COMPLETE TRADING STRATEGY MANUAL • ENGLISH EDITION

Sir's (Jivarth Mathur) Complete Trading Strategies, Entry–Exit Rules & Chart Examples

Compiled from the 1-Day Refresher Session (Nov 29, 2026 • 6h 15m): Complete rules, updated 30m Reversal Candle method, MWT Box Theory, Volume Profile Zones, and real chart screenshots.

Standard Timeframe	Core Concept	New Game-Changer	Max Risk Rules
30m (Primary) & 4H / Daily (Major Moves)	MWT 3-Wave + Money Flow + Volume Profile	30m Reversal Candle (Wick Close Rule)	SL ≤ 1,000 pts • Leverage ≤ 20x

1. Sir's "Guru Mantra" & 4 Non-Negotiable Rules `13:57 – 21:24`

- **1. One Chart:** Focus on a single instrument you understand well (e.g., BTC or Gold only).
- **2. One Time Frame:** Pick either **30 Minutes** or **4 Hours** based on your schedule. **No scalping** (scalping is only for full-time traders watching charts 18–20 hours a day).
- **3. One Strategy:** Do NOT mix strategies together into a "khichdi" (mess). Master just ONE strategy.
- **4. One Guru:** Stay away from social media noise and free conflicting tips.

Critical Warning (13:57 & 5:47:24) Sir explicitly warned: **Do NOT trade off the indicator's automated BUY / SELL signals!** Use the indicator only for **Money Flow (OI / Dots)** and **Volume Profile (POC, MRP, Zones)**.

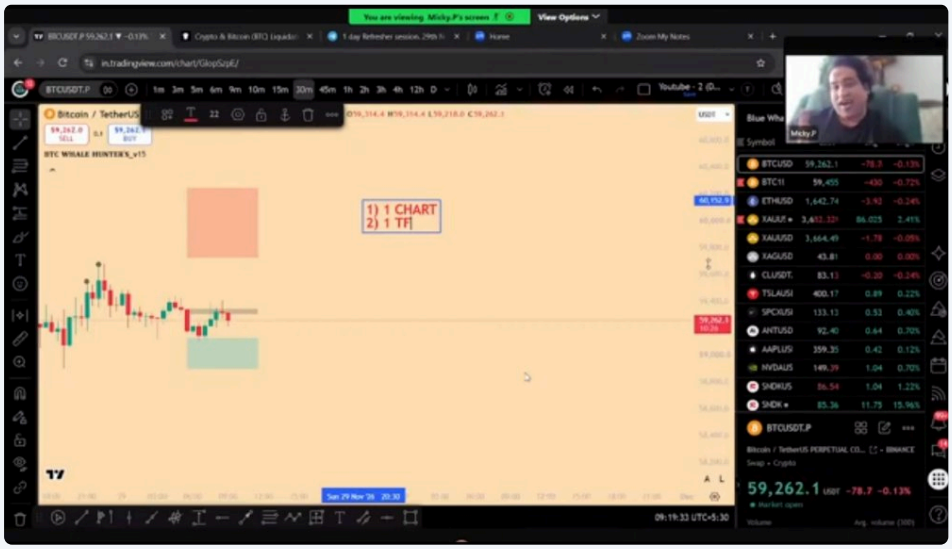

Figure 1: Sir's Guru Mantra written on screen — 1 Chart, 1 Time Frame, 1 Strategy (Timestamp: 16:18)

2. Market Structure: Trending vs. Range-Bound `21:25 - 40:34`

📈 Trending Market (4–8 Days / Month)

- Big 2,000–5,000 point directional moves happen only 4 to 8 days per month.
- **How to Identify:**
  1. **Wave + Trendline** on 4H+ timeframe.
  2. **POC + MRP** (price stays cleanly on one side of all POCs & MRP).
  3. **Daily Zone Breakout:** Breaking out of the Daily Zone signals the start of a trend.
- **Plan:** Ride the trend using **4H POC**; hold until a candle closes on the opposite side of 4H POC.

