

# DAY TRADING

## *QuickStart Guide*

The Simplified Beginner's Guide to  
Winning Trade Plans, Conquering the Markets,  
and Becoming a Successful Day Trader

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## Exciting, Fulfilling, and Rewarding – Learning to Day Trade is Now Easier Than Ever

New author and veteran real money active trader Troy Noonan shares his wisdom for anyone who wants to take advantage of the freedom day trading can provide.

**Available 6/1/2020**

Albany, NY – ClydeBank Media is proud to announce the release of their newest finance and investing title *Day Trading QuickStart Guide* [978-1-945051-81-4, \$27.99] from debut author and veteran real money active trader Troy Noonan. Mr. Noonan has decades of experience successfully navigating the markets and building his own trading empire. The original Backpack Trader, Troy's journey from trading while backpacking across Europe and South America to building a long list of loyal students is living proof of the freedom that day trading can provide.

"My new book is for people who want to find success and who want to do it while keeping their hard-earned money safe" said Noonan. "My trading philosophy is built around quality, not quantity. My students learn to set up high quality trades that put the odds firmly in their favor instead of chasing gains or shooting from the hip. It works for me, it works for my students, and it can work for you too."

Troy still trades while he travels, and he insists that people overcomplicate day trading. "Once you have the fundamentals down and some solid trade plans under your belt all you need is a decent computer and a good internet connection. You can trade from anywhere in the world—it beats going to an office every day."

Written with absolute beginners in mind, *Day Trading QuickStart Guide* provides an invaluable foundation and some much-needed guidance for anyone who is interesting in taking advantage of the freedom that day trading can provide. Troy's guidance smashes the myth that day traders must be math geniuses, risk junkies, or computer experts and truly provides the actionable insight that anyone can use to find success.

### **About the Author**

Troy Noonan is an author, full-time professional day trader, trade system developer, and trading coach with decades of experience in the study of markets and their behavior. The original Backpack Trader, Noonan has helped thousands of students in more than one hundred countries to become successful day traders. His new *Day Trading QuickStart Guide* distills a career that spans decades into an actionable and insightful starting point for new day traders. Connect with him at [www.backpacktrader.com](http://www.backpacktrader.com).

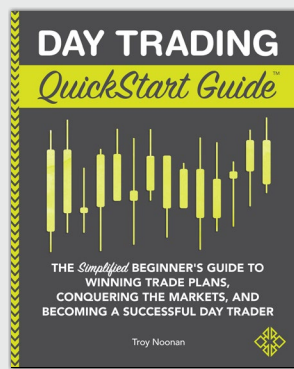
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# DAY TRADING *QuickStart Guide*

The Simplified Beginner's Guide to  
Winning Trade Plans, Conquering the Markets,  
and Becoming a Successful Day Trader

## ABOUT THE BOOK:

The right series of trades can change your life. Experienced traders use their skills to build freedom—financial freedom, the freedom to travel, and the freedom to work when and how they want. Day trading provides a set of tools that can be used to accomplish your lifestyle goals. Despite popular portrayals, day traders aren't compulsive gamblers, mathematicians, or risk junkies.

Author and veteran day trader, Troy Noonan, smashes the myth that the ranks of day traders are limited to the elite. *Day Trading QuickStart Guide* is the perfect entry point for complete beginners, existing traders who want to hone their skills, or anyone who wants to make a full-time income with part-time effort. Noonan's successes, failures, and winning trade tactics, distilled from a decades-spanning career as a full-time professional trader, trading coach, and mentor, are covered in detail to provide you with the fastest start and the easiest trading journey possible.

## ABOUT THE AUTHOR:

**TROY NOONAN** is an author, full-time professional day trader, trade system developer, and trading coach with decades of experience in the study of markets and their behavior. The original Backpack Trader, Noonan has helped thousands of students in more than one hundred countries to become successful day traders.

His new book *Day Trading QuickStart Guide* distills a career spanning decades into an actionable and insightful starting point for new day traders. Noonan is the founder and CEO of BackpackTrader.com, a coaching and trading services provider.

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traders must be the latest news and events. In this way, price moves in a random fashion that cannot be predicted with absolute certainty.



