

RF 10/10 Trading Sessions 2011

**Training sessions just 1-2 hours long

<u>Date</u>	<u>Currency</u>	<u>Trending</u>	<u>Couter-trend</u>	<u>Pips Captured</u>	<u>Cummulative Pips</u>	<u>Wins</u>	<u>Losses</u>	<u>Notes</u>
1/3/2011	audusd		x	27	27	x		This week is NFP - usually tough
1/4/2011	eurusd	x		18	45	X		
1/3/2011	audusd	x		30	75	x		
1/4/2011								No Trades during session
1/5/2011	eurusd	x		54	129	x		took 9 hours to get there
1/6/2011	gbpusd	x		16	145			took trade off early -went to target +54
			Week 1	+145				NFP week- traded conservatively
1/10/2011	eurjpy	x		-30	115		x	Japan bought Bunds and spiked us out
1/11/2011	usdjpy	x		15	130	x		moved stop for bigger move
1/11/2011	usdchf	x		5	135	x		moved stop-wait for retrace
1/12/2011	gbpusd	x		77	289	x		Occurred after the hook
1/12/2011	usdjpy		x	37	326	x		reversal alert
1/13/2100	gbpusd	x		28	354	x		Bernanke speaks - shortlived moves
1/14/2011	eurusd	x		23	377	x		
1/14/2011	eurusd	x		43	371			
1/14/2100	usdjpy	x		-30	341		x	
1/14/2100	audusd	x		30	371			
			Week 2	+198				
1/17/2011								No Trades MLK holiday
1/18/2011	eurjpy	x		-41	330		x	
1/19/2011	usdchf	x		39	369	x		
1/20/2011	eurjpy	x		50	419	x		
1/20/2011	eurjpy	x		42	461	x		
1/20/2011	eurusd	x		48	509	x		
1/20/2011	eurusd	x		-30	479		x	
1/21/2011								No Trades - square up
			Week 3	+108				
1/23/2011	EURUSD	X						Blog post b4 call +120 pips -not counted
1/23/2011	usdjpy	x		41	520	x		

1/23/2011	usdchf	x		56	576	x		up 53 - moved stop for bigger run	
1/24/2011	usdchf	x		20	596	x			
1/24/2011	usdjpy	x		30	626	x		called in room occurred after we closed	
1/24/2011	audusd	x		30	656	x		called in room occurred after we closed	
1/25/2011	nzdusd	x		55	711	x		called in room occurred after we closed	
1/25/2011	chfusd	x		30	741	x		got within 3 pips of stop	
1/26/2011					741	x		No Trades in session	
1/27/2011	eurjpy	x		52	793	x			
1/27/2011	eurusd	x		33	826	x			
				Week 4	+306				Tough week - movement in London
1/31/2011	usdchf	x		30	856	x		some entered second time/stopped out	
2/1/2011								No Trades in session	
2/1/2011	usdchf	x		47	903	x		Fundie during room- waited for end	
2/2/2011	audusd	x		49	952	x		called in room occurred after we closed	
2/2/2011	usdjpy	x		0	952	x		entry order executed	
2/2/2011	usdcad	x		21	973	x		Took all day	
2/2/2011	XAG	X						we have started position trading +30*	
2/2/2011	usdcad	x		-31	942		x	Good trade - chalk it up to NFP	
2/3/2011	gbpusd	x		0	942	x		ISM fundie - would not break-took off	
2/4/2011	eurusd	x		25	967	x		NFP week - yuk trading	
				Week 5	+111				Many made 200+ pips on XAG*
2/7/2011					967	x		No Trades in session	
2/8/2011	usdchf	x		35	1002	x			
2/8/2011	usdchf	x		49	1051	x			
2/8/2011	usdchf	x		33	1084	x		6 Aces through the desert	
2/8/2011	eurusd	x		45	1129	x		Many made 200+ pips on XAG*	
2/8/2011	gbpusd	x		0	1129			Went -28 against us - took off at 0	
2/9/2011				0	1129			No trades	
2/10/2011	usdchf	x		40	1169	x		Called in room-happened after close	
2/10/2011	nzdusd	x		27	1196	x		Called in room-happened after close	
2/11/2011	fundie			0				Square up day - nothing we wanted	
				Week 6	+229				
2/14/2011				0				No Trades in session	
2/15/2011	nzdusd	x		-30	1166		x		

