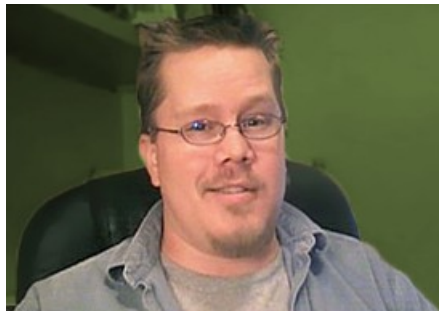


# Forex Trading Secrets Revealed

*by Mark Larsen*



## **Forex Risk Disclosure.**

Trading foreign exchange on margin carries a high level of risk, and may not be suitable for all investors. The high degree of leverage can work against you as well as for you. Before deciding to invest in foreign exchange you should carefully consider your investment objectives, level of experience, and risk appetite. Invest only what you can afford to lose.



## ABOUT ME

Hey guys, Mark Larsen here!

You probably know me from my independent Forex systems reviews website [Forex-Systems-Reviews.com](http://Forex-Systems-Reviews.com)

During the last 5 years I have published over 100 reviews of most commercial trading systems. Forex Systems Reviews is a 100% free and independent forex service. We never join any affiliate or referral program! We don't charge a fee to any forex service provider nor to our users. All forex reviews are only based on the last test performance of each forex system service and our own experience. We were really tired of all that crap going on out in the forex market recently, so our goal is to spread the word of honesty about each system to all fellow traders looking for help and advice.

My amateur forex trader friends were always asking me to recommend good forex systems to them because you know we are all too lazy to analyze the forex market trends ourselves since it is boring technical and fundamental analysis and things like that.. So I finally got fed up with these requests and decided to make a report summary on each top forex trading system I found so fellow traders didn't have to search everywhere for the information. To my surprise, I have found that most of the forex signal providers are just mere **get-rich SCAMS**, promising high profits with no proof and fake reports! So be careful and always read my short forex reviews before ordering such services.

## ABOUT THIS BOOK

I am not a forex guru or hippie marketer that is trying to sell you some crappy system. I am a trader just like you. First of all I need to say that I did not write this eBook for myself, but for each and every one of you. I hope that it will be beneficial for everybody that reads it and that you will share it with all the **people you know**.

In this book I will guide you step by step from the forex basics to the best cherry picked strategies and secrets that I use. Everything that you need to know about how to start making money on forex! I am going to share the most valuable insider forex secrets and strategies that I've learned the last 10 years.

So please get rid of all distractions and interruptions, turn off your instant messages and email reminders, close the door and prepare to be amazed! You are going to learn something **REALLY** valuable today!

I know that most of my fellow traders are newbies so don't get frustrated. Forex is a risky market but it is very lucrative at the same time and it has a lot of opportunities for you to make some money.

Enough words. Take my hand and lets get started!





## FIRST STEPS

First, you need to start with the basics, if you don't know what FOREX means, you will not understand anything in this eBook and therefore you will very likely lose your money. So PLEASE don't skip any steps! I will teach you what you need to know, once you have the basic knowledge!

### **Well first of all what the heck is Forex? What is that stuff all about?**

Well, the origin of FOREX trading traces its history back to centuries ago blah blah blah. Different currencies and the need to exchange them existed since the Babylonians. In those days, the value of goods were expressed in terms of other goods (also called the Barter System).

The size of the FOREX market now dwarfs any other investment market. The foreign exchange market is the largest financial market in the world, guys!!! Approximately 1.9 trillion dollars are traded daily in the foreign exchange market. It is estimated that more than 1,200 Billion USD are traded every day. I can easily say that FOREX market is a lucrative opportunity for the modern day investor.

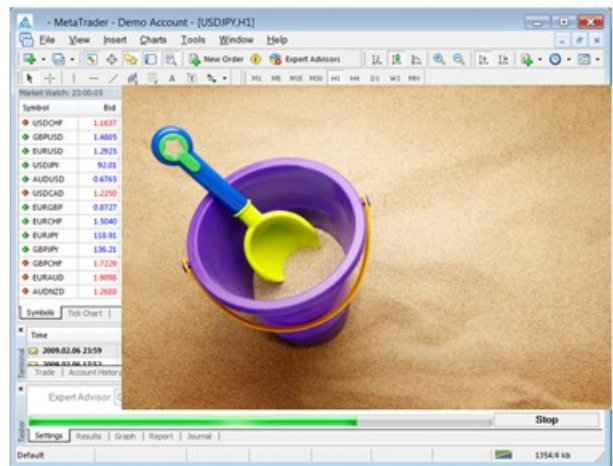
In fact, forex trading is the simultaneous buying of one currency and selling of another. Currencies are traded through a broker or a dealer and are traded in pairs; for example the Euro dollar and the US dollar or the British pound and the Japanese Yen. In general, the exchange rate of one currency versus other currencies is a reflection of the condition of that country's economy, compared to the other countries' economies.

Until the late 1990's, only the "big guys" could play this game. The initial requirement was that you could trade only if you had about ten to fifty million bucks to start with! Forex was originally intended to be used by bankers and large institutions - and not by us "little guys". However, because of the rise of the Internet, online forex trading firms are now able to offer trading accounts to 'retail' traders like us.

**What does it cost to trade forex?** An online currency trading (a "micro account") may be opened with just a couple hundred bucks. Or you can even play with fake money with no risk on a demo account first! It's your choice guys!

Okay enough general words. This is stuff you can read all over the place, I just wanted to make a short overview to newbies because most of my fellow traders actually are. Let's get right into the action now.

# Forex Brokers



## CHOOSING A BROKER. BROKERS' DIRTY TRICKS

First things first. To keep the long story short, to start trading first you need to choose a broker and install Metatrader platform!

Let's face it, the majority of all forex brokers that support the MetaTrader 4 platform are pure bucket shops. The truth is you are not actually trading in a true market environment but instead in a "sandbox" type of trading environment called dealing-desk where the broker has full control over your position. You are winning money and he is losing it. And in this such type of environment winners are obviously not welcome. If you win consistently on a long term basis, your account can be banned or suspended and all your profits go to nowhere! Or instead into the broker's greedy pocket!

Shocked?! Here is more...

## Dealing Desk Broker

**is a Market Maker!**



**your market.  
play here, baby.**

[www.SECRETS.BZ](http://www.SECRETS.BZ)

For long time I have been looking for a MT4 broker which offers a true non-dealing desk trading environment. A lot of them claim this but it is all pure BS, if you'll pardon my French. If they have fixed spreads they CANNOT be a non-dealing desk broker! Any broker that offers fixed spreads by definition can't be offering a no dealing desk trading platform. Just be aware that when there is a trading desk involved (be it human or computer operated) you are not trading in a true market environment.

