BEYOND
THE MARKETS

FREE EBOOK

Trading From Zero

The free beginner's ebook to trading forex, gold and indices, built around the Beyond The Markets charts

Forex | Gold | Indices



BEYONDTHEMARKETSTRADING.COM

For education only, not financial advice. Trading leveraged products carries a high risk of losing money.

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Every chapter ends with a **Try it now** task on the free charts and a one-box summary. Links in gold are clickable: they open the lesson, guide or chart page on the website.

START HERE

Welcome to your free ebook

This free ebook takes you from never having traded to placing your first practice trade with a plan, in plain English. It covers the three markets most beginners start with: **forex**, **gold** and **stock indices** like the Nasdaq.

You don't need any experience, any special maths, or any money to start. Everything in this ebook can be practised for free on the Beyond The Markets charts.

Who this ebook is for

- You have never placed a trade, or you have tried and felt lost.
- You want to understand what is actually happening on a chart.
- You want to learn safely, with practice first, before risking real money.

What you will be able to do by the end

1. Explain what forex, gold and indices are, and when they move most.
2. Read a price chart: candles, trends, support and resistance.
3. Work out pips, lot sizes and how much a trade could lose.
4. Size every trade so one loss never hurts you badly.
5. Follow a simple, step-by-step first strategy on our charts.
6. Practise with bar replay and keep a trading journal.
7. Follow a 30-day starter plan.

How to use this ebook

Read one chapter at a time. Each chapter ends with a **Try it now** box: a short task on the free charts that takes 5 to 10 minutes. Doing the tasks is where the learning sticks.

Throughout, you'll find links to our free lessons, guides and video walkthroughs if you want to go deeper on any topic.

> ▶ **TRY IT NOW**
>
> Create your free account and open the charts. Keep them open in another tab while you read.

Before you start: an honest word about risk

Trading forex, gold and indices with leverage carries a high risk of losing money quickly. Most beginners who trade with real money lose. This ebook is for education only and is not financial advice. Nothing here tells you to buy or sell anything. Practise first, only ever trade money you can afford to lose, and take your time.

CHAPTER 01

What trading actually is

Buying, selling, brokers and CFDs, in plain words.

IN THIS CHAPTER

1. Buying and selling (long and short)
2. A simple example
3. Who you trade with: brokers and CFDs
4. Trading is not investing
5. Where Beyond The Markets fits in

CHAPTER 1

What trading actually is

Trading means trying to profit from a price going up or down. You don't need to own the thing itself. You agree a price now, and your profit or loss is the difference when you close the trade.

Buying and selling (long and short)

There are only two directions:

- **Buy (go long):** you think the price will rise. You buy now and sell later. If the price rises, you make money. If it falls, you lose.
- **Sell (go short):** you think the price will fall. You sell first and buy back later. If the price falls, you make money. If it rises, you lose.

Being able to profit from falling prices surprises most beginners. It's just as normal as buying.

A simple example

Gold is at $3,500 an ounce. You think it will rise, so you buy a small amount. Later gold is at $3,510. You close the trade and make the $10 difference on your position size. If gold had fallen to $3,490 instead, you would have lost $10 on the same size.

The size of each move matters far less than **how much you bought**. We'll cover that properly in Chapter 5.

Who you trade with: brokers and CFDs

To trade, you open an account with a **broker**. The broker gives you a trading platform and prices for each market.

Most retail traders in the UK and Europe trade with **CFDs** (contracts for difference). A CFD lets you trade the price movement without owning the underlying asset. You never hold actual gold bars or euros, just a contract that pays the difference.

The broker earns money mainly from the **spread**: the small gap between the buy price and the sell price. Some brokers also charge a commission, and trades held overnight usually pay a small financing fee. Every trade starts slightly negative because of these costs. (In the UK, spread betting is another common way to trade the same markets; our lesson on spread betting, CFDs and tax explains the difference.)

Trading is not investing

	Investing	Trading
Time held	Years	Minutes to weeks
Goal	Long-term growth	Profit from shorter price moves
Leverage	Usually none	Often used (Chapter 5)
Main risk	Slow losses over time	Fast losses if risk isn't controlled

Where Beyond The Markets fits in

Beyond The Markets is where you learn, analyse and practise. Our charts show live prices for 40 markets, with drawing tools, alerts, bar replay and AI scanners that highlight setups for you. You place real trades with your broker, but you can do all your learning and planning with us for free.



The free charts with an AI scanner switched on: the Nasdaq (NAS100) on a 5-minute chart.

▶ TRY IT NOW

Open the charts, pick gold (XAUUSD) and watch the price move for one minute. Ask yourself: is it going up or down today? Then read our short Using the charts guide.

CHAPTER 1 IN A NUTSHELL

Key Takeaways

- Trading means profiting from price going up (buy, long) or down (sell, short).
- Most UK beginners trade CFDs or spread bets through a broker, and every trade pays a small cost.
- You can learn, analyse and practise on the Beyond The Markets charts for free.

