

THE FORCE 5MIN SYSTEM

# The Force 5min system

*Created By forexjedi*



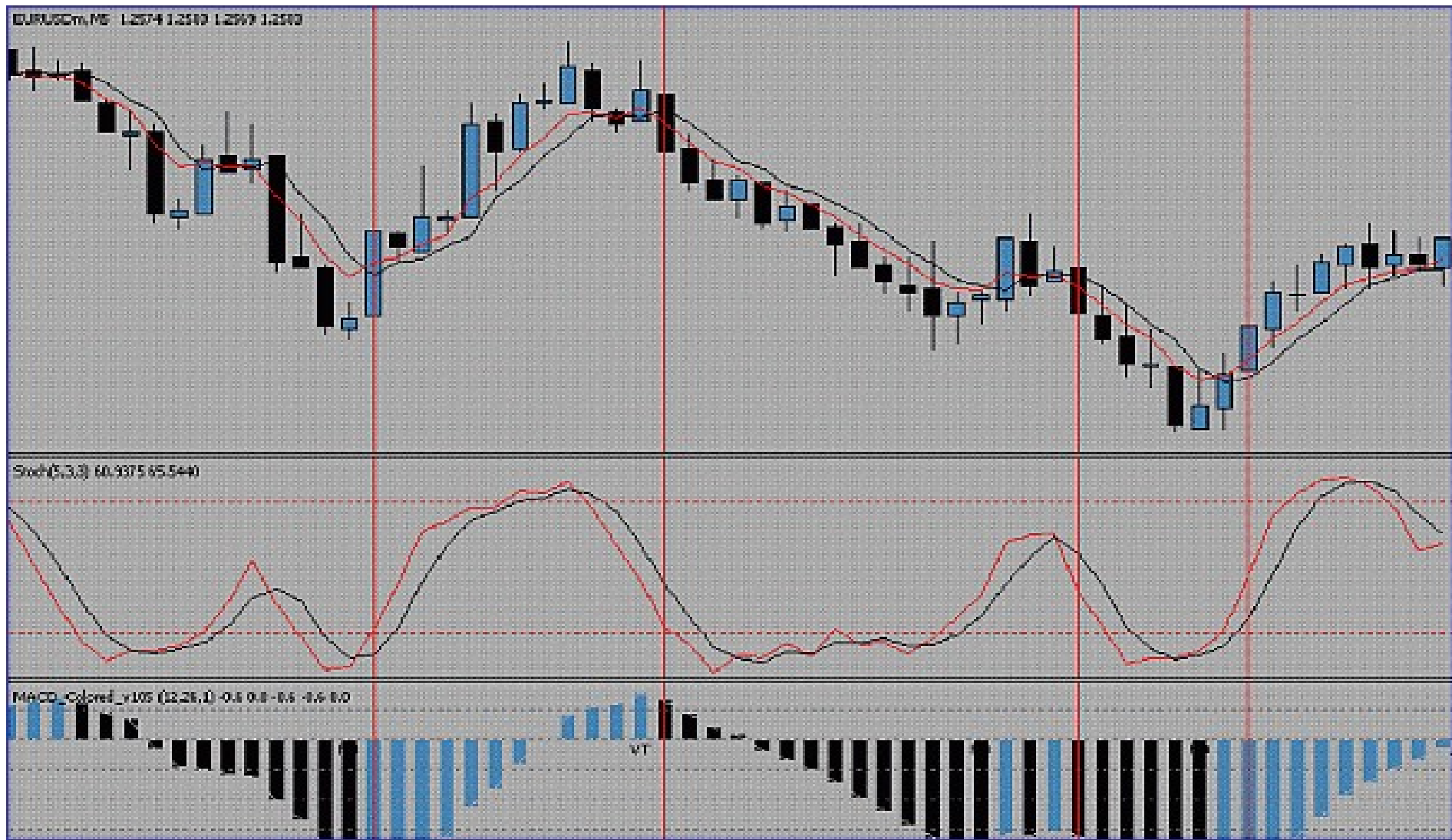
## *Tips And Nuances*

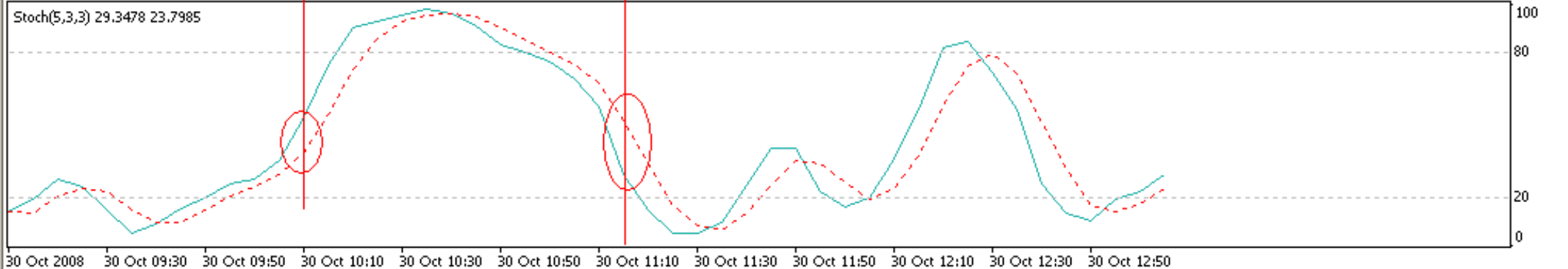
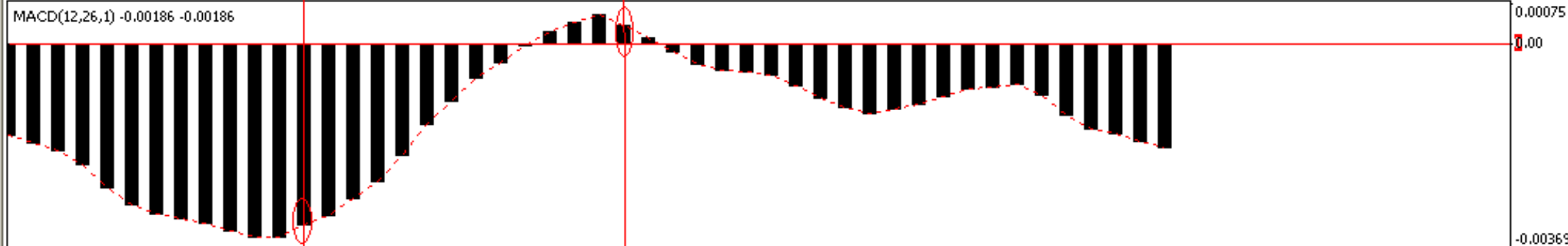
*PDF Writed By Stark*

“ I have been trading this method for a year. The only time its been affected by the recent financial chaos is the occasional widening of spreads by broker due to banks widening their spreads. I use weekly and monthly pivots as daily pivots are easily broken and frail. my pivots are caculated manually every sunday before open and a second calculation is made in the 4 hour gap or x spot in the sunday chart. I use both because no one really knows where the big money is hiding. The monthly is calculated on the first of each month. I just write em on a post it and stick it on my monitor. “

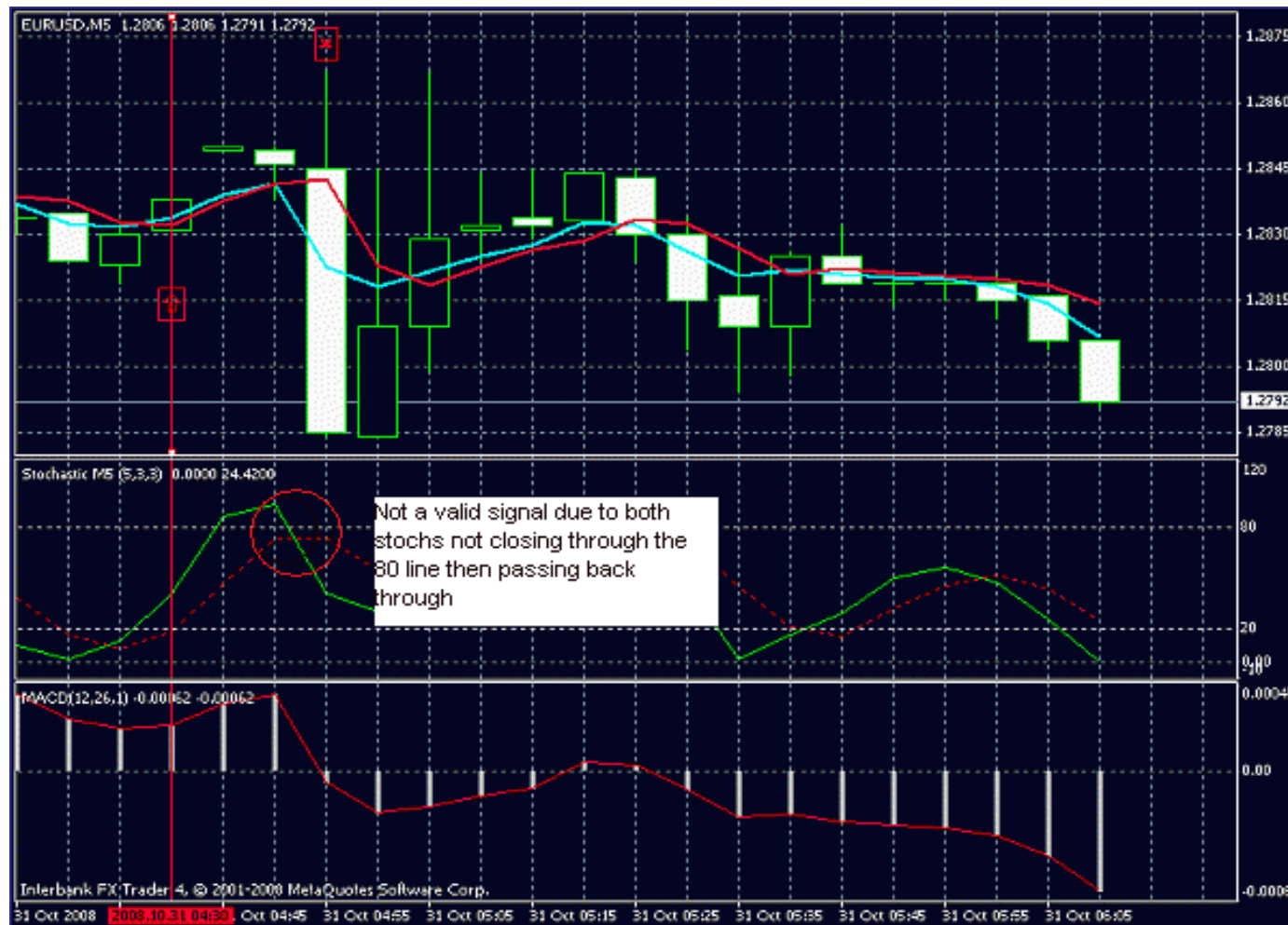
“ I use it during the asian and euro session and stop trading before the US session. Realistically you could trade any session with it but I like to trade during less volatile sessions because its more stable and you can use a smaller stop. “