A dealing desk broker, which acts as a market maker, may be trading against your position! They randomly increase the spread to kill your scalper trading systems, they send you fake spikes to hit the stop loss limits and they send you off quotes errors when you're trying to close the position in profit telling you fake stories about crazy market conditions and banks liquidity. An insider friend of mine who is a key programmer working for a dealing desk brokerage firm on the West Coast, acknowledged that brokers spike rates of up to 15 pips on a routine basis and for a variety of reasons!!



So how do you get around this? The solution is simple, use ECN/STP brokers.

Here are **ADVANTAGES OF THE NON-DEALING DESK ECN/STP brokers**

**1. No Inherent Conflict of Interest.** Non-dealing desk brokerage firms do not trade against their clients. As facilitators of trading, they do not take positions that may from time-to-time conflict with the interests of individual traders.

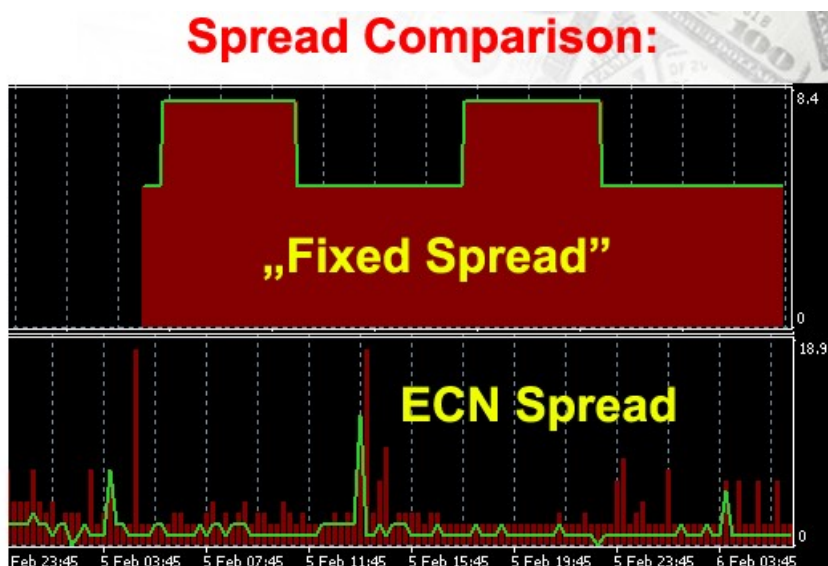
**2. Market Access.** Non-dealing desk brokers offer every trader, big and small, equal access to the inter bank market. The rates (bid and ask prices) on a non-trading desk platform are not those set by an individual broker but those derived from active trading



between participating banks, institutional investors, FCM's and individual traders. The process itself makes every trader, regardless of size, an independent market maker.

**3. Healthy Trading Environment.** Non-dealing desk broker rates as well as bid/ask prices come directly from the inter bank system. They are not filtered or otherwise manipulated or spiked by the broker to gain a trading advantage.

**4. Transparency.** No mind games. What you see is what you get.



**However there are few DISADVANTAGES OF THE NON-DEALING DESK**

### 1. Higher spreads

Spreads are variable, not fixed. Forex is an extremely fluid market. Spreads are in a constant state of flux and when traders trade through a non-dealing desk, they may see a dozen or more banks posting rates - the most attractive appearing above all the others.

During peak trading hours, spreads can drop to zero, a fact most traders using a dealing desk are not aware of. During off-peak hours, spreads can be considerably higher.

### 2. Higher Cost of Trading

Non-dealing desk brokers don't offer or execute trades based on fixed spreads. They charge a nominal transaction fee (commission) which is bit high. Such is not the case with a dealing desk broker. Whether inter bank spreads are high or low, they just boost their rates to guarantee the profits they have imputed in their fixed spreads.

**So is there any chance to find a MT4 ECN/STP broker?? The good news - yes.**

I cant name the companies of course because it will look like I endorse them, however I can point you in the right direction for your research!



Some ECN/STP providers offer their own custom API or Bridge you can use to make trades in MT4. Other companies offer commercial software to build a bridge between ECN/STP environment and MT4 platform like Boston Bridge Tech.

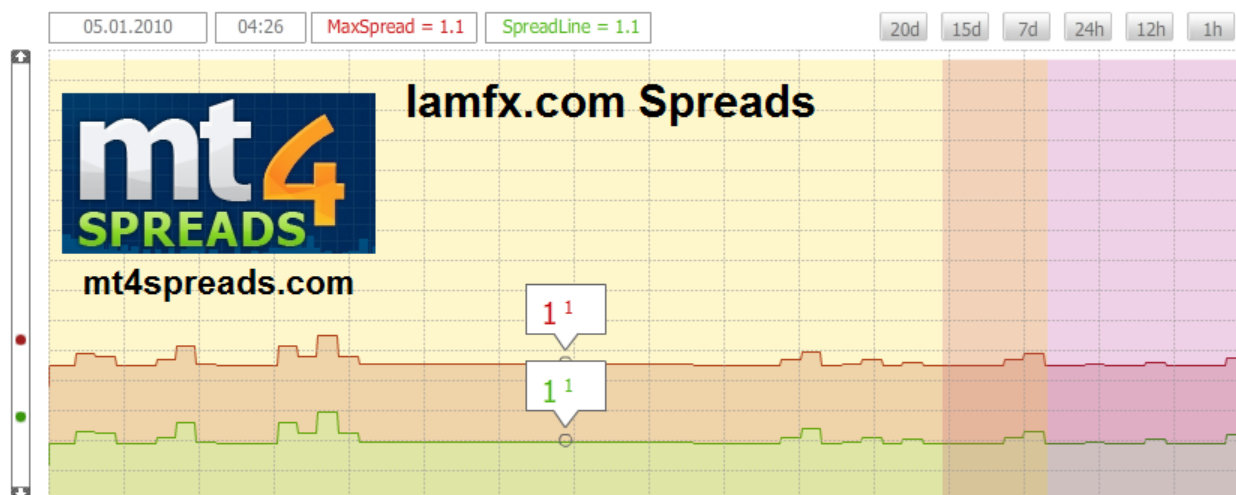
I believe as more time passes, more and more brokers will offer an honest regulated ECN/STP environment so you can be sure no one is manipulating your trades!

## My Broker of choice

Currently my broker of choice is lamfx.com and **here is why**. I decided to make a due diligence and find out more about this company.

First of all I will say that I really like this broker. lamfx.com is a very new company (they only started the business in 2009) however in just a few months it became a headline of the first innovative broker that "works for you", not against you like the majority of dealing desk market makers. lamfx.com does not try to cheat you by skyrocket spreads during the Asian session, sending spikes and off quotes when you try to exit the trade in profit (a common broker trick) :

lamfx business model is comprehensive and fair - they give your raw (meaning real low inter bank spread without adding an additional 2-3 pips to the spread like other brokers) and charge you 1 pip commission (which used to be 2.4 pips in the past but they made right decision to lower it). This means that your scalping EAs will have a greater chance of covering the spread and reaching the TP target faster.



