

# **Knowing Which Markets To Swing Trade And When To Go Long Or Short**

**Presented by**

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## **DISCLAIMER**

**Options and Futures involve risk and are not suitable for all investors. Prior to buying or selling an option, a person must receive a copy of Characteristics and Risks of Standardized Options (ODD). Copies of the ODD are available from your broker, by calling 1-888-OPTIONS, or from The Options Clearing Corporation, One North Wacker Drive, Suite 500, Chicago, Illinois 60606. The information on this presentation is provided solely for general education and information purposes and therefore should not be considered complete, precise, or current. Any strategies discussed including examples using actual securities and price data are strictly for educational and illustrative purposes. No statement within this presentation should be construed as a recommendation to buy or sell a security or to provide investment advice.**

**Notice: The material contained in this presentation are Eversley Forte's thoughts, ideas, and approach to trading the markets which have worked for him consistently in the past. Each individual investor will need to determine for themselves how they want to approach trading the markets and their own methods of managing the associated risks.**

Symbol	Sector
DIA	Dow Jones
EEM	Emerging Markets
EFA	Europe, Australia, Asia
EWG	Germany
EWH	Hong Kong
FXI	China
GDX	Gold Miners
GLD	Gold
IBB	Biotechnology
IWM	Russell
IYR	Real Estate
QQQ	Nasdaq
SLV	Silver
SPY	S&P
TLT	Treasury Bond
UNG	Natural Gas
USO	Oil
VNQ	Real Estate
VWO	Emerging Markets
XHB	Homebuilders
XLB	Basic Materials
XLE	Energy
XLF	Financial
XLI	Industrial
XLK	Technology
XLV	Health Care
XME	Metals & Mining
XOP	Oil & Gas Exploration & Production
XRT	Retail

## Options Trading Plan Example - Ichimoku Kumo Buy/Sell

- **Buy Setup:**

- The signal day must close above the Kumo(cloud).

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- **Buy Trigger:**

- Candles must close in or below the cloud per the detailed Trading Plan, before the price closes above the Kumo on the signal day.
- Chikou criteria must be valid.

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- **Trade Management (Long):**

- Buy in the money call options at or below the open price of the next day. Target 1 is a multiple of the ATR per the stats in the Trading Plan. After 1st target is hit, move the stop up to lock in profit and trail stops on the remaining contracts to maximize profits. Option specific trade management is detailed during coaching sessions.

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- **Sell Setup:**

- The signal day must close below the Kumo(cloud).

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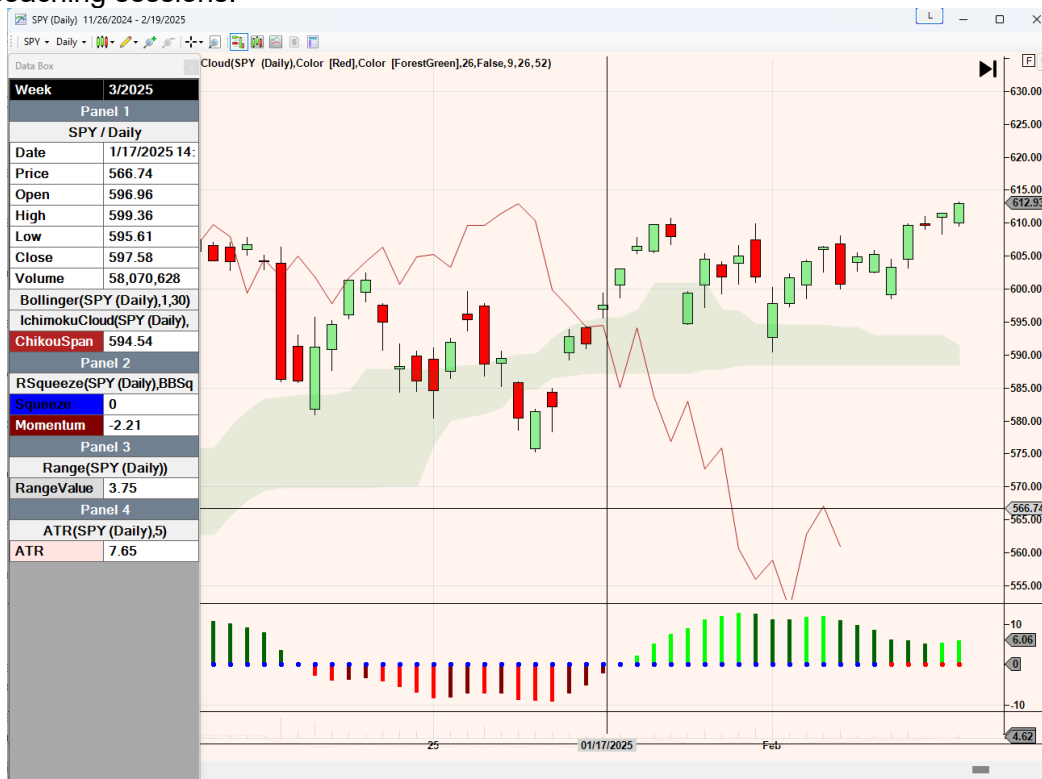
- **Sell Trigger:**

