MODULE 02 · TECHNICAL FRAMEWORK

The EdgeFlow Setup Model

Seven steps, six hard gates, one score, one grade. Run it the same way every session so your results mean something.

THE SEVEN STEPS

01 **HTF bias and draw on liquidity.** Write the bias line before the session: direction, DOL, invalidation, alternative. No bias line, no trading.

02 **Wait for the killzone.** London 02:00–05:00 ET or NY AM 07:00–10:00 ET, plus the Silver Bullet hour after it. Outside your window: journal it, don't trade it.

03 **Liquidity sweep.** Price takes a meaningful pool *against* your bias first: sell-side for a long, buy-side for a short.

04 **Displacement + MSS.** Price displaces in your direction and a 5m candle **body closes** beyond the last LTF swing.

05 **Entry at a qualifying FVG / OB.** In discount for longs, premium for shorts. Default: limit at the FVG's CE. OTE (62–79%) overlap is a bonus.

06 **Stop beyond the sweep.** Plus a buffer: about 2–5 pts NQ, 0.5–1.0 gold. Too wide? Fewer contracts or pass. Never tighten the stop to fit.

07 **Targets at opposing liquidity.** TP1 must be **at least 2R**. Take 50% at TP1, stop to breakeven, runner to the DOL.

HARD GATES · ONE "NO" = NO TRADE

#	GATE
G1	HTF bias and DOL written before the session
G2	A liquidity sweep against the bias happened
G3	Displacement and an LTF MSS with a body close
G4	Stop beyond the sweep and size fits the risk budget
G5	TP1 at opposing liquidity and at least 2R away
G6	No high-impact news within 5 minutes of entry

The sequence matters

Sweep first, then shift, then entry on the return. Enter before the shift and you're guessing the low. Enter long after it and you're chasing.

QUALITY SCORE · 0 TO 10

CRITERION	PTS
Inside your killzone or Silver Bullet window	2
Swept pool is major (PDH/PDL, Asia/London H/L, equal H/L) = 2 · minor swing = 1	1–2
Entry is a qualifying FVG or OB (displacement, after the sweep, broke structure)	1
Entry in discount (long) or premium (short)	1
Entry inside the OTE band (62–79%)	1
Right side of the midnight open (below for longs, above for shorts)	1
SMT divergence confirms (NQ vs ES, gold vs silver)	1
HTF, ITF and LTF aligned	1

GRADE AND SIZE

GRADE	SCORE	RISK
A+	9-10	1.0R (full planned risk)
A	7-8	0.75R
B	5-6	0.5R, or demo in your first 60 days
NO	0-4 or any gate fails	Zero. Journal it, move on

R:R CALCULATOR

```
Risk pts = |entry − stop|
R at target = |target − entry| ÷ risk pts
Contracts = floor($ risk ÷ (risk pts × $/pt))
Blended R = Σ (fraction closed × R at exit)
```

Worked example (illustrative). NQ long: entry 20,065, stop 20,035 (30 pts), TP1 20,125 (60 pts = **2.0R**), DOL 20,185 (120 pts = 4.0R). 50% at TP1 + 50% at DOL = 0.5×2.0 + 0.5×4.0 = **+3.0R blended**. Score 10 → A+ → full risk. On MNQ with $250 risk: 30 × $2 = $60 per contract → 250 ÷ 60 = 4.17 → **4 MNQ**.

TIME · NEW YORK & DUBAI

Sessions & Killzones

Every window is anchored to New York time. Dubai has no daylight saving, so Dubai times move by one hour when the US changes its clocks.

US SUMMER (EDT)

Dubai = NY + 8h

2nd Sunday of March → 1st Sunday of November

US WINTER (EST)

Dubai = NY + 9h

1st Sunday of November → 2nd Sunday of March

NEXT CLOCK CHANGES

1 Nov 2026 → winter
14 Mar 2027 → summer
7 Nov 2027 → winter

KILLZONES

KILLZONE	NEW YORK (ET)	DUBAI · US SUMMER	DUBAI · US WINTER	WHAT TO EXPECT
Asian	20:00 - 00:00	04:00 - 08:00	05:00 - 09:00	Range building; liquidity forms above and below
London	02:00 - 05:00	10:00 - 13:00	11:00 - 14:00	Often takes one side of Asia; frequent daily H/L in gold and FX
New York AM	07:00 - 10:00	15:00 - 18:00	16:00 - 19:00	08:30 data, 09:30 cash open; the main NQ/ES window
NY lunch (avoid)	12:00 - 13:00	20:00 - 21:00	21:00 - 22:00	Low quality; chop and fake moves
New York PM	13:30 - 16:00	21:30 - 00:00	22:30 - 01:00	Afternoon continuation or reversal; thinner

Commonly cited ICT windows; boundaries vary slightly between sources. Some educators use 08:30–11:00 ET for NY AM.

