

## RF 10/10 Trading Sessions

\*\*Training sessions just 1 hour 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>
6/1/2010	USD/CAD	X		25	25	X		
6/1/2010	GBP/CHF		X	55	80	X		
6/2/2010	USD/CAD	X		50	130	X		RF 10/10 extended to Wild Card
6/2/2010	NZD/USD	X		16	146	X		
6/3/2010	EUR/USD	X		25	171	X		RF 10/10 extended to Wild Card
6/3/2010	AUD/JPY		X	25	196	X		RF 10/10 extended to Wild Card
6/3/2010	AUD/JPY	X		1	197	X		Slow mkt...NFP in 12 hrs.
6/3/2010	EUR/JPY	X		5	202	X		Slow mkt...NFP in 12 hrs.
6/4/2010	USD/CHF	X		8	210	X		Choppy mkt...was up 27 pips, closed at a
			<b>Week 1</b>	<b>210 pips</b>			9	0
6/7/2010	EUR/JPY	X		25	235	X		
6/7/2010	EUR/USD	X		-30	205		X	Got in 2 candles late, would have +25 if c
6/8/2010	EUR/JPY	X		19	224	X		RF1010 into a Wild Card
6/8/2010	GBP/USD	X		-51	173		X	
6/9/2010	USD/JPY	X		25	198	X		
6/10/2010	USD/CHF	X		28	226	X		RF1010 into a Wild Card Trade
6/10/2010	USD/JPY	X		10	236	X		
6/11/2010	EUR/JPY		X	51	287	X		
			<b>Week 2</b>	<b>77 pips</b>			6	2
6/14/2010								No trade set-ups found, dead market
6/15/2010	USD/CAD		X	-24	263		X	
6/15/2010	GBP/CHF	X		38	301	X		RF1010 into a Wild Card
6/15/2010	EUR/JPY	X		-30	271		X	Wnt against 40 pips, stopped out, then v
6/15/2010	USD/CAD	X		25	296	X		
6/16/2010	eur/usd		X	-30	266		X	
6/16/2010	eur/jpy		X	-1	265		X	
6/17/2010	eur/jpy		X	25	290	X		

6/17/2010	aud/usd		X		-10	280		X		
6/17/2010	eur/usd		X	1		281	X			
6/17/2010	usd/jpy	X		25		306	X		Asian Session	
6/17/2010	aud/usd	X			-30	276		X	Asian Session	
6/17/2010	nzd/usd	X		25		301	X		Asian Session	
6/18/2010	usd/chf		X		-30	271		X		
6/18/2010	gbp/usd		X		-30	241		X		
			<b>Week 3</b>			<b>-46 pips</b>	<hr/>	6	8	* Notice majority of trades were counter
6/21/2010	USD/CAD	X		7		248	X			
6/21/2010	USD/CHF		X	5		253	X			
6/21/2010	EUR/JPY		X	23		276	X			
6/22/2010	USD/CHF	X		25		301	X		London session, Bob took trade before 3	
6/22/2010	EUR/JPY	X		46		347	X		London session, RF1010 into a Wild Card	
6/22/2010	EUR/USD	X			-30	317		X		
6/22/2010	USD/JPY	X		14		331	X		New York session	
6/22/2010	EUR/JPY	X		16		347	X		New York session	
6/23/2010	EUR/GBP	X		16		363	X		London	
6/23/2010	AUD/USD	X			-30	333		X	New York session	
6/24/2010	cad/jpy	X		25		358	X			
6/24/2010	AUD/USD	X		10		368	X			
6/24/2010	usd/chf	X			-6	362		X		
6/24/2010	aud/jpy	X			-30	332		X		
6/24/2010	gbp/usd		X	17		349	X			
6/25/2010	AUD/USD	X		12		361	X			
6/25/2010	eur/jpy	X		13		374	X			
6/25/2010	eur/jpy	X		16		390	X			
6/25/2010	eur/jpy	X		8		398	X			
			<b>Week 4</b>			<b>+157 pips</b>	<hr/>	15	4	
6/28/2010	aud/jpy	X			-30	368		X		
6/29/2010	eur/jpy	X		15		383	X			
6/29/2010	eur/jpy	X			-30	353		X	rf1010 into WC	
6/30/2010	gbp/usd	X		5		358	X		London session/Charles	

6/30/2010	usd/cad	X	25	383	X	New York session
6/30/2010	gbp/usd	X	9	une 2010 39	X	NY session
7/1/2010	usd/chf	X	25	417	X	London session/Charles
7/1/2010	aud/usd	X	25	442	X	London session/Charles
7/1/2010	cad/jpy	X	25	467	X	New York session

