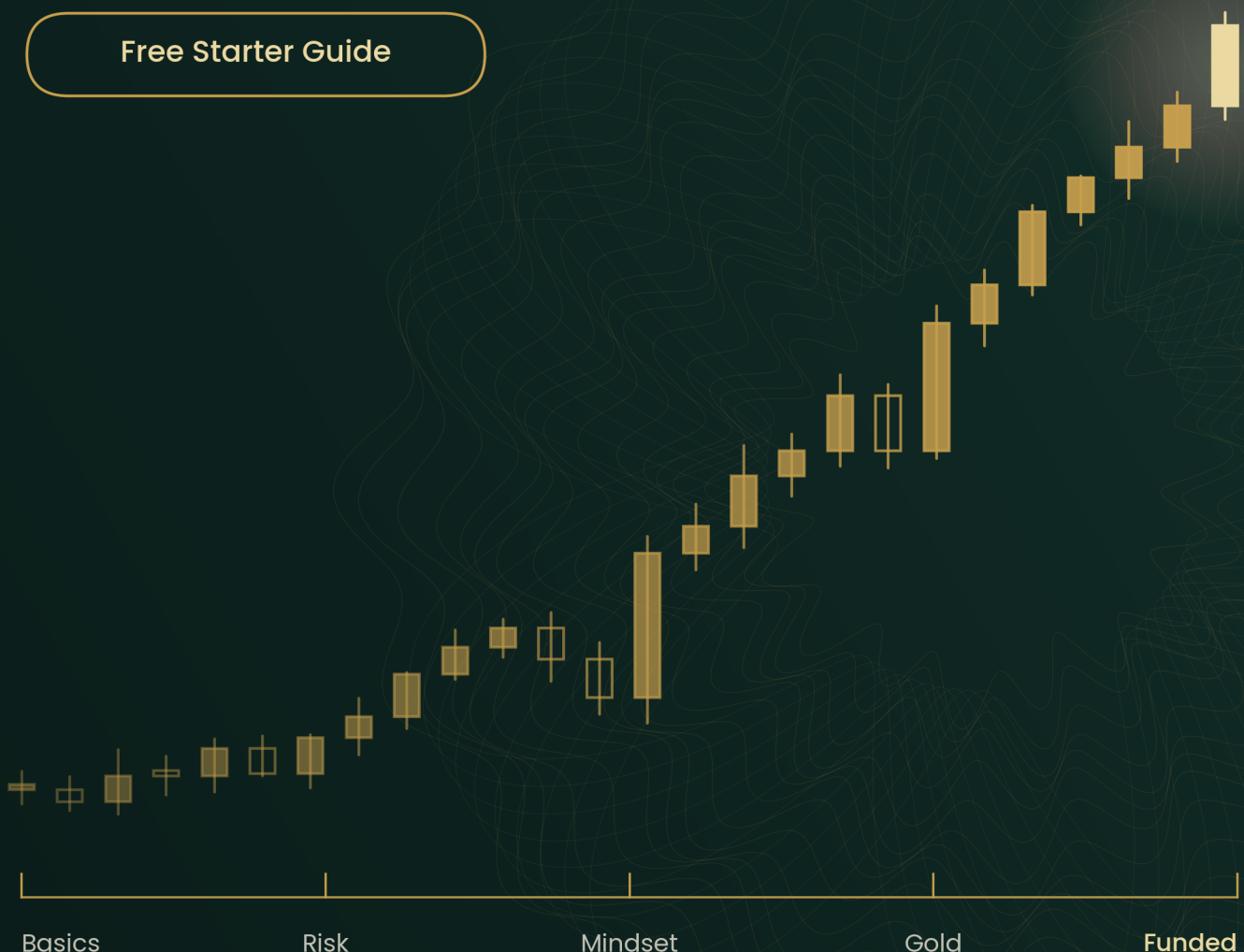


The Trader's Playbook

From first pip to funded account

Forex basics, risk, psychology, gold and prop-firm challenges in one practical rulebook.

Free Starter Guide



The Trader's Playbook

From first pip to funded account

Free Starter Guide

© 2026 GoldenBoyFX. All rights reserved. No part of this publication may be reproduced or distributed without permission.
goldenboyfxtools.com · @GoldenBoyFXTools

For educational purposes only. Trading forex, gold and CFDs on margin carries a high risk of loss and is not suitable for everyone. Nothing in this book is financial advice. Examples and figures are illustrative; check your own broker's and prop firm's current specifications and rules.

Free to share in its complete, unaltered form.