Of course before joining them, I decided to dig deeper and find out the disadvantages too. Here are the cons that I found out and I believe you should be aware of before joining them. First of all they are officially located in United States however they don't have a separate physical office that allows walk-ins. They are a white label to GallantFX and have people within their New York office. Secondly, lamfx is not a NFA member, which on one hand is bad and on the other hand is good - they allow hedging and have no restrictions on margin.

One more disadvantage - they don't accept credit card deposits, they only accept wire transfers and checks, at least at the time I am doing this review. I heard they plan to accept credit cards and PayPal in the future.

lamfx does not make huge promotional campaigns spamming all the forums and blogs. They are growing by providing good service and I believe that "word of mouth" is the best way for promotion for the "right company".

lamfx is good if you trade robots like fapturbo, megadroid, robominer, forexbling, shocker, cyclone, etc. which require low spreads to be profitable.

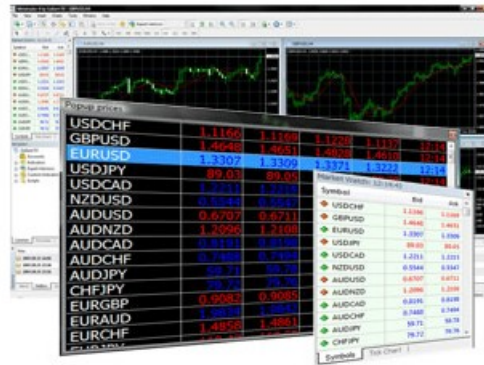
One more note - their currency pairs have prefix "ifx" and "iam" which means if you want to back test any robot, you need to manually download the history data somewhere and then place it to "History" folder in lamfx folder and then manually rename the files. You can also download data from lamfx site.

Now here is the good part - lamfx offers free VPS for all its clients with live deposits no matter how large your deposit is. Their VPS is not a lagging windows server but a web based panel that can be accessed from any OS simply via the browser!

The bottom line is that the lamfx.com service is really good and it is currently the broker of choice for the MT4 trading.



## Installing Metatrader



Metatrader platform is a free software that is provided by the broker so you can trade forex. Installing Metatrader is really easy!

I won't take 20 pages of my ebook posting the screen shots on how to install Metatrader. Even a baby can do it.

Simply go to <https://www.iamfx.com/freedemo.php> and sign up for the free demo account with the broker. Then follow the steps.

Note that Metatrader works only under Windows OS (XP, Vista, Windows 7, etc.). If you are a MAC or LINUX user you will need a VPS (virtual private server) to access Metatrader. Normally you have to pay \$69.95/month for the VPS. The good news is that iamfx will give you a free VPS. iamfx VPS is browser based so it can be accessed from any browser like IE, Firefox, Safari or Chrome and from any OS.

When you have installed the Metatrader, you will be offered to open a demo account. Choose leverage 1:100.

Remember that forex does not work during the weekends!

You are all set. Now you are ready to trade forex!

## WHY PEOPLE FAIL ON FOREX?



It's not a secret that 90% of newbies fail and lose their money. How do you not join the army of poor losers? You must start with a weapon of knowledge!

The leverage is the killer of your deposit! No matter what the forex brokers tell you, don't ever open a "standard account" with just \$1,000 or a "mini account" with \$150. The number one reason new traders fail is not because they suck, but because they are undercapitalized from the start and don't understand how leverage really works. For example, in forex you can control \$100,000 with a \$1,000 deposit. Your leverage, which is expressed in ratios, is now 100:1. You're now controlling \$100,000 with \$1,000.

So the number one rule is don't underestimate leverage! Beware of the risk of forex trading! **Play only with money you can afford to lose!**

Like any other business, forex should be taken seriously. It involves lots of patience, skill and a good strategy. People who are impatient fail miserably and lose a lot of money. You might face losses but you need to have the capability to get back up and get profitable trades because profits and losses are a part of the forex trade.

Try to educate yourself with every loss and make sure that you understand why things would not go according to your plans. Every person who enters forex would definitely need experience before they can expect any sort of huge profits. As long as you are impatient, you would falter and get discouraged in the field of forex trading. So, patience will definitely be one of the most important characteristics that you need to have. You should also be able to possess money management skills.

## FOREX UGLY TRUTH REVEALED

It's not your fault if you already lost money on forex. The truth is that a high majority, over 90% of people, lose money in the first month. But you know what? Your money does not disappear. All the hard earned money that you lose on forex just goes into the pockets of rich guys that know something that you don't even think about.

The forex industry top guys want to keep this information from you. They are trying their best to prevent transferring money from people like "them" to people like "us". That's why the Internet is overfilled with crappy courses and systems that never work. And I will give you real examples in just a minute!



### **Everybody in the forex industry is trying to suck money from you!**

Self proclaimed forex gurus sell you expensive courses filling your head with useless mathematic crap that will never help you. You pay thousands to learn about Fibonacci ratios and Elliot Waves and still have no idea how to use them. And the more you learn the more frustrated you become! While you spend sleepless nights trying to find proper graph patterns, study hundreds of indicators and theories, "they" simply earn money. They don't even have to trade themselves anymore because you fill their pockets with money anyway!

Lets take forex brokers for example.. They claim they earn money on "commission" but in reality they are earning money on your losses! **Surprised?**

Did you know that most of them use special software for simulating forex trading inside the broker's dealing server without actually moving your money to real world forex trading!

Did you know that this special software is gathering the information about the levels where the clients' massive stop loss limits are located and randomly send spikes to hit such levels forcing all of you to lose money overnight!

## **And there is more!!**

Did you know that if you try to make consistent and huge profits, brokers most likely will terminate your account saying that they are not interesting in doing business with you anymore!



Did you know that they post fake analytics and forecasts on their websites written by their own hired authors pushing you make wrong decisions?

Shocked?

If they are not telling you this, what else are they hiding from you?

The forex industry wants to keep this information from us. It's obvious they are getting rich off you and me.

**But people like you and me deserve this information.**

After all, if we know their secrets, we don't need to give them our money!

That's why Ryan and I created our independent forex review service and Forex Secrets videos. I am not sure how long our website will stay online because I heard they are very angry about it and are going to ban our website pretty soon.

That's why I urge you [to join](#) you our private group of fellow forex traders right now until it is too late. There is not hidden catch here. Everything that I am going to tell you will cost you nothing, free, zip, zero!! yep, you heard correctly, nothing!



## HOW TO AVOID FOREX SCAMS?

You know for over 10 years, I have been trading forex and have seen nearly all trading systems available on the market. And you know what? To my surprise, I have discovered that most of the forex systems are just mere get-rich SCAMS, promising high profits with no proof and fake reports! And instead of getting rich overnight you are getting a lot of hassles, wasting money and time.

