IZZY CONCEPTS - TRADING ACADEMY

Intermediate Cheat Sheet

Lessons 5-8 - the mechanics

5. Trading sessions (approx. UTC)

- Sydney 22-07 (thin) | Tokyo 00-09 (ranges) | London 08-17 (biggest) | New York 13-22.
- London/NY overlap 13-17 UTC: deepest liquidity, tightest spreads, biggest moves.
- Avoid rollover ~21-22 UTC (spreads balloon) and thin Friday afternoons; beware weekend gaps.
- Trade the same session daily and match the instrument to its active hours.

6. Bid, ask & spread

- Two prices always: buy at the ask, sell at the bid. The gap (spread) is paid on every trade.
- Spreads widen when liquidity falls: news seconds, rollover, weekends, exotic pairs.
- Cost is relative: 1.2 pips is 2% of a 60-pip target but 40% of a 3-pip scalp.
- Compare brokers on all-in cost (spread + commission). Sudden widening = warning light.

7. Order types

- Market = fill now, price uncertain. Limit = your price or better, fill uncertain.
- Buy limit below price / sell limit above (trade pullbacks). Buy stop above / sell stop below (trade breakouts).
- Stop loss converts unlimited risk into a chosen number. It goes in WITH the trade, always.
- Place stops where the idea is wrong, never where the loss feels comfortable. Never widen a stop.

8. Timeframes & top-down analysis

- Higher timeframes = more weight, less noise. Lower = frequent but flaky signals.
- Top-down: bias on D1 -> setup zone on H4/H1 -> entry trigger on M15/M5. Ideas never flow upward.
- Best trades happen when timeframes align. When they conflict: wait. Flat is a position.
- Beginners: start on H4/D1 and keep the same combination for months.