# Professional Futures Trader – Reference Guide

## Futures Selection for Income

### Ideal Requirements for a proper WatchList

| Criteria | Requirement |
|---|---|
| Average Daily Volume (ADV) | ≥ 80k contracts/day* |
| Open Interest | ≥ 60k contracts/day** |
| Spread | Spread ≤ 2 Ticks |
| 25% (Daily ATR x Point Value) | > Daily Goal per Contract |
| 50% Account Size | > Margin Required per Contract |

*80,000 contracts a day is ideal, but 40,000 is adequate
**60,000 contracts a day is ideal, but 30,000 is adequate

## Futures Selection for Wealth

### Ideal Requirements for a proper WatchList

| Criteria | Requirement |
|---|---|
| Average Daily Volume (ADV) | ≥ 5k contracts/day |
| Open Interest | ≥ 5k contracts/day |
| Spread | Spread ≤ 5 Ticks |
| 50% Account Size | > Margin Required per Contract |

## Trader Time Zones

### Equity Index Group

| Markets | Continuous Symbol | Contract Months | Minimum Tick Value | Times |
|---|---|---|---|---|
| S&P 500 | @ES=107XN | H, M, U, Z | $12.50 | 6:00pm – 5:15pm ET |
| NASDAQ 100 | @NQ=107XN | H, M, U, Z | $5 | 6:00pm – 5:15pm ET |
| Dow | @YM=107XN | H, M, U, Z | $5 | 6:00pm – 5:15pmET |
| Russell 2000 | @TF=107XN | H, M, U, Z | $10 | 8:00pm – 6:00pm ET |
| Euro Stoxx 50 | @FESX=101XN | H, M, U, Z | 10€ | 2:00am – 4:00pm ET |
| German DAX | @DAX=101XN | H, M, U, Z | 12.50€ | 2:00am – 4:00pm ET |
| Nikkei 225 | @NK=103XN | H, M, U, Z | US$25 | 6:00pm – 5:15pm ET |

### Interest Rate Group

| Markets | Continuous Symbol | Contract Months | Minimum Tick Value | Times |
|---|---|---|---|---|
| 5 Year Note | @FV=123XN | H, M, U, Z | $7.82 | 6:00pm – 5:00pm ET |
| 10 Year Note | @TY=114XN | H, M, U, Z | $15.63 | 6:00pm – 5:00pm ET |
| 30 Year Bond | @US=114XN | H, M, U, Z | $31.25 | 6:00pm – 5:00pm ET |
| Bobl (30 yr) | @FGBM=101XN | H, M, U, Z | 10€ | 2:00am – 4:00pm ET |
| Bund (10 yr) | @FGBL=101XN | H, M, U, Z | 10€ | 2:00am – 4:00pm ET |

### Agriculture/Soft Group

| Market | Continuous Symbol | Contract Months | Minimum Tick Value | Times |
|---|---|---|---|---|
| Corn | @C=110XN+HKNZ | H, K, N, U, Z | $12.50 | 8:00pm – 2:15pm ET |
| Wheat | @W=110XN | H, K, N, U, Z | $12.50 | 8:00pm – 2:15pm ET |
| Soybeans | @S=110XN+FHKNX | F, H, K, N, Q, U, X | $12.50 | 8:00pm – 2:15pm ET |
| Live Cattle | @LC=117XN | G, J, M, Q, V, Z | $10 | 9:00am – 5:00pm ET |
| Lean Hogs | @LH=109XN+GJMQVZ | G, J, K, M, N, Q, V, Z | $10 | 9:00am – 5:00pm ET |
| Coffee | @KC=120XN | H, K, N, U, Z | $18.75 | 4:15am – 1:30pm ET |
| Cocoa | @CC=120XN | H, K, N, U, Z | $10 | 4:45am – 1:30pm ET |
| Cotton | @CT=110XN+HKNZ | H, K, N, V, Z | $5 | 9:00pm – 2:20pm ET |
| Sugar #11 | @SB=110XN | H, K, N, V | $11.20 | 3:30am – 1:00pm ET |

### Currencies Group

| Market | Continuous Symbol | Contract Months | Minimum Tick Value | Times |
|---|---|---|---|---|
| Euro | @EC=103XN | H, M, U, Z | $12.50 | 6:00pm – 5:00pm ET |
| Yen | @JY=103XN | H, M, U, Z | $6.25 | 6:00pm – 5:00pm ET |
| Franc | @SF=103XN | H, M, U, Z | $12.50 | 6:00pm – 5:00pm ET |
| British Pound | @BP=103XN | H, M, U, Z | $6.25 | 6:00pm – 5:00pm ET |
| Aussie Dollar | @AD=103XN | H, M, U, Z | $10.00 | 6:00pm – 5:00pm ET |
| Canadian Dollar | @CD=103XN | H, M, U, Z | $10.00 | 6:00pm – 5:00pm ET |
| US Dollar | @DX=103XN | H, M, U, Z | $5.00 | 8:00pm – 5:00pm ET |

