

Rules: dont take stupid actions, dont overleverage, dont be afraid, dont be greedy, dont take a trade just because...

be positive, be aware, follow the rules, you've got this, keep walking steady step by step and profits will come your way.

规则：不要采取愚蠢的行动，不要过度使用杠杆，不要害怕，不要贪婪，不要仅仅因为交易而采取.....要积极，要有意识，遵循规则，你已经得到了这个，继续一步一步地稳步前行，利润会向你走来。

## Trading day system A/system B 系统/系统B

1 Open the charts check for the trend direction and the space between pips UP/DOWN, for main trend direction check 4TF. (the smaller arrows are the most recent trend, larger arrows are the long term trend)

1 打开图表，检查趋势方向和点位之间的空间UP/DOWN，对于主要趋势方向检查4TF。（较小的箭头是最近的趋势，较大的箭头是长期趋势）。

2 Check for ADR if it has been filled and in which range, if Daily Weekly or Monthly, after hit/filled expect pullback or consolidation to the next trading day.

2 检查ADR是否被填满，在哪个区间，如果是日线周线或月线，在被击中/填满后，预计会在下一个交易日出现回调或盘整。

3 Check for failed system A TP's to see if theres a opportunity to take an entry to go for that TP.

3 检查失败的系统A的TP，看看是否有机会进入该TP。

4 Buy or sell engulfing candles with 1 pip difference and tp for 3pip, pay attention to where the entry will be, stay away from buying/selling on TOP/LOW near opening of sessions, check ADR to see if it can range the rest of the session trapping the trade the rest of the day and need hedging.(If the next candle closes the opposite close in BE)

4 买入或卖出有1个点差的吞噬型蜡烛，并在3个点的位置进场，注意进场的位置，远离在开盘前的顶部/底部买入/卖出，检查ADR，看它是否可以在剩下的时间里进行交易，并需要进行对冲（如果下一根蜡烛的收盘价与BE相反）。

5 Buy or sell engulfing candles with 1 pip difference and tp for 3pip, pay attention to where the entry will be, stay away from buying/selling near breakout positions of M and W patterns and check ADR to see if it can range the rest of the session trapping the trade.(If the next candle closes the opposite close in BE)

5 买入或卖出有1个点差的吞没型蜡烛，3个点差，注意进场位置，远离M和W形态的突破位置附近的买入/卖出，检查ADR，看它是否可以在剩下的时段内进行交易。

6 Buy or sell engulfing candles with 1 pip difference and tp for 3pip, pay attention to where the entry will be, take in consideration that when a 50pip/Monthly/TOPLow line is reached it might retrace, pullback, retest or even break the trend.(If the next candle closes the opposite close in BE)

6 买入或卖出有1个点差的吞没型蜡烛，注意进场位置，考虑到当达到50点/月线/顶底线时，可能会回调、拉回、重新测试甚至打破趋势。

7 If failed system A pay attention to trend direction, wait for a pullback to re-enter in the way of the trend near the 60%/70% of FIBO that should be placed between the trendup and trendlow lines to measure the distance. If trend is broken hedge the trade.

7 如果系统A失败了，请注意趋势方向，等待回调，在趋势上升线和趋势下降线之间的60%/70%的FIBO附近重新进入，以测量距离。如果趋势被打破，则对冲交易。

8 If trend is broken hedge the trade, use reference lines to take action(EMA200), don't enter the market randomly without criteria and use the rules above.

8 如果趋势被打破，对冲交易，使用参考线来采取行动（EMA200），不要在没有标准的情况下随意入市，并使用上述规则。

9 Use small lots to keep your equity and margin safe in case you need to hedge more then you expected.

9 使用小手来保持你的资产和保证金的安全，以防你需要对冲的数量超过你的预期。

10 If trapped between a range, don't add orders, close the order and open with another lotsize replacing

- the older trade to balance the drawdown and hedge.
- 10 如果在一个区间内被套牢，不要增加订单，关闭订单，用另一个手数打开，取代旧的交易，以平衡缩减和对冲。
- 11 If indecision or mistake has been made previously hold the loss and take action accordingly to the rules above and the current trend.
- 11 如果之前犹豫不决或犯了错误，保持损失，并根据上述规则和当前趋势采取相应的行动。
- 12 Close on a lot/%/sum of your profits and let the trade run to reach higher profits and repeat.
- 12 在你的利润的很多%/总和上平仓，让交易运行以达到更高的利润并重复。
- 13 Dont use multiple charts to scalp system A, the more charts the more equity/margin needed.
- 13 不要使用多个图表来剥头皮系统A，图表越多，需要的资产/保证金越多。

Forex Market Center Time Zone 外汇市场中心时区

|               |                  |         |
|---------------|------------------|---------|
|               | Opens            | Closes  |
|               | Europe/Lisbon    |         |
| Frankfurt     | 07:00AM          | 03:00PM |
| Germany       | Europe/Berlin    |         |
|               | 开盘 收盘            |         |
|               | 欧洲/里斯本           |         |
| 法兰克福          | 07:00AM          | 03:00PM |
| 德国            | 欧洲/柏林            |         |
|               |                  |         |
| London        | Europe/London    |         |
| Great Britain | 08:00AM          | 04:00PM |
| 伦敦            | 欧洲/伦敦            |         |
| 大不列颠          | 08:00AM          | 04:00PM |
|               |                  |         |
| New York      | America/New_York |         |
| United States | 01:00PM          | 09:00PM |
| 纽约            | 美国/New_York      |         |
| 美国            | 01:00PM          | 09:00PM |
|               |                  |         |
| Sydney        | Australia/Sydney |         |
| Austrailia    | 11:00PM          | 07:00AM |
| 悉尼            | 澳大利亚/悉尼          |         |
| 澳大利亚          | 11:00PM          | 07:00AM |
|               |                  |         |
| Tokyo         | Asia/Tokyo       |         |
| Japan         | 12:00AM          | 08:00AM |
| 东京            | 亚洲/东京            |         |
| 日本            | 12:00AM          | 08:00AM |