

## The 5 minute s and r method

I have been sharing this method live since 2011 and have explained rules throughout the thread so I thought I would put them down in 1 place for those who are trading this way.

First the money management cause that's why we are trading in the first place and that's to make money! This style of trading has produced 19% a month over the last few yrs with an above 80% win rate. I risk 3% per trade and if I get a win I am done for the day. If you get 6 or 7 of those you make 18 – 21% a month. Trading hours are 7 am -11 am est. Now if you are in a trade and you are up 6 or 7 pips move stop to B E and look to exit if you see any bounces near target. Its better to get 2% than 0%. If in trade after 10 am est look to get 2%. The target is 10 and the stop is 10. Thats the money part next the setups. Almost forgot no trading 30 minutes before impact news if you are in trade before 30 minute mark that's ok just look to get what you can and get out.

Ok before I put charts up let me make a few things clear. Every trade is a pullback to the last low or high depending on which way its trending. we always wait till there are 2 fully closed candles that are away from high in uptrend or low in down trend . so if entry is to short at 1.3810 2 candles cant have a high more than 1.3809. When trading 123s or 2bs which is really a broken 123 we let price break point 2 and wait for 2 completely closed candles away from point 2 then trade pullback. Again every entry is via a pullback. One final note its ok if you see price stalling to get out with 2% its better than 0%. Its all about managing the trade and your money. Here are the charts if you still have questions that are not addressed here let me know.