YOUR NOTES

Next: Chapter 2 · Forex, gold and indices explained →

CHAPTER 02

Forex, gold and indices explained

Currency pairs, gold, the big stock indices and when each one moves.

IN THIS CHAPTER

1. Forex: trading one currency against another
2. Gold: XAUUSD
3. Indices: a basket of companies in one price
4. When each market moves most: the sessions
5. Which market should a beginner start with?

CHAPTER 2

Forex, gold and indices explained

Forex, gold and indices are the three most popular markets for beginners because they're open almost 24 hours a day, move every day, and cost little to trade.

Forex: trading one currency against another

Forex (foreign exchange) is the world's biggest market. Currencies always trade in **pairs**, like EUR/USD.

- The first currency (EUR) is the **base**. The second (USD) is the **quote**.
- The price tells you how many dollars one euro buys. EUR/USD at 1.0800 means €1 = $1.08.
- Buying EUR/USD means you think the euro will get stronger against the dollar.

Majors are the most traded pairs and all include the US dollar: EUR/USD, GBP/USD, USD/JPY, USD/CHF, AUD/USD, USD/CAD and NZD/USD. **Crosses** don't include the dollar, like GBP/JPY or EUR/GBP. Beginners usually start with majors because spreads are smallest.

Gold: XAUUSD

Gold trades as **XAUUSD**: the price of one ounce of gold in US dollars. Gold moves a lot more than most currency pairs. At late-2026 prices of around $3,500 an ounce, it often moves $50 to $100 or more in a single day. That makes it exciting, but it also means losses can grow quickly if you don't use a stop loss.

Gold tends to rise when people are worried about the economy, and it often moves the opposite way to the US dollar.

Indices: a basket of companies in one price

An index tracks a group of big companies. Instead of picking one share, you trade the whole group.

Index	What it tracks	Common names on charts
Nasdaq 100	100 of the largest non-financial companies on the Nasdaq exchange (tech-heavy)	NAS100, US100
Dow Jones	30 large US companies	US30
S&P 500	500 large US companies	US500, SPX500
DAX	40 large German companies (expanded from 30 in 2021)	GER40, DE40
FTSE 100	100 large UK companies	UK100

Indices are measured in **points**, not pips. They move most when their home stock market is open.

When each market moves most: the sessions

The forex market follows the sun around the world, from Sunday 22:00 to Friday 22:00 UK time. Times below are UK winter time (GMT); they can shift by an hour around the clock changes.



Killzone shades each trading session, so you can see when London and New York are open.

Session	Roughly	What moves
Asia (Tokyo)	00:00 to 09:00	JPY, AUD and NZD pairs; often quiet for gold and indices
London	08:00 to 17:00 (UK shares 08:00 to 16:30)	EUR and GBP pairs, gold, DAX and FTSE; very busy
New York	13:00 to 22:00 (US shares 14:30 to 21:00)	USD pairs, gold, Nasdaq and Dow; busiest when it overlaps London

The London and New York **overlap (13:00 to 17:00 UK)** is usually the busiest, and many beginners focus only on those hours. Forex and gold close from about 22:00 on Friday to 22:00 on Sunday, UK time.

On our charts, the Killzone scanner shades each session for you, and Market Scanner shows a map of the busiest hours for any market. Our lesson on session strategies goes deeper.

Which market should a beginner start with?

Pick **one** market and get to know it well. A major forex pair like EUR/USD is calm and cheap. Gold moves more, so it needs smaller position sizes. The Nasdaq is lively during New York hours. There's no wrong answer, but jumping between ten markets is the most common beginner mistake.

▶ TRY IT NOW

On the charts, open EUR/USD, then gold, then the Nasdaq (NAS100). Look at the last day on each. Which one moved the most? Which looked calmest? Choose one to follow for the rest of this ebook.

CHAPTER 2 IN A NUTSHELL

Key Takeaways

- Forex trades in pairs, gold trades as XAUUSD, and indices are measured in points.
- The busiest time is the London and New York overlap, 13:00 to 17:00 UK time.
- Pick one market and get to know it well.

YOUR NOTES

Next: Chapter 3 · How price moves and why →

CHAPTER 03

How price moves and why

Buyers and sellers, news, volatility, trends and ranges.

IN THIS CHAPTER

1. Buyers and sellers
2. What moves forex, gold and indices
3. News: the times to be careful
4. Volatility: how much price moves
5. Trends and ranges

CHAPTER 3

How price moves and why

Price moves because, at that moment, there are more people wanting to buy than sell, or the other way round. Everything else (news, interest rates, fear) just changes how many buyers and sellers turn up.

Buyers and sellers

- More eager buyers than sellers: price rises until enough sellers appear.
- More eager sellers than buyers: price falls until enough buyers appear.

The chart is simply a record of that tug of war. You don't need to know *why* every move happened to trade well, but knowing the main drivers helps you avoid nasty surprises.