↔️ Range-Bound / Sideways (20–25 Days / Month)

- For 20–25 days a month, the market stays sideways — this is where most traders lose money.
- **How to Identify:** Price stays trapped inside **Daily Volume Profile Zones**.
- **Plan ("Ping-Pong"):**
  - Look for BUY only at the lower Buying Zone, and SELL only at the upper Selling Zone (never trade in the middle).
  - **First Target:** Book profit at the middle **Battlefield / POC** (~500–1,000 points).

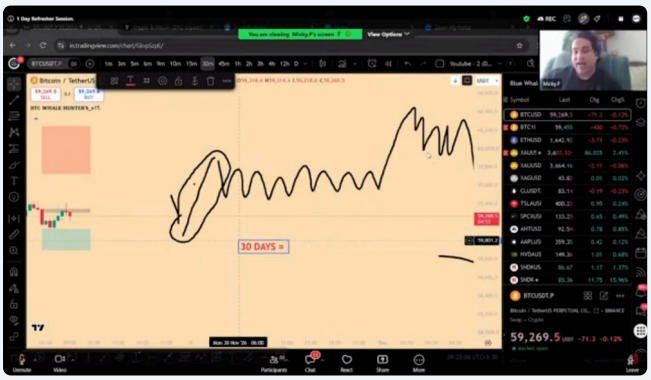

Figure 2: Two Market Conditions (Trending vs Range Bound) & 30-day breakdown (22:05)

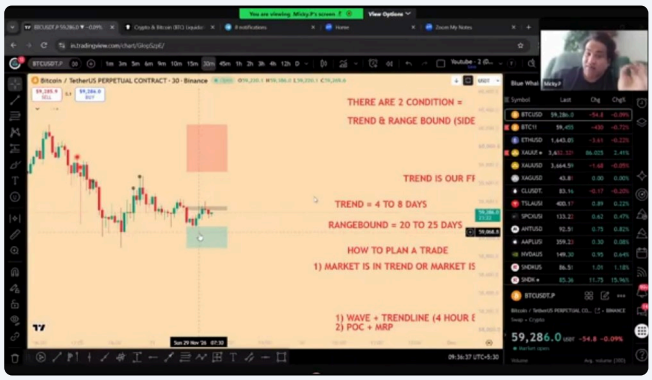

Figure 3: Daily Volume Profile Zones and POC/MRP for range vs trend identification (34:00)

3. Universal Update: "Reversal Candle" Confirmation Rule `1:12:31 - 1:16:15`

Sir has integrated the **30-Minute Reversal Candle** across all core strategies for earlier entries and much tighter Stop Losses:

- `For BUY` At the setup location, find the candle with the **Lowest Low** and mark its **Upper Wick** (NOT its body—use the wick!). When any subsequent 30m candle **closes its body above that wick high** → Enter BUY! **SL** = Low of that lowest candle.
- `For SELL` At the setup location, find the candle with the **Highest High** and mark its **Lower Wick**. When any subsequent 30m candle **closes its body below that wick low** → Enter SELL! **SL** = High of that highest candle.
- **Warning:** Do NOT look for Reversal Candles randomly in the middle of the chart — use them ONLY at valid setup locations (Four-Flag, MRP, Fib 0.5–0.618, Zones, or Point Retracement levels).



Figure 4: Reversal Candle Rule — Body close above the lowest candle's wick triggers entry (1:13:20)

4. Strategy 1: Whale Riding / Four-Flag Strategy `40:35 – 1:21:40`

Purpose: Sir's original "bread & butter" strategy designed to catch the **start of the First Wave**.