- Candles must close in or above the cloud per the detailed Trading Plan, before the price closes below the Kumo on the signal day.
- Chikou criteria must be valid.

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- **Trade Management (Short):**

- Buy in the money put options at or above the open price of the next day. Target 1 is a multiple of the ATR per the stats in the Trading Plan. After 1st target is hit, move the stop to lock in profit and trail stops on the remaining contracts to maximize profits. Option specific trade management is detailed during coaching sessions.



Valid Ichimoku Kumo Trades - QQQ								
Valid Trade Dates	Long	Short	1x ATR Win/Loss		Valid Trade Dates	Long	Short	1x ATR Win/Loss
07/31/24	1		1		09/22/11		1	1
05/10/24	1		1		08/04/11		1	1
11/07/23	1		1		07/01/11	1		1
08/31/23	1		1		04/20/11	1		1
12/19/22		1	1		04/01/11	1		1
04/14/22		1	1		08/24/10		1	0
10/19/21	1		1		07/26/10	1		1
05/12/21		1	0		06/24/10		1	1
04/05/21	1		1		05/20/10		1	1
03/17/21	1		1		03/02/10	1		1
11/04/20	1		1		11/05/09	1		1
10/12/20	1		1		03/23/09	1		1
09/05/19	1		1		01/14/09		1	1
06/18/19	1		1		09/03/08		1	1
10/10/18		1	1		09/04/07	1		1
05/07/18	1		1		04/04/07	1		1
04/17/18	1		1		03/21/07	1		1
07/12/17	1		1		01/31/07	1		1
12/07/16	1		1		05/11/06		1	1
11/17/16	1		1		03/29/06	1		1
11/09/16	1		1		01/25/06	1		1
05/25/16	1		1		10/27/05		1	0
08/20/15		1	1		09/30/05	1		1
07/13/15	1		1		07/12/04		1	1
02/03/15	1		1		04/30/04		1	1
01/22/15	1		1		03/17/03	1		1
10/28/14	1		1		07/06/01		1	1
07/09/13	1		1		06/14/01		1	1
07/12/12		1	0		07/28/00		1	1
11/30/11	1		1		07/12/00	1		1
11/23/11		1	0					

**Ichimoku Kumo QQQ**

<b>Total Trades = 61</b>	
Long Trades = 40	
Short Trades = 21	
<b>Total Trades = 61</b>	<b>Win %</b>
Total 1x ATR Wins = 56	92%
<b>Long Total Trades = 40</b>	
Long 1x ATR Wins = 40	100%
<b>Short Total Trades = 21</b>	
Short 1x ATR Wins = 16	76%

