

## Twitter Thread by [dharmik patel](#)



[dharmik patel](#)

[@share\\_student](#)



**so many friends want to learn trend following & read multiple books**

**but today i made thread from knowledge shared by most experienced trend follower and best mentor for psychology & mindset**

**after studying tweets by [@Trendmyfriends](#) sir you don't need any book or strategy**  
**1■**

first of all start trading with any strategy you need to make proper sustainable business plan,

its include how it works

if its not work what to do

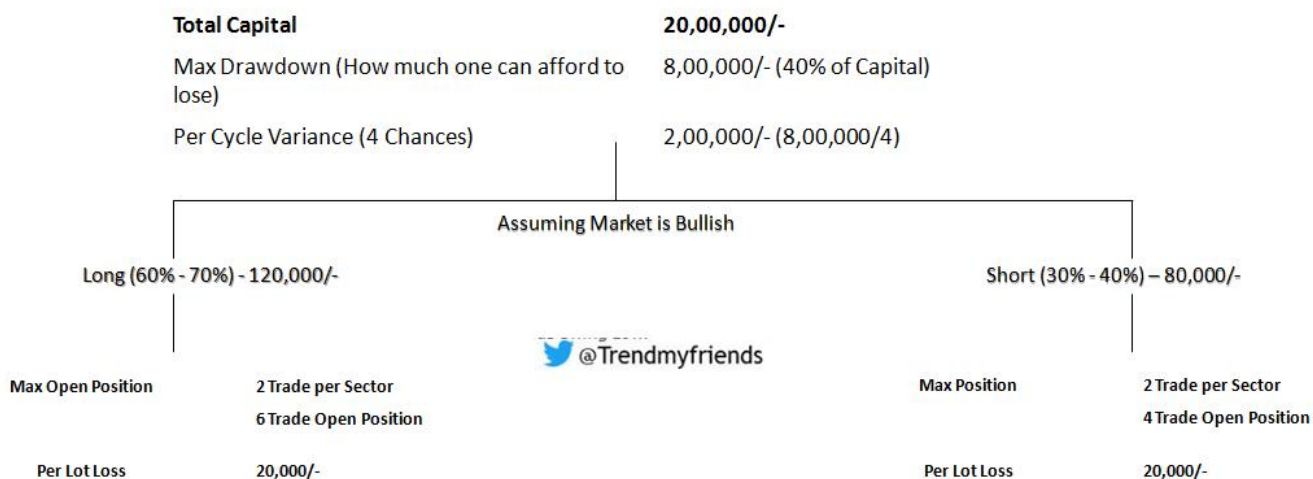
how you plan your whole execution

and for this you just need to study this 2 images shared by sir

how to make VAR

**2■**

**VAR- Value at Risk:** Traders should always know how much max money he/she can lose if all open positions goes against him at any given point of time.



Note – You can't go broke in 4 cycles being trend follower

first question in mind is what strategy to trade ?

did we have knowledge of any strategy ?

or we join any webinar or training for learn trend following strategy ?

this is 4 set-ups sir trade and recommend to trade for trend following  
you don't need anything expects this.

3■

**Trendmyfriend** @Trendmyfriends · Sep 2

Top 4 set up I love to follow.

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Buy all time high  
Sell all time low

Buy 52 week high  
Sell 52 week low

Buy 50 days high  
Sell 50 days low

Buy above ST 10.2 (MR trade where DC 50 low & high is 10 ATR or more)  
Sell below ST 10.2 (MR trade for long unwind or shock therapy apply)


set-up in detail

Below is 100 years old Trading techniques, & none of Technical indicators can even come near to it.

The only issue is, only 1% of Trader in the world has the mindset to do it.

