



What really successful traders are doing that you might be missing

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BBT

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Who We Are:

SMB Capital*

- **Founded in 2005**
- **50+ Traders on our desk**
- **1000+ in our community**

***Very good at developing intraday traders**

Who We Are:



Please note that the prices and other statistics on this page are hypothetical, and do not reflect the impact, if any, of certain market factors such as liquidity, slippage, and commissions.

Who I am:

Jeff Holden

- **Started as a retail trader**
- **Joined SMB in 2017**
- **Head of Trader Development**

***Very good at not tolerating problems**

Who I am:



Real Trading Edge



"OffSides" Scalp

The Dynamics of the "OffSides" Scalp:

- In Play stock putting in a range.
 - Range is defined as 2 distinct touches of the edges of the range in both directions
 - The range should be >20 minutes
 - should have defined resistance and support levels
 - with multiple touches (2+) of each
 - Generally, the range should be around 20% of the day's range
 - Looking for this scalp to occur near the edges of the day range, less ideal if "Mid Range"
- Then the scalp sets up
 - Stock extends lower aggressively as if it's about to smash through the low of the range and make a strong move lower
 - At, or even just below the low of the range, buyers step in and distinctly defend the level
 - Buyers sustain buying pressure, methodically controlling the price action to the other end of the range

The exact rules of ENTRY (all rules the exact same, just inverted for a short scalp):

- When the price action breaks the range in the OPPOSITE direction of where the traders jumped "offsides"
 - We enter long, using a mid-point entry (between bid and ask)

The exact rules of STOP placement:

- Hard stop Trade - One and Done Trade
 - Stop is placed .02 below the spot where the traders jumped "OffSides"

The exact rules of EXIT:

- This is a Scalp Trade. We use a measured move as a guide.
 - We measure the height from where the traders jumped "OffSides" to where we entered our trade and we add that height to the spot where we entered. (1 Measured Move Target).

Set Ups where we look for this Scalp Trade:

- Gap out of Range
- Volatility in Range
- Trending Day
- Failed Break of range
- Gap Down into key support
- Day 2 following intraday reversal

***Trade with the intraday trend whenever possible.

****All of this can be reversed for short trades, just flip the charts!



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Streaky Trading

1 The Struggle

Confusing

Demoralizing

“It Just Sucks”



Flatlining Your P&L



Emerging from the Flatline

Turning It Around

Build a "baseline" then grow from there.

- "HypeGrowth"
- "Crash and Burn" becoming "AfterBurner"

