a little hard to see on the chart below – but you should be able to see them if you zoom in).

The chart should now look like this:

Finally we add the "Bollinger Bands" indicator.

The final chart setup should look like this:



The Bollinger Bands are not a core part of the 4DayForex™ strategies – but they help as a visual guide for when price is either reaching extreme levels or tightening up into a narrow range.

As we said, they are not part of the core strategies, so we will not be mentioning them much more. You should find they give you a little help in interpreting the market though.

Chapter

6

4DayForex™ Critical Component #1: Time

This chapter will talk about time, timing and how it factors into the 4DayForex™ strategies.

Although we want to you to get started trading 4DayForex™ as much as you do; there are a few things you really do need to know before doing so. This chapter, and the following two chapters, provide you with three absolutely Critical Components to the 4DayForex™ system.

The Critical Component chapters are not too long – but they are essential to understanding 4DayForex™.

This chapter deals with the first Critical Component: Time and Timing.

Trading Hours

Although Forex is a 24-hours-a-day, 5-days-a-week market – taking trades at just any time throughout the week is *financial suicide* and your account will be in ruin very quickly!

You need to know that profitable trading comes from making trades that are likely to follow-through with momentum and not just mess around not moving anywhere – or worse, come back against you.

For this reason you need to know when the most liquid times are for trading. It is the large institutions (namely large, international banks) that provide liquidity in the Forex market – so you need to know when these institutions are trading.

London is still the financial capital of the world, and in particular, the Forex market. As a result London business hours are where most of the action occurs in the Forex market.

The US is also a major player and so they come a close second in terms of which hours to trade. The overlap between the US session and the London session is the most liquid part of the Forex trading day.

So to sum it up, you will be looking to trade the London and US hours, which in GMT times run from around 06:00GMT to 21:00GMT.

Now, within these hours, the main trading times you should be looking for opportunities are:

Around 06:00GMT to around 10:00GMT…

and…

around 12:00GMT to around 16:00GMT.

But we need to break it down even further than this…

London Session

There are three main trading times we look to takes trades.

The first one is the morning of the London Session.

The first few hours of the London Session, which is 06:00GMT and on, is when we look for trades that will give us a big move.

The morning of the London Session is where the main move of any trading day will many times start – so we preferably don't just want to be grabbing a small handful of pip here.

So the first few hours of the London Session are where we are going to be looking for a good-sized, momentum-driven move.

London-US Overlap

The US Session opens when the London Session is around halfway through.

As we know from above, the London Session can start the main move of the day.

Now, what can happen quite often is that when the US Session starts, we get a reversal of the direction the market was moving during the London morning session; this is our second trading time we look out for.

As with the London Session morning, with the London-US overlap, we will be looking to take a decent number of pips from the market, as opposed to just grabbing a small amount.

Outside The London and US Sessions

When London and the US are closed we are not really looking to trade for big profits.

However, there is still opportunity, but we generally need to take profits while they are there.

If you remember, from what we talked about earlier, it is the major banks and institutions that really drive and push price to give us the big moves.

Now, because the London and US are the main drivers, when they are not in session, moves in the market tend to be small and short-lived.

We have strategies in 4DayForex™ to trade outside the main hours, but we must generally remember that taking a small amount of profit in these times will be our most profitable strategy overall.

Chapter

7

4DayForex™ Critical Component #2: Trigger

This chapter will present the triggers you will use to enter trades.

When trading a strategy, you need all the parts of the strategy to line up together – or there is no trade.

As those of you who are experienced in trading know, it is VERY easy to see something that isn't there. How often have you taken what you think is a trade only to get out for a loss very soon after and think, 'What was I thinking? There was no trade there!'?

Having what we call a *trigger* will help you in two ways: firstly, it is extra confirmation on your trading strategy – it will swing the odds of the trade working out in your favor even further; secondly, it will keep you out of a number of potential losing trades.

However, it is worth noting that it will also keep you out of a number of winning trades as well. You will find, and we highly recommend doing your own research and backtesting on this, that the benefits of keeping you out of losing trades will far outweigh the times it keeps you out of winning trades.

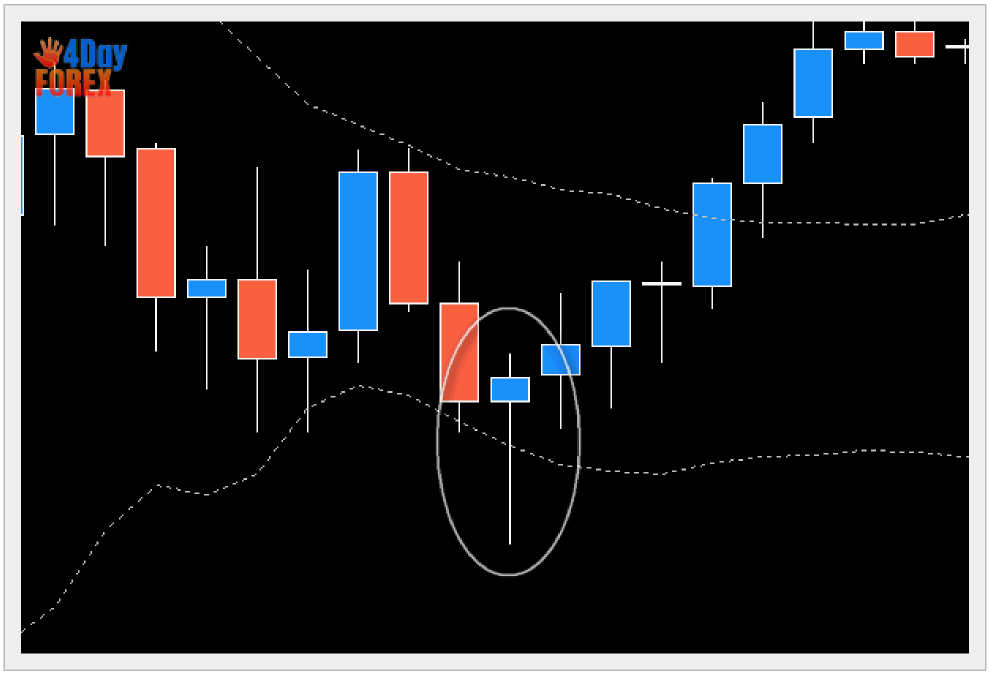
The triggers we use are in the form of a small number of candlestick patterns.

If you know anything about candlestick patterns you will be aware of the various Japanese names for the patterns and the reasons behind them. In 4DayForex™, we want to keep it as simple as possible, and so we don't follow any sort of standard convention or rules for the candlestick patterns; we will tell you what we call a particular pattern and why we use it – simple as that.

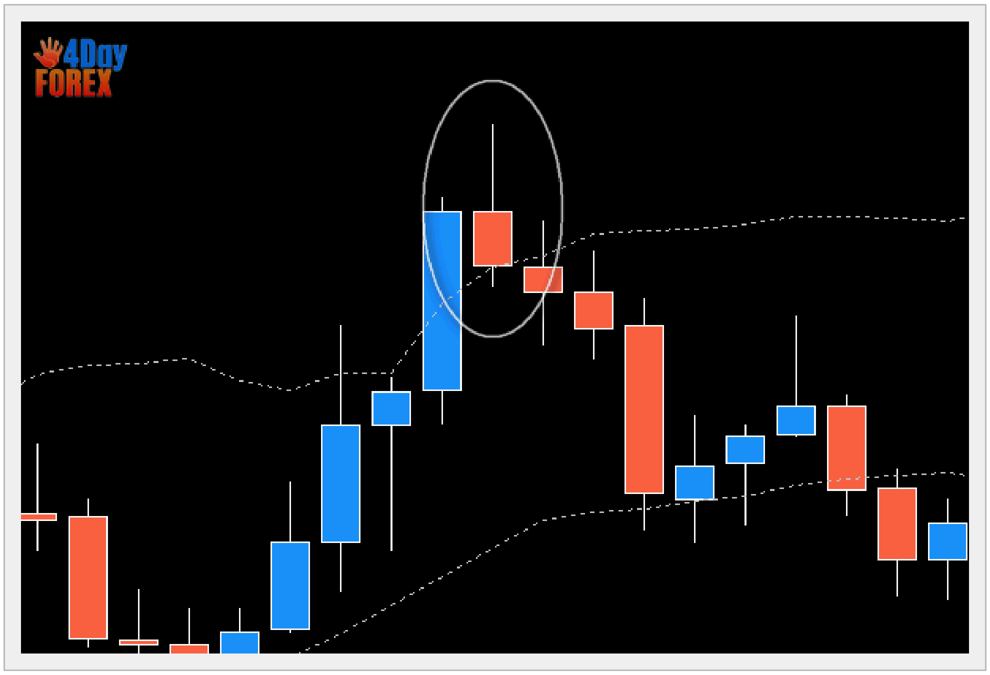
So, onwards with the triggers…

Pinbars

We call the following pattern (the candle within the white circle) a 'Pinbar' or 'Pin':

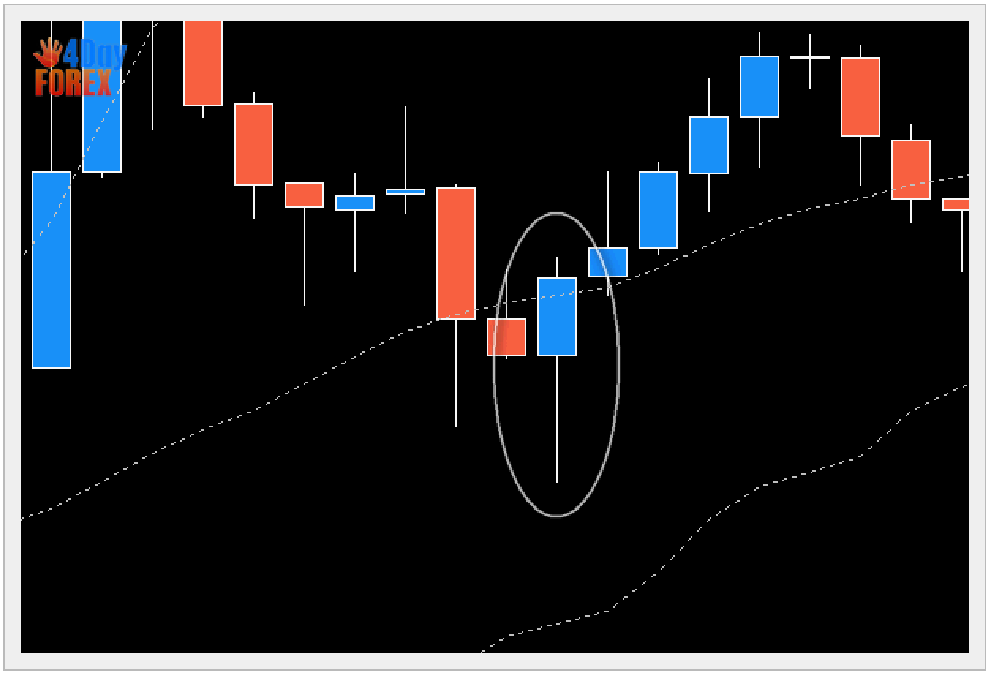


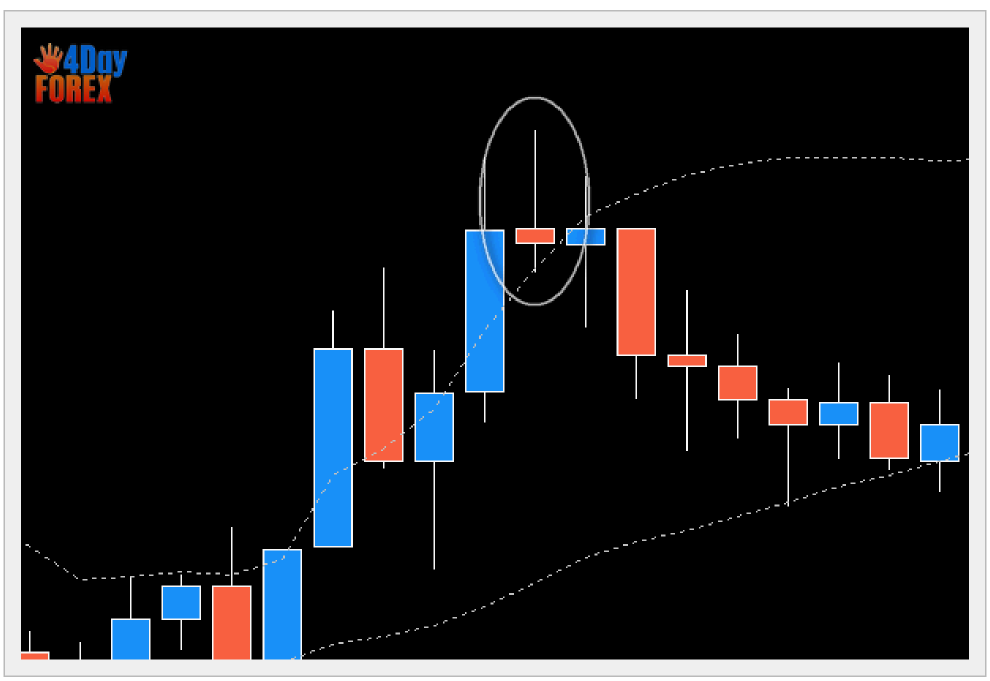
The example above is a Bullish Pin; this is the type of pattern we would be looking out for to enter into a long position. You can probably guess what a Bearish Pin looks like – but we'll show you anyway:

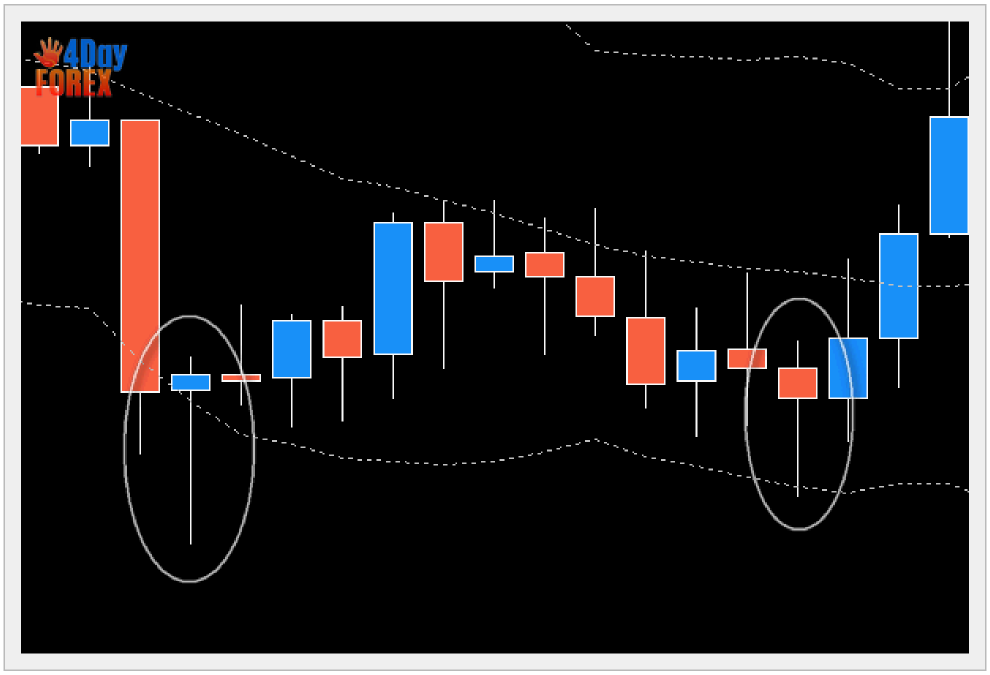


The basic concept behind the Pin is that price has entered into an area and then been rejected from that area in a relatively short period of time.

Therefore, the exact shape of the Pin is not too important, as long as we can see that it is being rejected. Here are examples of valid Pins that could act as triggers for us:



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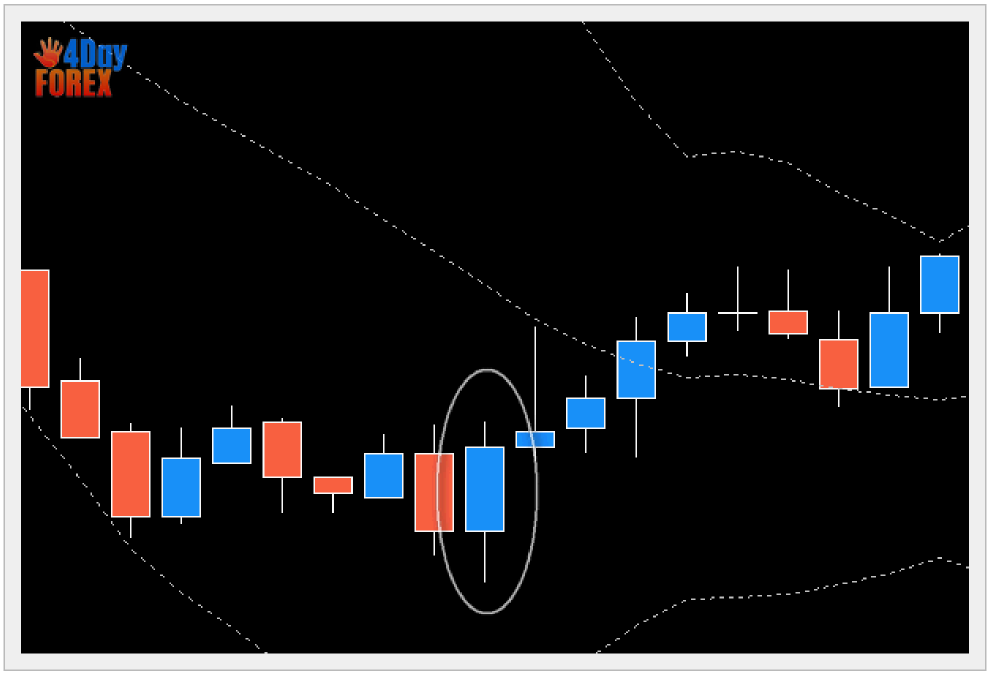
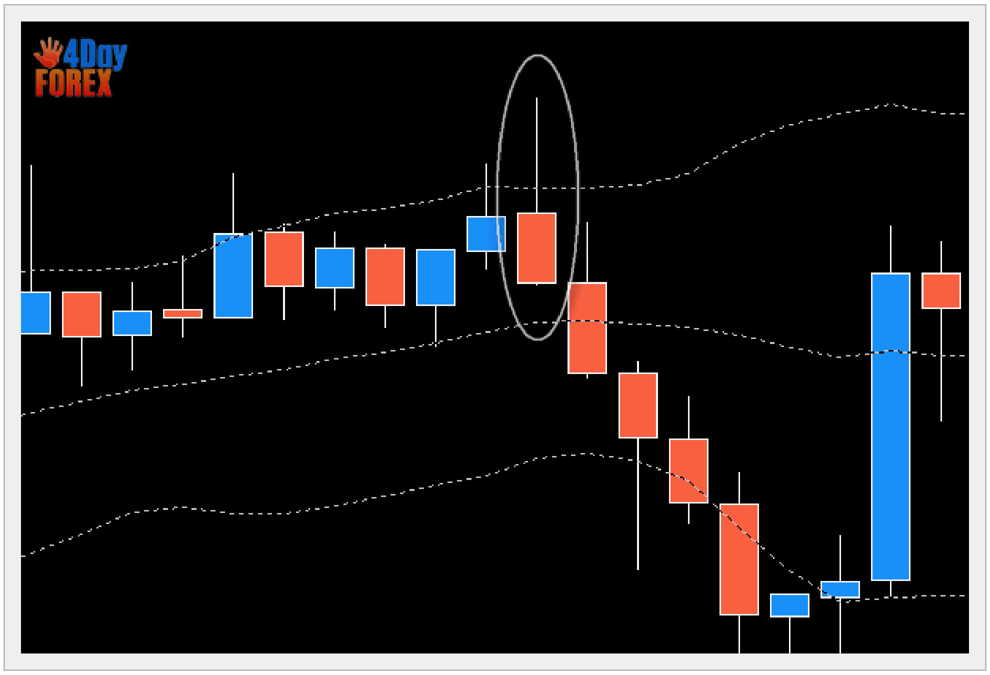
Outside Bars

The following is a Bullish Outside Bar (from now on referred to as a BUOB):



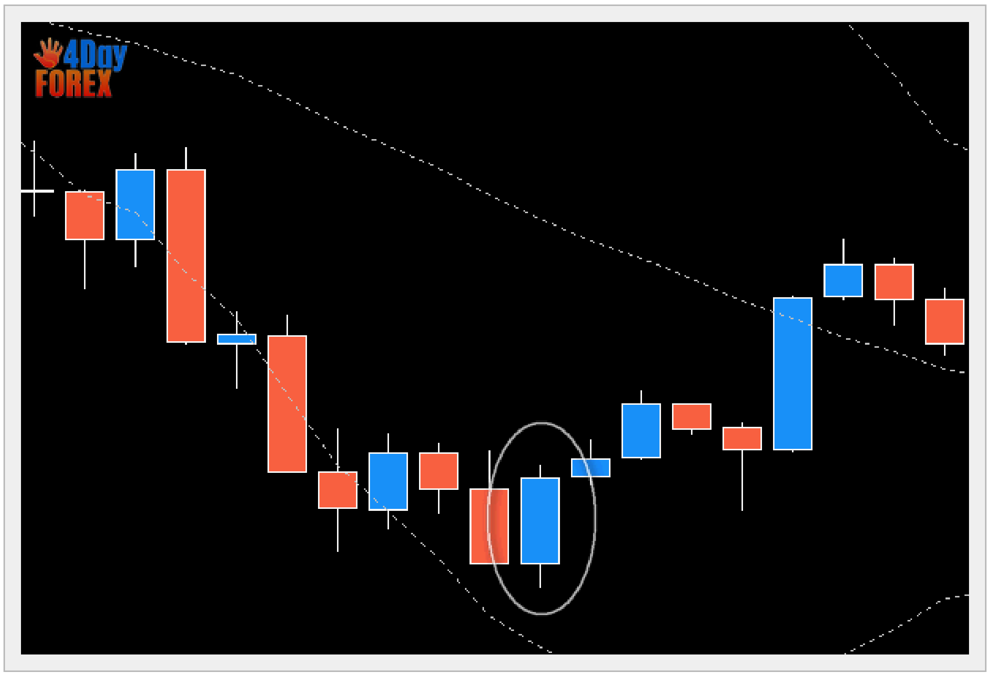
…and a Bearish Outside Bar (from now on referred to as a BEOB):

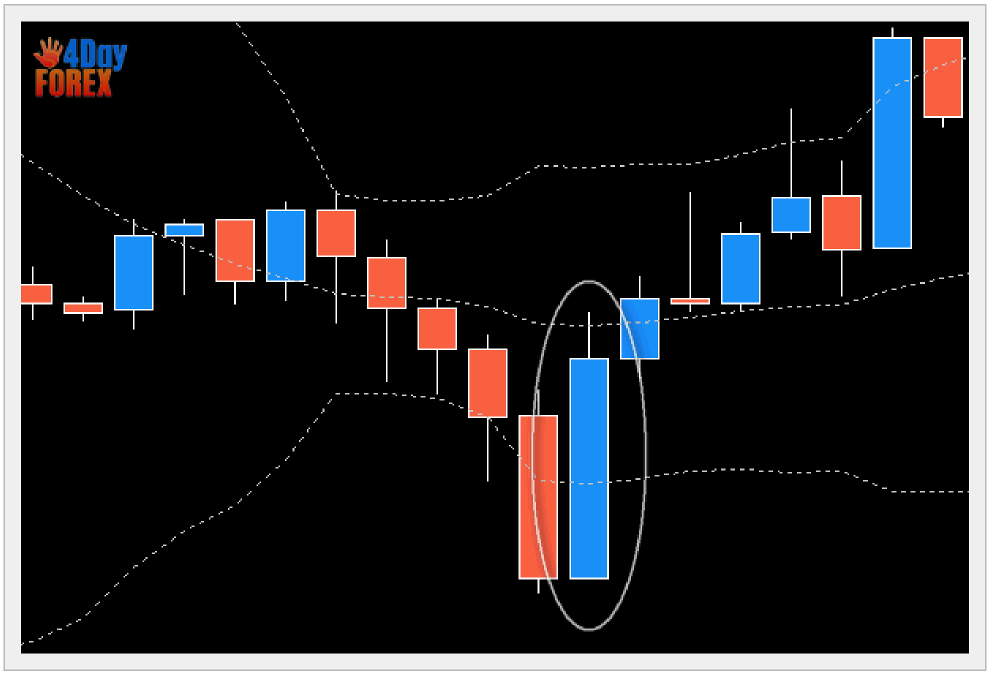


Outside bars are similar to Pins in that they are showing you that price is being rejected from a particular area within a short period of time.

A BUOB is defined as having a low that is lower than the low of the previous bar; and a high that is higher than the high of the previous bar. The close of the BUOB will be higher than the open. Ideally, the close of the BUOB will be above the high of the previous bar – but this is not critical.