- **Location & Pattern** Chart must be above/below all POCs & MRP. When a 4-candle alternating **Four-Flag** forms on 30m/45m, mark its **Body-to-Body range** (lowest body to highest body).
- **ENTRY (Classic & Updated)**
  - **Classic:** Breakout candle closes outside the body-to-body range + **Mother Indicator OI bar is GREEN**.
  - **New Update (Faster Entry):** If a **Reversal Candle** confirms inside the Four-Flag (body closes beyond lowest/highest candle's wick + OI Green), you can enter before the full range breakout with a much smaller SL!
- **STOP LOSS** Low/High of the Reversal Candle (or opposite side of the Four-Flag).
- **EXIT / TARGET** Ride until 3rd Wave completion or exit per Point System / Exit Plan.



Figure 5: Four-Flag Body-to-Body range marking & Mother Indicator OI Green confirmation (56:45)

5. Strategy 2: Petrol Pump / MRP Retracement Strategy `1:21:41 – 1:43:37`

Purpose: Re-entering an active trend if you missed the First Wave. (Shifted from 15m to **30m**.)

- **2 Mandatory Activation Conditions**
  1. Market must move a **minimum of 1,700 points** in the trend direction.
  2. Market must be **in a Trend** (NOT stuck between POCs — if trapped in POCs, this will fail and hit SL!).
- **ENTRY (Updated)** Wait for price to retrace back to **MRP**. Wait for a **30m Reversal Candle** to form at MRP + **OI Green** confirmation → enter on the Reversal Candle breakout/close.
- **STOP LOSS** High or Low of the Reversal Candle.
- **EXIT / TARGET** Follow the Exit Plan.
- **Limit Rule:** Use **maximum 1–2 times per wave**; do NOT take a 3rd MRP entry in the same wave.

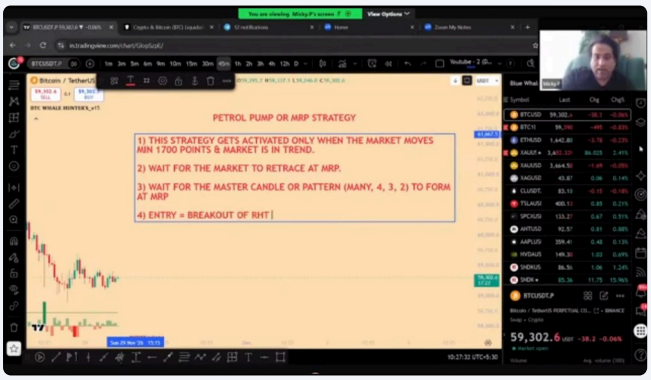

Figure 6: Written rules for Petrol Pump / MRP Strategy on screen (1:24:30)



Figure 7: 30m BTC chart showing MRP + Reversal Candle re-entry (1:31:25)

6. Strategy 3: Compression / Blue Whale Strategy `1:43:38 – 2:20:28`

- **Activation** All **3 POCs + MRP** compress together and a single **30m or 1H candle** breaks all of them at once (strictly 30m or 1H — never 40m/45m/50m).
- **ENTRY (New Filter)** Don't enter blindly on Blue Whale alone — confirm with **Reversal Candle** + **Wave direction**. (Works strongly on Gold & NASDAQ too.)
- **Fighting Blue Whales (Early Exit Rule)** If an opposing Blue Whale appears and breaks your reversal high/low, **exit early (~400–450 pts)** instead of waiting for the full Stop Loss.

Strict Risk Management (2:15:03) Stop Loss is mandatory on every trade (max **1,000 Points** hard cap if unsure). Keep leverage at **max 20x** until full mastery, and avoid revenge trading.

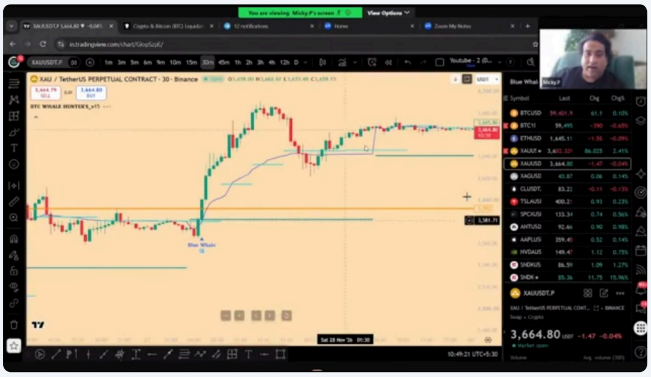

Figure 8: Blue Whale setup on Gold (XAU/USDT) 30m chart (1:46:18)

