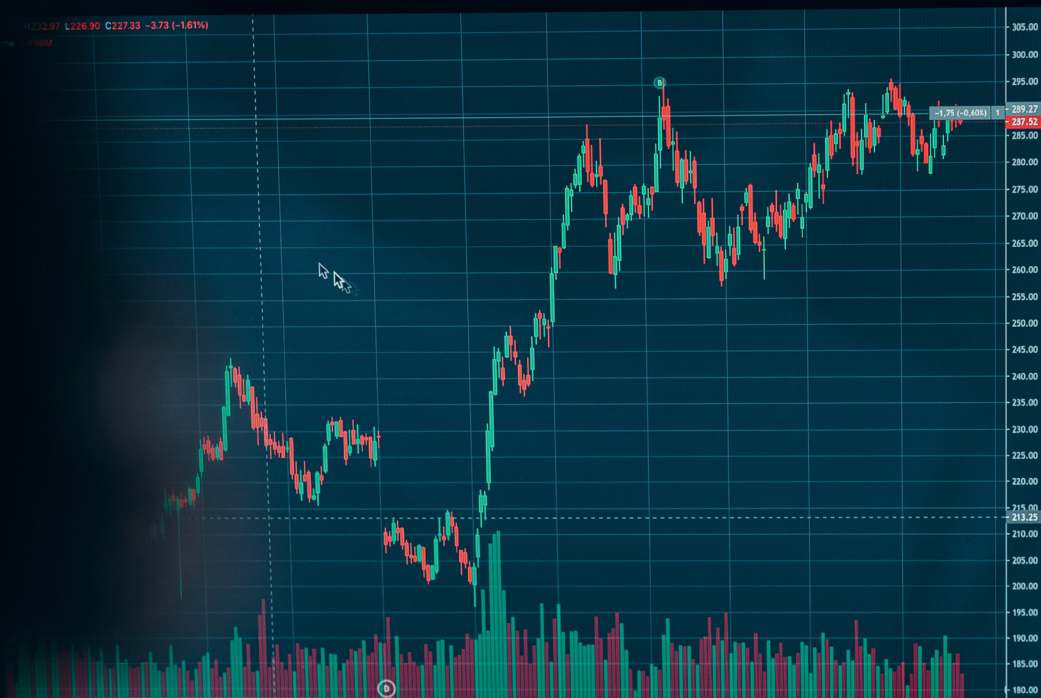




● Systems Trading Class (Eric Benson)

Top Down Multiple Time Frame Analysis

Monthly Chart: "Airplane view" Ultimate High Time Frame Chart

Monthly Movement? Trending, Sideways Ranging, Channeling: _____

Map out relevant Monthly Highs and Lows: _____ < Put Prices Here

Closer to Demand or Supply: _____

Is Demand/Supply fresh or tested, how many times: _____

Weekly Chart: "Positioning Chart". What side of the market to be on for the "week".

Weekly Movement? Trending, Sideways Ranging, Channeling: _____

Map out relevant weekly highs and lows: _____

How did last week close: _____

Closer to Demand or Supply: _____

Is Demand/Supply fresh or tested, how many times: _____

Weekly Break poised: _____

Weekly ATR, Standard Deviation and Pivots in control mapped out: _____

Daily Chart: The “Set-up Chart”. PLAYING FIELD.

Map out Yesterday’s High and Low. (know whether inside/outside day)

Trending or Ranging:_____

Current momentum, typically 2-5 day swings etc._____

Closer to Demand or Supply:_____

Daily ATR must be known.

Standard Deviations and Pivots mapped out

Note: Can use fibs and moving averages in confluence with the higher timeframes to add odds to certain price levels on Daily and lower timeframes.

(Understand market structure on the above High time frames before going to lower timeframes. i.e below Daily)

Notable to know: (or I will teach)

Understanding Technical Analysis and Candlestick Formations/Closes.

Zoning of Demand and Supply and Critical break and hold of certain price handles.