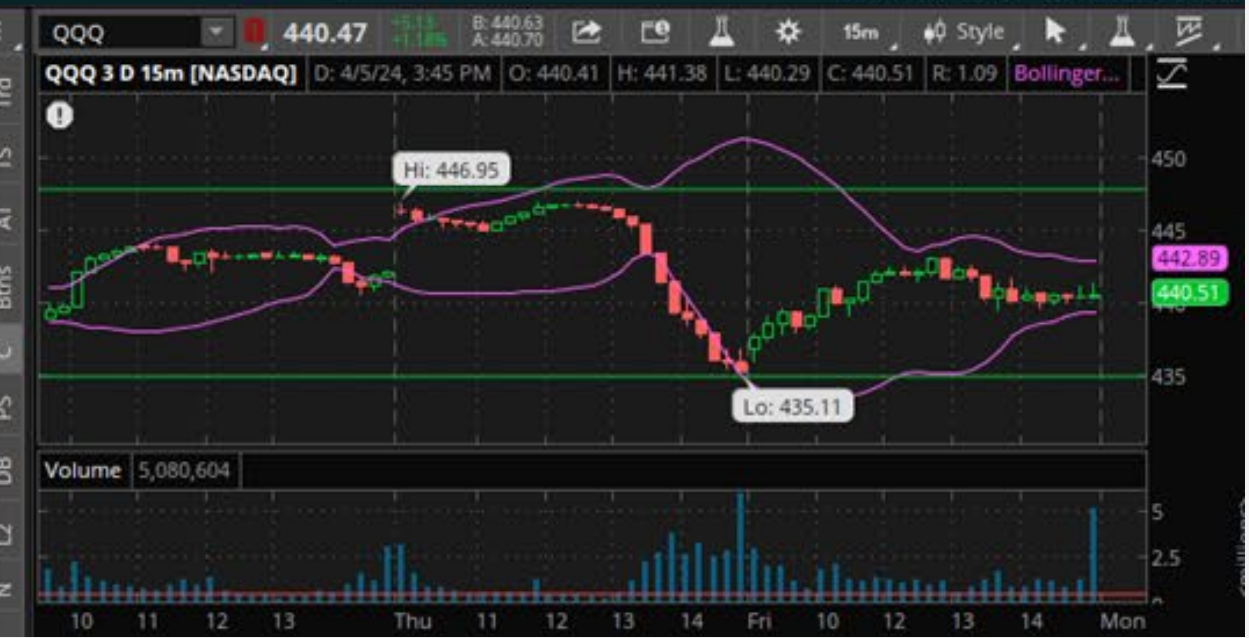
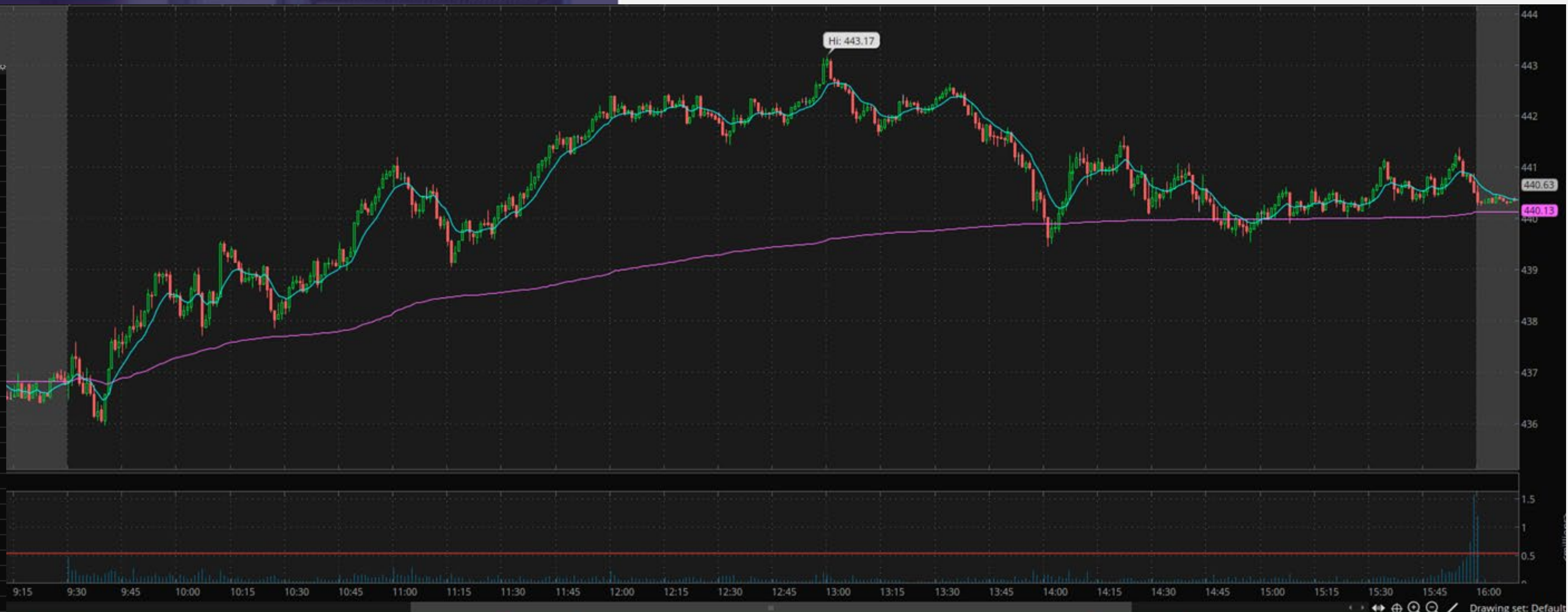
Trading with Confidence



Commitment and Technology

It takes commitment and specific technologies, habits, and exercises to build a sustainable flatline process.

Sym...	Last	Net...	bid	ASK
BITO	29.51	-0.52	29.62	29.72
/BTC...	N/A	N/A	N/A	N/A
IBIT	38.41	-0.67	38.58	38.60
COIN	240.90	-8.71	242.25	242.40
MSTR	1439....	-176.42	1456...	1463...
MARA	18.43	-0.04	18.48	18.49
RIOT	10.20	+0.01	10.18	10.19
SPY	518.43	+5.36	518.60	518.69
QQQ	440.47	+5.13	440.63	440.70
DIA	388.86	+2.84	388.95	389.19
IWM	204.45	+0.68	204.37	204.45
GLD	215.14	+3.62	215.65	215.99
TLT	91.39	-1.29	91.42	91.43
USO	82.40	+1.13	82.31	82.40
UNG	14.87	-0.03	14.85	14.90
UVXY	7.22	+0.21	7.17	7.19
SOXL	43.62	+1.25	43.77	43.80
SMH	222.64	+2.75	222.41	222.74
NVDA	880.08	+21.03	880.40	880.49
AMD	170.42	+4.59	170.50	170.55
TSM	141.36	+1.70	141.07	141.38
AVGO	1339....	+21.93	1334...	1339...
XLK	206.45	+2.34	206.31	206.53
AAPL	169.58	+0.76	169.48	169.55
META	527.34	+16.42	527.97	528.49
AMZN	185.07	+5.07	185.19	185.20
NFLX	636.18	+19.04	636.90	638.00
GOO...	152.50	+1.97	152.21	152.38
MSFT	425.52	+7.64	425.50	425.52
TSLA	164.90	-6.21	171.15	171.19
ROKU	59.83	-0.41	59.97	59.99
ZM	62.94	-0.34	62.96	63.57
PYPL	65.15	+0.61	64.85	64.99
INTC	38.71	-1.02	38.63	38.64
CMCSA	40.90	-0.21	40.95	40.96
ARKK	47.12	-0.15	47.20	47.37
SQQ	77.17	+2.44	76.51	77.10
TDOW	14.49	+0.24	14.47	14.60
Z	47.22	+0.40	46.88	47.48
BIDU	106.49	-1.98	106.50	106.59
SPOT	310.31	+14.35	309.15	314.36
CRSP	62.90	-2.16	62.85	63.20
NVTA	.0190	0	.0185	.0219
TWLO	60.08	-0.05	60.00	60.60
EXAS	70.23	+0.07	68.85	72.00
U	25.36	+0.04	25.43	25.69
DOCU	59.47	+0.67	59.47	59.54
SHOP	75.28	+0.47	75.21	75.25