“ I usually choose my exit based on price action. For example if I see a set of candle reversal patterns Ill move my stop up or even close my position. Although if the MAs cross sometime ill just move my stop to the low/high depending on which direction my trades in. Sometime the price will reverse on continue on its path. Todays most recent price action has produce many good trades in the last few hours based on the basic rules. A chart is attached and so is you indicator. “





There was **no valid signal** given on the long bearish bar due to both stochs not closing up through the 80 line.



" I just want to add something here on **why I chose the indicators** I did and why I have them set the way I do.

**MAs**

5ema open and 5ema to close

These are chosen and set the way they are because a helps indentify a reversal. Almost always when they cross reversal price action is forming or has already formed. What you can do if a cross occurs while in an active trade is move your stop to the high/low of the candle that the cross occurred on. This is good because it will limit your loss or secure whatever profit you may have. This way if your in profit you wont loose it all in a full reversal. I you check your charts you can see that a lot of the time a cross will occure in a apposing direction then reverse again and continue with the trend.

**MACD**

12,26,1

Stochs

5,3,3

I chose these because its the most used settings by traders to my knowledge. From my research these are the settings that brokers and money managers use. The point here is that its all about volume. Mass amounts of retail traders (thats us) financial institutions and money managers ect.. Are all buying and selling all at the same time. Therefor if a seel signal occures you have better odds at a success and vice versa. If you combine them together and match them up things are usually good. This is why theres

almost always big movements arounds the buy/sell signals of my system. "

"My thoughts about placing the stop two candles back is not good. This just means youll loose more pips if the price reverses. From my experience the price will either move in the aticipated direction right away or not move at all. "

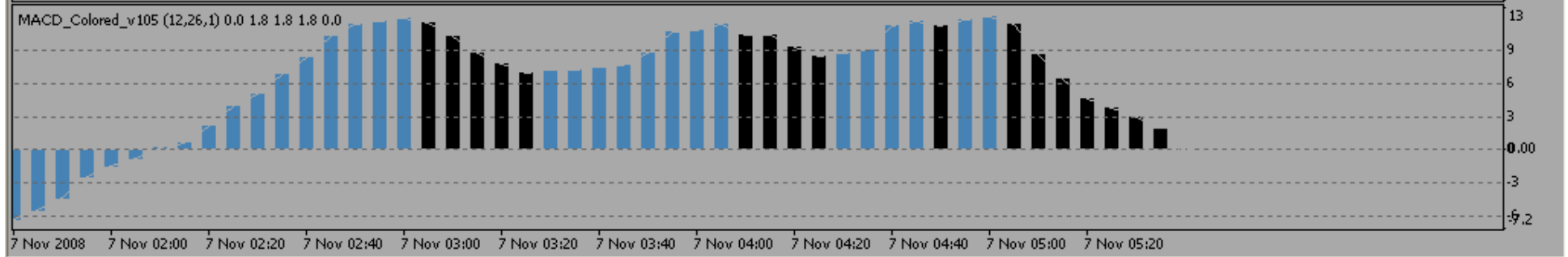
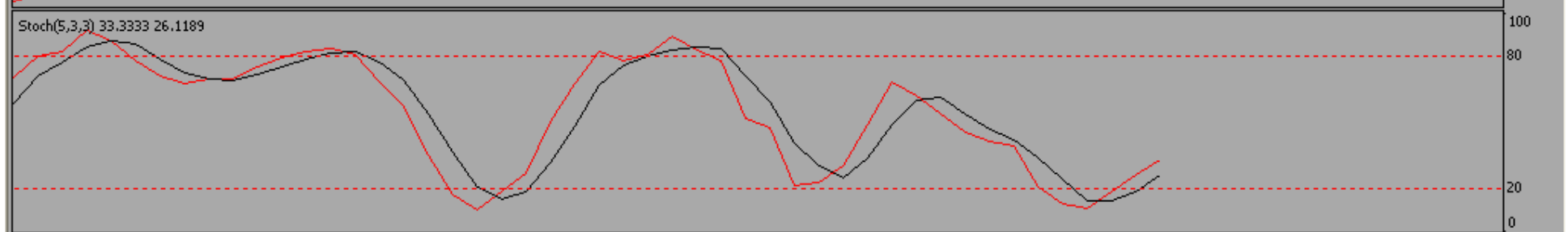
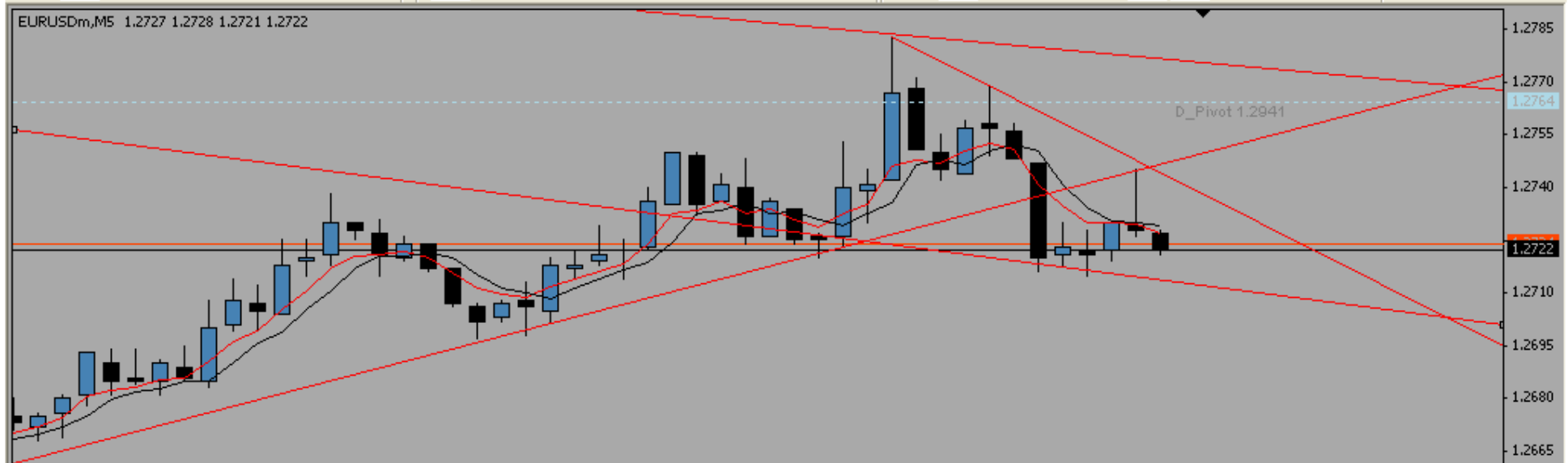
" Heres something that will help eveyone out. Put the period seperators on your charts, bring up a 5min usd/jpy and see if you can notice what happens everyday almost within the first hour of the asian session. What happens? The market adjusts itself. This happens at the beginning of every session. If you wait for the first valid signal of the session at set a 10 pip take profit you will succeed. Sometime there may be a move or trend already in progress so wait till that one reverses and then wait for all the signals to line up and that bar to close with the signals lined up and take the trade. DEMO first. Take Profit at 10 pips and SL at the low of the signal candle.

