

# FULL COURSE CONTENT SUMMARY

## "Forexmentor System Strategy Manual"

### Part I: Basic Technical Analysis Tools

**How Price Moves** - The Rhythm of the Market  
**Support and Resistance** - High Probability Trading  
**Price Patterns** - The Past Predicts the Future  
**Pivot Points** - Professional Tool  
**Candlesticks** - Know your Candles  
**Trendlines** - See the Big Picture  
**MACD** - Easy Money  
**Stochastics** - Powerful Tool  
**Price Projections** - Know Where Price will end up  
**Time of Day** - Best Time to Trade  
**Commitment of Traders (COT)** - What the Big Dogs are Up to

### Part II: Putting the Tools to Work

**Top Down Trading**  
**Risk Management**  
**Homework - Do It or Get Schooled**  
**Patience**

### Part III: Things You Need to Know About the Forex

**What is Forex and What is a Pip?**  
**What Moves the Forex Market**  
**Your Trading Plan**  
**Choosing a Forex Broker**  
**How to Place a Trade**  
**How to Set Up Your Charts**  
**How to Treat Demo Trading**  
**What You Should Consider Before Trading REAL Money**  
**Taking Care of the Trader**  
**Final Comments**

## Video CD Index (12 Computer Video CD Set)

### Part I: Basic Technical Analysis Tools

#### **CD DISK 1**

1. Price Patterns

## **1-2-3 Tops**

- 1.1. Identifying 1-2-3 Tops ( 01:08 )
- 1.2. 1-2-3 Top Example ( 00:45 )

## **1-2-3 Bottoms**

- 1.3. Identifying 1-2-3 Bottoms ( 02:23 )
- 1.4. What Does a 1-2-3 Bottom Look Like ( 00:42 )
- 1.5. 1-2-3 Bottom Example ( 00:35 )
- 1.6. 1-2-3 Bottom Trading Example 1 ( 02:02 )
- 1.7. 1-2-3 Bottom Trading Example 2 ( 02:13 )

## **Double Tops**

- 1.8. Double Top Example ( 00:35 )

## **Double Bottoms**

- 1.9. Double Bottom Example ( 00:42 )

## **Head and Shoulders**

- 1.10. Head and Shoulders Example 1 ( 02:26 )
- 1.11. Head and Shoulders Example 2 ( 00:39 )
- 1.12. Head and Shoulders Example 3 ( 00:42 )
- 1.13. Head and Shoulders Examples ( 00:19 )
- 1.14. How to Trade a Head and Shoulders ( 00:27 )

## **Inverted Head and Shoulders**

- 1.15. Inverted Head and Shoulders Example ( 01:32 )

## **Bull Flags**

- 1.16. Bull Flag Example 1 ( 00:15 )
- 1.17. Bull Flag Example 2 ( 00:40 )
- 1.18. Bull Flag in an Uptrend ( 01:31 )

## **Bear Flags**

- 1.19. Bear Flag Example 1 ( 00:23 )
- 1.20. Bear Flag Example 2 ( 00:23 )
- 1.21. Bear Flag in a Downtrend ( 01:27 )
- 1.22. How to Plot a Flag ( 00:39 )

## **Triangles in an Uptrend**

- 1.23. Triangle Example 1 ( 00:28 )
- 1.24. Triangle Example 2 ( 01:03 )
- 1.25. Triangle Example 3 ( 01:29 )
- 1.26. Triangle Trading Example ( 00:39 )

## **Triangles in a Downtrend**

- 1.27. Triangle Example 1 ( 00:29 )
- 1.28. Triangle Example 2 ( 00:34 )
- 1.29. Triangle Example 3 ( 01:48 )
- 1.30. Triangle Example 4 ( 02:22 )
- 1.31. Triangle Example 5 ( 00:32 )
- 1.32. Triangle Example 6 ( 01:19 )
- 1.33. Triangle Trading Example ( 01:00 )
- 1.34. How to Draw Triangles ( 01:00 )

