**The 37 Strategies (ver 0.8)**

0. Your personal Learning Journal: the most important book on trading that you’ll read is the one that you write. The living document that develops your ideas and commits your understanding to writing for further self-study and reflection.

1. Target identification: after you’ve conducted a thorough estimate of the situation you narrow your focus to a set of targets that align with your systems and strategies and your known strengths in order to exploit a particular opportunity within a given timeframe and within your risk parameters. Your target should have certain characteristics that lend themselves to your style and it’s best for you to specialize in a set of targets so you can become intimately familiar with their behavior and the opportunities. This is an edge

2. Logic chain: a mental model that shows the relationships that you’ve identified between the market the sectors and the companies that constitute your target population. This allows you to identify movements and currents within price action that lead to follow-through in a logical chain of connections that help you quickly find the mover and exploit it

3. Daily Prep: the process of mental emotional and physical preparation to be ready for the trading day, that support your execution and set you up for the daily after action review to assess your performance. This is a ritual and a process, so it can be constantly improved and deserve your full attention

4. Daily Time management: a rigorous and ruthless budgeting of your time to ensure that you are doing those things that add value and eliminate those that don’t add to your bottom line. The only nonrecoverable resource

5. Creating your daily logic chain: your strategy to respond to observe price behavior in the markets and sectors that takes into account your usual suspects, continuation patterns and any new signals generated by your strategies and systems. This refresher of your basic template refines your daily preparation

6. Standard trade framing (the trading process): a series of structured questions that cause you to frame the trade in both directions, to establish risk and reward parameters, to identify locations of probable decisions and an opportunity to rehearse the decisions based on the environmental frame prior to execution so that you have visualized and rehearsed all of the routine decisions to be made

7. Position sizing Risk (1R) vs Execution Stop risk (the price that disproves the hypothesis): a structural approach that ensures you can trade with a calm hand heart and mind. It allows you to normalize the R capture based on position sizing across a number of strategies while helping you to refine the precise execution risks that are driven by the particular context of the trade

8. Trading as a skill-based activity: a very important video by Alex McKinnon who described his experience in internalizing the lessons in a personal way and the result of the law of large numbers of trades in the workshop that helped him refine his trading practice.

9. Know your edge: an important video to review that describes more than a dozen possible edges that you might have when using this set of tortoise strategies. It’s important that you know what adds value to your process so that you can refine it, exploit it and preserve it. You should know when you’re approaching an area where you have an edge and what the limits of those edges are to guide your decision making

10. The Tortoise histogram: the tortoise histogram has three important features: the loss is greater than 1R, a normal distribution between -1 and plus 2R, and the possibility for fat right tales in those circumstances when higher time frames reward our positions. Understanding the shape of that histogram connects you to deep level to the purpose and intention of the collection of trading strategies and systems from the tortoise

11. Know your histogram: understanding your refinement of your systems and how you trade them which describes the relationship between you and the market in the broadest sense. It accounts for individual variation and provides an overall pattern of risk and reward that you are able to achieve. By understanding your histogram, you understand the effects of your trading decisions over a large data set. This is the shape of the histogram that your decisions to modify rules will affect

12. Basic descriptive statistics: descriptive statistics allow us to describe normal and abnormal behavior and allow us to identify moments in the market when opportunities occur based on the imbalance between price action on both sides of the trade. It helps us estimate the limits of opportunities and to prepare for critical states and turning points. Because it is math, it gives us an edge. It’s important not to extrapolate beyond the region of fit by trying to infer too much causality into what are essentially descriptions of behavior

13. Plan-PREPARE-execute-ASSESS: the routine process that we must manage to be ready to approach the market in a disciplined way every day in the same relaxed stance that allows us to realize our advantages. Preparation is more important than the plan and assessment allows us to get better after each trade if we survive. If we prepare and assess properly the planning simply gives us a reasonable set of opportunities to explore and execution is refined to battle drill and ruthless performance of standard operating procedures.

14. Sustain-Improve-Action: the daily process of assessing that allows us to continue to do the things that add value, to refine the things that don’t and to approach all our performance as an object of study for continuous improvement

15. RLCO BB: our basic and unique sense making frame of reference that allows us to interpret potential for risk and reward of any systems and strategies, not just our own. It gives us a fractal and continuous sense making framework

16. Frogbox: the standard deviation of 30 days of range which we define as the difference between signal and noise intraday. It gives us a standard statistics based frame of reference as a unit of risk and allows us to frame intraday trades in a structured, dynamic and adaptive way

17. MACD 10,30, 5: a simplification of the RLCO BB framework, which allows us to establish a directional bias on the basis of the relationship between the signal line in the zero line. The slope of the signal line gives us a four seasons approach to opportunities that is an analogy of agricultural systems of production. A very handy guide for sorting through what can be a noisy RLCO BB

18. PSAR: an adaptive trailing stop which not only gives us an objective measure of where our exit ought to be based on time in the trade but which can provide important insights into turning points in our standard R LCO B framework. After five bars, if your stop isn’t near the piece are, you should have a good reason why. It’s an example of how we can fine tune mathematical formula to reflect our own sensibilities and offload some of the cognitive effort to the robot

