

Foundations of Professional Trading Video Lectures

Total Hours: +35 Hours with 5 modules

Topics: See below

The Foundations of Professional Trading

The Foundations of Professional Trading focuses on teaching a fully comprehensive Professional Trading approach for stock trading. This training is unlike any training on the market because it is taught from a true Professional trader and money manager where you learn a systematic approach called long/short portfolio management which is an approach used by Professionals and many long/short equity hedge funds.

The entire thing aims to teach you what you have not learned from other generic trading education because you are getting the perspective of doing this as if you were running a portfolio as a hedge fund trader – as such, you should have the capital that allows you to do that, **meaning a minimum of \$15,000.**

The approach means learning a top-down systematic approach that combines macro, fundamentals and technical to generate continuous trading ideas. Those trading ideas are then placed into the account using a long/short portfolio management framework combined with light day trading as needed with the goal of producing what are called risk-adjusted returns.

The FPT is the perfect educational lecture series for those who:

- **Do not have a systematic process**
- **Cannot generate long/short ideas across sectors/asset classes**
- **Want to learn to manage a portfolio using a long/short, absolute return framework**
- **Want to use intraday to 20 day holding periods for trade ideas**
- **Are after a Professional Top Down Approach to trading**

Please understand that what you are learning in the FPT is NOT the standard day-trading concepts that are regurgitated by charlatans online.

One, you are learning how real Professional Traders operate - meaning, how to look at risk, generate ideas across asset classes, structure trade ideas and then manage a portfolio. This is **180 degree different from simply drawing lines on charts and then taking day trades from them and then calling oneself a “Professional Trader”**.

You will learn to understand what is called a Top Down Systematic Approach to generating ideas long and short. That starts with you understanding Macro indicators, fundamentals and thematic investing concepts. This approach will show you how to generate trade ideas across asset-classes and sectors with a framework that is intraday to 20 day - what we call Active Trading.

Once you understand that you then overlay our Proprietary Price/Market Timing analysis model so that you can begin to structure the trades (shares or options), filter trades and then begin to structure whether they are day-trades or longer duration.

Learning Process

Access & Pay for the Training	<ul style="list-style-type: none">● Subscribe to DeltaOne
Access DeltaOne & Meetings	<ul style="list-style-type: none">● Weekly AM calls● DeltaOne Chat Community
The LongVol Report (Data & Research)	<ul style="list-style-type: none">● Access our long/short research and data as part of your training

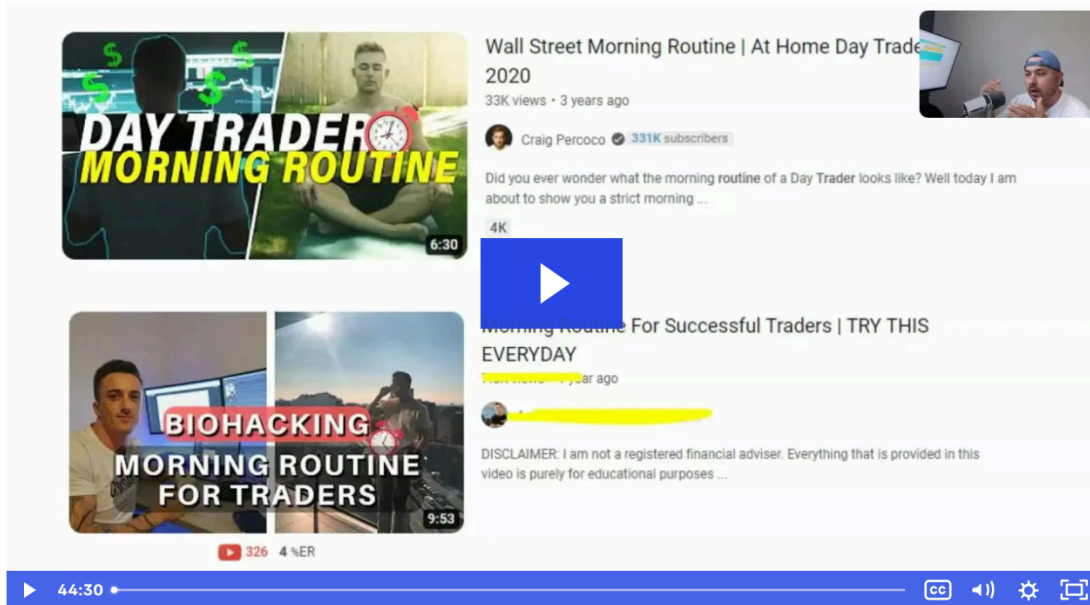
ON-DEMAND VIDEO LECTURES

There are a total of 6 modules in the on-demand video lecture training. Each module builds on the next to construct the complete Top-Down Professional Trading Approach.

