

RUN CLUB ACADEMY · FROM LV

THE HOT GIRL'S GUIDE TO READING A CHART

Candles, support and resistance, trends, patterns and timeframes, then my checklist to put it all together.

FROM LV · EDUCATION, NOT ADVICE

BEFORE YOU START

HI, IT'S LV

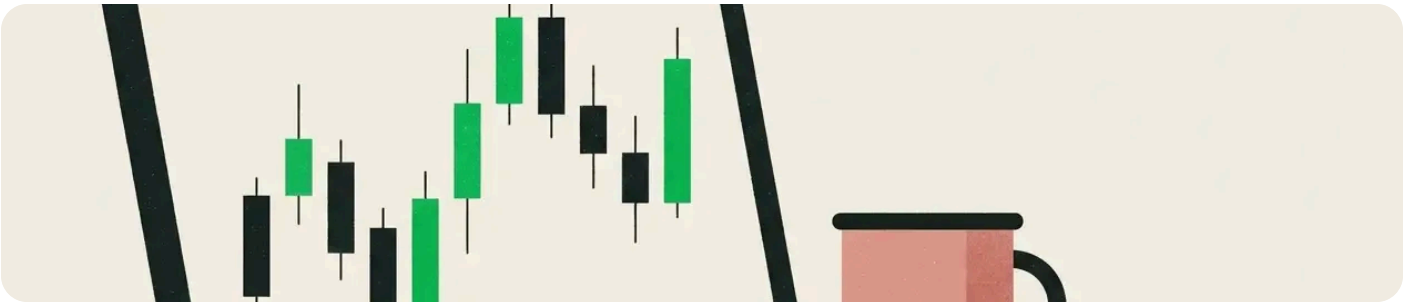
A chart is just a story of what buyers and sellers did. Once you can read it, the screen stops looking like a heart monitor and starts looking like a conversation.

This guide is the charting chapter: how to read candles, find the floors and ceilings, spot a trend, name the common shapes, and stack it all with the Fib and indicators from my other guides.

It ends with the checklist I run before every trade. Steal it.

— LV

> **Options involve risk and aren't suitable for everyone. Education, not financial advice.**

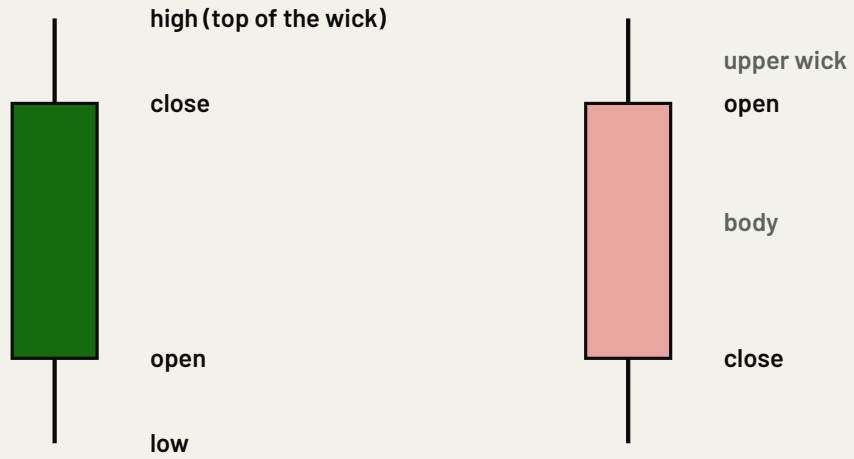


CANDLES

01 CANDLESTICK ANATOMY

Each candle shows four prices for one slice of time (one minute, one hour, one day, whatever timeframe you picked): the **open**, the **high**, the **low** and the **close**. The thick part is the body (open to close); the thin lines are the wicks (how far price stretched before it got pushed back).

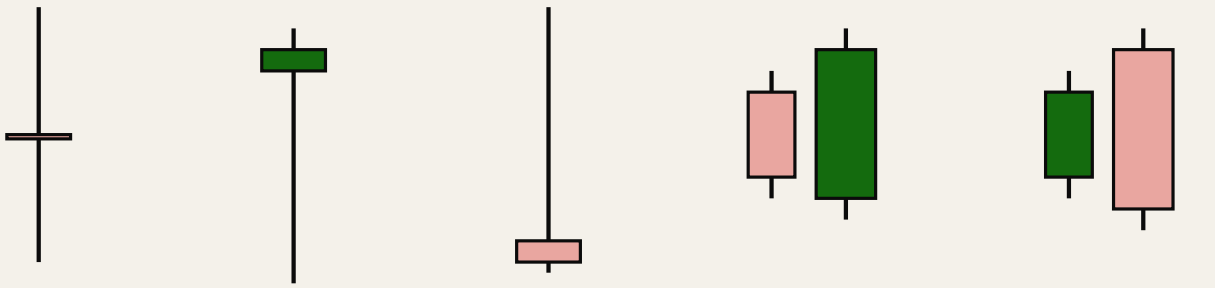
Long wicks tell you there was a fight and one side lost it. A big body with tiny wicks tells you one side was in control the whole time.