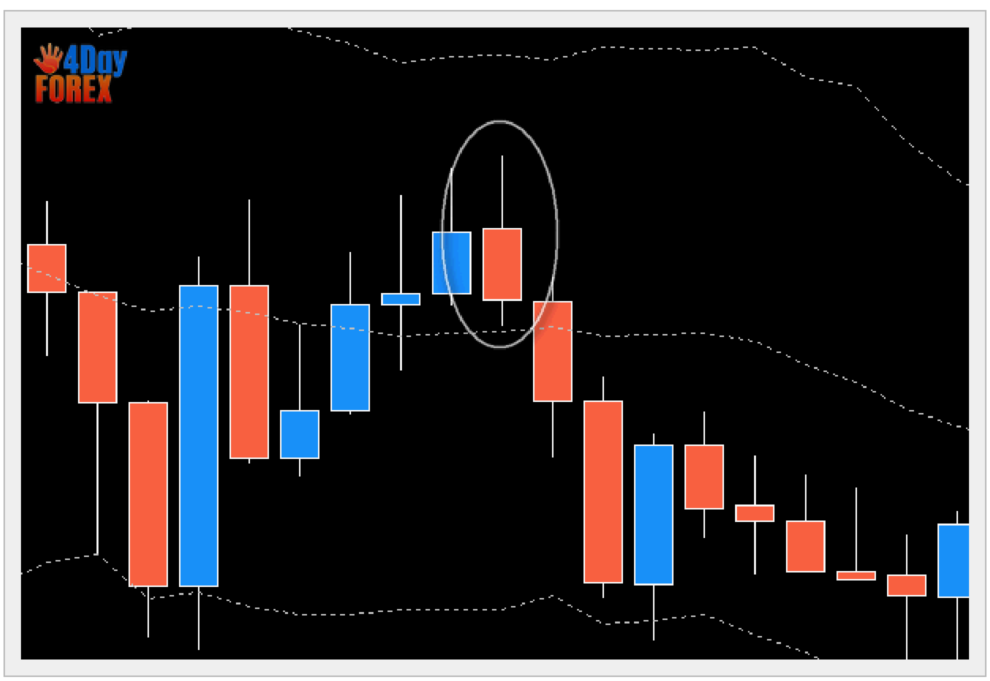
Here are some examples of valid BUOBs:

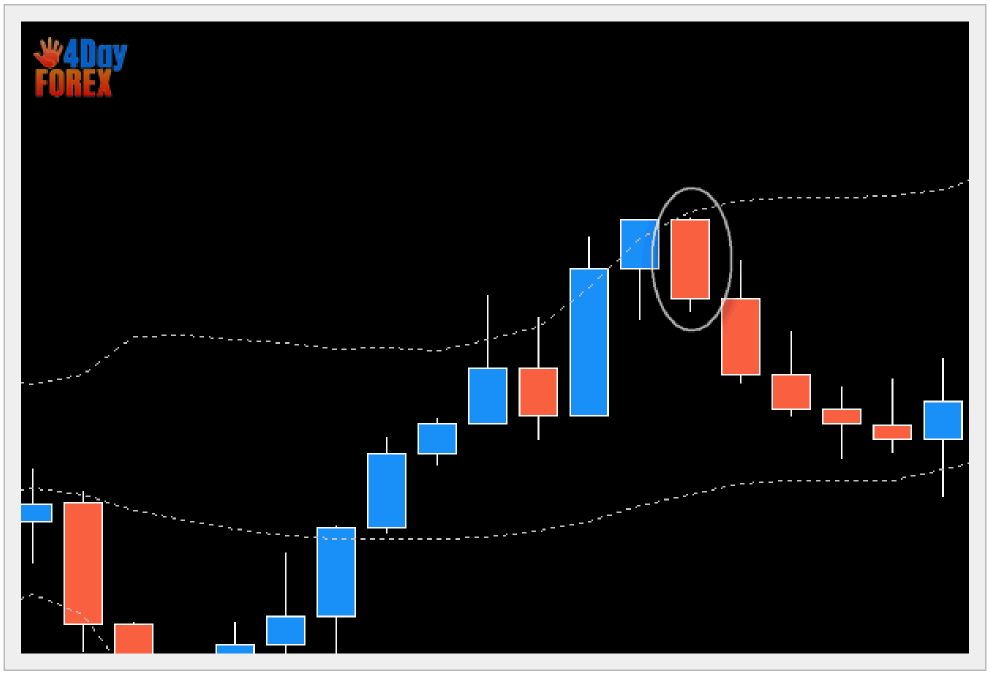




A BEOB is defined as having a high that is higher than the previous bar; and a low that is lower than the previous bar. The close of the BEOB will be lower than the open. Ideally, the close of the BEOB will be above the high of the previous bar – but this is not critical.

Here are some examples of valid BEOBs:



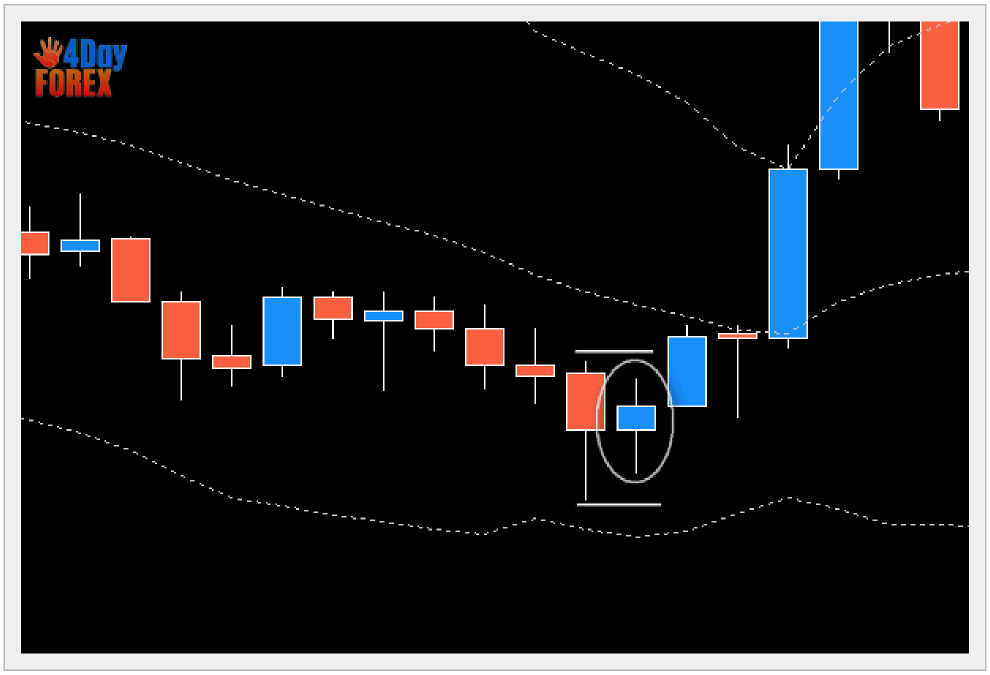


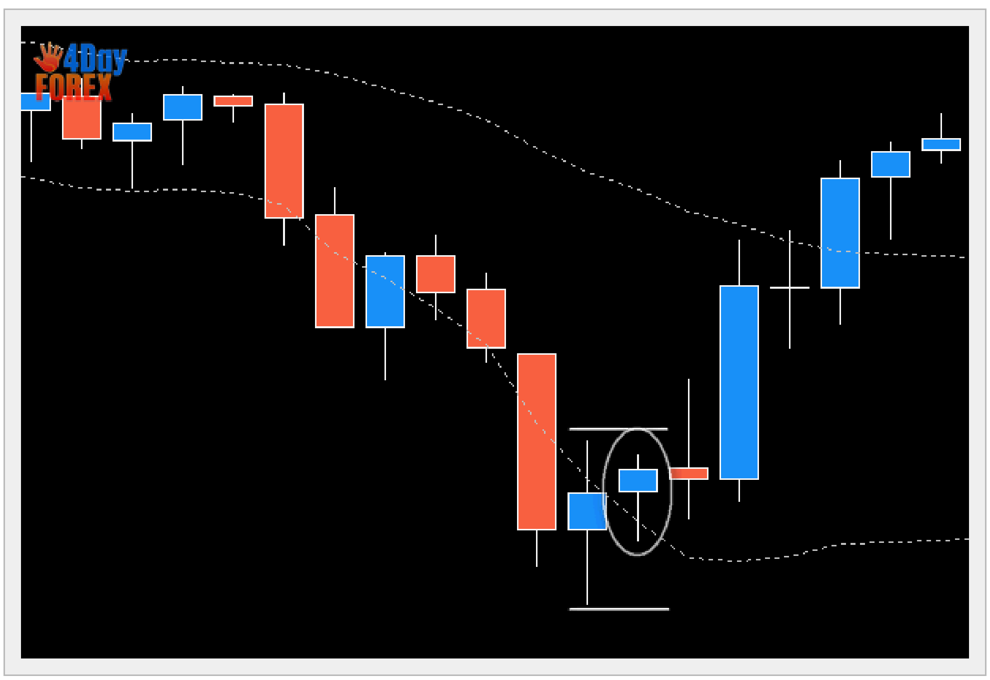
We will be looking for a BUOB as a trigger for entering a long position; and similarly we will be looking for a BEOB as a trigger for entering a short position.

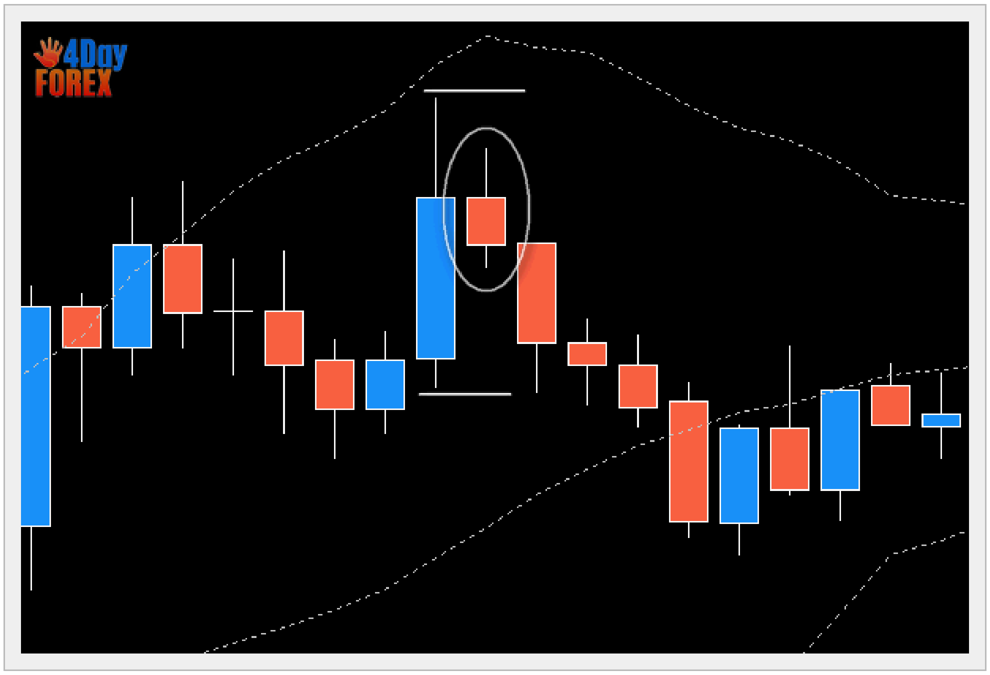
Inside Bars

An Inside Bar (referred to from now on as an IB) is a bar that has a high that is lower than the previous bar; and a low that is higher than the previous bar.

Here are some examples of IBs.



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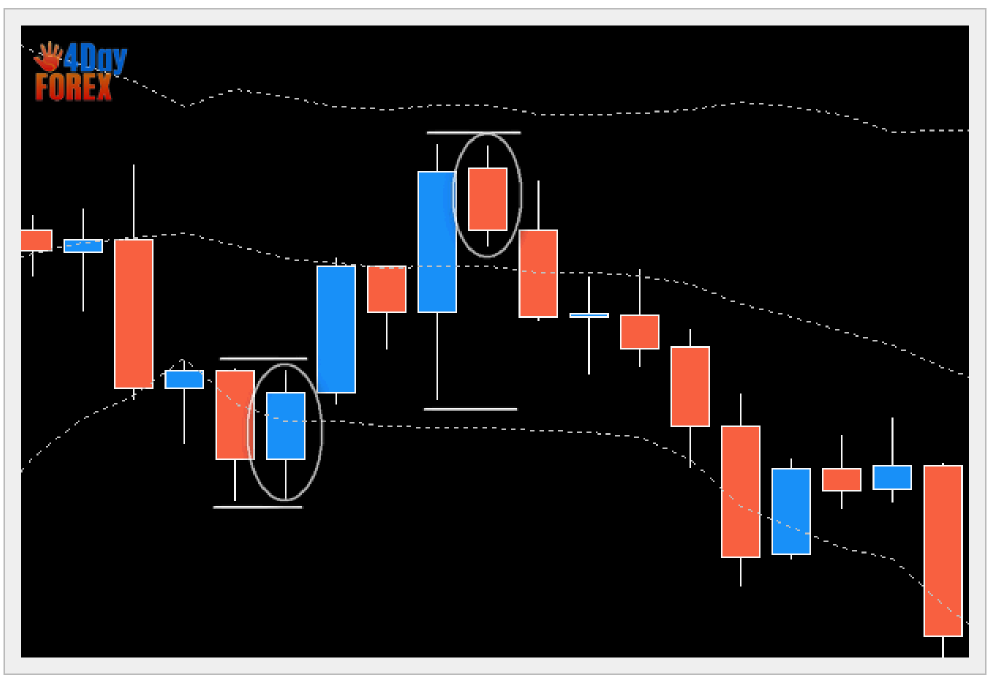
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The theory behind an IB is that the market has stalled and reached a point of indecision; in other words, buyers and sellers are now in balance, and the market "could" go either way.

The IB is critical to us as a trigger because, as you will discover in the next chapter, we will be looking for price to reverse at critical points and the indecision of price to go in any particular direction can give us a "heads-up" on where (and when) price is about to make a move.

Chapter
8

4DayForex™ Critical Component #3: Momentum Slowing

This chapter will present what is the absolute core of the 4DayForex™ System.

What you learn in this chapter is fundamental to 4DayForex™; it is the basis of all the 4DayForex™ strategies.

It is very simple, as per our concepts chapter, but we will take our time to explain so that you fully grasp it. We want to repeat again that although it is a simple concept don't underestimate the power of it; once you combine the other critical components of 4DayForex™ with it – it becomes quite a formidable method for trading!

Let's Start At The Beginning

During open hours, the market is always moving; sometimes the market will drift sideways going up and down; other times the market will trend strongly in one direction.

When the market goes from drifting along sideways to pushing in one direction – it is said to have gathered momentum; and momentum is what will continue to push the market in the direction it has started in.

Now, most traders want to jump on this momentum; they want to get on the move right at the beginning and ride it out. The problem is that there are so many, what are termed, "false breakouts" (where the momentum does not continue and the market goes back on itself) that it makes it impossible to trade like this – for every time you manage to get on the move, there are a number of times you get kicked out with a loss because the market moved back on you when momentum failed to follow through.

The market cannot continue in one direction forever. Traders who managed to get on a large move will start looking to take profit; while other traders will be looking for places to trade in the opposite direction; trying to pick the turning point of the market and trade the momentum in the opposite direction.

So what are *we* going to do?

We are looking for a fairly specific set of circumstances to occur. The circumstances occur more often than you would think – they occur every day on various pairs and on various timeframes.

Some of you may be thinking we are about to tell you about some super-secret, insider information on how to jump on the momentum moves; while others, the clever ones that have been paying attention (you know who you are!), will realize that this is not what we are going to do.

This is not about showing off and grabbing the big move. This is about MAKING MONEY – and nothing else! And making money in trading is about picking your trading setups well, with a solid strategy and sticking to that strategy **confidently**. This is the path you are on now.

What Are We Looking For?

What are these circumstances we are looking for?

Well, the first two we have already covered in the previous chapter, namely: Time and Trigger.

We are now onto the third and final piece of the puzzle: Momentum Slowing; this critical component of 4DayForex™ is less fancy than the term actually sounds – but it describes it exactly.

We are looking for the momentum of a move to start slowing down and running out of "energy". To do this we use a very simple, standard indicator – the RSI(6)- that is, the Relative Strength Indicator, with parameter value set to '6'. If you remember, we covered this briefly in Chapter 5, on setting up our charts.

What Is RSI?

Without going into too much detail, we use the RSI(6) to indicate to us that the momentum of a move is slowing-down. It is based on a formula of two Exponential Moving Averages to give us an indication of whether the momentum of the chart we are watching is speeding up or slowing down.

Is there anything special about using '**6**' as the parameter as opposed to, say, '**5**' or '**7**'? No, not really, we find '**6**' to be a good value for the timeframes we use – namely the 5-min and 15-min charts. So, no, there is nothing overly special about it.

From here we will just use the term 'RSI', as opposed to 'RSI(6)', but we will always be referring to the RSI indicator with parameter value set to '6'.

How We Use RSI: Overview

The rest of this chapter will detail how we use the RSI in three slightly differing ways.

Once we have covered the three different ways we use RSI we will then progress onto how these are used in the strategies used in 4DayForex™.

What we look for when using RSI is what is termed 'divergence' between price and the RSI; this is where price is heading in one direction – while the RSI is heading in the opposite direction.

The best way for us to explain this is with actual trade examples. We will now introduce the **Slow Reversal**, **Shallow Dip** and **Deep Dip** methods we use in the 4DayForex™ strategies.

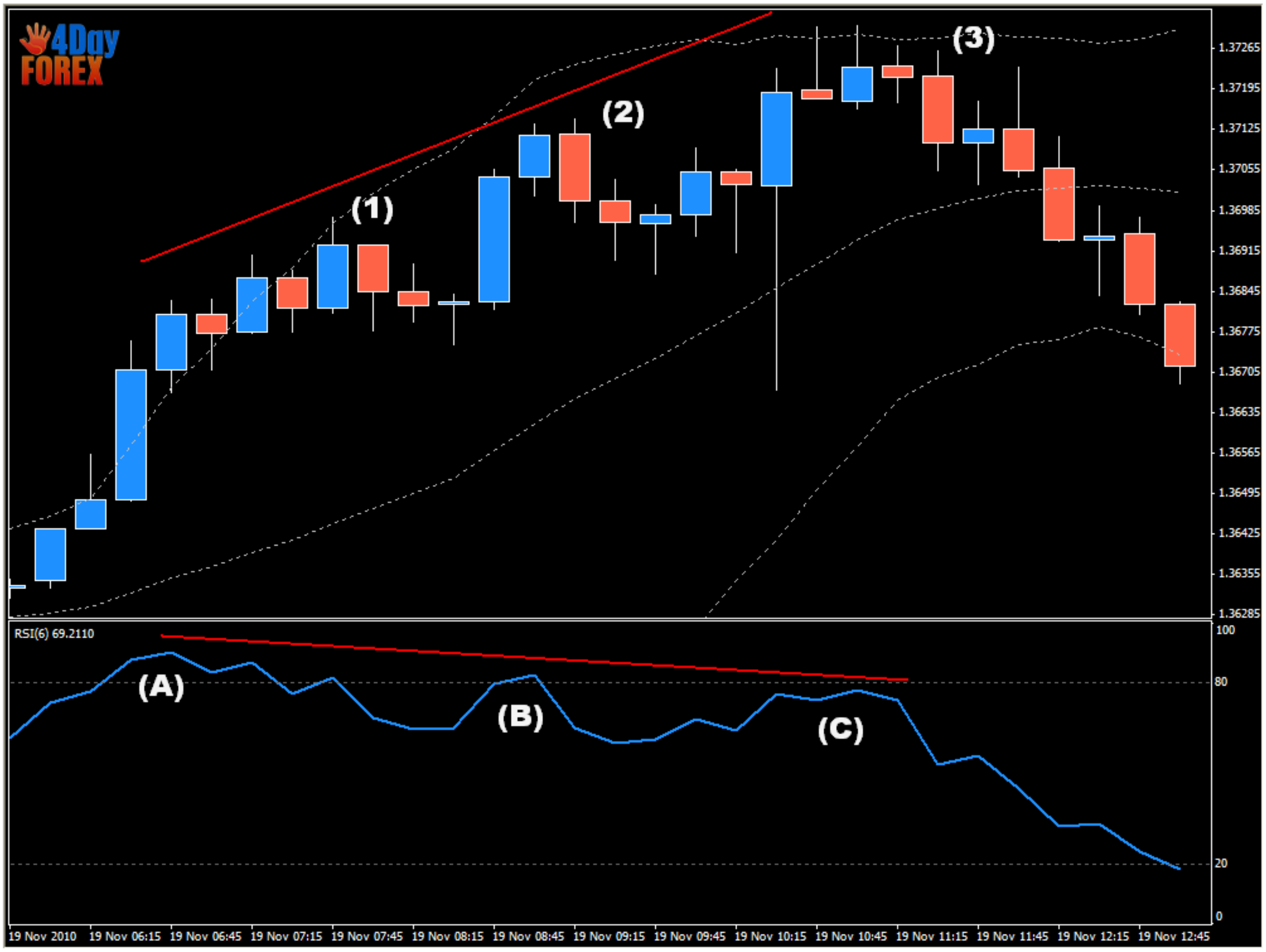
How We Use RSI: Slow Reversal

The Slow Reversal is a method we use to detect the gradual slowing-down of momentum on a chart.

We first identify that the market is trading (or trending) in a particular direction. We then use the RSI to detect when the strength behind that move is weakening. We look to the RSI to help us confirm this.

The most effective way for us to explain it to you is to just jump right in with some real examples.

Take a look at the following chart…



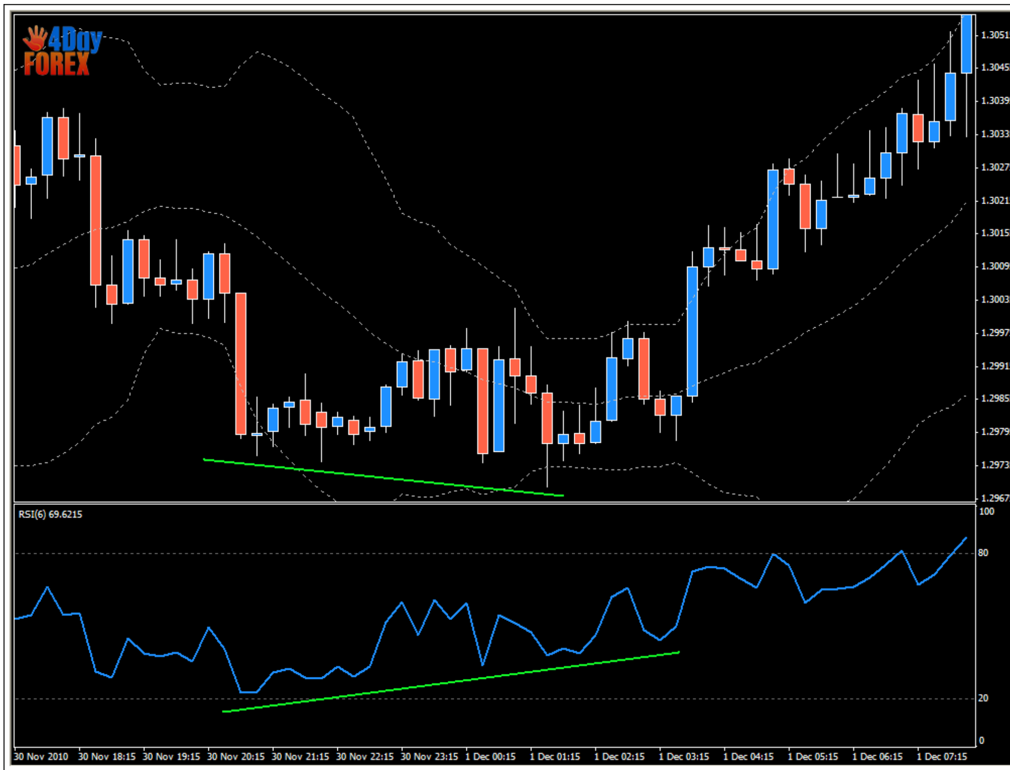
Slow Reversal

On the above chart you will notice that, as price is making higher highs (1, 2 and 3), the RSI is making lower highs (A, B and C).

This *gradual* divergence of price and the RSI is what we refer to as a Slow Reversal; this scenario is one of the elements that make up the 4DayForex™ strategies.

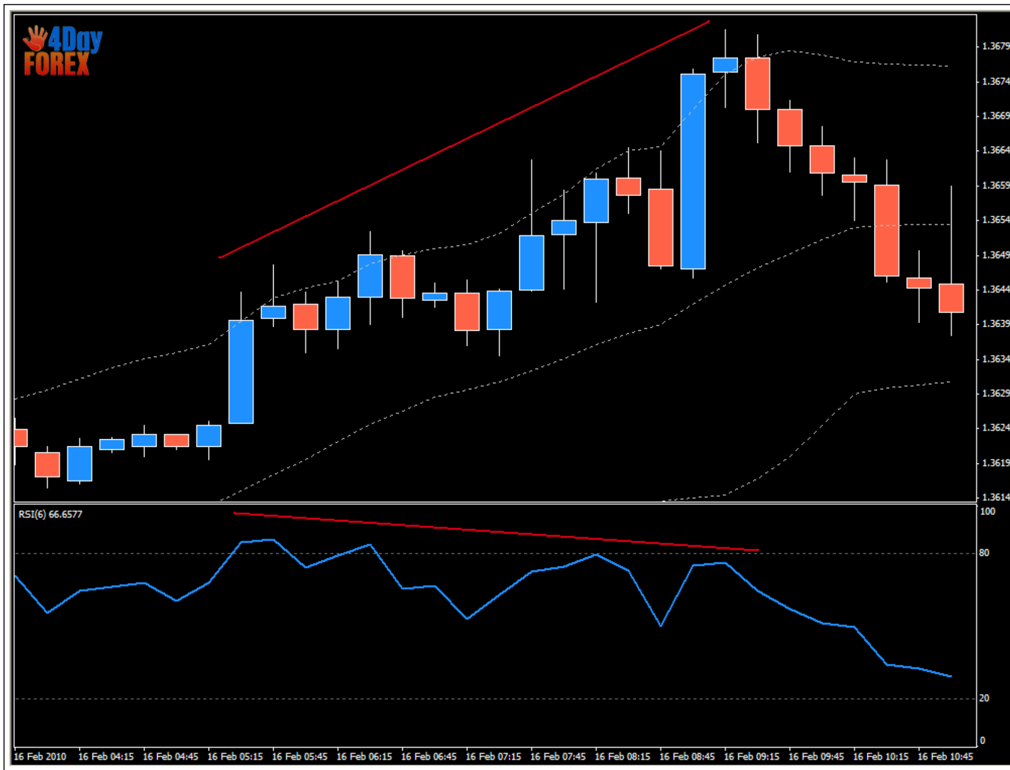
Here are some more examples of the Slow Reversal.

Slow Reversal



Slow Reversal

Slow Reversal



Slow Reversal

How We Use RSI: Shallow Dip

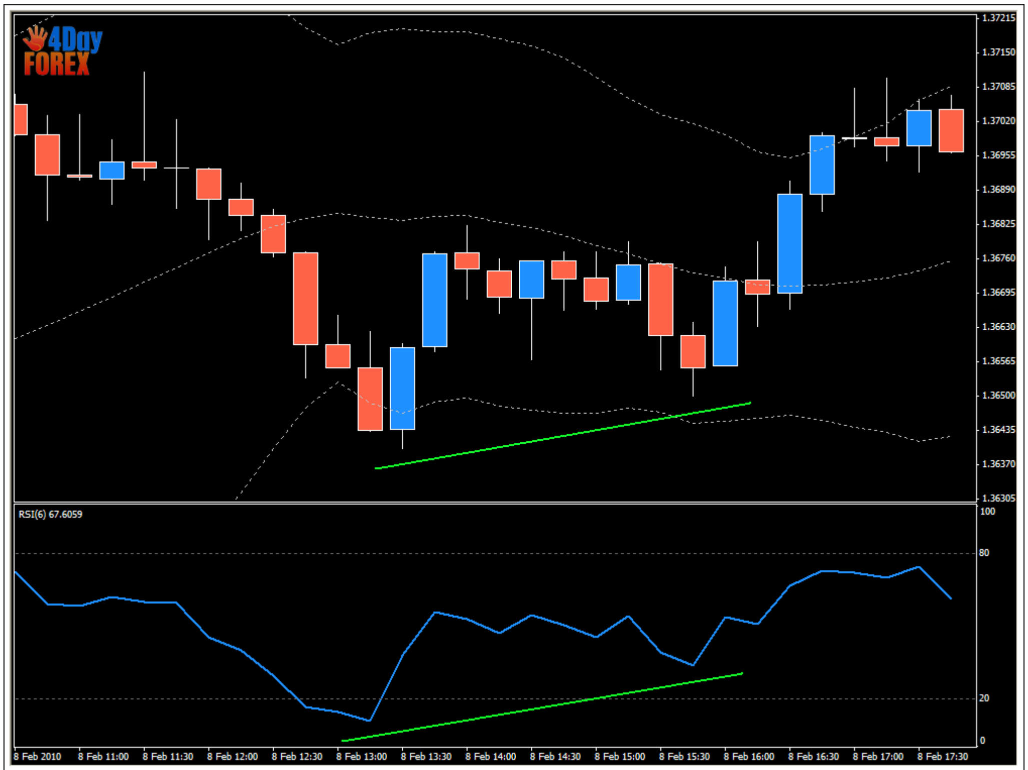
The Shallow Dip uses RSI in a similar way to how it is used in the Slow Reversal.