1 = win  
0 = loss

Valid Ichimoku Kumo Trades - SPY								
Valid Trade Dates	Long	Short	1x ATR Win/Loss		Valid Trade Dates	Long	Short	1x ATR Win/Loss
01/17/25	1		1		11/10/05	1		1
08/15/24	1		1		09/30/05	1		1
05/06/24	1		1		02/04/05	1		1
11/10/23	1		1		10/26/04	1		1
09/14/23	1		1		07/15/04		1	1
08/29/23	1		0		04/22/04	1		0
03/31/23	1		1		04/05/04	1		0
01/11/23	1		1		08/11/03	1		1
04/22/22		1	1		03/31/03		1	0
10/19/21	1		1		01/24/03		1	1
11/04/20	1		1		09/17/02		1	1
09/06/19	1		1		04/11/02		1	1
06/17/19	1		1		03/04/02	1		1
05/10/18	1		1		06/21/01	1		0
03/14/18	1		0		02/14/01		1	1
02/14/18	1		1		08/03/00	1		1
04/24/17	1		1		07/28/00		1	1
09/22/16	1		1		06/01/00	1		0
12/29/15	1		H		05/16/00	1		1
08/20/15		1	1		04/14/00		1	0
07/29/15	1		0		03/16/00	1		1
07/24/15		1	1		02/03/00	1		1
07/14/15	1		0		10/29/99	1		1
02/05/15	1		1		09/10/99	1		1
01/22/15	1		1		08/25/99	1		1
10/31/14	1		1		08/04/99		1	1
08/14/14	1		1		06/29/99	1		1
02/11/14	1		1		06/17/99	1		1
09/04/13	1		1		06/04/99	1		1
07/09/13	1		1		08/04/98		1	1
10/21/11	1		1		06/17/98	1		1
07/29/11		1	1		06/05/98	1		1
07/01/11	1		1		11/20/97	1		1
03/24/11	1		1		11/03/97	1		1
08/24/10		1	0		10/27/97		1	0
03/02/10	1		1		09/16/97	1		1
11/05/09	1		1		09/02/97	1		1
07/15/09	1		1		04/30/97	1		1
01/14/09		1	1		05/08/96	1		1
09/04/08		1	1		04/16/96	1		1
06/20/08		1	1		01/19/96	1		1
04/11/08		1	0		11/21/94		1	1
09/18/07	1		1		10/28/94	1		0
04/04/07	1		1		07/29/94	1		1
05/17/06		1	1		06/24/94		1	0

**Ichimoku Kumo SPY**  
  
Total Trades = 61  
Long Trades = 40  
Short Trades = 21  
  
Total Trades = 89  
Total 1x ATR Wins = 74  
  
Long Total Trades = 66  
Long 1x ATR Wins = 57  
  
Short Total Trades = 23  
Short 1x ATR Wins = 17  
  
1 = win  
0 = loss

## **2025 Coaching Special**

**Offer ends midnight Friday November 14, 2025**

**\$250 Discount On Futures Swing Trading Program**

**\$250 Discount On Daily Chart Options Swing Trading Program**

**\$750 Discount On Combined Futures And Options Program (Best Deal)**

**\$750 Discount On Full Options (Daily and Weekly Chart Strategies) Program**

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**Email or message us using the Contact Form on our website to receive the discounted pricing**

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## **Options Coaching Details**

### **Daily Chart Option Program (6 Daily Chart Option Swing Trading Strategies - \$1750):**

This is a perfect swing trading program for the active trader who already has some experience trading options, is skilled at using their charting and analysis platforms, and just wants to increase profitability and consistency. We provide comprehensive Trading Plans for each of the 5 Ichimoku/Donchian Daily Chart setups we specialize in. These strategies produce 20 to 40 potential swing trades each month. Win/loss % stats will be provided for each ETF. We only take trades where we expect 84% wins or higher. The 28 ETFs we trade cover all of the major markets and sectors, interest rate ETFs, and international markets.

After consulting with you, we will customize a plan using specific ETFs and strategies to most effectively achieve your goals, and which fits into your lifestyle. There will be at least 6 months of support to get your trading consistent and to deal with various market conditions. We also make available periodic updates to the win/loss % stats for each ETF.

We will do a monthly review of your trades to make sure that any losses you experience, were just normal and expected losses. If losses were due to any other reason, we will identify that cause, and try to eliminate it going forward. After 3-6 months of consistently trading the strategies, we will evaluate what is working for you and what is not. We will then make adjustments accordingly to fine tune and improve trading results. We do ask you to commit to at least 6 months of trading the methodology, to really understand the monthly profit/loss expectations. We will provide as much individualized guidance as possible during this time.