But the good news is there are still a number of legit and great performing systems that you can pick up for your trading.

And you know me! I cant let scam artists drain money from your pockets! So today I decided to educate you on how to understand if the forex system is a scam or a real deal.

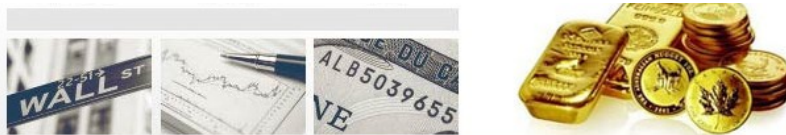
So, how do you make a proper due diligence investigation and find out if we are dealing with scam artists or if we found a really great system?

Today we'll start with an investigation of the vendor's website and look for any scam signs on it. The website will tell us a lot.

Here are the common **“red flags”** that would point to you – this is a potential scam:

**Unrealistic claims and promises.** *“With our system you'll make 1,000,000 In a month? 100 grand in a week”* – hehe. Such claims can be found everywhere and are a good sign it's a scam.

Take a look on this website. I would not tell you the link but I think most of you will recognize the “hero”.



### MAKE MONEY JUST BY CLICKING

Earn like professionals do! Use 100% Automatic Forex Signals.

Use the system which made 4,000,000 Pips Trading Profit last year.

Dear Friends,

It's been over 4 years since Forex Automoney helps multiply assets of companies and individuals.

Four million pips of trading profit in 2007 is a great summary of what we do. I'd like to congratulate all our current members and invite new individuals - with Forex Automoney giving you 3 great trading strategies and intraday signals you can make thousands of dollars each day just at the expense of a few clicks! No more thinking! Just trading and gaining profits!



*M. Festner*

How much YOU can earn here?

Wt  
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ForexAutomoney.com

How do you like that "**4,000,000 pips last year**" ? That is 4 million divided by 250 trading days = 16,000 pips per day.

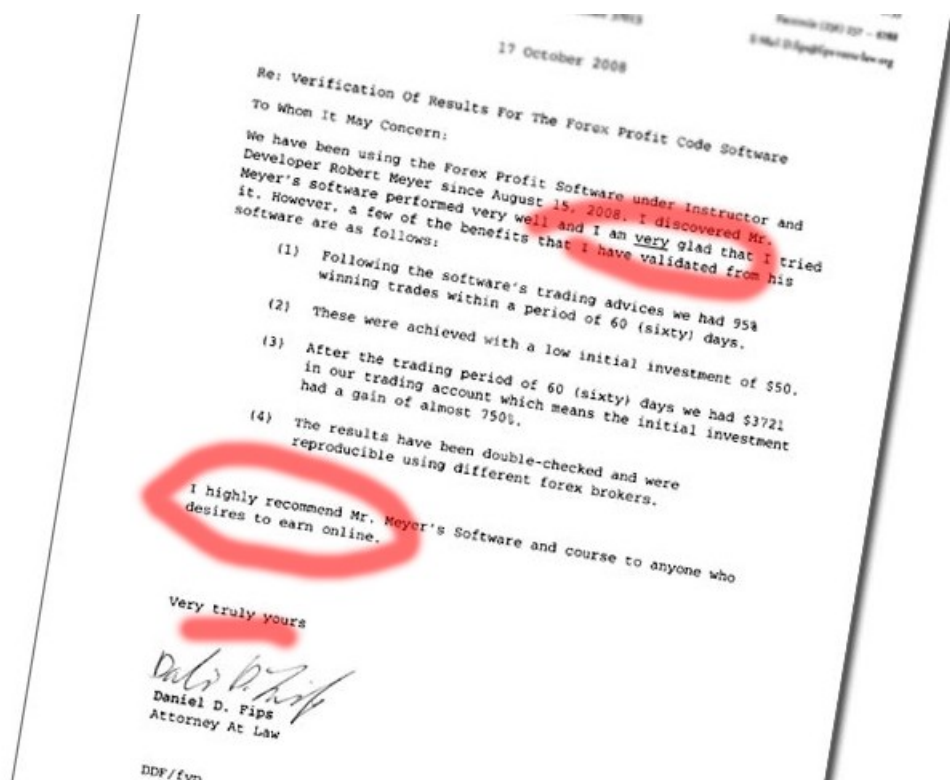
16,000 pips divided by 18 traded pairs = near 900 pips per day, per pair !!! What an inspiration to all of us under-achievers. ;-)

Every newbie knows that such returns could not be obtained on forex market.

**Fake statements and reports.** Usually scammers use Photoshop to make their trading statements look the way they want. So don't trust the trading statements provided like screen shots or images. They could easily be faked! The real statement can be provided as a HTML report or access to the broker trading account where the statement was obtained. So you can verify it.

Also I recommend using the **MT4Stats.com** free service for publishing the statements.

**Also don't trust some fake "proof" images.** Here is an example I found on one of the scam systems websites. The vendor claims: "*Software has been attested and the results were verified by an attorney at law*". Ok good... but now lets take a closer look at this document.. here it is. Doesn't it look like fake stuff to you? Would the real serious attorney at law write "*I am very glad I tried it*" or "*I highly recommend it*"?? Well..I doubt, guys.



**Shocked? Well.. there is more!**

**So called “black box” approach.** Such scammers will sell you a total black box system that is “so complicated, advanced and profound (blah blah blah) that there is no way to back test it” - but no back test = no proof!!

You know what I mean?

## **DON'T TRUST BLACK BOX!**



This black box approach can be found on scam vendors websites in 2 possible ways:

**System is provided in Trading Signals** that are issued every day by the vendor. This is also one of the examples of the outdated approach that some scammers use.. No human will sit at their monitor 24/5 waiting for the signals that never come in time. And when you miss the signal the scam artist will tell you that you failed to achieve good results because you missed a very important signal! And how are these signals generated? We never know. We cant track performance. Again, total black box = possible scam.

**And here is more:**

One more example of the black box approach:

**System is provided in a way of trading indicators.** If you don't know, the trading indicator is a script that you apply to the chart that generates trading alerts when there is proper market situation. But again, would you sit around the clock waiting for these signal alerts to appear? No one on earth will do that because it is impossible. They can come out when you are asleep or go for a walk with your dog or take a shower. And imagine what happens if you miss the signal to close your open trade?! You lose your money again and again! Will you sustain it? I'd guess NO!

The proper way to use indicators is to automate them! To build a robot that places trades on the indicators alerts for you! That will trade 24/5 even when you are away!

And how do you like that?

