

SMB Foundation

The SMB Foundation is unique, in that it is a SKILL BASED training program. Daily lesson plans have been crafted using hundreds of written lectures, classroom lectures, trading videos, audio lectures, quizzes, simulated trading drills, one-on-one mentoring sessions, and daily execution drills to build a powerful trading foundation. The SMB Foundation teaches a craft - the craft of trading.

What the SMB Foundation is not, is a simple knowledge based program that asks traders to memorize technical patterns, indicators, and trading plays found in countless books and programs online. The hard truth is that much of these technical patterns, indicators, and trading plays are worthless without the trading skills necessary to trade them effectively. Statistically, trading skills take years of experience and lost money to develop, but SMB Capital reduces this learning curve by creating a demanding curriculum focused on trading skills, followed by the development and execution of trading plays that work best for the trainee.

There are no secret trading plays that always work. Being a consistently profitable trader is about the adjustments made using trading skills. During the SMB Foundation trainees are taught how to build trading plays that work best for them. Instead of trainees memorizing trading plays without understanding how and why they work, trainees are taught a proprietary method to build trading plays using the trading skills learned in the program. Trainees are mentored through this process, building simple trading plays that work best for new traders and eventually building more robust trading plays specific to the trainees trading personality. Armed with these skills, traders finishing the SMB Foundation are far more mentally and physically prepared to trade professionally, than any other program available to the public in the United States. For traders, the SMB Foundation truly epitomizes the old proverb: Give a man a fish, feed him for a day. Teach a man to fish and you feed him for a life time.

A trainee does not have to have any prior trading experience before starting the SMB Foundation. SMB builds traders from the ground up. The training program is laid out over a 5 week calendar. Daily lesson plans have been crafted covering every minute of the trading day, from 8am to 6pm EST, including weekend and evening written lectures and videos. Traders may choose to work through the SMB Foundation 5 week schedule like a trader at SMB Capital or spread the program out over two months to accommodate any time conflicts (we regularly extend the program even further at no cost to the trainee).

Below is a list of the major categories covered in the SMB Foundation. Each category may contain dozens of sub-topics made up of dozens of additional written lectures, trading videos, class room lectures, audio lectures, drills, and quizzes:

THE FIRST FOUR WEEKS WILL FOCUS ON SKILL DEVELOPMENT:

- **STOCK SELECTION**
- **ONE GOOD TRADE**
- **THE 7 FUNDAMENTALS**
- **THE PLAYBOOK**

- **TECHNICAL ANALYSIS**
- **PSYCHOLOGY**
- **RISK MANAGEMENT**
- **TAPE READING**

THE LAST TWO WEEKS WILL FOCUS ON THE BUILDING AND EXECUTING OF TRADING PLAYS WITH ONE-ON-ONE MENTORING:

- **TRADING PROCESS**
- **TRADER PERFORMANCE**
- **TRADE EXECUTION**
- **TRADING EDGE**
- **TRADING STRATEGIES**
- **TRADE SETUPS**

SMB trains traders on an individual bases remotely or in office. Trainees may start the SMB Foundation at a time that best suits their schedule. Being able to work through the program independently with a mentor gives trainees a more personalized experience without having to compete for attention. Mentors usually work with no more than two trainees at a time through the SMB Foundation training program, assuring a trainee focused guidance. At the end of the SMB Foundation, and one-on-one mentoring, trainees will receive a full evaluation on the skills they are doing well and what needs improved; along with a road map to make trading a career. Trainees will be graded on 21 key attributes found in consistently profitable traders at SMB and extended the opportunity to develop as a trader under the coaching of SMB Capital mentors.

Syllabus

Day 1

Introduction 8:00 AM - 8:50 AM

Read: SMB Capital Introduction, & Sign SMB Contract
 SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive
 Trade the open with the demo account, listen and participate in the chat

Introduction 10:00 AM - 11:00 AM

Watch: Standards in This Job by Bella (9 min)
 Read: Appropriate Behavior on Our Desk
 Read: Book Recommendations
 Read: A Point of Clarification: What we teach our traders
 Read: Pyramid of Success, Watch: Pyramid of Success Video
 Trader Development Meeting

Introduction 11:30 AM - 12:30 PM

Watch: The Future of Prop Trading
 SMB TradesCenter Meeting (Monday - Thursday)

Introduction 1:30 PM - 3:15 PM

Watch: SMB Scanner

Read: SMB Radar

Watch: Quick Tutorial: Key Mapping for Alerts

Read: Alerts

Watch: Where to Set Your Alerts

Find a level and set an alert

Watch these videos on Gr8trade if you are a firm trader:

The Command Post

Timesales Intro

How to Link Windows

Creating a Watchlist on Board View

Create and Save Stock Specific Notes

How to Send Messages on Gr8trade

Einstein Login Credentials

Blotter

Filter Setup

List Manager Setup

Trade the close and listen and demo

Introduction 4:00 PM - 5:30 PM

These Guys are Good (Monday and Wednesday)

SMBU Performance Center - Daily Trade Review

SMBU Forum - PlayBook: Trade After each trading day go to the SMBU forum and input your best trade that made sense to you and review. You can view other trader's trades and ideas as well as sharing your trades with others for review or feedback.

