

Guide #3: Intraday Swing & Conservative Trade Guide

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INTRADAY SWING & CONSERVATIVE TRADE GUIDE

Purpose

A guide for traders who prefer smaller position sizes, higher confirmation, and less stress than high-frequency scalping. Ideal for cautious new traders and those looking to grow skill and confidence with conservative, higher-timeframe setups.

Core Principles

- Trade less, choose better: 2–3 high-quality trades per session.
- Confirmation over prediction: Wait for multi-factor alignment.
- Capital preservation first, profit second.
- Focus on NQ, ES, CL, and GC with 5-minute, 15-minute, and daily charts.

Primary Timeframes and Tools

Timeframes

- 15-minute: Main decision and pattern timeframe.
- 5-minute: Entry refinement and trigger.
- Daily: Directional bias, key support/resistance.

Tools

- EMA 9 and EMA 21 on 5-minute and 15-minute.
- VWAP on 5-minute.
- Key levels: Prior day high/low, weekly high/low, overnight high/low.
- Volume: Look for relative surges on turning points.

Conservative Swing Setup #1: Multi-Timeframe Reversal

Idea

Catch turning points where higher timeframe structure (daily and 15-minute) lines up with a clear 5-minute reversal. You enter only when price proves it wants to turn, not before.

Conditions

- Daily chart:
 - Price tests a major support or resistance zone.
 - Could be prior swing high/low, weekly level, or obvious range boundary.
- 15-minute chart:
 - Shows slowing momentum into that level (smaller candles, wicks, volume taper, or divergence).
- 5-minute chart:
 - Prints a clear reversal candle:
 - Bullish example: Long lower wick rejecting support.
 - Bearish example: Long upper wick rejecting resistance.
 - Volume increases on the reversal candle.

Bullish Entry Example

- Daily at support; 15-minute showing slowing downside.
- 5-minute prints a strong bullish wick off support (long lower tail).
- Enter long on the close of the confirming bullish candle or on a small pullback.
- Stop loss: Below the wick low or below the nearby support by a few ticks.
- Target 1: 2R (take partial profit).
- Target 2: Next resistance or VWAP/EMA cluster; trail stop under higher lows.

Bearish Entry Example

- Same idea in reverse:
 - Daily at resistance.
 - 15-minute shows slowing upside.
 - 5-minute prints bearish reversal with long upper wick.
- Enter short on confirmation candle.
- Stop loss: Above wick high.
- Target and trailing logic same as bullish.

Conservative Swing Setup #2: Pullback to Structure

Idea

Trade with the trend by buying pullbacks to well-defined structure rather than chasing breakouts.

Conditions

- 15-minute trend is clear:
 - Series of higher highs and higher lows (uptrend) or lower highs and lower lows (downtrend).
- Price breaks a key level with conviction:
 - Prior day high/low, range breakout, or major intraday pivot.

- After the break, price pulls back to:
 - The broken level (now support or resistance), or
 - A confluence of EMA 21 and VWAP on the 5-minute chart.

Entry (Uptrend Example)

- Uptrend on 15-minute.
- Price breaks above prior high and closes above it.
- Pullback on 5-minute into:
 - The breakout level, and/or
 - EMA 21 and VWAP cluster.
- Bullish confirmation candle at the level (wick rejection, bullish engulfing, etc.).
- Enter long on candle close or at slight retrace.
- Stop loss: Slightly below structure (below level or EMA/VWAP cluster).
- Target 1: Recent swing high (take partial).
- Target 2: Measured move or next daily resistance.

Entry (Downtrend Example)

- Inverted logic:
 - Downtrend on 15-minute.
 - Price breaks key support.
 - Pullback to support-turned-resistance or EMA/VWAP cluster.
 - Bearish confirmation on 5-minute.
 - Enter short, stop above structure, similar targets.

Conservative Swing Setup #3: Range-to-Trend Break with Retest

Idea

Enter when a choppy range converts into a trend, but only after price retests and confirms the break.

Conditions

- 15-minute or 5-minute shows a clear, horizontal range:
 - Multiple touches on both support and resistance.
- Volume inside the range is relatively average or declining.
- A strong breakout candle:
 - Closes clearly outside the range.
 - Has higher-than-average volume.

Entry

- Wait for a pullback to the broken boundary:
 - For upside break: Price returns to the old resistance.
 - For downside break: Price returns to the old support.
- On the 5-minute chart, look for confirmation:
 - Rejection wick at the boundary.
 - Reversal candle with aligned EMAs.
- Enter in direction of breakout.
- Stop loss: On the other side of the boundary or below/above confirmation wick.
- Targets:
 - Target 1: Equal to height of original range (measured move).
 - Target 2: Next major support/resistance.

Position Sizing and Risk for Conservative Trades

Per Trade Rules

- Risk small: 0.25–0.5% of account per trade is a good starting point.
- Use a hard stop in the platform.
- Do not move stop further away after entry unless it is a pre-defined rule (e.g., once price closes beyond a certain level, move stop to new technical level).

Session Rules

- Set a maximum daily loss (e.g., 1–2% of account).
- After hitting daily limit, no new trades.
- Limit number of trades (e.g., 3 conservative setups per day).

Scaling and Management

- Consider entering with partial size and scaling in only if trade proves itself (not recommended for beginners).
- Take partial profits at 1.5–2R.
- Move stop to breakeven after partials when structure justifies.

Conservative Mindset Checklist

Before Entry

- Is the higher timeframe (daily and 15-minute) clearly supportive of this trade?
- Am I entering at structure, not in the middle of nowhere?
- Does volume and price action confirm the story?

During Trade

- Am I following my plan or reacting emotionally?
- Have I adjusted my stop only according to rules, not feelings?

After Trade

- What did I do well?
- What did I do poorly