

Simple Sophistication

Thanks to sonicdeejay and traderathome, we have all been given (free of charge!) the absolute best framework in which to trade the forex markets. It's up to us to realize exactly what an opportunity has been handed to us, to accept it for what it is, and to study and learn how to correctly put it to use. In my opinion, the [Sonic R method](#) is the only way to fly!

I'm no different from anyone else in that I fight hard to hang on to my security blanket (indicators), but the real security comes in recognizing that they are all unnecessary, and most times they are a hindrance to reaching our personal trading goals.

The Sonic R method of trading peels away all the layers that are useless and gives us the truly important elements that we need to trade successfully.

Sonic R is a sophisticated machine that allows us to take flight and soar the forex skies!



Sonic R possesses the power and sophistication of the Concorde without the myriad of controls necessary to fly it. Think of it as the Concorde with the controls of a Piper Cub!

Is this it? NOPE! Waaaaay too complex.



Is this it? YES! Nothing but the necessities here.



We don't need to make things any more complicated than they need to be. When we do that, it leads to trouble, and last time I checked, trouble is a BAD thing!

All we have to do is learn to operate and keep the [Sonic R method](#) as it was designed to be operated – sleek and simple. Study the basic elements, put them into action, and NEVER stray from them.

What's Our Destination?

One thing we must always do before we take flight is to know where we want to go. This is accomplished by studying S&R (support and resistance) levels and using them to select a destination for our trades. We don't want to just take off and fly around in circles. We

want to find the safest way to go from point A to point B. Learning about S&R makes that possible. We want to map out our flight (trade) and determine any areas of “bad weather.” Sometimes we might discover that it’s not the best time to make the flight. If we determine that in advance we can choose to postpone the flight and wait for a more opportune time. Never be over-anxious to take to the skies. Study all the details and make a logical decision and you can avoid any deadly mishaps.

PREFLIGHT CHECKLIST

Planning a trade is very similar to planning a flight, and before you take off you need to make sure everything is in order. There’s no need to rush (unless you are in a hurry to die!). Go through your checklist first, because you are the pilot of your trades.

- 1) Learn how to operate your plane (template). Read the notes that traderathome provided explaining the settings that are available. Read them, then read them again. Once you think you have it all figured out, then go back and read them one more time!
- 2) Consider a destination and check the weather conditions (look at the currency pairs you prefer and confirm the direction of the trend by studying various time frames). [Sonic R method](#) specifically targets the 15M time frame for trades, but you need to be aware of the trend direction on the 1H, 4H, and D charts to fully justify the path you are about to take. Also consider the optimal flying time (London open to London close). That doesn’t mean you can’t fly at other times, it just means you do so at greater risk.
- 3) Choose alternative destinations. The S&R for your selected pair might indicate that there is a possibility for a big move, but keep in mind that things can happen along the way. You should always monitor your trade and watch for anything that might change your way of thinking about the trade. Use S&R from various time frames to map out alternate locations for an emergency landing. Better safe than sorry! As your flight gets close to these locations, closely study the situation and make an educated decision whether or not to continue to your preferred destination. Remember, you can always land and then reassess the situation and take to the skies again if it is warranted.
- 4) Believe in the [Sonic R method](#). I know that sounds easy to do, but in actuality, it’s not. Look at your own templates. Do you have added indicators? If you do, then you don’t truly have the belief in the method that you should have. Listen to this carefully - IT WORKS! Throw away all the extras and trust in what you have been given. Apply your efforts toward learning the basics and toss out the other stuff. If you seem to be failing, take a hard look at yourself. Have you REALLY learned to apply the things spelled out for us? I find myself constantly coming to the realization that I didn’t grasp something fully. I will run across something in the forum that someone says, and I head back to Post #1 to re-read the instructions

again. Never take the position that you know it all. Revisiting the instructions from time to time can be beneficial to us all.

Take time to study anything used in properly applying the [Sonic R method](#). It doesn't hurt to read outside information that details how the basic principles we use work. I've found many useful resources from posts in the forum. Knowledge is a GOOD thing.

Learn how to apply the method. Properly use the template(s) that have been provided. Always be open to learning. Then touch down after a well-thought-out and smooth flight at profitability!