However, with this method, we pay more attention to what price is doing.

The Shallow Dip is also more of a micro tactic – by this we mean that we are looking closer-in at what price (and individual candles) is doing; we are looking less at the overall trend of the market, and how the momentum is slowing down, and instead zooming right into the market.

As you will see later, when we introduce the 4DayForex™ strategies, this is where you will learn a huge amount about the market and really push your trading to the next level. We break-down what is happening when we see a Shallow Dip occur – and the most effective way to deal with the opportunity.

As with the Slow Reversal the best way to explain the Shallow Dip to you is to give you some actual examples.

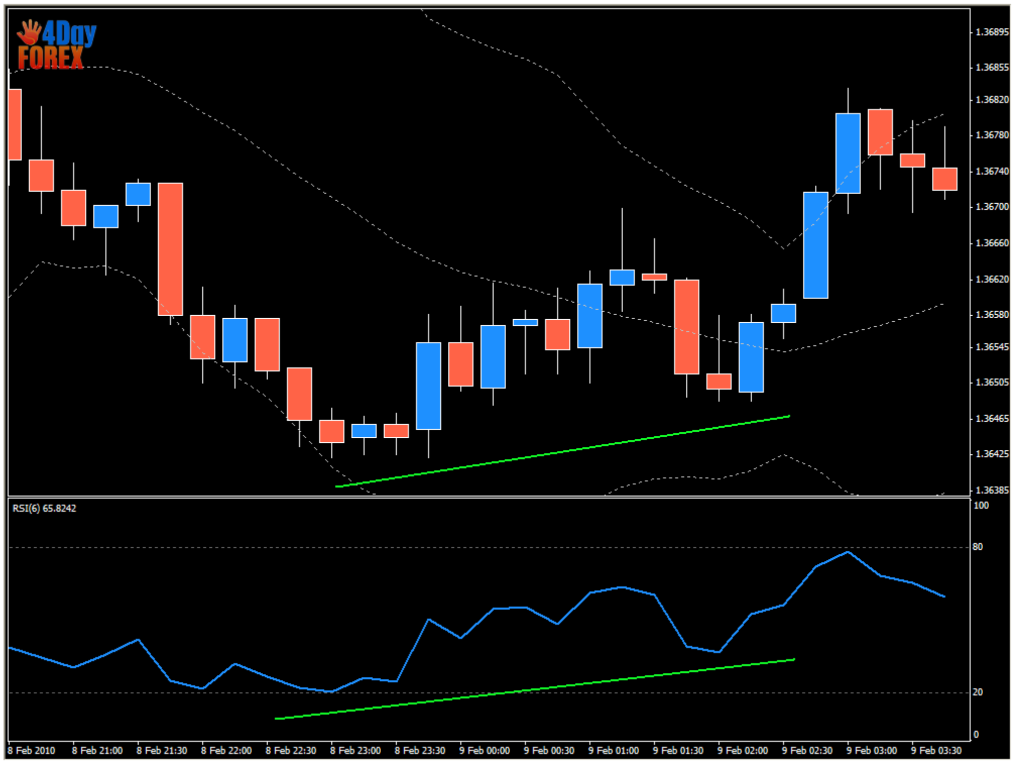


Shallow Dip

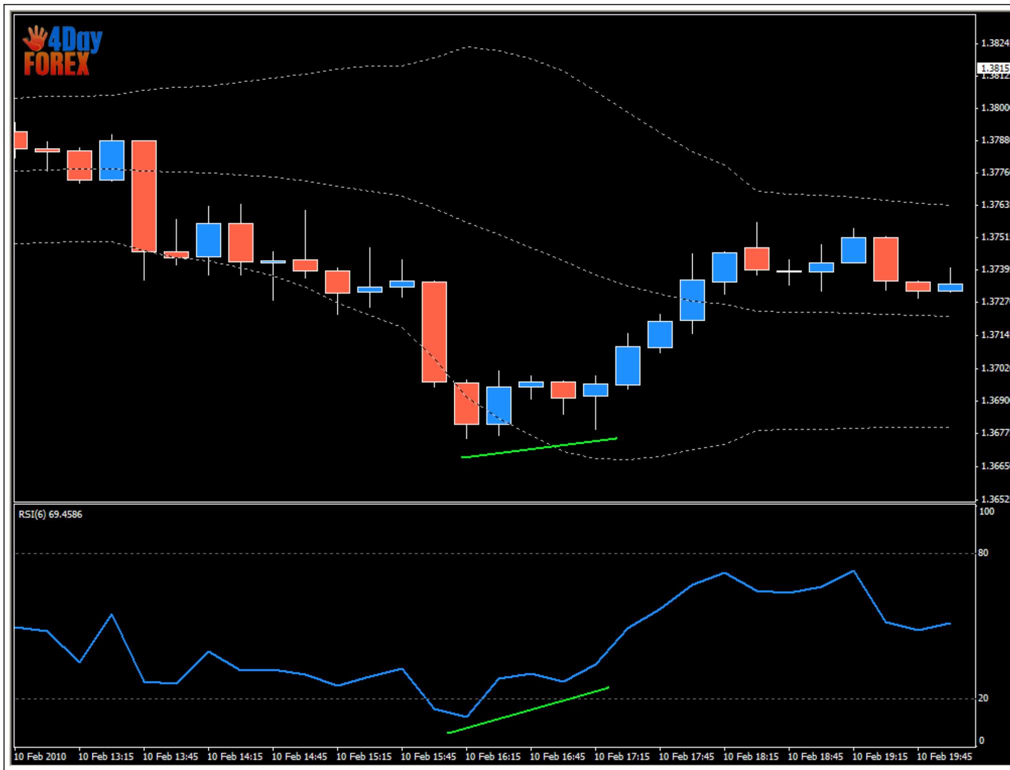
You can see that the Shallow Dip above consists of a higher high forming on the RSI and price also forming a higher high. We go into more detail on this in later chapters – but that is the second of the core part of the strategy setup we look for.

Here are some additional Shallow Dip examples.

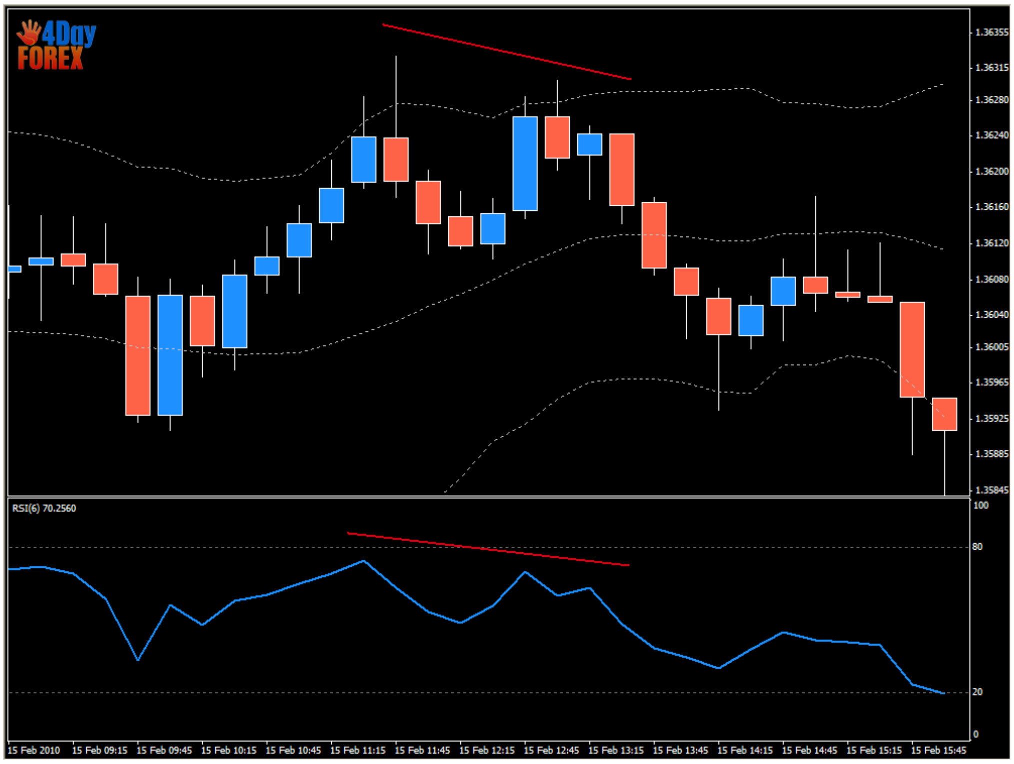
Shallow Dip



Shallow Dip



Shallow Dip


4Day FOREX
1.36355
1.36315
1.36280
1.36240
1.36200
1.36160
1.36120
1.36080
1.36040
1.36005
1.35965
1.35925
1.35885
1.35845
RSI(6) 70.2560
100
80
20
0
15 Feb 2010
15 Feb 09:15
15 Feb 09:45
15 Feb 10:15
15 Feb 10:45
15 Feb 11:15
15 Feb 11:45
15 Feb 12:15
15 Feb 12:45
15 Feb 13:15
15 Feb 13:45
15 Feb 14:15
15 Feb 14:45
15 Feb 15:15
15 Feb 15:45

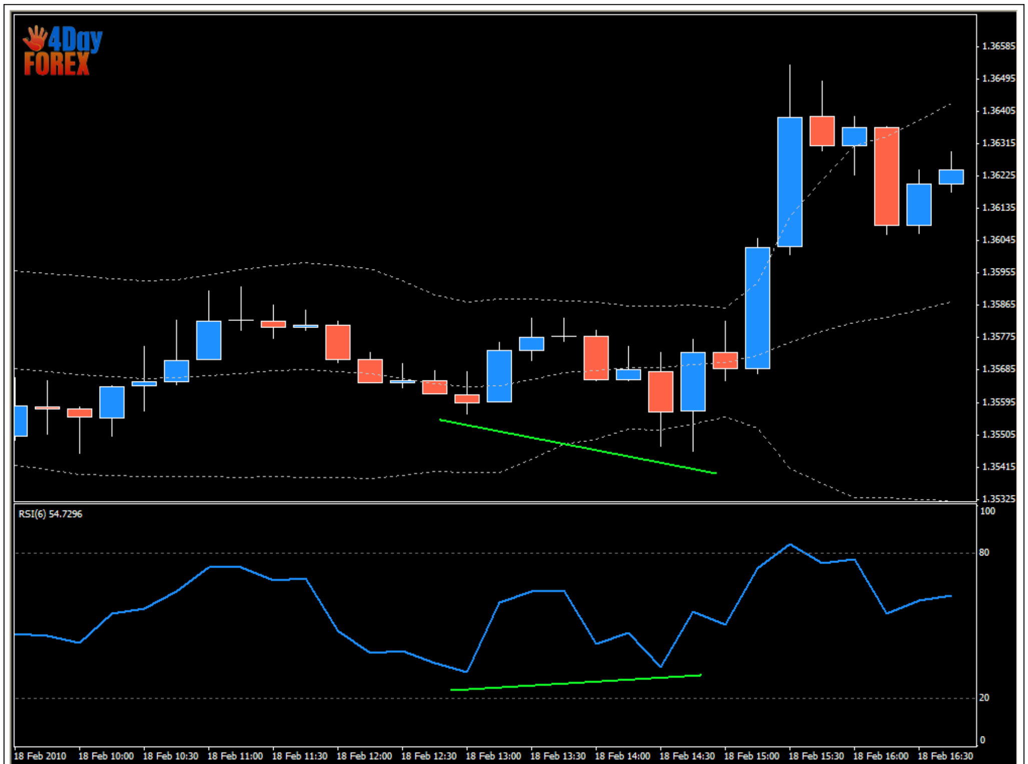
Shallow Dip

How We Use RSI: Deep Dip

We won't spend much time on the Deep Dip as it is very similar to the Shallow Dip.

The Shallow Dip required price to make a 'dip' that didn't go quite as far as the previous price move. The Deep Dip requires price to *at least* reach as far as it did on the last push – but preferably reach even further.

Deep Dip example…

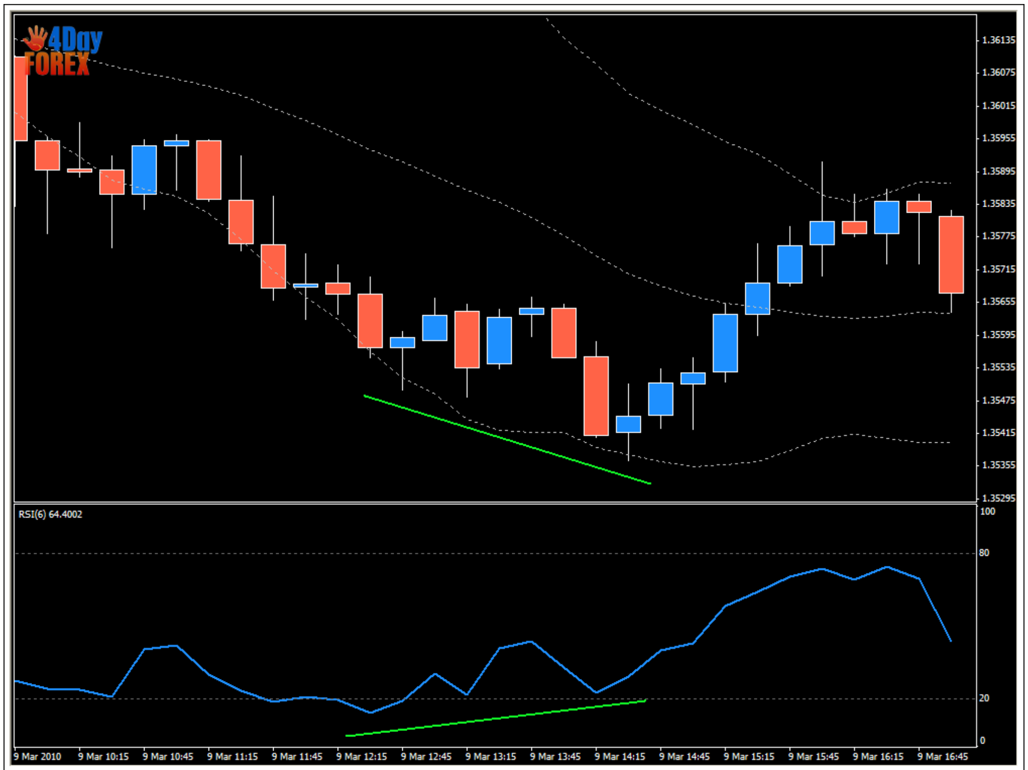


Deep Dip

We can see in this example that the RSI has made a lower high – but price has made a higher high. This divergence in price and the RSI is our third method used in the 4DayForex™ strategies; we go into this more in the real trade examples in Chapter 10.

Some further Deep Dip examples.

Deep Dip



Deep Dip

Deep Dip

Deep Dip

Chapter 9

Critical Component Summary

This chapter will review the three Critical Components of 4DayForex™ that we have introduced in the previous three chapters.

We want to make sure you have the three Critical Components fully understood before bringing them together in the next chapter.

The three Critical Components are all equally important in making up the 4DayForex™ strategies so we will summarize them here.

Time

The current time during the trading day is extremely important in the 4DayForex™ strategies.

The time of the day will determine whether you are best aiming for a quick scalp profit on your trade… or better-off letting it run and grab as many pips as you can.

So to recap on how time comes into the 4DayForex™ strategies:

London 06:00GMT, and the few hours after, is when you are most likely going to get a solid move with some momentum behind it.

The London-US crossover, which is around 12:00GMT to 14:00GMT, is when you have a fair chance of getting a reversal of the trend for the day; this time of day should also be good for follow-through on a move with momentum.

Outside of the above times, while not to be totally ignored, are best for grabbing a few quick pips on a scalp trade. Although you are less likely to get a strong, trending move – the setups can still be very reliable when they happen.

Trigger

We will be looking for individual candle patterns to trigger us into entering a trade.

There are three main benefits to waiting for a pattern to emerge before entering a trade setup:

The patterns we have identified result in a greater chance of the trade setup working out. The patterns we use (Pins, Inner Bars and Outside Bars) all show us when price is at an area that it is finding it hard to push through, and as a result, has a good chance of reversing and heading in the opposite direction.

We have a specific place to enter our stoploss and a reason to place it there. There is a technically significant reason to place it there, and therefore, less likely that it will get hit and we will get taken out of our trade for a loss.

It is very easy to jump into a trade before the time is right; this results in unnecessary risk being taking. By waiting for the Trigger before making a trade we give ourselves the psychological support to help us avoid over-trading.

Momentum Slowing

We have three methods we use for seeing Momentum Slowing: **Slow Reversal**, **Shallow Dip** and **Deep Dip**.

By reducing the trade setup criteria to these three simple methods, for detecting the slowing down (and potential reversal) of price, the 4DayForex™ strategies are a lot easier to see and trade.

Chapter

10

The 4DayForex™ Strategies

This chapter will bring together the three Critical Components of 4DayForex™ from the previous chapters and detail how to trade the 4DayForex™ strategies.

Now that we have gone over and reviewed the three Critical Components – we are most of the way there to understanding the 4DayForex™ strategies.

Up to this point we have been building a solid foundation for the understanding of the 4DayForex™ strategies. From here we will be walking you through actual trade examples.

Going through various real 4DayForex™ strategy trades is the most effective way for us to really have you understanding how to trade.

In this chapter we will be providing example after example of real-life 4DayForex™ trades, until we are convinced that you understand the strategies fully, and are ready to start trading them on your own.

As we go through the examples we will also be throwing in various tips and tricks; things to watch out for, when to stay out of the market, when to get out of a trade, things that can "trip you up", and so on.

It should be noted here that, although we presented the Critical Components in the order of Time → Trigger → Momentum Slowing, when we look for opportunities, we don't necessarily look for them in this order.

During the trading day you will know if the time of day is right for you to take a 4DayForex™ trade; you are then typically going to be looking for Momentum Slowing. The final Component of the trade will be looking for a Trigger bar to enter on.

The 4DayForex™ Strategies

You will most likely have observed, from the Momentum Slowing Chapter in particular, that our trade setup criteria for the various strategies are quite similar; this is no accident - the core concepts behind the 4DayForex™ strategies are simple and effective ways of finding opportunities in the markets.

We have, however, broken down the trade setups into specifically named strategies. As you follow through each strategy example you will understand why each has the name it does.

So to repeat, while the strategies we will show you are similar, there are various unique things about each strategy that can be observed.

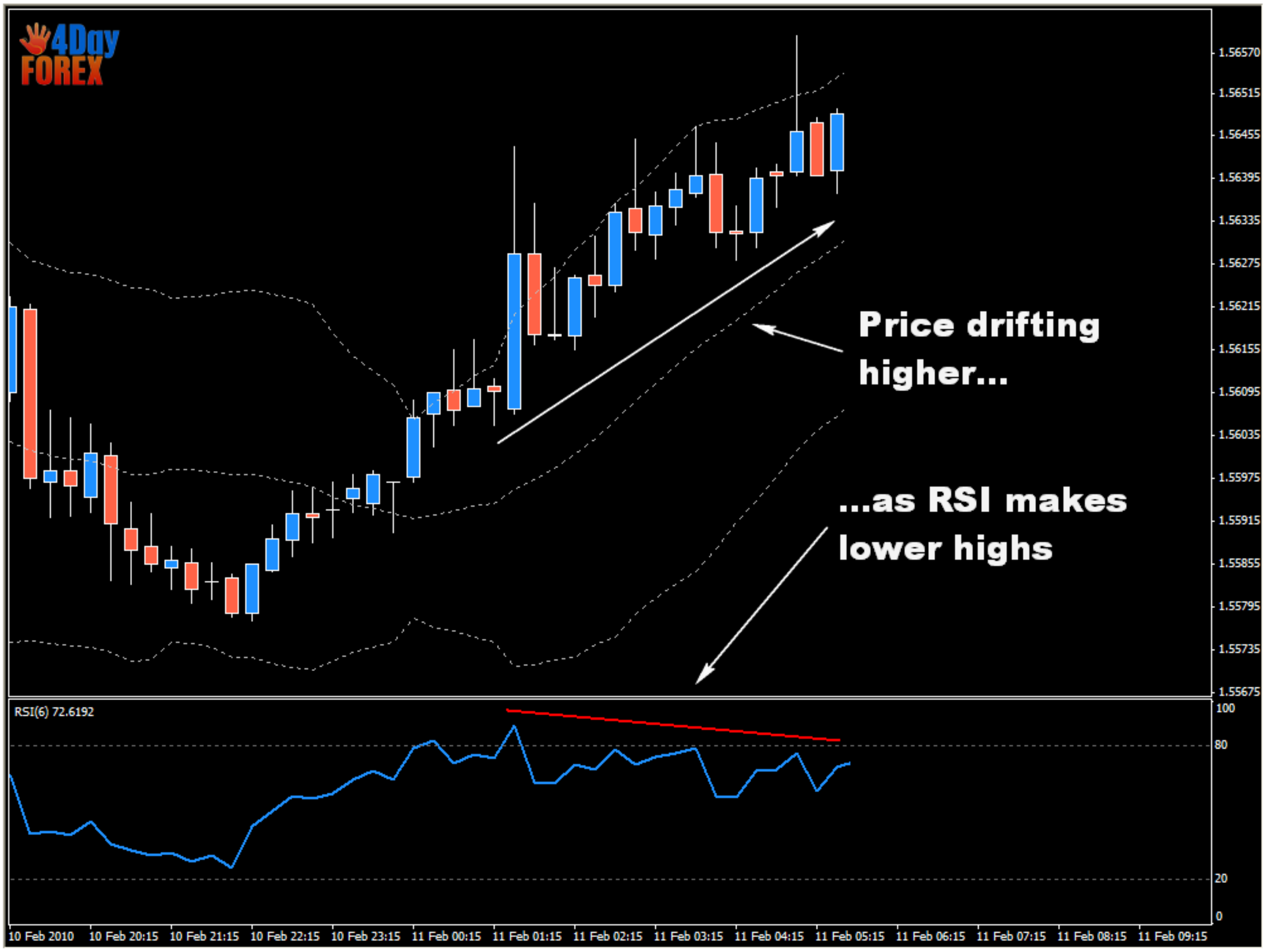
The strategies we will introduce in the rest of this chapter are:

- **London Drift**
- **Lunchtime Reversal**
- **London Fake+Flip**
- **Super Scalps**

All times on all the charts are London GMT.

London Drift #1

The following chart shows price has been drifting up. If we take a look at the RSI, and compare it to what price has done, we can definitely regard this as a Slow Reversal – price is drifting up and RSI is making lower and lower highs (red line).



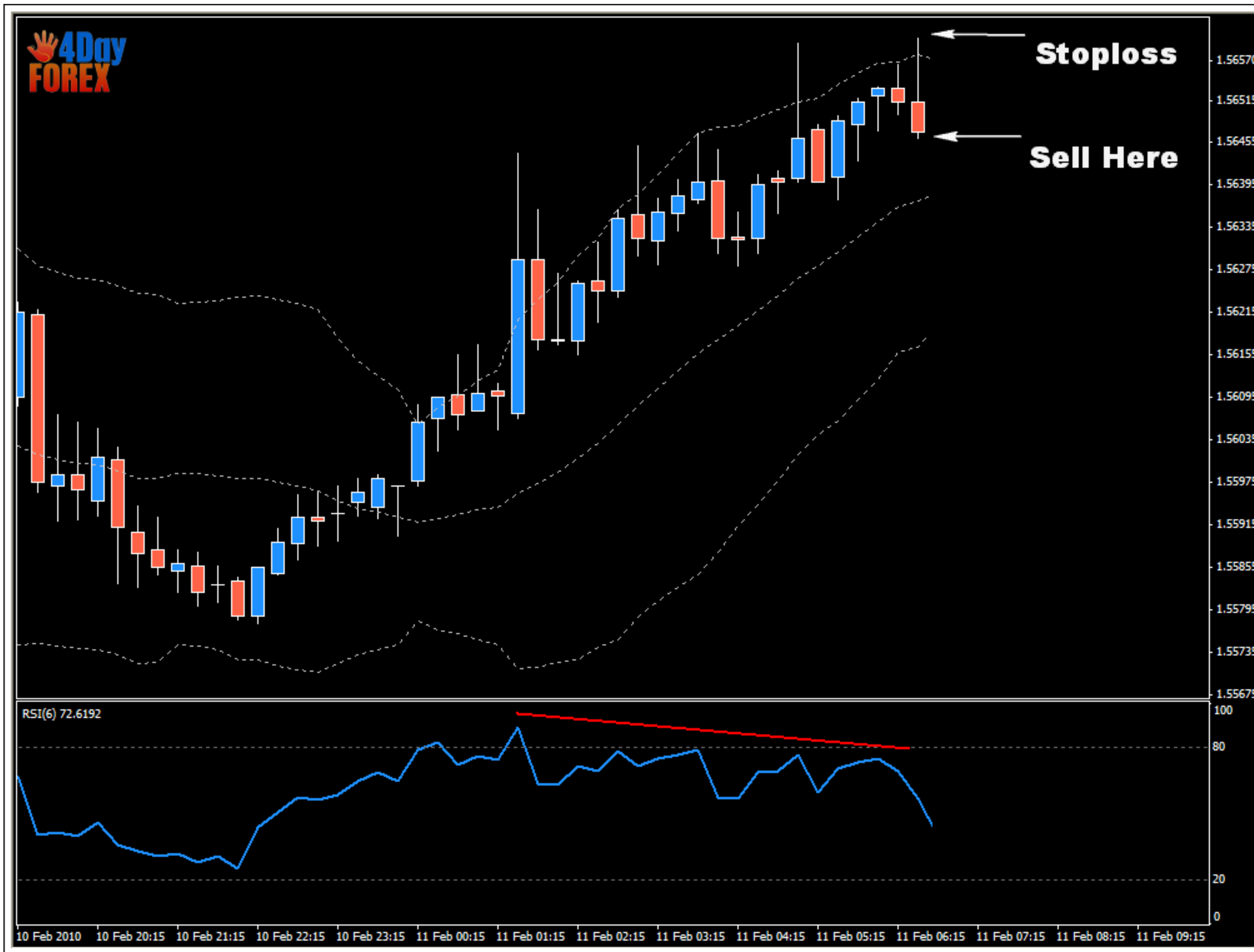
GBP/USD 15m - London Drift (Setup)

On the above chart we can notice that the time is around 06:00GMT.