Contents

Before You Begin	3
Who this book is for	3
Risk disclaimer	3
Part 1: Forex Basics	4
Chapter 1: Currency pairs	4
Chapter 2: Pips, points and lots	4
Chapter 3: Leverage and margin	5
Chapter 4: Trading sessions	5
Chapter 5: Order types	6
Chapter 6: Reading a chart	6
Chapter 7: Fundamentals and the economic calendar	7
Part 2: The Position-Sizing Formula	8
Chapter 8: Position sizing	8
Your Daily Checklists	9
Pre-trade checklist	9
End-of-day checklist	9
The GoldenBoyFX Library	10

Before You Begin

This free starter guide gives you the foundations every trader needs: how the forex market works, how to read a chart, the one formula that controls your risk, and the checklists professionals use every day. It is taken from The Trader's Playbook, the full GoldenBoyFX guide from first pip to funded account.

Who this book is for

- **New traders** who want the foundations explained without jargon.
- **Struggling traders** who know the basics but keep blowing accounts or failing challenges.
- **Gold traders** who want a rulebook built around XAUUSD's speed and volatility.
- **Prop-firm candidates** who want a plan for passing a challenge, not a lottery ticket.

Risk disclaimer

Trading forex, gold and CFDs on margin carries a high level of risk and is not suitable for everyone. Leverage can work against you as well as for you, and you can lose more than your initial deposit. Nothing in this book is financial advice or a recommendation to buy or sell any instrument. Past performance, including any backtest or example, does not guarantee future results. Only trade with money you can afford to lose, and check the rules of your own broker and prop firm before acting on anything here.

Part 1

Forex Basics

Forex is the market where one currency is exchanged for another, and every trade is a bet that one currency will strengthen against the other. It runs 24 hours a day, five days a week, across banks, brokers and funds worldwide. You don't need to master everything here before your first demo trade – you need to understand it well enough never to be surprised by it.

Chapter 1: Currency pairs

Every quote has two currencies. In EURUSD = 1.0850, EUR is the **base** and USD is the **quote**: one euro costs 1.0850 dollars. Buying (going long) means you expect the base to rise; selling (going short) means you expect it to fall.

Group	Examples	Character
Majors	EURUSD, GBPUSD, USDJPY, USDCHF, AUDUSD, USDCAD, NZDUSD	Tightest spreads, deepest liquidity
Crosses (minors)	EURGBP, EURJPY, GBPJPY, AUDNZD	No USD; wider spreads, some very volatile
Exotics	USDTRY, USDZAR, USDMXN	Wide spreads, gaps, big overnight costs
Metals & crypto CFDs	XAUUSD (gold), BTCUSD	Traded on the same platforms, far more volatile

The **bid** is the price you sell at, the **ask** is the price you buy at, and the gap between them is the **spread** – your cost of entry on every trade.

Chapter 2: Pips, points and lots

A **pip** is the standard unit of price movement. For most pairs it is the fourth decimal (0.0001); for JPY pairs it is the second (0.01). Brokers quote one extra digit, called a **point** or pipette, so 1 pip = 10 points.

Position size is measured in **lots**:

Lot	Units of base currency	Approx. value per pip on EURUSD
Standard (1.00)	100,000	\$10
Mini (0.10)	10,000	\$1
Micro (0.01)	1,000	\$0.10

Gold is quoted differently and varies by broker; the full edition covers that in detail. Always check your broker's contract specification in MT5 (right-click the symbol, then Specification).

Chapter 3: Leverage and margin

Leverage lets you control a large position with a small deposit. At 1:100, \$1,000 of margin controls a \$100,000 position. The broker holds that **margin** as collateral; your **free margin** is what's left for new trades and to absorb losses.

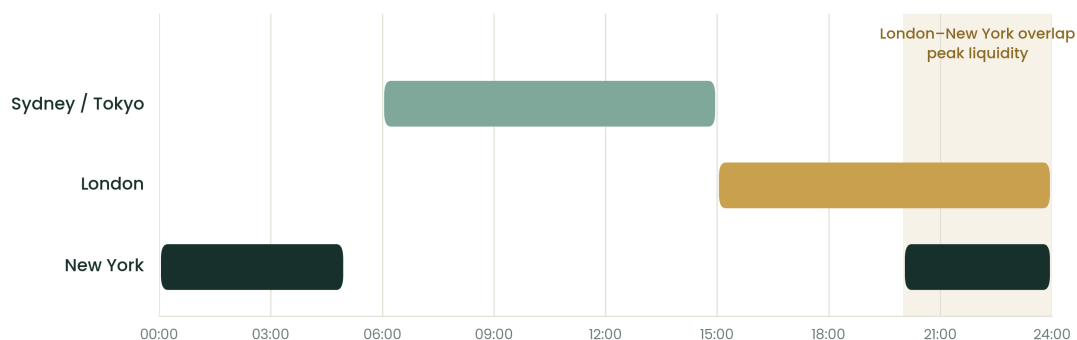
If losses shrink your equity too far, you get a **margin call**, and at the broker's **stop-out level** positions are closed automatically. Leverage does not change how much a trade can lose — your lot size and stop loss do. High leverage is only dangerous when paired with oversized positions, which is exactly what the position-sizing formula in this guide prevents.

