

00:00:46 Frank Slegtenhorst: Good afternoon Graig

00:01:00 Terry Butler: GM

00:01:10 Frank Slegtenhorst: 12.30 pm from the Netrherlands

00:01:19 Nab Ghobriel: Good Morning from NY

00:01:33 Nab Ghobriel: Y

00:01:56 Ron Ryder: Cheers from Ohio

00:02:03 craig: craig from Western Australia

00:02:05 Nab Ghobriel: Lack George

00:02:37 Gregg Blumenfeld: morning

00:02:53 craig: the west is best

00:03:38 craig: covid free here

00:03:59 Ben Birdsell: Morning All

00:13:19 Ben Birdsell: I've done this in Sim, thank goodness!

00:39:22 Nab Ghobriel: When you have a chance what is the sitting for the super trend indicator? thank you

00:39:25 Ben Birdsell: Because the 50 MA is so widely used, what's your take on using it for context? I also use the 8 as my base line for price action (context for direction)along with the 23 MA (21 also) as the directional context for the 8 MA.

00:39:32 Rob L: What is the thick blue line in the 1 min chart? Thanks.

00:39:34 Carlos Escoto: yes

00:39:47 Nab Ghobriel: y

00:42:07 Ben Birdsell: Relative to support or resistance or bounce

00:42:33 Frank Slegtenhorst: I don't know if it's possible. Would it be a good idea to match the Volatility Stops in the 1 minute chart to the 30 minute chart?

00:43:51 Henry Hunter: How to set the Fibonacci values beyond 0 or 100 like 150% plus and minus

00:44:08 chris hansen: I missed last week could you spend a minute talking about how you are using the tick with this?

00:44:42 Ben Birdsell: 8 and 21 are always my base

00:47:46 Henry Hunter: Cool ,Thanks

00:48:12 Thomas Leong: I missed last week too

00:48:32 chris hansen: thanks

00:48:39 Thomas Leong: do we have to pay extra for tick?

00:51:38 Ben Birdsell: I think of the 21 MA as a + or - band. Making your MA plot line wider on the chart is a good visual.

01:00:33 Ben Birdsell: Craig, isn't there an indicator in one of the Ncat packages that adds the Fib 50% on the chart automatically? I think I've seen this...but where?

01:01:13 Ben Birdsell: Just a wider area rather than using 1.

01:01:40 Ben Birdsell: yes

01:05:58 Thomas Leong: Expectations get me into trouble, thinking something is going to happen and it doesn't

01:11:03 Thomas Leong: Doesn't bar delta do pretty much the same thing as your tick?

01:12:39 Thomas Leong: trade management is an issue

01:15:49 Thomas Leong: I'm doing more meditation, that helps

01:19:39 Ben Birdsell: I'm continuing (since Idea Lab) to use the VolRenko in Box style as a larger timeframe while applying what you are showing us. It really keeps me focused on direction and price movement. VolRenko lets you know quickly when price pauses or consolidates. I find this approach helps me to more quickly adjust to price action. (I'm retraining my thought process to improve awareness of context.)

01:19:54 Thomas Leong: yeah, flipping positions is also a pretty hard thing for me

01:20:41 Thomas Leong: yeah 30M

01:21:53 Thomas Leong: I like Dow Theory indicator because instead of just bullish or bearish it also gives you choppy

01:24:24 Carlos Escoto: for context I look at a line chart of NQ, RTY, ES and YM..... if Above OPEN + NQ and RTY leading I look for LONGS and opposite....

01:29:08 Ben Birdsell: Whatever approach works for you to maintain awareness of context is the best!

01:30:27 Ben Birdsell: Craig, see above comment.

01:31:05 Thomas Leong: I have ideas but I have extra indicators

01:32:29 Thomas Leong: yeah

01:34:24 Carlos Escoto: is all about relative value within the INDECES

01:38:54 Thomas Leong: Maybe 1 ES on a 5K account

01:41:08 Thomas Leong: depends on volatility, some days the micros keep ripping up and down.

01:41:52 chris hansen: just did it on this trade, but luckily winner happened because switched workspaces

01:42:22 Ben Birdsell: Is anyone using, or tried using, the Rate of Change (ROC) indicator as part of your trading process or strategy?

01:43:08 Frank Slegtenhorst: I have never used the ROC

01:43:22 Jerry Winger: So much great information in so little time. Thanx for providing many great tips and simplifications. Idea Lab rocks!

01:43:32 Ben Birdsell: Thanks Frank

01:43:40 Thomas Leong: I thought the devil was in the white house

01:44:16 Thomas Leong: commissions are higher for 8 micros than 1 ES

01:45:45 Ben Birdsell: Agree, I gained so much insight by doing an Idea lab.

01:46:01 Frank Slegtenhorst: I trade micros to get comfortable with the strategy and to learn about my emotions. The mini's come later.

01:46:04 Thomas Leong: Does it have to good?

01:46:12 Jerry Winger: Maybe later.

01:47:34 Thomas Leong: maybe NIH

01:48:08 Ben Birdsell: I admit... my Idea lab was way too much information.....simple is better!

01:50:11 Thomas Leong: idea lab idea

01:50:41 Thomas Leong: do you need a good idea to do an idea lab

01:52:04 Ben Birdsell: I'm finding value in the ROC indicator. It provides some good info. on directional price action.

01:52:42 Callen Hageman: have one ready, but currently travelling... don't abandon! :-)

01:55:34 Ben Birdsell: Callen, I want to hear your idea!

01:58:48 Ben Birdsell: Thomas, an Idea is not about being good or bad. Its about sharing something you found of value!

02:00:31 Callen Hageman: will keep you posted, probably oct 13 if not out of synch with regular timing

02:01:05 Nab Ghobriel: k

02:04:20 Carlos Escoto: there is that 98% statics that Market will breach the ETH (LL or HH) During RTH.... just a thing of beauty

02:07:48 Ben Birdsell: Nice cover, always protect your profit!!

02:11:45 Frank Slegtenhorst: And you have a bullish divergence on 30 min

02:14:18 Frank Slegtenhorst: I know someone who uses CCI 7

02:15:38 Ben Birdsell: After a series of losses, I've often thought I should just trade in the opposite direction of what I decide is best!

02:17:43 Ben Birdsell: I've gotten better now...

02:18:11 Carlos Escoto: LOL Ben... we all can relate

02:30:17 Carlos Escoto: NEWS in 1 min

02:32:02 Ben Birdsell: The Target and Stop Grid is also in play.

02:33:29 Ben Birdsell: I would move my stop up above entry

02:37:06 Ben Birdsell: OK, I get your thinking,

02:41:20 Ben Birdsell: I would have taken my profit and reentered, but I like your method.

02:43:00 Carlos Escoto: Very well done Today Craig!!!

02:44:38 Ben Birdsell: You're asking yourself great questions. I can learn from this.

02:46:51 Ben Birdsell: Great example!

02:50:32 Frank Slegtenhorst: Thanks for today Graig and everyone have a great weekend

02:51:49 Henry Hunter: Thanks Craig.

02:51:49 Ben Birdsell: Agree! Great session..Thanks Craig.

02:52:12 Ben Birdsell: Enjoy your time away!

02:52:27 Nab Ghobriel: Thank you