So we can see that price has been drifting up overnight during the Asian Session. We are just entering the London Session and we have divergence between price and the RSI – we now have potential for what we call the London Drift: the market drifts in a single direction into the London open while we get RSI divergence.

So now we have two of our Critical Concepts met: **Time** and **Momentum Slowing**… we now look for a **Trigger**. So ideally we are looking for a Bearish Pin, IB (Inside Bar) or BEOB (Bearish Outside Bar) so we can enter a short position.

After waiting a few candles the chart gives us the following:



GBP/USD 15m - London Drift (Trigger)

We get an ideal BEOB.

Our London Drift setup has now triggered – we can now enter a short position and place our stop above the high of the trigger candle.

Now this is where you must get some experience in what you are more comfortable with doing in terms of managing your trades.

There are as many ways to manage the exit of a trade as there are traders in the world. However there are essentially two main ways which we will now cover.

You can either grab a small handful of pips – for example, if you were risking say 20 pips, you would take profit at 20 pips.

The other way to manage your trade is to try and shoot for a *home-run* and grab as many pips as you can out of the trade.

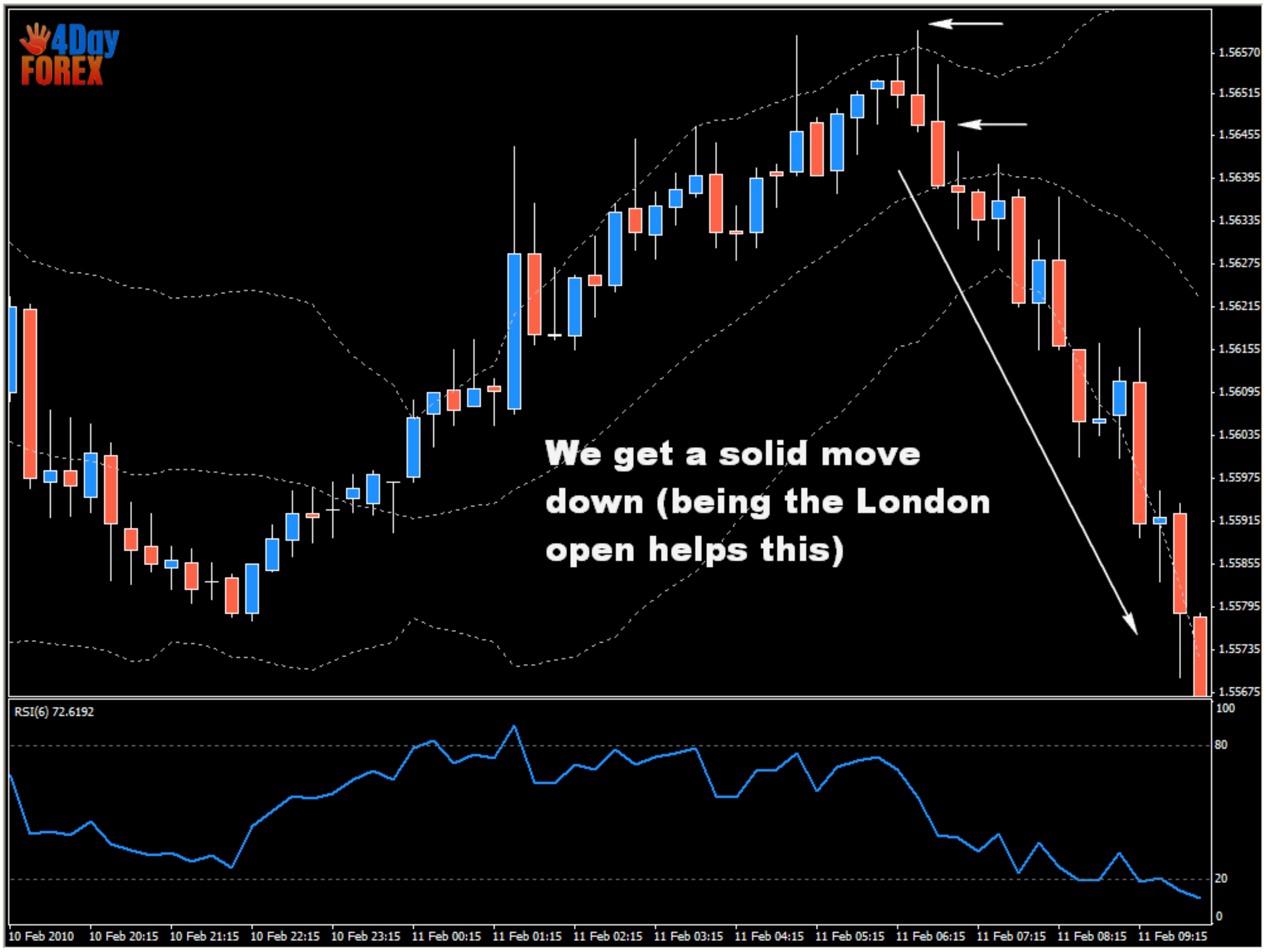
For each of the above methods there is a trade-off. If you decide to take what you can get, you will win trades more often, but you will never hit the big run that will be 100 or 200, or more!

With letting your trade run, and going for the home-run, you are guaranteed to get the big wins of hundreds of pips, but you will also have more losers.

You must find what works for you and your psychology. You may like the idea of going for the home-run but find that when you trade you really must just take what you can - otherwise you end up kicking yourself for the rest of the day.

With the London Drift strategy, because of the time of day, you have a greater chance of getting more pips out the trade as opposed to if the trade had been occurring out of the main trading hours.

As we can see below, this London Drift setup resulted in a fairly decent move for us.



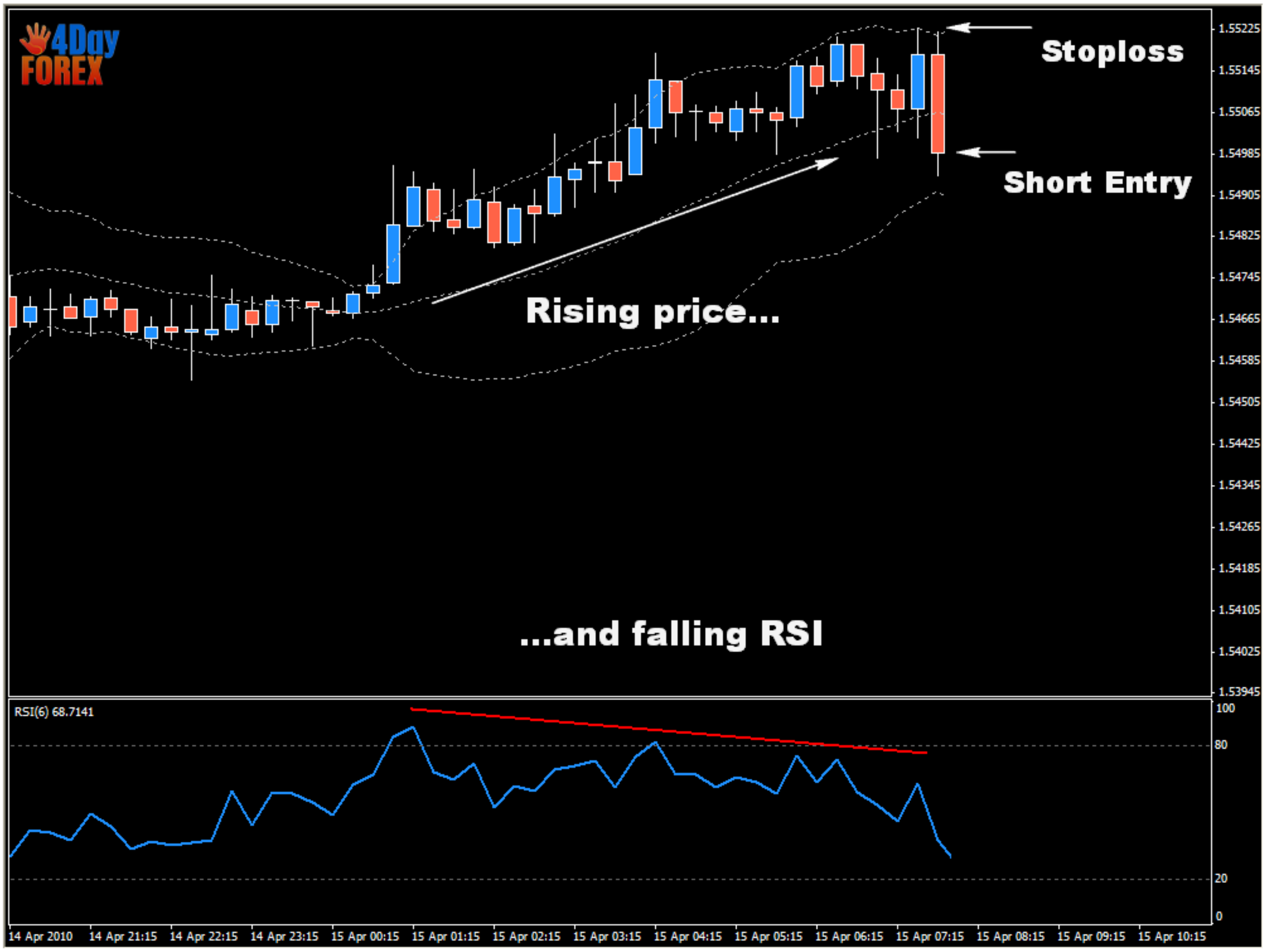
GBP/USD 15m - London Drift (Trade)

London Drift #2

Here is another example of the London Drift.

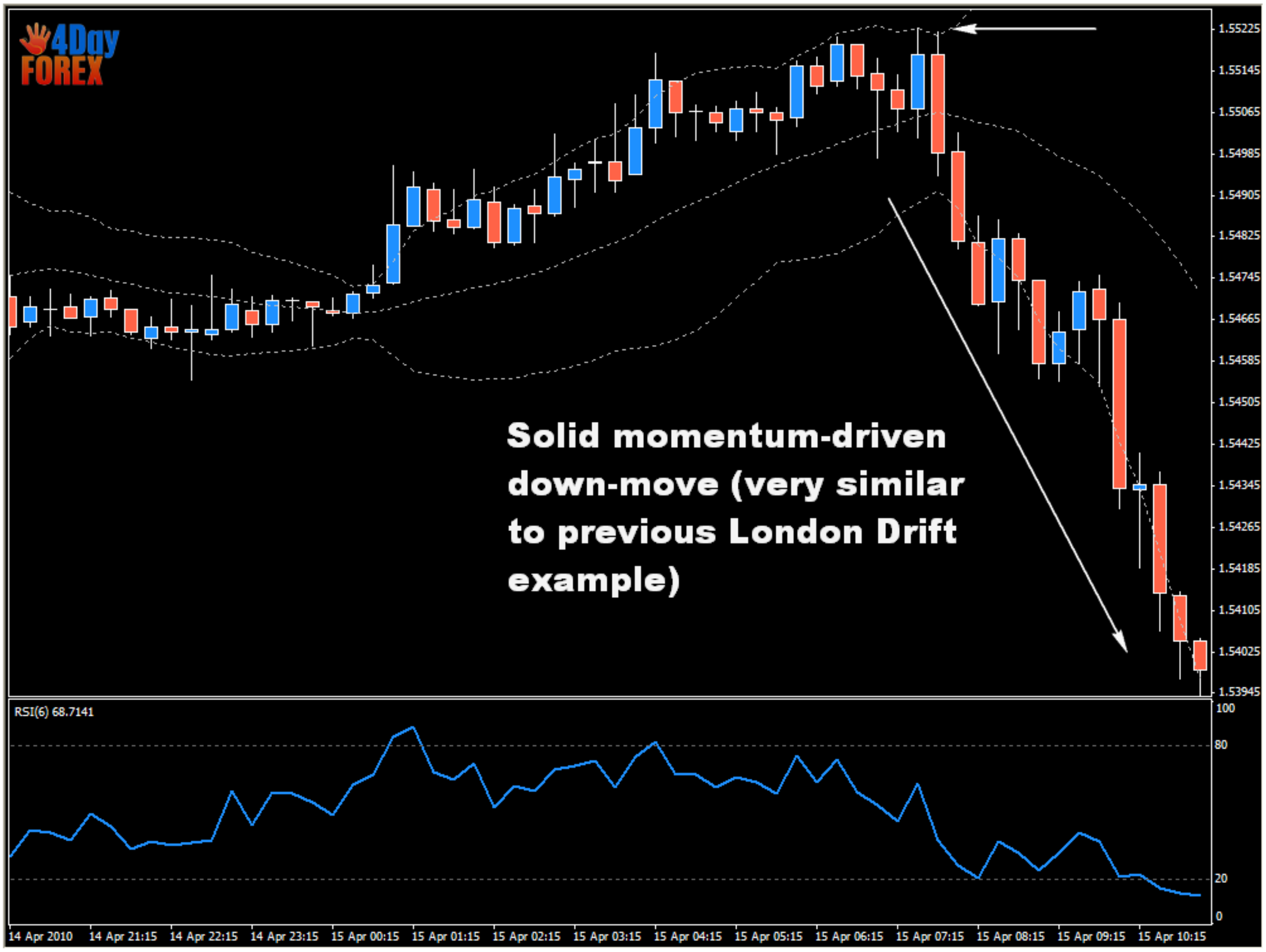
We see price rising steadily during the Asian Session.

We also get a Slow Reversal indication on the RSI as it makes lower highs (red line).



GBP/USD 15m - London Drift (Setup + Trigger)

In the above chart the trigger bar, a BEOB that closes a lot lower than the low of the previous bar, is a very strong signal for us.



GBP/USD 15m - London Drift (Trade)

We get a move with a lot of momentum behind it.

Remember, the London Drift occurs during the morning of the London Session – a time when the financial capital of the world is getting ready for the business day.

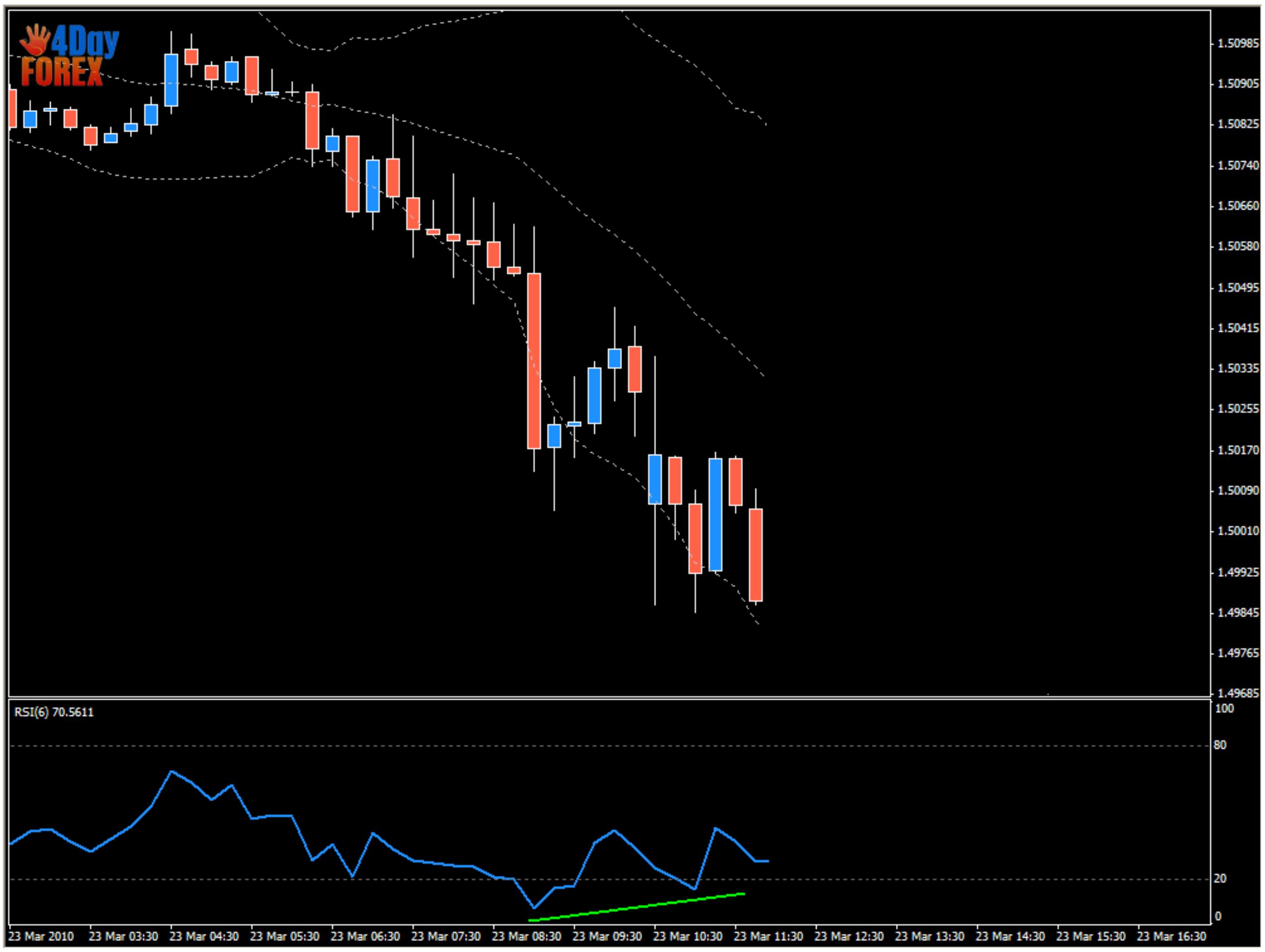
Lunchtime Reversal #1

The Lunchtime Reversal strategy is so called because of the time it typically occurs.

Many times around 12:00GMT, the market has made a decent move for the day, and has now slowed down as the UK traders wait for the US to wake-up and see which way they will take the market.

Sometimes the market will continue in the direction it was going in during the morning – but many times the market will reverse at the start of the US Session and continue like this for the rest of the day.

Take a look at the following chart.



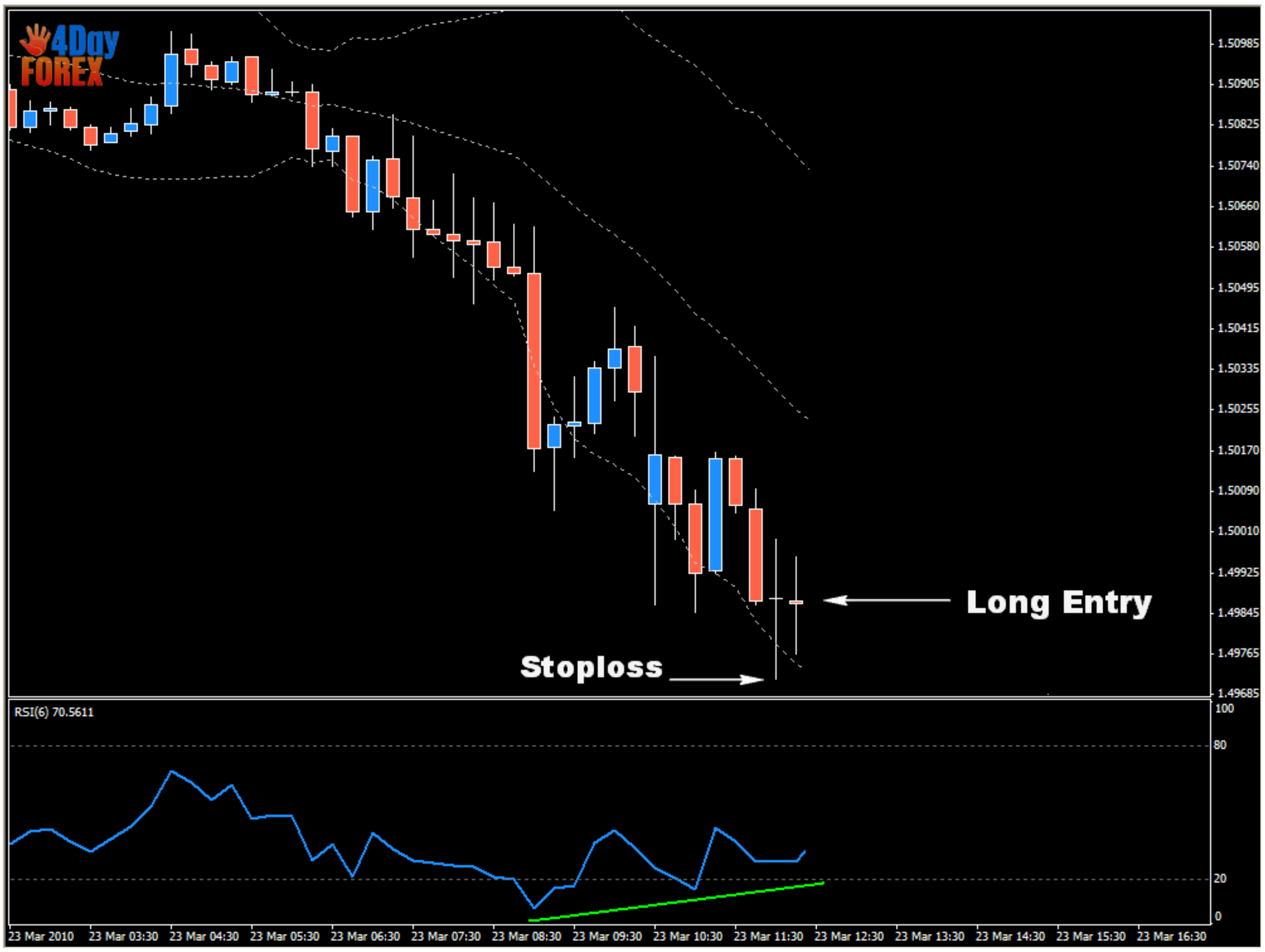
GBP/USD 15m - Lunchtime Reversal (Setup)

We can see that the market has made a progressive move down since the London open.

The time is now around 11:00GMT and we are seeing RSI Slow Reversal divergence (green line).

So we now have the **Time** component and the **Momentum Slowing** component.

We are now looking for the **Trigger** – and we get it.

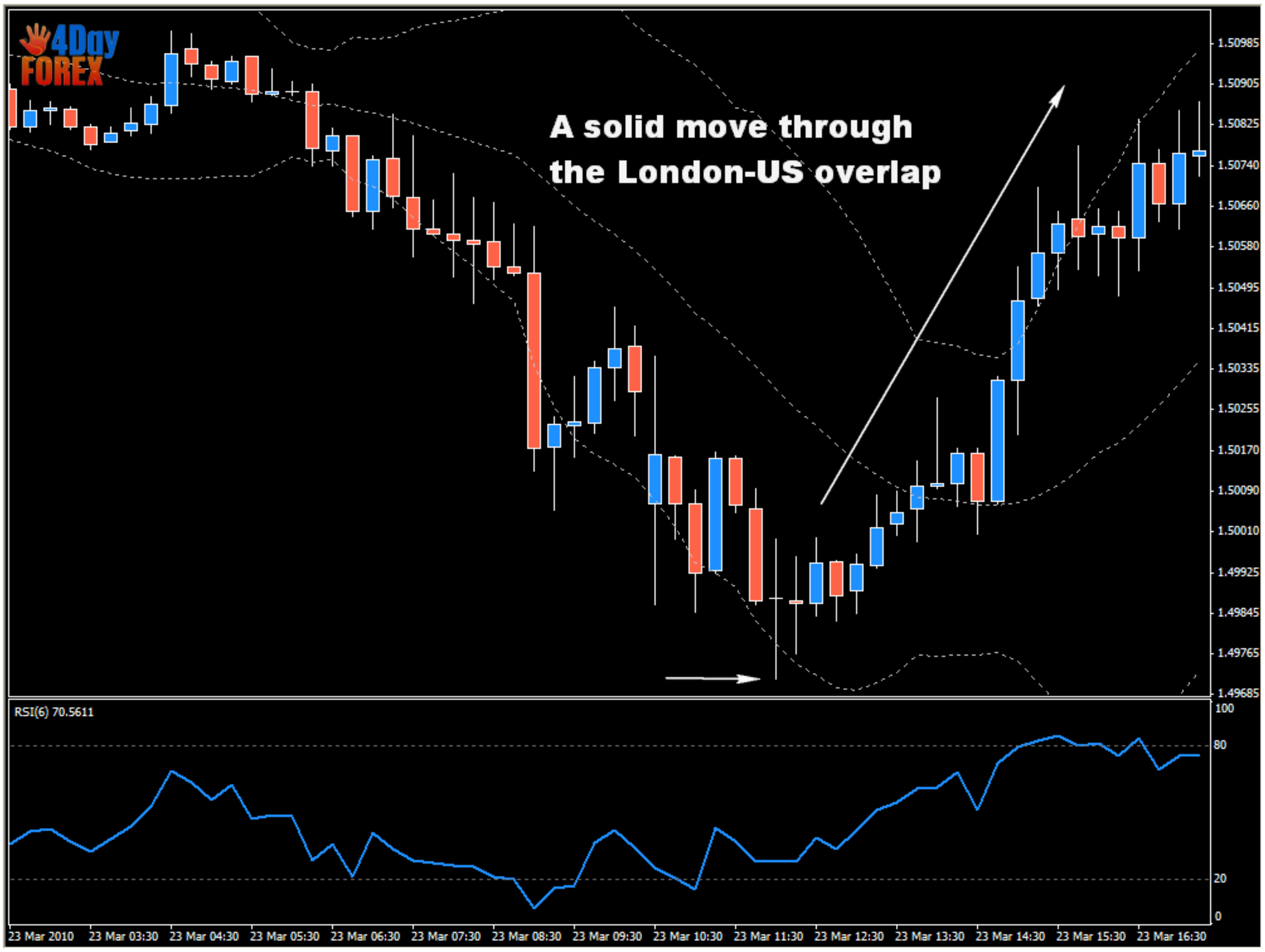


GBP/USD 15m - Lunchtime Reversal (Trigger)

The trigger we get is an IB within a Pin. This is a very high-probability trigger for us.

Since the Lunchtime Reversal Trade occurs during the London-US crossover there is more chance of a larger move than at other times. A good choice for this strategy is to hold on for the potential of a decent sized move.

Let's see how this trade unfolds…



GBP/USD 15m - Lunchtime Reversal (Trade)

While there wasn't quite **100** pips available on this trade, the risk was only around **20** pips, and so we ultimately had a *Risk : Reward* of *1 : 5*.

It should also be noted here that the move that was made on the way down during the London morning session was recovered during the US morning session as the market rallied higher.