The Location on Higher Time Frame candlestick structure. (I.e in Demand/Supply

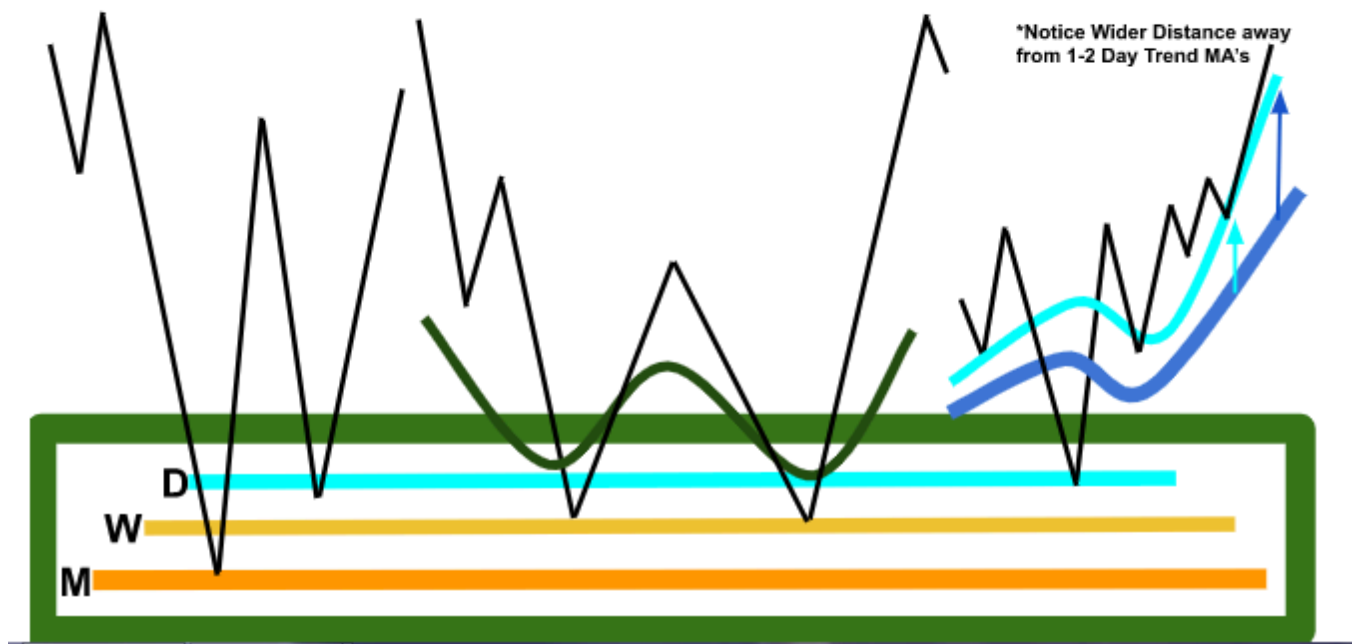
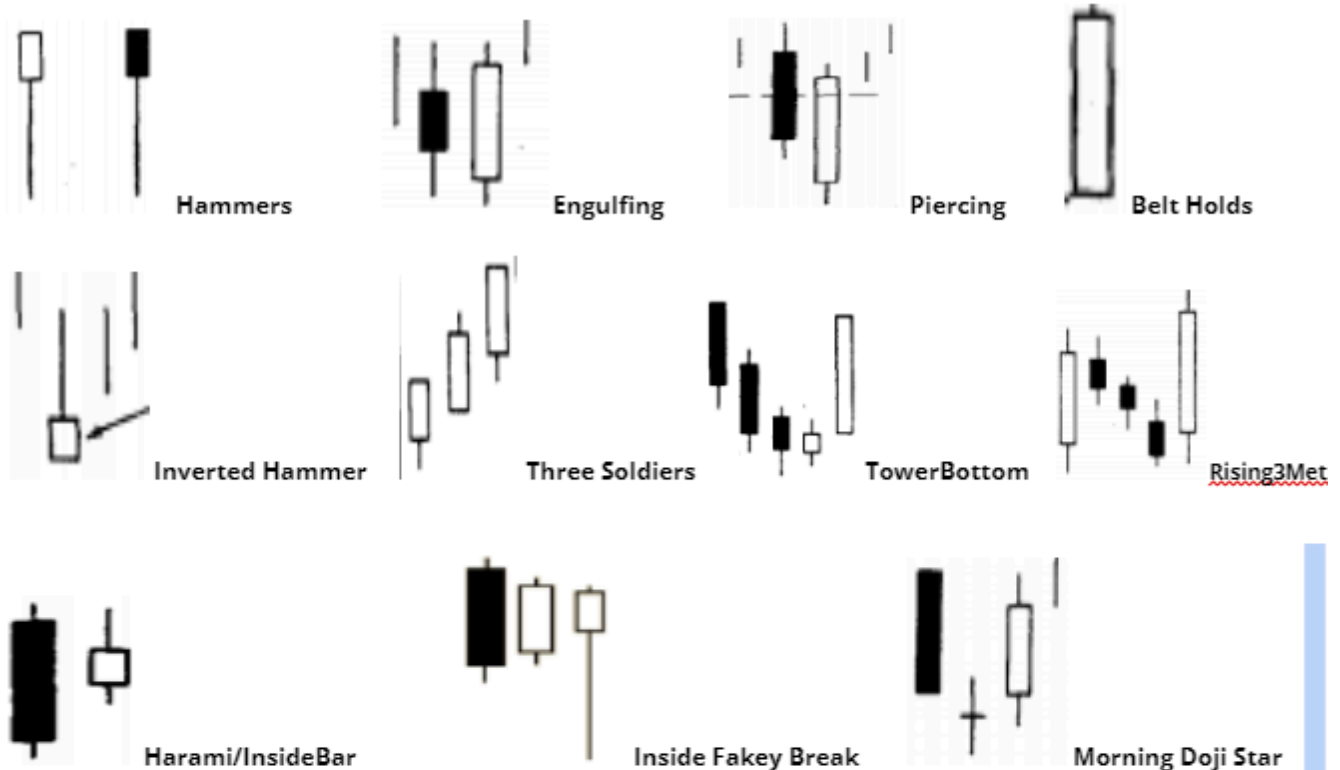
Execution: Breaks Above/Below notable (pictured) Candles.