<b>Week 5</b>	<b>+69 pips</b>	<u>7</u>	<u>2</u>
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7/6/2010	usd/chf	X	24	491	X	NY Session
7/7/2010	eur/jpy	X	25	516	X	NY Session
7/8/2010	eur/usd	X	25	541	X	London Session
7/8/2010	aud/usd	X	25	566	X	Asian/8pm mtg

<b>Week 6</b>	<b>+99 pips</b>	<u>4</u>	<u>0</u>
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7/12/2010	eur/jpy	X		-30	536	X	NY Session
7/13/2010	gbp/usd	X	25		561	X	London Session
7/13/2010	usd/cad	X	25		586	X	London Session
7/13/2010	eur/usd	X	14		600	X	NY Session
7/14/2010	eur/jpy	X	15		615	X	NY Session, hit .786 reversal
7/14/2010	Usd/chf	X	11		626	X	NY Session, hit .786 reversal
7/14/2010	nzd/usd	X	37		663	X	NY Session
7/15/2010	usd/cad	X	13		676	X	NY Session
7/15/2010	aud/usd	X	25		701	X	NY Session
7/15/2010	eur/jpy	X		-30	671	X	NY Session
7/15/2010	Usd/chf	X	25		696	X	London Session
7/15/2010	usd/cad	X	25		721	X	London Session
7/16/2010	eur/jpy	X	25		746	X	Asian/8pm mtg
7/16/2010	usd/jpy	X	25		771	X	Asian/8pm mtg
7/16/2010	usd/chf	X	25		796	X	London Session
7/16/2010	eur/usd	X	8		804	X	London Session

<b>Week 7</b>	<b>+238 pips</b>	<u>14</u>	<u>2</u>
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7/19/2010	eur/jpy	X	13	817	X	NY Session
7/20/2010	gbp/usd	X	25	842	X	NY Session
7/20/2010	usd/chf	X	25	867	X	NY Session
7/20/2010	aud/usd	X	15	882	X	NY Session

7/21/2010	eur/usd	X		25		907	X			London Session
7/21/2010	eur/usd	X		25		932	X			NY Session
7/21/2010	eur/usd	X		25		957	X			NY Session
7/22/2010	eur/usd	X			-30	927		X		NY Session
7/23/2010	eur/jpy		X	18		945	X			Asian/8pm mtg
7/23/2010	aud/usd		X		-21	924		X		Asian/8pm mtg
7/23/2010	nzd/usd		X		-30	894		X		Asian/8pm mtg
7/23/2010	usd/cad	X		25		919	X			NY Session
			<b>Week 8</b>			<b>+115 pips</b>		<b>9</b>	<b>3</b>	
7/26/2010	usd/cad	X			-30	889		X		NY Session
7/26/2010	gbp/usd		X		-30	859		X		NY Session
7/26/2010	aud/usd	X		25		884	X			NY Session
7/27/2010	eur/gbp	X			-30	854		X		London Session
7/27/2010	aud/usd	X		25		879	X			London Session
7/27/2010	eur/jpy		X		-30	849		X		NY Session
7/27/2010	aud/usd		X	25		864	X			Ny Session
7/27/2010	usd/cad		X	25		899	X			NY Session
7/28/2010	eur/usd	X			-30	869		X		NY Session
7/29/2010	usd/cad	X		9		878	X			London Session
7/29/2010	nzd/usd	X		25		903	X			NY Session
7/29/2010	aud/usd	X		25		928	X			NY Session
7/30/2010	eur/jpy	X		25		953	X			Asian Session
7/30/2010	gbp/usd	X		16		969	X			NY Session
7/30/2010	usd/cad	X		25		994	X			NY Session
7/29/2010	eur/usd	X		12		1006	X			London Session
			<b>Week 9</b>			July 2010	6	11	5	
8/2/2010	usd/chf	X		29		1035	X			NY Session
8/2/2010	usd/jpy	X		25		1060	X			NY Session
8/2/2010	usd/cad	X			-30	1030		X		NY Session
8/3/2010	usd/cad		X		-30	1000		X		NY Session
8/2/2010	usd/chf		X		-1	999		X		London Session
8/2/2010	eur/jpy		X	1		1000		X		London Session