Price discovery is the process of setting the price of an asset (stock, commodity, currency) based on factors such as supply and demand, economic data, and expectations about the future. The right price is discovered when a buyer and a seller reach a deal and a transaction takes place. Consider an auctioneer holding a lot of cattle. If the crowd consists of well-informed ranchers and farmers, the selling price will probably be a reliable gauge of what the herd is worth. When the buyers and sellers agree on a deal, the price has been discovered.

In day trading, price discovery is constantly changing before our very eyes. It is the ever-flowing movement of price action on a real-time chart. It is the price that a buyer is willing to pay for the asset and the price that a seller is willing to accept. Price discovery represents the perceived value that both sides of the trade agree on, at an instant in time.

Like in a flash of the price action as a giant gust of wind, with buyers on one side and sellers on the other, as in figure 4. As prices rise, the buyers are pulling the sellers into the great crowd that just separates the two sides.



**BUYERS** **SELLERS**

When the buyers have pulled all the sellers into the pit, there is no one left to pull on the seller's side of the rope, and all the buyers fall backward because of the lack of tension. The buyers have become exhausted in the process, because what gives them energy is having someone to buy from. A new batch of sellers sees the weakness in the buyers and steps up with newfound energy and begins pulling on the rope. The buyers will then gather their strength and overcome the sellers again (which goes as a pullback and then a resumption of the upward or the sellers will have for more energy than the buyers can withstand, and the buyers will find themselves falling into the mouth of the ever-energy sapping crowd below. This is what a reversal of price action looks like—a continuous process of price discovery).

Sometimes the two sides will face off with equal power and the price action will move sideways until one side finally overcomes the other.

The tug-of-war between buyers and sellers is an endless cycle that continues in all markets, in all time frames. Our job as traders is to avoid becoming crookedly fed by leaning how to be on the right side of the rope.

**Academic Theories**

The random walk hypothesis gained traction in the early 1970s after a Princeton economist named Burton Malkiel wrote the book *A Random Walk Down Wall Street*. Malkiel argued that most prices follow random patterns and the next step cannot be predicted. He studied a multitude of popular theories on how to make money in the markets and concluded that over the longer term it is nearly impossible to consistently maintain a portfolio of investments that outperform the overall market.

Believers in efficient markets often cite the random walk hypothesis when suggesting that most prices are randomly managed, all available public (and sometimes nonpublic) information is incorporated into the market, and market hypotheses (EMH) argue that analyzing charts or other data is an exercise in futility—an individual trader simply cannot outsmart the overall market.

*"It is not hard to make money in the market. What is hard is to find the winning combination in a given time frame, and to consistently repeat it." —BURTON MALKIEL, A Random Walk Down Wall Street*

**How Do Some Traders Win?**

Many economists try to disprove the theory of efficient markets. Consider Warren Buffett, for example. The so-called Oracle of Omaha has consistently posted returns superior to stock market averages. In 1984, Buffett directly challenged EMH—citing the performance of his successful fund that had superior longer-term returns. He argued that their ability to beat the market reflects the idea that markets are not fully random and efficient. Malkiel never responded to Buffett's critique.

**Investing vs. Trading**

Buffett is not a trader, however. He is a long-term investor. Investing and day trading are as different as apples and oranges. Buffett, like many other investors, is holding for strategy, longer-term opportunities based on company variables like earnings, assets, and liabilities. The idea is



Fig. 17

Being in tune as a trader can help you make profits when most others do not. Remember, it is all about being the passive dance partner and surrendering to what we cannot control, and we cannot control price action. We want to let the market speak to us and let it do what it wants to do next. The trader needs to be flexible, open-minded, and not "tethered" to any one idea. For example, a trader who hangs on to positions until they have taken on more pain than they can handle, then let out of the trade and wait for long positions, then this experience "qualifies." That is why a trader moves to the opposite direction. It is possible that a person can learn to specialize in just this one repetitive market dynamic, learn to trade a frequent occurrence, and ultimately achieve financial goals with this one type of trade alone.