**System is provided in the way of expert advisor that is connected to the remote vendor's server to receive trading signals from it.** That is the clear sign of a scam. Why? I will explain. First of all, you can't back test such a system for the obvious

reason: the trading rules are on the vendor's server, not inside the robot. Second, how could you trust the system that relies on the connection to the vendor? What if his server goes down or messes the signals? The whole trading will be messed up and you lose your money AGAIN!



**Do you see what I mean?** Such black box approach is used to fool you and most of my fellow traders! Don't get caught by these scammer tactics and watch out!

So be careful guys and always check my short independent forex reviews before ordering any services! There are some good systems out there that can make you realistic returns but you must be clever enough to find them among the tons of scam services!

If you have your own experience dealing with forex scam artists, please share them with me!

## Do I need VPS?



### What is VPS and how to cook it ?

Forex robots need to be trading 24 hours a day, 5 days a week using your computer resources. If the robot experiences any interruptions during trading hours, this may result in missed trading opportunities or the loss of money. If you are unable to properly log on to your computer, this may also affect the trading platforms and the robot. For example, maintenance of your computer or new installations may have to be completed during non-trading days which can present a problem.

You may also be afraid that other people will use your computer (i.e. your kids) and they might accidentally close the platform or even worse, make a wrong manual trade that will cause you dramatic losses. What if there is a power shortage and your system is accidentally restarted? If you don't have a VPS setup, you can lose a lot of money.

### So.. Is there a solution? YES!

YES! It is called a Virtual Private Server (VPS). More than likely, you have heard about forex trading VPS from various forums and advertisements. In case you don't know, a VPS is a network of computers that are owned by a company that specialize in providing access to their computers for a monthly service fee, through the Internet. These computers are maintained by experts who keep them updated with the latest security firewall and virus protection. They are working most of the week apart from hours of scheduled maintenance (and of course unscheduled, should any problem arise). You have the ability to access these computers remotely (which is called terminal-operation).



## **VPS services are commonly divided into 3 groups:**

### **1. Traditional VPS based on windows server 2003.**

You get only a raw server and have to install everything yourself here. You get access by remote desktop tool. You have to upload, update, activate your robots yourself, install metatraders, configure the firewall and all these hassles..

However, such services are rather cheap and you can install several metatraders on one VPS. A perfect solution for computer professionals like me.

Examples: swvps.com and forexvps.com

### **2. Pre-installed Metatrader Forex VPS.**

Examples: ezforexhost.com and forexhoster.com

Such services are more expensive, however more user friendly and were developed especially for forex traders. They are easier to setup but you must do everything yourself from uploading

EAs to updating the settings. You get access by a connector tool and get pre-installed metatrader! A good solution for forex traders if you have some basic computer skills.

**3. Web Based VPS.** Example: lamfx.com VPS. This is the perfect solution for forex newbies because they offer a "set and forget" approach. You get full support and pre-installed metatrader. You don't need to setup the server or install anything. Just upload your robots or use pre-installed robots. The main advantage is that the web based lamfx.com VPS can be accessed from all OS (Windows, Linux, MAC) because it works in your web browser. Plus it is free.



## **So the main question is: Do I use home PC or VPS?**

The answer is simple: YES!! Of course I use AND HIGHLY RECOMMEND YOU USE VPS services and not only one, I have 21 trading servers right now from different companies. Remember, diversification is the key. Don't trust your trading for a home computer that can be easily messed up by the family and kids, always order secure VPS!

Read my independent reviews and I hope they will help you find a perfect VPS solution.



# My Trading Strategy Revealed

Ok. Here is the best part of the ebook. Today I will describe a simple but very powerful strategy that I use in my trading.

Make sure you have a paper to make some notes and feel free to send me an email if did not understand the idea.

Ok. here we go!

What you need is a Bollinger Bands indicator which is a part of every metatrader. Many trades underestimate the power of this simple indicator invented by John Bollinger in the 1980s

## Setup: Bollinger Bands Indicator



**John Bollinger**

Lets apply this indicator to the M15 (15 minutes) GBPUSD (pound-USD) chart with a period of 10.



The Upper band is a Resistance and the Lower Band is a Support. If you pay attention to the chart you will see that most of the time the price hits the upper band and then it retraces back to Lower Band, so how I trade is very easy - I wait till the price touches let's say the lower band and closes above it (not under it) and wait till the candle is

formed, when it finishes and the next candle opens under the previous Lower band then I enter a Long trade.

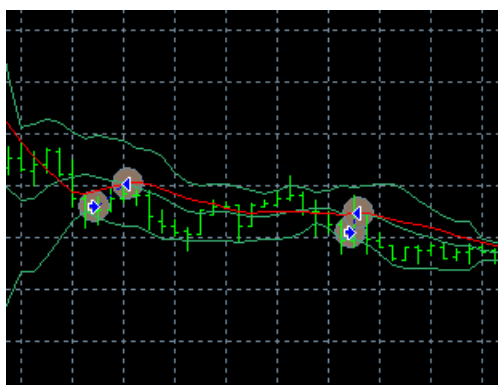
**And here is the trick** that most people don't use and that's why they fail to use the Bollinger Bands indicator successfully. They don't know when to close the trade and therefore wait till the price reaches Upper Band which in most cases does not happen.



Lets apply Moving average indicator with a period of 14. It is shown in Red on my chart. Here is the trick to close the trades properly. Wait till the price reaches Moving average line (not the upper band) and close your trade! That's it. Very easy!

The strategy works good on such currencies as Euro-USD, USD-Canadian dollar, Euro-Great Britain pound, USD-Japan yen. The strategy is sensitive to the spread so make sure you trade on broker which give raw spread like lamfx.com. You can use Take Profit = 30 and Stop Loss of 130.

The strategy is very simple and it always works. Take a look at my trades that I show here:



Plenty of trades and all closed in profit!! Just make sure you don't trade around economic news that have a great impact on the market and you will be safe!

**Try it and you will love it!**



**VIDEO.** Check out my video about this [strategy here](#).

Well... This is not just a nice theory. Here is my real trading history based on this strategy. Broker lamfx.com Micro Account

