

# The Process

Zero stress trading

Discipline & Focus

One good trade

Protect your mental capital & account capital

12 candle windows

717 / 915

00 50 round numbers after stops have been hit at highs and lows

Spot the red car!

ARR

Only add on to winners

Keep it simple

Get paid and walk away, no free lunch!

ZERO SUM GAME

**Mental Capital**

Am I mentally and physically ready to trade today?

Am I following my process?

**Technical**

Scan my products identify levels along with highs and lows 15M, 4HR, daily, weekly, yesterday's H&L

Where is last vector or V peak formation the fast stop hunt or pump or dump into traders that are in the MONEY (in profit) where are their stops WHERE IS THE MONEY? Have the stops been hit?

**TIMINGS**

75% of HOD/Session LOD/ Session IN THE FIRST HOUR

Come to the screen 15-30mins before the window opens

15M 1H 4h candle rotations low bear high bull

**BIAS?** Is HOD LOD locked in?

HOD LOD HOS LOS HOW LOW

Stick to the outside wait for the stops to be hit!

**PATTERN**

Ranging RECTANGLES (for a Breakout CONTINUATION / False break REVERSAL)

Reversal HEAD AND SHOULDERS & INVERSE

Reversal DOUBLE TOP M & BOTTOM W

Squeeze DESCENDING & ASCENDING TRIANGLE

**@ ROUND NUMBERS**

00 50

**PRICE ACTION TRADE SETUP**

123 Engulfment M & W 3 push patterns

ENGULFMENT & PINHAMMER AFTER STOPHUNT

**IDENTIFY TARGET** WHERE IS THE MONEY? Have the stops been hit?

**RISK MANAGEMENT**

ONE BAR STOP or one ATR

ARR opportunity add on to winning positions never add on to losing positions.

HOW BIG CAN YOU GET?

**TRADE MANAGEMENT & SELF MANAGEMENT**

Self talk what am I thinking? Am I following my process? Or am I taking impulsive trades?

Take profit after 30-45min or after stops have been hit unless today is an all-in trend day

BREAK EVEN after nearest stops hit

Opportunity to add on or is this just a scalp?

Lock in PROFIT move Stop Loss AFTER 15MINS

Bring down Stop Loss locking in profit 25-50-75

### Best Trade Setups - Pump and Dump

*Do not counter trade Level 3 trades! They should be fast and explosive!*

XAUUSD 65 pips - HOW stops hit / breakouts triggered after 3 levels of rise. (75 pips) Day 4 HOW / HOD short trade US 12 candle window open. No stress trade.



US session "Pump and Dump" before the PPI news release. No stress trade. Ramped up staircase of order flow into the HOD then the dump. Every session.



*1923 "The "lucky" trader is one who minimizes mistakes and, if they do make a mistake, acts to minimize the damage by exiting from the situation quickly. In practice this means having a written plan for each trade you enter, the most important element of which is the stop-loss." Jesse Livermore*

Pump it up to Level 3 then dump it at the London open. 3 levels of rise with an accelerating slope, for a vertical stop hunt short for 50 pips. Same trade, different day. Lock it in, walk away.



Asia triggers long breakout traders into the market going past Yesterdays HOD at 109 hitting 25pips above before making a Peak Formation M  
 Gap time creep gets longs chasing the move back into Y-HOD and today's HOD

BUY BUY BUY!

London 12cw opens and triggers the HOD more breakout traders enter and within 2 minutes they become trapped above 109.25  
 within 10 mins all longs above 109 are now trapped up high  
 the pump starts again at 108.75  
 EH opens and the longs are margined out.