8/3/2010	usd/cad	X		-30	970		X	London Session
8/4/2010	eur/usd		X	22	992	X		New York Session
8/4/2010	gbp/usd		X	11	1003	X		New York Session
8/5/2010	usd/chf		X	23	1026	X		London Session
8/5/2010	eur/usd		X	25	1051	X		New York Session
8/5/2010	eur/jpy		X	10	1061	X		New York Session
8/5/2010	aud/usd		X		-4	1057	X	London Session
8/6/2010	nzd/usd	X			-30	1027	X	Asian Session
8/6/2010	eur/jpy	X			-19	1008	X	New York Session
			<b>Week 10</b>	<b>+2 pips</b>			<u>7</u>	<u>8</u>
8/9/2010	usd/chf	X		4	1012	X		New York Session
8/12/2010	nzd/usd	X		25	1037	X		London Session
8/13/2010	eur/usd		X		-30	1007	X	New York Session
			<b>Week 11</b>	<b>-1 pips</b>			<u>2</u>	<u>1</u>
8/16/2010	eur/jpy	X			-30	977	X	New York Session
8/16/2010	usd/cad	X			-30	947	X	New York Session
8/16/2010	eur/jpy	X		16	963	X		New York Session
8/17/2010	eur/usd	X			-30	933	X	New York Session / entered after
8/17/2010	aud/usd		X		-30	903	X	New York Session / entered after
8/18/2010	eur/usd		x	12	915	X		London Session
8/18/2010	gbp/usd		X	25	940	X		New York Session
8/18/2010	aud/usd	X			-30	910	X	New York Session
8/18/2010	eur/usd	X		17	927	X		New York Session
8/17/2010	eur/usd		X		-30	897	X	London Session
8/19/2010	usd/chf	X		25	922	X		London Session
8/19/2010	chf/yen	X		25	947	X		London Session
8/19/2010	nzd/usd	X		28	975	X		New York Session
8/19/2010	gbp/usd		X	32	1007	X		New York Session
8/20/2010	nzd/usd	X			-30	977	X	New York Session
8/20/2010	gbp/usd	X			-30	947	X	New York Session
8/20/2010	aud/usd	X			-30	917	X	New York Session
			<b>Week 12</b>	<b>-90 pips</b>			<u>8</u>	<u>9</u>
8/23/2010	aud/usd	X		57	974	X		Special open webinar

8/24/2010	usd/cad		X	25		999	X			New York Session
8/24/2010	eur/jpy	X		25		1024	X			London Session
8/24/2010	aud/usd	X				-30	994		X	London Session
25-Aug	nzd/usd		X			-30	964		X	London Session
8/25/2010	eur/usd	X				-30	934		X	New York Session
8/25/2010	nzd/usd	X				-30	904		X	New York Session
8/26/2010	gbp/usd	X		27			931	X		New York Session
8/26/2010	eur/jpy		X	2			933	X		London Session
8/26/2010	gbp/jpy		X	5			938	X		London Session
8/26/2010	aud/usd		X	25				X		Special Asian Session
8/27/2010	eur/jpy	X				-30	933		X	New York Session
8/27/2010	eur/usd	X				-19	914		X	New York Session
			<b>Week 13</b>		<b>-3 pips</b>			<u>7</u>	<u>6</u>	
8/30/2010	usd/cad	X		25			939	X		New York Session
8/30/2010	eur/usd	X		14			953	X		New York Session
8/31/2010	gbp/jpy		X			-55	898		X	New York Session
8/31/2010	usd/jpy		X			-30	868		X	New York Session
8/31/2010	eur/usd		X	25			893	X		London Session
			<b>August 2010</b>		<b>-113</b>					
9/1/2010	eur/usd	X		25			918	X		London Session
9/2/2010	gbp/jpy	X				-30	888		X	London Session
9/2/2010	eur/usd	X				-30	858		X	London Session
9/2/2010	usd/chf		X	25			883	X		New York Session
9/3/2010	eur/usd	X				-30	853		X	New York Session
			<b>Week 14</b>		<b>-61 pips</b>			<u>5</u>	<u>5</u>	
9/7/2010	eur/usd	X		25			878	X		London Session
9/7/2010	usd/cad	X				-30	848		X	New York
9/8/2010	eur/usd		X	26			874	X		New York
9/8/2010	usd/cad	X				0	874	na	na	London Session
9/8/2010	eur/usd	X		25			899	X		London Session
9/9/2010	usd/cad	X				-14	885		X	New York
9/9/2010	eur/usd	X		25			910	X		New York
9/10/2010	eur/jpy		X			-26	884		X	Asian
9/10/2010	usd/cad	X		25			909	X		Asian