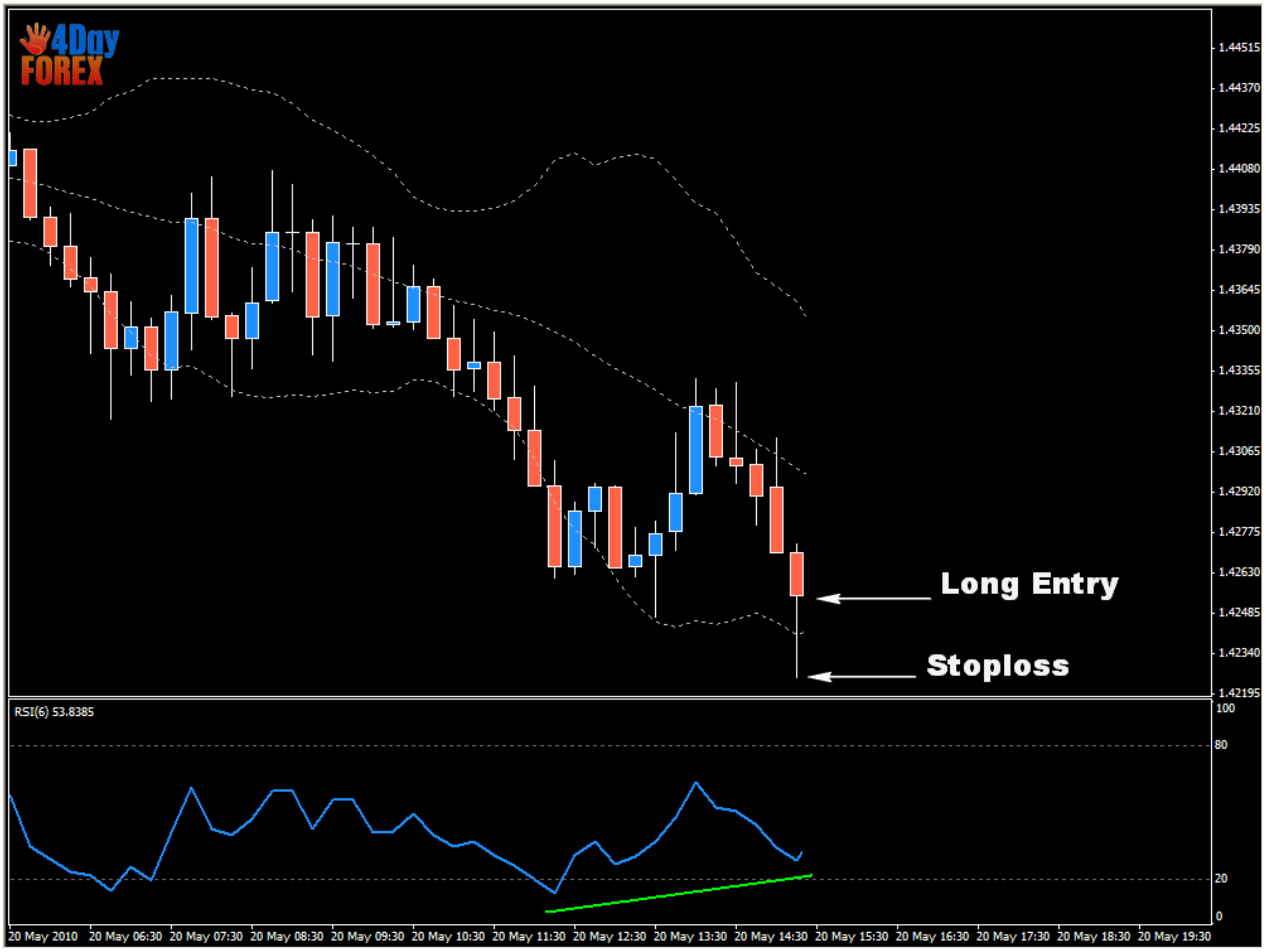
Lunchtime Reversal #2

In this example of a Lunchtime Reversal we have price and RSI giving us a Deep Dip (green line).

Remember, we get a Deep Dip when price makes a move past the previous move – in this case price made a low and them makes a further low. While price is making a lower low, the RSI makes a higher high, and this gives us our Deep Dip confirmation.

We have the Deep Dip and the time is around 15:00GMT – this is a little after the typical London-US crossover – but we must always keep in mind that no setup will be perfect. However, the time still falls within our criteria for being a London-US crossover, so the setup is valid for us.

We then wait to see if there is a trigger bar, which we get, and it is in the form of a Pin. While the Pin is not perfect (if would have been better if it had closed a little higher) – the three Critical Components have combined for us to give a **Lunchtime Reversal** strategy setup.

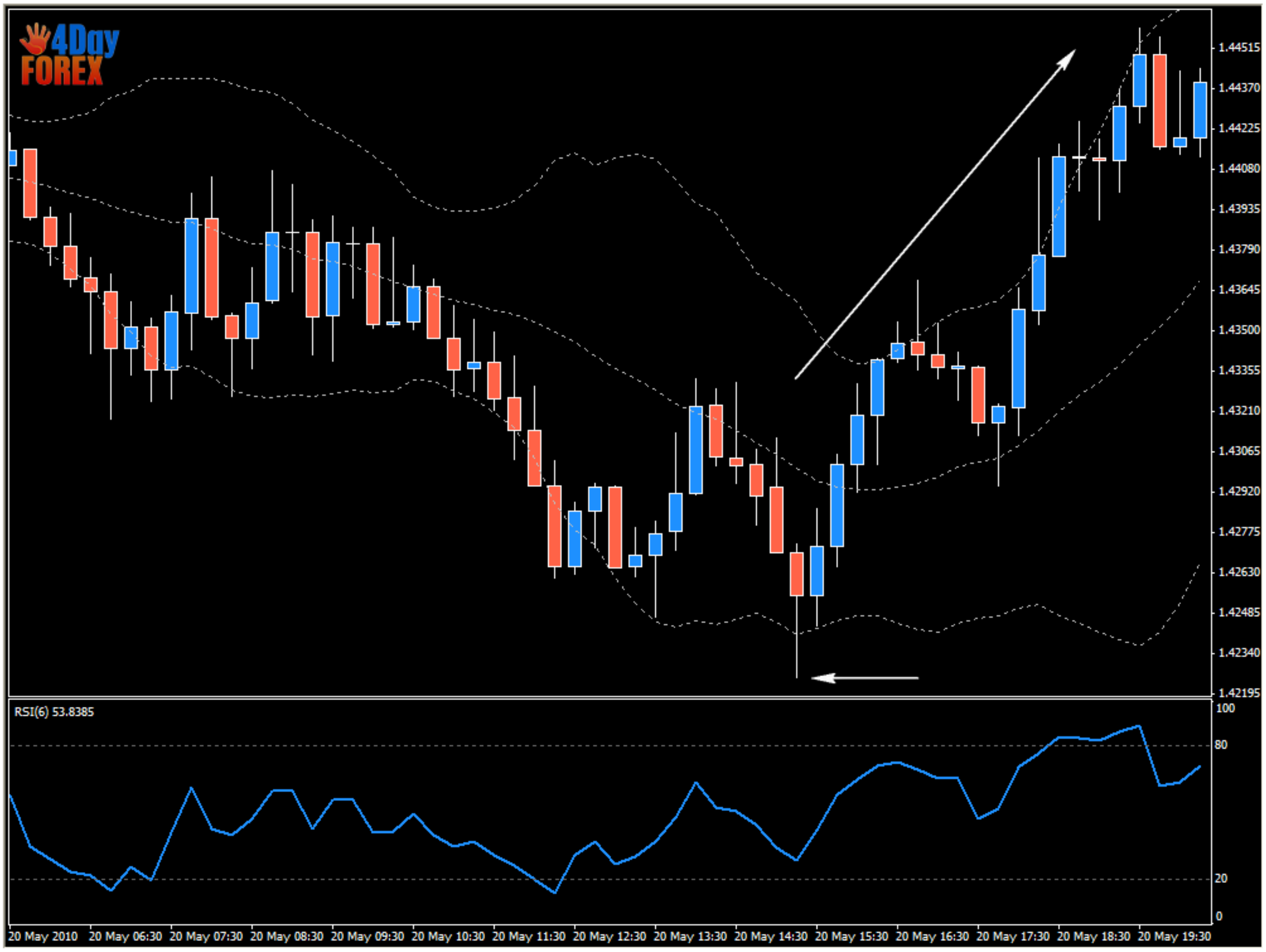


GBP/USD 15m - Lunchtime Reversal (Setup + Trigger)

Many traders find it difficult to go long when price is making new lows - which is quite right – you've no doubt heard the rule of following the trend and not trying to catch a falling knife.

What we are doing however is rather different. We are not just blindly trying to buy at the bottom. We are getting a number of factors in our favor (time of day, Momentum Slowing and trigger bar) to give us an edge in the market. This swings the probabilities over to our side so we have a chance of coming out in profit overall.

This Lunchtime Reversal unfolds as follows.

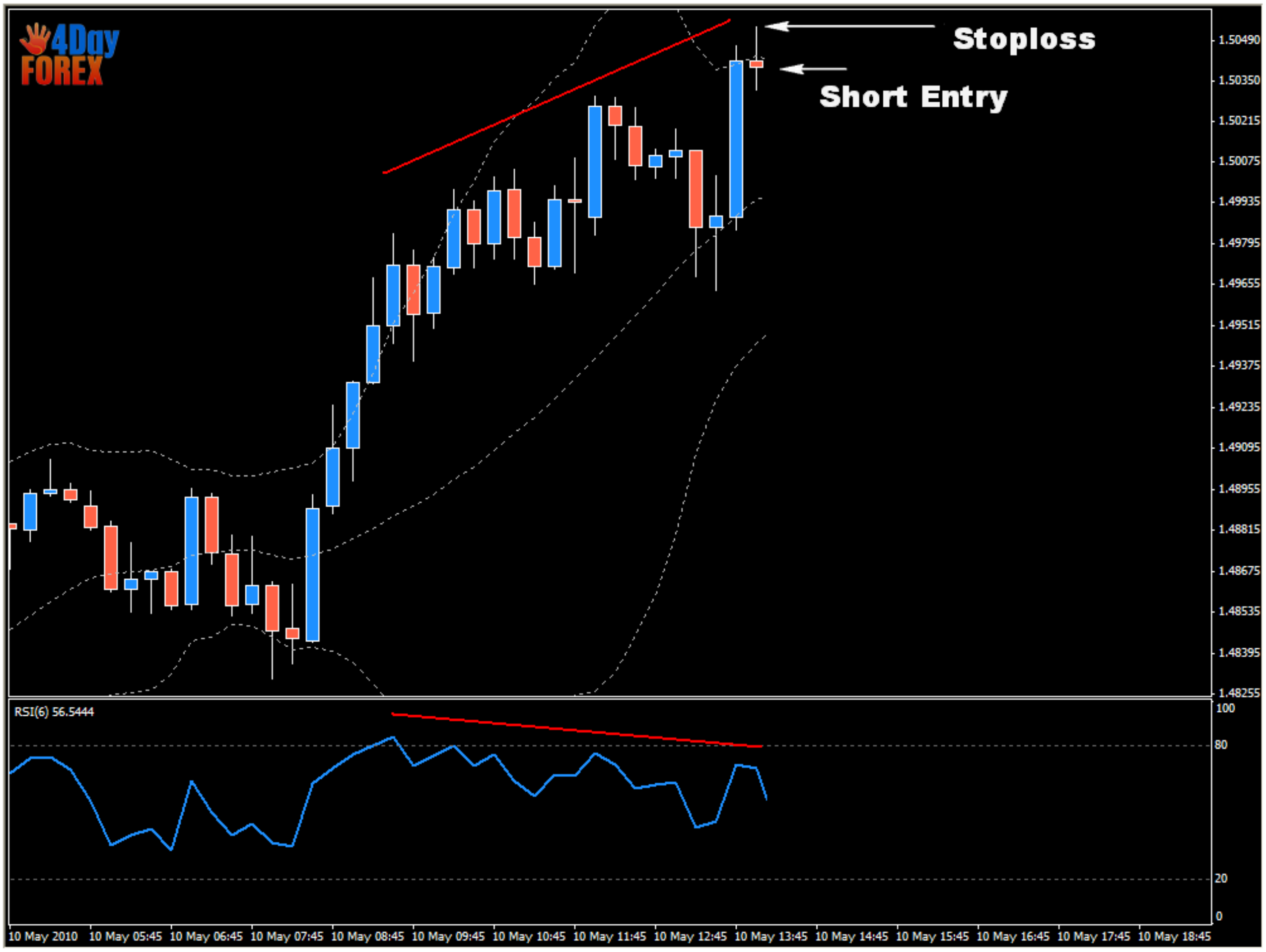


GBP/USD 15m - Lunchtime Reversal (Trade)

Lunchtime Reversal #3

Here is another Lunchtime Reversal strategy trade – but with a twist!

The setup is typical for a Lunchtime Reversal: we have a Slow Reversal on the RSI while price is still rising (red lines); the time is around 13:30GMT (US is just opening); and we get a Pin at the highest point of the day so far.



GBP/USD 15m - Lunchtime Reversal (Setup + Trigger)

There is one more factor we can add into the equation to provide us with even more confidence in the trade setup. If we zoom-in to where the Pin has formed we see the following:

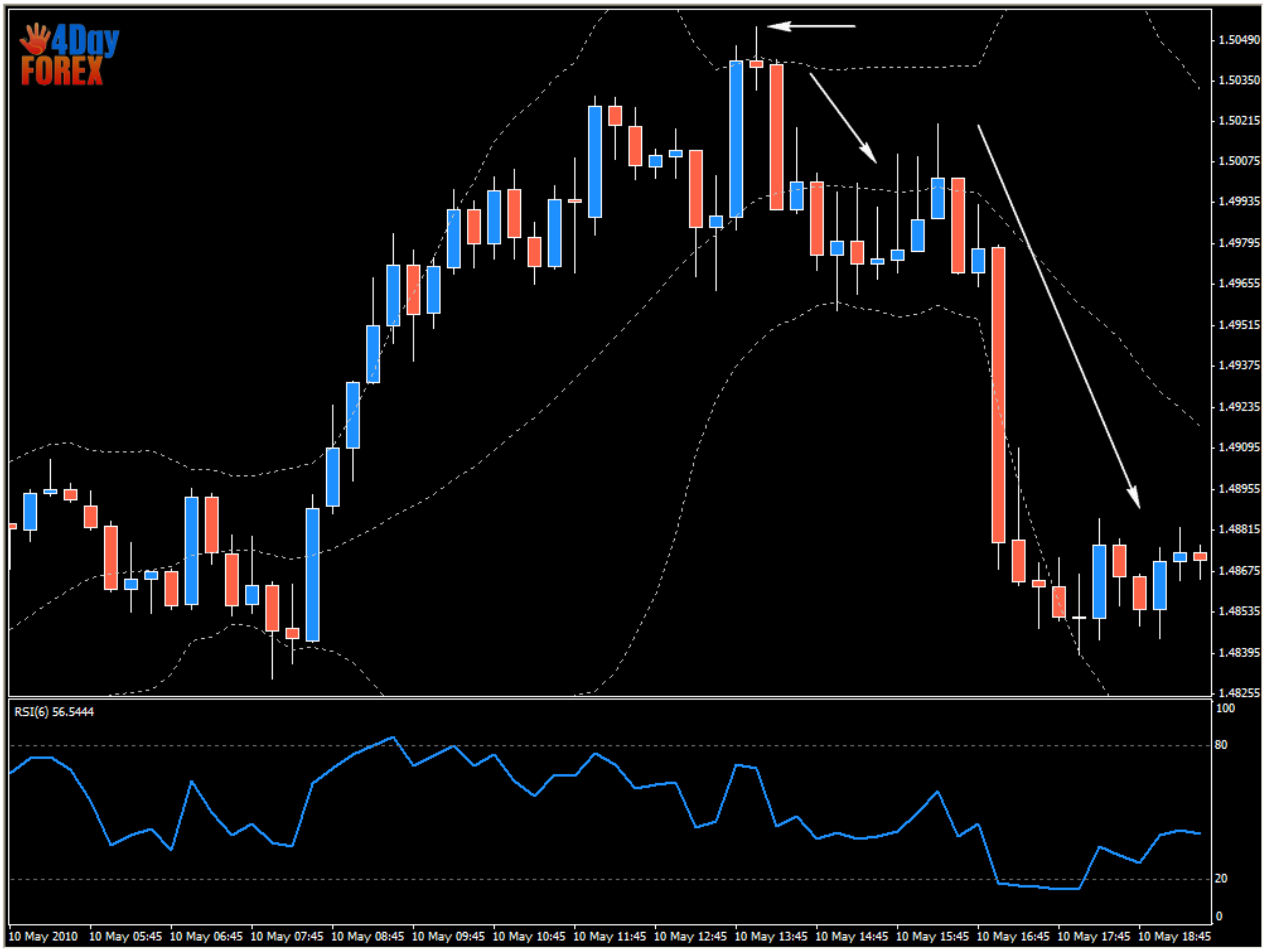
GBP/USD 15m - Lunchtime Reversal (Psych. Number)

The Pin has formed at the 1.5050 price level. Now, we've not mentioned it so far in the eBook, but Round Numbers (or Psychological Numbers as they are sometimes called) can sometimes have a strong effect on price – particularly if they are combined with other factors.

Having the Pin form at this 1.5050 level gives us greater confidence in the trade. It is well worth your while looking out for where a particular setup is occurring – it can be another factor to build your confidence in taking a trade.

We will talk more about round/psychological numbers later in the eBook.

This is how the trade panned-out: we had an initial push… price pulled back… then continued dropping.



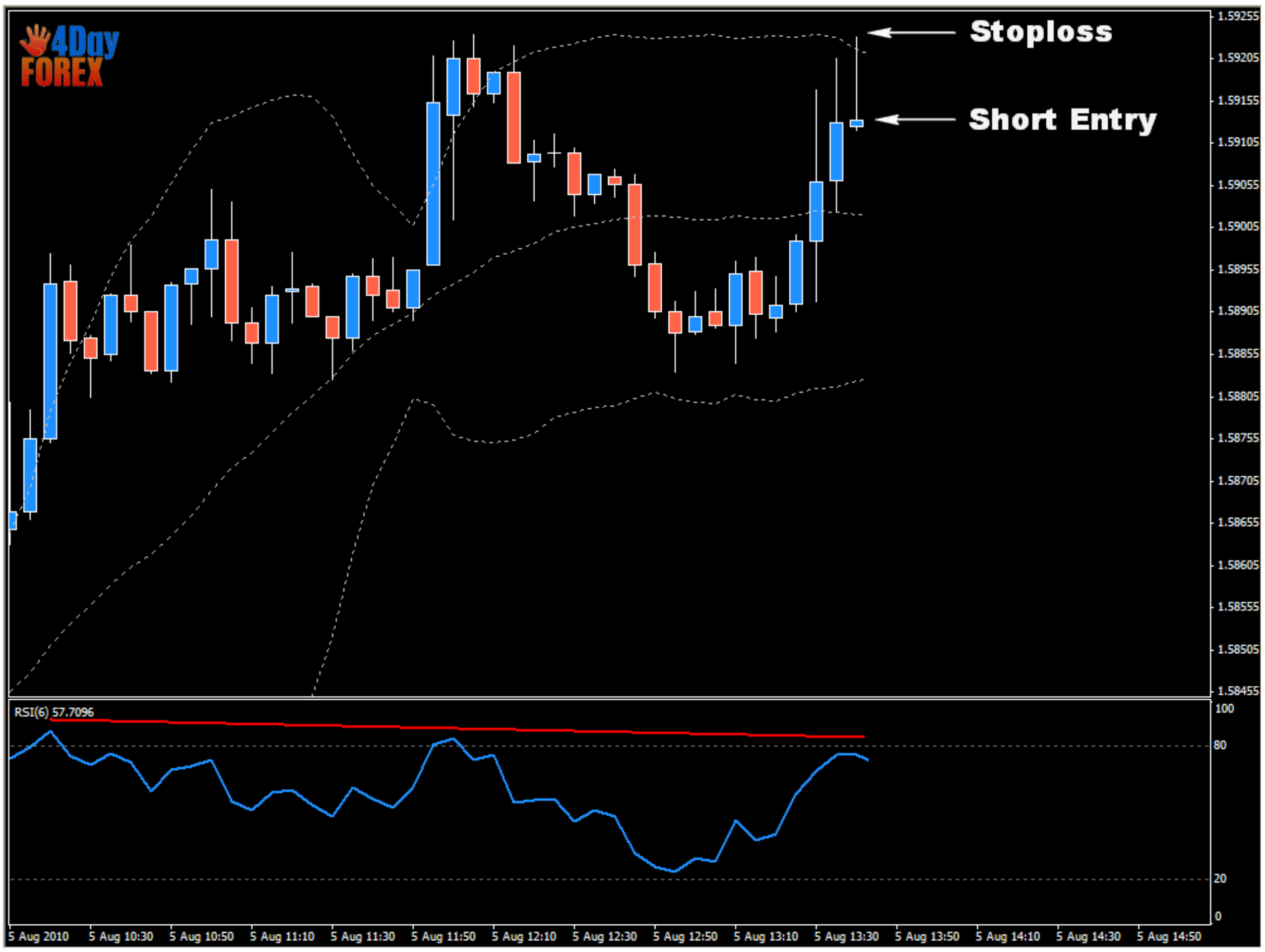
GBP/USD 15m - Lunchtime Reversal (Trade)

Lunchtime Reversal #4

Price had made a decent rise in the London morning session before drifting sideways for a couple of hours.

The time is around 13:30GMT and we get divergence on the RSI (red line).

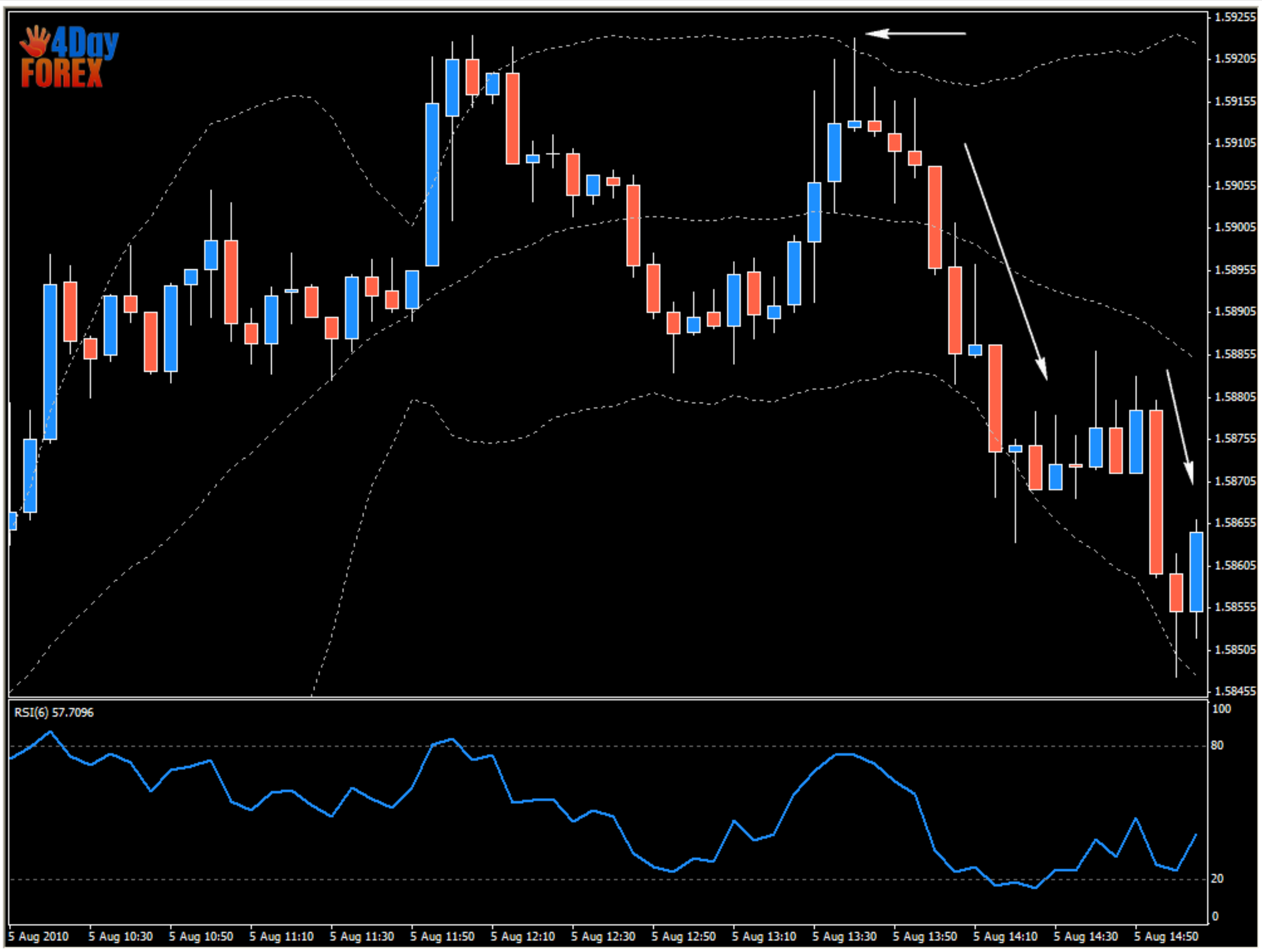
We then get a very well placed Pin.



GBP/USD 5m - Lunchtime Reversal (Setup + Trigger)

This is a good and simple setup. Remember, this is occurring during the London-US overlap and so our preference would be to let it run to try and pocket a good amount of pips.

We get a good initial move in our favor, price then stalls for a short while, then continues heading down.