What moves forex, gold and indices

Driver	What it means	Example
Interest rates	Higher rates usually strengthen a currency	The Bank of England raises rates, GBP often rises
Economic data	Jobs, inflation and growth figures	A strong US jobs report can lift the dollar
Risk mood	Calm markets favour shares; fear favours gold, yen and the dollar	A crisis can send gold up and the Nasdaq down
Company earnings	Big companies' results move indices	Strong tech results can lift the Nasdaq

Our lesson What moves each market explains these in more detail.

News: the times to be careful

Some news releases cause huge, fast moves in seconds. The big ones for beginners to know:



Market Brief: the AI's morning briefing for each market, with the trend, ideas, key levels and news to watch.

- **US jobs report** (Non-Farm Payrolls), usually the first Friday of the month at 13:30 UK
- **Interest rate decisions** from the US Federal Reserve, Bank of England and European Central Bank
- **Inflation figures** (CPI)

Many experienced traders simply don't trade 15 minutes either side of big news. As a beginner, that's a very good rule. Our Market Brief lists the news to watch every morning for each market.

Volatility: how much price moves

Volatility means how far price moves in a period. High volatility means bigger moves, bigger opportunities and bigger risks. Low volatility means slow, choppy markets.

Volatility changes through the day (busiest in the London and New York sessions) and around news. A sensible beginner habit is to trade when the market is active but not during big news.

Trends and ranges

Markets do one of two things:



A ranging market: Range Radar marks the sideways zone and turns the candles gold.

- **Trend:** price keeps making higher highs and higher lows (uptrend) or lower highs and lower lows (downtrend).
- **Range:** price moves sideways between a ceiling and a floor.

Recognising which one you're in is one of the most useful skills you can learn. Our Trend Heatmap shows trend direction on five timeframes at once, and Range Radar tells you when a market has gone sideways.

▶ TRY IT NOW

Open Market Brief on the charts for the market you chose in Chapter 2. Read today's one-line summary and the news it lists. Is the market trending or ranging today?

CHAPTER 3 IN A NUTSHELL

Key Takeaways

- Price moves when buyers or sellers are more eager than the other side.
- Big news (jobs report, rate decisions, inflation) causes fast moves: stay out 15 minutes either side.
- Markets either trend or range; learn to tell which.

YOUR NOTES

Next: Chapter 4 · Reading a chart →

CHAPTER 04

Reading a chart

Candles, timeframes, trends and the levels that matter.

IN THIS CHAPTER

1. Candlesticks
2. Timeframes
3. Spotting a trend
4. Support and resistance
5. Indicators: helpers, not magic

CHAPTER 4

Reading a chart

A price chart shows you what price has done, so you can make a sensible guess about what it might do next. Once you can read candles, timeframes, trends and levels, every other part of trading gets easier.



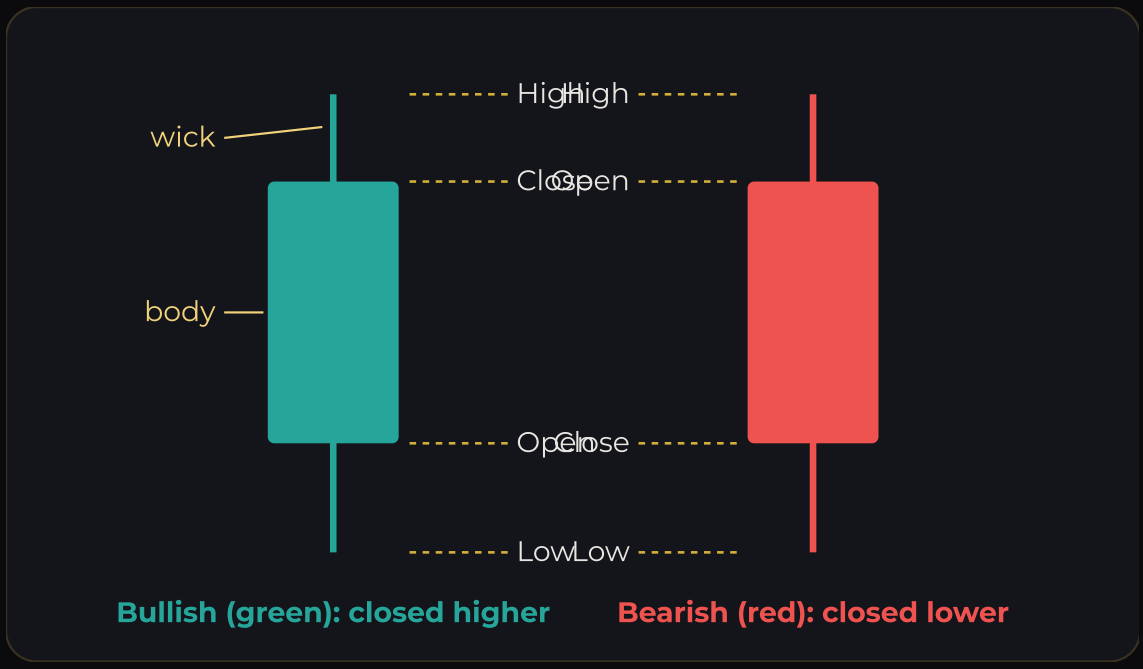
Gold (XAUUSD) on the Beyond The Markets charts: candles, the price scale on the right and the time along the bottom.