We will meet either via online conferencing using Zoom, or in person if you happen to live in the San Francisco Bay Area. We will make sure your charts are set up properly on your computer, and you have a good understanding of the trading strategies along with the related position management. That usually takes 5-7 hours for the option strategies. The first few meetings are usually 1-2 hours per session, either via online conferencing or in-person. After the initial meetings, we will be primarily communicating via phone, email, or online conferencing as needed each week when questions come up regarding trades. We try to be flexible with clients, since we all live busy lives. I am available to schedule coaching sessions on Monday, Tuesday, Wednesday, Friday, and Sunday. We can arrange for either online video conferencing using Zoom, or in person sessions.

### **One-On-One Coaching:**

Through the years we have learned that some people prefer to be taught one-on-one. If you select this type of coaching, Eversley will work directly with you, either face to face or online using Zoom. This type of coaching will enable you to learn more quickly, and begin trading the Futures strategies live, much sooner. Eversley will focus his full attention on your needs, tailor his coaching based on your level of experience, and give you his full attention during each of your coaching sessions.

## **Futures Coaching Details**

### **(Index Futures and Currency Futures Swing Trading Strategies - \$1745):**

Whether you are brand new to trading or have experience, we can help you become more consistently profitable. We want you to become confident without having a fear of significant financial losses, by having a plan going forward which you can easily implement, and to have expectations of annual profitability. We will work with you one on one over several months to achieve these goals.

For trading **Futures**, we provide you with comprehensive Trading Plans for 10 technical setups (Index Futures and Currency Futures strategies), win/loss % stats and expected profitability for each of the Index Futures (ES - S&P, NQ – NASDAQ, RTY - Russell 2000, YM – DOW), and Currency Futures (AD - Australian Dollar, CD - Canadian Dollar, EC - Euro, SF - Swiss Franc). We will provide detailed profit maximizing and position management for each strategy. There will be at least 6 months of support to get your trading consistent and to deal with various market conditions. Your success is a priority for us. Periodic updates on win/loss % stats for each Index and Currency Futures strategy are available each quarter.

We will do a monthly review of your trades to make sure that any losses you experience, were just normal and expected losses. If losses were due to any other reason, we will identify the cause, and try to eliminate it going forward. After 3-6 months of consistently trading the strategies, we will evaluate what is working for you and what is not. We will then make adjustments accordingly to fine tune and improve trading results. We do ask you to commit to at least 6 months of trading the methodology, to really understand the monthly profit/loss expectations. We will provide as much individualized guidance as possible during this time.



This is the program we recommend for anyone new to Futures trading, as well as experienced traders looking to add more consistency and profitability to their trading portfolios. For newer traders, we will provide guidance with selection of Futures brokers, setup of trading and analysis platforms, plus address any questions or concerns that come up with direct communications via phone, video conferencing, email, or in person.

We will meet either via online conferencing using Zoom, or in person if you happen to live in the San Francisco Bay Area. We will make sure your charts are set up properly on your computer, and you have a good understanding of the trading strategies along with the related position management. That usually takes 5-10 hours for the Futures strategies. The first few meetings are usually 1-2 hours per session, either via online conferencing or in-person. Eventually, we will be primarily communicating via phone, email, or online conferencing as needed each week when questions come up regarding trades. We try to be flexible with clients, since we all live busy lives.

### **One-On-One Coaching:**

Through the years we have learned that some people prefer to be taught one-on-one. If you select this type of coaching, Eversley will work directly with you, either face to face or online using Zoom. This type of coaching will enable you to learn more quickly, and begin trading the Futures strategies live, much sooner. Eversley will focus his full attention on your needs, tailor his coaching based on your level of experience, and give you his full attention during each of your coaching sessions.

Please call or email with any questions, and to discuss your specific situation and trading goals. We can work on a personalized plan to achieve those goals.

### **Bay Area Options and Futures Swing Traders website:**

[www.behindscenes.com](http://www.behindscenes.com)

### **Meetup site for live events in the Bay Area plus Zoom meetups:**

[www.meetup.com/Bay-Area-Options-and-Forex-Swing-Traders/](http://www.meetup.com/Bay-Area-Options-and-Forex-Swing-Traders/)