GBP/USD 5m - Lunchtime Reversal (Trade)

London Fake+Flip #1

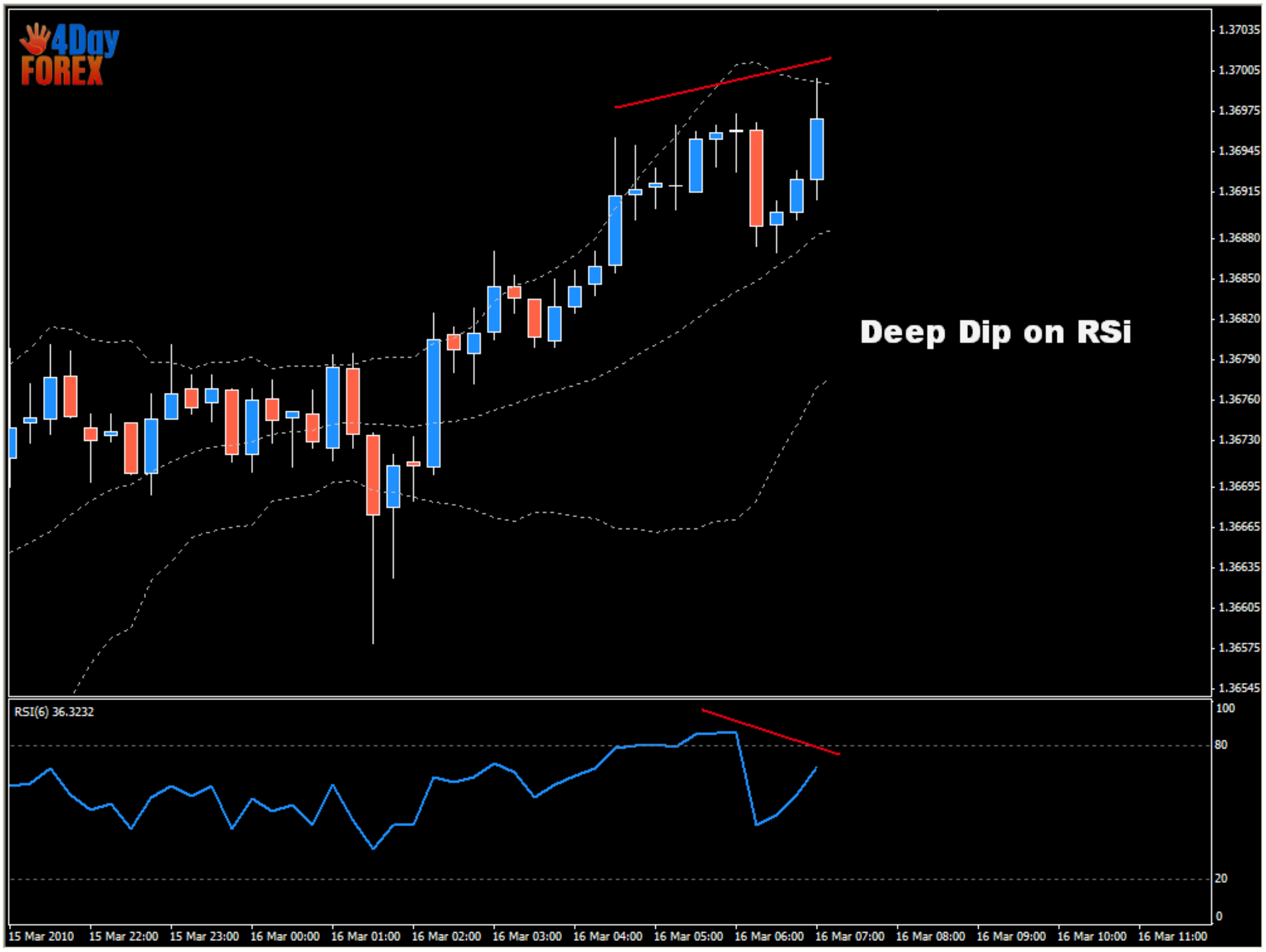
The **London Fake+Flip** is similar to the London Drift strategy.

The London Drift requires the market to have been drifting in a single direction over the course of the Asian Session – the London Fake+Flip does not have this requirement.

As you may have anticipated, this strategy occurs during the London Session, but more specifically, the morning of the London Session.

The premise behind this strategy is that quite often there is a "fake" move; in other words, the market will make a move, traders will jump on board – but suddenly find the market going against them – this is where we look to get in.

As with the other strategies so far we use the RSI to guide us to the opportunity. First we look for a potential Deep Dip on the charts (red lines).

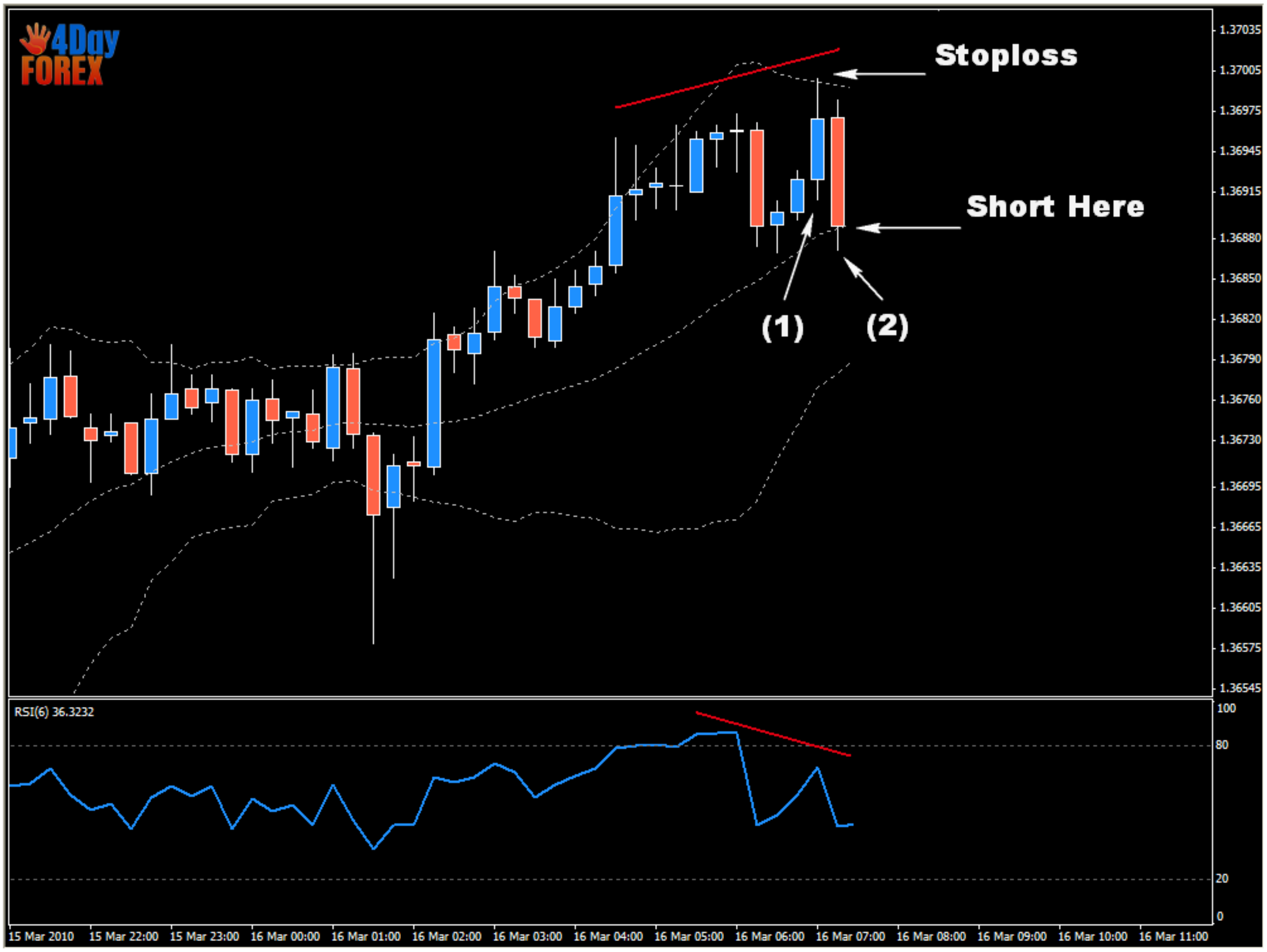


EUR/USD 15m - London Fake+Flip (Setup)

On the above chart we have RSI divergence and price making a higher high – this is our **Deep Dip**.

The time is around 07:00GMT so we are prepared for a momentum-driven push from the London traders.

We look out for a trigger; we get our trigger but it is a slightly more complex one than a simple Pin, IB or BEOB.

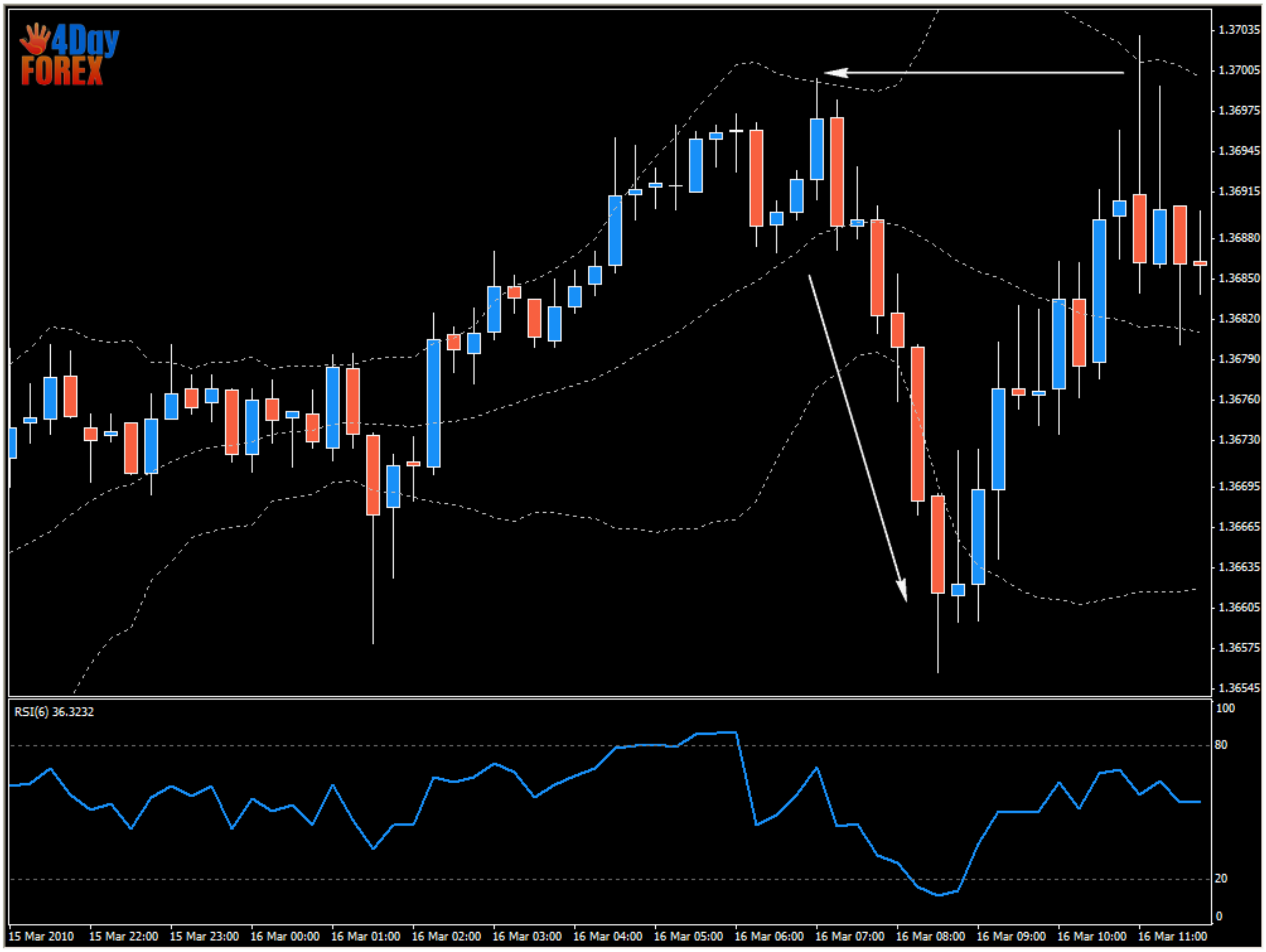


EUR/USD 15m - London Fake+Flip (Trigger)

On the above chart we don't get a distinct, recognizable bar formation as a trigger. However, we can "read between the lines" and interpret what the market is telling us.

On candle **(1)** we can see that the market has tried to make a push making a new high for the session. But right away we have candle **(2)** making a dive in the opposite direction and closing well below candle **(1)**.

While not a perfect trigger bar as such, the other factors (Deep Dip and the fact it is the London morning session), more than make up for it and we have to use a little discretion. As you progress in your trading and gain more experience you will be ready for more and more of these opportunities.



EUR/USD 15m - London Fake+Flip (Trade)

We can see that the market drops very quickly!

This is an example where taking what profit you can would be the best strategy. Had you held, hoping for an all-day run, then there is a chance you would have taken a loss. However, there is also a good chance you would have moved your stoploss to break-even by that point, right?

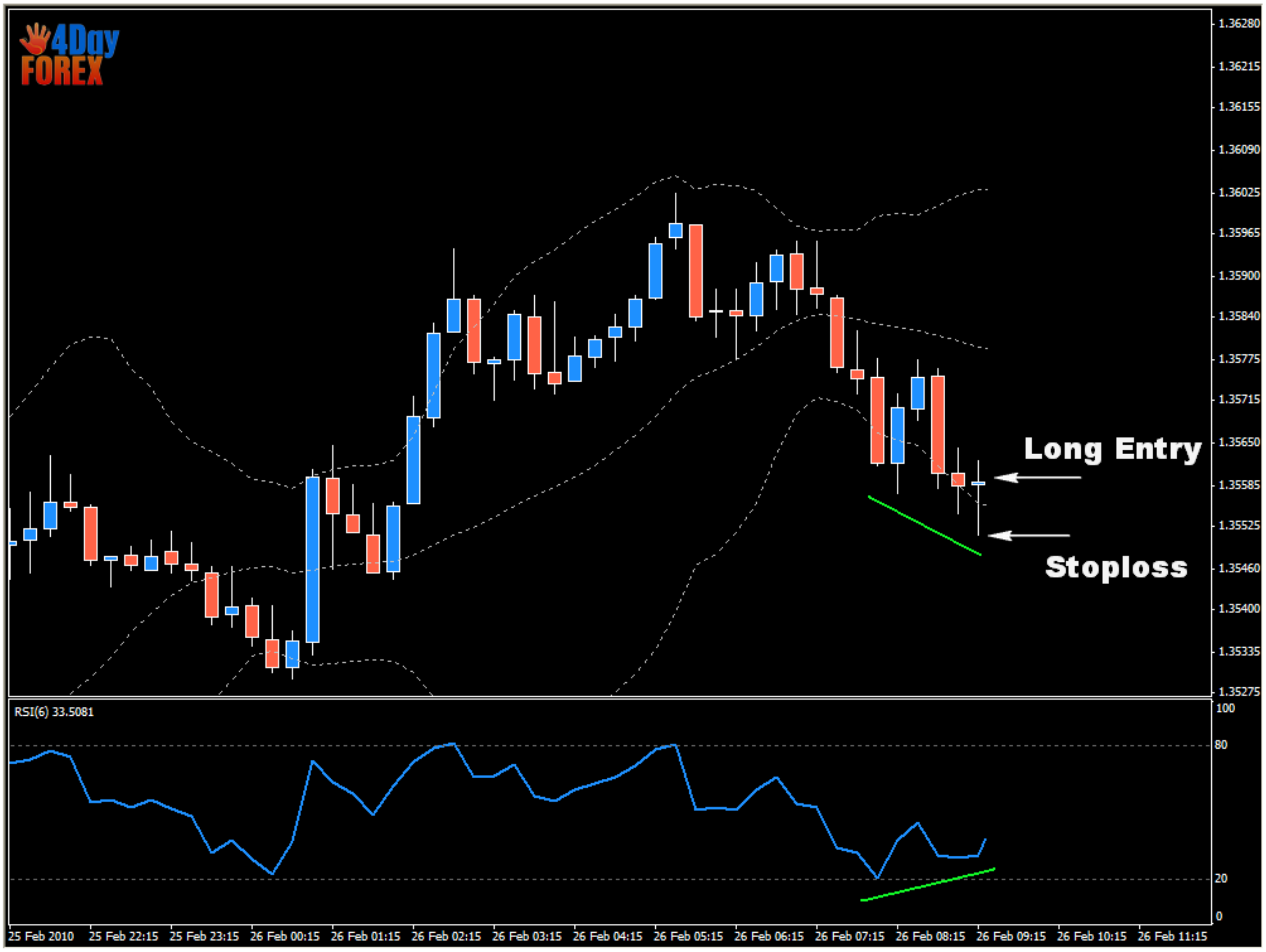
London Fake+Flip #2

We're going to throw in a little more advanced stuff in this one – this will show you how you can use the 4DayForex™ strategies to compliment your existing trading knowledge and strategies.

Most of you will have heard of a channel break-out trade before; this is where price goes into a narrow channel until it eventually breaks out in one direction. Traders hope the move will continue, but many times it will fail, and even head in the opposite direction.

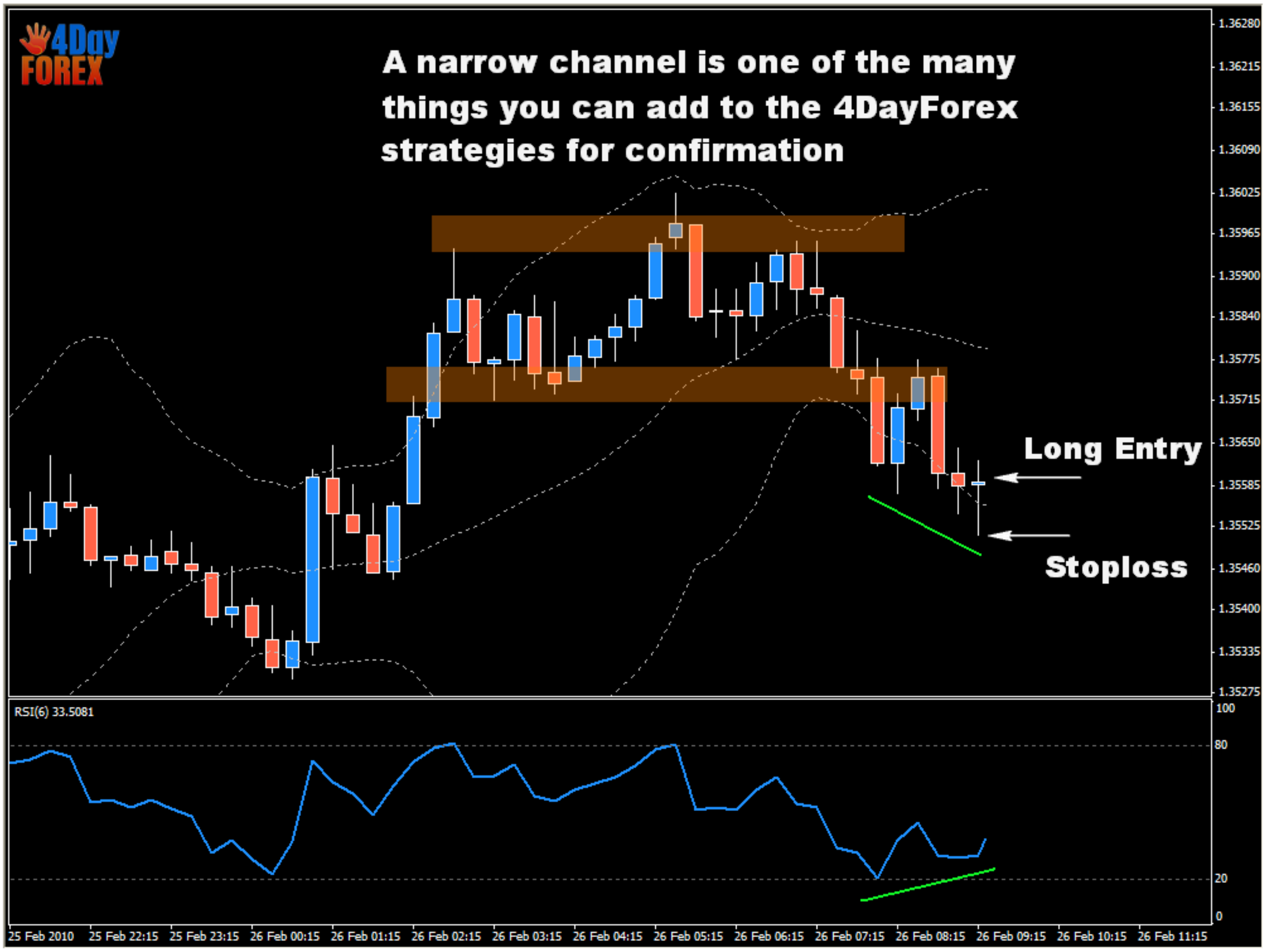
In this example of the London Fake+Flip strategy we will show you how it was combined with knowledge of channel break-outs to yield a very high-probability trade.

Take a look at the following London Fake+Flip strategy setup: the time is a couple of hours into the London Session; we have a Deep Dip setup on the price and RSI (green lines); and we have a perfect example of a Pin.



EUR/USD 15m - London Fake+Flip (Setup + Trigger)

Now take a look at the following chart:

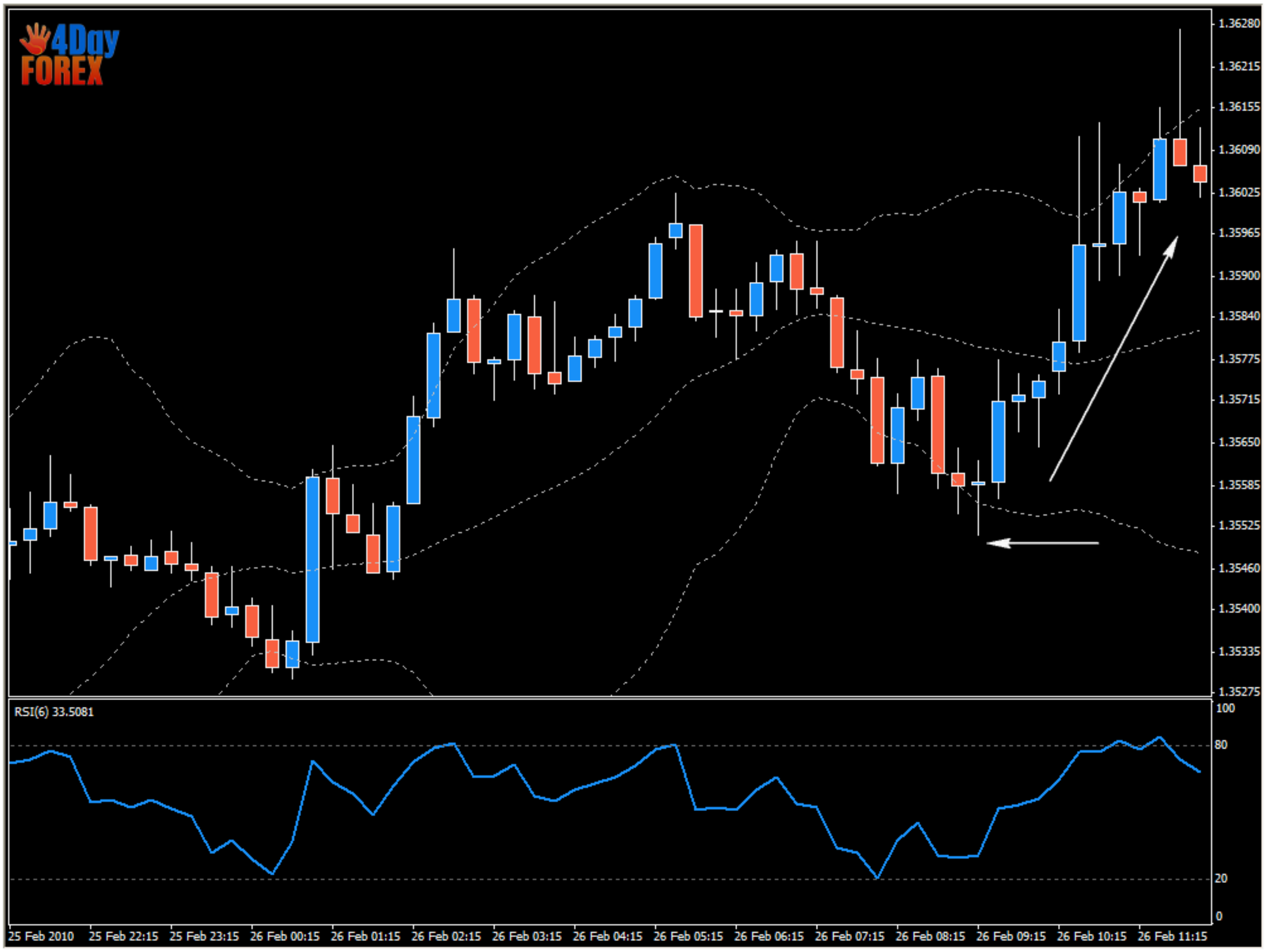


EUR/USD 15m - London Fake+Flip (Channel Observation)

We can see that during the Asian Session price formed a channel; the price then made a break-out down through the lower side of the channel; this is where our London Fake+Flip strategy setup occurred.

So while traders are selling as the price breaks down through the channel, we are seeing a setup occurring in the form of a London Fake+Flip, and buying as they are selling.

There are many ways to view the markets. Having knowledge of other strategies, and what other traders might be doing, can give us another perspective on what we are doing with our own strategies.



EUR/USD 15m - London Fake+Flip (Trade)

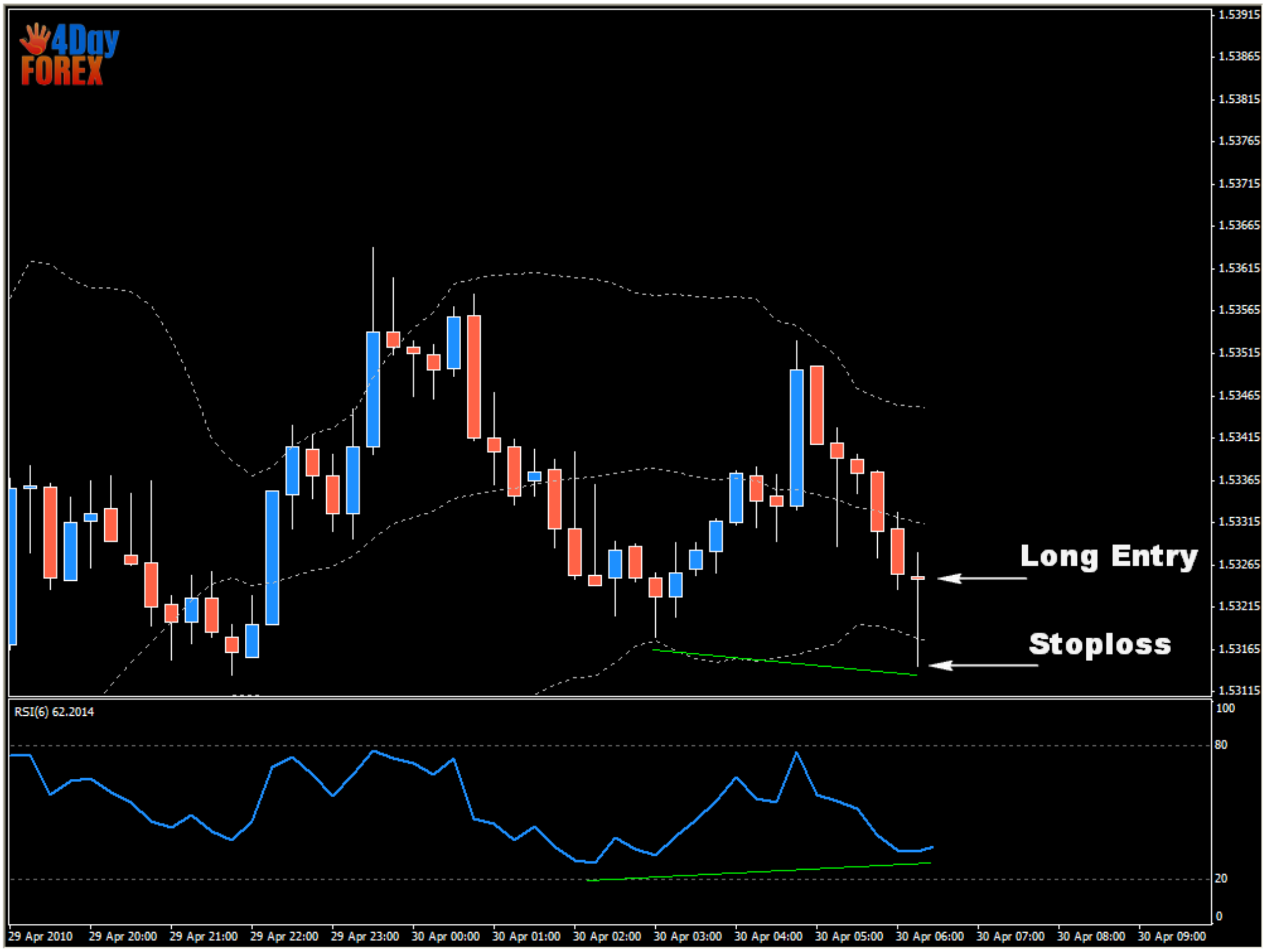
This trade worked out very well.