Chapter 4: Trading sessions

The market's personality changes through the day. Times below are in Singapore time (GMT+8) and shift by an hour when the US and UK change their clocks.

Forex sessions in Singapore time (GMT+8)

Approximate hours; they shift by one hour when the US and UK change their clocks



Session	Approx. hours (GMT+8)	What to expect
Sydney / Tokyo	06:00 – 15:00	Calmer; JPY, AUD, NZD most active
London	15:00 – 00:00	Biggest volume; strong directional moves begin
New York	20:00 – 05:00	USD news, high volatility
London–New York overlap	20:00 – 00:00	Peak liquidity and the fastest moves of the day

Chapter 5: Order types

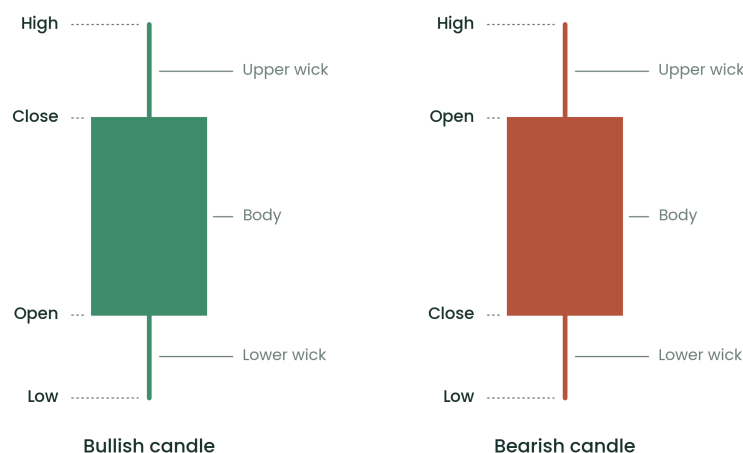
- **Market order** — enter now at the current price.
- **Buy limit / sell limit** — enter later at a *better* price (buy lower, sell higher).
- **Buy stop / sell stop** — enter later once price *breaks* a level (buy higher, sell lower). The core tool for breakout strategies.
- **Stop loss (SL)** — closes a losing trade at a set price. Every trade gets one, no exceptions.
- **Take profit (TP)** — closes a winning trade at a set price.
- **Trailing stop** — a stop loss that follows price as the trade moves in your favour.

Chapter 6: Reading a chart

A **candlestick** shows four prices for a period: open, high, low and close. A green (bullish) candle closed higher than it opened; a red (bearish) one closed lower. The wicks show how far price travelled before being pushed back.

Anatomy of a candlestick

Each candle shows four prices for one period: open, high, low and close

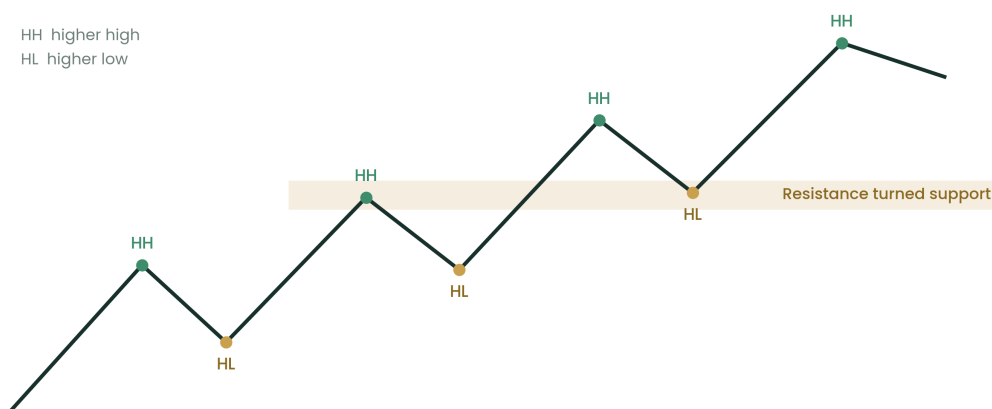


Three ideas carry most of chart reading:

1. **Trend** — higher highs and higher lows mean an uptrend; lower highs and lower lows mean a downtrend. Trade with it more often than against it.
2. **Support and resistance** — price levels where buyers or sellers have stepped in before. They are zones, not exact lines.
3. **Timeframes** — decide direction on a higher timeframe (H4 or daily), time entries on a lower one (M15 or H1).