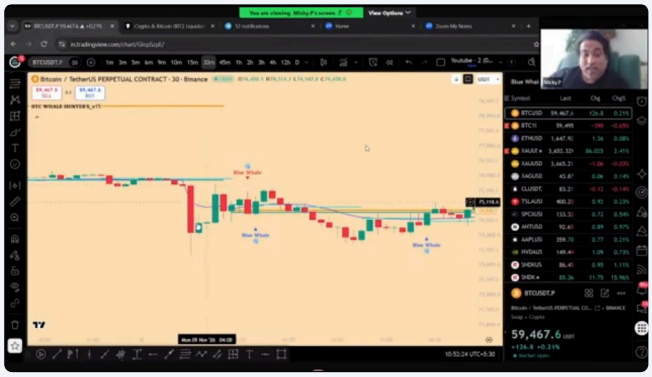

Figure 9: Opposing "Fighting Blue Whales" filtered with Reversal Candle (1:49:20)

7. Strategy 4: Point Retracement Strategy (5,100 / 15,300 / 45,900) `2:34:36 – 3:17:23`

Directional Move	Reversal Candle Timeframe	ENTRY Rule	TARGET / EXIT Plan
5,100 Points	**30 Minutes** Reversal Candle	30m Reversal wick breakout close	**1,300 – 1,700 pts** / strictly follow **Exit Plan** (exit if MRP blocks)
15,300 Points	**4 Hours** Reversal Candle	4H Reversal wick breakout close	**3,400 – 5,100 pts** (no MRP/POC Exit Plan check needed on 4H)
45,900 Points	**Daily (1D)** Reversal Candle	Daily Reversal wick breakout close	**10,000 – 15,000 pts** (major swing target)

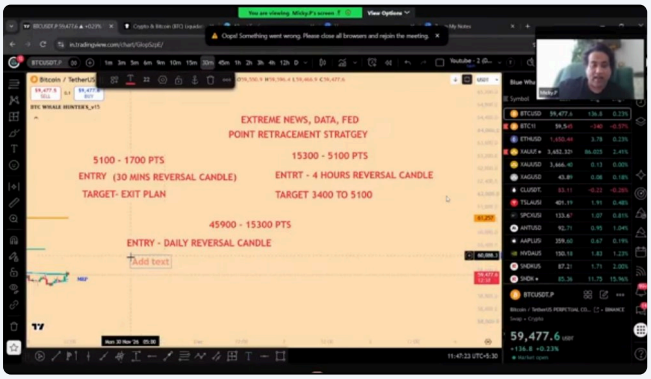

Figure 10: Written Point Retracement rules (5,100 / 15,300 / 45,900) (2:44:25)



Figure 11: 4H BTC walkthrough after 15,300+ pt move yielding 5,000+ pt retracement (2:55:35)

8. Strategy 5: Fib Retracement Strategy (Sir's Primary Active Strategy) `3:17:24 – 3:34:42`

Sir currently trades primarily using this Fib Retracement Strategy combined with Box Theory.

- **Activation** Market is in a Trend + minimum **1,700 Points** move completed.
- **Golden Rule** Use this ONLY on the **First Wave Retracement** (do NOT use on the 2nd wave). Accuracy skyrockets when **MRP or 4H POC** aligns at the Fib zone.
- **ENTRY & SL** Price retraces to **0.5 – 0.618 Fib** → wait for **30m Reversal Candle** → enter on wick break close. **SL =** Reversal Candle low/high (e.g. ~350 pts SL vs 2,000+ pts target).
- **Fib Tool Settings (5:48:16):** Keep only `0.5` and `0.618` enabled, and make sure **`Reverse`** is checked/highlighted.
- **Gold Warning (5:27:52):** Fib 0.5/0.618 retracement does NOT work reliably on Gold — on Gold, use **Wave + Box Theory** instead.

