Important Attitudes:

- Be neutral to the Markets, as if you are not in trades and analysing the market.
- Don't confirm anything to yourself, till the market confirms you.
- Develop Adaptive Nature which would play key Role in the Market Environment.
- Cut your losses short, because if you protect your capital then you can stay in the markets and take further positions. If your losses are huge, then no one can help you to sustain in the market.
- Understand that **"Market is Always Right",** If you develop this attitude then you don't have to fear about losses, even you are in wrong trade, you can revert your positions and take the new positions in the direction of the market.
- Pre-defining your Expected Losses and Profits would make you calm, cool and composed in taking the positions. If your trade is right, you would take the profit otherwise you will have loss.
- Try to Limit your trades, more the trades, more the chances of occurring mistakes, resulting in frustration, aggression and you would lose the patience.
- Analyse the market and set a plan for Discipline Trade, if you find it's right time to enter the trade, enter it and take profit or Loss based on the Market movement.
- Having Patience in the Market is much more important, if you lose your patience then you would assume the market and take the positions instead not waiting for the market to confirm what it's next moment. If you wait for the market to confirm then you can take right positions.
- When you are in hurry, better don't take positions though it's a good trade. If you take these kinds of trades, either you couldn't take right profits or exit at the right time.

Important Concepts in Trading

Demand And Supply Zones

Demand and supply zones are created when big traders/**Professional** traders place **Huge Buy Orders** and **Huge Sell Orders.**

If Buy orders are more, then Demand Zone is created and if sell orders are more, Supply zone is created.

Usually, Big players won't place the orders at a time, they place in multiple times, due to which Price would come down, at the demand zone or Price would go up at the supply zone to fulfil the **Pending Block Orders.**

Note: Big players would have Pending Block Orders (Orders that are pending to be placed)

The prices coming back to Demand zone or Supply zone we call it as "**Retest**". The Retest trades/ Pull back trades provide the **Good Risk Reward Ratios** than the Breakout/Breakdown price movements.

So, we must be careful in taking the positions because we shouldn't sell our positions at Demand Zone and buy our positions at Supply Zone where big players get ready to place their orders at these zones.

If we place our orders opposite to big players Orders, then we are trading in the opposite direction of the Market results in **Huge Loses.**

Therefore, we must take buy positions at Demand Zones and Sell positions at Supply zones.

It is recommended to take positions on Retest side, to get the better confidence on trade.

There are times where Demand Zones and Supply Zones would become weak and change their polarity/role.

If prices come to the demand zone for more than 3 times, then we must be focused in observing the market and then take the positions.

Similarly, if prices come to the supply zones for more than 3 times, then there is a chance of breaking this zone and this supply zone would turn into Demand zone.

Right Trades:

At Demand/ Supply Zones, if we find buildup where market would take decision/ Hidden Quantities would be placed, then there are chances of prices moving up or down.

At Demand Zones, we see price moving in upward direction and price movement downside at Supply Zone.

Hence, after observing this activity we can place our Buy Orders/Sell Orders accordingly.

Change in Polarity:

During the polarity change, i.e Demand zone turning into Supply zone/Supply Zone turning into Demand Zone, we see Breakout or Breakdown activities.

If we find the candles closing above the Supply zone followed by another green candle, then we can go for Buy position.

If you still have doubt, you can wait for price come back to this zone and then take the position.

Note: It is strongly recommended to take buy position on Retest at polarity change of Supply Zone.

Sometimes, we would miss considering the multiple supply zones one above the another, so even if our candle is closed above the one Supply zone, see if we have other supply zone nearby. If there is another nearby supply zone, we can short our positions at that supply zone rather than placing buy positions.

Similarly, same thing happens at Demand Zone as well.

Note: It is strongly recommended to take sell position on Retest at polarity change of Demand Zone

Price Actions Concepts:

If traders are interested to take the buy positions, then Price moves up.

Why traders will be interested to buy??

Usually, prices react based on the traders' feelings, and at Demand Zones usually traders will be interested to buy and would be interested to sell at Supply Zones.

At Demand zones, we see some build-up activities i.e., hidden huge Quantities would be added by Big Players, as soon as traders observe this activity, they go long at demand zones due to which prices moves up.

Similarly at supply zone, if traders find build-up activities, they will punch the sell orders making the price in downward direction.

Condition:

Prices would lose its strength, if all traders believe as it's high and they start profit booking, if this activity is in supply zone, where huge sell orders get punched in, we see a fall initially and profit booking acts some force to this price moving the price down.

21 MA Indicator: The 21 MA indicator would help us to identify the build-ups, if candles touch this indicator, then it's indicating that there is a chance of price moving upward direction.

Wicked Bar Concepts: Wicked Bar usually define the huge transactions, couple of wicked bars/ Cluster of Wicked Bars define huge Buy Action/Sell Action by Professional traders.

If we see couple of lower Wicks/ shadows at Demand zone, then it's an indication of Bullish Momentum.

Similarly, if we see couple of higher wicks/shadows at Supply zone, then it's an indication of Bearish Momentum.

Also, we should be very careful at Demand and Supply Zones on Fake outs. At Demand Zone if we see the price moving down, we can take this as Fake breakout unless the price reached the Demand zone more than 3 times.

Likewise, if we see the price moving upwards at supply zone, we can consider it as fake breakout unless the price reaches the Supply zone for more than 3 times.