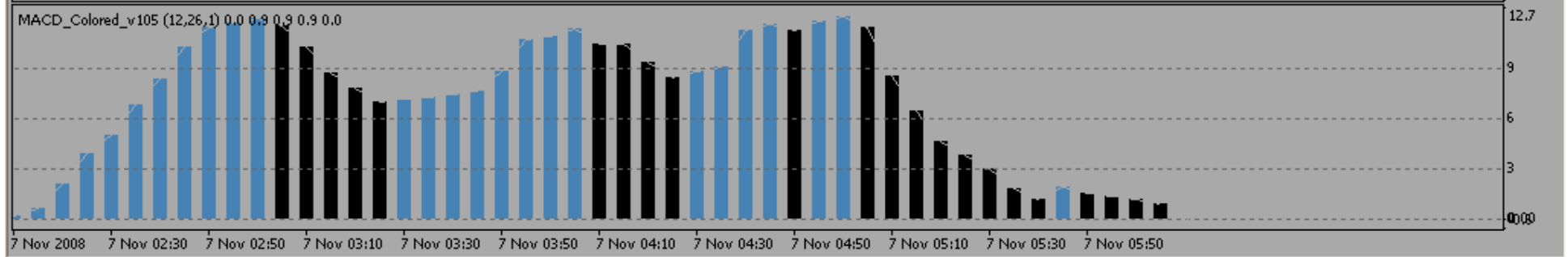
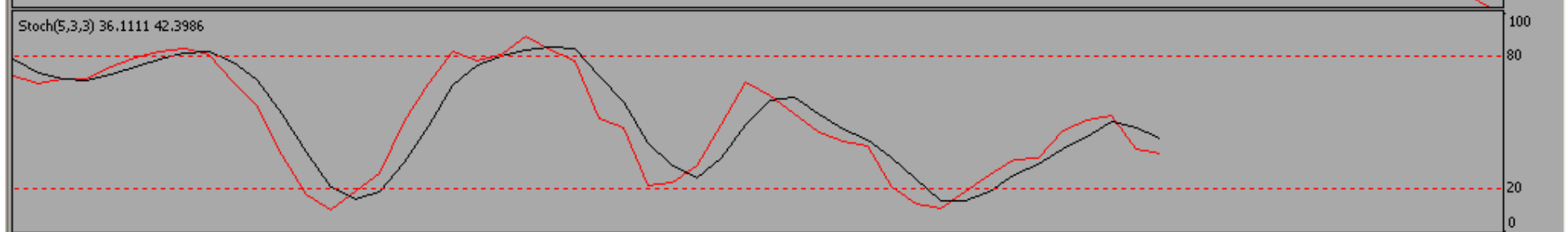
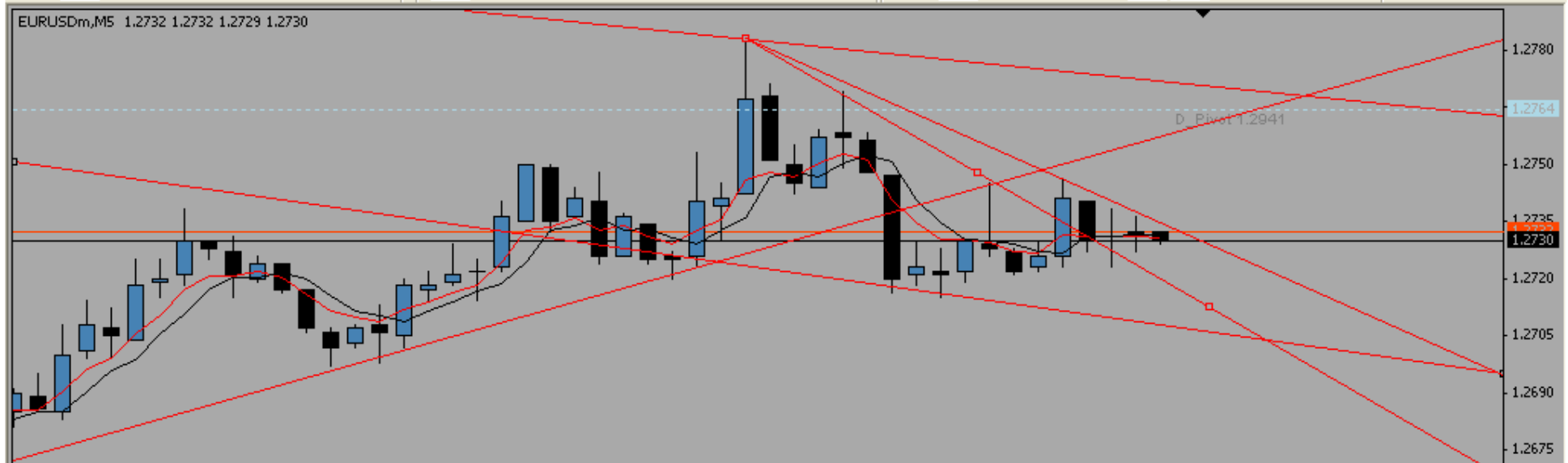
In the chart below here is the first move of the day on the USD/JPY. The market opens with a existing trend then an adjustment is made and a quick 10 pips is gained on the first valid signal of the session taking less tha 10 min. If you do this at the beginning of the Asian and Euro session thats 20 pips a day right there. Set your alarm wake up for an hour make your 10 pips and then go back to bed. Please see the chart below."

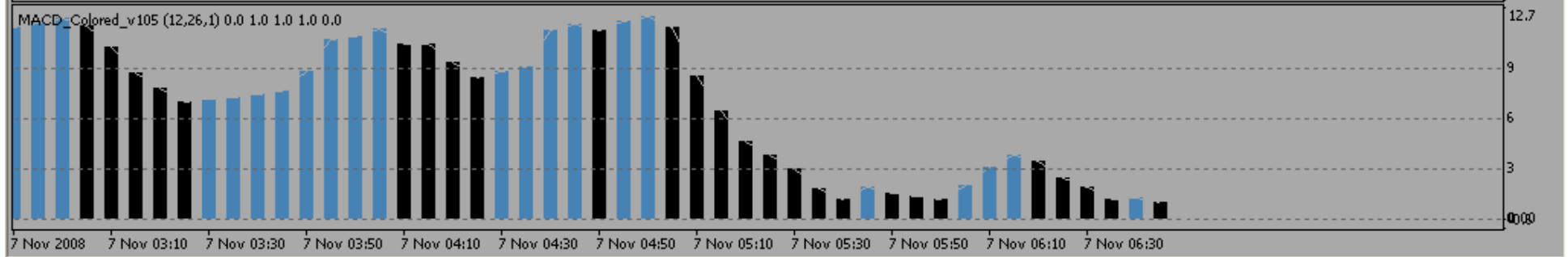
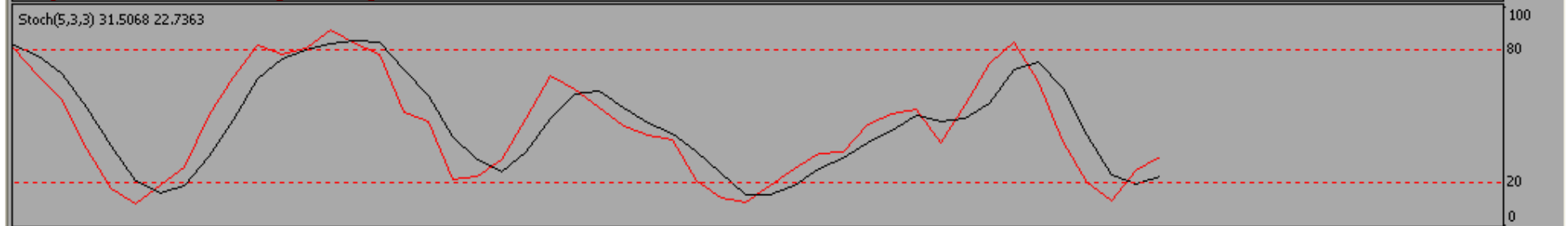
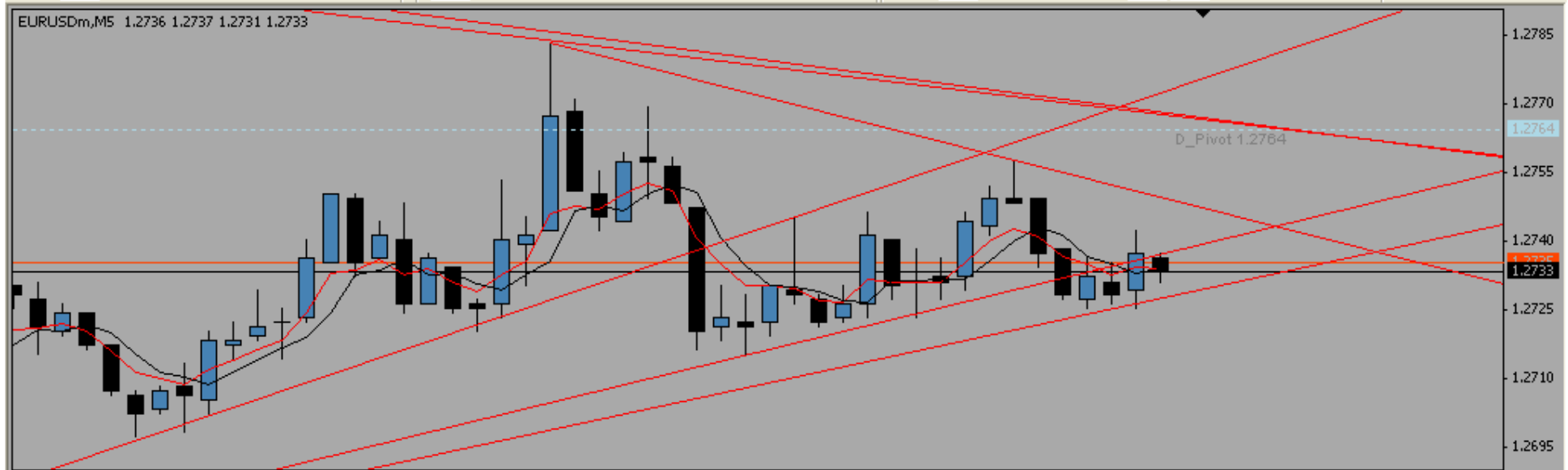