Fig. 18

**Broken Support Becomes Resistance**

Markets are moving because someone price levels attract sellers, but later buyers in force (see text). For instance, a stock might try to break above \$100 per share many times and fail, because that is a price where many holders are eager to sell shares. It is said to have resistance at \$100. Finally, demand pressure builds and the price explodes beyond that \$100 level several weeks go by and the stock has reached \$120. As it approaches \$100 again, this time from above, buyers begin showing interest, and the stock rebounds. A previous resistance level has turned

into a support area. The spirits can happen as well, where a support area from the past comes back.

Figure 18 is the same chart used in previous examples showing how the bad long trade was avoided by adjusting the entry a couple of ticks above the key level of \$100. Here we can see that prior to that setup, the \$100 level offered some short-term support. When the sellers finally mustered enough strength to push the price below the \$100 level, the price came back up and "tested" that level again. The buyers stepped in at the \$10 then became resistance at the same price level. Try as they might, the buyers could not bring in a bid enough buying power to push through the new resistance level. Instead, they capitulated and the market broke lower with a strong and profitable move.



Fig. 18

One could have traded this move short in a couple of different ways. Above, you see the solid line showing the bottom of the consolidation as the price kept trying to get above the key \$100 level. An order to go short could have been placed a couple of ticks below the line marking \$100 on the down move in figure 19, with a stop being put 1 or two ticks above \$100.

More aggressive traders could have entered this trade with an even smaller *risk profile*. Once the price failed to get through the \$100 level a *higher* price 2 or 3 ticks below the line marking \$100 on the down move could have been placed at 2 or 3 ticks below the low of those same bars, once they closed lower.

A trade at price 2 would have been riskier, since this price is both the second attempt to break through the key to the price. It is when

and shoulder pattern is a variation of the double top, and I would argue, more reliable.

The classic head and shoulder goes like this: 1) prices are trending higher and setting a series of higher highs and higher lows. 2) a support pushes price to new highs, and the down move that follows does not set a higher low. 3) another advance takes place, this time on diminishing volume, and prices do not set new highs. Then price falls below the previous neckline low (support) and a downturn begins.

### HEAD & SHOULDERS PATTERN



Fig. 33



As we can see from figure 33, the price action creates a left shoulder, a head, a right shoulder, and a support area called the neckline. Once price violates the neckline support, the trend has broken down and (as with the double top and bottom) is at risk of changing direction. In chapter 10, I provide specific trading examples using both double top/bottom and head and shoulder patterns.

**Flags**

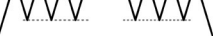
While head and shoulder formations are reversal patterns, flags and triangles are continuation patterns—they represent momentary pauses in an up-or-down trend. Sometimes called a rectangle because of its shape, a flag appears as a chart showing a trending move as prices consolidate their most gains or losses. It typically represents a sideways move or a modest pullback in an uptrend or a pause in a downturn. It is a reaction to the action above.

Figure 38 shows what bull and bear flag look like. In the bull variety, prices trend higher, trade sideways inside of clear support and resistance levels, then break above resistance to resume the uptrend. In a downturn, the bear flag forms in a similar fashion and represents a pause in the trend. The flat areas, or consolidation, leaves in a continuation pattern and represents time for a higher, high-probability trading opportunity.

### BULL FLAG BEAR FLAG



Fig. 38



**Triangles**

Triangle formations are very similar to flags, but they are shaped like triangles. Just kidding—they are shaped like triangles, which means their distance from the rectangular shape of flag formations. The triangle formation results from a pause in an underlying trend and is typically followed by resumption of the trend. In some cases, however, the formation of a triangle leads to a trend reversal.

There are three types of triangles:

- **Ascending triangle:** Prices move to a series of higher lows, but there is a period of resistance, which shows a horizontal line across most highs (figure 39). These patterns offer excellent trade opportunities when trading with the trend. They often win.
- **Descending triangle:** Prices set a series of lower highs and then shows a support level, which creates a horizontal line along the recent lows (figure 40).
- **Symmetrical triangle:** A period of consolidation, reflecting uncertainty as prices figure out "not" toward a specific price point (figure 41).

For now, we are going to talk a little bit about strategy; that is, what kind of strategies are suitable for different setups.

