

Contents

Preface		ix
Acknowledgments		xi
Introduction		xiii
LESSON 1, DAY 1	The Structure of a Trade	1
LESSON 2, DAY 2	Setup, Trigger, and Follow-through: The Basics	9
LESSON 3, DAY 3	Seasonality and High-Odds Seasonal Setups	21
LESSON 4, DAY 4	The Seasonal Trigger	31
LESSON 5, DAY 5	Follow-Through	41
LESSON 6, DAY 6	Trading the Power Momentum Formula (PMF)	51
LESSON 7, DAY 7	Power Momentum Formula (PMF) Trigger	61
LESSON 8, DAY 8	PMF: Follow-through: Part I	69

LESSON 9, DAY 9	PMF: Follow-through: Part II	77
LESSON 10, DAY 10	Using the Moving Average Channel: Part I	85
LESSON 11, DAY 11	Using the Moving Average Channel: Part II	91
LESSON 12, DAY 12	Three Powerful Price Patterns: Part I	99
LESSON 13, DAY 13	Three Powerful Price Patterns: Part II	109
LESSON 14, DAY 14	Three Powerful Price Patterns: Part III	117
LESSON 15, DAY 15	The Eight-Bar Open/Close Pattern and How to Use It	125
LESSON 16, DAYS 16-17	Understanding and Using the Commitment of Traders Report: Part I	133
LESSON 17, DAYS 18-19	Commitment of Traders Report Part II: Triggers	141
LESSON 18, DAYS 20-21	The Advanced 30-Minute Breakout for S&P and E-Mini Trading	151
LESSON 19, DAYS 22-24	How to Structure Your Trading Portfolio for Maximum and Consistent Gains	159

<i>Contents</i>	vii
LESSON 20, DAYS 25–27 Diversification	167
LESSON 21, DAY 28 Putting It All Together	173
LESSON 22, DAYS 29–30 The Psychology and Discipline of Trading	177
Index	195