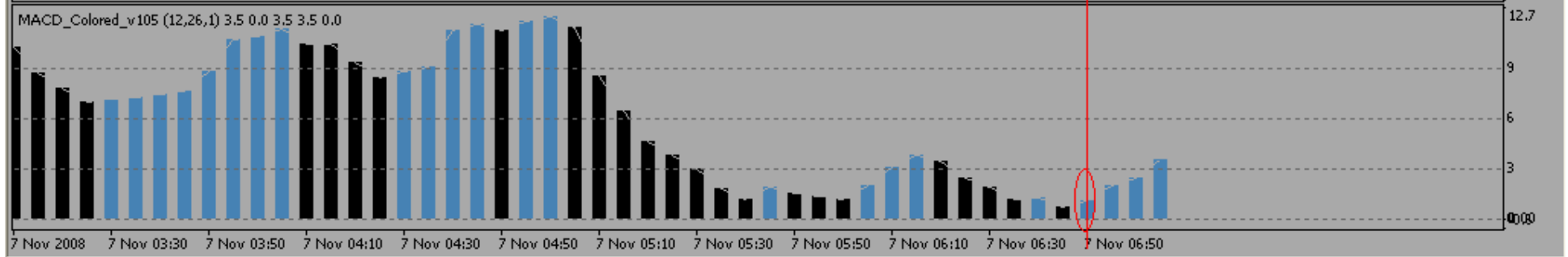
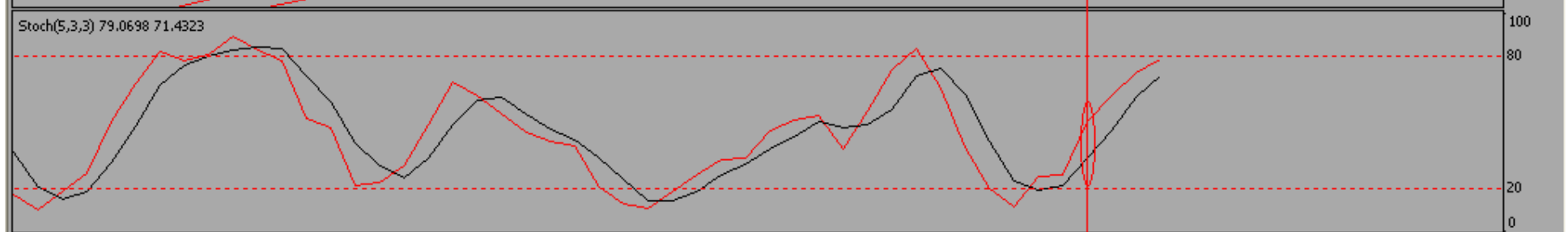
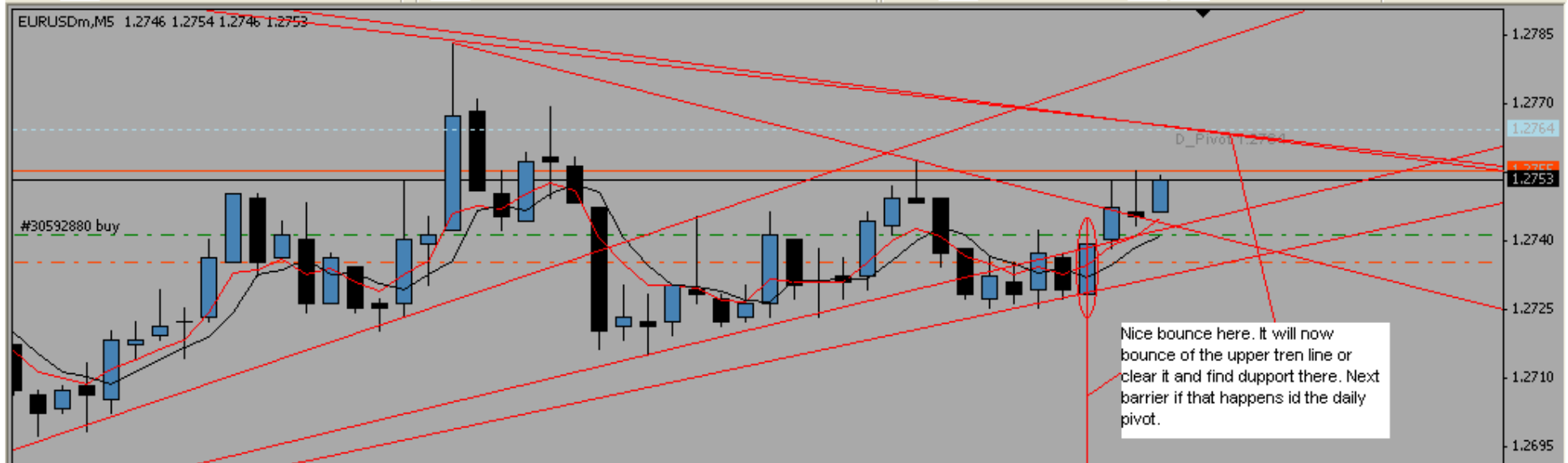


“ I have 6 years in FX. My system is a large amount of trial and error. By large I mean years. No one can get good at fx by changing things all the time and being greedy. Trading 15 pairs and jumping from one system to the next. My advice is to pick one pair and marry yourself to it, your together through thick and thin. After a reasonable amount of time you just know whats what when the pair is moving. Its like when you first meet someone like your wife or husband. After time you cant just look at them and know whats on their mind. Like when your wife gives you that quick glance and you know its going to be your lucky night. Or you know you messed up. There is nothing wrong with my system. There is no way to make it better. If you change it in any way then it wouldnt even be my system anymore. I know how hard it is to trade fx as a newbie. Ive been there. I know what its like to have the dream of making the big bucks. I know what its like to think you got it and then get handed -pips. Ive lost a lot of sleep over Forex. **Perserverance is the key. This is a free working system that makes pips.** I posted it here to help people work through the learning curve of FX and cut years out of their learning. Ive many good systems come on to this forum that make pips that I trade on a regular basis. Then ive seen them get added to and picked at then eventually people stop making pips and the system is destroyed because no one knows whats what anymore. I refuse to let this happen here. This thread is for poeple who want to stick to something that works and thats not going to change. Im here to help people and and answer questions but I ask that people dont post ideas on changing the system. **Keep it pure.** My system works and everyone reading this can make pips using it. Start small and set a TP of 10 pips and work with that. 40 to 50 pips a week compounds pretty quick. When youve made pips close up shop. No system works all the time and no system has a 100% guarantee. “







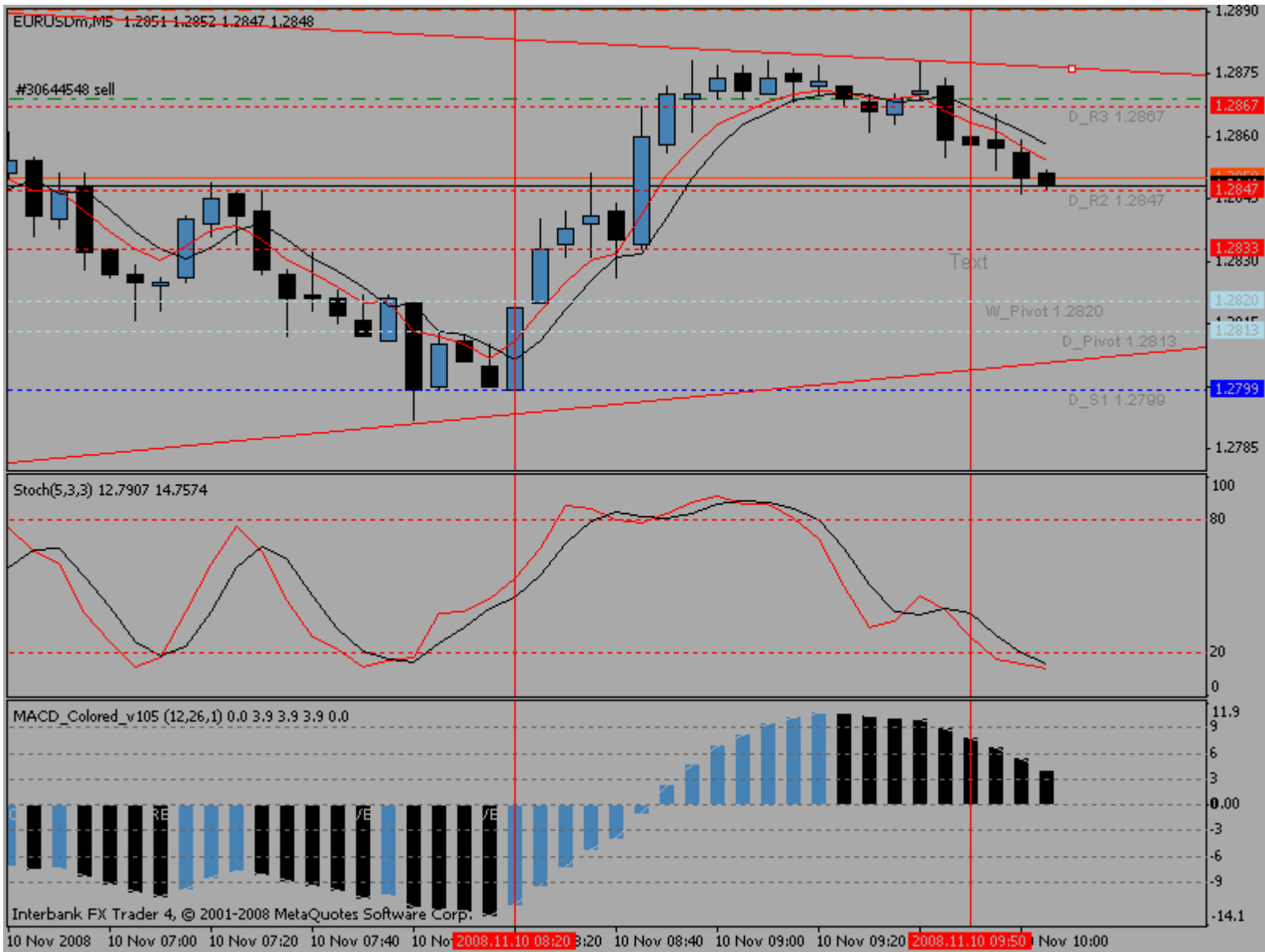


*“ I like the 5min beacuse this is what I learnt fx on. Ive spent years in study with regards to the Eur/Usd on the 5min. I was highly suggested by my FX teacher to pick one pair and one pair only along with one time frame and stick to it no matter what. The logic is that you get to know the "attitude of your pair and its emotion. Then I was scepticle. Now I understand what he was talking about. I cant guarantee the results of my system on the 15min charts and wont support it. My goal here is to get people on the right track with fx. You have to stick to one thing and get good at it. The beauty here is my system already works and makes good pips. All people have to do is know the rules and stick to them no matter what. All the trial and error, back testing, forward testing has already been done. Live forward testing has already been done. I hope this helps you out.”*

