GOLDEN RULES OF TRADING

Trade With Discipline. Manage Risk. Stay Consistent.

- 35+ Years of Market Experience
- 17 Essential Trading Rules
- Risk Management Principles
- Professional Trading Mindset

The Complete Guide to Trading with Discipline, Confidence & Risk Control

JASON SEN

DAY TRADE IDEAS

These are rules I have made from trading & following financial markets for 35 years.

Jason Sen, founder of DayTradeIdeas.co.uk, began his trading career in the options pits on the 'open outcry' trading floor of the **London International of Financial Futures Exchange (LIFFE)** in 1987 at the age of 19, trading a broad range of financial futures and options on his own account.

In 2001 when the trading floor closed he successfully made the transition to electronic day trading.

If you do not know or follow the rules of the game the odds are stacked against you from the start.

1 Do your own research and make your own decisions. Do not solely rely others analysis, trade ideas or signals.

2 Set a budget for how much to risk on each trade and always aim for at least twice the pro|t versus what you are prepared to risk. Never risk more than 5% of your trading capital in a single trade.

3 Use stop-loss orders and never move them against the market to increase your loss.

4 Set a daily Stop loss and quit trading if you hit this limit. This will help you to start the next day with a clear head.

5 Set a daily Stop Win and quit trading if you hit this limit. Do not risk losing it!

6 Take a break (perhaps for a week) when you have had an exceptionally good or bad run. Your emotions may be running high!

7 Make calculated trades to minimise risk & maximise potential reward (compared to potential loss).

THE GOLDEN DON'TS

1. **DO NOT** run losses by moving your stop fur from your entry price once the trade has been entered
2. **DO NOT** average in to a losing trade purely because your position is losing & you think the market must reverse soon.
3. **DO NOT** enter a trade without proper research. Each trade must |t the criteria of your strategy.
4. **DO NOT** lose more in a day than you intended to make. It will ruin your con|dence & damage your mind set.
5. **DO NOT** blindly follow others advice. You must develop a strategy that suits you (& your account size & lifestyle).
6. **DO NOT** let a pro|t disappear & run into a loss. Use trailing stops if you lack discipline.
7. **DO NOT** enter a trade if you are unsure of the trend. Never buck the trend as it can save you in a losing position.
8. **DO NOT** close trades without a good reason, whether they are in a pro|t or a loss. (For example, because you are bored).
9. **DO NOT** run trades too far. Set a target, be happy with the pro|t. It does not matter if more could have been made. Wait for the next trade .
10. **DO NOT** get out of the trade because you have lost patience or enter due to impatience. Wait for the levels to be reached.
11. **DO NOT** take small pro|ts and large losses!

THE GOLDEN DON'TS

12 **DO NOT** cancel a stop loss after you have placed the trade. Stop loss is the only way to ensure you keep losses small

13 **DO NOT** over trade - getting in and out of the market too often is called 'over trading'. Can lead to confusion.

14 **DO NOT** buy or sell just because you think the price is low or high. Trends tend to last longer than you think

15 **DO NOT** change your position spontaneously without a good reason.

16 **DO NOT** make emotional trading decisions (because you feel fear or are becoming greedy).

17 **DO NOT** trade if you feel ill, have something else on your mind, if you do not have a clear head or cannot focus fully.

Read these rules once a week and never forget them.

Learn to trade from Jason Sen, a successful trader with a 35 year career:

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Learn to trade from Jason Sen, a successful trader with a 35 year career:

- 12 years on the LIFFE trading floor (from 1987).
- 15 years market making interest rate & index options.
- 3 years options market making when trading went digital.
- 5 years derivatives broking (investment bank clients).
- 15 years practicing technical analysis of financial markets.
- 12 years providing technical analysis signals to investment banks and retail traders.
- 10 years trading Forex, gold & index futures (personal account).
- 20 years of teaching traders.

Our unique online Technical Analysis & Day Trading course includes free and unlimited private mentor sessions with Jason Sen.

Where else can you learn directly from a trader with almost 40 years of experience?

Get all the details about the course and sign up now, with a 50% discount today, using Coupon Code: **50OFF**

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