Candlesticks

Each **candle** shows what price did in one period of time, such as one hour.

- **Body:** from the opening price to the closing price.
- **Wicks:** thin lines showing the highest and lowest prices in that period.
- **Green (bullish) candle:** price closed higher than it opened.
- **Red (bearish) candle:** price closed lower than it opened.

A long body means a strong push in one direction. Long wicks mean price tried to go somewhere and got pushed back.



How to read a candle. The body runs from the open to the close; the wicks show the high and the low.

Timeframes

The **timeframe** is how much time each candle covers: 1 minute (M1), 5 minutes (M5), 15 minutes (M15), 1 hour (H1), 4 hours (H4), daily (D1) and so on.

- Lower timeframes show more detail but also more noise.
- Higher timeframes show the bigger picture and are calmer.

A good beginner habit is to **check the bigger picture first** (4-hour or daily) and then look for trades on a lower timeframe (15-minute or 1-hour) in the same direction. Our lesson Using more than one timeframe explains why.

Spotting a trend

- **Uptrend:** higher highs and higher lows. Look for buys.
- **Downtrend:** lower highs and lower lows. Look for sells.
- **Sideways:** no clear highs or lows. Be patient, or trade the range.

The old saying "the trend is your friend" exists for a reason: beginners do much better trading with the trend than against it. Learn more in our lesson on market structure.



The Trend Heatmap: trend direction and strength on five timeframes at once, under a gold chart.

Support and resistance

- **Support** is a price level where price has bounced up before: a floor where buyers stepped in.
- **Resistance** is a level where price has turned down before: a ceiling where sellers stepped in.

The more times a level has held, the more traders notice it. When a level finally breaks, it often swaps roles: old resistance becomes new support.

Draw these levels yourself with the line tool on our charts (see the drawing tools guide), or let tools like Market Brief draw the key levels for you. Our full lesson on support and resistance has worked examples.

Indicators: helpers, not magic

Indicators are calculations drawn on the chart, like moving averages or RSI. They help you see what price is doing more clearly, but they never predict the future. Two or three you understand are far better than ten you don't. Our lesson How indicators work explains why less is more.

▶ TRY IT NOW

On your chosen market, switch to the 4-hour chart. Is it making higher highs or lower lows? Draw one support line and one resistance line. Then ask Chart AI to explain the chart and see if it agrees with you.

CHAPTER 4 IN A NUTSHELL

Key Takeaways

- Candles show the open, high, low and close for each period.
- Check the bigger picture first, then trade with the trend on a lower timeframe.
- Mark support and resistance, and keep indicators to two or three.

YOUR NOTES

Next: Chapter 5 · Pips, points, lots and leverage →

CHAPTER 05

Pips, points, lots and leverage

How to work out what a trade could win or lose before you click.

IN THIS CHAPTER

1. Pips and points
2. Lot sizes
3. Working out a trade's risk
4. Leverage and margin: read this twice

CHAPTER 5

Pips, points, lots and leverage

How much you make or lose depends on two things: **how far price moves** and **how big your position is**. This chapter shows you how to work both out, so you always know your risk before you click.

Pips and points

A **pip** is the standard small move in a forex pair.

Market	One pip / point is	Example
Most forex pairs (EUR/USD, GBP/USD)	0.0001	1.0800 to 1.0801 = 1 pip
Yen pairs (USD/JPY, GBP/JPY)	0.01	150.00 to 150.01 = 1 pip
Gold (XAUUSD)	Usually quoted in dollars: $1.00 move	$3,500 to $3,501 = $1 move
Indices (NAS100, US30)	1.0 point	18,000 to 18,001 = 1 point

Our lesson Pips, points and lot sizes has more examples.

Lot sizes

A **lot** is the size of your trade. In forex:

Lot size	Units	Value of 1 pip on EUR/USD
Standard lot (1.00)	100,000	about $10
Mini lot (0.10)	10,000	about $1
Micro lot (0.01)	1,000	about $0.10

Beginners should start with **micro lots**. A 20-pip move on 0.01 lots is only about $2.

For gold, a common contract is 100 ounces per lot, so 1 lot makes $100 for every $1 that gold moves, and 0.01 lots makes about $1. For indices, the value per point depends on your broker's contract. **Always check your broker's contract details**, because sizes vary.

Working out a trade's risk

The formula is simple:

Risk = stop distance × value per pip or point × position size

Example: You buy EUR/USD with a mini lot (0.10). Your stop loss is 20 pips away. Each pip is worth about $1, so if your stop is hit you lose about 20 × $1 = **$20**.

Gold example: You buy 0.01 lots of gold with a stop $8 below your entry. That's about 8 × $1 = **$8** of risk.