You can view the actual training by [clicking here](#) & there are sample videos from each module listed below.

6 Modules	Video Lecture Format
Introduction and perspective shifts to the Professional Top Down Approach	5 hours total lectures
The Top Down Approach	4.5 hours of lectures
Market Timing & Price Analysis	4.5 hours of lectures
Trade Structure & Portfolio Risk	5.5 hours of lectures
4 Landshark Playbook Trades	5.25 hours of lectures
Psychology & Additional Frameworks	6 hours of lectures

The Foundations of Professional Trading: Module 1



Bridging the gap from the retail trading narrative to Professional Trading - Video 1

	Professional/Hedge Fund/PM	Retail Trader/Investor
APPROACH	L/S Portfolio with multiple positions with some speculative ideas on event-driven, momentum	Directional bets with futures, short-term options or a favorite 'cheap stock' - typically they have a strategy they think has a high "win ratio" so they add more risk not understanding it's actually more portfolio risk
RISK	<ul style="list-style-type: none"> Position limits based on the idea 10/15% max Smaller risk on speculative returns 	<ul style="list-style-type: none"> 1 or 2 positions Usually a lot of cash
RETURNS	<ul style="list-style-type: none"> Steady returns Risk adjusted 	<ul style="list-style-type: none"> Might make 1 big trade but then repeat the cycle Volatile, <u>make a lot lost a lot</u> and repeats
STRATEGY	<ul style="list-style-type: none"> Multi-Strategy, long/short across one asset class or multiple asset classes Analyzing situations as they present themselves and structuring a trade based upon thesis 	<ul style="list-style-type: none"> Momentum on short-term trading Binary events (earnings/FOMC) Call/put sweeps Doomsday news They are <u>EXIT</u> liquidity for professional traders/hedge funds

Bridging the gap from retail to Professional Trading - Video 2

The Top Down Approach - Module 2

Macro + Fundamentals Drivers

Macro	Market Fundamentals
Central Bank Policy	High Beta Correlations
The Business Cycle	ETF Replication
GDP (need to know at a basic level)	Government Policy Changes
Yield Curve (need to know at a basic level)	

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Macro Drivers

Macro Trade Idea Generation - Video 1

Market Timing & Price Analysis Model - Module 3

Introduction to Market Timing & Price Analysis

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NEXT LESSON

Introduction to Market Timing & Price Analysis

PTAs = Potential Trading Areas

We spot our PTA's ahead of time, this is market-timing - so when you develop your long/short ideas you need to have these done sometimes weeks and months in advance. So that when price gets there you can anticipate that you might have a **potential trade**.

A catalyst/trigger when you get to that zone unlocks whether you will or will not trade.

Just like the rest of the top down - if you aimlessly chart things you never know when something could move. The PTA's tell you way in advance where to begin looking and why. These zones, produce highly inflectives areas of price reaction as such you should use them in your method of your long/short idea generation.

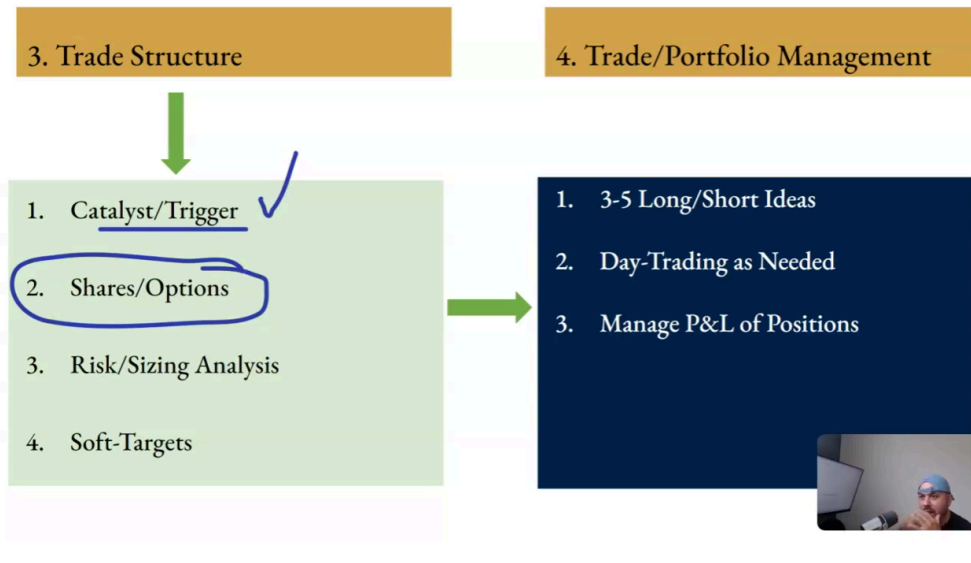
*You do not NEED a PTA to develop a trade idea but these are market-timing zones . We will add the rest later for now we just are going to get your eyes used to creating PTAs on the charts.