**Closed Transactions:**

Ticket	Open Time	Type	Size	Item	Price	S / L	T / P	Close Time	Price	Commission	Taxes	Swap	Profit
4544782	2009.12.09 21:30	sell	2.00	gbpusdiam	1.62631	0.00000	0.00000	2009.12.10 00:30	1.62735	-20.00	0.00	-0.72	-208.00
4548163	2009.12.09 23:15	sell	3.00	usdjpyiam	87.953	0.000	0.000	2009.12.10 01:07	87.973	-34.20	0.00	0.00	-68.20
4591458	2009.12.10 20:15	sell	2.00	gbpusdiam	1.62584	0.00000	0.00000	2009.12.11 00:15	1.62783	-20.00	0.00	-0.24	-398.00
4598530	2009.12.10 23:15	sell	3.00	usdjpyiam	88.309	0.000	0.000	2009.12.11 00:30	88.254	-33.90	0.00	0.00	186.96
4600843	2009.12.11 00:30	buy	2.00	gbpusdiam	1.62728	0.00000	0.00000	2009.12.11 00:34	1.62753	-20.00	0.00	0.00	50.00
4606502	2009.12.11 04:15	buy	2.00	eurgbpiam	0.90267	0.00000	0.00000	2009.12.11 06:38	0.90317	-32.60	0.00	0.00	163.10
4612111	2009.12.11 08:15	sell	2.00	usdcadlam	1.05315	0.00000	0.00000	2009.12.11 08:16	1.05192	-19.00	0.00	0.00	233.86
4678042	2009.12.14 23:45	buy	4.00	eurusdiam	1.46499	0.00000	0.00000	2009.12.14 23:59	1.46540	-40.00	0.00	0.00	164.00
4678637	2009.12.15 00:00	sell	3.00	usdjpyiam	88.699	0.000	0.000	2009.12.15 01:31	88.680	-33.90	0.00	0.00	64.28
4683024	2009.12.15 05:30	buy	2.00	usdcadlam	1.05630	0.00000	0.00000	2009.12.15 07:29	1.05696	-19.00	0.00	0.00	124.89
4704511	2009.12.15 22:00	sell	2.00	gbpusdiam	1.62752	0.00000	0.00000	2009.12.15 23:05	1.62652	-20.00	0.00	-0.24	200.00
4709038	2009.12.16 01:15	buy	2.00	gbpusdiam	1.62555	0.00000	0.00000	2009.12.16 01:23	1.62670	-20.00	0.00	0.00	230.00
4709824	2009.12.16 01:45	sell	2.00	eurgbpiam	0.89445	0.00000	0.00000	2009.12.16 04:42	0.89497	-32.40	0.00	0.00	-168.96
4709829	2009.12.16 01:45	buy	2.00	gbpusdiam	1.62542	0.00000	0.00000	2009.12.16 04:00	1.62518	-20.00	0.00	0.00	-48.00
4715309	2009.12.16 06:30	sell	2.00	usdcadlam	1.06250	0.00000	0.00000	2009.12.16 07:15	1.06153	-18.80	0.00	0.00	182.76
4724882	2009.12.16 10:15	buy	2.00	usdcadlam	1.05903	0.00000	0.00000	2009.12.16 11:15	1.06068	-18.80	0.00	0.00	311.12
4735599	2009.12.16 18:45	buy	2.00	gbpusdiam	1.63439	0.00000	0.00000	2009.12.16 20:16	1.63598	-20.00	0.00	0.00	318.00
4741915	2009.12.16 21:00	buy	2.00	gbpusdiam	1.63115	0.00000	0.00000	2009.12.16 21:58	1.63331	-20.00	0.00	0.00	432.00
4741969	2009.12.16 21:00	sell	2.00	usdcadlam	1.06307	0.00000	0.00000	2009.12.16 21:52	1.06087	-18.80	0.00	0.00	414.75
4748556	2009.12.17 00:45	sell	2.00	gbpusdiam	1.63390	0.00000	0.00000	2009.12.17 00:55	1.63322	-20.00	0.00	0.00	136.00
4775495	2009.12.17 19:00	sell	2.00	gbpusdiam	1.61591	0.00000	0.00000	2009.12.17 20:57	1.61577	-20.00	0.00	0.00	28.00
4786676	2009.12.18 00:15	buy	3.00	usdjpyiam	89.839	0.000	0.000	2009.12.18 03:00	89.580	-33.30	0.00	0.00	-867.38
4786677	2009.12.18 00:15	buy	2.00	gbpusdiam	1.61306	0.00000	0.00000	2009.12.18 00:49	1.61553	-20.00	0.00	0.00	494.00
4793178	2009.12.18 03:30	buy	2.00	usdcadlam	1.06620	0.00000	0.00000	2009.12.18 06:17	1.06663	-18.80	0.00	0.00	80.63
4813634	2009.12.18 21:15	sell	2.00	gbpusdiam	1.61302	0.00000	0.00000	2009.12.20 23:43	1.61293	-20.00	0.00	-0.24	18.00
4842485	2009.12.21 21:15	buy	2.00	gbpusdiam	1.60412	0.00000	0.00000	2009.12.21 22:20	1.60539	-20.00	0.00	0.00	254.00
4851097	2009.12.22 00:45	buy	3.00	usdjpyiam	91.121	0.000	0.000	2009.12.22 01:59	91.134	-33.00	0.00	0.00	42.79

Continued next page...