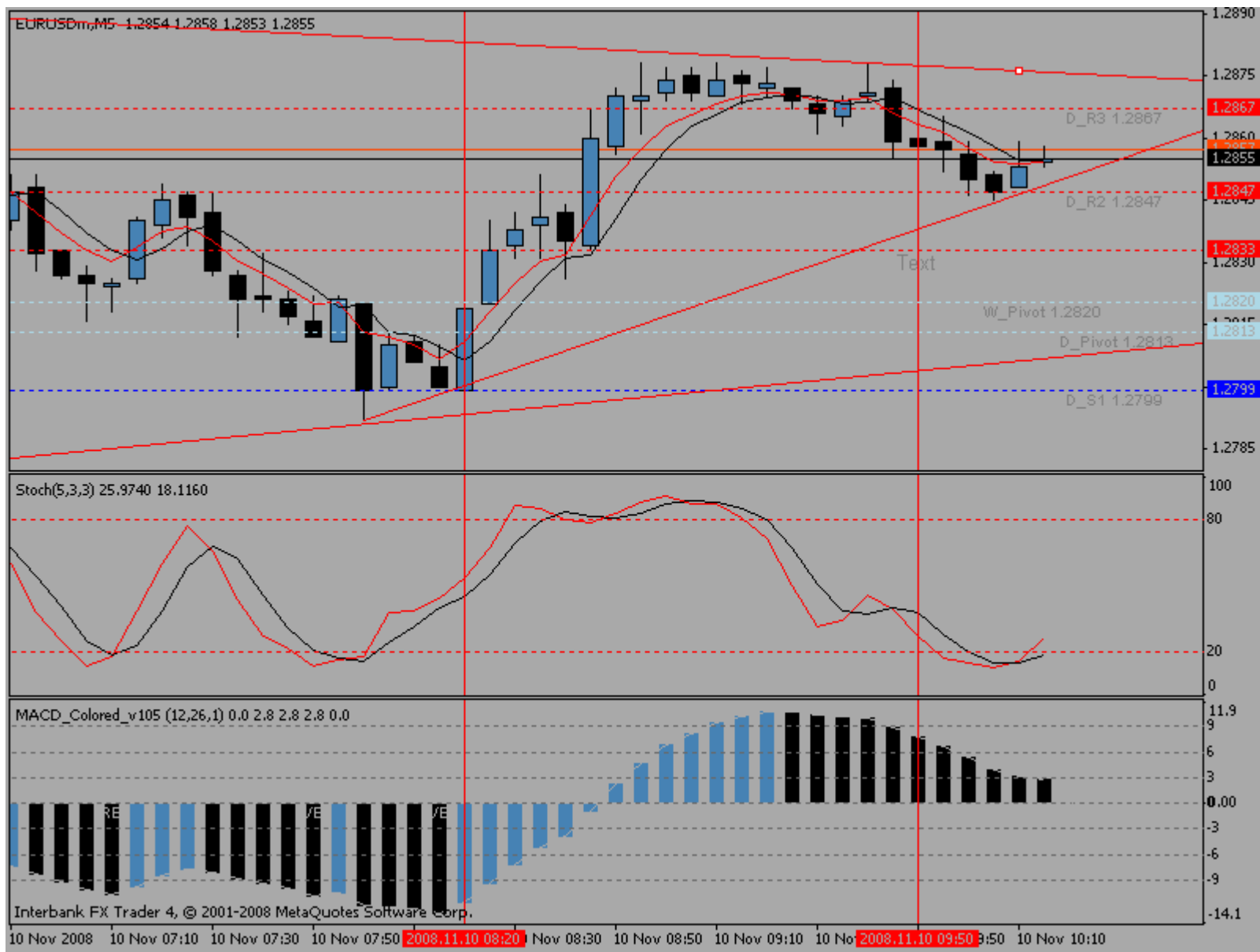
“ You want to zoom out as far as possible on your chart and connect all the highs and lows and then zoom in a level and pick up the one you didnt notice and repeat the process untill you get them all. Trend lines are dynamic and are always changing. Everytime there a new high or low you have to draw a new line and leave the old one on the chart as that line would now act as a support or resistance. The reason it may not make sense to you on my chart is because some of the lines are drawn at the beginning of the trading day so as the price begins to move around you can sit around all day wondering where they came from. I always start the day with new lines. If you look at the chart below you can see how I will start today off. Ive zoomed it all the way out for a better view. ”