## **CD DISK 2**

### 2. Pivot Points

#### **Pivot Points**

- 2.1. Pivot Points Origin ( 00:43 )
- 2.2. Pivot Points Overview 1 ( 03:44 )
- 2.3. Pivot Points Overview 2 ( 02:47 )
- 2.4. Pivot Points Overview 3 ( 02:03 )
- 2.5. Marking Pivot Points on Charts ( 04:30 )

#### **How to Calculate the Pivots**

- 2.6. Calculating Pivot Points Overview 1 ( 02:42 )
- 2.7. Calculating Pivot Points Overview 2 ( 04:51 )
- 2.8. Posting of Pivot Points ( 00:24 )
- 2.9. Projected Range and Actual Range ( 01:33 )
- 2.10. Recalculating Pivot Points 1 ( 02:55 )
- 2.11. Recalculating Pivot Points 2 ( 01:35 )
- 2.12. Calculating Daily Pivot Points 1 ( 00:48 )
- 2.13. Calculating Daily Pivot Points 2 ( 11:10 )
- 2.14. Calculating Pivots Points Using the Daily Chart ( 01:39 )
- 2.15. Calculating Weekly Pivot Points 1 ( 00:58 )
- 2.16. Calculating Weekly Pivot Points 2 ( 08:33 )
- 2.17. Calculating Monthly and Yearly Pivot Points ( 00:19 )
- 2.18. Calculating Monday Pivot Points 1 ( 01:16 )
- 2.19. Calculating Monday Pivot Points 2 ( 05:24 )
- 2.20. Calculating Holiday Pivot Points ( 06:44 )

#### **How to Use the Pivot Points**

- 2.21. Pivot Points and Bias 1 ( 01:43 )
- 2.22. Pivot Points and Bias 2 ( 03:25 )
- 2.23. Pivot Points and Bias 3 ( 01:36 )
- 2.24. Pivots Points Trading Example 1 ( 02:36 )
- 2.25. Pivots Points Trading Example 2 ( 00:48 )
- 2.26. Trading on Pivot Points Retest ( 02:51 )

#### **M1/M3, M2/M4 Paradigm**

- 2.27. M1/M3, M2/M4 Paradigm Explained 1 ( 04:45 )
- 2.28. M1/M3, M2/M4 Paradigm Explained 2 ( 01:02 )
- 2.29. M1/M3, M2/M4 Paradigm Clarified 1 ( 00:59 )
- 2.30. M1/M3, M2/M4 Paradigm Clarified 2 ( 01:15 )

- 2.31. M1/M3, M2/M4 Paradigm Clarified 3 ( 01:38 )
- 2.32. M2/M4 Example ( 01:44 )

### **CD DISK 3**

#### 3. Candlesticks

##### **Components of a Candlestick**

- 3.1. Constructing Candlesticks ( 00:30 )

##### **Spinning Tops**

- 3.2. A Lesson in Spinning Tops ( 00:28 )
- 3.3. Spinning Top Example ( 00:31 )

##### **The Hammer**

- 3.4. A Lesson in Hammers ( 01:57 )
- 3.5. Hammer Example 1 ( 00:30 )
- 3.6. Hammer Example 2 ( 00:21 )
- 3.7. Hammer Application in Trading ( 02:38 )
- 3.8. Hammers Only Work at End of Run ( 01:17 )
- 3.9. Inverted Hammer Significance in a Downtrend ( 01:38 )

##### **Railroad Tracks**

- 3.10. A Lesson in Railroad Tracks 1 ( 00:45 )
- 3.11. A Lesson in Railroad Tracks 2 ( 04:43 )
- 3.12. Railroad Tracks Example 1 ( 00:37 )
- 3.13. Railroad Tracks Example 2 ( 00:27 )
- 3.14. Railroad Tracks Example 3 ( 00:36 )
- 3.15. Railroad Tracks Example 4 ( 00:12 )
- 3.16. Railroad Tracks Example 5 ( 00:57 )
- 3.17. Railroad Tracks Example 6 ( 01:09 )
- 3.18. Railroad Tracks Trading Example ( 01:53 )
- 3.19. Railroad Tracks Size ( 01:05 )
- 3.20. Railroad Tracks Not Correctly Formed ( 01:02 )