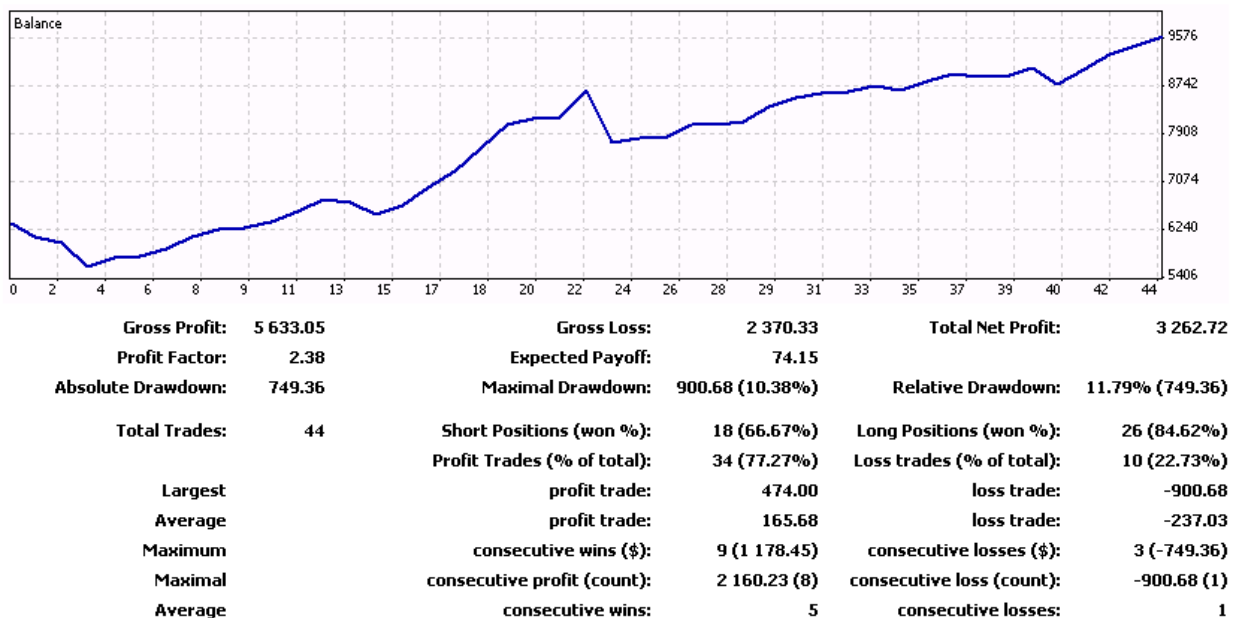
4851097	2009.12.22 00:45	buy	3.00	usdjpyiam	91.121	0.000	0.000	2009.12.22 01:59	91.134	-33.00	0.00	0.00	42.79	
4876146	2009.12.22 21:00	buy	2.00	gbpusdiam	1.59684	0.00000	0.00000	2009.12.22 21:04	1.59721	-20.00	0.00	0.00	74.00	
4890132	2009.12.23 09:30	buy	2.00	usdcadlam	1.05446	0.00000	0.00000	2009.12.23 10:00	1.05595	-19.00	0.00	0.00	282.21	
4914026	2009.12.23 21:00	buy	2.00	gbpusdiam	1.59521	0.00000	0.00000	2009.12.23 21:28	1.59609	-20.00	0.00	0.00	176.00	
4919559	2009.12.23 23:30	buy	2.00	gbpusdiam	1.59510	0.00000	0.00000	2009.12.23 23:54	1.59554	-20.00	0.00	0.00	88.00	
4934692	2009.12.24 19:00	sell	2.00	gbpusdiam	1.59474	0.00000	0.00000	2009.12.24 19:41	1.59442	-20.00	0.00	0.00	64.00	
4960175	2009.12.28 19:15	sell	2.00	gbpusdiam	1.60084	0.00000	0.00000	2009.12.28 19:48	1.60023	-20.00	0.00	0.00	122.00	
4964471	2009.12.28 23:15	sell	3.00	usdjpyiam	91.644	0.000	0.000	2009.12.29 01:10	91.662	-32.70	0.00	0.00	-58.91	
4988290	2009.12.29 20:45	buy	2.00	gbpusdiam	1.59029	0.00000	0.00000	2009.12.29 21:24	1.59122	-20.00	0.00	0.00	186.00	
4997114	2009.12.30 01:45	buy	2.00	gbpusdiam	1.58928	0.00000	0.00000	2009.12.30 01:53	1.59002	-20.00	0.00	0.00	148.00	
5026147	2009.12.31 02:45	buy	2.00	usdcadlam	1.05201	0.00000	0.00000	2009.12.31 05:43	1.05180	-19.00	0.00	0.00	-39.93	
5046437	2009.12.31 21:45	buy	2.00	gbpusdiam	1.61571	0.00000	0.00000	2009.12.31 22:56	1.61655	-20.00	0.00	0.00	168.00	
5047565	2009.12.31 22:45	sell	2.00	eurgbpiam	0.88690	0.00000	0.00000	2009.12.31 22:55	0.88677	-32.40	0.00	0.00	42.03	
5061051	2010.01.04 10:00	buy	2.00	usdcadlam	1.04107	0.00000	0.00000	2010.01.04 13:34	1.03962	-19.20	0.00	0.00	-278.95	
5076406	2010.01.04 20:00	buy	2.00	gbpusdiam	1.61007	0.00000	0.00000	2010.01.04 20:13	1.61150	-20.00	0.00	0.00	286.00	
5086280	2010.01.04 23:45	buy	3.00	usdjpyiam	92.419	0.000	0.000	2010.01.05 00:22	92.515	-32.40	0.00	0.00	311.30	
5088195	2010.01.05 01:00	sell	2.00	gbpusdiam	1.61116	0.00000	0.00000	2010.01.05 02:04	1.61039	-20.00	0.00	0.00	154.00	
5088974	2010.01.05 01:15	buy	2.00	usdcadlam	1.03997	0.00000	0.00000	2010.01.05 02:27	1.04096	-19.20	0.00	0.00	190.21	
										-1 020.40	0.00	-1.44	4 284.56	
										<b>Closed P/L:</b>				<b>3 262.72</b>

#### Open Trades:

Ticket	Open Time	Type	Size	Item	Price	S / L	T / P	Price	Commission	Taxes	Swap	Profit		
No transactions														
										0.00	0.00	0.00	0.00	
										<b>Floating P/L:</b>				<b>0.00</b>

As you can see I trade such pairs as GBPUSD, EURGBP, USDCAD, USDJPY. I use different settings for each pair. **WORKS LIKE CHARM!** Profits are very consistent and losses are very limited because I hit SL very rarely and normally limit the losses by the trick with Moving average that I described!

#### Details:



I don't say that I trade ONLY using this strategy but it is one of the best simple strategies that's proven to be really good! And you can start using it now! Remember to start on Demo!

## MARK LARSEN SECRET FORMULA

Everyone asked me to share my secrets about the back tests and optimizations that make my strategies so powerful!

Okay okay...! Take something to make records and lets gets started!!

First things first. Here is one more good idea to consider. If you perform an optimization of real trading strategy, you can make yourself a victim of your own optimization !! I mean you will create settings that work on history but fail in forward test!



The truth is - you can optimize every strategy on a defined period of time so it will perform great with good profits. However, when you run real trading it starts to lose money. That is a common mistake of newbie traders. Instead of optimizations, you lie to yourself – you simply teach your strategy to follow the history! So you get settings that work ONLY on the past price data! I mean you get settings that show how your system COULD perform if you ran it EXACTLY during the specified period in the past!!

**But the past is GONE!!** New market conditions come and your system becomes helpless and turns into a loser!

To avoid this mistake, learn my special secret! I called it "**Mark's TRADING LAW of 3/4**". Sounds pretty cool, ha? :)

In fact it is pretty simply.

Let's say today is January 1, 2005. (you will understand later why I'm using such old date, not the current date)

