

## Bollinger Band Trading Strategy

On your Trend Time Frame Chart:

**Bullish Trend in the TTF** (Intermediate Time Frame)

Buy oversold situations on the ZTF

Best trades are when the price is oversold at a Demand Zone

All rules apply, RSI > 40 at the demand

Price will move between the midpoint (20 or 21 period SMA) and the upper band only. Price will not hit the lower band in a strong uptrend

### Trade Entries:

Price closing below lower band = oversold

Trigger for Long entry:

Entry #1: Price hitting Demand while it is below the lower band

Entry #2: Price closes within the lower band after closing below the lower band. Enter your long on the next candle's open

Entry #3: After the price closes above the midpoint after having closed below the midpoint in a bullish trend.

### Stop Losses:

Price at demand, place stop below

Or place stop, 1 ATR below entry, use the ATR from the ZTF

### Targets:

The midpoint, (20 SMA) of the bands

The Upper Bollinger Band

Close below the upper band, after closing above. Enter on the open of the next candle

Supply Zone on the Zone Time Frame

Supply Zone on the Perspective Time Frame

On your Trend Time Frame Chart:

**Bearish Trend in the TTF** (Intermediate Time Frame)

Sell overbought situations on the ZTF

Best trades are when the price is overbought at a Supply Zone

All rules apply, RSI < 60 at the demand

#### Trade Entries:

Price closing above the upper band = overbought

Trigger for Short entry:

Entry #1: Price hitting Supply while it is above the upper band

Entry #2: Price closes within the upper band after closing above the upper band. Enter your short on the next candle's open

Entry #3: After the price closes below the midpoint after having closed above the midpoint in a bearish trend.

#### Stop Losses:

Price at supply, place stop above

Or place stop, 1 ATR above entry, use the ATR from the ZTF

#### Targets:

The midpoint, (20 SMA) of the bands

The Lower Bollinger Band

Demand Zone on the Zone Time Frame

Demand Zone on the Perspective Time Frame

Close inside the lower band after closing below the lower band. Exit trade on the open of the next candle.