NEXT LESSON

Market Timing: Potential Trade Area Development - Video 1

Trade Structure & Portfolio Risk: Module 4

Trade Structure Frameworks



Trade Structure Frameworks - Video 1

Trade Structure

The trade structure is important because once you have an idea executing on it matters. Most retail traders tend to lapse on this part and this is where it's "fumbled" - it makes it HARDER to do by trying to day trade entries and this deserves a discussion (we will get too).

- How much room is on the trade?
- Is it just a small money trade or a larger money setup?
- How much time is it going to take? Day trade or 20/30 days?

All of that above tells you how to structure the trade - not only in size but maybe how you use the options on that trade to express the view. But your answers to many of your questions rely on you asking those first and those come from your top-down analysis you've just done.

38:11

NEXT LESSON

Trade Structure Frameworks - Video 2

4 Landshark Playbook Trades: Module 5

Foundations of Long/Short Trading



This is really simple and it's comprised of 2 components.

Risk-Adjusted Returns: this means your returns are not dependent on one trade, having your portfolio invested fully all year or reliant on day-trading to drive returns. You have a series of trades in the account with some light day-trading to produce risk-adjusted returns.

Absolute Returns: Meaning bull market/bear market shorting a stock, buying a stock you simply make money. You are agnostic to how just as long as you make money. You can make it in any sector with stock/options both - it does not matter as long as you make it. You are not dependent on trying to match the S&P 500 - you are going to learn to BEAT it and my a lot more.

The S&P 500 is you buying, holding, then waiting until December 31s to see how much you made. That is not what Long/Short strategy is and to be frank, that is a suckers way to trade unless you are wealthy and are just sustaining that wealth.

27:43

Understanding a Playbook & Absolute Returns - Video 1

Note: There are numerous Playbook trades we implement that are quantitative in nature and are executable on a day-trading to 10 day time window. We include 4 because we're aware that as you learn the Top Down Frameworks that it takes time to generate your own ideas and this gives you a start and insight on how to begin to do that. As you progress in using our [DeltaOne](#) or [Mentoring](#) options this will continue to grow into a larger Playbook.

Summary



- Avoid the narrative - seriously, you need to wake up or you are part of that narrative.
- Study how real professionals do this - at a very min it will ego check you to realize **it's peanuts** in the big picture.
- DYOW! - And if you don't know how start building your foundation and get around those that know what they are doing.
- Get away from the doom & gloom bullshit. It is not going to make you money.
- You have one goal, to make that number on your screen grow, it takes tact and diligence.

© NEXT LESSON

Trading Psychology: Learning to Stay Objective

CONCLUSION:

At the end of this training you will have gained an entirely new perspective on trading the financial markets by learning to apply the Professional Top Down, Systematic approach to long/short trading.

You will come out of this training having been able to move past the retail trading narratives of:

- Buy and hold and wait
- Day trading only to generate P&L

You will be able to generate long/short ideas across any sector or asset class and then be able to structure those ideas in your portfolio for intraday to up to 20 day time horizons so that you have an active-trading approach to the markets. Students that progress with this over their learning can begin to build out a playbook that only focuses one one time frame or expand that time frame into the 60-90 day window as well as expanding the trade structuring into other options structures as needed.

Your understanding of how you generate ideas, look at risk and manage a portfolio to produce risk-adjusted returns will never be the same because you will have just learned the complete Top Down Approach to long/short trading that is used by many of the world's best managers in the hedge fund industry --- the same approach we've been teaching traders globally since 2013.