*Don't buy into all the gimmicks and lies on the internet. There is nothing new under the sun in the markets. Know WHAT YOUR BEST trade setups are, HOW they set up, WHEN they set up, and HOW you should trade them. Trade them, then have an actionable solution review process to keep improving EVERY single trade. Understand that this IS your trading business. Then stay disciplined and patient and develop the skills and prowess to execute these setups in live time. 1% better every day. Stacey Burke*

### Best Trade Setups – 3 days of rise or fall

Reversal trade setup

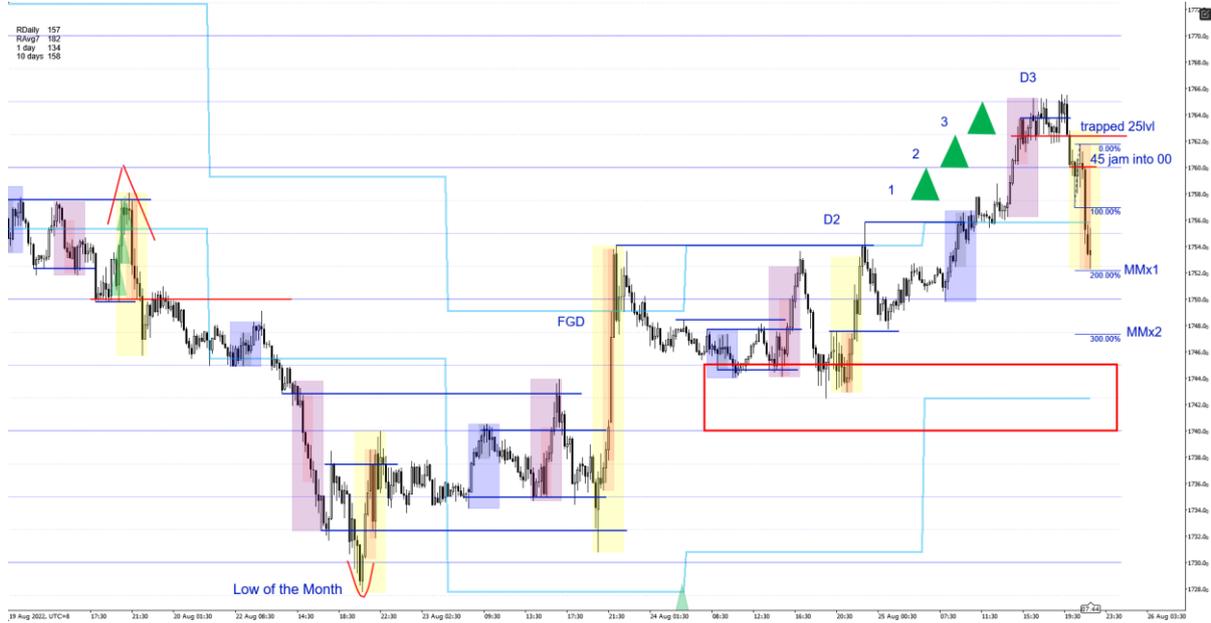
Low of the Month at 1730

3 days triggered long

day 3 Longs in the market High of the week at 1765

3LVL of Rise above Y-HOD M locked in at the HOD d3 trapped volume at 1762.50 breaks down

45mins of jam in NY at 1760 for a Measured move into 1752.50 100%



### XAUUSD LOW reversal back to the HOW. (Day 1 Day 2 Day 3)



*"99% don't get it when they win they start betting less, bet more!" Greg De Riba S&P 500 pit trader.*

Best Trade Setups – **Trend trade** in a broken market

No BOS needed for a trend trade 123 Engulfment SPOT CRUDE - 67 Pips Profit



Broken down market 9:30 trend trade 123engulfment M for the continuation trade



*“when you are in a winning position instead of thinking where to get out, why don’t you think about where to get in more?” Dr David Paul*

## Scalp Trade Setups – NEWS trades

### NEWS TRADE CPI

XAUUSD 85 pips. FIRST BOUNCE TRADE - AFTER THE NEWS. Last 15 min of first hour AFTER CPI. Low Hanging Fruit all the way through last week's higher lows. First bounce is the continuation in line with the strong news catalyst. I only EVER trade the FIRST BOUNCE. After that anything can happen. No stress follows through with the news catalyst. Exit at 00's



*Have EVERY trade planned before you enter the market. There is nothing new under the sun, what has happened before will happen again. Prepare, PLAN, and execute your plan. There are only TWO things you can control. 1. How much you are going to lose. 2. And how much you are going to make. Only take your BEST playbook setups. Flawlessly execute your trading plan. Stacey Burke*