Reading trend and key levels

Higher highs and higher lows define an uptrend; old resistance often returns as support



Indicators such as moving averages, RSI and ATR help measure these things; they do not predict. ATR (Average True Range) is especially useful because it tells you how far a market normally moves.

Chapter 7: Fundamentals and the economic calendar

Scheduled news moves markets hard. The events that matter most:

- Central bank rate decisions and press conferences (Fed, ECB, BoE, BoJ)
- US Non-Farm Payrolls (usually the first Friday of the month)
- CPI inflation reports
- GDP and PMI releases

Check an economic calendar every morning. For the first few months, simply avoid holding new trades through high-impact releases on the currencies you trade.

Part 2

The Position-Sizing Formula

Risk management is the only part of trading you fully control, and it decides whether you survive long enough for your edge to pay. The core rule: risk a small, fixed percentage of your account per trade – 0.5% to 1% – and size every position from that number, never from gut feel.

Chapter 8: Position sizing

Work backwards from the loss you'll accept, not forwards from the lot size you'd like.

$$\text{Lot size} = (\text{Account balance} \times \text{Risk \%}) \div (\text{Stop loss in pips} \times \text{Pip value per lot})$$

Worked example. A \$10,000 account risking 1% has \$100 at risk. With a 25-pip stop on EURUSD (pip value \$10 per standard lot): $100 \div (25 \times 10) = \mathbf{0.40 \text{ lots}}$. If the stop needs to be 50 pips, the size halves to 0.20 lots — the dollar risk stays \$100.

The stop decides the size. Never shrink a stop to fit a bigger lot.

Your Daily Checklists

Print these two pages and keep them beside your screen. If any box on the pre-trade list is unticked, there is no trade.

Pre-trade checklist

- ☐ Economic calendar checked for today
- ☐ Higher-timeframe bias marked (H4 / daily)
- ☐ Setup matches my written plan
- ☐ Stop placed at the invalidation point, plus spread buffer
- ☐ Lot size calculated from 0.5–1% risk
- ☐ Target of at least 1.5R
- ☐ Under my daily loss and trade-count limits
- ☐ Prop-firm rules checked (news, weekend, consistency)

End-of-day checklist

- ☐ Every trade journaled with a screenshot
- ☐ Rules followed on every trade? (yes/no)
- ☐ Daily P/L in R recorded
- ☐ Distance to daily and overall loss limits noted
- ☐ Tomorrow's key levels and news marked

The GoldenBoyFX Library

You have the foundations. Here is where to go next: from your first pip to trading like the legends, with the tools they used.

Book	What you'll get
Free Starter Guide	Forex basics, the position-sizing formula and daily checklists. Free with your email.
The Trader's Playbook: Full Edition	The complete rulebook: risk management, trader psychology, gold setups and a plan for passing prop-firm challenges.
Market Legends	25 legendary traders and investors: how they started, how they traded and what you can learn from them.
The Indicator Handbook	20 essential indicators: who invented them, how they work, when to use them and how to set them up in MT5.

Buy one, or save with a bundle. Each book is available on its own, and you can save with a two-book or three-book bundle.

Free with PropFirm Solo. Bought PropFirm Solo? You get all three paid books free. Email your MQL5 purchase receipt to support@goldenboyfxtools.com and we'll send you the complete library. Guardian Pro customers get *The Trader's Playbook* free the same way.

Get the books: goldenboyfxtools.com

Keep learning with GoldenBoyFX:

- **Daily market notes:** *The Daily Nugget* every weekday and *The Weekly Vault* every Monday, on TikTok and YouTube at @GoldenBoyFXTools.
- **Quick lessons:** the *Golden Pips* series, forex explained in a nutshell.
- **Tools:** Guardian Free, Guardian Pro and PropFirm Solo automate the risk rules in these books.
- **Questions:** support@goldenboyfxtools.com