Execute on smaller time frames when higher time frames also align.



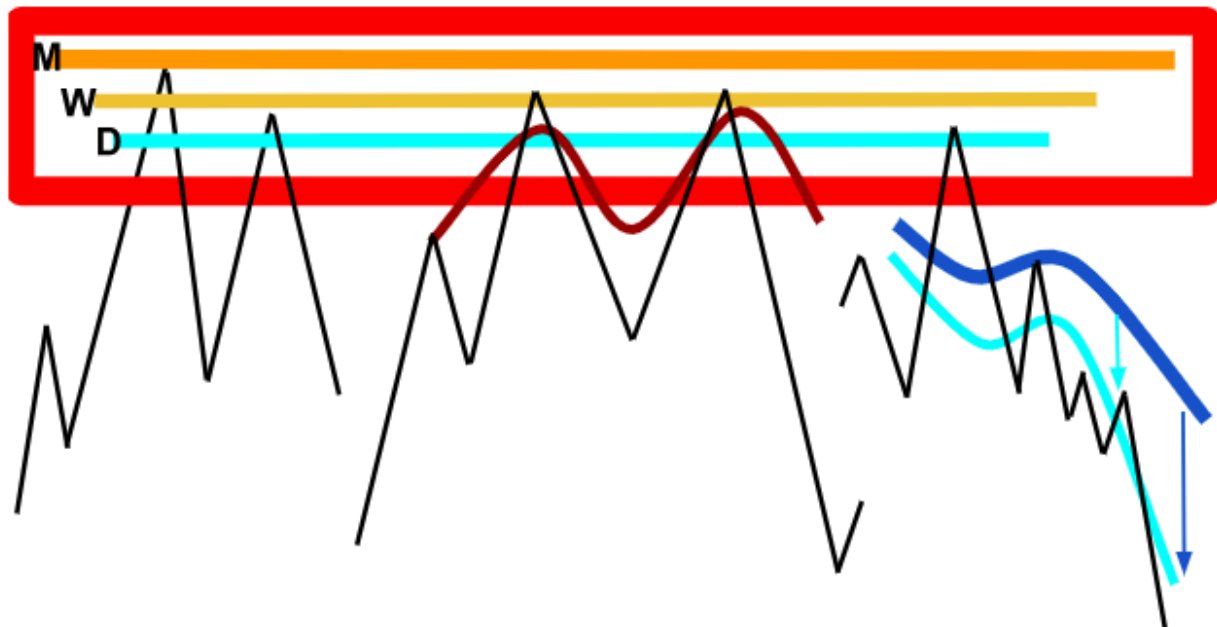
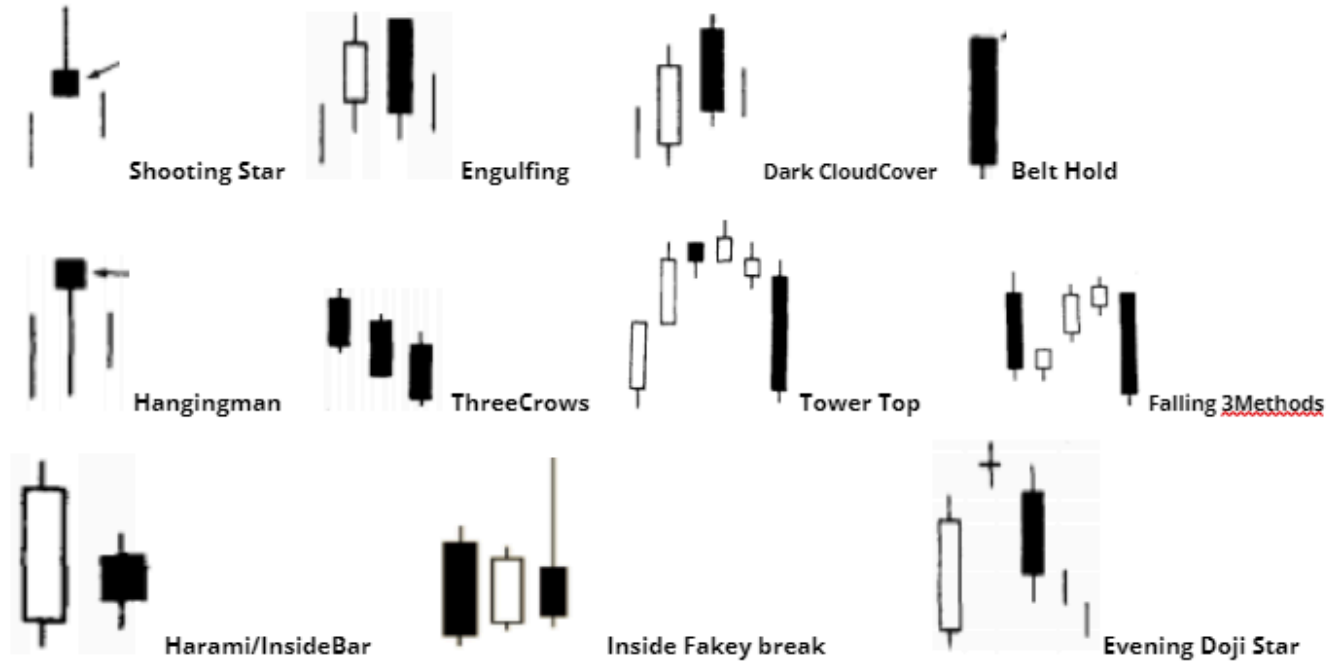
Long Candlestick Patterns/Formations.

High Time Frame context and **Location** of candles is critical. Higher time frame candle formations hold more “weight” and are more reliable.



Short Candlestick Patterns/Formations.

High Time Frame context and **Location** of candles is critical. Higher time frame candle formations hold more “weight” and are more reliable.



*Notice Wider Distance away from 1-2 Day Trend MA's

Day Trading

Daily VWAP is the day trading what SIDE filter.
Above VWAP buyers in control.
Below VWAP sellers in control.

Market Internals must align with direction of price. (Above/Below VWAP), VIX.

Market Breadth -advancing/declining issues. \$ADD Above/Below 0, Extremes +-2000 Up/Down
Volume. \$VOLSPD \$VOLD

Select Spider S&P 500 ETF's. Sector strength/weakness.
Heat Maps.

VWAP.

\$DXY

Pristine Method

2min timeframe
20/200EMA's,
red takeout green, green take-out red on a 2min is the go to.

Swing Trading

Two Actions -Buys and Sells...Four Possibilities -Know the difference

Liquidity Map, Time and Price scale, Level 1: (there is a Level 2- for counter trend)

Simple Trend Analysis: Buy to **ENTER** Dips - Sell to **EXIT** Rallies! **OR**

Sell Short to **ENTER** Rallies - Buy to **COVER/EXIT** Dips!

Sell to Enter Shorts

.....

Sell to Exit longs

Quadrant 1: Downtrend LH's LL's, Seller is control.