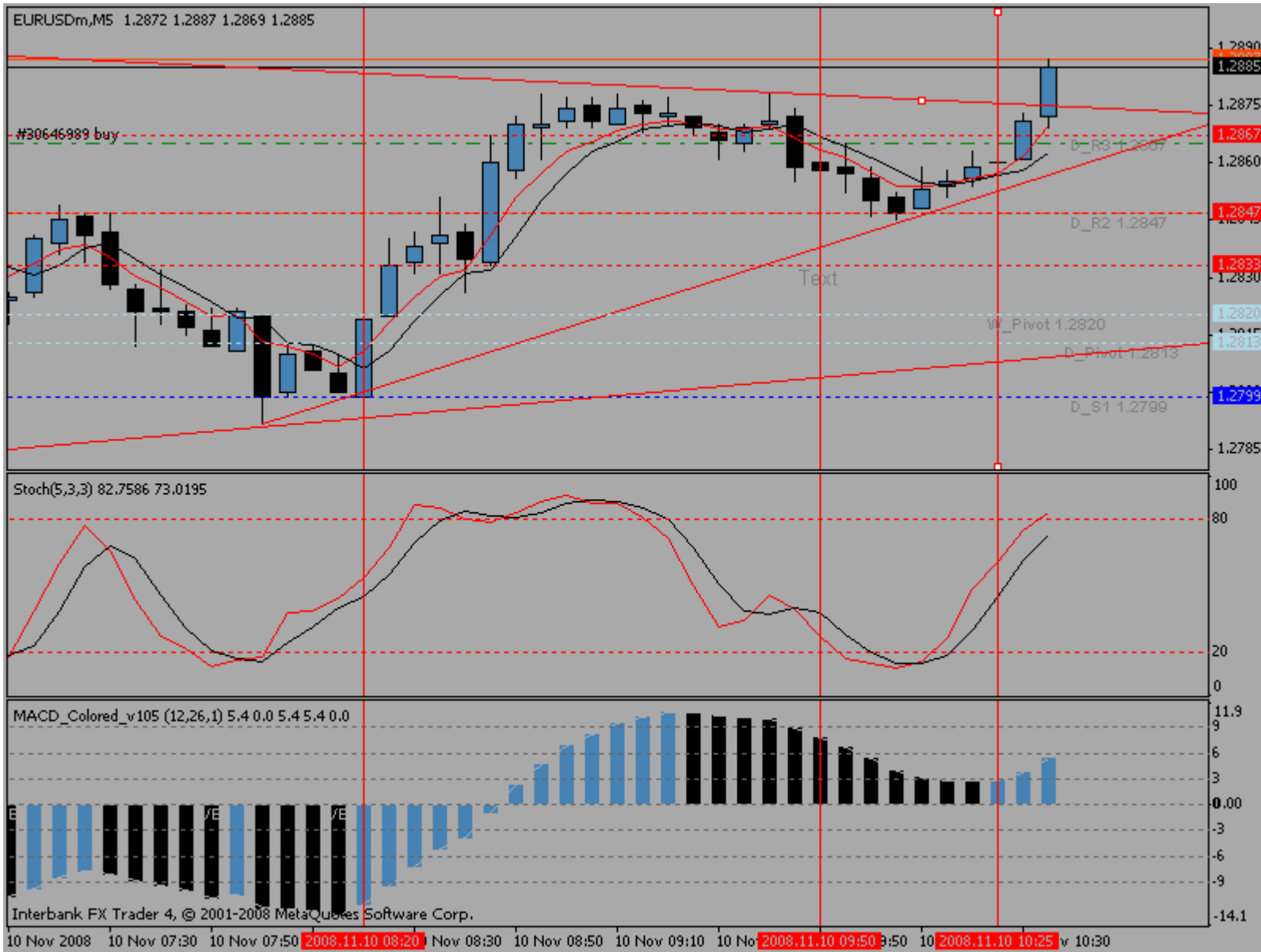




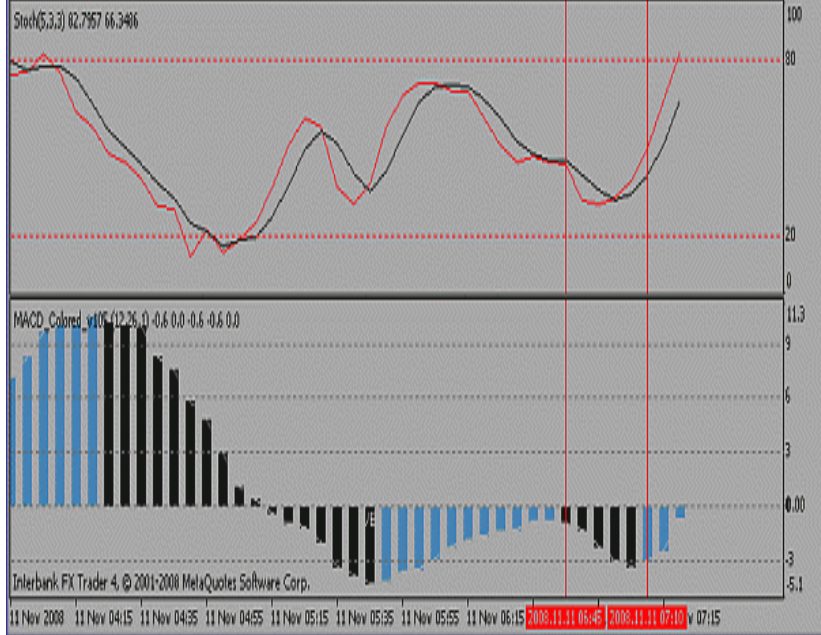
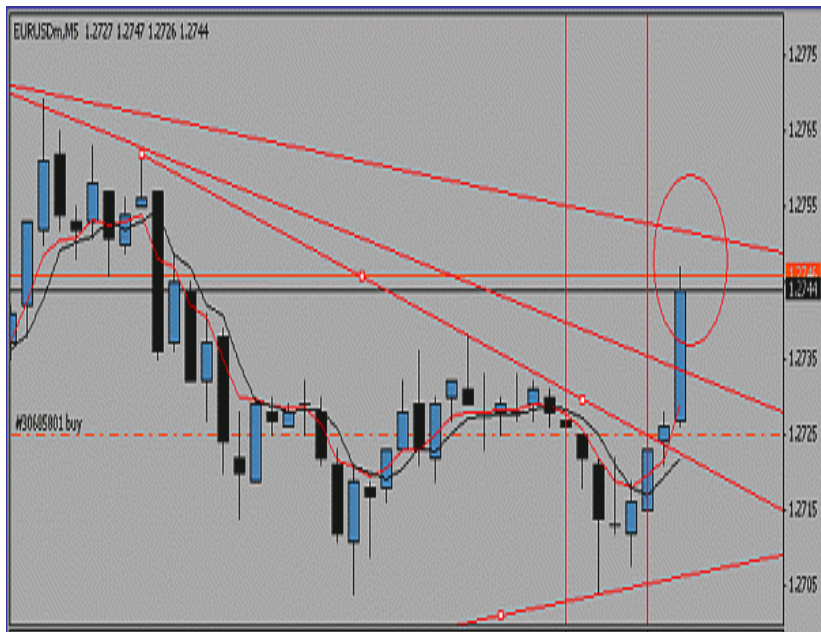






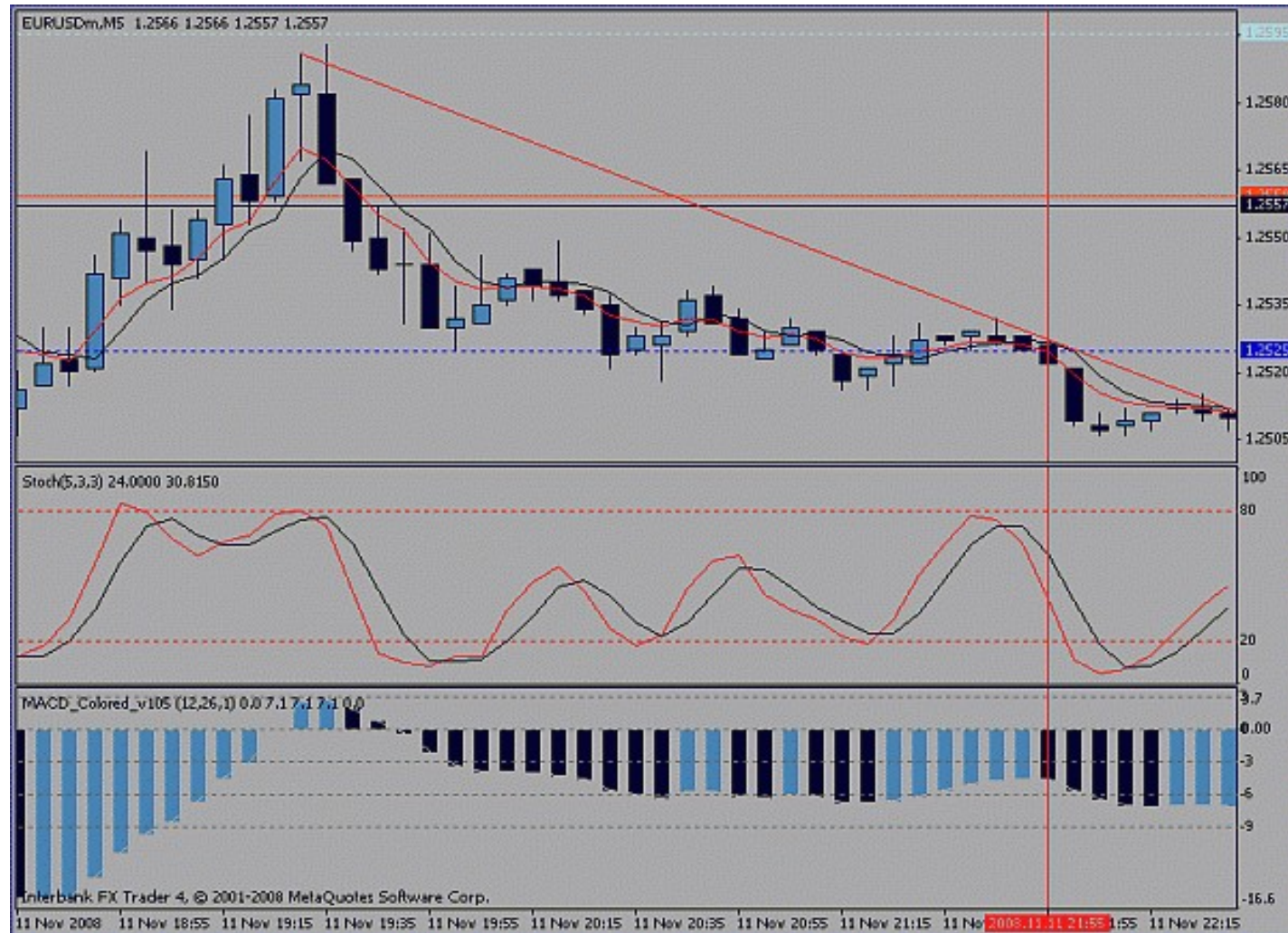


“ I dont advise on using it without the trend lines or pivots. The system combines lagging indicators with leading indicators to provide the best possible result. I started the system with the absolute basic to get people used to the basic idea of the indicators with nothing fancy in between. You can make some pips sure. I dont advise just using the cross of the indicators. This isnt any type of cross system meaning that you dont enter and exit on every cross. The initial line up of the indicators is a signal. The exit is based on price action. You dont exit till the run is finished. “





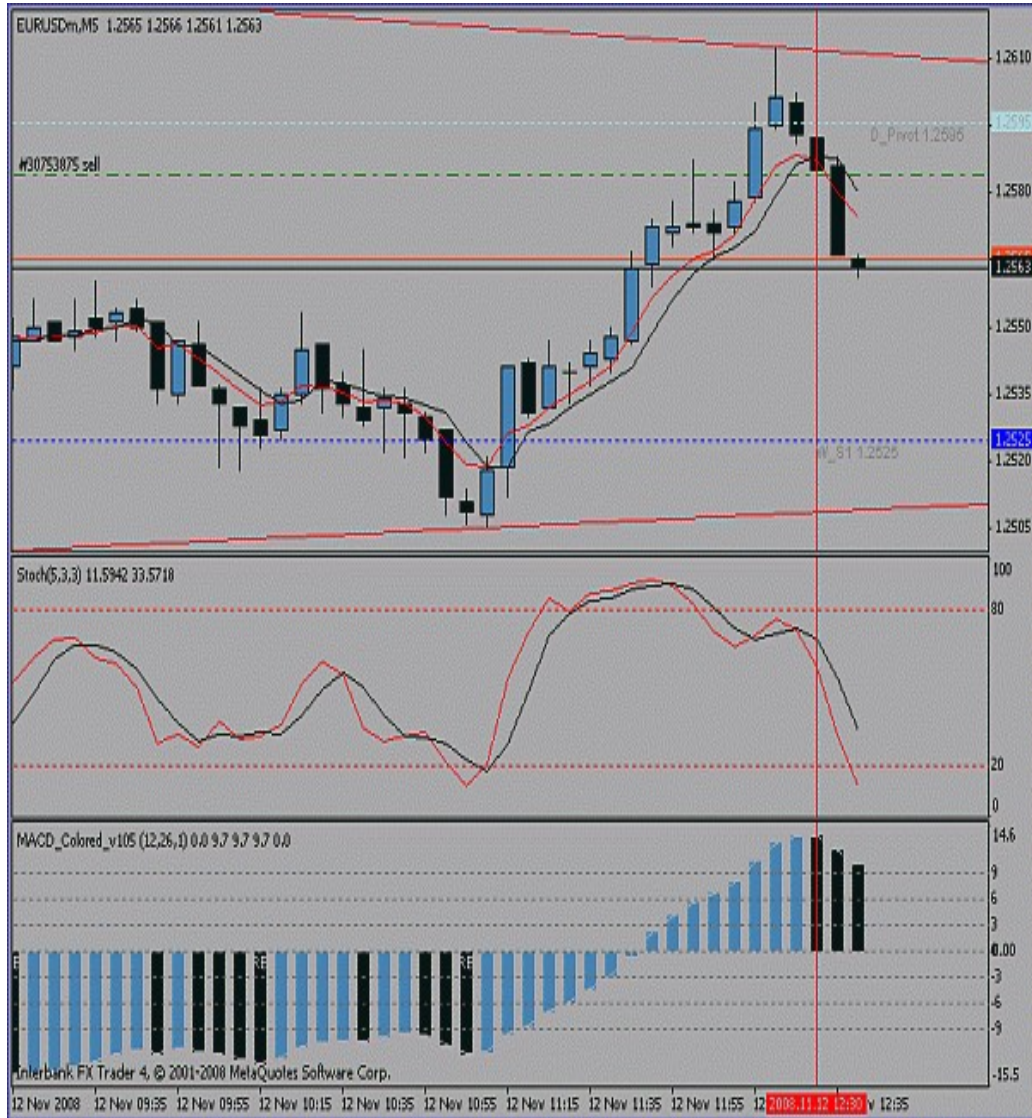
**This is a valid entry.** Bounce of the upper TL but it ran out of steam prob because of low volume as theres no support visible to stop it from a bear continuation. Chart below. Remeber to draw your trend lines as their crutial to successful trading.