9/10/2010	usd/chf		X	18	927	X		New York
9/10/2010	gbp/jpy	X		-11	916		X	New York
				<b>Week 15</b>	<b>+63 pips</b>	6	4	
9/13/2010	usd/chf	X		25	941	X		New York
9/13/2010	gbp/jpy	X		25/38	1004	X		New York / 2nd re-entry on 240 TL
9/14/2010	usd/chf	X		25	1029	X		New York/ went 65 pips & retraced
9/14/2010	eur/jpy	X		28	1057	X		New York/ went 67 pips & retraced
9/14/2010	usd/chf		X	-30	1027		X	London
9/14/2010	aud/usd	X		-30	997		X	London
9/15/2010	gbp/usd	X		55	1052	X		London
9/15/2010	usd/cad	X		25	1077	X		New York
9/15/2010	aud/usd	X		25	1102	X		New York
9/16/2010	eur/jpy	X		-30	1072		X	New York
9/16/2010	gbp/usd		X	-30	1042		X	London
9/17/2010	eur/jpy		X	-30	1012		X	Asian
9/17/2010	eur/jpy		X	22	1034	X		NY
9/17/2010	eur/usd		X	21	1055	X		NY
				<b>Week 16</b>	<b>+139 pips</b>	9	5	
9/20/2010	usd/cad	X		25	1080	X		NY
9/20/2010	aud/usd	X		-11	1069		X	NY
9/21/2010	eur/usd	X		-30	1039		X	NY, fomc stopped out hrs. later
9/22/2010	aud/usd	X		-30	1009		X	NY
9/22/2010	gbp/usd	X		-30	979		X	NY
9/23/2010	eur/usd		X	-30	949		X	NY
9/23/2010	aud/usd		X	35	984	X		NY
9/24/2010	usd/chf	X		25	1009	X		Asian
9/24/2010	eur/jpy	X		25	1034	X		Asian
9/24/2010	eur/usd	X		3	1037	X		NY
				<b>Week 17</b>	<b>-18 pips</b>	5	5	
9/27/2010	aud/usd		X	-25	1012		X	NY
9/27/2010	gbp/usd		X	-36	976		X	NY
9/27/2010	eur/usd		X	-30	946		X	NY
9/28/2010	usd/chf	X		25	971	X		NY

9/29/2010	usd/chf	X		-25	946		X	NY
9/30/2010	eur/usd	X	25		971	X		Asian
		<b>Week 18</b>			<b>-66 pips</b>	2	4	
10/4/2010	No Trade Set-ups							
10/5/2010	No Class today							
10/6/2010	usd/cad	X	25		996	X		NY
10/7/2010	gbp/jpy	X	63		1059	X		NY RF 1010 into Wild Card...hit S3
10/8/2010	eur/jpy	X	25		1084	X		Asian Session
10/8/2010	eur/jpy	X		-43	1041			New York
10/8/2010	aud/usd	X	25		1066	X		New York
10/8/2010	usd/chf	X		-30	1036		X	New York
		<b>Week 19</b>			<b>+65 pips</b>	4	1	
10/11/2010	Banking Holiday - No Class							
10/12/2010	eur/jpy	X		-43	993		X	New York RF 1010 into Wild Card
13-Oct	No Class today							
10/14/2010	eur/jpy	X		-24	969		X	New York RF 1010 into Wild Card
		<b>Week 20</b>			<b>-67 pips</b>	0	2	
10/18/2010	gbp/jpy	X	32		1001	X		New York
10/18/2010	eur/jpy	X	25		1026	X		New York
10/19/2010	gbp/jpy	X	25		1051	X		New York
10/20/2010	eur/usd	X	27		1078	X		New York
10/20/2010	usd/chf	X		-54	1024		X	New York
10/21/2010	eur/usd		X	23	1047	X		NY RF1010 analysis resulted in 0.786 reversal on 60 minutes
10/22/2010	eur/jpy	X	25		1072	X		Asian Session
		<b>Week 21</b>			<b>+103 pips</b>	6	1	
10/25/2010	eur/jpy	X	19		1091	X		NY Session RF into WC
10/26/2010	eur/jpy	X	40		1131	X		NY Session RF into WC
10/27/2010	usd/chf	X		-17	1114		X	NY Session RF into WC
10/27/2010	aud/usd	X	14		1128	X		NY Session RF into WC