2/16/2011								No Trades in session
2/17/2011	gbpusd	x		37	1203	x		Called in NY took until Asian
2/17/2011	usdchf	x		27	1230	x		took all day into the next day
2/18/2011	gbpusd	x		26	1256	x		Friday nasty day -
				Week 7	+60			Many made 250+ pips on XAG*
								Great training - lousy trading week
2/21/2011				0				No trades in session- bank holiday
2/22/2011	audusd	x		32	1288	x		Missed a 55 pip on GU due to training
2/23/2011	eurusd	x		32	1320	x		
2/23/2011	usdchf	x		17	1327	x		
2/23/2011	gbpusd			35	1362	x		6 Aces reversal
2/23/2011	usdjpy	x		34	1397	x		Called in NY took until Asian
2/24/2011	usdchf	x		46	1443	x		
2/23/2011	gbpusd	x		56	1499	x		1/2 position
2/23/2011	gbpusd	x		72	1571	x		1/2 position
				Week 8	+324			
2/28/2011	usdchf	x		-30	1531		X	Libya- stopped out by 4 pips
2/28/2011	usdcad	x		30	1561	x		taken in NY- target hit Asian
2/28/2011	gbpusd	x		41	1602	x		taken in NY- target hit Asian
3/1/2011	audusd	x		31	1634	x		did a whipsaw-then broke the flag
3/1/2011	audusd	x		33	1657	x		entry2-break of bear flag
3/1/2011	nzdusd	x		32	1689	x		
3/2/2011	nzdusd	x		64	1753	x		Went 30 pips past the target
3/2/2011	eurusd	x		1	1754	x		up 15 pips - moved stop
3/2/2011	nzdusd	x		85	1839	x		
3/2/2011				85	1839	x		No Trades taken
				Week 8	+317			Many made 350+ pips on XAG*
3/7/2011								No Trades taken
3/8/2011								No Trades taken
3/9/2011	nzdusd	x		34	1873	x		
3/9/2011	audusd	x		41	1914	x		
3/10/2011	eurjpy	x		1	1915	x		no follow through
3/10/2011	gbpusd	x		63	1978	x		Finished in London

3/10/2011	nzdusd	x		-1	1977		x	no follow through
3/11/2011	usdjpy	x		46	2023	x		
				Week 9	+183	Terrible Trading week in NY		
3/14/2011	usdchf	x		42	2065	x		Japan Earthquake
3/14/2011	gbpusd	x		43	2108	x		
3/15/2011	usdchf	x		31	2139	x		
3/16/2011	audusd	x		48	2187	x		
3/16/2011	gbpusd	x		26	2213	x		
3/16/2011	gbpusd	x		28	2241	x		
3/16/2011	usdcad	x		58	2299	x		went to higher target also alerted
3/16/2011	eurjpy	x		77	2398	x		
3/16/2011	nzdusd	x		45	2443	x		
3/17/2011	audusd	x		53	2496	x		
3/16/2011	gbpusd	x		47	2543	x		
3/16/2011	eurusd	x		36	2579	x		
				Week 10	+556			
3/21/2011	gbpusd	X		18	2597	x		Fundie - no follow through
3/21/2011	gbpusd	X		40	2637	x		Finished in Asian
3/21/2011	eurusd	X		59	2696	x		Finished in Asian
3/21/2011	audusd	X		30	2726	x		Finished in Asian
3/22/2011	audusd	X						No trades
3/23/2011	audusd	X		45	2771	x		+65 XAG - not counted
3/24/2011	nzdusd	X		33	2804	x		
3/25/2011								No trades
				Week 11	+225			
3/28/2011	nzdusd	X		27	2831	x		This is NFP week
3/29/2011	nzdusd	X		33	2864	x		
3/29/2011	audusd	X		39	2903	x		
3/29/2011	eurjpy	X		106	3009	x		scale in
3/29/2011	eurjpy	X		80	3089	x		scale in
3/30/2011	nzdusd	X		0	3089			No follow through
3/30/2011	usdchf	X		-31	3058		x	No follow through
3/31/2011								No Trades taken - quiet day
				Week 12	+254			