Sell Rallies to Enter, into Supply Zones

Quadrant 2: Uptrend HH's HL's Buyers Control

Sell Rallies to Exit, into Supply Zones

Buy to Enter Long

.....

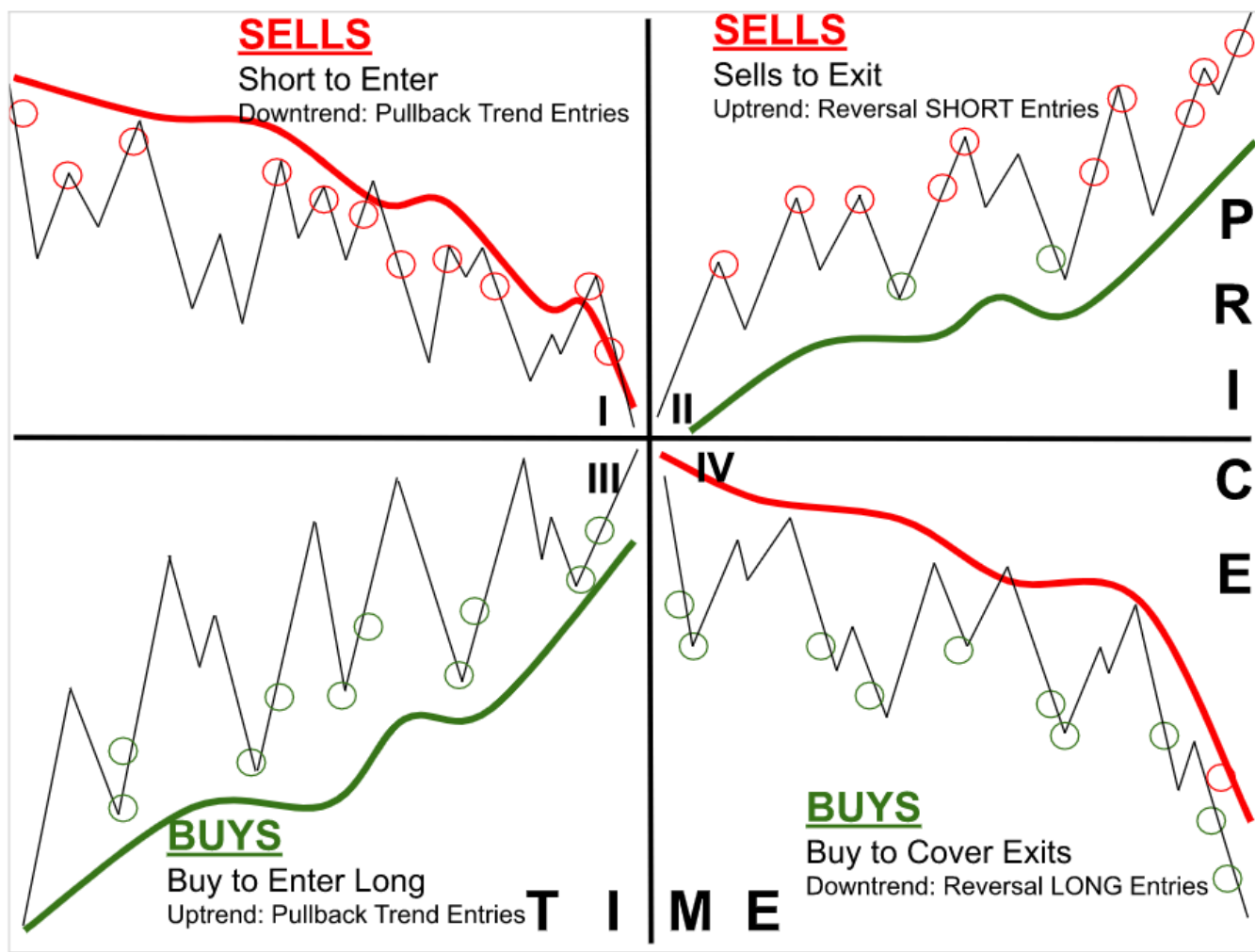
Buy To Cover Exits

Quadrant 3: Uptrend HH's HL's Buyers in Control

Buy Dips to Enter, into demand zones

Quadrant 4: Downtrend LH's LL's, Sellers Control

Buy Dips to Exit, into demand



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Last Updated: December 6th, 2022

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