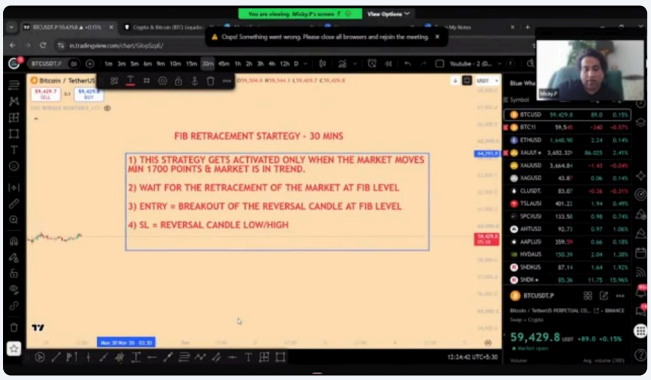

Figure 12: Written rules for Fib Retracement Strategy (3:21:45)



Figure 13: 30m BTC First Wave Fib Retracement + Reversal Candle entry (3:23:30)

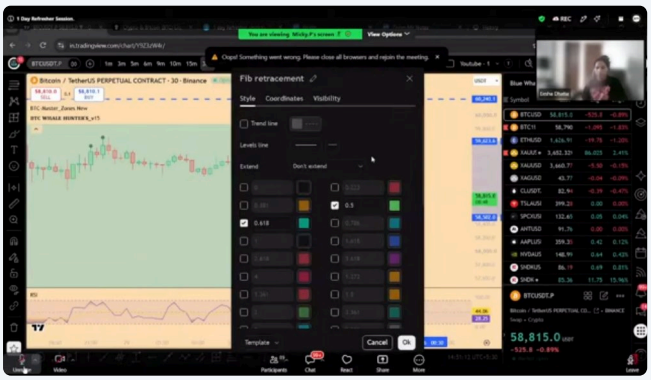

Figure 14: Fib Retracement settings — 0.5 and 0.618 enabled (5:48:10)

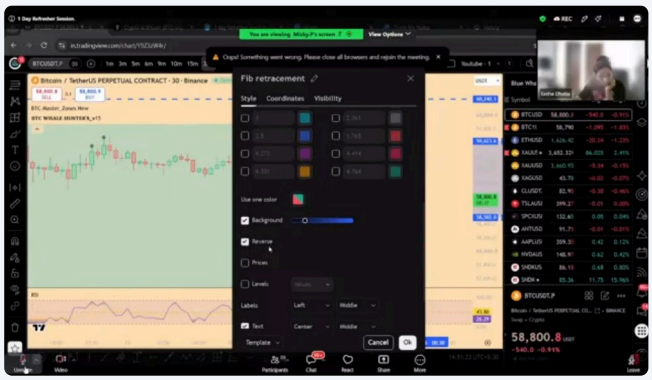

Figure 15: Fib Retracement settings — Background & Reverse checked (5:48:20)

9. Strategy 6: MWT (Mathur Wave Theory) & Box Theory `3:34:43 - 4:40:03`

Markets always move in **3 Waves** across all timeframes and instruments (BTC, Gold, NASDAQ, ETH, Stocks). The **First Wave** defines the entire target:

1. **Draw Box:** Measure the **First Wave** from start to end (min 1,700 pts) using a Box.
2. **Project Box:** Drag and place that Box onto the **First Wave's retracement low/high**.
3. **Wave 2 Target (50%):** Wave 2 typically stalls/reverses at the **50% level** of the Box → book Wave 2 profit there!
4. **Wave 3 Final Target (100% / 75%):** The **100% level** of the Box is the Wave 3 target (or **75%** if there was no clean Fib retracement). Cross-check with **CoinGlass Liquidation Heatmap**.



