

Introduction

I believe trading is one of the greatest opportunities in today's world. Many people think it's just luck, but in reality trading is about **discipline, patience, and following one clear strategy**.

I have prepared this program because I want to show you that with focus on only a few pairs (EURUSD, USDJPY, AUDUSD) and one strong strategy (Supply & Demand), you can actually build consistency.

This training is not just about charts—it's about **developing a trader's mindset**: controlling emotions, respecting risk, and staying patient. To help you practice in real conditions, we will use the **FTMO Free Trial \$200,000 challenge**. By repeating and passing it several times, you will prove to yourself that you can trade with discipline like a professional.

Trading can change your life if you take it seriously. It requires work, but the reward is freedom—freedom of time, freedom of money, and freedom of choice.

I want to motivate you to **believe in trading**. Not because it's easy, but because if you follow the rules and stay consistent, you will see results. This journey is not for gamblers—it is for disciplined traders. If you commit fully, then one day you won't just be watching others succeed—you'll be the one living it.

Forex Trading Teaching Calendar (Supply & Demand + FTMO Free Trial)

Week 1: Foundations (Understanding the Market)

- **Day 1–2:** Introduction to Forex, brokers, pairs (focus on EURUSD, USDJPY, AUDUSD).
 - **Day 3:** Candlesticks, trends, and structure (HH, HL, LH, LL).
 - **Day 4:** Risk management → (1% per trade, lot size, leverage).
 - **Day 5:** Trading psychology → patience, no revenge trading.
 - **Day 6–7 (Weekend practice):** Students practice marking structure on TradingView.
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Week 2: Supply & Demand Strategy

- **Day 8–9:** What is supply/demand? How institutions move the market.
 - **Day 10:** How to draw valid supply/demand zones (fresh vs used).
 - **Day 11:** Multi-timeframe analysis (Daily → H4 → M15).
 - **Day 12:** Confirmation entries (engulfing candles, rejection wicks).
 - **Day 13:** Journaling practice → recording entry, SL, TP, R:R.
 - **Day 14 (Weekend):** Backtest past 1 month on TradingView using S&D only.
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Week 3: Demo Trading + Journal

- **Day 15–16:** Demo account setup (\$10,000). Trade only 1–2 setups/day.
 - **Day 17–18:** Review demo trades in journal → what was correct/wrong.
 - **Day 19–20:** Focus on risk-to-reward (minimum 1:2 or 1:3).
 - **Day 21 (Weekend):** Assignment → students must show 5 trades journaled with screenshots.
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Week 4: First FTMO Free Trial (\$200,000)

- **Day 22:** Introduce FTMO rules (max loss, daily loss, profit target).
 - **Day 23–28:** Students start trading FTMO free trial using supply/demand strategy.
 - **Day 29:** Midweek review of trades → discuss mistakes.
 - **Day 30 (Weekend):** Review full trial results → check if they respected rules.
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Week 5–8: FTMO Challenge Repetition

- Each 14-day FTMO free trial is repeated.
 - Target: pass at least **3 out of 5 trials**.
 - You act as **coach** → daily check-ins & weekly review.
 - If they break rules → immediate lesson on psychology.
 - Focus:
 - Max 2 trades per day
 - Stop trading after -2% loss
 - Only supply & demand setups
 - Journal every trade
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Final Phase: Transition to Real Trading

- After 5 trials:
 - If student passes 3+ times → they are **ready for real account**.
 - Start with small capital (\$200–\$500) OR take **real FTMO funded challenge**.
 - Continue journaling + mentorship until consistent profits appear.
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Avoid Overtrading & Best Time to Trade

How to Avoid Overtrading

1. **Set Daily Trade Limit** → maximum **2 trades per day**. If you lose both, stop trading and wait for tomorrow.
 2. **Quality over Quantity** → one high-probability setup is better than 5 random trades.
 3. **Journal Every Trade** → before you enter, ask: *“Is this trade according to my rules (Supply & Demand)?”*. If not, don't take it.
 4. **Respect Daily Loss Rule** → if you lose more than **-2% in one day**, stop trading immediately.
 5. **Remember** → The market is always there tomorrow. Discipline = survival.
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Best Time to Trade in Rwanda (GMT+2 / Kigali Time)

Since we live in Rwanda, we follow **African time (close to Europe)**. The best sessions are:

1. **London Session (10:00am – 6:00pm Kigali Time)**
 - Most liquid session.
 - EURUSD & GBPUSD move strongly.
 - Best for our **EURUSD trading**.
 2. **New York Session (3:00pm – 10:00pm Kigali Time)**
 - Overlaps with London until 6:00pm → strongest volatility.
 - USD pairs (EURUSD, USDJPY, AUDUSD) move a lot.
 - Good for taking continuation or reversal setups.
 3. **Asian Session (2:00am – 9:00am Kigali Time)**
 - Quiet, less movement.
 - Not the best for our strategy, except sometimes for USDJPY.
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Best Window for Us (Supply & Demand Trading)

- **10:00am – 6:00pm Kigali Time (London Session)** → main focus.
 - **3:00pm – 6:00pm Kigali Time (London & New York overlap)** → golden hours, best volatility for EURUSD, USDJPY, AUDUSD.
 - Avoid trading very late at night (after 10pm) → spreads widen, less volume.
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Motivational Note:

The goal is not to trade every candle. The goal is to wait for the *perfect setup* at the *perfect time*. One good trade a day can change your account. Don't chase the market—let the market come to your zones.