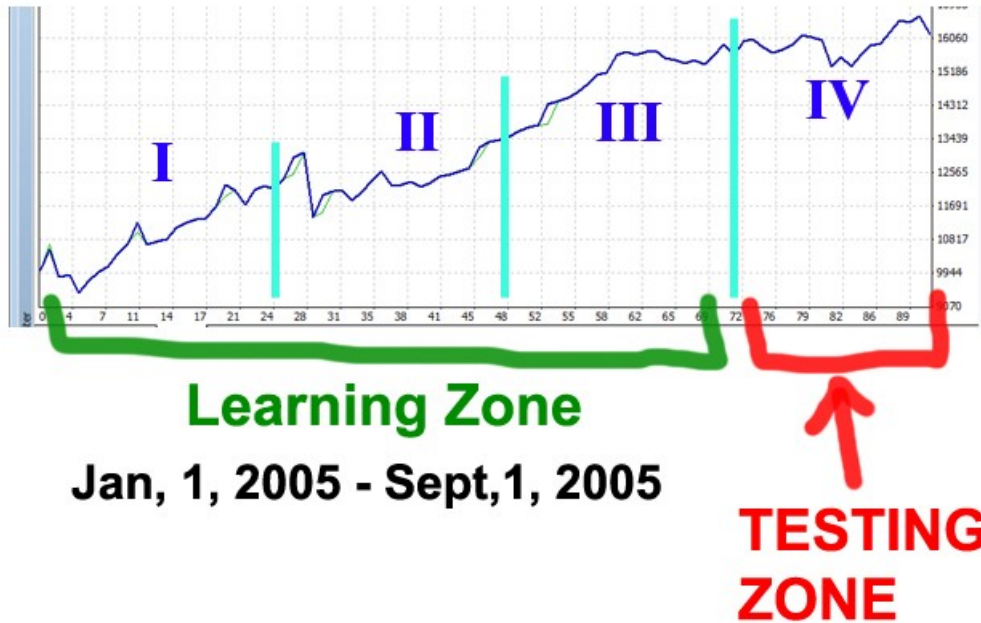
First choose the time period you want to optimize. For example from 2004-2005.

**Now the trick!**

Instead of running the optimization on full year, divide the year into 4 parts and run your

optimization only on the first 3 parts! I call it the "Learning Zone". So in our case, it is January 1st 2005 to September 1st 2005.

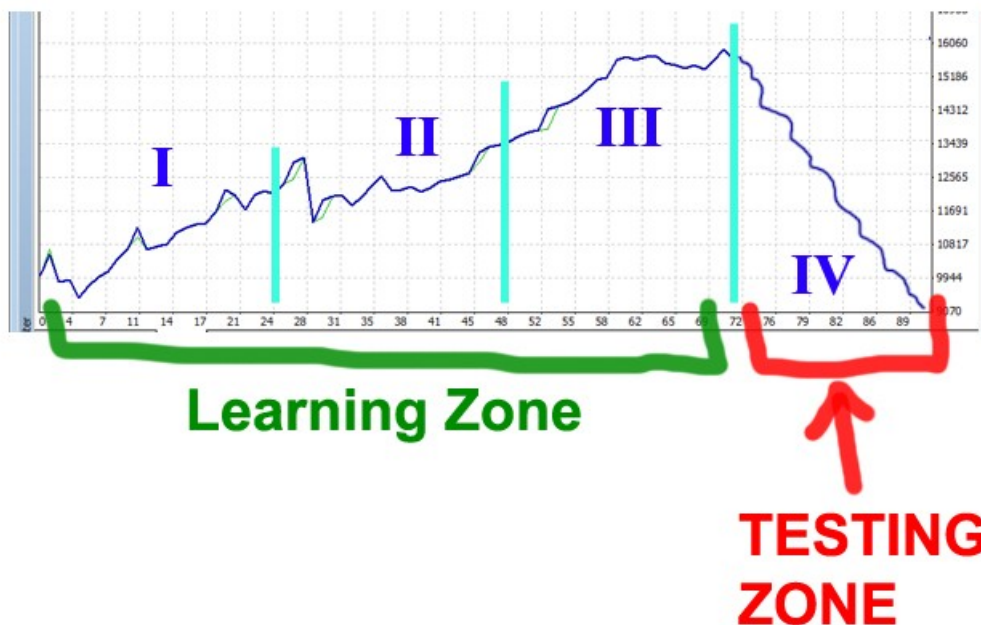
**1. Divide in 4 parts.**



The excluded 4th part will be "invisible" to our optimization and I am calling it "Testing Zone". Now run your optimization on the Learning Zone, choose the best results and then test them on the Testing Zone.

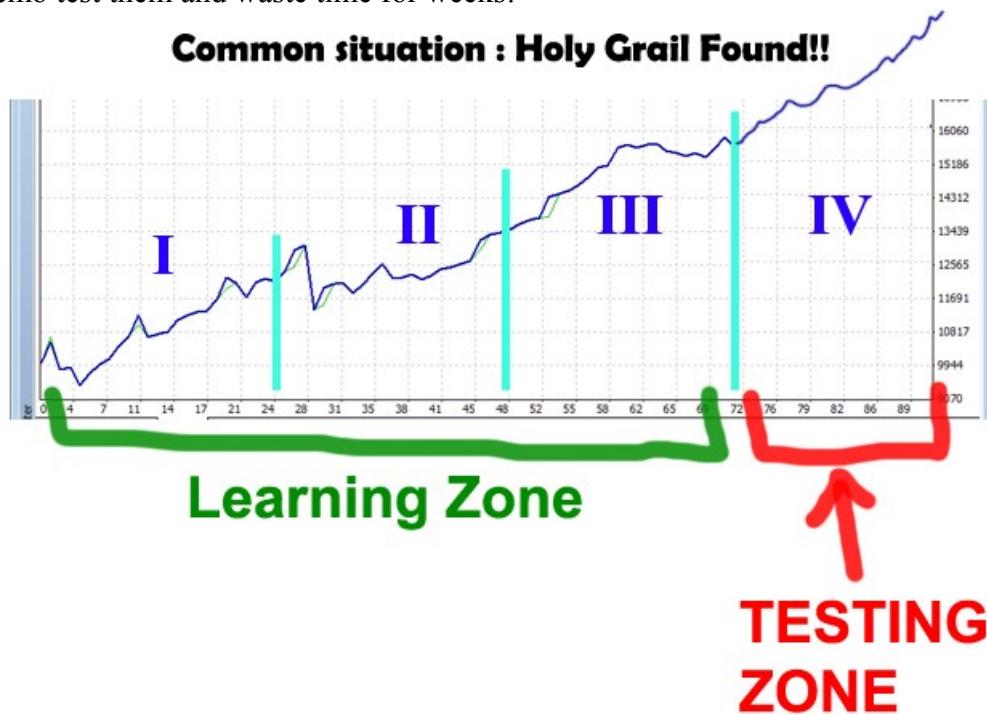
You will be amazed that most of the settings that drew a perfect profit balance line during the "Learning Zone" fail on the Testing Zone!! That means such settings are the self-lie, they work only on history but will never work in real trading.

**Common situation : SELF - LIE**





However if you are lucky and your settings continue to perform good during the Testing Zone then you found your Holy grail! Such settings can be run on live account without needing to demo test them and waste time for weeks!



They will be reliable for the next few weeks or months. Then you must optimize again! Remember no strategy can perform the same good long term as the market always changes!

Of course you can apply "Mark's TRADING LAW of 3/4" on shorter optimization too. For example take 4 months or weeks back, first 3 will be the Learning Zone, the last one is Testing Zone.



I hope my technique will help you make proper optimizations and great profits on forex!

Stay with me and you will learn much more good stuff!

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Have a great trading!  
Take care!

*Mark Larsen*  
*Your forex trading dude*