Green: closed higher than it opened

Red/pink: closed lower than it opened

Every candle is four prices: open, high, low, close, for one slice of time.



Doji
undecided

Hammer
sellers pushed, buyers pushed back

Shooting star
buyers pushed, sellers pushed back

Bullish engulfing

Bearish engulfing

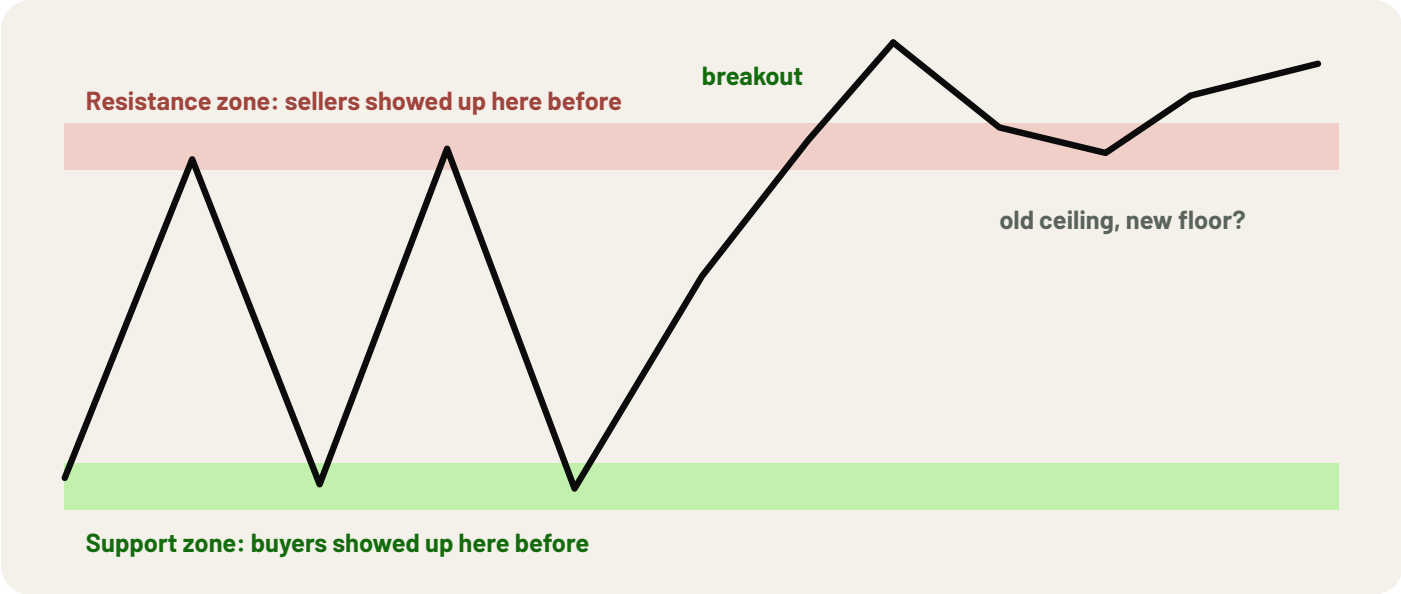
A pattern only means something where it shows up: a hammer at support says more than a hammer in the middle of nowhere.

FLOORS AND CEILINGS

02 SUPPORT AND RESISTANCE

Support is a price area where buyers stepped in before and stopped a drop. **Resistance** is where sellers showed up and stopped a rise. Think of them as zones, a little band, not a line drawn to the penny.

The more times price has reacted at a level, and the bigger the timeframe, the more traders are watching it. When a level finally breaks, the old ceiling often becomes the new floor (and the other way around).