For the break-out traders who shorted, as price made a break-out of the bottom of the channel, they would have been lucky to get out at break-even – but for many it would have been a loss.

London Fake+Flip #3

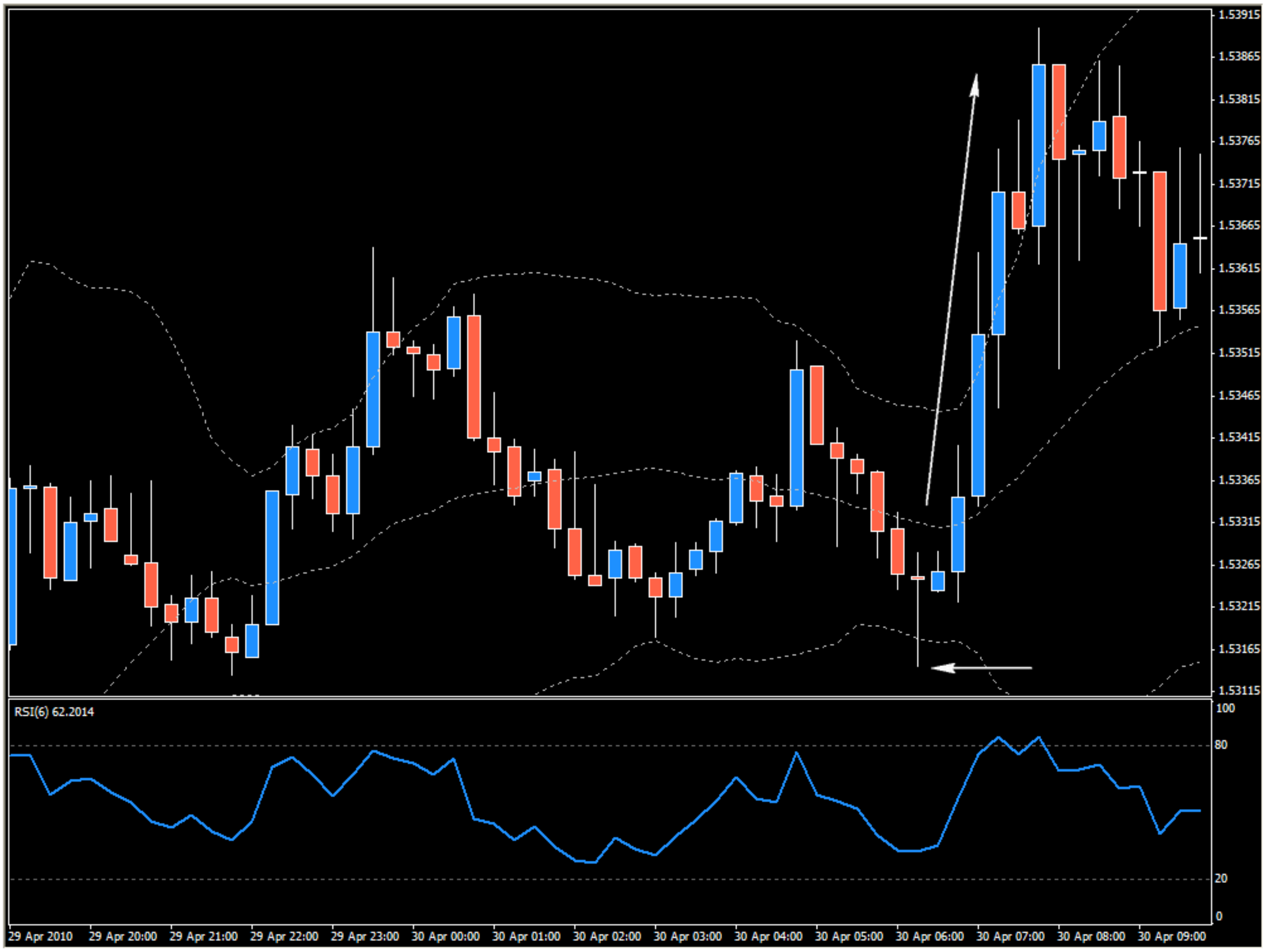
This London Fake+Flip setup occurs right at the London open.

We get a Deep Dip on the RSI (green lines) with a high-probability trigger bar in the form of a large Pin.



GBP/USD 5m - London Fake+Flip (Setup + Trigger)

As is often the case with the London Fake+Flip strategy the market takes-off rapidly and we are in a decent profit right away.



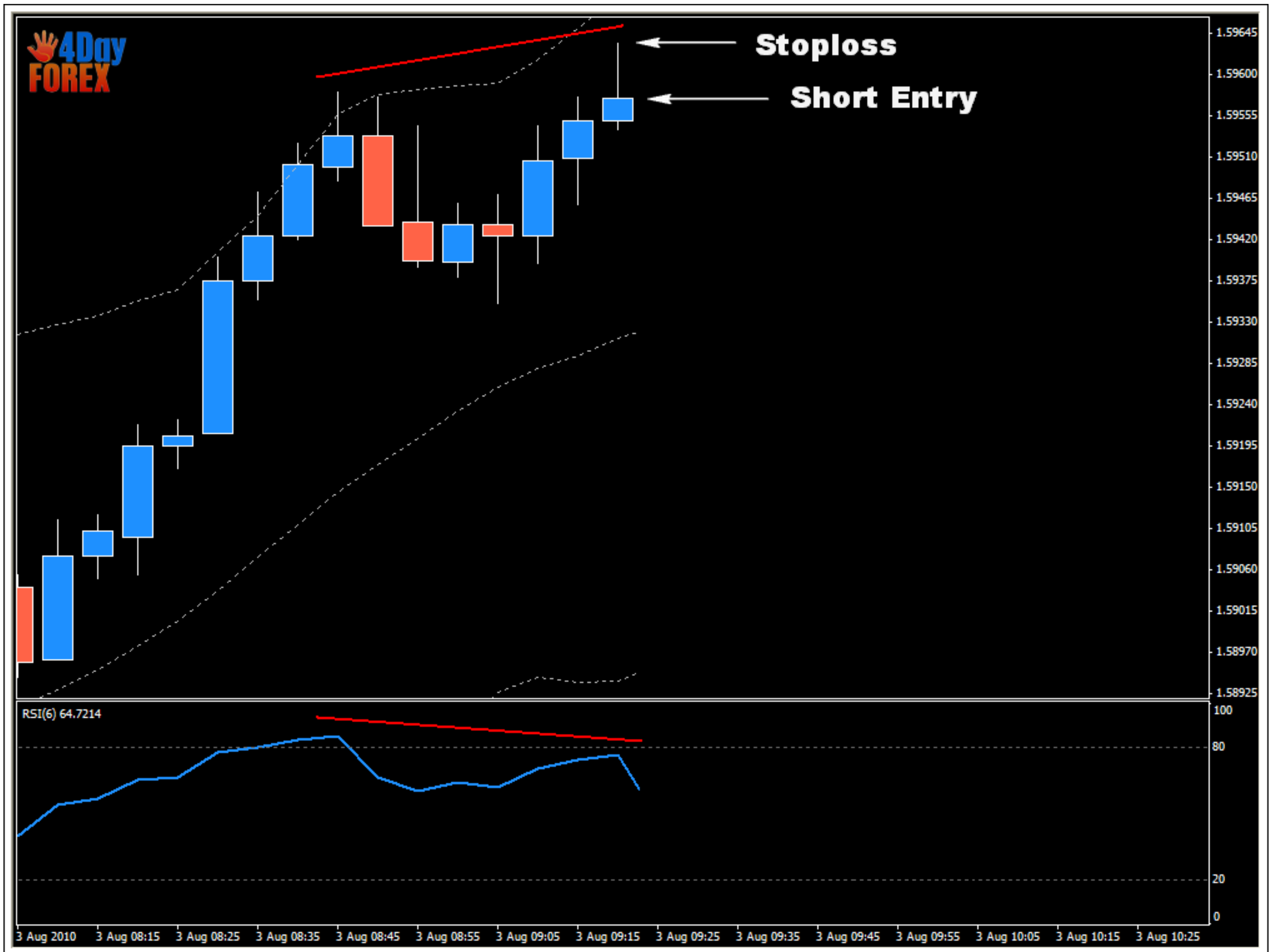
GBP/USD 5m - London Fake+Flip (Trade)

London Fake+Flip #4

This is a 5-min London Fake+Flip that occurred on GBP/USD.

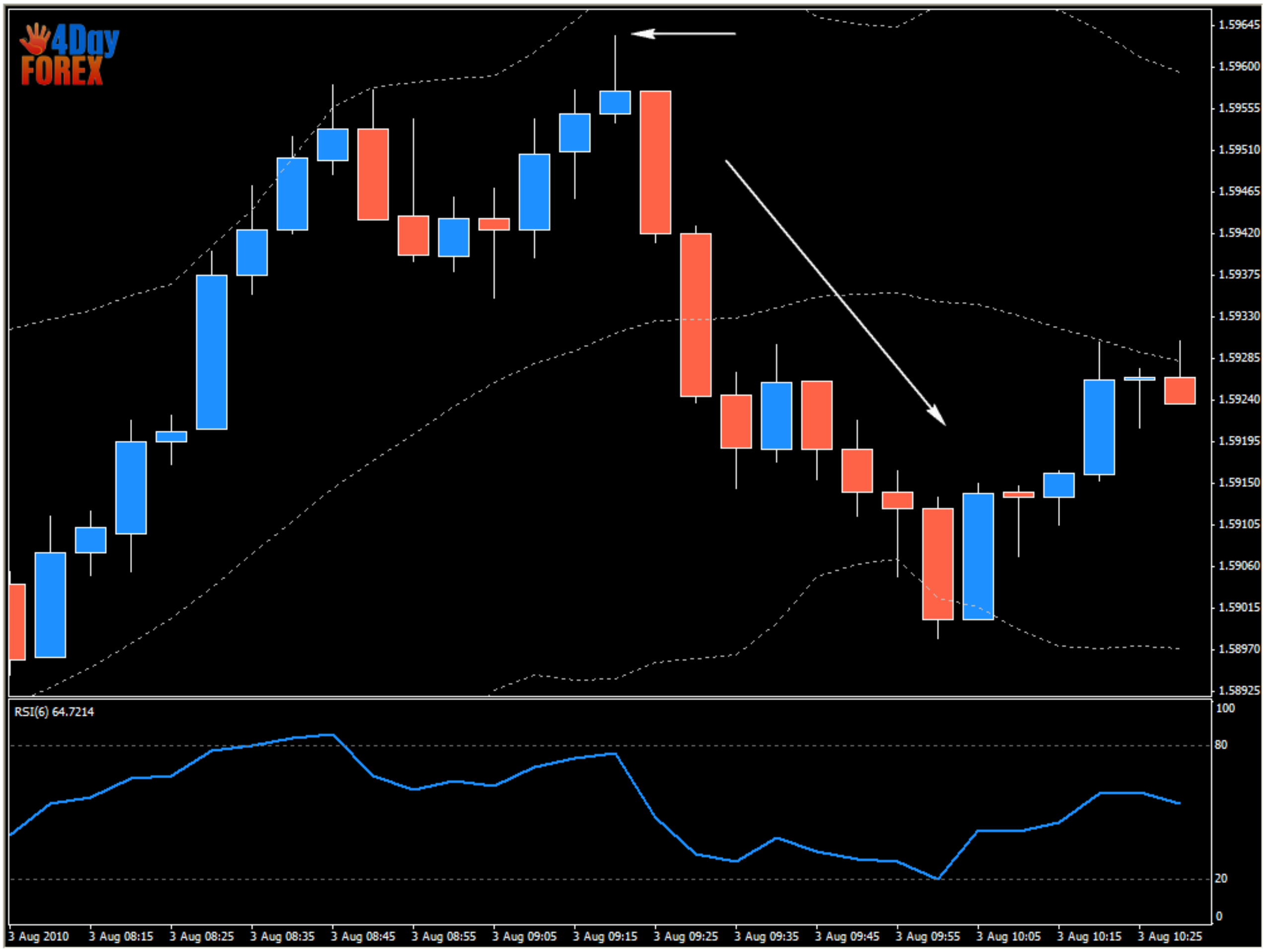
Price has already made a move up after the London open when we get this setup. Many traders will be expecting the move to continue.

We get a Deep Dip (red lines) and a nice Pin.



GBP/USD 5m - London Fake+Flip (Setup + Trigger)

We get a decent drop right away. Our stoploss was extremely small on this trade so we ended up with a very good *Risk : Reward* on the trade.



GBP/USD 5m - London Fake+Flip (Trade)

Super Scalps #1

Although it is best sticking to the most liquid times to trade (London and US) – there are still opportunities around the clock in the Forex market.

The most important thing to watch out for, when trading outside the busiest trading hours in Forex, is that many times the market will not follow-through as much. In addition to this, the market can just chop around and not go anywhere, which leads to false signals in *any* strategy.

We have called this strategy **Super Scalps** as they are taken outside the most liquid times of the trading day and so you generally have to be a little more nimble in terms of when you exit your trades.

With the Super Scalps strategy you will generally be looking to taken what you can out of the trade.

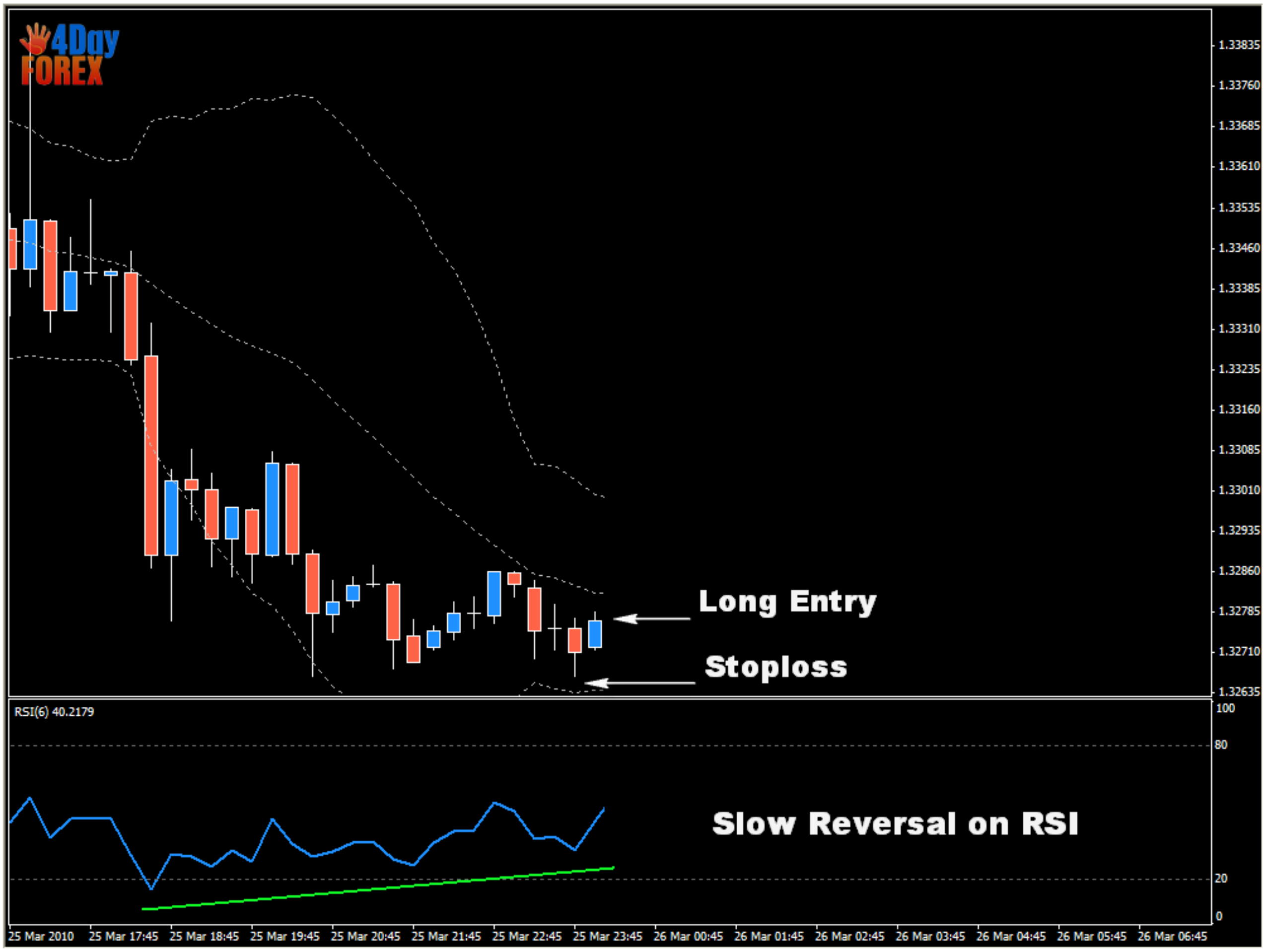
The Super Scalps strategy is not so much a specific strategy. Super Scalps can use any and all of the previous mentioned strategies for entry – but it is the *consideration of the time the trade takes place*, and hence how you manage the trade – that makes it different to the others.

In using the Super Scalps trade strategy we will be looking to grab the pips we can when they are available – we are not looking for a *home-run*.

So the following examples on the Super Scalps strategy will take what we have gone through and learned already and apply them to market situations that are a little "trickier".

On the following chart we can see the time is around 23:00GMT; London is closed, the US is Closed and only Asia is open.

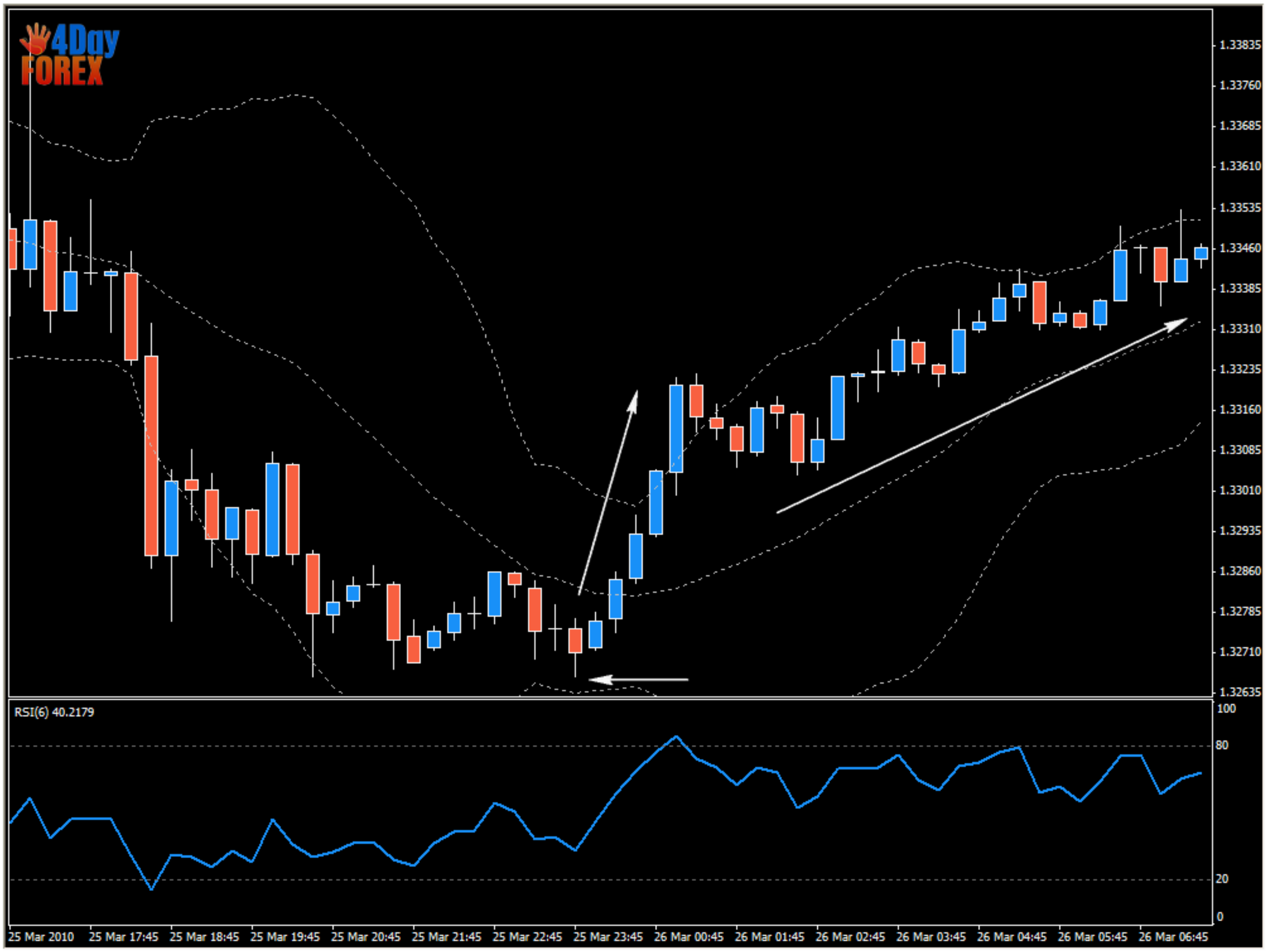
Price has been drifting down and we get divergence on RSI in the form of a **Slow Reversal** (green line). This gives us a heads-up on a possible reversal.



EUR/USD 15m - Super Scalps (Setup + Trigger)

From the above chart we can see that an IB forms (3rd bar back), then we get a Pin (2nd bar back) and then the last bar closes up quite strongly – this is our trigger.

The trade works out as follows.



EUR/USD 15m - Super Scalps (Trade)

We get an initial push with momentum, which is ideal, and we would be looking to bank profits there – because of the time the trade is taking place. Price does continue drifting up, but remember, at this time of the trading day it is less likely that this would occur overall. We should be content with the pips we get for the trade.

You will notice with this trade that there was no single trigger bar; we had to rely on observing a few bars together, and what they meant. While sticking to single trigger bars will provide you with more than enough opportunities for trading strategy setups – you will start to learn from experience to combine these together for more complex trade setups.

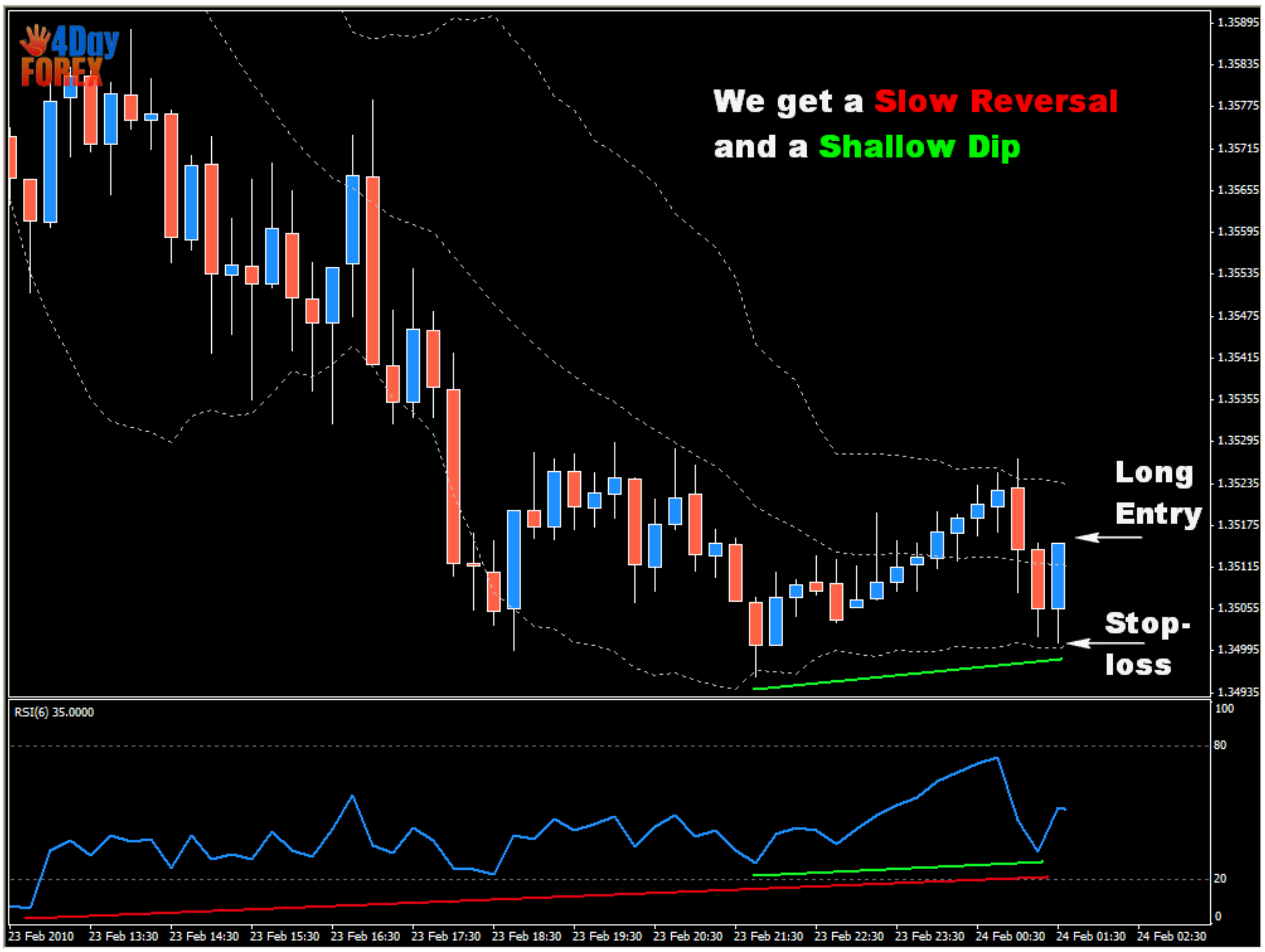
Super Scalps #2

This Super Scalps setup is almost perfect in every way for us…

We have a **Shallow Dip** (green lines) as well as a **Slow Reversal** (red line) occurring at the same time on the RSI.