" Lets get the day started. **I always start my trading session by reviewing the previous days moves.** There was a nice one in the US session yesterday. Over 150 pip bounce! The next thing I do when I start my day is draw all my trend lines and drink some coffee..mmmmm coffee. Having a I treat FX like a real job I start and finish at the same time everyday. I sit the whole time and watch the market even if nothing going on. It could take hours before a trade happens but thats the way it is. I take 2 15 min breaks and a half hour lunch. I set goals for the day and track my progress in line charts with excel. I keep raising my goals and always try to surpass them. These are things everyone should start doing who wants to trade fulltime one day. Even if your still in demo status, do this and treat it like its real money. "

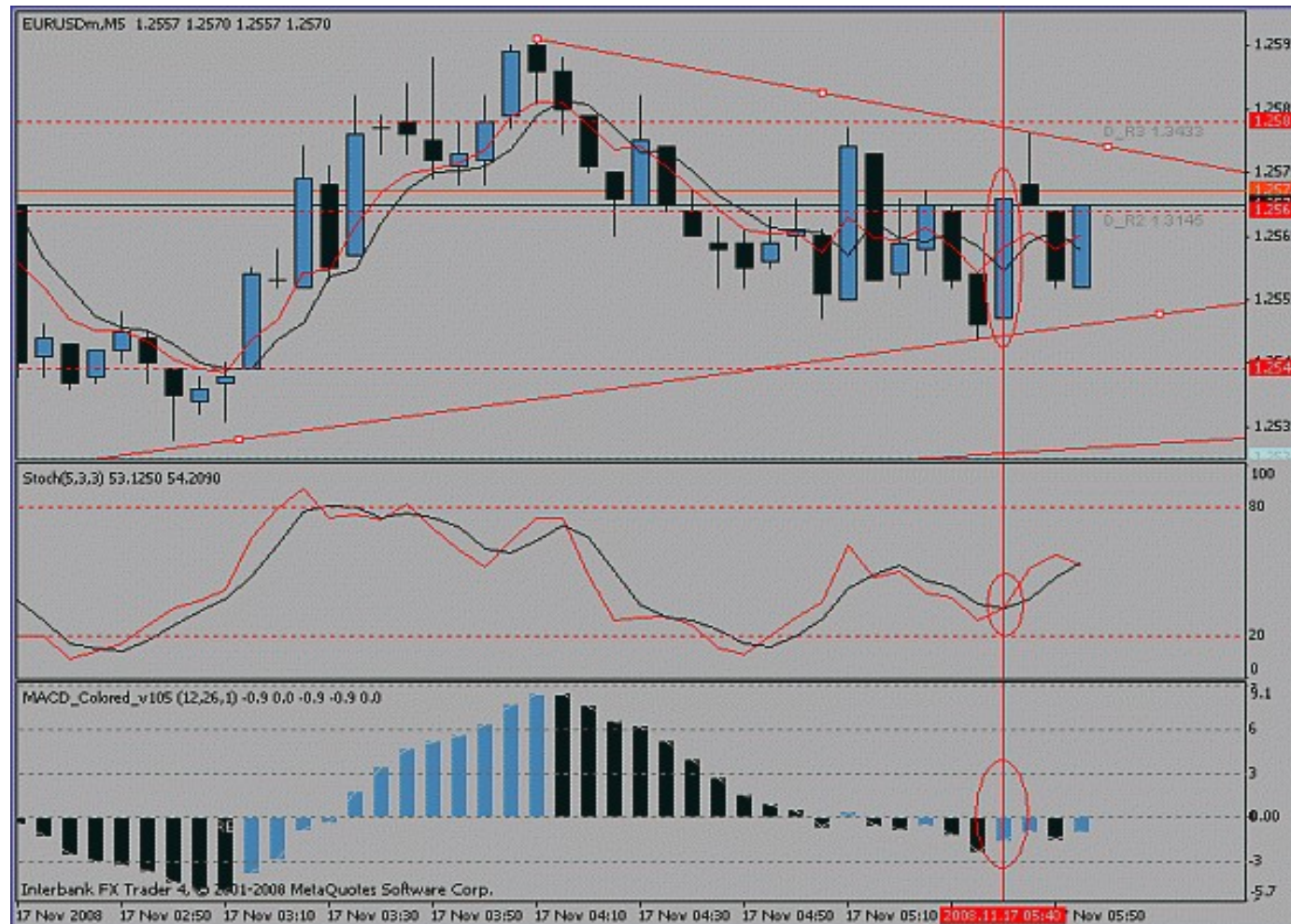


Bearish bounce off the upper TL match with MACD and Stochs confirms a short position.





There only one recent spot where I could see that you may have gone long. Ive posted a chart below. If this is the trade you took **you must remeber to wait for a clear visual cross on the stochs.** In the chart below the stochs had not mae a full cross on that candle. **If you entered on the next candle that was a bad idea.** Only enter long when everything is bull. Meaning bullish close as per the previous on the MACD bullish cross on the stochs and a bullish candle with a bounce of a lower TL.





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## A story about patience

Traders,

Heres a story ill share with you all about patience and when I was learning FX before I started getting good.

Its starts with my mentor Dominik just taking me on after months of me trying to prove to him how bad I wanted to be a successfull trader. He finally took me on one day and gave me a series of rules to follow. The exact rules I try to enforce here. Be patient. Dont be risky. Dont take every trade because the signals have lined up. Understand why your taking the trade before you take it. Dont trade in danger zones like close tp to many pivots ect. The biggest rule is patience. So one day I had 9 trades 2 goos and 7 bad. I lost 15% of my account. Freeking out I called my mentor to detail my bad day. He tells me "im comming over" I was like sweet! He shows up at my house and goes over my trades. He then says to me " why did you make 9 trades when there was only 1 valid trade. HMmmmmmmmm..... I told him I just didnt wait for the bar to close on three of them. 2 of them I thought it would go my way. And 1 was traded high risk around to many pivot and resistance. Your lucky you made what you did he says. Why didnt you follow the rules he says. I dont know I replied back. Give me your wallet he says. Ok here you go I replied back giving him my wallet and thinking nothing of it. He then proceeds to take all the cash out of my wallet and head for my bathroom. This is weird I thought, whats he gonna do. He proceeds to throw my cash in the toilet and flush it. WTF I said to him. He then says to me, this is what your doing with your money if your not going to sit and wait for the proper setups. \$200 bucks

gone. Then he says your going to make all those pips back and dont call me till its done. The point here is you need to have patience. I wouldnt dare make a trade thats not on a valid setup. Hope this helps some people out. "

### **Important!**

*I hope everyone will take the time to read this lenthly post about my thoughts on several subjects. Thought 1. When I first posted this strategy here on FF I was not sure what to expect based on the mass number of systems posted on this site on a monthly basis. I went from being a discrete fores trader to mentor almost ovenight. Let me say that I really enjoy helping people learn forex and have decided to take on the extreme task of helping everyone that want to learn. What does learning forex really entitle? Forex is a huge amount of learning to the equal of a lenthly post secondary education. There is no easy way to become a good forex trader. You can not just open a forex account and become a success overnight. Its taken me six years to get to the point im at today and its been a long heart aching process of trial and error. Persistance and hard work got me here. My system can be the key to anyones success in forex but again requires hard work. I can tell the things my system is not. My system is not a Moving Average or Stochastic cross system. You can not take every cross and make mega pips. Basic rules are strategicaly designed to get traders used to the idea of the MACD, Stochastic and Moving*

*Average indicators. One must master every aspect of these indicators and fully understand them in every way before moving to the advanced rules. The advanced rules are setup as the next key level to my system. In advanced rules I have added in Pivots and Trend Lines and changed the entry rules. Again one must master every aspect of the advanced rules to understand the full picture of my system. One must understand that not every bounce of a TL is a entry. One must learn to be patient and wait for the proper setups of the correct trend lines. Trading bounce of short term TLs is not the way this is done. One must know everything about TLs, pivots, MACD, Stochastics and Moving Averages to move forward from there. The basic and advanced rules are designed to create the end effect of training your eyes and mind to master the art of understanding price action. Ah yes... Price action, the best way to trade in any market. Knowing your price action not only involves knowing all the indicators mentioned above but also knowing your pair inside and out. This means sticking to the Eur/Usd and the 5min timeframe only. One must resist the urge to look at anything else. I can tell you from experience that this is the way its done. Ask any pro trader and they will tell you the same thing. The only way I can teach anyone is if they can follow this rule. To me, any action going on with any other pair or time frame means nothing. This does not effect the way my system works. Why you may ask? Because my system is based on price action in the end. This means it doesnt matter what is going on with any other time frame because we will pick it up on the 5 min chart. If there a pin bar on the 1h or head and shoulders on the 4h or double top on the d1 it doesnt matter because*