4/4/2011								No Trades taken - quiet day
4/5/2011	gbpusd	x		5	3063	x		No follow through - went to target later
4/5/2011	usdcad	x		13	3076	x		No follow through
4/5/2011	eurjpy	x		33	3109	x		Entry order - many made +60 xag
4/5/2011	usdjpy	x		29	3138	x		executed after call
4/5/2011	usdcad	x		40	3178	x		came in London -alert NY
4/6/2011	usdcad	x		-27	3151		x	fundie - no follow through
4/6/2011	nzdusd	x		38	3181	x		
4/6/2011	eurusd	x		50	3232	x		
4/6/2011	eurjpy	x		46	3278			
4/7/2011	nzdusd	x		61	3339	x		
4/7/2011	audusd	x		16	3355	x		Went 33 then pulled back - took off
4/7/2011	usdchf	x		36	3391	x		
4/7/2011	usdcad	x		35	3426	x		
				Week 13	+368			
4/11/2011	usdchf	x		40	3466	x		finished in London
4/12/2011	usdcad	x		25	3491	x		
4/12/2011	eurjpy	x		47	3538	x		took an xag for +51 * also
4/12/2011	usdJPY	x		0	3491	x		UP 15 PIPS stopped out at be
4/13/2011	usdchf	x		33	3524	x		breakout
4/13/2011	usdchf	x		31	3555	x		
4/13/2011	audusd	x		-34	3521		x	stopped out by 1 pip yuk!
4/14/2011	gbpusd	x		-20	3501		x	no follow through - took 24 hours
4/14/2011	gbpusd	x		27	3528	x		
				Week 14	+62	Week was choppy w/little Follow Thru over 400 Pips in XAG*		
4/18/2011	eurjpy	x		38	3566	x		EO after a RF1010 setup
4/18/2011	usdcad	x		34	3600	x		EO after a RF1010 setup
4/18/2011	eurusd	x		60	3660	x		
4/19/2011	usdcad	x		62	3722	x		finished in Asian - many got 150+ in XAG*
4/19/2011	audusd	x		55	3777	x		finished in Asian
4/19/2011	nzdusd	x		55	3832	x		finished in Asian
4/20/2011	gbpusd	x		65	3897	x		EO
4/21/2011	usdgy	x		8	3905	x		fundie - did not go closed out

4/21/2011								no trades - closed due to Godd Friday
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Week 15 +377							
4/25/2100							No Trades
4/26/2100	usdchf	x		49	3954	x	Alerted in room as an EO - filled after
4/26/2100	audusd	x		86	4040	x	Alerted in room as an EO - filled after
4/26/2100	nzdusd	x		46	4086	x	
4/27/2011	eurusd	x		-37	4049		x false Flag break - no follow through
4/27/2011	eurjpy	x		17	4066	x	FOMC - no follow through
4/27/2011	usdchf	x		42	4108	x	Alert in Room EO for later
4/27/2011	audusd	x		32	4140	x	Alert in Room EO for later
4/27/2011	eurusd	x		91	4231	x	Alert in Room EO for later
4/27/2011	xagusd	x		390	4231	x	taken in room - NOT COUNTED in total
4/28/2011	nzdusd	x		29	4260	x	Alerted in Room - filled after
4/28/2011							No trades - Royal wedding
Week 16 +306							
5/2/2011	eurusd	x		25	4285	x	
5/3/2011	usdchf	x		42	4327	x	MO taken - finished next day
5/3/2011	eurusd	x		72	4327	x	taken in Mark-Analysis not counted
5/4/2011	Audusd	x		54	4381	x	MO-RF1010
5/4/2011	Audusd	x		31	4412	x	EO after a RF1010 setup
5/4/2011	Audusd	x		35	4447	x	EO after a RF1010 setup
5/5/2011	eurjpy	x		-35	4412		x stopped out by 1 pip and then went 40
5/6/2011							No Trades after NFP
Week 17 +127							
5/9/2011							No Trades
5/10/2011							No Trades (130 on XAG)
5/11/2011	nzdusd	x		41	4453	x	Alert in room happened w/l minutes
5/11/2011	audusd	x		36	4489	x	Alert in room happened w/l minutes
5/11/2011	usdchf	x		30	4519	x	Alert in room happened w/l minutes
5/11/2011	eurusd	x		81	4600	x	to the target to the pip
5/11/2011	eurusd	x		45	4645	x	EO
5/12/2011	eurusd	x		27	4672	x	EO
5/13/2011	gbpusd	x		-16	4656		x Fundie no follow through
5/13/2011	gbpusd	x		52	4708		x Follow through after the stop out