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#### 4. Trendlines

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- 4.2. Common Sense Trendlines Example 2 ( 05:52 )
- 4.3. Common Sense Trendlines Trading Example 1 ( 02:24 )
- 4.4. Common Sense Trendlines Trading Example 2 ( 01:54 )

##### **Tom DeMark Trendlines**

- 4.5. Tom DeMark Dynamic Trendlines ( 01:06 )

##### **Swing Points**

- 4.6. Determining Swing Points 1 ( 02:11 )
- 4.7. Determining Swing Points 2 ( 01:44 )
- 4.8. Finding Swing Points ( 03:11 )

### **TD Supply Lines**

- 4.9. Constructing TD Supply Lines ( 01:24 )

### **TD Demand Lines**

- 4.10. Constructing TD Demand Lines ( 01:40 )

### **TD Trendlines Examples**

- 4.11. TD Trendlines Example 1 ( 01:18 )
- 4.12. TD Trendlines Example 2 ( 05:44 )
- 4.13. TD Trendlines Example 3 ( 06:10 )
- 4.14. TD Trendlines Example 4 ( 01:21 )
- 4.15. TD Trendlines Example 5 ( 02:07 )
- 4.16. TD Trendlines Example 6 ( 00:46 )
- 4.17. TD Trendlines Example 7 ( 00:34 )
- 4.18. TD Trendlines Example 8 ( 01:11 )
- 4.19. TD Trendlines Example 9 ( 01:04 )
- 4.20. TD Trendlines Example 10 ( 07:48 )
- 4.21. TD Trendlines Example 11 ( 01:35 )
- 4.22. TD Trendlines Drawing Example 1 ( 06:41 )
- 4.23. TD Trendlines Drawing Example 2 ( 06:17 )
- 4.24. TD Trendlines Drawing Example 3 ( 15:51 )
- 4.25. TD Trendlines Drawing Example 4 ( 16:03 )
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- 4.28. TD Trendlines Drawing Example 7 ( 10:47 )
- 4.29. TD Trendlines Drawing Example 8 ( 17:22 )
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### **5. MACD**

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- 5.2. MACD Neutral Line ( 01:19 )

#### **MACD Neutralization and Divergence**

- 5.3. How Reliable is Divergence ( 00:33 )

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- 5.4. MACD Divergence Examples ( 10:02 )
- 5.5. MACD Negative Divergence Example 1 ( 02:22 )
- 5.6. MACD Negative Divergence Example 2 ( 04:44 )
- 5.7. MACD Negative Divergence Example 3 ( 00:47 )

- 5.8. MACD Negative Divergence Example 4 ( 03:22 )
- 5.9. MACD Negative Divergence Example 5 ( 01:58 )
- 5.10. MACD Negative Divergence Example 6 ( 02:25 )
- 5.11. MACD Negative Divergence Example 7 ( 02:53 )
- 5.12. MACD Negative Divergence Example 8 ( 00:53 )
- 5.13. MACD Positive Divergence Example 1 ( 01:13 )
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- 5.15. MACD Positive Divergence Example 3 ( 00:43 )
- 5.16. MACD Positive Divergence Example 4 ( 01:53 )
- 5.17. Importance of Divergence in Higher Timeframes ( 00:32 )