10/27/2010	usd/cad	X		-51	1063		X	NY Session RF into WC
10/28/2010	eur/jpy	X	22		1085	X		NY Session RF into WC
10/28/2010	usd/cad	X	37		1122	X		NY Session RF into WC
10/28/2010	usd/jpy	X	25		1147	X		Asian Session
10/29/2010	usd/cad	X	8		1155	X		NY Session RF into WC
10/29/2010	eur/usd	X	16		1171	X		NY Session RF into WC
			<b>Week 22</b>	<b>+99 pips</b>		8	2	

11/1/2010	usd/chf	X	49		1220	X		NY Session
11/2/2010	usd/chf	X	86		1306	X		NY Session
11/2/2010	gbp/chf	X		-87	1219		X	NY Session
11/4/2010	eur/jpy	X	12		1231	X		NY Session
11/4/2010	aud/usd	X		-32	1199		X	NY Session
			<b>Week 23</b>	<b>+28 pips</b>				

11/8/2010	gbp/chf	X	59		1258	X		NY Session
11/8/2010	usd/chf	X		-40	1218		X	NY Session
11/9/2010	eur/usd	X	40		1258	X		NY Session (some got +50)
11/9/2010	eur/usd	X	74		1332	X		NY Session
11/10/2010	eur/usd	x	55		1367	X		NY Session
11/11/2010	usd/cad	x		-30	1337		X	NY Session
			<b>Week 24</b>	<b>+218 pips</b>				

11/15/2010	no/trades							NY Session
11/16/2010	gbp/usd	X	60		1397	X		NY Session (some got +90)
11/16/2010	aud/usd	X	10		1407	X		NY Session
11/16/2010	usd/cad	X	43		1450	X		NY Session
11/16/2010	eur/usd	X	56		1506	X		NY Session
11/17/2010	no/trades				1506			NY Session
11/17/2010	gbp/usd	X	59		1565			NY Session (executed after call)
11/17/2010	no/trades				1565			

			<b>Week 25</b>	<b>+ 228 pips</b>				<b>Only 2 days with any trades</b>
11/22/2010	eurusd	X	30		1595			NY Session
11/23/2010	eurusd	X	53		1648			NY Session

11/23/2010	audusd	X	52	1700	NY Session
11/23/2010	nzdusd	X	43	1743	NY Session
11/23/2010	eurjpy	X	31	1774	NY Session

### Thanksgiving

			<b>Week 26</b>	<b>+209 pips</b>	<b>Only 2 days trading due to holiday</b>
11/29/2010	gbpusd	X	0	1774	some made 180 pips in London
11/30/20210	no/trades			1774	market moved early NFP week

			<b>November 2010</b>	<b>+683 pips</b>		
12/1/2010	gbpusd	x		-30	1744	Weird Spike-no explanation
12/3/2010	audusd	X	47		1791	noted in the room occurred after close
12/2/2010	gbpusd	X	48		1839	

Very few trades this week due to NFP - No safe entries with good targets

			<b>Week 27</b>	<b>+65pips</b>		
12/6/2010	audusd	X	55			Called EU- went 100 pips aftermarket
12/7/2010	eurjpy	X		-30		
12/8/2010	gbpusd	X	28			
12/8/2010	usdcad	X	15			
12/8/2010	audusd	X	27			
12/9/2010						No trades during session

12/10/2010

			<b>Week 27</b>	<b>+70pips</b>		
12/13/2010	usdjpy	X	28			Power outage at the office
12/14/2010	gbpusd	X	21			
12/14/2010	gbpusd	X	5			stopped out after 20 pips movement
12/14/2010	usdchf	X	33			
12/15/2010	gbpusd	X	41			called in room moved after
12/15/2010	usdjpy	X	37			called in room moved after
12/16/2010	audusd	X	54			
12/16/2010	audusd	X	20			
12/17/2010						No Trades today - squaring day

			<b>Week 28</b>	<b>+239pips</b>		
12/20/2010	eurusd	X	44			
12/20/2010	eurjpy	X		-30		

12/21/2010 eurUSD X  
12/22/2010 gbpUSD X

**36**  
**30**

called in room occurred after  
called in room occurred after

<b>Week 28</b>	<b>+80 pips</b>
<b>December 2010</b>	<b>+454 pips</b>

**This is one hour of trading**

June 2010	392 pips
July 2010	614 pips
August 2010	-113 pips
Sept. 2010	78 pips
Oct. 2010	200 pips
Nov. 2010	683 pips
Dec. 2010	454 pips
Ave Month	403 pips per month ( 1 hour a day)
Totals	2,421 pips - 6 months trading 1 hr/day