Leverage and margin: read this twice

Leverage lets you control a big position with a small deposit, called **margin**. With 30:1 leverage, $1,000 of margin controls a $30,000 position.

Leverage doesn't change how much a pip is worth. It just lets you open bigger positions than your account could otherwise afford. That's why it magnifies **losses as well as profits**, and why beginners blow accounts.

In the UK and EU, retail leverage is capped, for example:

Market	Maximum retail leverage
Major forex pairs	30:1
Other forex pairs, gold, major indices	20:1
Other commodities, minor indices	10:1

UK rules also give retail traders two safety nets: your broker must close your trades if your funds fall to half of the margin needed, and you can't lose more than the money in your account (negative balance protection). They help, but they don't stop you losing your whole deposit.

The safest way to think about leverage: **ignore how much you could open, and size every trade by how much you're willing to lose** (Chapter 6). Our lesson Leverage and margin covers margin calls and stop-outs.

▶ TRY IT NOW

Pick a pretend trade on your market: an entry and a stop loss. Measure the stop distance in pips or points with the ruler tool on the charts. Work out the loss on 0.01 lots and on 0.10 lots. Which feels comfortable?

CHAPTER 5 IN A NUTSHELL

Key Takeaways

- Pips and points measure moves; lots measure size. Start with micro lots.
- Risk = stop distance × value per pip or point × position size.
- Leverage magnifies losses as well as profits; size trades by risk, not by what you could open.

YOUR NOTES

Next: Chapter 6 · Risk management, the skill that keeps you in the game →

CHAPTER 06

Risk management, the skill that keeps you in the game

The skill that keeps you in the game.

IN THIS CHAPTER

1. The 1% rule
2. Always use a stop loss
3. Position sizing: putting it together
4. Risk to reward
5. Daily limits

CHAPTER 6

Risk management, the skill that keeps you in the game

Risk management is the most important chapter in this ebook. Good traders still lose plenty of trades; they survive because each loss is small. The core rule: **risk 1% or less of your account on any one trade.**

The 1% rule

If your account is £1,000, 1% is £10. That's the most you should lose if a trade goes wrong.

Why so small? Because losing streaks happen to everyone:

Losses in a row	Account left at 1% risk	Account left at 10% risk
5	about 95%	about 59%
10	about 90%	about 35%
20	about 82%	about 12%

At 1%, even a terrible run leaves you fine. At 10%, the same run nearly wipes you out.

Always use a stop loss

A **stop loss** is an order that closes your trade automatically at a price you choose, so a loss can't run away from you. Decide where it goes **before** you enter, put it where your idea is proven wrong (just beyond a support or resistance level, for example), and never move it further away. Our lesson Stops and targets walks through real examples.

Position sizing: putting it together

Work backwards from your risk, not forwards from how much you'd like to make:

1. Decide your risk: 1% of your account (£10 on £1,000).
2. Find your stop distance on the chart (say 20 pips).
3. Divide: £10 ÷ 20 pips = £0.50 per pip.
4. Choose the lot size that gives about that much per pip. On EUR/USD a pip on 0.10 lots is worth about $1 (around 80p), so that's roughly 0.06 lots.

If the stop needs to be wider, the position gets smaller. Your risk stays the same.

Risk to reward

Risk to reward compares what you could lose with what you aim to make. If you risk £10 to make £20, that's 1:2 (often written 2R).

With a 1:2 ratio, you can be wrong more often than right and still come out ahead:

Win rate	Reward at 1:1	Reward at 1:2
40%	Losing	Profitable
50%	Break-even (before costs)	Profitable

Many of our scanners plan trades with targets of 1:1, 2:1 and 3:1, and show exactly where the stop and targets sit, like Sniper and Bounce.

Daily limits

Set a simple rule like **stop for the day after two losses** or after losing 2% of your account. Tired, frustrated trading is where the biggest losses come from. Read our Risk management lesson for more.

▶ TRY IT NOW

Write your own risk rules in one line, for example: "I risk 1% per trade, always use a stop, and stop after two losses in a day." Save it in your trading journal so you see it every time you trade.

CHAPTER 6 IN A NUTSHELL

Key Takeaways

- Risk 1% or less of your account on any one trade.
- Always use a stop loss, set before you enter, and never move it further away.
- Size every position from your risk, aim for 1:2 or better, and set a daily loss limit.

YOUR NOTES

Next: Chapter 7 · Your first strategy, step by step →

CHAPTER 07

Your first strategy, step by step

A simple, step-by-step routine you can follow on the charts.

IN THIS CHAPTER

1. The "trend, pullback, confirm" routine
2. A worked example (practice only)
3. What to avoid

CHAPTER 7

Your first strategy, step by step

A strategy is just a written set of rules for when to enter, where to put your stop and when to take profit. Here's a simple trend-following routine you can follow on the Beyond The Markets charts in about 15 minutes. It isn't a promise of profit; it's a structured way to practise making decisions.