### **MACD Neutralization**

- 5.18. MACD Neutralization Explained 1 ( 15:05 )
- 5.19. MACD Neutralization Explained 2 ( 05:52 )
- 5.20. MACD Neutralization Explained 3 ( 03:56 )
- 5.21. MACD Neutralization Explained 4 ( 05:14 )
- 5.22. MACD Neutralization or Divergence ( 01:45 )
- 5.23. MACD Neutralization Example 1 ( 01:36 )
- 5.24. MACD Neutralization Example 2 ( 01:33 )
- 5.25. MACD Neutralization Example 3 ( 01:26 )
- 5.26. MACD Neutralization Example 4 ( 01:19 )
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## **CD DISK 6**

### 6. Stochastics

#### **Stochastics Indicator**

- 6.1. Trading With Stochastics ( 07:01 )
- 6.2. Using Stochastics ( 02:05 )
- 6.3. Buying the Dips in an Uptrend with Stochastics ( 00:33 )
- 6.4. Trading into a Trend Using Stochastics and MACD ( 03:06 )
- 7. Price Projections

#### **Average Daily Range Price Projections**

- 7.1. Determining the Average Daily Range ( 01:54 )
- 7.2. Average Daily Range Explained ( 02:26 )
- 7.3. Average Daily Range 24 Hours ( 00:25 )
- 7.4. Average Daily Range Data 1 ( 00:35 )
- 7.5. Average Daily Range Data 2 ( 00:48 )
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- 7.7. Average Daily Range Analysis ( 01:32 )
- 7.8. Average Daily Range Clarified ( 03:08 )
- 7.9. Average Daily Range Varies Day to Day ( 01:17 )
- 7.10. Average Daily Range for EURUSD ( 01:59 )

#### **Triangle Price Projections**

- 7.11. Triangle Price Projection 1 ( 01:13 )
- 7.12. Triangle Price Projection 2 ( 01:51 )
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- 7.14. Head and Shoulders Price Projection 1 ( 02:51 )
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## **8. Time of Day**

### **Time of Day**

- 8.1. Forex Hours of Operation by Location 1 ( 01:56 )
- 8.2. Forex Hours of Operation by Location 2 ( 01:56 )
- 8.3. Times of the Day Chart ( 02:03 )
- 8.4. GMT Times of the Markets ( 00:46 )
- 8.5. Time and Date Link ( 00:43 )
- 8.6. World Market Hours Link ( 00:55 )
- 8.7. Time Zone Conversion ( 00:27 )
- 8.8. Daylight Savings ( 01:07 )

### **Clocks**

- 8.9. A Members FX Market Time Program ( 00:54 )
- 8.10. SymmTime Clock ( 00:17 )
- 8.11. ZoneTick Clock ( 00:29 )
- 8.12. Clock Software ( 00:29 )
- 8.13. Clocks, Clocks, and More Clocks ( 02:47 )

### **Specific Times of Day**

- 8.14. Times of the Day to Watch Out For ( 00:29 )
- 8.15. Important Trading Times ( 01:11 )
- 8.16. Reversal at the London Open ( 00:31 )
- 8.17. Pay Attention to Certain Times of Day ( 00:44 )
- 8.18. Grabbing 20 Pips at the London Close ( 00:32 )
- 8.19. A Caution on Open and Close Times 1 ( 01:52 )
- 8.20. A Caution on Open and Close Times 2 ( 03:05 )

### **Trading Sessions**

- 8.21. Forex Daily Trading Activity ( 00:37 )
- 8.22. Non-London Trading Hours ( 01:01 )
- 8.23. Asian Hour Trading ( 00:38 )
- 8.24. What Time to Start Trading ( 01:26 )

## ***CD DISK 7***

## **9. Commitment of Traders (COT)**

### **COT Part I**

- 9.1. COT Website Introduction ( 02:09 )
- 9.2. Main Report Page Explanation ( 08:52 )
- 9.3. Euro FX Report Introduction ( 01:48 )
- 9.4. Finding the Euro FX Report at the CFTC Website ( 08:49 )
- 9.5. Date and Commercial Contracts Explanation ( 22:31 )