My strategy as one of the most successful traders, and most are based on price patterns I have identified that lead to high-probability outcomes. In other words, I trade setups that have a high probability of success. I trade setups that have a high probability of success. I trade setups that have a high probability of success.

### Breakouts

Setup: One of the best trading situations is when prices are breaking out of a range, above a previous resistance level or below a support level. The more an often attract a flurry of buying and selling orders, as players try to play the new trend that might develop as a result of the breakout. Breakout moves typically come after the market takes a pause (price consolidation) and can be identified using one of the patterns discussed in chapter 7.

- **Continuation patterns:** The flag and triangle are often followed by a breakout in the same direction of the prior trend.
- **Sideways or consolidation patterns:** Sometimes the market will trade sideways or coil before an explosive move higher or lower.
- **Support and resistance:** An obvious breakout below a key support/resistance level or moving average can trigger a flurry of trading activity as the move gets underway.

**Trading Strategy:** The typical strategy when playing a breakout setup is to trade in the direction of the breakout. If prices have been moving sideways, or coiling into a triangle, the breakout move could be to the upside or downside. Trade breakouts move above resistance to the upside with long positions, and trade moves to the downside below support with short positions. There is a stop-loss order below support for long trades or above resistance for short trades.

In figure 51, for instance, prices are in a range between support and resistance. There is a breakout and a long position is entered as the price moves beyond resistance. There, a protective stop loss can be placed just

below the previous reaction low, because a dip below that level might suggest the breakout has failed to materialize.



Fig. 51

In some cases, the stop in figure 51 may be best placed below the support, giving the trade more room to develop and avoiding the risk of stopping out prematurely. A more risk would be incurred in such a trade, but it may be necessary.

There is a lot of mention to trading breakouts because breakout often fall when many traders have the same idea for trading the move. One of my favorite trades is to wait for a failed breakout. When the breakout does not follow through with continued price action in the same direction, I trade in the opposite direction. Often, a failed breakout in one direction will lead to a large move in the opposite direction. These are the trades that I trade, and with a little practice you can learn to spot them for yourself.



Fig. 52



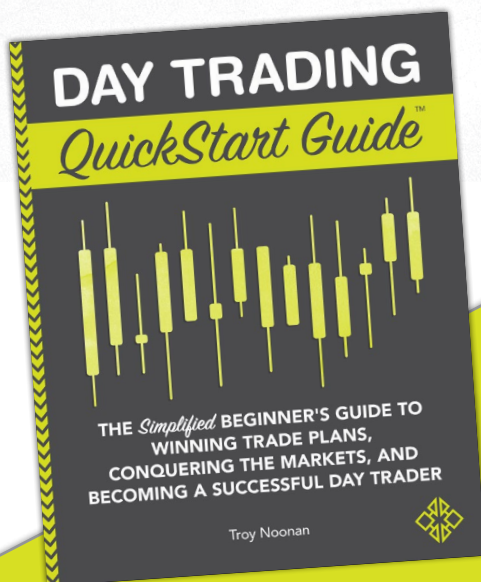
# TROY NOONAN



## A LEADING AUTHORITY ON DAY TRADING

**TROY NOONAN** is an author, full-time professional day trader, trade system developer, and trading coach with decades of experience in the study of markets and their behavior. As a teacher and mentor, Noonan has helped thousands of students in more than one hundred countries take the plunge and find day trading success on their own terms.

The original Backpack Trader, Noonan uses the freedom provided by day trading to travel the globe and execute trades from the road. He is the author of *Day Trading QuickStart Guide*, a new book from publisher ClydeBank Media that distills a career spanning decades into an actionable and insightful starting point for new day traders. Noonan is also the founder and CEO of BackpackTrader.com, a coaching and trading services provider.



**TROY NOONAN**, in addition to authoring the **Day Trading QuickStart Guide: The Simplified Beginner's Guide to Winning Trade Plans, Conquering the Markets, and Becoming a Successful Day Trader**, he is also the **founder and CEO of The Backpack Trader:**  
[www.backpacktrader.com](http://www.backpacktrader.com)



### EXPERIENCE:

- He has single-handedly developed and reined numerous effective trading strategies, including the wildly popular Counter Punch Trader and Spotlight Master Suite programs.
- Founded BackpackTrader.com, a coaching and trading services provider.
- Draws on his extensive experience trading experience in forex, futures, and stocks.
- His methods have been used by thousands of students in over 100 countries around the world.

