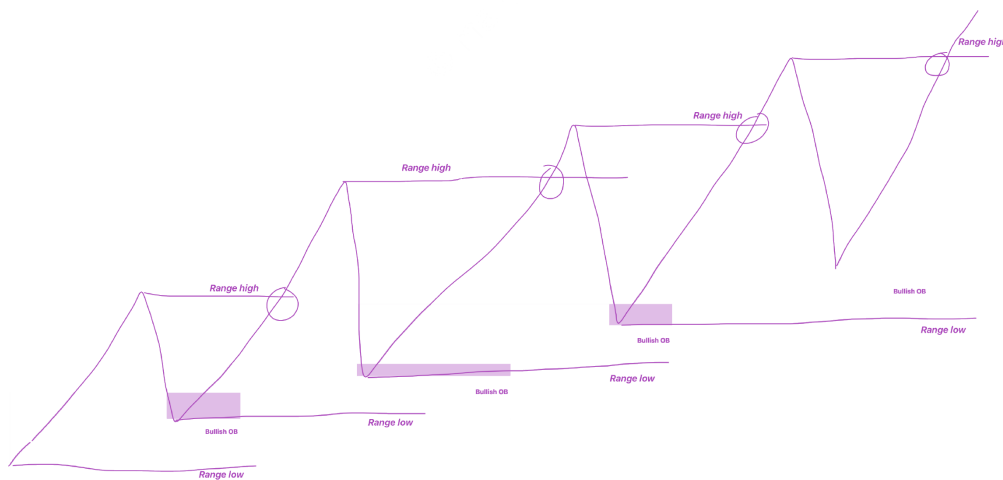


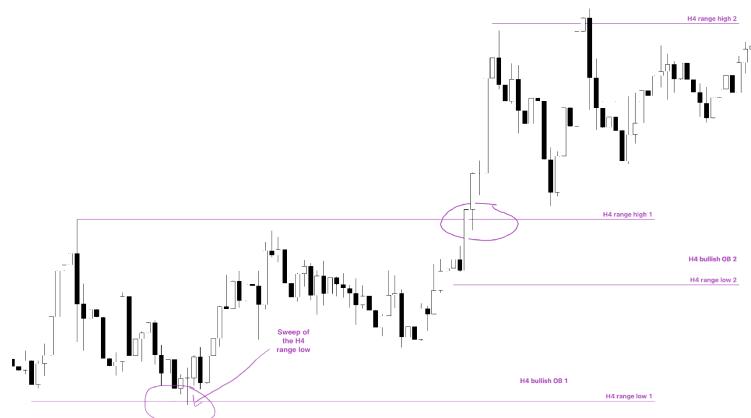
Bullish and bearish range

Bullish and bearish ranges are just uptrends and downtrends. We are looking for longs in the bullish ranges and for shorts in the bearish ranges. You can short a bullish range and long a bearish range but it's not much preferable hence the chances of successful trade is lower because you are going against the bias aka longing a downtrend move and shorting an uptrend move.

Bullish range/Uptrend

The drawing below shows a bullish range - higher highs and higher lows. Circles are where the old range was broken and new one was printed. Will post a chart on the next page explaining how to mark your range.





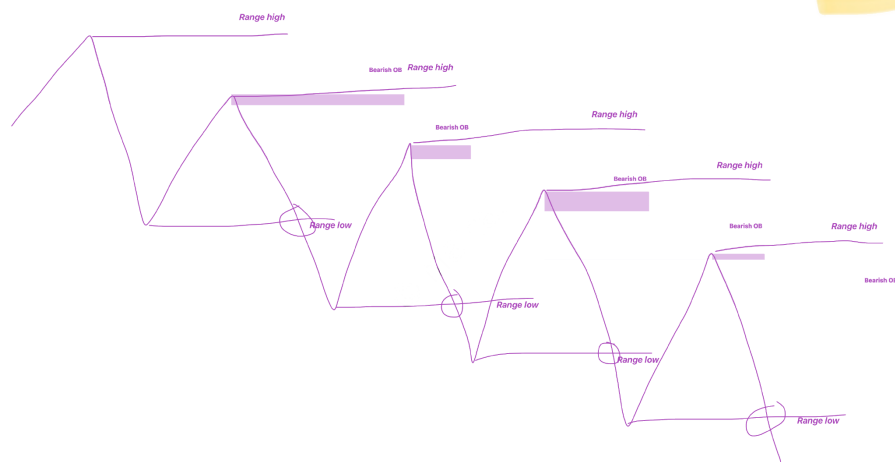
We have a bullish range on 4 hour time frame /H4/. **H4 range low 1** and **H4 bullish OB 1 /OB = orderblock/** are our bullish **POIs /points of interest/** where we should be looking for possible longs, you remember the previous lesson about the **SFPs/Sweeps**, right? We have swept the **H4 range low 1** which is a swing low and we started moving to the opposite direction and we have broke the old range and printed new one marked with **H4 range low 2**, **H4 range high 2** and **H4 bullish OB 2**. With the circle is marked where breaking of the old range happened. Once your range is broken the **swing low that made the move that broke the old range is your new range low aka H4 range low 2**. The first swing high after breaking the old range is your new range high aka **H4 range high 2**. The bullish OB is the most recent down move that made the move that broke the old range aka **H4 bullish OB 2** - will have a PDF lesson only for orderblocks /OBs/ and breakers. Sweeping the **H4 range low 1** is your first trigger aka your high time frame /HTF/ trigger. Once you have your HTF trigger you can zoom in on 15 minutes time frame /M15/ to find your entry. On the next page I'll show you how I would have played this range.

