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MULTIPLE TIME FRAMES

&

the 5 ALARM

Group Coaching Session

The 3 Time Frame Confirmation

What

- Safety Net

- High probability planning

- Building effective watch lists

- Picking Time Frame Combinations Sets

- Wk, Day, 4hr Covered in the Sniper Strategy

- Day, 4hr, 1hr (the standard Large combination)**

- 4hr, 1hr, 30 min (the standard mid range combination)

- 1hr, 30 min, 15 min (the standard low range combination)

The 3 Time Frame Confirmation

Why

- Spot the early potential trends
- Confirm the direction of the trend
- Time your entries at the earliest points
- Time your exits at the optimum time
- Manage Add on positions
- Manage re-entries
- Maintain proper perspective of the general trend
- Determine heavy support and resistance levels

The 3 Time Frame Confirmation

When

- When you see the following setups on the larger time frames
 - EB's
 - CDC
 - Strong zone confirmations
- To trade smaller time frames
 - When the larger time frames are ranging
 - When you get an EB on a larger time confirmed on lower time frames
 - Weak or strong zones on larger time frames

The 3 Time Frame Confirmation

How

- To trade the time frame sets
 - To time entries
 - EB or a BLS on larger time frame
 - Entry signal on a smaller time frame
 - Confirm it on the middle time frame
 - To time exits
 - When you see an EB or NA on a middle or small time frame
 - Confirm the weakness of the trend on larger time frame
 - Confirm the age of the trend on a larger time frame

The 5 Alarm Setup

What

5 indicators confirming the direction of a trade

1. Look for the side of the zero line the AO is on
2. Check the color of the AO with the side of the zero line. (blue for above, Red for Below)
3. MAO needs to be on the proper side
4. Heiken Ashi needs to be the same color as the AO
5. The Hot Lines need to be pointing in the direction of the trend

High probability entry setup

The 5 Alarm Setup

Why

Takes some of the emotions out of a trade

Spot High Probability Add on setups

Gives better timing for a trade

Can help to prevent large draw downs

Saves time and energy

The 5 Alarm Setup

When

Start looking for a 5 alarm setup when you get a heads up on a larger time frame

You may take a 5 alarm setup after the two larger time frames are in alignment with each other

When the market is moving after a break or rest in a trend

You look on smaller time frames for Add on positions

The 5 Alarm Setup

How

You look for a heads up, setup on a larger time frame

Wait for the 5 alarm setup on the entry time frame

Confirm the direction of the trade on the middle time frame with the larger time frame.

You can use the Norwood Alert and the Early Bird Alert to help you spot the 5 alarm setup.

Long Term Strategy (using the Weekly / Daily / 4hr Strategy):

Setup

- Early Bird or Blue Light Special on the WEEKLY TIMEFRAME (Trend Timeframe)
- Go to the DAILY or 4hr and draw a horizontal line at fractals which may serve as potential entry areas.
- Wait for a BLUE LIGHT SPECIAL on the DAILY to confirm the WEEKLY Trend (Confirmation Timeframe)

Entry

- Enter a position on a fresh 5 alarm trade on the DAILY or 4hr ONLY in the direction of the trend
- Ideally will be a Fractal Break to confirm (use audio alert)
- When entering on a 5 alarm trade off the 4hr, go to the DAILY and confirm that the AO is the same colour as the AO on the 4hr. This will keep you from entering into a sideways market.
- TIP: Go to the 1hr and make sure that no divergence / convergence are present which may cause a pullback.

Add-ons

- Draw a horizontal line at previous fractals (support / resistance areas) on the 4hr chart
- Set an Audio Alert at fractal
- As soon as the Audio Alert sounds, you look for a Fractal Break and 5 Alarm Trade on the 4hr.
- Tip: Confirmation of the AO on the next timeframe up

Stop Loss

- At the previous fractal on the Daily or 4hr chart, depending off which timeframe the trade was taken.

Profit target

- Looking for previous support / resistance zones on the Daily or 4hr
- Draw horizontal lines and set audio alerts in these areas.

Exit

- Watch 4hr or 1hr for a slowing in the market near the support / resistance zones
- Manage my trade by moving my stop to the high/low of the previous 4hr bar.
- Triggering of my profit target

Short Term Strategy (using the Daily / 4hr / 1hr Strategy):

Setup

Early Bird or Blue Light Special on the DAILY TIMEFRAME (Trend Timeframe)

Go to the 4hr and 1hr and draw a horizontal line at fractals which may serve as potential entry areas.

Wait for a BLUE LIGHT SPECIAL on the 4hr to confirm the DAILY Trend (Confirmation Timeframe)

Entry

Enter a position on a fresh 5 alarm trade on the 4hr or 1hr ONLY in the direction of the trend

Ideally will be a Fractal Break to confirm (use audio alert)

When entering on a 5 alarm trade off the 1hr, go to the 4hr and confirm that the AO is the same colour as the AO on the 1hr. This will keep you from entering into a sideways market.

TIP: Go to the 1hr and make sure that no divergence / convergence are present which may cause a pullback.

Add-Ons

Draw a horizontal line at previous fractals (support / resistance areas) on the 4hr chart

Set an Audio Alert at fractal

As soon as the Audio Alert sounds, you look for a Fractal Break and 5 Alarm Trade on the 1hr or the 4hr.

Tip: Confirmation of the AO on the next timeframe up

Stop Loss

At the previous fractal on the 4hr or 1hr chart, depending off which timeframe the trade was taken.

Profit target

Looking for previous support / resistance zones on the Daily or 4hr

Draw horizontal lines and set audio alerts in these areas.

Exit

Watch 4hr or 1hr for a slowing in the market near the support / resistance zones

Manage my trade by moving my stop to the high/low of the previous 1hr bar.

Triggering of my profit target

Entry Setup for a SHORT Position

Trend Timeframe (Daily)

- Look for a RED in the Heiken Ashi on the DAILY

Entry Timeframe (1hr)

- Look for a RED Heiken Ashi Price Bar
- Look for a RED Norwood Alert on the 1hr Timeframe
- Look for a fresh Cross DOWNWARDS on the Hotlines
- Look for a fresh MAO cross BELOW THE ZERO LINE

Confirmation Timeframe (4hr)

- As soon as you get a SHORT entry signal on the 1hr Timeframe, go to the 4hr Timeframe and confirm.
- Heiken Ashi has to be RED on the 4hr Timeframe
- A stronger signal will be when the 4hr Heiken Ashi is RED AND the MAO is BELOW the Zero Line.

SHORT Trade Managing and Exit Signals

Stop Loss

- At the previous Swing HIGH on the 1hr chart.

Profit target

- Looking for previous SUPPORT zones on the 1hr and/ or 4hr by using the Swing LOWS.

Exit

- Watch 1hr for a slowing in the market near the SUPPORT zones
 - Through offpoints on the MAO
 - Through size of the Price Bars
- Manage my trade by moving my stop to the LOW of the previous 1hr bar.
- Triggering of my profit target