The "trend, pullback, confirm" routine

1. **Check the morning brief.** Open Market Brief for your market. Read the one-line summary, the daily and weekly trend, and the news to watch. If big news is due soon, wait until it has passed.
2. **Find the trend.** Add the Trend Heatmap. If the higher timeframes (1-hour, 4-hour, daily) mostly agree, you have a trend. If they're mixed, skip this market today.
3. **Wait for a pullback.** In an uptrend, wait for price to dip back towards support or a moving average. In a downtrend, wait for a bounce up towards resistance. Don't chase a move that has already run.
4. **Get a signal.** Turn on an AI scanner such as Sniper or Bounce. Only take a signal that agrees with the trend from step 2. Each signal shows a suggested entry, stop loss and targets.
5. **Size the trade.** Use the stop distance and the 1% rule from Chapter 6 to work out your lot size.
6. **Write it down before you click.** Market, direction, entry, stop, target, and why. Use the journal.
7. **Manage it calmly.** Let the stop or target close the trade. Many traders move the stop to break-even once the first target is hit.

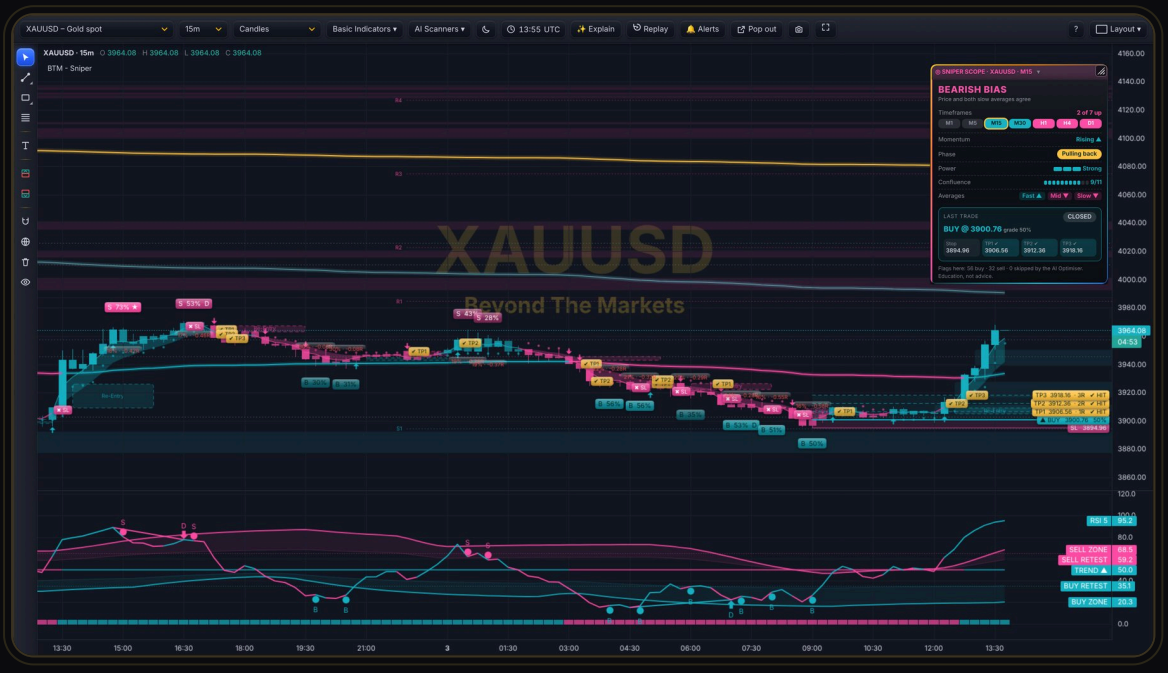


Sniper on gold: a graded signal with its entry, stop loss and three targets drawn on the chart.

A worked example (practice only)

- **Brief:** gold is in a downtrend on the daily and weekly charts.
- **Trend Heatmap:** 1-hour, 4-hour and daily all bearish.

- **Pullback:** price bounces up towards a resistance level from yesterday.
- **Signal:** Sniper prints a graded SELL with a stop above the bounce high.
- **Size:** stop is $8 away and the account is £1,000 (1% = £10). 0.01 lots risks about $8 (around £6), safely inside the limit.
- **Result:** either the stop is hit (a small, planned loss) or targets are reached. Both are fine, because the plan was followed.



A practice sell on gold with the plan on the chart and the Sniper dashboard in the corner.

What to avoid

- Trading against the trend because price "looks too high".
- Taking every signal on every market.
- Moving your stop further away when a trade goes against you.
- Adding to a losing trade.

Want to understand more setups? Explore the AI scanner guides or our lessons on building a strategy and writing your trading plan.

▶ TRY IT NOW

Go through steps 1 to 6 on your market today, but **don't place a real trade**. Write the plan in your journal. Tomorrow, check what happened.

CHAPTER 7 IN A NUTSHELL

Key Takeaways

- Brief, trend, pullback, signal, size, write it down, manage.
- Only take signals that agree with the bigger trend.
- Never chase, never add to a loser, never widen your stop.

