# MFB - "Stage Process System"

**Stage number 1:**

*<u>Set 15 minute and 5 minute "PWR" candle alert</u>* on "MFB - Liquidity Sweep Higher Time"

*Only consider signals at a Key Levels*

The "PWR" candle signal awareness idea is:

*Key level location* - *Sweep* - *Reversal* - *Closure* back inside the swept Key Level

Stage 1 is already a lot of information, if there was a signal at a key level

**Stage number 2:**

**<u>IF</u>** - "PWR" candle alert

**<u>THEN</u>** - Check if there already is **a 5-minute CISD** or **Sweep FVG-123** *<u>in the direction of the power candle.</u>*

*If there is not a CISD or FVG-123 in the direction of the power candle, then set the alerts on the 5-minute chart ("Universal MFB Flow/Sweep/FVG-123 Setup" indicator").*

**Stage number 3**:

**IF** - there was a 5 minute CISD (or) FVG-123 alert in the direction of the power candle

**THEN** - there are **three trade entry precision signal options**:

1) Check the 1 minute chart sweep/arrow in the direction of the "PWR" candle.

Or

2) There is a 1 minute chart FVG-123 in the direction of the power candle signal, with price leading the 9-20 EMA.

Or

3) if there was a 1 min chart **"Momentum Change" from "MFB - Value Acceptance"** in the direction of the power candle (with price leading the 9-20 EMA)

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**Stage number 1** is the structural reversal shift

**Stage number 2** is the Momentum Change

**Stage number 3** is the Momentum Flow Support

**Risk management is the 1 to 2R rule** on the **2 minute chart** - meaning, if price moves to the 2R, then put the stop loss behind the candle (or FVG) that reaches 2R, and trail stops to each successive FVG.

If price moves back through an established FVG, then the momentum isn't valid, and it's okay to let the trade close.

**Stop loss** is behind either the 5 minute CISD or FVG-123.

Only stop loss, **no take profit**.

Patience is the EDGE and the Process is the Peace –

Peace -

The System **"Works if U work it".**

Key level sweep/closure (PWR candle) is a "proven" strategy.

**Here are some extra thoughts about how I'm organizing myself** to let the indicator scan for key level sweeps and closures, while allowing myself peace during a trading session…

**My goal is to only trade "Power Hour" increments (or 1hr 1/2)**, that way it's not too much screen time.

The "screen time" thing is a lot for a humans especially with trading.

**For MNQ:**

Market Open: **9:30am to 11am EST**

This is the "market open session". Very often opening range highs and lows are near key levels, and there are good sweeps and CISDs creating price moves.

**"Initial Balance"** (1st hour high and low")

**10:30 to 11:30am EST**

If I only want to let the indicator scan 1 hour, (and that is always okay), **"Initial balance"** is known as a good trading strategy.

Something interesting, is if price has moved far away from the VWAP, and it's near the high or low of the initial balance with a sweep and close back inside (the high or low), that is a **potential mean reversion trade back towards value (VWAP).**

With the *initial balance*, sometimes price has moved beyond the high or low and, will retrace before a continuation.

*For now, I am working on sweep and closure reversal trades.*

There is also an afternoon NY session:

**2:30pm to 4pm EST**

What's cool about letting the indicator scan for Key level sweeps and closures, is that it takes the pressure off the trader.

For once, thanks to the indicator scanning ability, a trading session is starting to be more fun :0)

For **MGC:**

**7:30am to 9am EST** (Commodities Exchange Open)

If I have an early commitment on a day, or just want to trade earlier, the one time that I trade MGC, will be 7:30 a.m. to 9:00 a.m. EST. (I notice there are some nice key level sweeps during this 1 hour ½, and even just a little bit earlier).

Cool. Peace.