- 9.6. Speculator Contracts Explanation ( 11:55 )
- 9.7. Small Trader Explanation ( 17:09 )
- 9.8. Open Interest and Future Price Explanation ( 05:41 )

## **CD DISK 8**

### 9. Commitment of Traders (COT)

#### **COT Part II**

- 9.9. Graph COT Index and Net Position Explanation (29:16)
- 9.10. Graph COT Index and Net Position Application ( 18:04 )
- 9.11. Graph COT, Spec, Small Index/Price Explanation ( 17:25 )
- 9.12. Graph COT, Spec, Small Index/Price Application ( 13:17 )
- 9.13. How COT Works 1 ( 12:50 )
- 9.14. How COT Works 2 ( 07:21 )
- 9.15. How COT Works 3 ( 09:02 )
- 9.16. When to Enter ( 01:14 )
- 9.17. Be Patient with COT ( 01:31 )
- 9.18. Independent Research on COT ( 00:52 )

#### **COT Examples**

- 9.19. Australian Dollar Example 1 ( 02:01 )
- 9.20. Australian Dollar Example 2 ( 05:44 )
- 9.21. Australian Dollar Example 3 ( 02:36 )
- 9.22. Australian Dollar Example 4 ( 05:18 )
- 9.23. Australian Dollar Example Brag Time ( 03:01 )

## **Part II: Putting the Tools to Work**

### **CD DISK 9**

#### 10. Top Down Trading

##### **Top Down Trading**

- 10.1. Top Down Trading 1 ( 05:29 )
- 10.2. Top Down Trading 2 ( 01:16 )
- 10.3. Top Down Trading Example 1 ( 21:55 )
- 10.4. Top Down Trading Example 2 ( 10:01 )
- 10.5. Top Down Trading and Timeframes ( 00:53 )
- 10.6. Top Down Analysis in Short Term Trading ( 01:27 )
- 10.7. Reading the Charts Top Down ( 02:58 )

##### **Confluence of Events**

- 10.8. The 21 Pieces of the Confluence Puzzle ( 01:00 )
- 10.9. Confluence of Events Reminder ( 01:44 )
- 10.10. The Perfect Peter Bain Trade 1 ( 02:43 )
- 10.11. The Perfect Peter Bain Trade 2 ( 06:41 )
- 10.12. Confluence of Indicators ( 02:08 )
- 10.13. Understanding Confluence ( 01:47 )

- 10.14. Using Confluence Examples ( 05:01 )
- 10.15. Detecting Confluence Using Side by Side Charts ( 03:16 )

## **CD DISK 10**

### 10. Top Down Trading

#### **Historical Trading Examples**

- 10.16. February 17, 2005 ( 15:24 )
- 10.17. February 23, 2005 ( 08:28 )
- 10.18. February 24, 2005 ( 08:55 )
- 10.19. March 1, 2005 ( 05:27 )
- 10.20. March 2, 2005 ( 14:37 )
- 10.21. March 3, 2005 ( 07:40 )
- 10.22. March 4, 2005 ( 07:03 )
- 10.23. March 10, 2005 ( 05:20 )
- 10.24. March 24, 2005 ( 10:58 )
- 10.25. March 25, 2005 ( 12:20 )
- 10.26. March 29, 2005 ( 06:26 )
- 10.27. March 31, 2005 ( 07:08 )
- 10.28. April 7, 2005 ( 11:30 )
- 10.29. April 28, 2005 ( 12:31 )
- 10.30. May 3, 2005 ( 10:13 )
- 10.31. May 4, 2005 ( 03:02 )
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- 10.33. May 6, 2005 ( 05:13 )
- 10.34. May 10, 2005 ( 08:16 )
- 10.35. May 11, 2005 ( 09:51 )
- 10.36. May 12, 2005 ( 13:18 )
- 10.37. May 13, 2005 ( 10:24 )

## **CD DISK 11**

### 11. Risk Management

#### **Risk Management**

- 11.1. Money Management Considerations ( 02:19 )
- 12. Homework – Do it or Get Schooled