Watch: How to Use SMB Real Time

Day 2

Module 1 ~ Stock Selection 8:00 AM - 8:50 AM

Watch: Intro video to Stock Selection viewers should take notes

Read: Stocks in Play Checklist

Watch: Stocks in Play

Watch: Stock Selection & Game Planning (My Daily Process)

Read: Stocks in Play Examples

Watch: Finding Stocks in Play with the SMB Scanner

Read: Morning Ideas - Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 1 ~ Stock Selection 10:30 AM - 11:00 AM

Watch: Stocks You Should Be Trading

Watch: Identifying Your Best Trade Setup

Read: Stocks With Which You Struggle& Watch: Stocks With Which You Struggle

Trader Development Meeting

Module 1 ~ Stock Selection 11:30 AM - 12:30 PM

Read: How to Identify the Best Stocks to Trade in the Market

Watch: Stock Selection

Read: Choosing a Basket of Stocks

Read: Choosing the Right Stock for You (Stock Zone)

Read: A Great Long Position

Read: Top 10 News Plays

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 1 ~ Stock Selection 1:50 PM - 3:00 PM

Watch: Stock Selection with Mike Bellafiore

Trade the Close, listen to SMB Traders trade and demo

Finish: Stock Selection with Mike Bellafiore

These Guys are Good (Monday and Wednesday)

SMBU Forum - PlayBook: Trade After each trading day go to the SMBU forum and input your best trade that made sense to you and review. You can view other trader's trades and ideas as well as sharing your trades with others for review or feedback. SMB Forum

Watch: SMB Radar: In Play Rank

Day 3

Module 1 ~ Stock Selection 8:00 AM - 8:50 AM

Read: The Second Day

Watch: The Second Day - BA

Watch: This is our time

Watch: Recognizing a strong stock

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive

Trade the open. Use SMB Real Time to listen to SMB Capital trade.

Module 1 ~ Stock Selection 10:30 AM - 11:00 AM

Read: Stock Selection

Read: Stock Selection 2

Read: Stock Selection and Game Planning

Watch: Stocks in Play by Steven Spencer

Trader Development Meeting (smb850)

Module 1 ~ Stock Selection 11:30 AM - 12:30 AM

Read: Traders Ask: Should i Trade Stocks in Play?

Read: Traders Ask: Stocks in Play of a Basket?

Read: Trade Stocks That Are in Play!

Read: Why Trade Stocks in Play?

Read: The Advantage of In Play Stocks

Watch: Stock Selection: Are you trading too many stocks?

Watch: Trade Set up: The Opening Drive Play

SMB TradesCenter Meeting (Monday - Thursday)

Module 1 ~ Stock Selection 1:30 PM - 3:15 PM

Read: Super Stocks in Play Lecture, Watch: Super Stocks in Play Video

Read: Finding Stocks Intraday for the Close, Watch: Finding Stocks Intraday for the Close Video

Read: Foreshadowing

Watch: Foreshadowing

Read: Determine a Stock's Pattern

Read: Trading Patterns

Read: Trading Patterns on the Open

Read: Using Your Trading Bias on the Open

Read: Moving On

Watch: Moving On

Trade the close. Use SMB Real Time to listen to SMB Capital trade.

Watch: The SMBU Proprietary Stock Selection Process

Quiz: Module 1: Stock Selection

SMBU Forum - PlayBook: Trade After each trading day go to the SMBU forum and input your best trade that made sense to you and review. You can view other trader's trades and ideas as well as sharing your trades with others for review or feedback.

These Guys are Good (Monday and Wednesday)

Watch: The SMBU Proprietary Stock Selection Process

Day 4

Module 2 ~ One Good Trade 8:00 AM - 8:50 AM

Watch: One Good Trade by Mike B.

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive

Trade the open. Use SMB Real Time to listen to SMB Capital trade.

Module 2 ~ One Good Trade 10:30 AM - 11:00 AM

Read: One Good Trade & Watch: One Good Trade

Read: The Best Excerpts from One Good Trade

Trader Development Meeting (smb850)

Module 2 ~ One Good Trade 10:30 AM - 11:00 AM

Fundamental #1 Preparation

Read: Proper Preparation & Watch: Proper Preparation

Watch: AM Preparation

Watch: A Trader's Day & Read: A Trader's Day

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 2 ~ One Good Trade 1:50 PM - 3:20 AM

Read: The Benefits of Pre-Market Preparation

Read: The Trading Day Doesn't Start until 9:30 AM!

Watch: Rehearse the Open

Read: KERX Morning Preparation

Read: The Big Picture
Read: SMB Pre-Market Mental Preparation & Watch: SMB Pre-Market Mental Preparation
Read: SMB Fundamental #1: Proper Preparation
Read: Proper Preparation
Read: Important questions before each trade
Watch: Morning Preparation Example by Mike B. - December 4th 2014
Trade the Close, listen to SMB Traders trade and demo
Read: An anecdote from the prop desk: The unprepared trader
Read: What is the best preparation to be a trader?
Read: Proper Preparation Disguised As Luck – \$WLT
Watch: SMB Pre-Market Mental Preparation
Quiz: Fundamentals: Proper Preparation
SMBU Performance Center - Daily trade Review
Read: Weekend Preparation

Day 5

Module 2 ~ One Good Trade 8:00 AM - 8:50 AM

Fundamental #2 Hard Work

Read: Hard Work & Watch: Hard Work
Watch: Hard work: An example
Read: Hard work pays off & Watch: What a professional trader looks like
Watch: A Successful Trader Who Made a Late Career Change
Read: Top Ten Things About Being Overworked
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive
Trade the open. Use SMB Real Time to listen to SMB Capital trade.