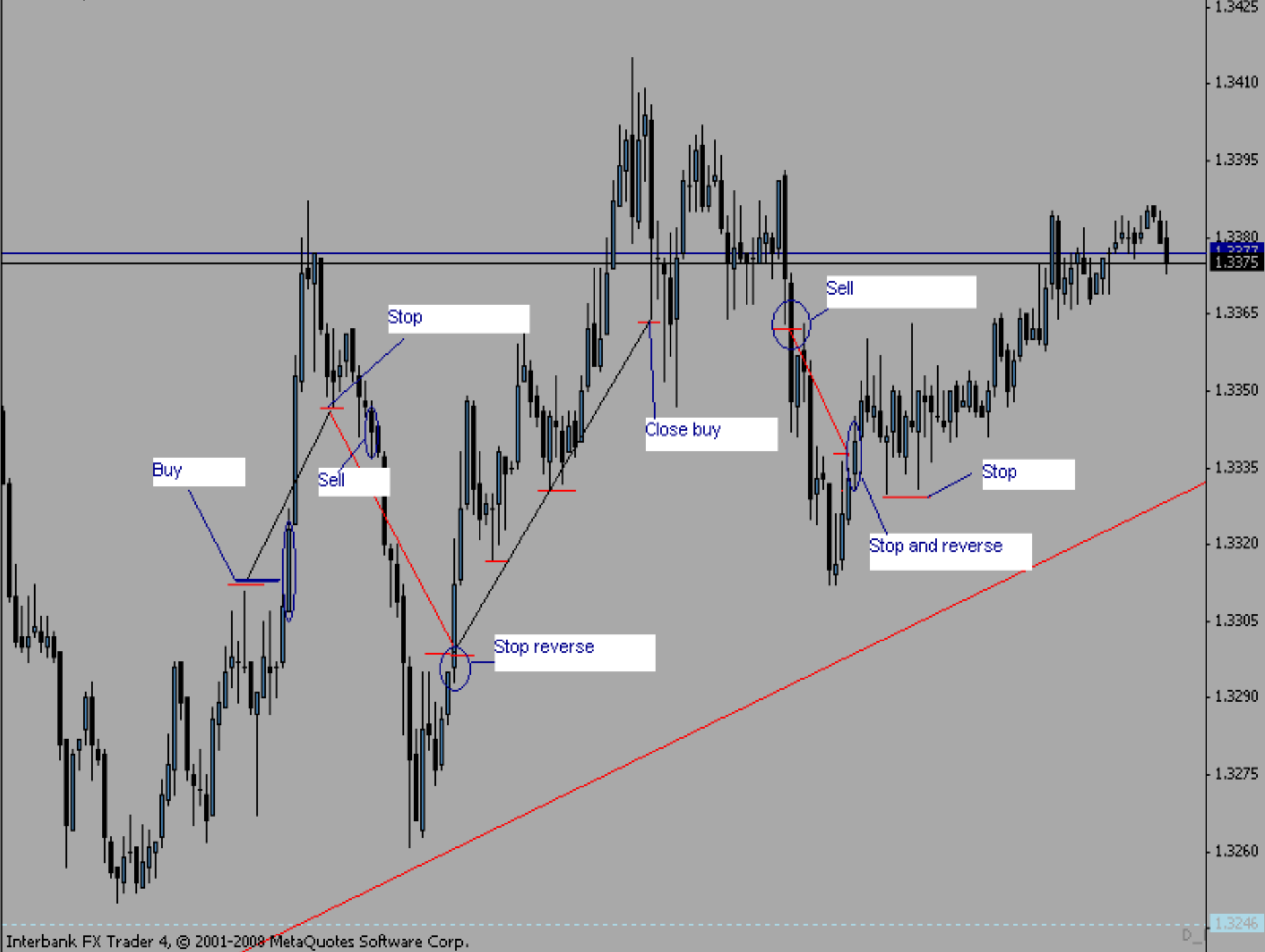
*my system based on price action will pick up these movements. Why you may ask? Because it on the 5min chart and its based on price action. We will catch all the moves worht trading. If the price is bouning of a TL on the 30 min chart we will catch this move with my system because it based on price action. One MUST understand this concept to fully understand my system. Once one comes to the realisation of everything above then they are ready for the expert rules. I am willing to teach the above to people and have a massive project underway to do so. Ill keep everyone posted. Lets move on to the chat room. Currently in the chat room I am calling trades and feel as though im a signal service more than a mentor there to help people learn t trade FX. Some people may have noticed ive pulled back on calling trades a bit. This is because no one will learn fx if there just waiting for me to say buy/sell. Moving forward the chat room will be more of a place where I will answer questions and help people through trades. I will post charts here on FF and include comentary based on what I see. Traders in the chat room will combine their knowledge of my system and assist each other in calling trades and work as a team. I will on the other hand give my opinion if I think a trade is doomed to failure. I will let people know what I see is going on in the market and let people know whe a adjustment needs to be made to their charts ect... The big change will be that I will no longer say buy/sell now ect.. I will post all the trades I am involved in here on FF but will only do so 15 minutes or so after the signal has take place. Trades posted here will list all the reason why I have take the trade and comentary on where I think it is going. While on the subject of the chatroom I would like to bring this up.*

*Please do not come to the chatroom and start talking about other indicators, timeframe, pairs ect as this only clouds ones mind whe one should be focused the task at hand without any other influence. Also please dont come to the chat to show of a system that is not the force or come to the chat to prove my system is faulty as my system is not faulty. If you will judge my system before knowing the finished product which is knowing my system right up to the Expert rules then you dont have the proper attitude that traders learning need to be exposed to. Last but not least I want everyone to know that I want people to be a success in FX and this is why I will approach things the way I am. It pleases me to see the progress of traders learning from the chat and this thread. The only thing I ask in return is that everyone post their trades here in my thread and comments on their success and the system to assist other traders with their learning process. I would like to see traders who are fluent with my system to help with assisting other traders. I am only one man and it is difficult for me to answer all the questions and post everything I do. In the end this really needs to be a group effort. My ultimate goal here is to get as many traders as I can trading based purely on price action. Other may call this "naked trading". The expert rules can be described as trading with no indicators and only TLs. This is why there is not point in adding to my system or changing it because everything there has a greater pupose. That is all for now.*

## *Money management vs Proper Stop*

OK here is a quick bit of advice on money management vs proper stop loss. Basically youve decided that your only going to risk a small 1% of your equity per trade. This is a great idea and will minimise your losses should you have one. The truth is that good money management will mean nothing if you dont place a stop loss in the correct position. It will only turn your equity draw down into a slow leek. It is important that a stop loss is placed in a logical place or else it will get hit and you will take a loss. A stop should be placed below strong support and above solid resistance. To pick a ficticious number for your stop loss will only hurt your trading and cause a huge drawdown on your trading confidence when all you had to do in the first place was know your support and resistance and place your stop there. This means that if your stop loss needs to be placed a fair distance from the the open of your position and your only risking 1% per trade than your gain will be smaller. You will have to accept the fact that this is the way things should work. Afterall this is your future in FX your messing with and this is why we add to our position in the expert rules. Proper stop placement questions can be asked in the Force chat.

**" We draw the upper and lower TLs from the 15min chart and then go back to the 5 min chart to trade.** The TLs we draw from the 15min chart act as long term support and resistance. When the price approaches either of the TLs and then pushes and eventually bounces off them I consider the direction of the bounce the main trend direction for the time being. As the price moves from the long term TLs we trace the PA with short term TLs drawn on the 5min chart that shows the temporary short term trend direction. From there we can trade retracements/pullbacks and trend continuations. All before mentioned is all understood and indicated by TLs by expert rules or indicated by TLs and lined up with the force indicators for an entry on the advanced rules. Keep in mind the advanced/basic rules with the indicators are designed to train your eye to eventually move to the expert level. If you don't instantly understand the expert level of the system then fallback to the advanced rules and keep learning. Hope this helps. "





## Making it happen

Here's a quick bit about how one may need to change their lifestyle around to become a success in FOREX. I assume that most traders here work a 9-5 in some sense and with that being said we will start with creating a schedule for yourself. It is important to dedicate about 4 hours a day to the charts in FX. This is easier said than done as most people are married and have families and I can understand that so I'll bring up my next point. Sacrifice! Pick a time of day when no one will be in your way. Maybe wait till the kids are in bed and you've spent some time giving attention to your significant other. How much time does that leave you. Probably not 4 hours if you want to get in your 8 hours sleep. You can guess where this is going. Less sleep everyday, that's right I went there. There needs to be sacrifice and hard work for the reward. 4 hours a day will put you on the right path for success. Sleep is highly overrated. I trade 12 to 16 hours a day and average 4 to 5 hours sleep a day during the week. What do I get from this? An average of over 700 pips a week and all the fruits of my labour. Anyone no matter who you are can get to this point. Determination! A big word that I may not have even spelled correctly. Under no circumstance should you let anything or anyone stand in your way. You will always have people telling you markets like FX are a joke and you can't make any money. lol I laugh at them. People like that are the joke to me. Who are they and what do they really know about FX or any market as the banks take the money in their savings accounts and make billions a year trading it on markets like FX. People telling you that you will not have success in FX will come from all angles. They will be family, friends, wife, husband, co-workers ect.. Don't let them stand in

your way as you climb and fight your way to the top of the food chain. FX is just a giant game of mentals and emotion from so many angles I can't count them. It starts on the charts works its way to your trading style and ability to make pips to negativity from family and friends. I can tell you that you need to learn to block emotion. Find the switch and place it in the off position. Balls of steel so to speak. Bring everything to the level of logic. Logical trades and a logical plan for success with large goals that are seemingly impossible. There is no limit to what one person can accomplish. The only thing that will stop you is you. Plain and simple. So my next thing is health. What's the point of making tons of dough if you're not going to be around to enjoy it? Clean up your life eat healthy exercise if you can and deal with all your mental issues causing you stress. The thing I give a large portion of my success to when dealing with emotion is meditation. It has been the key keeping my life in check. If everyone meditates for 1 hour a day you will feel better, stronger, healthier and have a better mental attitude in every aspect of your life. One can google this meditation and look for a simple breathing technique and practice 1 hour a day. As a matter of fact the entire Force system was developed in my meditation sessions. As you may have taken a guess I think about FX mostly in meditation. On a final note I recommend that everyone visualise their final goal in their head. This will help you get there. Watch the charts as often as possible. If you're around a PC all day at work, bring up the chart and watch it in the corner of your screen all day. When you're at home watch the charts instead of TV. One must consume themselves in FX until it is all they know and success will follow. I guarantee it. I would write anything I could prove and have not experienced myself. I hope all enjoy this little blurb.