01 · Foundations

8 lessons · check off as you review

○ 01
What is forex? How a currency trade works
Currencies trade in pairs. A trade gains or loses by the pips the price moves times your position size, minus costs.

○ 02
Order types, explained
Market, limit, stop, stop-loss, take-profit — the vocabulary every platform assumes you know.

○ 03
Choosing a trading platform: MT4, MT5, and alternatives
What the major platform options actually offer, and why it matters less than you'd think.

○ 04
Why most new traders lose money
The real reasons — and they're rarely about strategy.

○ 05
Leverage and margin: the beginner's version
Leverage magnifies gains and losses equally. Position size and a stop-loss, not the leverage setting, set your real risk.

○ 06
Position sizing and risk per trade
The single habit that determines whether you survive long enough to improve.

○ 07
Building a trading routine
What a disciplined week actually looks like, hour by hour.

○ 08
Building a trading plan
The written document that turns principles into decisions made in advance.

02 · Market literacy

37 lessons · check off as you review

01
Fundamental vs. technical analysis
The two broad lenses traders use, and why most blend both.

02
How to read an economic calendar
Which releases actually move currency pairs, and which are noise.

03
Economic data that moves currencies: inflation, jobs and GDP
The market moves on the surprise versus the forecast, not on the number alone. Know the schedule and expect volatility.

04
How central banks and interest rates move currencies
The mechanism behind the highest-impact events on any calendar.

05
Interest-rate differentials, carry and risk sentiment
Rate gaps help explain trends and carry earns them in calm markets, but a risk-off shock can erase months of interest fast.

06
Commodity currencies, gold and oil
AUD, CAD and NZD tend to follow the prices their countries export. Gold and oil are priced in dollars. These are tendencies that shift, not rules.

07
From the gold standard to Bretton Woods
Rates were once fixed by governments: first to gold, then, from 1944, to a dollar convertible at $35 an ounce.

08
1971 and the end of fixed rates: the floating era
The 1971 Nixon shock cut the dollar's gold link and currencies floated from 1973. That is why prices move daily, with central banks still stepping in.

09
Pegs, crises and the euro: modern forex regimes
Pegs can break suddenly. A calm pair under a peg can gap violently, and stops fill at the next available price.

10
Trading the news: a practical walkthrough
What to actually do in the minutes before, during, and after a scheduled release.

11
Understanding trading sessions and market hours
Why the London/New York overlap matters more than any other hour of the day.

12
Weekend gaps and holiday trading
Prices can jump between Friday's close and Sunday's open, past your stop. A stop-loss is an instruction, not a guarantee, so decide in advance whether to hold over the weekend.

13

Major, minor, and exotic currency pairs

Not all pairs behave the same — liquidity and spread shift by tier.

14

Pips, lots and pip value

A pip is a unit of price movement and a lot is your trade size. Pip value connects them to real money, so know what one pip is worth before you trade.

15

Understanding currency correlations

Why your "diversified" positions might all be the same bet.

16

How forex correlates with stocks, bonds, and commodities

Risk-on/risk-off sentiment ties currencies to markets you might not expect.

17

Reading a candlestick chart: open, high, low, close

A candle is a four-price summary of one period. Read it on a closed candle, in context, with the timeframe in mind.

18

Candlestick patterns: doji, hammer, engulfing and stars

Patterns name what buyers and sellers just did. Context, confirmation and the timeframe matter more than the shape.

19

Reading price action without indicators

What the candles are actually telling you.

20

Support and resistance in depth

Why these zones form, how to draw them, and what happens when they break.

21

Reading multiple timeframes

Use a longer chart for direction and a shorter one for timing. Two or three timeframes is plenty. Don't keep switching charts until one agrees with you.

22

Common chart patterns

Recognizable shapes that reflect recurring crowd behavior.

23

Head and shoulders, double tops and double bottoms

A neckline close confirms the pattern. They are subjective and often fail, so set the stop and the risk before entry.

24

Moving averages and trend-following basics

The first specific indicator worth adding once you can read raw price.

25

RSI and oscillators: reading overbought/oversold

Why "overbought" doesn't automatically mean "about to fall."

26

Ichimoku cloud: reading the five lines

Five lines built from past highs and lows describe trend, support and resistance. It lags and whipsaws in ranges, so treat it as description, not prediction.

27

Fibonacci retracements, and why they work (when they do)

A tool built on a 13th-century number sequence — what it actually predicts, and what it doesn't.

28

Harmonic patterns: Gartley and ABCD

Fibonacci ratios mark possible reversal zones, but swing points are subjective and the evidence is thin. Treat them with caution.