19. Pinch and stretch, Super-pinch: a conceptual perspective on the tug-of-war between buyers and sellers which describes moments in the elastic nature of that relationship which give us insights into opportunities and turning points. Absolutely essential when thinking about the market as a living breathing organism with behavior patterns and emotions reflected in price action

20. Monkey, Owl, Dragon, BabyDragon, Mule, Rhino, Scorpion, Tortoise: a menagerie collection of different strategies that take on the personification of various animals which help us as a shorthand to interpret price action and market conditions

21. 1 brick at a time: a systematic approach to manufacturing our in such a way that we look for standard performance in standard situations to capture a routine amount of gain against a routine amount of risk and defer totaling up our performance until after the smoke clears and we collect large number of trade data for continuous improvement

22. 2R battle drill: a standard approach to making exits at preplanned support and resistance levels. It requires us to have rehearsed most often the most likely and favorable trade conditions which got us into the trade to begin with. The 2R battle drill is a rehearsal of the most important decisions we make about exits reversals and reentries in a package. The video is appropriate for every timeframe and style and is the central idea behind our rigorous approach to capturing profits

23. zero state: a self defined state of awareness and readiness which is your optimal trading state. It will vary between people based on the mindset you need for best performance. My own is the mindset of walking point in enemy territory so that I am mindfully aware and energized and prepared for signals from every direction and yet calm enough to take action with confidence when signal comes. It’s a state that can be achieved through intentional effort and the time you can spend in the zero state is the time that you can best perform your trading process and so this is a muscle in a state of consciousness that should be exercised and developed

24. time, will, pattern, money: the four criteria for me to take a successful trade. There must be time left in the trading session at any time frame to allow the typical move to unfold. Will means that I am in the zero state and prepared to trade with the right psychology. Pattern means that I see the set ups and trade frame that I require to execute my systems and strategies. Money means that my asset allocation algorithm provides me capital to make the trades that I want to trade. All four must be present for the trade to happen. Will is the one that is the quickest to disappear and is most vulnerable to psychology

25. gratitude & forgiveness: the two important responses of the human to the situation in the opportunity to trade in this life. Gratitude for the opportunity and forgiveness for the intrusion of our ego and our projections into the world. Both are justified because of our good souls and proper purpose and allow us to clear the deck and get on with the next zero state and preparation session.

26. owl meditation: a structured internal meditation that I used to achieve the zero state and longer time frames and whenever I feel agitated or dissatisfied with the web and trading. It allows me to connect back to first causes and primal values in the long term stream of values that make me who I am at the identity level

27. RLFF: a unique approach to moving regression lines and their fractal nature which allow us to establish low risk ideas based on pinches and stretches and further allow us to estimate potential rewards and risks in every timeframe with minimal indicators on the screen. It’s a unique approach to trade framing an opportunity defining that gives us an edge

28. integrated time frames: a approach to combining multiple time frames and multiple analytical lenses to give us a mosaic of market opportunities and perspectives on both sides of the trade which guide us in our strategic operational and tactical modes

29. 123, ue, : two particular trade patterns which provide the minimum amount of information to allow us to get in or out of positions at critical stages close to swing highs and lows.

30. mkt classification: a generalized approach to understanding the broader market context in terms of actionable information and helping us select certain strategies or make preferences among targets when we have it too many to engage once. It helps place us inside the broader market context for our tactical decisions

32. alphastat: a tortoise unique statistical adaptive measure that identifies the opportunities available unique to the target after filtering out market and sector conditions. It allows us to compare a target’s behavior over time and compare relative performance between targets for refining our target selection. It derives from the slopes that and compares the target slip stat to the markets slopes that in order to find the alpha that is available and its performance characteristics over time

33. NDX: a tortoise unique indicator which is an excellent case study in understanding how to craft indicators that give you the particular and specific information you need to make decisions in your systems. A nice way to treat standard look back periods in terms of the intuitively satisfying 0 to 100 scale. Helps us identify overbought and oversold conditions similar to percent are and RSI

34. Risk-Z: a study based on academic research which examines the characteristics of recent volatility in a broader setting and allows us to find opportunities to optimize swing trading based on the season of risk Z. It also helps us anticipate potential turning points when volatility has moved to an extreme of either high or low proportions

35. ruthless risk management: a psychological stance of a professional which prioritizes ruthless efficiency over wishful thinking. Listen to Kim Anderson story of how this made all the difference in her professional trading approach

36, STRIKE!: A connection to the primal hunter nature of our species which makes decisive actions in critical moments on the basis of a Gestalt like feeling of satisfaction and immediacy. Does not require further explanation or justification, when we decide to take what we have and decide to be satisfied with it. Usually seen at key turning points when the piece are flips or after an exceptional move that is beginning to stall and were satisfied with what we have in hand and we simply decide to strike!

37. mindfulness and self-talk: an examination of our inner cognitive and emotional space where we can monitor our connection to current price action in context and our focus on the professional task and the noises in our head which can either reinforce or distract from the task at hand. Developing quiet mind and an inner knowing that is silent and allows us to focus is essential