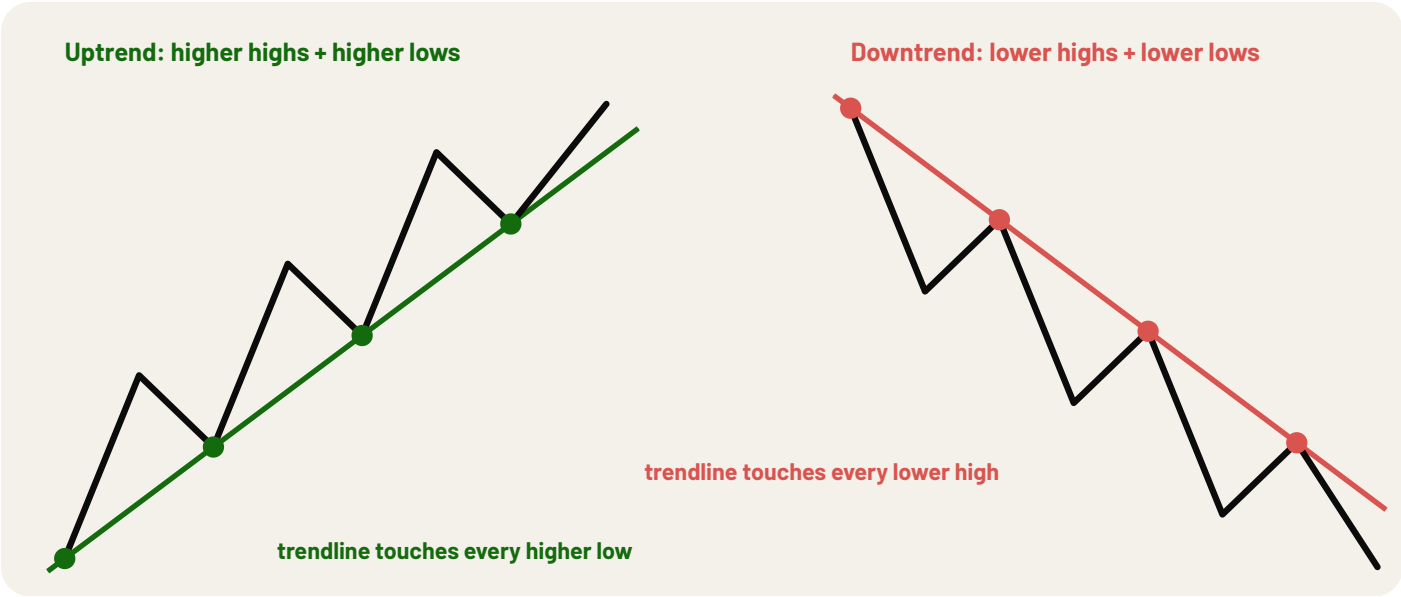
Support and resistance are zones, not exact lines. When a ceiling breaks, it often gets retested as a floor.

DIRECTION

03 TRENDS AND TRENDLINES

An **uptrend** is a staircase of higher highs and higher lows. A **downtrend** is lower highs and lower lows. Anything else is a range: price bouncing between a floor and a ceiling.

A trendline connects the lows in an uptrend (or the highs in a downtrend). It doesn't make the trend; it just helps you see when the staircase stops being a staircase.



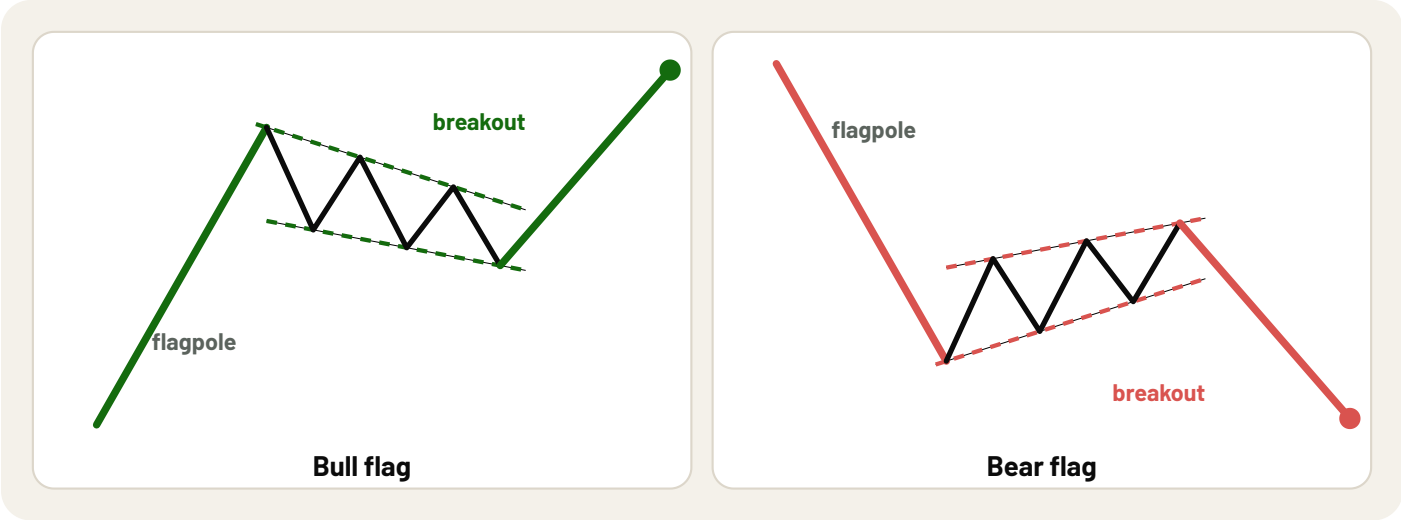
Uptrend lines go under the lows and touch each higher low. Downtrend lines go over the highs and touch each lower high. Two touches make a line; a third makes it worth watching.

