

Apiary Trading Plan

Position Size

Always set stop < 2% of account balance. 75% of trades should be between .5% and 1% of account balance.

Chart Setup

Monitor and focus on the top 5 currency pairs, Gold and Silver.

EURUSD, USDJPY, GBPUSD, USDCHF, USDCAD

XAUUSD - Gold

XAGUSD - Silver

No more than 2 simultaneous trades unless it is longer term trade, i.e.. several days.

Indicators used:

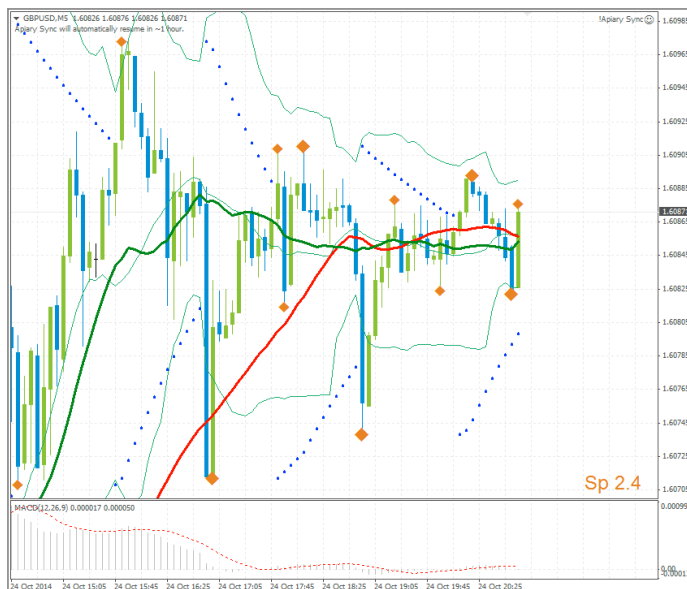
Bollinger Bands, Parabolic SAR, 60 Period Moving Average, Apiary Pivots, HMA

Time Frames to monitor: 5 Min, 1 Hr, Day, Week, Month

Lot Size: 0.10 until trading becomes more profitable, need to define better target to move this to larger contract size.

Bollinger Band Trade Setup/Trigger

Evaluate every 10 trades using this method.



Setup

Use Bollinger Bands to go long or short after a squeeze in the Upper and Lower Standard Deviations use 5 minute and 1 hour time frames to initiate trades.

Trigger

If squeeze appropriate (discretionary) to indicate a trend change up or down place trade. 1 full bar above or below band to close without a pivot triggers trade buy or sell.

Use Pivots, MA, HMA and larger time frames to obtain more confirmation of trend.

Do not hesitate, Place the trade if trigger indicates a move up or down, outside of Standard Deviation.

Trade setting up to go higher or lower. If major trend prior is up or down go with the trend to place a Buy Stop or Sell stop at resistance or support.

Trade Exit

If trade placed on 5 Minute chart:

Exit trade on next Bull/Bear Pivot for shorter time period trade, i.e. < 2 hours.

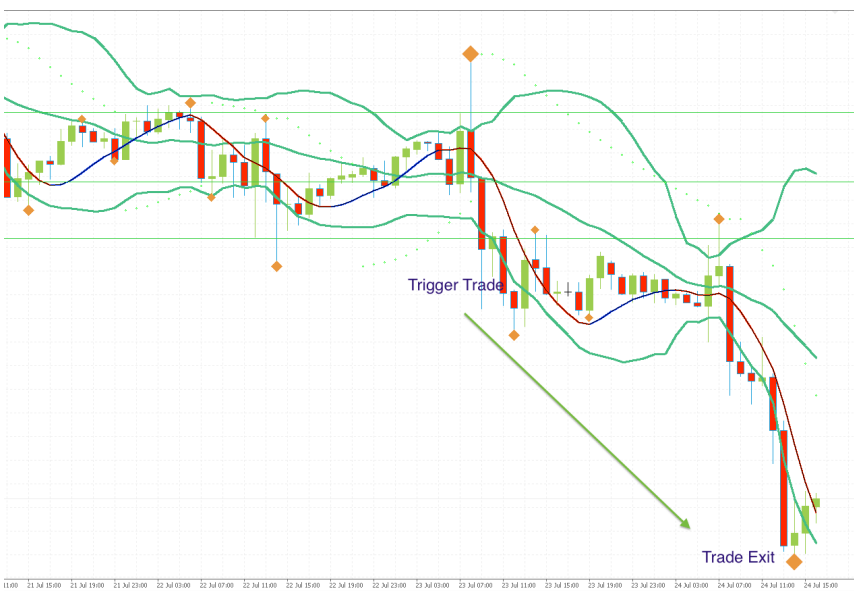
If trade placed on 1 Hr chart:

Exit trade on next Bull/Bear Pivot . Time period to exit trade will be longer i.e. > 2 hours.

Also monitor price action on 5 minute chart, discretionary exit if warranted.

Higher Probability of directional change:

- Moving sideways then squeeze to pop above or below Standard Deviation.
- If occurring on 5 min and 1 Hr increases probability, increase trade size to 0.5 .



Example of Bollinger Band Trade

Trade The News

Chart Setup:

- USDJPY USDCAD
- GBPUSD USDCHF
- EURUSD

Monitor after news is released and delete opposite trades or if non-event delete all trades.

LOT Size

Mini .01

Trigger

Buy stop and Sell Stop 10 pips above and below support and resistance on 5 minute chart. Stop at opposite support and resistance.

Wait for any strong Bear or Bull moves in the currencies.

Trade Exit

Wait for Pivot in opposite direction or discretionary exit from trade. Always delete opposite trade when triggered during the news.

Upcoming News Events To Trade

1. Weekly Jobless Claims -

Summary: Stronger Dollar non-event for 7/24/2014

Every Thursday at 8:30 am ET Weekly jobless claims

7-19

284,000

310,000

303,000

2. FED Minutes

Summary: 7/30/2014 2:00pm ET

Sunday GAP Trade

Prepare this trade 45 minutes ahead of Sunday FOREX open. Use discretion to select which pairs to trade by examining prior trends on all time periods.

At 5:00pm ET FOREX Market Open, look for currency pair in the top 5 that has the largest Gap on a 5 min chart.

If gap lower buy at market after the open. Look at price action to get a better fill. Use discretion to enter the trade. This trade sometimes takes time to develop to determine an entry. Need to watch price action as volume is low most of the time when the market opens.

If gap higher sell at market.

Use 3 bar reversal pattern as secondary pattern after the open to determine an entry point to go long or short.

Set stop a few pips away from recent support or resistance.

Set take profit close to previous Friday close.

WAIT for this trade to close the window on the gap between previous close and Sunday afternoon open.

Psychological Factors

- ◆ Stop trading for the day after three losses in a row.
- ◆ Stop trading if for the day exceeding 1.5% of account balance.
- ◆ Stop trading for three days if losses exceed 1.5% for 2 days in a row.
- ◆ If sick or not feeling focused, take a break and do not trade.