Module 2 ~ One Good Trade 10:30 AM - 11:00 AM

Fundamental #3 Patience

Read: Patience
Watch: Patience
Read: Patience Pays – \$MCP
Read: Adding a Dose of Patience to Your Trading
Trader Development Meeting (smb850)

Module 2 ~ One Good Trade 11:30 AM - 12:30 PM

Fundamental #4 Plan

Read: Developing a Detailed Trading Plan in the AM
Read: A Detailed Plan Before Every Trade & Watch: A Detailed Plan Before Every Trade
Read: Important Questions Before Each Trade
Read: The Importance of a Well-Thought-Out Trade Plan
Read: Executing Your Plan is Part of Being Successful
Read: Peak Performance - Trading the Plan
SMB TradesCenter Meeting (Monday - Thursday)

Read: This is a Detailed Trading Plan
Read: Losing Trades are Good for Your Trading Plan?
Read: IF I Develop a Trading Plan THEN My Results Will Improve: EXPE (10.26.12)
Lunch

Module 2 ~ One Good Trade 1:30 PM - 3:05 PM

Read: Your Daily Game Plan
Read: Always Analyzing Your Positions
Fundamental #5 Discipline
Read: Discipline, Watch: Discipline
Read: When Your Stock Hits Your Exit Price (One Good Sale)
Fundamental #6 Contribution/Communication
Watch: Communication on the Desk
Read: Learning from other Traders on our Desk
Read: Information Flow - Helping Each Other Make Money
Read: Contributing Your AM Trading Ideas and Alerts & SMB Intraday Ideas Sheet
Watch: Creating Trading Networks
Read: Paying Attention + Communication = \$\$
Read: A Trading Conversation
Trade the close. Use SMB Real Time to listen to SMB Capital trade.
Quiz: Fundamentals: Patience
Quiz: Fundamentals: A Plan
Quiz: Fundamentals: Discipline
Quiz: Fundamentals: Hardwork
Quiz: Fundamentals: Sharing information with those on the desk
SMBU Performance Center - Daily Trade Review
Reviewing Your Monthly Goals

Day 6

Module 2 ~ One Good Trade 8:00 AM - 8:50 AM

Fundamental #7 Replay your trades

Read: Replay your important trades
Watch: Replay your important trades
Read: SMB Fundamental #7: Replaying Your Important Trades
Read: Rewind, Replay, Retrace
Read: Trade Review CTXS
Read: The Weekend Review
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 2 ~ One Good Trade 10:30 AM - 11:00 AM

Read: One Good Trade
Watch: One Good Trade
Watch: When to be hard on yourself as a trader
Read: No excuses

Trader Development Meeting (smb850)

Module 2 ~ One Good Trade 11:30 AM - 12:30 PM

Watch: The Trading Journal

Watch: Dr. Steenbarger on Trading Journal

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 2 ~ One Good Trade 1:30 PM - 3:00 PM

Watch: Things you can do to improve your numbers by GMAN

Watch: Shark Trade Review \$PAY

Watch: Daily Review: \$CCL and \$ANR

Read: End of year review

Read: Eliminate that which doesn't work for you

Read: Pattern recognition - an example

Trade the Close, listen to SMB Traders trade and demo

Quiz: Fundamentals: Review

These Guys are Good (Monday and Wednesday)

SMBU Performance Center - Daily Trade Review

Evening video: An example: Daily Review

Day 7

Module 3 ~ The Playbook 8:00 AM - 8:50 AM

Watch Intro Video

Read: Building your playbook & Watch: The Playbook

Watch: I am doing great. Now I am nervous I will start losing money

Read: The SMB Playbook: Compiling our best trades

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive

Trade the open. Use SMB Real Time to listen to SMB Capital trade.

Module 3 ~ The Playbook 10:30 AM - 11:00 AM

Read: Trader improvement on steroids with the playbook checkup

Trader Development Meeting (smb850)

Module 3 ~ The Playbook 11:30 AM - 12:30 PM

Read: Three-day growth stock swing trade (\$TSLA) playbook entry & Watch: Three-day growth stock swing trade (\$TSLA) video

Read: The Playbook Checkup: Facebook earnings trade

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 3 ~ The Playbook 1:50 PM - 3:10 PM

Watch: Your Playbook Setups - Make them yours

Watch: Trend Trend Trade - FEYE

Trade the close. Use SMB Real Time to listen to SMB Capital trade.

Watch: Trend Trend Trade
SMBU Performance Center - Daily Trade Review
Learn the different types of playbook trades by past traders. The SMB Playbook

Day 8

Module 3 ~ The Playbook 8:00 AM - 8:50 AM

Read: Playbook Checkup: \$HRB breakdown from held bid support
Read: The Playbook Checkup: Fade trade \$DEPO
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 3 ~ The Playbook 10:30 AM - 11:00 AM

Read: The Playbook Checkup: Unusual Options Activity in \$SUNE
Read: The Playbook Checkup (Shooting Start Continuation Pattern)
Trader Development Meeting (smb850)

Module 3 ~ The Playbook 11:30 AM - 12:30 PM

Read: The education of a trader: The Playbook
Read: The Playbook Checkup: One bad trade
Watch: Cocodrive Done - \$GENE
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 3 ~ The Playbook 1:30 PM - 3:20 PM

Watch: The Playbook Checkup with Bella: Inside look SMB's Mentoring
Watch: Merritt's playbook trifecta play
Trade the Close, listen to SMB Traders trade and demo
Read: Name of the play: Resistance fade after breaking news
Quiz: Module 3: The Playbook
SMBU Performance Center - Daily trade review
Learn the different types of playbook trades by past traders: The Playbook
Review some archived playbooks: Video Archive

Day 9

Module 4 ~ Technical Analysis 8:00 AM - 8:50 AM

Watch: Intro video
Read: Intraday Levels
Watch: Intraday Support and Resistance Levels
Read: Using Levels
Read: Support or Resistance Plays on the Open
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive
Trade the open. Use SMB Real Time to listen to SMB Capital trade.