# SAMPLE INTERVIEW QUESTIONS

**TITLE:** *Day Trading QuickStart Guide: The Simplified Beginner's Guide to Winning Trade Plans, Conquering the Markets, and Becoming a Successful Day Trader*

**AUTHOR:** Troy Noonan

## GENERAL QUESTIONS:

1. What makes trading different from investing? Should people do one or the other, or both?
2. You call yourself the backpack trader. What does that mean, and how did you get started trading?
3. A common perception people have about trading is that it is risky? Are they right?
4. One of the common phrases people hear is that the best time to start investing was yesterday. Is that true with trading? Is there a best time to start?
5. Are there any prerequisites or special skills that people need if they want to be really successful?
6. You have students and you regularly interact with new traders. What's the biggest challenge you see among new traders?
7. What makes your approach to trading different from the commonly received wisdom out there?
8. When you look at the financial markets and everything that's going on right now, would you say this is a good time to be a trader or a tough time to be a trader?

## BOOK-SPECIFIC QUESTIONS:

9. Why did you decide to write *Day Trading QuickStart Guide*?
10. Who is *Day Trading QuickStart Guide* for?
11. What makes *Day Trading QuickStart Guide* different than other books on the subject?
12. Will the strategies and techniques that are covered in your book still be valuable for readers in five years? In ten years?
13. In addition to the insight found within your book, are there any other resources you would recommend for people who are interested in learning to day trade?

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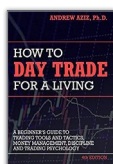
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  - Individuals interested in starting to day trade
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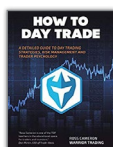
### How to Day Trade for a Living

A Beginner's Guide to Trading Tools and Tactics, Money Management, Discipline, and Trading Psychology

**Author:** Andrew Aziz | **Publisher:** Self-published

**ISBN-13:** 978-1535585958 | **Publish Date:** July 28, 2016

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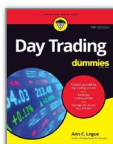
### How to Day Trade

A Detailed Guide to Day Trading Strategies, Risk Management, and Trader Psychology

**Author:** Ross Cameron | **Publisher:** AuthorHouse

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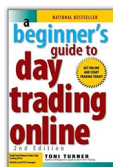


### Day Trading for Dummies

**Author:** Ann C. Logue | **Publisher:** For Dummies (Wiley)

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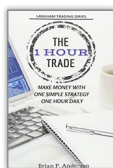


### A Beginner's Guide to Day Trading Online

**Author:** Toni Turner | **Publisher:** Adam's Media

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**Format:** Paperback | **Price:** \$16.95



### The 1 Hour Trade:

Make Money with One Simple Strategy, One Hour Daily

**Author:** Brian Anderson | **Publisher:** Self-published

**ISBN-13:** 978-1503095939 | **Publish Date:** November 14, 2014

**Format:** Paperback | **Price:** \$13.29

» **Differentiated From Competition:**

- *Day Trading QuickStart Guide* is the most beginner-friendly, comprehensive, up-to-date and widely accessible title on trading.
- *Day Trading QuickStart Guide* is the most simplified presentation of the material on the market. No unnecessary fluff is included to distract or confuse readers.
- The author, Troy Noonan, is a qualified expert in day trading as he has worked with countless new traders and developed highly effective signature strategies.
- The title will be supplemented with multiple free online digital resources and a \$1,000 trading commission rebate.

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We believe that access to the right information is the key to success. That's why we're committed to providing high-quality, easily understandable, reliable information to our customers through the web, print books, e-books, and audiobooks.

*ClydeBank Media is – Your World. Simplified.*



### OUR LOCATION

Our team of dedicated researchers, writers, editors, and designers is based in Albany, New York.



### OUR MISSION

*Our mission is to provide accessible, affordable, accurate, and high-quality information to a modern global audience.*

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