YOUR NOTES

Next: Chapter 8 · Practise first: demo, replay and your journal →

CHAPTER 08

Practise first: demo, replay and your journal

Demo trading, bar replay, your journal and alerts.

IN THIS CHAPTER

1. Demo trading
2. Bar replay: a month of practice in an evening
3. Keep a trading journal
4. Alerts: let the chart call you
5. When are you ready for real money?

CHAPTER 8

Practise first: demo, replay and your journal

Every skill in this ebook gets better with practice, and practice should cost you nothing. Spend at least a month practising before you risk real money, and only move on when your results and your discipline are steady.

Demo trading

Most brokers offer a free **demo account** with pretend money and real prices. Use it exactly as you would a real account: same position sizes, same rules, same journal. A demo account where you take crazy risks teaches bad habits.

Bar replay: a month of practice in an evening

On our charts, bar replay takes you back in time and plays the chart forward candle by candle. You can't see what happens next, so you make real decisions:

1. Pick a date a few weeks ago and start replay.
2. Step forward until your strategy from Chapter 7 gives a setup.
3. Write down your entry, stop and target.
4. Play forward and see what happened.
5. Repeat 20 times and count your wins, losses and average R.

Twenty replayed trades teach you more than a week of watching live charts.



Bar replay: step forward one candle at a time and practise with the Buy and Sell buttons on the play bar.

Keep a trading journal

A journal turns random trades into lessons. For every trade (demo, replay or real), record:

Field	Example
Market and timeframe	Gold, 15-minute
Direction, entry, stop, target	Sell 3,605, stop 3,613, target 3,589
Why you took it	Downtrend on Heatmap, Sniper A-grade sell at resistance
Result	+2R
How you felt / what you'd change	Calm, followed the plan

Our built-in journal does this for you and shows your stats over time. Our lesson Your numbers explains which stats matter.

Alerts: let the chart call you

You don't need to stare at screens all day. Set alerts on price levels or scanner signals, and the charts will notify you when something happens.

When are you ready for real money?

A good checklist before going live:

- ☐ At least 30 demo or replay trades logged in your journal
- ☐ You followed your rules on nearly every trade
- ☐ Your results are steady, not one lucky trade
- ☐ You start with the smallest real size possible

Our lesson From demo to live covers the move step by step.

▶ TRY IT NOW

Start a bar replay session on your market from two weeks ago. Take five practice trades using the Chapter 7 routine and log each one in the journal.

CHAPTER 8 IN A NUTSHELL

Key Takeaways

- Practise for at least a month before using real money.
- Use bar replay and a demo account, and log every trade in your journal.
- Go live only when you follow your rules and your results are steady, at the smallest size.

YOUR NOTES

Next: Chapter 9 · Trading psychology →

CHAPTER 09

Trading psychology

Fear, greed, losing streaks and following your plan.

IN THIS CHAPTER

1. The four classic beginner traps
2. Losing streaks are normal
3. Follow the plan, not your feelings
4. Healthy habits

CHAPTER 9

Trading psychology

Most trading mistakes aren't caused by a lack of knowledge. They come from fear, greed, boredom and frustration. The good news: a written plan and a few simple habits handle most of them.

The four classic beginner traps

Trap	What it looks like	The fix
Revenge trading	Jumping straight back in after a loss to "win it back"	Stop for the day after two losses
Fear of missing out (FOMO)	Chasing a big move that's already happened	No setup, no trade. Another one will come
Overtrading	Taking trades out of boredom	A maximum number of trades per day
Moving the stop	Hoping a losing trade will turn around	Stops only ever move in your favour

Our lesson Thinking traps covers more of these.

Losing streaks are normal

Even a good strategy that wins 50% of the time will regularly lose five or six in a row. That doesn't mean it's broken. Judge a strategy on at least 30 trades, never on the last two. Read Losing streaks to learn how to handle them.

Follow the plan, not your feelings

Write your rules down (Chapter 6 and Chapter 7) and treat them like a pilot's checklist. At the end of each week, ask one question: **did I follow my plan?** A losing week where you followed the plan is a good week. A winning week where you broke your rules is a warning. Our lessons Follow your plan and Staying calm go deeper.

Healthy habits

- Trade at set times, not whenever you're bored.
- Never trade when angry, tired or after drinking.
- Take a break after a big win too; overconfidence costs money.
- Keep trading money separate from money you need for bills.

▶ TRY IT NOW

Add a short "How did I feel?" note to each journal entry this week. At the end of the week, look for patterns: do your worst trades happen at a certain time, or after a loss?

CHAPTER 9 IN A NUTSHELL

Key Takeaways

- Watch for revenge trading, FOMO, overtrading and moving your stop.
- Losing streaks are normal: judge a strategy on 30 or more trades.
- A week where you followed your plan is a good week, win or lose.

YOUR NOTES

Next: Chapter 10 · Your 30-day starter plan →

CHAPTER 10

Your 30-day starter plan

Thirty minutes a day for thirty days.