Figure 16: MWT Box Theory — Projecting First Wave Box to find Wave 2 (50%) & Wave 3 targets (3:45:45)

10. Naked Battlefield (Naked POC) & Institutional RSI (Length 3) `5:07:25 - 5:47:50`

⚔️ Naked Battlefield Theory (5:07:25)

- Replaces old CME Gap Theory — any **Untouched Battlefield / Naked POC** on Weekly/4H acts like a price magnet.
- Price will eventually revisit and fill untouched battlefields, making them high-probability reaction and profit-booking zones.

📊 Institutional RSI (Length 3) (5:31:10)

- **Settings:** `RSI Length = 3`, `Source = Close`, `Calculate Divergence = Checked`, `Upper Band = 90`, `Lower Band = 10` (same on 30m, 4H, 1D, 1W).
- **Rule:** Never trade RSI alone! Combine 90/10 zones + Divergence + **Money Flow (Red/Green/Black Dots)** + **Reversal Candle**.

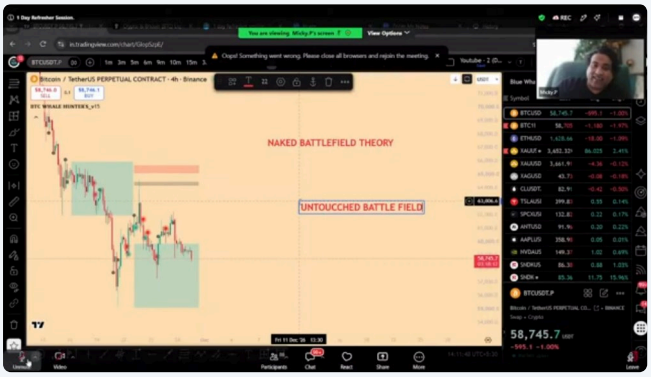

Figure 17: Naked Battlefield Theory — Marking untouched 4H/Weekly battlefields (5:08:50)

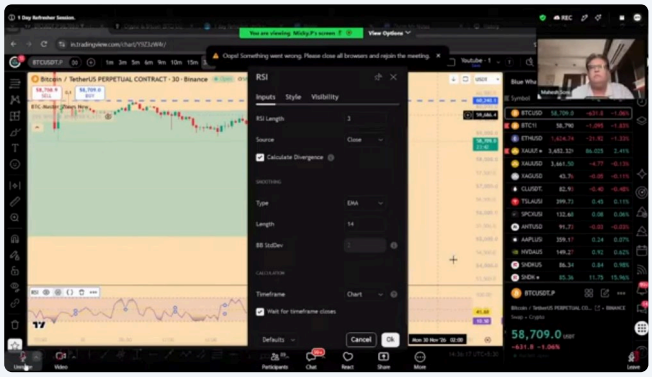

Figure 18: Institutional RSI settings — Length 3, Close, Calculate Divergence (5:33:15)

11. Master Checklist: When to Enter, Exit & Stay Out

✅ When to ENTER	🎯 When to EXIT / Book TP	🚫 When NOT to Trade
1. Identify market condition first (Trend vs Range). 2. Wait for price to reach 1 chosen setup (Four-Flag / MRP / Fib 1st Wave / Zone / Point). 3. Confirm **30m Reversal Candle** body close beyond wick. 4. Best conviction when **OI Green** + **RSI(3)** 10/90 align.	1. **Range-bound:** 1st TP at middle POC / Battlefield. 2. **Wave 2:** Book at 50% of projected Box. 3. **Point Strategy:** 1,300–1,700 pts on 5,100 move (exit if MRP blocks). 4. **Fighting Blue Whale:** Exit early at ~400–450 pts.	1. Price trapped between POCs (MRP/Fib will fail). 2. No clear Wave or setup (never force a trade). 3. Never take a 3rd MRP re-entry in the same wave. 4. Do not use Fib strategy on the 2nd Wave. 5. Never revenge trade after a Stop Loss.