29

Types of forex brokers, explained

Market maker, ECN, STP, DMA — what the labels actually mean for your orders.

30

Market depth and liquidity providers

What's actually behind the quoted price on your screen.

31

Spread vs. commission: what you're actually paying

Two ways of charging for the same thing — only the total tells the real story.

32

Slippage and requotes: what actually happens

The gap between the price you expected and the price you got.

33

How to pick a broker that's right for you

A practical checklist for evaluating a broker on what actually matters.

34

What "regulated" actually means

Not all regulators are equal — the tier matters more than the word.

35

The "% of accounts lose money" warning, explained

Why that disclosure is on almost every regulated broker's site — and what actually drives it.

36

What the research actually shows

What independent university studies found when they tracked real trading accounts in Taiwan, Brazil, the US, and global forex — not broker marketing.

37

Can a personality test predict trading success?

No evidence that your MBTI type predicts profit — what research does link to results is habits like emotional swings and overconfidence.

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03 · Staying steady

9 lessons · check off as you review

01
Trading journals that actually help
A simple format for tracking decisions, not just outcomes.

02
Collecting the right trading data
Building a structured record underneath your journal that you can actually analyze.

03
Setting realistic profit expectations
The gap between marketed claims and sustainable returns.

04
The psychology of winning streaks
Why a hot streak deserves the same discipline as a losing one.

05
What to do after a losing streak
The difference between a setback and a signal to stop.

06
Revenge trading
Trading to win a loss back, not because your plan shows a setup. Break the loop with a set break after a loss, a daily loss limit, and fixed position size.

07
Rebuilding after a significant drawdown
A losing streak is a string of trades. A drawdown is what it does to your account — recovering takes a different approach.

08
Overtrading and boredom trading
Not every damaging trade comes from fear — some come from wanting something to do.

09
Anatomy of a bad month: how small mistakes compound
A trade-by-trade case study of how a normal losing streak turns into a serious drawdown.

04 · Going further

29 lessons · check off as you review

01
Understanding your trading statement and account metrics
Balance, equity, margin, free margin — all the terms in one place.

02
Leverage and margin, explained simply
What leverage actually does to your risk — not just your buying power.

03
Margin calls and stop-outs: what actually happens
The mechanical sequence as account equity declines, step by step.

04
Swap rates and overnight financing costs
The overnight cost that quietly compounds for swing and position traders.

05
Volatility and ATR: setting stops that fit the market
Why a fixed pip stop ignores how much the market is actually moving.

06
Win rate and profit factor: why the percentage isn't the point
A low win rate can be profitable; a high one can still lose money.

07
Risk of ruin: the math behind repeated losses
Why small differences in risk sizing matter enormously.

08
Kelly criterion and fractional Kelly: how much to risk per trade
Kelly = p − q / R is a ceiling on risk per trade if your odds were known. They never are, so use half or quarter Kelly at most.

09
Taxes on trading gains: what to know
The general concepts almost nobody explains upfront.

10
Trading from your country: what's different
Whose rules protect you, why availability varies by country, and the general tax questions to ask an accountant where you live.

11
Treating trading like a business
Ring-fenced capital, a real P&L, losses treated as overhead instead of a verdict, and a withdrawal policy set before the winning streak arrives.

12
Managing FOMO and overconfidence
The two emotional states that quietly break more plans than fear does.

13
Thinking like a professional
What poker players, card counters, and elite athletes get right about performing under uncertainty.

14
Choosing a trading style that fits your life
Day trading, swing trading, and position trading aren't equally suited to everyone.

15

Scaling in and out of a position

Entering or exiting in stages — a distinct technique with its own tradeoffs.

16

Taking profits: targets, trailing stops and partial exits

Every exit method trades certainty against upside. Pick yours before you enter, test it, and don't change it because of the last trade.

17

Adding to winners (pyramiding): how to do it without adding risk

Add only to a trade that is already working, with smaller adds, a higher stop each time and a worst case you set in advance.

18

Letting winners run: why traders cut profits short

Closing winners early while holding losers can turn a high win rate into a losing system. Decide how a trade ends before you enter.

19

Discretionary vs. mechanical trading strategies

How much of a decision follows a fixed rule vs. in-the-moment judgment.

20

Diversifying across trading strategies

Running more than one approach can smooth your equity curve — or just double your exposure to the same mistake.

21

Algorithmic and high-frequency trading: where you fit

What institutional algorithms actually do, and why they're not hunting your stop-loss.

22

Expert Advisors (EAs) and trading bots, explained

A bot is software that repeats a loop of coded rules. It doesn't think, and it can't turn a weak strategy into a good one.