Module 4 ~ Technical Analysis 10:30 AM - 11:00 AM

Read: Technical Analysis I & Watch: Technical Analysis I - Principles of Technical Analysis
Trader Development Meeting (smb850)

Module 4 ~ Technical Analysis 11:30 AM - 12:30 AM

Watch: Short Below Support

Read: Technical Analysis II & Watch: Technical Analysis II - Basic Chart Settings & Watch: Setting up your charts

Watch: Hit a weak stock below support

SMB TradesCenter Meeting (Monday - Thursday)

PlayBook Checkup (Tuesday)

Module 4 ~ Technical Analysis 1:50 PM - 3:00 PM

Watch: Technical Analysis with Brian Shannon

Read: A Humongous Intraday Resistance Level - An Example (AIG)

Read: Important Intraday Levels Papertrade and Demo

Trade the close. Use SMB Real Time to listen to SMB Capital trade.

Module 4 ~ Technical Analysis 4:00 PM - 4:30 PM

Watch: Trading Fitbit IPO & Watch: How to Trade Fitbit (\$FIT)?

Watch: \$YELP at VWAP

Watch: Hit a Weak Stock Through its Support

SMBU Performance Center - Daily Trade Review

Evening Video: Tech Analysis by Steve S.

Day 10

Module 4 ~ Technical Analysis 8:00 AM - 8:50 AM

Read: Chart reading 101: Pivots and market structure & Watch: Technical Analysis Part III - Chart reading 101

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 4 ~ Technical Analysis 10:30 AM - 11:00 AM

Watch: Technical Analysis Part IV - Price Action

Trader Development Meeting (smb850)

Module 4 ~ Technical Analysis 11:30 AM - 1:00 PM

Watch: The perfect ten technical trade

Watch: \$FEYE 2nd Day (Technical Trade)

Watch: Big buyer at support level followed by an upmove

Read: Traders ask: How do you use the retracement high/low?

Read: Pullback trade by GMan

Watch: Buying pullbacks on the open

Watch: Trading \$BABA& Watch: \$GWPN on January 28th 2015
Watch: SMB AM Meeting Recap: \$JNJ& Watch: SMB AM Meeting Recap: \$TWX
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 4 ~ Technical Analysis 1:30 PM - 3:00 PM

Watch: Strong stock temporarily overbought
Watch: Discover the information in the counter move
Read: The four basic trades
Read: Price action: Trends and trading ranges
Read: Uptrend play& Watch: Uptrend Lecture
Watch: Downtrend Play in RIMM
Watch: Momentum trade - GoPro (\$GPRO)
Watch: The reversal trade: \$TWTR
Read: The trend is your friend - papertrade and demo
Watch: Technical Breakout
SMBU Performance Center - Daily trade review
Watch: Breakout trade
Watch: Consolidation Breakout trade
Watch: Fake Breakout trade
Watch: Technical Breakdown \$AAPL

Day 11

Module 4 ~ Technical Analysis 8:00 AM - 8:50 AM

Read: Opening Range and Pivot Points & Watch: Explosive up move above range on the open
Read: Lowering your cost basis
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 4 ~ Technical Analysis 10:30 AM - 11:00 AM

Read: Playing a range breakout & Watch: Range play breakout
Read: Range play - an example (\$KSS)
Trader Development Meeting (smb850)

Module 4 ~ Technical Analysis 11:30 AM - 12:30 PM

Watch: Range play breakout in \$LEH
Read: Higher Low/Lower High: Finding A Reversal
Watch: Higher Low/Lower High
Watch: Climax Reversal \$CRM
Read: A Lower High
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 4 ~ Technical Analysis 1:30 PM - 2:50 PM

Read: Range play Boot Camp

Watch: Mini Range Play
Watch: Range play in \$AAPL
Watch: Corey Rosenbloom at SMB
Trade the Close, listen to SMB Traders trade and demo

Module 4 ~ Technical Analysis 4:00 PM - 5:30 PM

Quiz: Technical Analysis
These Guys are Good (Monday and Wednesday)
SMBU Performance Center - Daily Trade Review
Evening Video: JC Parets, EagleBay Capital

Day 12

Module 5 ~ Psychology 8:00 AM - 8:50 AM

Watch: Psychology intro vid
Read: Mindset in the A.M.
Read: Positive self talk
Watch: Positive self talk
Read: Be the best listener
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 5 ~ Psychology 10:30 AM - 11:00 AM

Watch: How to know if trading is for you
Watch: Sexy cool trading
Watch: SMBU - FLOW

Read: Preparing my mind
Trader Development Meeting (smb850)
Module 5 ~ Stock Selection 11:30 AM - 12:30 PM

Watch: Fixed vs. growth mindset
Read: Growth mindset vs. fixed mindset (Part I)
Read: The Growth mindset: An example (Part II)
Read: The fixed vs. growth mindset: the consequences (Part III)

Watch: There is always a lesson to be learned
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 5 ~ Psychology 1:30 PM - 2:45 PM

Watch: The education of a trader: growth mindset
Read: Mindset hacks: adopt the mindset of a champion
Watch: Mindset hacks: adopt the mindset of a champion
Trade the Close, listen to SMB Traders trade and demo

Module 5 ~ Psychology 4:00 PM - 4:30 PM

Read: This is how you improve your trading confidence
Watch: How to gain trading confidence
SMBU Performance Center - Daily trade review

Day 13

Module 5 ~ Psychology 8:00 AM - 8:50 AM

Read: Clear your mind—Deep breathing

Read: Visualization Watch: Visualization

Read: The relaxation response

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 5 ~ Psychology 10:30 AM - 11:00 AM

Watch: Relaxation response

Read: Psychology of trading & Watch: Psychology of trading

Trader Development Meeting

Module 5 ~ Stock Selection 11:30 AM - 12:30 PM

Read: First visualize yourself being great

Read: Everything you ever wanted to know about visualization, part I

Read: Everything you wanted to know about visualization and trading, part II

Read: Everything you wanted to know about visualization and trading, part III

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 5 ~ Psychology 1:30 PM - 3:00 PM

