IZZY CONCEPTS - TRADING ACADEMY

# Beginner Cheat Sheet

Lessons 1-4 - the foundations

## 1. Introduction to trading

- A market is an auction: price moves because buyers or sellers get more aggressive.
- Long = profit if price rises. Short = profit if price falls. Forex trades both ways natively.
- Retail traders access forex, gold and indices via leveraged CFDs - leverage multiplies losses too.
- Most retail traders lose money. Treat trading as a trainable skill with strict risk control.

## 2. Getting started roadmap

- Four phases in order: education -> demo -> small live -> scaling. Never skip one.
- Exit each phase on evidence of DISCIPLINE, not profit. Demo profits prove little.
- First live account = emotional training at survivable size. Its income is irrelevant.
- Journal every trade from day one. The journal is how mistakes stop repeating.

## 3. Trading platforms

- TradingView: best charts and analysis. MT5: near-universal execution standard.
- MT4: legacy workhorse with a huge EA ecosystem. cTrader: modern, transparent, fewer brokers.
- Sensible setup: TradingView (free) for analysis + MT5 demo for order practice.
- Drill the order ticket until automatic - 0.10 vs 1.0 lots is one keystroke and 10x the risk.

## 4. Currency pairs & metals

- Base/quote: GBP/USD = dollars per pound. Buying the pair = long base, short quote.
- Pip = 0.0001 (0.01 on JPY pairs). Lots: standard 100k, mini 10k, micro 1k. ~$10/pip per standard lot.
- Majors = tightest spreads, deepest liquidity. Exotics = structurally expensive, gap-prone.
- Gold (XAU/USD) trends hard but swings big in dollar terms - size it smaller.