FIXED DAILY TIMES

EVENT	ET	DUBAI SUMMER	DUBAI WINTER
Tier-one data (CPI, NFP)	08:30	16:30	17:30
US cash equity open	09:30	17:30	18:30
EIA crude inventories (Wed)	10:30	18:30	19:30
FOMC decision / presser	14:00 / 14:30	22:00 / 22:30	23:00 / 23:30
CME daily break	17:00 - 18:00	01:00 - 02:00	02:00 - 03:00
Globex week open (Sun)	18:00	Mon 02:00	Mon 03:00

SILVER BULLET HOURS

WINDOW	ET	DUBAI SUMMER	DUBAI WINTER
London SB	03:00 - 04:00	11:00 - 12:00	12:00 - 13:00
NY AM SB	10:00 - 11:00	18:00 - 19:00	19:00 - 20:00
NY PM SB	14:00 - 15:00	22:00 - 23:00	23:00 - 00:00

The hour tells you **when** to look, not **what** to do. No sweep, no displacement, no FVG inside the window = no trade.

Pick one window

From Dubai, London runs during the working day and NY AM runs late afternoon into the evening. Pick the window you can trade alert and consistently, every day.

Your window

Killzone _____

ET _____

Dubai _____

EDGEFLOW

CHEAT SHEET 03

MODULE 01 + 03 · PRODUCTS & SIZING

Contract Specs & Sizing

Point values, tick values and the sizing formula for every market used in the Academy. Leverage doesn't change your risk. Your stop and your size do.

FUTURES CONTRACTS

CONTRACT	EXCHANGE	$ PER POINT	TICK SIZE	$ PER TICK	EQUIVALENT
NQ E-mini Nasdaq-100	CME	$20	0.25	$5.00	1 NQ = 10 MNQ
MNQ Micro Nasdaq-100	CME	$2	0.25	$0.50	
ES E-mini S&P 500	CME	$50	0.25	$12.50	1 ES = 10 MES
MES Micro S&P 500	CME	$5	0.25	$1.25	
GC Gold	COMEX	$100	0.10	$10.00	1 GC = 10 MGC
MGC Micro Gold	COMEX	$10	0.10	$1.00	
CL Crude Oil	NYMEX	$1,000	0.01	$10.00	1 CL = 10 MCL
MCL Micro Crude	NYMEX	$100	0.01	$1.00	

FX AND CRYPTO

PRODUCT	VALUE
EURUSD standard lot (100,000)	≈ $10 per pip
EURUSD mini lot (10,000)	≈ $1 per pip
EURUSD micro lot (1,000)	≈ $0.10 per pip
BTC perp	P&L = size in BTC × price move
BTC perp example	0.5 BTC × $400 move = $200

THE SIZING FORMULA

```
1R ($) = account × risk %
Risk per contract = stop distance × $/pt
Contracts = 1R ÷ risk per contract
→ always round DOWN. If it's 0, pass.
```

Leverage myth. 20× vs 100× leverage only changes margin. A 1 BTC position with a $500 stop risks $500 either way.

QUICK SIZING TABLE · 1R = $250 (E.G. 0.5% OF $50,000)

MNQ stop in pts

STOP	$/CT	QTY
10	$20	12
15	$30	8
20	$40	6
30	$60	4
40	$80	3
50	$100	2

MES stop in pts

STOP	$/CT	QTY
4	$20	12
6	$30	8
8	$40	6
10	$50	5
15	$75	3
20	$100	2

MGC stop in $

STOP	$/CT	QTY
2	$20	12
3	$30	8
5	$50	5
8	$80	3
10	$100	2
15	$150	1

MCL stop in $

STOP	$/CT	QTY
0.15	$15	16
0.20	$20	12
0.30	$30	8
0.40	$40	6
0.50	$50	5
0.80	$80	3

Grade sizes: A = 0.75R ($187.50), B = 0.5R ($125). Recalculate from current equity every week. All figures illustrative.

MODULE 03 · EVENT RISK

News Rules & Event Times

A fast release can turn a 1R stop into a 2R or 3R loss. Know the calendar, be flat before tier-one data, and let the dust settle afterwards.