## Best Trade Setups – 3 push 33 trade

3 levels of rise M locked in 1 push 2 push 123 3rdpush EH open 9:30



*There is a lot less to trading than meets the eye*

*The fact that our complicated human minds have a great deal of trouble processing information that is simple. Unless it is complex to the tenth degree, our minds tend to pass over it. We think that something simple cant be profitable.*

*What is your aim? The simple answer should be to make money, in the past I was so preoccupied with what should happen. But to make money we must be focused on what is happening right here, right now. Tom Hougaard Best Loser Wins p99*

Best Trade Setups – Short Squeeze 3 day squeeze and intra session squeeze

**GOLD THE SHORT SQUEEZE 15:00**

ASIA - 8-11 pm (9pm)  
EUR/LONDON - 2-5 AM (3AM)\*  
NY - 8-11AM (9:30AM)\*  
NY EST  
EQUITY MARKET

CREEPING TREND  
00'S  
45-60MINS  
15MIN/HOURLY

YDAY HIGH 100  
50  
25  
00

\* TIME DECAY  
\* ROUND NUMBERS  
\* POSITION MGMT

www.StaceyBurkeTrading.com DAY TRADING The SHORT SQUEEZE On GOLD  
13:45 / 23:00



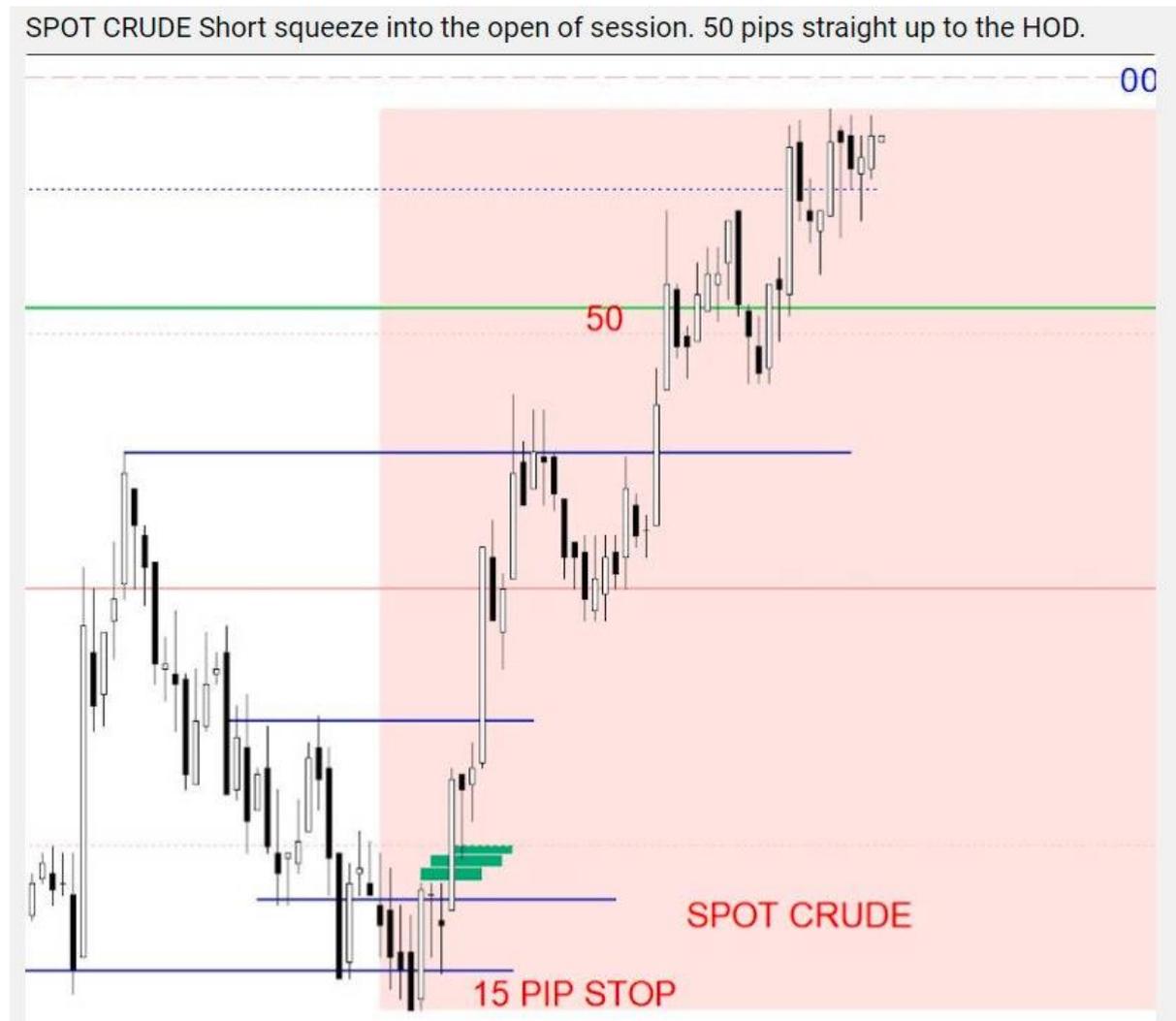
### Before 3 day squeeze



After NY pops into Y-LOD triggers short breakout traders and then quickly reverses for a short squeeze over a few days



Intra session squeeze

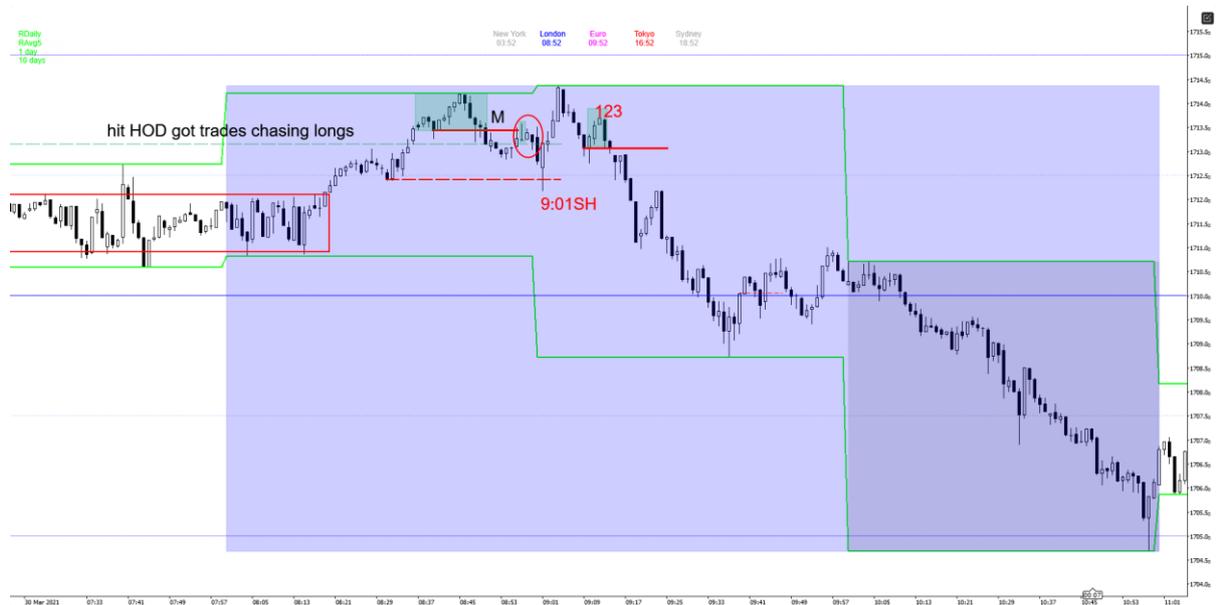


### Scalp Setups – Hit the stops trigger and trap

Trades can be as simple as hitting stops and triggering other time frame traders 1hour 4hour daily work on your best setups



Pre asia high asia 12CW opens first hour hits high 2<sup>nd</sup> hour hits the high again 3 hours up 123 1TF 123 engulfment moves for 75pips



*Its you're thinking that causes problems rather than your knowledge about financial markets*  
 Tom Hougaard

1 hour High and Low gap time London 12CW opens hits the low hits the high W and M its as simple or complex as you your make it