Watch: Visualization guide by Bruce Bower

Watch: Visualization Goals by Dr. Steenbarger

Watch: Stealing from Jimmer Fredette

Trade the Close, listen to SMB Traders trade and demo

SMBU Performance Center - Daily trade review

Day 14

Module 5 ~ Psychology 8:00 AM - 8:50 AM

Read: The seven lessons I've learned

Read: Lesson 1: Trading is decision making

Read: Lesson 2: Trading is a peak performance activity

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 5 ~ Psychology 10:30 AM - 11:00 AM

Read: Lesson 3: You need a process of your own

Read: Lesson 4: The interaction between process and psychology

Read: Lesson 5: Review and tweak

Trader Development Meeting (smb850)

Module 5 ~ Psychology 11:30 AM - 12:30 PM

Watch: Mental practice tools to feel calm and "in the zone"

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 5 ~ Psychology 1:50 PM - 3:00 PM

Read: Lesson 6: Luck versus skill

Watch: Managing emotions in trading

Read: Don't call it a comeback (an intraday comeback)

Watch: An intraday comeback

Trade the Close, listen to SMB Traders trade and demo

Read: Lesson 7: The mental game is key

SMBU Performance Center - Daily trade review

Day 15

Module 5 ~ Psychology 8:00 AM - 8:50 AM

Read: The trading of past trading

Read: I cannot hit my losers

Read: The overanxious trader

Read: Some help for the impatient trader

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 5 ~ Psychology 10:30 AM - 11:00 AM

Read: Using my inner anger (TYC)

Read: Getting Flustered

Read: Delisting Stress

Watch: Do this when you do not feel comfortable in a trade

Trader Development Meeting

Module 5 ~ Psychology 11:30 AM - 12:30 PM

Read: Taking a rip

Watch: Taking a rip

Watch: This is sportscenter

Watch: Solving the top five trading frustrations from the SMB Community

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 5 ~ Psychology 1:30 PM - 3:00 PM

Watch: Trading Psychology

Watch: Develop your trading confidence

Trade the Close, listen to SMB Traders trade and demo

Module 5 ~ Psychology 4:00 PM - 4:30 PM

Read some of Dr. Steenbarger's articles on Psychology

SMBU Performance Center - Daily trade review

Weekend reading: Emotion free trading

Day 16

Module 5 ~ Psychology 8:00 AM - 8:50 AM

Read: Why do I Trade Worse on Monday?
Read: Overcoming your psychological issues as a trader
Read: The profitability of being wrong
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 5 ~ Psychology 10:30 AM - 11:00 AM

Read: 10x Equals X , Watch: Turning 1 into 10
Trader Development Meeting

Module 5 ~ Psychology 11:30 AM - 12:30 PM

Read: Presentation on trading as decision-making
Watch: Trading's emotional challenge
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 5 ~ Psychology 1:30 PM - 3:10 PM

Read: Presentation on the basic truths of trading
Read: Focus (on what's important) , Watch: Focus on what's important
Trade the Close, listen to SMB Traders trade and demo

Module 5 ~ Psychology 4:00 PM - 4:30 PM

Read: 10 Tips for when you first go live
Quiz: Module 5 ~ Psychology
SMBU Performance Center - Daily trade review

Day 17

Module 6 ~ Risk Management 8:00 AM - 8:50 AM

Read: Risk seminar& Watch: Risk seminar with Steve S.
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon), SMB AM Meeting Archive
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 6 ~ Risk Management 10:30 AM - 11:00 AM

Read: The psychology of sizing
Read: Overlooked risk tools: Position sizing
Read: Retail Buying - an example \$NSTK
Trader Development Meeting

Module 6 ~ Risk Management 11:30 AM - 12:30 PM

Read: What is risk?
Read: Risk tolerance vs. Risk capacity

Read: Your real risk
Read: Risk on the open
Read: Risk during a conference call
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 6 ~ Risk Management 1:50 PM - 3:00 PM

Read: Why hold a stock against you?
Watch: Why hold it against you?
Read: Defense first - a momentum trade (spot the bid)
Watch: Two essential pitfalls to avoid with your trading/investing
Watch: Ideas from the prop desk to improve your trading: The non-scalable trader
Watch: Ideas from the prop desk to improve your trading: The partner rips
Trade the Close, listen to SMB Traders trade and demo
Watch: More risk doesn't always mean more reward
Watch: The idiot trade
SMBU Performance Center - Daily trade review
Watch: A Systematic Approach to Buying Power

Day 18

Module 6 ~ Risk Management 8:00 AM - 8:50 AM

Read: Doubling down, Watch: Doubling down, NOT!
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 6 ~ Risk Management 10:30 AM - 11:00 AM

Read: Better Stop Prices
Read: Can a smaller stop carry more risk than a large stop?
Read: The Shark Tank risk management system
Read and watch: Ask anything: A system to increase your trading risk
Trader Development Meeting

Module 6 ~ Risk Management 11:30 AM - 1:00 PM

Read: Checks
Read: Do we really need rules?
Read: Traders ask: Violating my risk parameters
Read: Enhancing trader performance: Risk versus uncertainty
Read: Before placing a trade, be prepared to accept the risk
Watch: What is the proper risk/reward for a trade?
Read: Knowing your risk on multiple time frames
SMB TradesCenter Meeting (Monday - Thursday)
SMB TradesCenter Meeting (Monday - Thursday)

Module 6 ~ Risk Management 1:30 PM - 3:00 PM

Read: Ask the trading doc: How do i take on more risk?