( words copied from sir's tweet )

4■

52 week high and low Trading strategy	
(A)	52 week HIGH Trading strategy
Conditions to be satisfied at the time of Buying Stock	
1	If stock hit 52 week HIGH
2	Current Volume $\geq$ 10 Days Avg Volume
3	Stock Price should be $\geq$ 80% of body of daily candle
(B)	52 week LOW Trading strategy  @Trendmyfriends
Conditions to be satisfied at the time of Selling Stock	
1	If stock hit 52 week LOW
2	Current Volume $\geq$ 10 Days Avg Volume
3	Stock Price should be $\leq$ 80% of body of daily candle

2'nd

1-Donchian channels (DC) for entry

2-Super Trend (ST for SI/TSL.for entry only in case of MR or unwind move

3-ATR use for Pyramid n in certain case to see outperformance of the stock

4-CCI-Ranking n market breadth

5-Sector outperforms vs Nifty/Vol/OI- for Intraday/BTST

5■



Trendmyfriend  
@Trendmyfriends



## Set-up

- 1-Donchian channels (DC) for entry.
- 2-Super Trend (ST) for SI/TSL. for entry only in case of MR or unwind move
- 3-ATR use for Pyramid n in certain case to see outperformance of the stock
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for shorting

if market is week and anyone what to short stock this one tweet is full strategy

<https://t.co/m8eZXh9Bbi>

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Don't want to panic any new traders or anyone who is bullish, just take a note in case you want to play short if market gives opportunity.

shorting is not easy as a sudden spike will always there to take you out from short trades, if new best to try hands

through option or STBT. [pic.twitter.com/FNWkj2r95M](https://pic.twitter.com/FNWkj2r95M)

— Trendmyfriend (@Trendmyfriends) [June 20, 2021](#)

when index fall what to do

read just this three tweets

7■



**Trendmyfriend** @Trendmyfriends · Apr 6

Though you may have lot of indicators on selecting stock for intraday.

Just add below for selection

1- stock is moving n sectors also moving. Buy stock which is leading sector

2- stock which you are buying intraday also breaking 2/50 days high give preference first.

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253



**Trendmyfriend** @Trendmyfriends · Apr 6

3- whole market is down and if stock making life high must buy first

4- Try To have watch list of high beta stock which usually after signal have capacity to move 2% or more.

5- Stock which is outperforming index i.e when index fall it going up or when index up it move faster.

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154



**Trendmyfriend** @Trendmyfriends · Apr 6

If you need to prove your Trading/Investing skill by sending WhatsUp or telegram screenshot, you have a long way to go.

your Trading skill will be like pregnant woman, sooner or later the whole world will know about it & congrats you, it cant be hidden if you are talented. 👍

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Why the stock which make breakout keep going up & the stock which is down or trade near low keep under performing

Reason- when stock make new high no one in loss so who will sell. No Supply

& when stock breaking low no one in profit so who will hold. No Demand

lets try below

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## Trading and Cricket

Cricket teaches an important lesson of trading, say in a hypothetical example-

A batsmen is playing at 55 runs and an another batsmen playing at 2. Who's chances of getting next 50 runs are more?

Obviously answer comes higher changes the batsmen playing at 55 runs will get next 50 runs than one playing at 2 runs. And that too with quick pace. Further his strike rate might increase after 100. But in Trading what 95% retail Trader do they bet on batsman playing at 2 or they don't go for Batsman already set.

Same way in trading place your bet on trending stock and Run Profit. Never cut your profitable bet for sack of profits and trying to bet on new bet(Batsmen at 2) or for loosing trade.

So always remember above when you are booking a profit for buying no 2 stock.

Rule- Run Profit, Cut losses,

and in this 2020 to till now if you missed this bull rally,

and now regretting why you not followed trend ,

don't get upset ,

this is solution

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**Trendmyfriend** @Trendmyfriends · Sep 16

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Every year Market provides 3-4 big trends to trade. when index move 6-7% both side.