### Energies and Metals Group

| Energies | Continuous Symbol | Contract Months | Minimum Tick Value | Times |
|---|---|---|---|---|
| Crude Oil | @CL=103XN | ALL | $10 | 6:00pm – 5:15pm ET |
| Natural Gas | @NG=103XN | ALL | $10 | 6:00pm – 5:15pm ET |

| Metals | Symbol | Contract Months | Tick Value | Times |
|---|---|---|---|---|
| Gold | @GC=120XN+GJMQZ | G, J, M, Q, V, Z | $10 | 6:00pm – 5:15pm ET |
| Silver | @SI=120XN+HKNUZ | H, K, N, U, Z | $25 | 6:00pm – 5:15pm ET |
| Copper | @HG=120XN | H, K, N, U, Z | $12.50 | 6:00pm – 5:15pm ET |

## Odds Enhancers

### Odds Enhancer "Globex Trap"
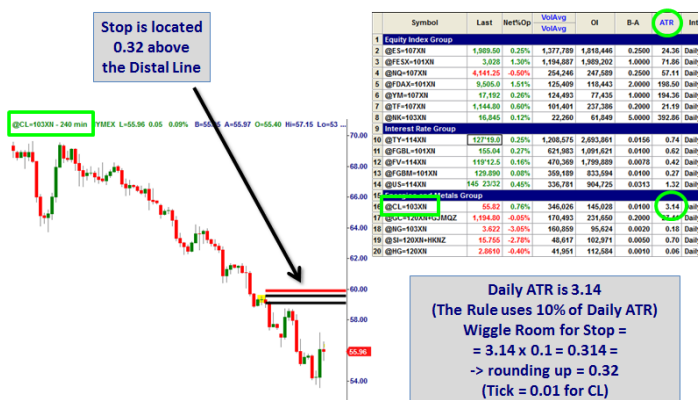**Is the Zone beyond the Globex High or Low?**
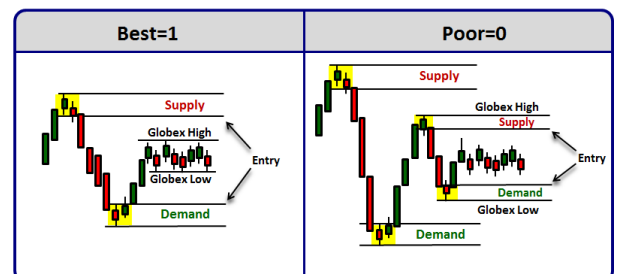


Lesson: When an Equity Index Futures is entering a Supply zone located above the Globex High or entering a Demand zone located below the Globex Low, the probability for the Trade to work is higher

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# Risk Management

## Income Wiggle Room for Stops

Stop is located 0.50 above the Distal Line



Daily ATR is 21.19
(The Rule uses 2% of Daily ATR)
Wiggle Room for Stop =
= 21.19 x 0.02 = 0.4238 =
-> rounding up = 0.50
(Tick = 0.1 for TF)

## Wealth Wiggle Room for Stops

Stop is located 0.32 above the Distal Line



Daily ATR is 3.14
(The Rule uses 10% of Daily ATR)
Wiggle Room for Stop =
= 3.14 x 0.1 = 0.314 =
-> rounding up = 0.32
(Tick = 0.01 for CL)

# Bracket Orders

## Bracket Order Application Summary

### S.E.T. Summary: Buy

| | |
|---|---|
| **Profit Target** | • Sell Limit <br> • Above current price |
| **Entry** | • Buy at Market or Limit <br> • At or below current price |
| **Stop** | • Sell Stop Market <br> • Below current price |

### S.E.T. Summary: Sell

| | |
|---|---|
| **Stop** | • Buy Stop Market <br> • Above current price |
| **Entry** | • Short at Market or Limit <br> • At or above current price |
| **Profit Target** | • Buy Limit <br> • Below current price |

## Matrix (Adjusting Stop or Target)



**1**
Take your cursor arrow and place over your gray stop box.

**2**
Hold down left side of mouse and drag down to the new stop price, then release mouse button.

## Bracket Order: Buy



## Bracket Order: Sell



# Position Size

## Position Size

**STEP 1** Maximum Risk Amount

$100,000 X 1% = $1,000

**STEP 2** Calculate Stop Size x Tick Value

$225
(18 Ticks)

**STEP 3** Calculate and Round Down Maximum Position Size

$1,000 / 225 = **4 Contracts**

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