Week 18 +255							
5/16/2011							No Trades
5/17/2011	eurusd	x		74	4782	x	Alert in Room EO for later
5/17/2011	gbpusd	x		40	4822	x	Alert in Room EO for later
5/17/2011	eurusd	x		38	4860	x	Alert in Room EO for later
5/18/2011	eurusd	x		32	4892	x	MO-RF1010 + 72 on XAG not counted
5/19/2011	eurjpy			-37	4855	x	6 Aces reversal - no follow through
5/19/2011	gbpusd	x		23	4878	x	Alert in Room EO for later
5/20/2011	eurusd	x		35	4913	x	EO
5/20/2011	eurjpy	x		34	4948	x	EO
Week 19 +240							
5/23/2011							No Trades
5/24/2011	usdchf	X		31	4979	x	
5/24/2011					4979		No RF1010 Trades but 90 pips on XAG*
5/25/2011					4979		No RF1010 Trades
5/25/2011	audusd	x		44	5023	x	EO place in RF10101 room
5/25/2011	usdchf	x		46	5069	x	EO place in RF10101 room
5/26/2011	gbpusd	x		50	5119	x	
5/25/2011	gbpusd	x		39	5158	x	EO place in RF10101 room
Week 20 +210							
							LOUSY TRADING WEEK

6/1/2011	usdjpy	x		38	5196	x		EO taken -finished in AM
6/1/2011	gbpusd	x		78	5274	x		bear flag break
6/1/2011	audusd	x		37	5311	x		EO
6/2/2020								no trades in session - EO placed
6/2/2020	eurusd	x		37	5348	x		EO-bull flag break
6/3/2020	audusd	x		1	5349	x		up +18 moved stopped - no followthru
				Week 21	+191			LOUSY TRADING WEEK-NFP
6/6/2011	gbpusd	x		26	5375	x		RF1010
6/6/2011	eurjpy	x		58	5433	x		some made +70
6/6/2011	eurjpy	x		-43	5390		x	
6/7/2011	gbpusd	x		35	5425	x		Finished in London
6/7/2011	usdchf	x		11	5436	x		took off due to no follow through
6/7/2011	eurjpy	x		99	5535	x		Bear flag break to target
6/7/2011	eurjpy	x		40	5575	x		RF1010
6/7/2011	gbpusd	x		8	5583	x		EO - no Follow through
				Week 22	+234			Lousy Trading Week-NY
6/13/2011					5583			No Trades - XAG went to target +90*
6/14/2011	usdcad	x		21	5604	x		eo- no follow through
6/15/2011	gbpusd	x		34	5638	x		RF1010
6/15/2011	eurjpy	x		31	5669	x		RF1010
6/15/2011	nzdusd	x		48	5717	x		RF1010
6/15/2011	usdchf	x		110	5827	x		RF1010
6/16/2011	eurjpy	x		64	5891	x		RF1010
6/16/2011	eurusd	x		-33	5858		x	stopped out by 3 pips went 65
6/17/2011	nzdusd	x		24	5882	x		1 of 2
6/17/2011	nzdusd	x		43	5925	x		2 of 2
				Week 23	+342			
6/20/2011	usdchf	x		21	5946	x		Eo - no follow through
6/20/2011	usdchf	x		28	5978	x		Eo - finished in London
6/21/2011	eurusd	x		24	5978	x		RF1010 - on a fundie - no follow through
6/21/2011	nzdusd	x		21	5999	x		Part 1 of 2 part trade entered
6/22/2011	nzdusd	x		52	6051	x		Part 2 of 2 part trade during London
6/22/2011	audusd	x		20	6071	x		RF1010-no follow through
6/22/2011	gbpusd	x		82	6153	x		eo- bear flag break

6/22/2011	eurjpy	x		0	6153			eo- breakeven on pull back
			Week 24	+248				
6/27/2011	eurjpy	x		30	6183	x		eo - missed a EU by 2 pips for 30
6/28/2011	eurusd	x		24	6207	x		some stayed in for bigger move and BE
6/28/2011	usdchf	x		23	6230	x		some stayed in for bigger move and BE
6/28/2011	eurjpy	x		26	6256	x		eo
6/29/2011	audusd	x		34	6290	x		eo
6/30/2011	eurusd	x		48	6338	x		RF1010 -alerted a gu - did not take but 40
6/30/2011	eurusd	x		0	6338			eo - went 14 moved to BE
6/30/2011	eurjpy	x		-29	6309		x	eo - went 10 past stop then to target
7/1/2011	audusd	x		14	6323		x	eo- bflag break - no Follow
			Week 25	+170				

This is roughly one + hour of trading

Note: we position trade XAGUSD so it is NOT a RF1010 Trade. We do not count these trades in the total although they can be significant!

* not counting in the total

January	826	Many got over 1000 pips + XAG*
February	724	Many got over 1000 pips + XAG*
March	1536	Many got over 1000 pips + XAG*
April	1490	Many got over 900 pips + XAG*
May	805	Many got over 450 pips + XAG*
June	1185	
Total Trades	211	
Total Losses	19	
Ave PIP capture/td	30.06	includes losses
Ave Month	1,144	
Totals	6343	

* Xagusd not counting in the total