23

Automated trading: what bots do well and where they fall short

Bots bring consistency and speed, but they can't adapt to change on their own. Automation doesn't create an edge.

24

EA risks and scams: what can go wrong, and how to spot it

Martingale and grid traps, overfitted backtests, fake track records and technical failures, plus a red-flag checklist.

25

Martingale, grid and averaging down: the arithmetic of the risk

Adding to losers looks smooth until a long adverse run exhausts the account. The arithmetic makes it hard to sustain.

26

Building your first EA, step by step

Write the rules down first, test in the right order, build safety limits into the bot and monitor it once it's live.

27

Why backtesting matters (and what it can't tell you)

Testing a strategy against history before risking real money — and how it quietly goes wrong.

28

How to backtest a strategy step by step

A practical process built to avoid overfitting and other common pitfalls.

29

When to stop trading a strategy

Telling a normal losing stretch apart from a strategy that's actually stopped working.

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05 · Red flags & warnings

6 lessons · check off as you review

○ 01
Withdrawal red flags: what to check before you deposit
Deposits are effortless. Withdrawals are where the real test happens.

○ 02
Demo trading: what it teaches you (and what it doesn't)
Why strong demo results don't automatically translate to live trading.

○ 03
The hidden risks of prop firm challenges
Funded trader programs are everywhere — here's how the business model actually works.

○ 04
Questions to ask before you pay for a trading challenge
A due-diligence checklist for evaluating any funded trader program.

○ 05
Spotting fake trading gurus and signal sellers
Rented cars, screenshotted wins, and a signal group waiting at the end of the video.

○ 06
Decoding broker marketing: what the phrases actually mean
"Zero-risk," "award-winning," "instant withdrawals" — what to actually check behind each one.

06 · Trading legends

19 lessons · check off as you review

01
Jesse Livermore: profits, bankruptcies, and the discipline he preached but didn’t always follow
How a legendary speculator wrote the rules for discipline — and repeatedly broke them himself.

02
Ed Seykota and the case for removing yourself from the decision
One of the earliest systematic trend-followers, and why he almost never overrides his own system.

03
Richard Dennis, William Eckhardt, and the Turtle Trader experiment
Can trading be taught? A real 1983 experiment tried to find out.

04
Paul Tudor Jones: betting big on 1987, and the rule that mattered more
The famous crash trade, and the “losers average losers” rule behind his career.

05
Linda Raschke: consistency over home runs
A career built on smaller, repeatable gains instead of one legendary bet.

06
William O'Neil and CAN SLIM: turning a study of winners into a written system
How decades of research into winning stocks became a repeatable, rules-based checklist.

07
George Soros, reflexivity, and betting big only when conviction is real
The 1992 pound trade, and the position-sizing discipline behind it.

08
Mark Minervini: blowing up early, then rebuilding around risk
Years of losses, then a documented turnaround built on strict risk control.

09
Stanley Druckenmiller: concentrated conviction, and getting out fast when wrong
A multi-decade record built on exiting quickly once a thesis proves wrong.

10
Larry Hite: “risk management is the whole game”
One of the clearest public voices arguing that survival beats prediction.

11
Ray Dalio: Nearly Broke in 1982, Then Building Around Being Wrong
By his account, a confident wrong call nearly ended his firm. He changed by testing ideas against disagreement and writing principles down.

12
Marty Schwartz: Nearly a Decade of Losses, Then a Champion's Discipline
By his account, ego kept him losing for years. Cutting losses fast and fixing the maximum loss before entry turned it around.

13

Bill Lipschutz: Wiping Out an Account, Then Running a Currency Desk

One oversized position nearly wiped out a young account. Size is a separate decision from direction.

14

Michael Marcus: Blowing Up His Savings, Then Learning From a Mentor

Early blowups burned his savings. A mentor taught money management: small losses, and size to conviction.

15

Peter Brandt: Five Years to Profitability, Then a Hatred of Drawdowns

About five years to a profitable year, with big early drawdowns. Small fixed risk and expecting to lose often helped.

16

Michael Burry: Right on the Thesis, Under Pressure From His Own Investors

By public accounts, he was early on a correct view and faced doubt and withdrawals. Time and patience are part of the risk.

17

Victor Niederhoffer: Twice Wiped Out After Years of Strong Results

Strong returns, then funds closed after selling options. Small steady gains can hide a large tail risk.

18

Bill Ackman: Big Losses in 2015-2018, Then a Reported $2.6B From a $27M Hedge

Concentrated bets lost heavily, then the approach was reworked. A hedge costs money most of the time.

19

Jim Simons: From Early Setbacks to a Data-Driven Firm

Early failures led to testing ideas against data. Reported results are exceptional and not a benchmark.

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