Watch: Trades are risk/reward decisions
Read: Traders ask: How do you determine your risk/reward?
Read: Excellent risk/reward trades
Watch: Take advantage of great risk/reward short setups
Watch: Capitalizing on Excellent Risk/Reward Short Setups
Read: Trade, control your risk, breathe (VVUS)
Read: The risk of closing a position that is working for you
Watch: The risk of shorting a "Low Float" stock - \$DGLY
Read: The risk of not being in it
Watch: Not losing is winning too
Read: FE trade review - maintaining risk
Read: A low risk entry for a long term breakout - FEYE
Trade the Close, listen to SMB Traders trade and demo
Quiz: Risk Management
SMBU Performance Center - Daily trade review

Day 19

Module 7 ~ Tape Reading 8:00 AM - 8:50 AM

Read: Intro to Reading the Tape
Read: Reading the Tape: Excerpt from the Upcoming Book
Read: Reading the Tape Lecture
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 7 ~ Tape Reading 10:30 AM - 11:00 AM

Watch: Intro to Reading the Tape
Read: Reading the Tape - an example by Bella
Trader Development Meeting

Module 7 ~ Reading the Tape 11:30 AM - 12:30 PM

Read: Glossary
Read: Prints (bearish or bullish)
Read: The Prints
Read: Level II Basics
Read: Level II Intro
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 7 ~ Tape Reading 1:30 PM - 3:05 PM

Watch: Prints into the close - ONXX
Read: The Inside Market/Box, Watch: The Inside Market/Box
Watch: Inside Market in CFC
Watch: Noticing the Inside Market and Reacting
Read: Holds and Unusual hold on the bid or the offer, Read: An Unusual hold on the bid or offer, Watch:
An Unusual hold
Read: A held bid
Trade the Close, listen to SMB Traders trade and demo

Module 7 ~ Tape Reading 4 PM

Watch: Video Compilation of held bids/offers, unusual holds

Held Offer Example 1

Held Offer Example 2

Held Bid Example

What is not a hold

More holds on the open

Quiz: Test your knowledge on the Basics: The level II + Jargon + prints

These Guys are Good (Monday and Wednesday)

SMBU Performance Center - Daily Trade Review

Day 20

Module 7 ~ Tape Reading 8:00 AM - 8:50 AM

Watch: Held bid - aggressive seller

Watch: Held bid drops but the stock gets stronger

Read: Dropped held bid but stronger play (An Example WFMI at 40.15)

Watch: Coming back to the bid

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 7 ~ Tape Reading 10:30 AM - 11:00 AM

Read: How Reading the Tape Helped Me Play the Bounce in LULU

Watch: Breakout intraday price

Watch: Slow to develop

Trader Development Meeting

Module 7 ~ Tape Reading 11:30 AM - 1:00 PM

Watch: Bid gets hit then higher

Watch: Bid tested twice but drops

Read: Getting in and out of stocks

Read: Unusual hold on the bid - \$TIF

Watch: An unusual hold on the offer on the open

Watch: Breakout Intraday Price

Watch: Unusual hold on the bid- AAPL 141.40 hold on the bid

Watch: A Held Bid

Watch: No sales on the offer

Watch: Reading the Tape with Steve in AAPL

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 7 ~ Tape Reading 1:30 PM - 3:00 PM

Read: Getting in front of a big order, Watch: Getting in front of a big order

Watch: A lower high

Watch: Selling program ACN

Watch: Importance of volume

Watch: Held offer below support MCD
Trade the Close, listen to SMB Traders trade and demo

Module 7 ~ Tape Reading 4:00 PM

Read: Times of the day
Read: Corresponding Futures TIF
Quiz: Module 7: Tape Reading
SMBU Performance Center - Daily trade review
Read: Focus on what's important , Watch: Focus on what's important

Day 21

Module 7 ~ Tape Reading 8:00 AM - 8:50 AM

Read: White prints in penny spread stocks
Watch: White prints in penny spread stocks
Read: Hunt orders , Watch: Hunt orders
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 7 ~ Tape Reading 10:30 AM - 11:00 AM

Read: Hunt orders - an example
Watch: Small hunt orders - SVNT
Watch: Hunt order HOT
Trader Development Meeting

Module 7 ~ Tape Reading 11:30 AM - 1:00 PM

Watch: Hunt order - NKE
Read: Think like a big player, Watch: Think like a big player
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 7 ~ Tape Reading 1:30 PM - 3:00 PM

Read: A question on reading the tape and skill building
Read: Important questions before each trade
Video #1: Reading the Tape in WFC with Gman
Video #2: Reading the Tape in TRA with Gman
Video #3: Reading the Tape in KSS with Bella
Trade the Close, listen to SMB Traders trade and demo

Module 7 ~ Tape Reading 4:00 PM

Quiz: Test your knowledge on white prints and hunt orders
SMBU Performance Center - Daily trade review

Day 22

Module 7 ~ Tape Reading 8:00 AM - 8:50 AM

Video #4: Reading the Tape in FCX with Roy

Watch: Held Offer FCX

Read: Different lots, different plans

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 7 ~ Tape Reading 10:30 AM - 11:00 AM

Watch: Doubling up in MBT

Read: Adding probability to chart plays

Trader Development Meeting

Module 7 ~ Tape Reading 11:30 AM - 12:30 PM

Watch: Reading the Tape in WYNN with Bella

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 7 ~ Tape Reading 1:50 PM - 3:10 PM

Read: Seeing the tape from the charts As you can tell this is not really hard stuff. It is a matter of paying attention to the small details. As an exercise spend the next 20 minutes going through charts seeing if you can spot a few held bids and offers from 1-3 min charts. If the market happens to be open while you are reading this I have an even better exercise for you. Look through charts of some of the most active stocks today, look for these two patterns and set alerts next time they get to those levels. If it happens to be the first time the level is getting re-tested see if you can spot the hold. It may be that the stock doesn't need to get tested that much and it may rebound off that level without much of a fight.

Watch: Examples on charts developing off the tape

Video #1: Unusual held bid in DIS

Video #2: MS holds the bid at support @29

Video #3: ADI holds 24 for a long time

Watch: Videos of examples of trading different lots with different plans.