H4 bullish range long example

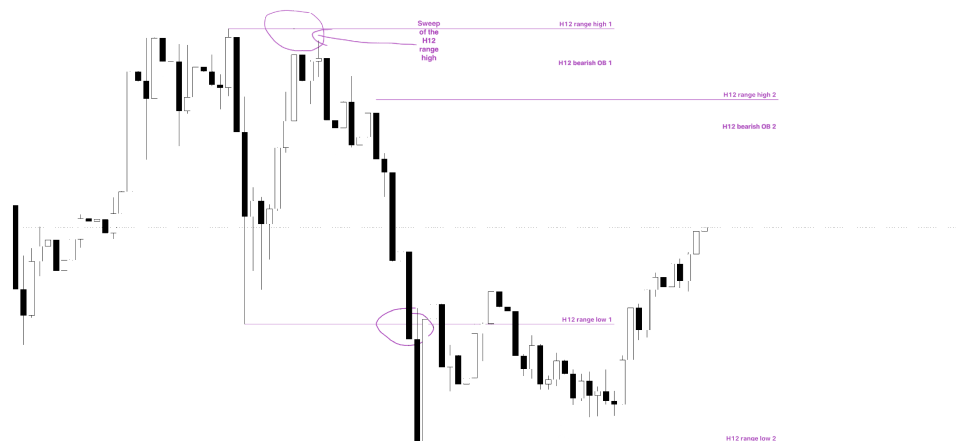


After sweeping the **H4 range low 1** and the **H4** candle closed as **SFP/Sweep** you should zoom in on **M15** to find your entry for a long. Why **M15**? Because when our **HTF** bias is on **H4** our lower time frame **/LTF/** execution is on **M15**. I mostly trade **H12/H1** and **H4/M15**. On the chart above you can see when the **H4** candle closed as a **SFP** on the **H4 range low 1** we had a wick candle on **M15** as well. Usually I have been waiting for **MSB** to occur to get into a trade, but my good friend Jamie opened my eyes about **CISD**, and nowadays I use **CISD** as my **LTF** trigger. On the next PDF lesson I have covered **LTF** triggers - **MSB** and **CISD**. Once I see **CISD** happens on **LTF** I put limits for long on the **CISD** line, **stops** at the sweep wick and **take profit** at the opposite range aka **H4 range high 1**. The example here is **A+** setup, price taps the **CISD** line and was sent.

Bearish range/Downtrend



On the drawing above you can see a bearish range - lower highs and lower lows. Circles is where the old range was broken and new range was printed. On the next page you will see a chart explaining about the bearish ranges and how to draw them, it's like the bullish range just reversed.

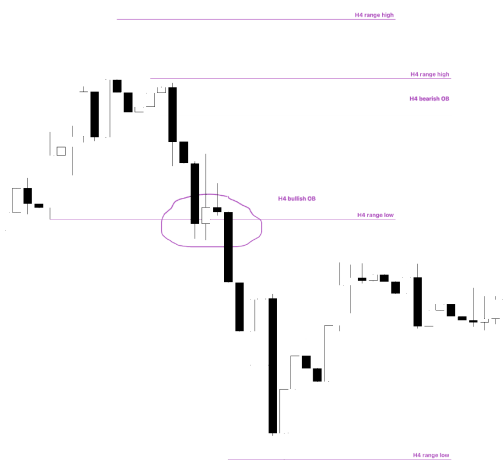


Here we have a bearish range on 12 hours time frame /H12/. **H12 range high 1** and **H12 bearish OB 1** are your bearish **POIs /points of interest/** where we should be looking for shorts. We have swept the **H12 range high 1** which is a swing high and immediately started moving to the opposite direction, broke the old range - marked with the circle and printed new H12 bearish range. **H12 range high 2**, **H12 range low 2** and **H12 bearish OB 2** is the new bearish H12 range. Once your range is broken the **swing high that made the move that broke the old range is your new range high aka H12 range high 2**. The first swing low after breaking the old range is your new range low aka **H12 range low 2**. The bearish OB is the most recent up move that made the move that broke the old range aka **H12 bearish OB 2**. Sweeping the **H12 range high 1** is your first trigger aka your high time frame /HTF/ trigger. Once you have your **HTF** trigger you can zoom in on 1 hour time frame /H1/ to find your entry. On the next page I'll show you how I would have played this range.