the impact, if any, of certain market factors such as liquidity, slippage, and commissions.

SMB Scalp Radar

04:20:31 PM New York

Chart View

 Alert sound

Hitchhiker

GOOGL - 10:09:00 - LONG

NXT - 09:57:00 - LONG

NVDL - 09:57:00 - LONG

NVDA - 09:57:00 - LONG

ALAB - 09:54:00 - SHORT

Back\$ide

MU - 14:45:00 - LONG

SOXL - 14:45:00 - LONG

DJT - 14:36:00 - LONG

AMD - 14:33:00 - SHORT

FBTC - 12:51:00 - LONG

NVDL - 13:36:00 - LONG

NVDA - 13:36:00 - LONG

TSLA - 11:06:00 - LONG

CLSK - 11:06:00 - LONG

ALT - 10:51:00 - LONG

Rubberband

DJT - 14:40:00 - SHORT

MESO - 14:40:00 - LONG

CLSK - 13:24:00 - LONG

NVDL - 11:17:00 - LONG

CGC - 11:10:00 - LONG

DJT - 10:19:00 - LONG

Second Chance

DJT - 10:39:00 - SHORT

CLSK - 10:34:00 - SHORT

MARA - 10:20:00 - SHORT

Fashionably Late

MESO - 10:36:00 - LONG

MSFT - 10:09:00 - LONG

SMB Mindfulness Training Competition

Self-Regulation of Future Energy Mindfulness Exercise

- Prerequisite: Prepare a clear intention married to an elevated emotion.
 - Clear intention: Get clear on what it is you would like to create, get as specific as possible, and describe it in detail.
 - Elevated emotion: Write down the emotions you will feel when that imagined potential happens (during the meditation you will feel these emotions *ahead* of the experience as if the visualization is real).
 - Examples: Gratitude, Joy, Freedom, Unlimited, etc....
- Mindfulness Training
 - **1.5 minutes**: Close your eyes and perform deep, slow breath work. Apply an open focus (defined later). This step is essential because when done properly, you slow your brain waves down from beta to alpha. In alpha you more suggestible to the visualization.
 - According to Les Fehmi, Ph.D., director of the Princeton Biofeedback Centre in Princeton, NJ, the most effective way to shift from beta to alpha is by directing people to become aware of space or nothingness – adopting what he called an open focus.
 - **3 minutes**: Visualize your clear intention in DETAIL and feel the emotions as if the experience is real. The deeper you feel, the better.
 - **30 seconds**: Let go and surrender to a greater mind. Embrace gratitude, your body as the unconscious mind will begin to believe it is in that future reality in the present moment.
 - Our body does not know the difference between an emotion created from the external environment versus one we create in our minds through visualization.
 - Kickstarts a positive feedback loop of thinking and feeling.
 - Instead of waiting for the experience to happen in our external environment to begin a positive feedback loop of thinking and feeling, this feedback loop starts immediately.
 - The real magic happens when you can maintain this state of being (your future energy) with your eyes open independent of your external environment. This takes practice...

Why: The Self-Regulation of Future Energy Mindfulness Exercise is so important to me because I trade the BEST (example defined later) when maintaining and sustaining elevated emotional states, independent of the conditions in our external environment.

The Power of Flatlining



Identifying Opportunities

Flatlining your P&L allows you to enter trading opportunities with momentum, confidence, and resilience.



Accelerating Growth

When you can maintain a flatline during tough periods, you can truly accelerate your trading growth.



The Struggle of Flatlining

1

Mentally Tough

It's not a sexy goal, and it doesn't feel like it moves the needle, but it's a real battle.

2

Commitment Required

It takes a true commitment to the process, as you may be tested even after saying "never again".

3

Enduring the Flatline

Maintaining a flatline during tough periods is one of the toughest things to do in trading.

The Payoff of Flatlining

Resilience

When you can maintain a flatline, you build the resilience to enter trading opportunities with confidence.

Momentum

Flatlining allows you to capitalize on the really big, obvious opportunities that you study and love.

Growth

With a solid baseline established, you can truly accelerate your trading growth and performance.

THANK YOU!!!

QUESTIONS?