#### **Homework**

- 12.1. Keep a Log ( 01:18 )
- 12.2. Write Things Down ( 00:30 )
- 12.3. The Importance of Taking Notes ( 04:10 )
- 12.4. Setting Up a Trading Log ( 01:20 )
- 12.5. Keeping a Trading Journal ( 01:33 )
- 12.6. Printing AM Review Slides ( 02:50 )
- 12.7. Crosschecking Your Work ( 01:44 )

### 13. Patience

#### **Patience**

- 13.1. Patience to Wait for Opportunities ( 01:35 )
- 13.2. It All Takes Time ( 01:12 )
- 13.3. Patience Folks ( 02:29 )
- 13.4. Impatience Can Kill You ( 00:26 )
- 13.5. Patience ( 03:17 )

## **Part III: Things You Need to Know About the Forex**

### ***CD DISK 12***

- 14. What is Forex and What is a Pip

#### **The Currency Pairs**

- 14.1. The Mechanics of the Trading Pairs ( 00:33 )
- 14.2. Trading Pairs Terminology ( 00:54 )
- 14.3. Pip Spreads ( 03:30 )
- 14.4. The Four Major Pairs ( 01:25 )
- 14.5. Most Active Pairs ( 00:52 )
- 14.6. Which Pair Should I Specialize In ( 00:37 )

#### **Pips**

- 14.7. What is a Pip ( 00:34 )
- 14.8. Pip Values ( 00:37 )
- 14.9. Pip Values Updated ( 01:09 )
- 15. What Moves the Forex Market

#### **News**

- 15.1. Risky Trading the News ( 01:11 )
- 15.2. The Effect of News ( 01:56 )
- 15.3. News Source Links ( 00:38 )
- 15.4. Non-Farm Payroll News ( 01:02 )
- 15.5. Start of the Iraq War ( 01:40 )
- 15.6. Daily Diary of Upcoming Events ( 00:35 )
  
- 15.7. News Calendar Link ( 00:29 )
  
- 15.8. Bloomberg as a News Resource ( 00:14 )
- 15.9. Fundamental News Analysis ( 01:17 )
- 15.10. News Trumping the Technicals ( 00:41 )
- 16. Your Trading Plan

#### **Trading Plan**

- 16.1. Develop Your Own Trading Style ( 01:01 )
- 17. Choosing a Forex Broker

#### **Forex Broker**

- 17.1. Picking a Forex Broker ( 00:56 )
- 17.2. Broker, Charting and Execution Software Example ( 02:22 )
- 18. How to Place a Trade

## **Limit Entry Order**

18.1. Buy Limit Entry Order ( 04:16 )

18.2. Sell Limit Entry Order ( 03:53 )

## **Limit Order**

18.3. Buy Limit Order ( 03:39 )

18.4. Sell Limit Order ( 02:46 )

## **Stop Order**

18.5. The Importance of Using Stops ( 01:05 )

18.6. The Cardinal Rule on Stops ( 01:33 )

18.7. Moving the Stop Order ( 00:46 )

18.8. Be Patient and Leave Your Stop Alone ( 01:09 )

18.9. Average Stop Order for the Majors ( 00:19 )

18.10. Definition of Trailing Stop ( 00:57 )

18.11. How to Place Trailing Stops ( 01:40 )

19. How to Set up Your Charts

## **Charts Setup**

19.1. IT Finance Charts Reference Guide Link ( 00:24 )

19.2. Drawing Arrows on IT Finance Charts ( 00:14 )

19.3. IT Finance Charts Custom Settings ( 00:36 )

19.4. Using Templates on IT Finance Charts ( 01:07 )

19.5. How to Simulate Real-Time Using IT Finance Charts ( 00:24 )

20. How to Treat Demo Trading

## **Demo Trading**

20.1. Trade in Your Sandbox Until You See a Trade ( 02:15 )