Example #1: LMT how to add to your position

Trade the Close, listen to SMB Traders trade and demo

Module 7 ~ Tape Reading 4:00 PM

Quiz: Trading ideas from charts

SMBU Performance Center - Daily trade review

Read: Reading the Tape Cheat Sheet

Day 23

Module 7 ~ Tape Reading 8:00 AM - 8:50 AM

Read: Proper execution of scalp plays

Watch: Videos on execution of the different scalp plays

Video #1: Uptrend buying on a pullback off a small hunt order

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 7 ~ Tape Reading 10:30 AM - 11:00 AM

Video #2: Bid holds on a broken stock in HGSI - How to change your bias

Video #3: Seller lifting but coming back to the offer

Trader Development Meeting

Module 7 ~ Tape Reading 11:30 AM - 1:00 PM

Video #4: Pre-market trading in AIG

Video #5: Coming back to the bid in AAPL

Video #6: Battle on the Open in AIG 54.6 by 55

Video #7: Big print on the offer and hunt buy order in AAPL

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 7 ~ Tape Reading 1:30 PM - 3:15 PM

Video #8: NYSE seller at 23.3 in WFC ,

Video #9: Resistance by big order in JPM

Read: Proper execution of Trades2Hold plays

Watch: Unusual holds on the open in USB

Watch: Held offer in RIMM @81.3

Watch: AMZN after hours trading

Watch: From a hold to an unusual hold in AAPL

Watch: Held offer below support in WFC

Trade the Close, listen to SMB Traders trade and demo

Module 7 ~ Tape Reading 4:00 PM

Quiz: Proper execution of scalp plays

Quiz: Tape reading Review

SMBU Performance Center - Daily trade review

Day 24

Module 8 ~ Trading Process 8:00 AM - 8:50 AM

Watch: The trading process Intro

Watch: The trading process

Read: Times of the day

Watch: Times of the trading day

Read: Pre-market trading

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 8 ~ Trading Process 10:30 AM - 11:00 AM

Watch: Developing trading habits

Read: Maintaining your energy
Watch: Maintaining your energy
Watch: The good, the sloppy, the same trader
Trader Development Meeting

Module 8 ~ Trading Process 11:30 AM - 12:30 PM

Read: Earning season
Watch: Earning season
Read: Focus (on what is important)
Watch: Focus (on what is important)
Read: Midday trading
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 8 ~ Trading Process 1:50 PM - 3:00 PM

Read: Eliminating what doesn't work ,
Read: the confidence process
Read: Trading is a game of math
Read: Let's get ready to rumble
Read: Always analyzing your positions
Read: The dog days of summer
Read: If/then statements: Directions
Read: IF i develop a trading plan THEN my results will improve: EXPE (10.26.12)
Read: The close
Trade the Close, listen to SMB Traders trade and demo

Module 8 ~ Trading Process 4:00 PM

Read: Steps to Mastery
Quiz: Trading Process
SMBU Performance Center - Daily trade review
Watch: Stocks getting easier
Watch: ELN always thinking

Day 25

Module 9 ~ Trader Performance 8:00 AM - 8:50 AM

Watch: Improving our performance by watching
Watch: It's all about the grind
Read: Improve your performance by watching yourself
Read: Turning anger into trading performance
Read: Peak performance - Trading the plan
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 9 ~ Trader performance 10:30 AM - 11:00 AM

Read: Triggering elite performance
Read: Enhancing performance with bias awareness
Read: Enhancing trader performance: Dealing with doubt
Trader Development Meeting

Module 9 ~ Trader performance 11:30 AM - 1:00 PM

Watch: How to be more consistent: use the power of habits to create consistency
Video #5: Probabilistic framework: how to use probability to boost your results
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 9 ~ Trader Performance 1:30 PM - 3:00 PM

Watch: The elite trader by Bruce Bower ,
Trade the Close, listen to SMB Traders trade and demo

Module 9 ~ Trader Performance 4:00 PM

Watch: How to be successful
Watch: Congratulations on a solid trading month! Now, what are your monthly goals to improve?
Quiz: Trader Performance
SMBU Performance Center - Daily trade review
Read: Enhancing trader performance: Deliberate trading
Read: A path to 1k
Watch: Trading Journal
Read: The write stuff

Day 26

Module 10 ~ Trade Execution 8:00 AM - 8:50 AM

Watch: Intro: Trade Execution
Watch: SMB Capital trading tip of the day: Execution (\$VSI)
Watch: The line you cannot cross as a trader
Read: Discipline
Read: The Lion and the Gazelle
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 10 ~ Trade Execution 10:30 AM - 11:00 AM

Read: Order entry exercises
Watch: Order entry exercises
Watch: Getting a stock you really want
Trader Development Meeting

Module 10 ~ Trade Execution 11:30 AM - 12:30 PM

Review Reading: Getting in and out of stocks - trading scenarios
Read: Your order ready to pay through a level

SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 10 ~ Trade Execution 1:30 PM - 3:10 PM

Read: Buying on the bid, selling on the offer
Read: Buying back a stock you have just sold
Watch: Buying back a stock
Read: A Good Entry Point, a Very Good Entry Point, and a Great Entry Point
Watch: Free money LEH
Read: A bid offer stepping down and then lifting (\$HPT)
Read: Reasons to buy & Watch: Reasons to buy
Read: Reasons to sell & Watch: Reasons to sell & Download the presentation: Reasons to sell
Trade the Close, listen to SMB Traders trade and demo

Module 10 ~ Trade Execution 4:00 PM

Read: Decrementing & Watch: Decrementing
Quiz: Trade Execution
SMBU Performance Center - Daily trade review

