



MY SIMPLE 5-STEP CHECKLIST FOR PROFITABLE TRADING

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**Please have this outline in front of you during the webinar
and fill out the blank areas during the presentation. ENJOY!**

Our trading methodology is to measure the 5 “Energies” in the market:

- 1.
- 2.
- 3.
- 4.
- 5.

How to determine a “Probability Scenario:

1. At each potential entry point we ask:
_____?
2. Give each setup a score of 1-5.
3. The higher the score, the higher the probability of success.
4. We take each trade to court!
5. You need 5 _____ to establish a
“preponderance of the evidence.”

ENERGY 1: TREND

- The definition of trend: To _____ in a _____ direction. Therefore trend cannot be measured by a short term indicator or price pattern.
- The “Rubber Band Trade” is when price bars are _____ the 50 SMA.

ENERGY 2: MOMENTUM

- Momentum can _____ price action.
- It defines whether a trend is _____ or _____.

ENERGY 3: CYCLES

- Cycles determine the best _____ to enter (the “x axis”).
- Cycle do not determine how far the market will move (momentum tells you that).

ENERGY 4: SUPPORT/RESISTANCE

- Determine the best price level to enter (the “y axis”).
- You need to add momentum and cycles to determine WHICH support/resistance level the market will bounce off.

ENERGY 5: FRACTALS (USING MULTIPLE TIME FRAMES)

- Don't use _____ on the higher time frame because it's a lagging indicator on an already slower chart.
- Use _____ on the higher time frame.

THE TOP DOG “5-ENERGY METHOD:”

- Works for stocks, commodities, Forex, futures and options.
- Works for day trading, swing trading and investing.

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