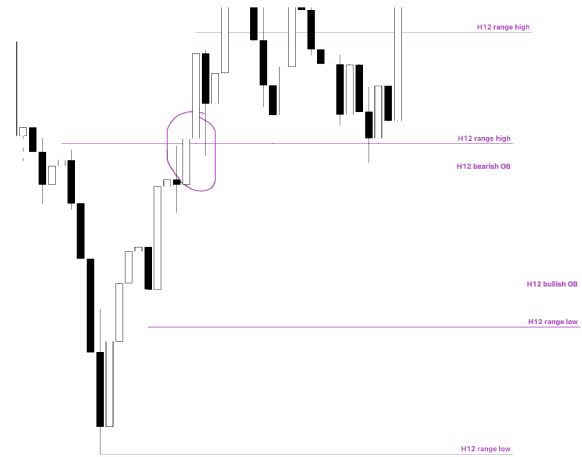
Flipping a bearish range into a bullish, and a bullish into a bearish

Bullish ranges are just higher highs with lower highs and to get a bullish range flipped into a bearish one the price must break the **range low in the bullish range**.

Bearish ranges are just lower highs with lower lows and to get a bearish range flipped into a bullish one the price must break the **range high in the bearish range**.



H4 bullish range was flipped into **H4 bearish range**. The **circle** marks where the breaking of the old bullish range happened. **The last swing high that made the move that broke the old range is your new range high**, the last up move is your new bearish OB, the first swing low after breaking the old range is your new range low.



H12 bearish range was flipped into **H12 bullish range**. The **circle** marks where the breaking of the old bearish range happened. **The last swing low that made the move that broke the old range is your new range low**, the last down move is your new bullish OB, the first swing high after breaking the old range is your new range high.

Conclusions

When flipping happens like on the examples above -> bullish range into a bearish range, the **bullish OB** turns into a **bearish breaker**, and bearish range into a bullish range, the **bearish OB** turns into a **bullish breaker**. In the next PDF lessons I have covered orderblocks /OBs/ and breakers.

When trading ranges you are using the higher time frame for the **bias**, and the lower time frame for the **execution/finding an entry**. I mostly trade **H12/H1**, **H4/M15** and **H1/M5**. **H12,H4** and **H1** are used for the **bias**, aka **uptrend** or **downtrend** and once you get your **HTF** trigger aka the sweep and it is confirmed with a candle closure, you can zoom in on the lower time frame. **H1,M15** and **M5** are used for **execution/finding an entry**, as I said above I used to use **MSB /market structure break/** as my **LTF** trigger, but my good friend Jamie opened my eyes about **CISD /change in state of delivery/** - earlier signal of reversion than **MSB**. In the next PDF lesson I have covered the **LTF** triggers aka **MSB** and **CISD**.

The idea of the style - **H12/H1** for example, is to have at least 12 small candles into 1 big candle, but no more than 18 small candles into 1 big candle aka 12 **H1** candles into 1 **H12** candle. **H4/M15** we have 16 **M15** candles into 1 **H4** candle, in **H1/M5** we have 12 **M5** candles into 1 **H1** candle. So you can use any other time frames as well, for example **W1/H12**, **D3/H6**, **D1/H2**, **H8/M30**, **H2/M10** and **M15/M1**. I found that **H12/H1**, **H4/M15** and **H1/M5** work best for me. **H12/H1** for swing trades, **H4/M15** for intraday trades and **H1/M5** for scalps.

Always wait for the higher time frame candle closure! For example you are using **H4/M15** and the **H4** candle sweeps the **H4** range low and you are ready for long setup, but until **H4** candle closure there are 2 hours more and your **HTF** trigger is not confirmed yet.

Always wait for the lower time frame candle closure as well, you want clear **CISD** or **MSB** before opening the trade, whole PDF lesson on lower time frame triggers is next, don't worry it's easy.

Longs are preferable in bullish ranges, shorts are preferable in bearish ranges. The probability of continuing an uptrend or a downtrend is bigger than flipping the range and since trading is probability game you want to have higher chances when taking a setup.

If the setup is not at least 2R profit I'm not taking it.

Always look on the left for possible older range that you have missed to mark. Sometimes an older range is still in play but it is far away on the left.

Higher the time frame = higher the probability of the setup. For example on **H12/H1** you could wait days or even a week to get a trigger but the probability will be much higher than using **H1/M5** where you get tons of triggers per day.

99.99% of my trading is based on ranges and as the examples above. **Bullish H4 range -> H4 candle sweeps the H4 range low -> zoom in on M15 -> LTF trigger -> limits set.**