Day 27

Module 11 ~ Trading Edge 8:00 AM - 8:50 AM

Watch: Introduction: Trading edge
Watch: Trading edge
Watch: Ideas from the prop desk to improve your trading - A trader's treasure hunt for edge
Read: The strength of your stock's sector as an edge - SUN
Input trading ideas into spreadsheet
SMB AM Meeting (Yellow Bulb Icon)
Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 11 ~ Trading Edge 10:30 AM - 11:00 AM

Watch: The bionic discretionary trader
Watch: The bionic trader
Trader Development Meeting

Module 11 ~ Trading Edge 11:30 AM - 12:30 PM

Watch: SMB Trader Development meeting - 03.26.15
Read: Corresponding Futures, Watch: Corresponding Futures
SMB TradesCenter Meeting (Monday - Thursday)
The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 11 ~ Trading Edge 1:50 PM - 3:00 PM

Read: Plays you need to be in
Read: Paying for information
Watch: Paying for information
Watch: The edge is just not in the chart
Watch: My preconceived assumptions about trading success were all false

Trade the Close, listen to SMB Traders trade and demo

Module 11 ~ Trading Edge 4:00 PM

Quiz: Trading Edge

SMBU Performance Center - Daily trade review

Day 28

Module 12 ~ Trading Strategies 8:00 AM - 8:50 AM

Watch: Trading strategies

Watch: Should you trade the open?

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 12 ~ Trading Strategies 10:30 AM - 11:00 AM

Watch: Selling the news in a strong stock \$SWKS

Watch: Significant change in fundamentals - \$ERJ

Watch: How to trade Twitter - Intraday fundamentals

Watch: Weekly call options in \$TWTR

Watch: Learn how to trade stocks hit by fresh rumors

Watch: Trading rumors

Trader Development Meeting

Module 12 ~ Trading Strategies 11:30 AM - 12:30 PM

Read: Catalysts for stocks

Watch: Catalysts for stocks

Watch: Catalysts

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 12 ~ Trading Strategies 1:30 PM - 3:15 PM

Watch: Big bid catalyst in POZN ,

Read: An explosive move - \$GME

Watch: An explosive move

Read: Flag/Pennant—Explosive Continuation Pattern

Watch: Flag Pattern in WSM

Watch: The Shake Shack IPO - \$SHAK

Watch: The \$BABA IPO

Watch: How to trade IPOs (\$CFG and \$CYBR)

Trade the Close, listen to SMB Traders trade and demo

Module 7 ~ Tape Reading 4:00 PM

Watch: Trading a Secondary

Read: A fade trade - an example (RSH) strategy

Watch: What it takes to become a good trader

SMBU Performance Center - Daily trade review

Watch: Trading a special dividend

Day 29

Module 12 ~ Trading Strategies 8:00 AM - 8:50 AM

Watch: Flipping

Read: Flipping - Example \$VRSN

Watch: Flipping Your Stock in \$SLM

Watch: The Great Automated Failed Discretionary Trader

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 12 ~ Trading Strategies 10:30 AM - 11:00 AM

Read: Consolidation Trade

Watch: Consolidation Trade

Trader Development Meeting

Module 12 ~ Trading Strategies 11:30 AM - 12:30 PM

Read: Momentum Trading

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 12 ~ Trading Strategies 1:50 PM - 3:00 PM

Watch: Momentum Trading

Watch: Momentum Trade - GoPro (\$GPRO)

Watch: Momentum Big Offer Taken

Watch: Momentum in MER by Steve

Watch: Momentum FNM by Gman

Trade the Close, listen to SMB Traders trade and demo

Module 12 ~ Trading Strategies 4:00 PM

Watch: SMB Trade of the Week - \$PLUG

Quiz: Trading Strategies

SMBU Performance Center - Daily trade review

Day 30

Module 13 ~ Trade Setups 8:00 AM - 8:50 AM

Watch: Introduction to Trade Setups

Watch: Ways to get better: Simulation

Watch: Checks

Watch: The proper thought process when identifying a trade setup

Input trading ideas into spreadsheet

SMB AM Meeting (Yellow Bulb Icon)

Trade the Open, use SMB Real Time to listen to SMB Capital trade and demo

Module 13 ~ Trade Setups 10:30 AM - 11:00 AM

Watch: Trading knowledge to trading skill

Watch: The second day

Watch: Trading lesson of the week - \$AMLN

Trader Development Meeting

Module 13 ~ Trade Setups 11:30 AM - 1:00 PM

Watch: Market Trades \$SPY \$IWM

Watch: After hours trading with Steve

Watch:SMBU trading tip: Relaxing in a \$KORS shorts

Watch:Learn a trade you can see everyday with \$BABA

Watch:Don't fight the trend

Watch:Capitalizing on excellent risk/reward short setups

Watch:Take advantage of great risk/reward short setups

Watch:Trade setup - The opening drive play

Watch:Should you trade the open?

SMB TradesCenter Meeting (Monday - Thursday)

The PlayBook Checkup Meeting (Tuesday and Thursday)

Module 13 ~ Trade Setups 1:30 PM - 3:00 PM

Watch: Three trades, one stocks - \$TSLA

Read: Finding a Bottom - \$HANS

Watch: Shorting \$DGLY

Watch: Identifying your best trade setups

Watch: Buying the market into a pullback

Watch: I want to weight less and make more - \$WTW

Watch: How to trade Weight Watchers - \$WTW

Watch: How to trade GoPro - \$GPRO

Watch: How to trade Twitter

Trade the Close, listen to SMB Traders trade and demo

Module 13 ~ Trade Setups 4:00 PM

Watch: Do not fear the Fed - When preparation met opportunity \$SPY

Watch: Trading in \$APOL

Quiz: Trade Setups

SMBU Performance Center - Daily trade review

Watch: Calling out trader for missing \$JOY

Watch: A beaten down name - \$HZNP

Watch: The proper thought process when identifying a trade setup