TIER-ONE EVENTS · BE FLAT

EVENT	USUAL TIMING	ET	DUBAI SUMMER / WINTER	MOST AFFECTED
CPI (inflation)	Monthly, mid-month	08:30	16:30 / 17:30	NQ, ES, GC, EURUSD, BTC
NFP (jobs report)	Usually first Friday	08:30	16:30 / 17:30	NQ, ES, GC, EURUSD
FOMC rate decision	8 scheduled meetings a year	14:00	22:00 / 23:00	Everything
FOMC press conference	Same day as the decision	14:30	22:30 / 23:30	Everything
EIA crude inventories	Usually Wednesday	10:30	18:30 / 19:30	CL, MCL

TIER TWO · TRADE WITH CARE, SIZE DOWN IF IN DOUBT

EVENT	USUAL TIMING	ET	DUBAI SUMMER / WINTER
PPI (producer prices)	Monthly	08:30	16:30 / 17:30
Retail sales	Monthly	08:30	16:30 / 17:30
Initial jobless claims	Every Thursday	08:30	16:30 / 17:30
ISM manufacturing PMI	First business day of the month	10:00	18:00 / 19:00
JOLTS job openings	Monthly	10:00	18:00 / 19:00
US cash open (not a release, a volatility spike)	Every trading day	09:30	17:30 / 18:30

Release dates move and US holidays shift some of them. Always confirm on an economic calendar (e.g. Forex Factory) each week.

THE EDGEFLOW NEWS RULES

01 **Flat 5 minutes before** CPI, NFP and the FOMC decision on any market they affect. No exceptions for "it's nearly at target".

02 **No new entries for 15 minutes after** a tier-one release (08:45 ET for CPI/NFP).

03 **FOMC day is a half day.** Trade the morning at normal size, then be done before the afternoon.

04 **EIA Wednesday:** flat on CL/MCL 5 minutes before 10:30 ET.

05 **Sunday calendar check:** write the week's tier-one events into your plan before Monday.

THIS WEEK'S EVENTS

DAY	EVENT	ET	DUBAI

Set two alarms per event: 10 minutes before (start closing) and 5 minutes before (must be flat).

MODULE 03 · RISK & PSYCHOLOGY

The Risk Rules Card

Every EdgeFlow risk default on one page. Keep it next to your screen. Your rules decide, not the last three trades.

SIZE BY GRADE

GRADE	RISK	$ AT 1R = $250
A+	1.0R	$250
A	0.75R	$187.50
B	0.5R	$125
Below B	No trade	$0

1R is usually 0.25%–1% of the account. 1–2% is the old ceiling, not a target.

LOSS LIMITS

PERIOD	LIMIT	ACTION
Day	−3R	Stop for the day
Week	−6R	Halve risk for the rest of this week and next
Month	−10R	No live trading for the rest of the month
From peak	−10%	Quarter size and full review

Trade count rules

- **Max 3 trades per day** across all markets.
- **Two-loss rule:** two losses in a row = session over. Next session only after the state check.
- **One re-entry per idea**, only if the setup is still valid.
- Limits count **closed P&L plus open risk**. If the next full loss would breach the limit, you're done.
- The daily limit **doesn't reset with a win**: −2R, +1R, −2R is a −3R day.

Correlation and news

- NQ and ES in the same direction count as **one position**: combined risk ≤ 1R.
- Gold vs DXY (usually inverse) and BTC vs NQ are often linked: check before adding a second trade.
- Flat 5 min before CPI, NFP (08:30 ET) and FOMC (14:00 ET). No new entries for 15 min after.
- Prop accounts: size from the **distance to max drawdown**, not the account size.

PRE-SESSION STATE CHECK · SCORE 0-16

TOTAL	VERDICT
0-3	Full size
4-7	Reduced: all grade sizes halved, max trades −1
8+	No trading. Review or backtest instead

Overrides: no plan written or "I need money today" = no trading. Broke a rule last session = reduced at most.

STOP TRADING IMMEDIATELY IF

- A daily, weekly or monthly limit is hit
- Two losses in a row this session
- You moved a stop away from profit
- You entered without a written plan
- You notice anger, urgency or "I'll get it back"
- Your state check is 8 or more

Drawdown maths. −10% needs +11.1% to recover. −20% needs +25%. −50% needs +100%. Small losses are cheap; big ones change your career. That's why the limits exist.