Assume, U will be trading till age 60 & u are 30 today. Still have around 100 such big opportunities lined up, don't be sad at all.

buckle up, keep VAR in check & be prepared for the next move 👍

when market breakout what to do,

read this tweet

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**Trendmyfriend** @Trendmyfriends · Aug 3

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When market breakout any imp zone u might confused which stock to buy, as this time some old leaders may take breath or short covering in some stock which was in downtrend.

In live market it is very difficult what to do, the first thing u do a buy both index. Be in game first.

as a trader we do so much mistakes, and get overconfident after some good performance

read this two tweets

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**Trendmyfriend** @Trendmyfriends · Aug 10



Though, its normal human nature to blame someone else for our own mistakes.

But in Trading, you will not succeed till you blame others for your losses.

Learn to accept and move on.

[#NoteToSelf](#)  
[#tradingpsychology](#)

every time when someone share trade all people start question about SL

for understanding SL read this tweet

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**Trendmyfriend** @Trendmyfriends · Nov 1



The biggest mistake any trader does when he ask stop loss level from other Traders

It's wrong, how can you just take someone else SL? as your Capital/Risk/Emotion/Reward all r different from others.

U need to really work hard to find out logical SL based on your VAR not others.

and if anyone what to invest in cash stock when market is in bad time

this insights is very helpful

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## Cash investment process in Market correction or aftermarket shock therapy @Trendmyfriends

### Process: Buying Good Stock in Bad time

#### The stocks that fall during market correction can be categorized into:

1. Stock (e.g. Bajaj twins, HDFC twins, ICICI) is falling because overall market and sentiment is not good or there is some negative news (short term impact). No stock specific issue, these stocks will be first to start upward journey when market bounce or sentiment improve (Fundamentally/Balance sheet clean company). Most of these stocks will bounce make from 50, 100 or 200 DMA or major multiyear support areas.
2. Stock is falling because stock is having own issue. (loss making/Debt/Scam/corporate governess issue/major shift in fundamental). We will never touch this kind of stocks e.g Rel infra/Cap/DHFL/PC


#### Here is my rule on how I find stock for cash investment (Type 1)

1. Filter stocks, within 30%-40% from its recent/52 week high
2. Select good stocks but having some short-term bad news around. e.g. Indigo/Bajfin
3. Technical indicators show selling in recent low. (below 200 MA/ RSI below 20)
4. All TV analyst are negative on stock as stock touches 50/100 days low.

After stocks satisfy the above rules, when they start making reversal in chart (you may use what suits you) I go with, if stock bounce back from recent low and close the either Supertrend 10.1 or 10.2 on daily chart.

#### Investing Process: If you have 50K to invest in the stock:

1. First buying should be after you identify the reversal 10K invest with SL of previous swing Low.
2. Once stock rise 5-7% buy another 20k with revised your SL at first buying.
3. Keep doing same until 50K invested.

 @Trendmyfriends

#### Exit: Once you are in trade, you can choose any of the below mentioned investment stop loss for your cash investments

1. Stock trade below daily Supertrend 10.2
2. Stock trade below 60 days Exponential Moving Average
3. Stock trade 10% below higher close
4. Stock under performing index or industry. You can compare the return and exit ( This know as Time Stop Loss)

after few bad days & few loss days in trading

what to do ?

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**Trendmyfriend** @Trendmyfriends · Jun 18

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After a few bad days n loss trades in account. Specially on Friday, mind always develop negative thought, such as, why it's always happen with me, when profit will come, what will happen to my dream to become a successful trader.

Above is very normal it's happen with everyone.

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**Trendmyfriend** @Trendmyfriends · Jun 18

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What you need, just a few good trades, specially after drawdown follow your favourite set up and stock to gain back your confident. You can also speak some friends or family member who can understand your pain and support you to get back on track.

A small chat will help. Try it

lots of more i missed in this because sir shared so much

in traders life we want to do everything like trend following , option buying , option selling , intraday , swing etc..

but for trend following just one handle [@Trendmyfriends](#) is sufficient to learn everything

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END