IN THIS CHAPTER

1. Week 1: Learn the basics
2. Week 2: Read the market
3. Week 3: Practise the routine
4. Week 4: Review and refine
5. Your daily 30 minutes

CHAPTER 10

Your 30-day starter plan

Follow this plan for 30 days, about 30 minutes a day, and you'll go from complete beginner to someone with a tested routine and a journal full of practice trades. Everything in it is free on Beyond The Markets.

Week 1: Learn the basics

- Re-read Chapters 1 to 5 of this ebook.
- Work through the beginner lessons in our learning path, starting with Pips, points and lots.
- Spend 10 minutes a day on the charts with your chosen market. Mark the day's high and low.
- Watch the Using the charts guide.

Week 2: Read the market

- Read Market Brief every morning.
- Add the Trend Heatmap and note each day: trending or ranging?
- Draw support and resistance on the 4-hour chart.
- Study market structure and support and resistance.

Week 3: Practise the routine

- Pick one AI scanner (we suggest Sniper) and watch its video guide.
- Use bar replay to take at least 15 practice trades with the Chapter 7 routine.
- Log every one in the journal, with your feelings.

Week 4: Review and refine

- Take another 15 practice trades on demo or replay.
- Check your journal stats: win rate, average R, and did you follow your rules?
- Write your one-page trading plan using our write your plan lesson.
- Decide honestly: keep practising, or move to the smallest possible real size?

Your daily 30 minutes

Minutes	What to do
5	Read Market Brief for your market
5	Check the Trend Heatmap and your levels
15	Look for a setup, or practise with bar replay
5	Update your journal

▶ TRY IT NOW

Join free, open your learning path, and schedule your 30 minutes in your calendar for the next 30 days.

CHAPTER 10 IN A NUTSHELL

Key Takeaways

- Week 1 learn, week 2 read the market, week 3 practise, week 4 review.
- About 30 minutes a day is enough.
- Everything in the plan is free on Beyond The Markets.

YOUR NOTES

Next: your next steps →

REFERENCE

Glossary

Word	Plain meaning
Ask / bid	The buy price / the sell price
Bearish / bullish	Expecting price to fall / rise
Break-even	Moving your stop to your entry, so the trade can't lose
Candle	One bar on the chart showing open, high, low and close
CFD	Contract for difference: trading a price move without owning the asset
Drawdown	How far your account has dropped from its highest point
Leverage	Controlling a bigger position than your deposit
Long / short	A buy trade / a sell trade
Lot	The size of a trade
Margin	The deposit your broker holds to keep a trade open
Pip / point	The standard small price move in forex / indices
R	Your risk on a trade. 2R means you made twice what you risked
Spread	The gap between buy and sell prices, the broker's fee
Stop loss	An order that closes a losing trade at a set price
Take profit	An order that closes a winning trade at a set price
Timeframe	How much time each candle covers

Want more? See our full A to Z trading glossary.

WHAT NOW?

Your next steps

1. Create your free Beyond The Markets account.
2. Open the charts and choose your market.
3. Start the learning path: bite-sized lessons from beginner to advanced.
4. Browse the guides and video walkthroughs for every AI scanner and indicator.
5. Subscribe to our YouTube channel for new guides every week.

Trading together. Growing together.

Create your free account →

PLEASE READ

Risk warning

Trading forex, CFDs and other leveraged products carries a high risk of losing money quickly and is not suitable for everyone. CFDs are complex instruments and come with a high risk of losing money rapidly due to leverage. Most retail investor accounts lose money when trading CFDs; UK brokers must publish the percentage of their own clients who lose, and it is often well over half. Only trade with money you can afford to lose.

Everything in this ebook, including the examples, charts, AI scanners and tools mentioned, is educational content only and never financial advice. Examples are for illustration and are not recommendations to buy or sell. Past performance does not guarantee future results. Beyond The Markets is not a broker. Always do your own analysis and follow your own trading plan. Read the full risk warning.

Sources (facts checked 21 November 2026)

- FCA: permanent restrictions on CFDs for retail consumers: leverage between 30:1 and 2:1, 50% margin close-out, negative balance protection, standard risk warning
- Pepperstone UK: maximum retail leverage by asset class: 30:1 major FX; 20:1 minor FX, gold, major indices; 10:1 minor indices and other commodities
- IG: risk disclosure notice: standard CFD risk warning wording
- OANDA: forex trading sessions: session times in UK time and the Sunday 22:00 to Friday 22:00 week
- IG: US stock market hours: 9:30 to 16:00 ET, usually 14:30 to 21:00 UK
- US Bureau of Labor Statistics: Employment Situation schedule: jobs report at 8:30 ET (13:30 UK), usually the first Friday
- Nasdaq: the Nasdaq-100 index: 100 of the largest non-financial companies listed on Nasdaq
- Deutsche Börse: DAX welcomes ten new members: DAX expanded to 40 companies in September 2021
- Admirals: gold CFD contract: 1 lot = 100 troy ounces
- Yahoo Finance: gold price, 20 November 2026: spot gold about $3,586 an ounce

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