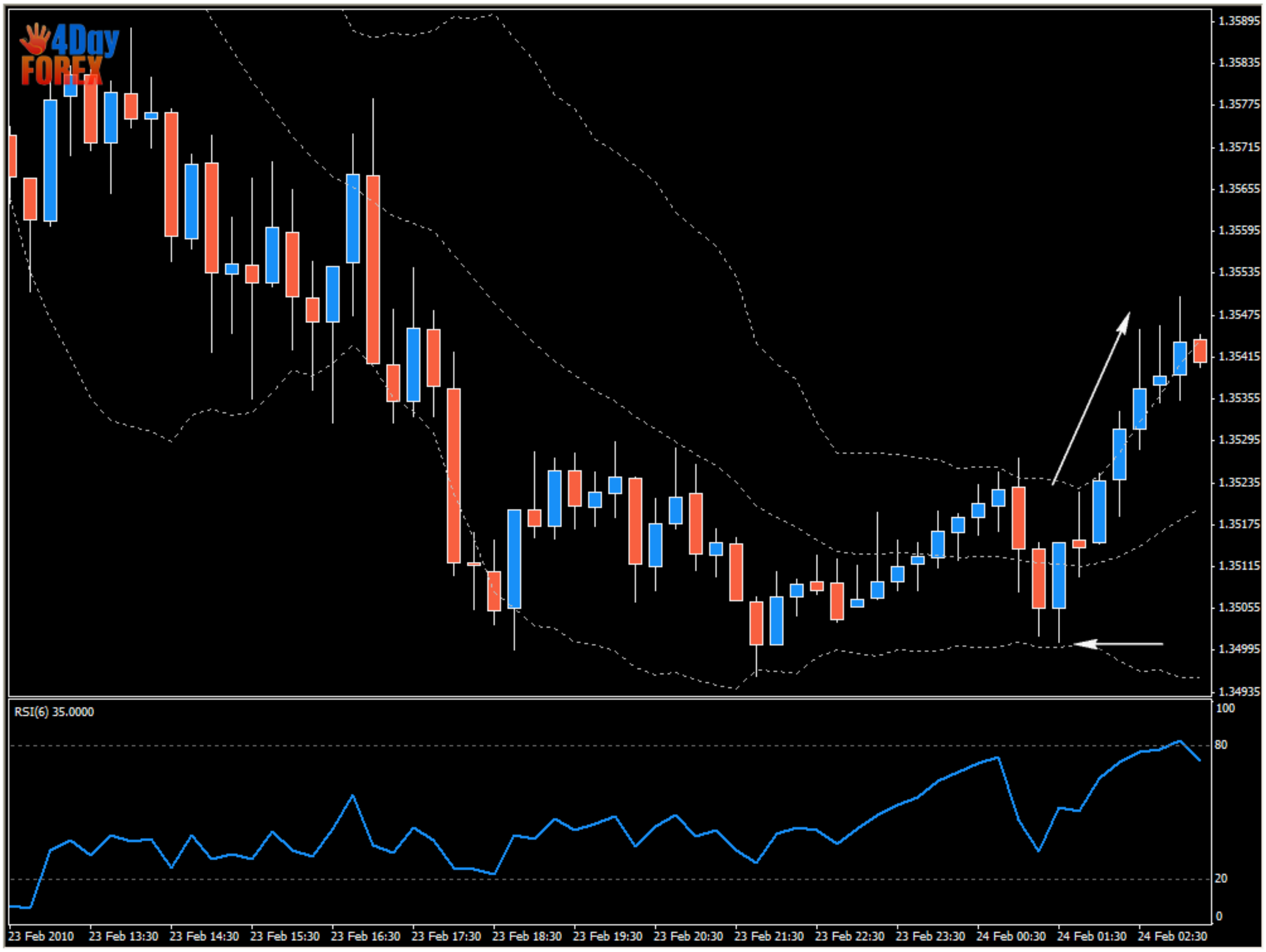
The time is around 01:00GMT and London and the US are closed – only Asia is open.

We get a perfect BUOB trigger bar.



EUR/USD 15m - Super Scalps (Setup + Trigger)

We then get a quick follow-through with momentum; and because it is the Asian Session we would ideally be looking to take profit as soon as we can.



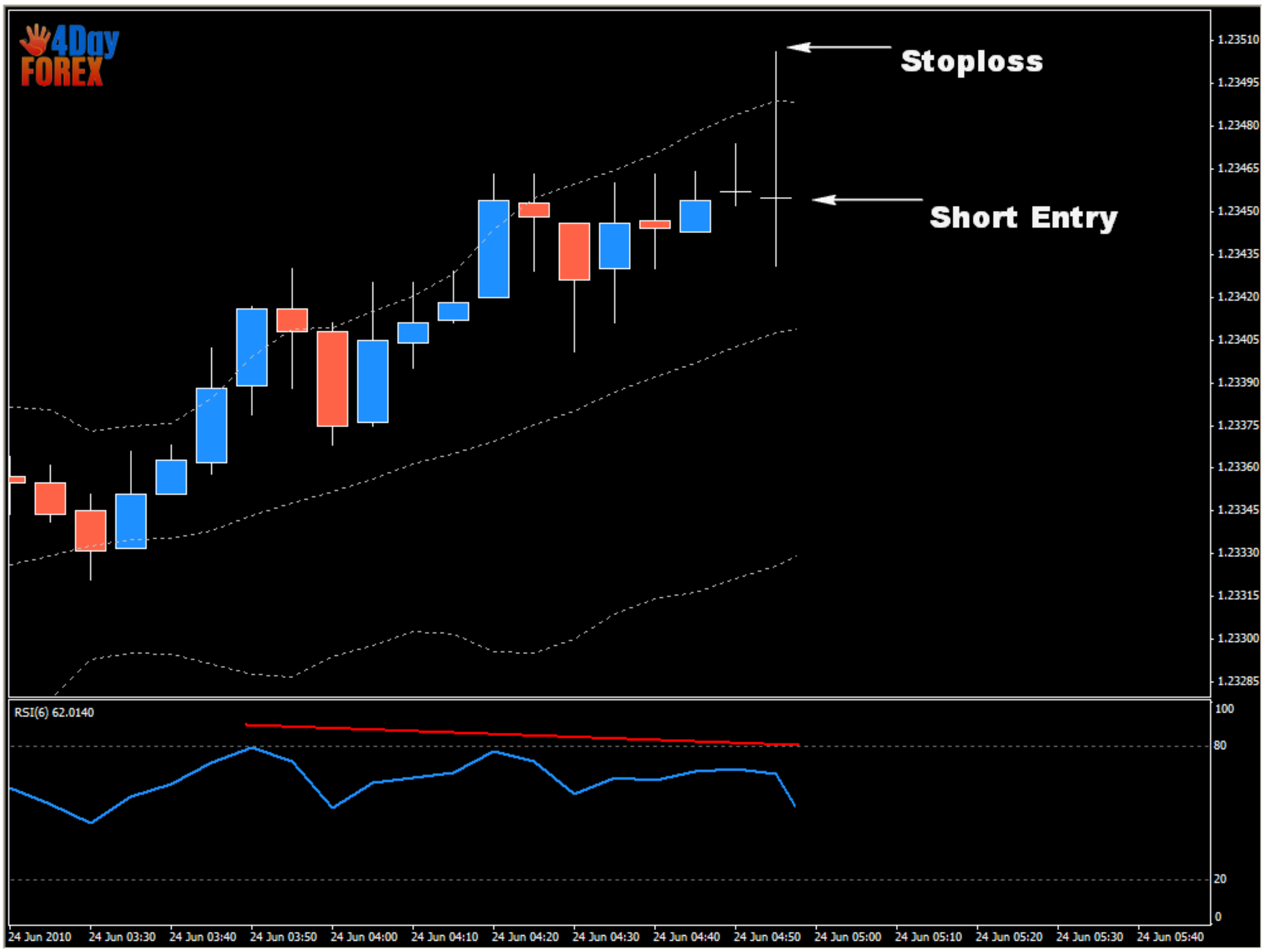
EUR/USD 15m - Super Scalps (Trade)

Super Scalps #3

The following Super Scalps strategy setup is on the 5-min chart of EUR/USD.

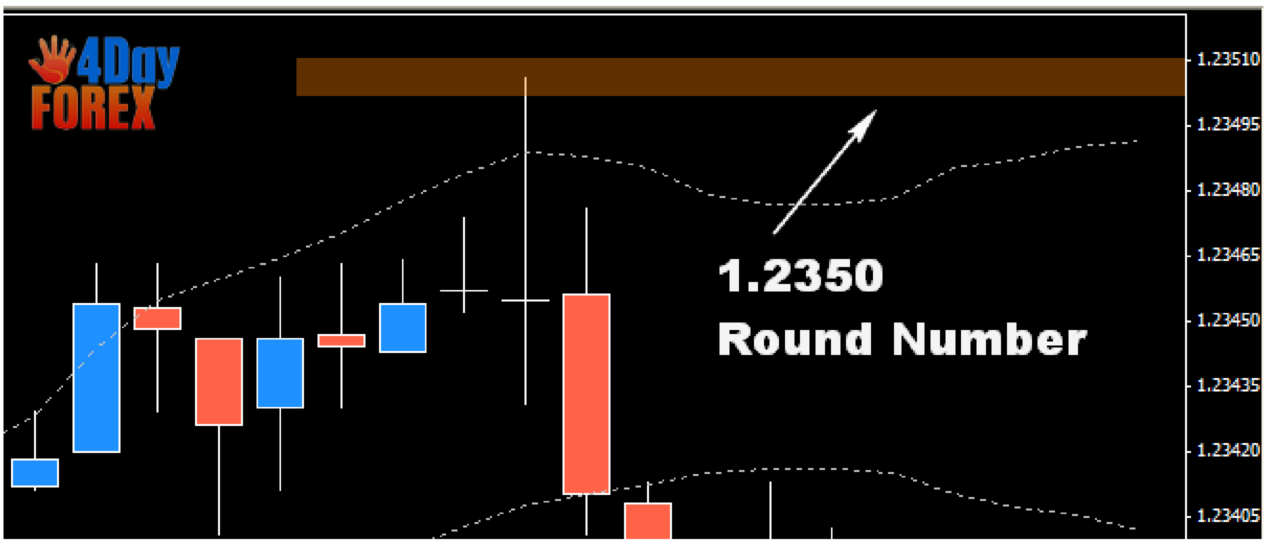
With the 5-min chart you have to be more nimble in taking profits.

This setup ticks all the boxes for an ideal trade setup: we get a Slow Reversal (red line) on the RSI; London and US are closed so we look for quick profits; and we get a perfect Pin for our trigger bar.



EUR/USD 5m - Super Scalps (Setup + Trigger)

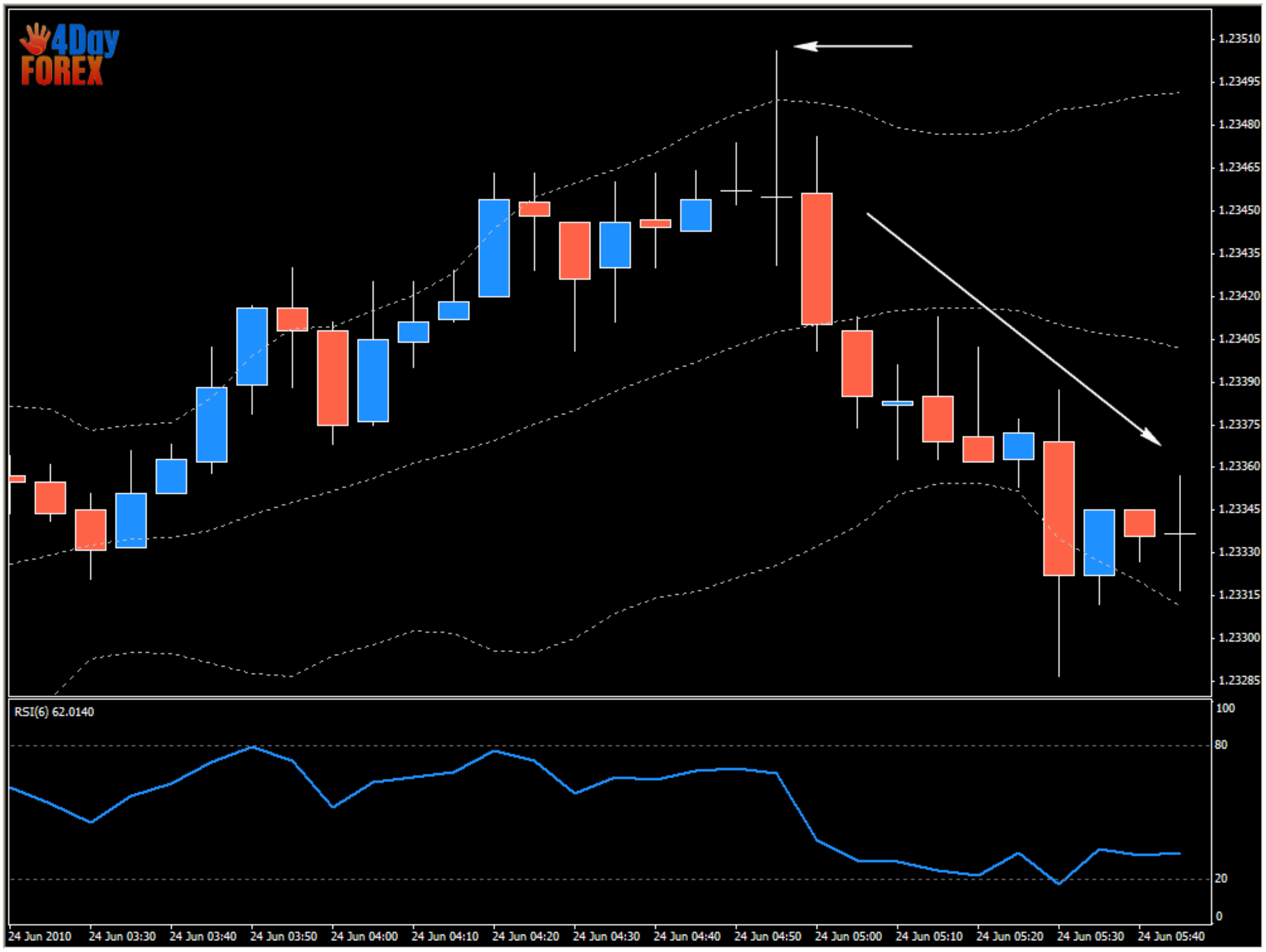
It's always good to keep in mind other factors that you could add as confirmation to the trade setup. In this case we can see that the Pin occurs at a Round (or Psychological) Number – 1.2350.



EUR/USD 5m - Super Scalps (Round Number)

We get a quick fall in price and can grab what pips we can.

This is not a trade to let run for all you can get – especially on the 5-min!



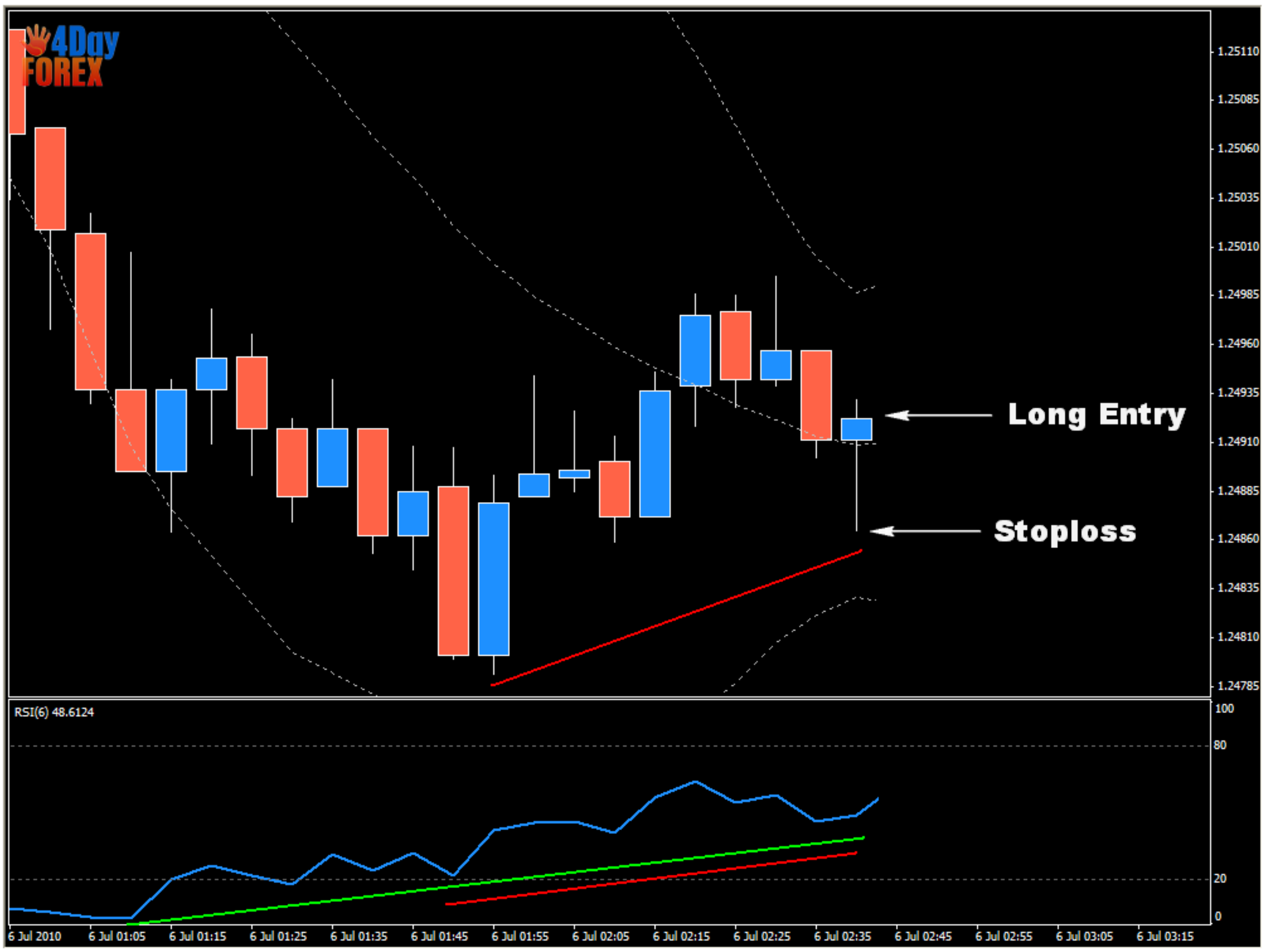
EUR/USD 5m - Super Scalps (Trade)

Super Scalps #4

This next Super Scalps setup is again on the 5-min EUR/USD.

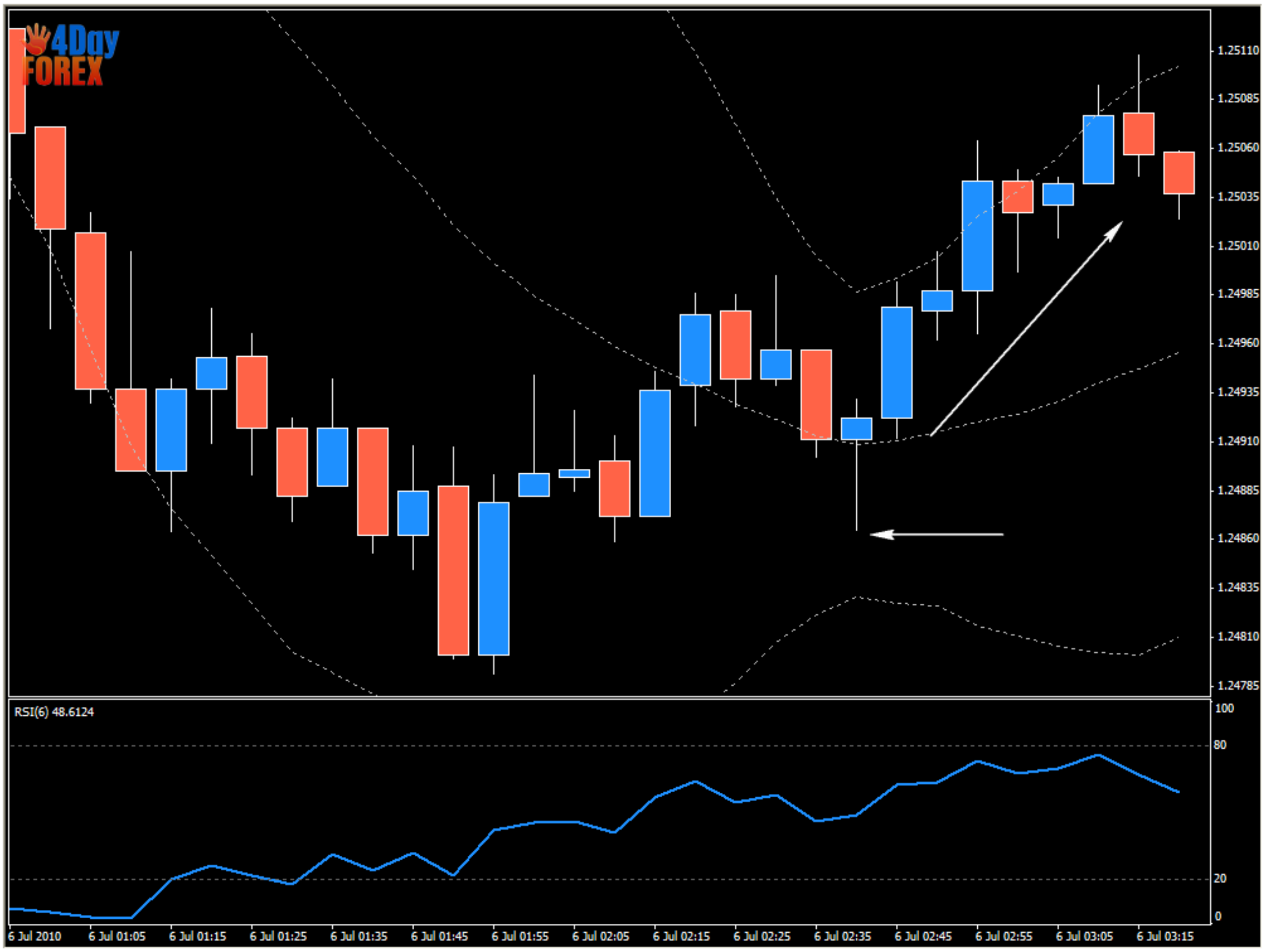
We get a great Slow Reversal on the RSI (green line); but we also get a Shallow Dip as well (red lines).

We also get a perfect Pin as the trigger.



EUR/USD 5m - Super Scalps (Setup + Trigger)

This is a 5-min trade so we are looking to take profit as soon as we can. The price rises fairly quickly and we can take our profits within 20 or 30 minutes.



EUR/USD 5m - Super Scalps (Trade)

Chapter

11

Tips & Tricks

This chapter will give you some extra tips and tricks, for your trading and the 4DayForex™ strategies, that we couldn't fit into the rest of the eBook.

The following are some additional tips and tricks you may find helpful as you progress in your trading.

Another Way To Manage Your Trades

A good option, if you are not confident in how you like to manage your trades, is to take half your position off when the trade is in your favor by the amount you initially risked (i.e. if you stoploss was 20 pips, take profit on 50% of your position once you are 20 pips in profit) and let the rest run.

You can let the rest run to the end of the day or perhaps set your own target of 100 pips or 200 pips; there are an infinite number of ways to manage a trade – you will find out fairly quickly what you are most comfortable with.

You can also take profits at Round Numbers. Price almost always reacts when it reaches Round Numbers – sometimes it will just bounce a little and continue, and other times it can be the extreme of the day and the ideal place to take profit.

Only Trade The Majors

There are many, many currency pairs you can trade – but our advice is to stick to the major pairs.

Now armed with the 4DayForex™ strategies you will find more than enough opportunities to trade by sticking to the major pairs.

The minor currency pairs generally have higher spreads and so you will lose a lot of your edge (not to mention your capital!) trying to trade these.

Our advice is to only trade currencies such as: USD, EUR, GBP, JPY, CAD, JPY, AUD, and NZD.

Other Markets

Because of the nature of the 4DayForex™ strategies and why they work – you will find they will work on markets other than Forex.

We recommend you demo trade on new markets until you are comfortable trading any particular strategy – before using *real money*.

Once you are comfortable using trading 4DayForex™ on the Forex markets you can try futures, stocks, stock indices, etc.

Stick With It

We know only too well how easy it is to jump from strategy to strategy. You've made the intelligent decision to invest in 4DayForex™; and you have spent your time and energy to read this far.

Now you must do yourself justice and promise yourself that you will give 4DayForex™ a chance and not just try other strategies right away. 4DayForex™ is a tried, tested and proven set of strategies – but you will not master them in a single day.

We recommend you spend at least a few days re-reading this eBook, particularly the real example trades, and watch the markets as you do so. You will start to get more and more comfortable with the strategy setups as you see them repeat themselves over and over in the markets.

Money Management & Risk

We've not mentioned anything about money management and risk in this eBook; this is mainly because there are many resources out there already on this subject.

Money management is actually a very simple topic. Many people overcomplicate it – usually because they don't have a solid strategy and are trying to figure out ways to "fix" their poor strategy.

With 4DayForex™ you have a solid, proven and profitable strategy; therefore you only need to practice basic money management.

We recommend you stick to risking a fixed amount per trade.

Between 1% and 3% is a good guideline. So for example, let's say your account is $10,000, you would risk between $100 and $300 on any single trade.

Chapter

12

Final Thoughts

This is the final chapter and will provide you with some thoughts before you start out on your own trading 4DayForex™.

We have regretfully reached the end of our journey together in this eBook – but it is just the beginning of your own personal trading journey…

Throughout this eBook we have done our best to explain things as best we can for you without going into so much detail so as to get slowed-down and not make progress. Some of you may have been bored with some of the simplicity of the material at times and others maybe have struggled in fully grasping it on the first read – but we hope we have catered for all levels of traders throughout.

The 4DayForex™ strategies are not some "fancy" new "secret system" or "automated trading robot" – it is a proven and profitable system that you can learn to trade in a short period of time.

4DayForex™ is about providing you with a simple, tried, tested and profitable trading system that makes money and that you can learn quickly. As we have said throughout the eBook, you are unlikely to master all these strategies on your first day, but by taking your time, you will learn them very quickly.

We must now, unfortunately, bring this eBook to a close. But we would first like to thank you again for investing in 4DayForex™. We have the highest respect for you, and you decision to better your life and yourself by learning to trade, and we are privileged that you chose to do this with us.

If you have any questions or comments please contact us through our website at www.4DayForex.com.

We wish you the very best of luck in your trading, the 4DayForex Team.

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