SHAPES

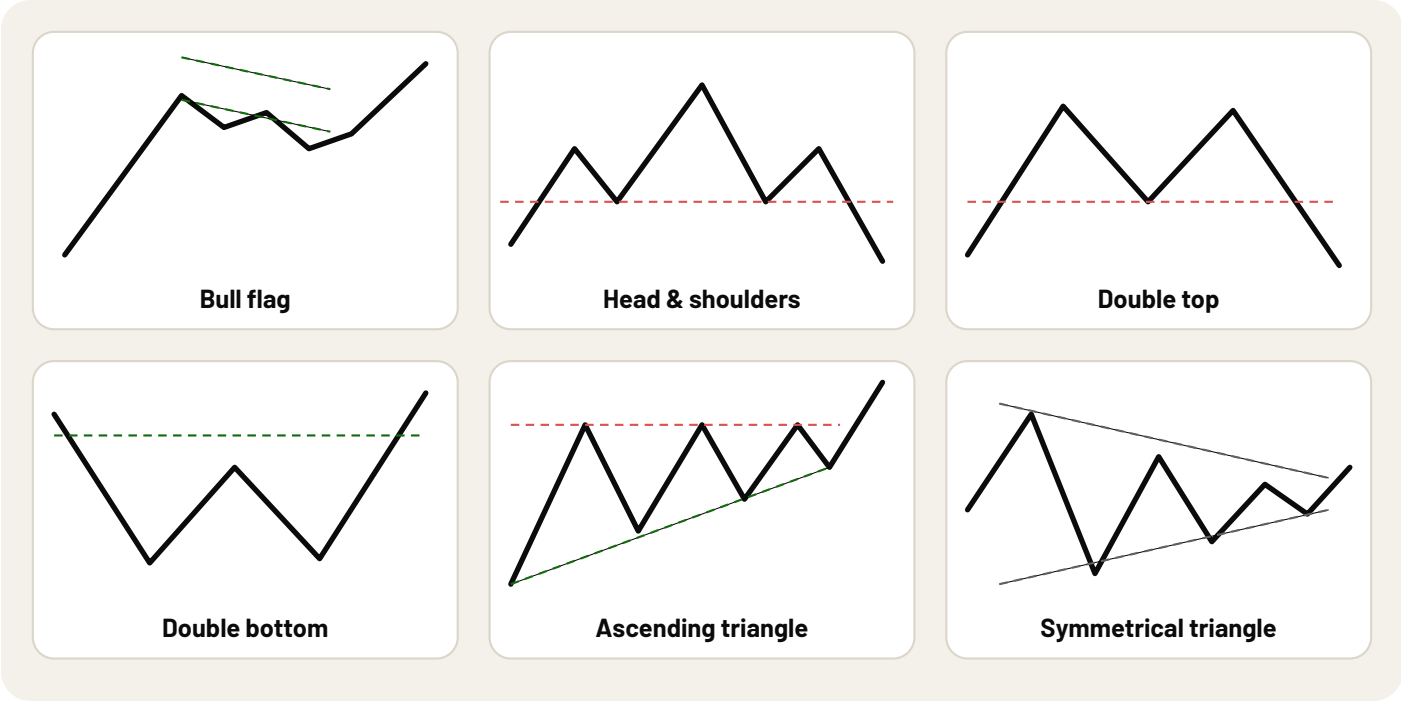
04 CHART PATTERNS

- **Flags:** a sharp move, then a small tilted pause. Traders watch for the pause to break in the direction of the original move.
- **Head & shoulders:** three peaks, the middle one tallest. The line under them (the neckline) is what traders watch; a break below it is how the pattern gets confirmed. Upside-down version = inverse head & shoulders.
- **Double top / double bottom:** price tests the same high (or low) twice and fails. Confirmation comes when it breaks the low (or high) between the two tests.
- **Triangles:** price squeezing into a point. Ascending (flat top, rising lows), descending (flat bottom, falling highs), symmetrical (both lines converging). The breakout direction is what matters, and fake breakouts happen.

Patterns fail all the time. That's why you plan where you're out before you're in.



A flag is a sharp move (the pole), then a zigzag pause that bounces between two dashed lines, sloping against the move. The breakout leaves the lines in the direction of the pole.



Shapes traders name. Dashed lines are the levels people watch; the pattern isn't confirmed until price actually breaks them.

ZOOM LEVELS

05 TIMEFRAMES

The same stock can be in an uptrend on the daily chart and a downtrend on the 5-minute. Neither is wrong; they're different zoom levels.

A simple habit: start on a higher timeframe to see the big trend and the major levels, then zoom in to the timeframe you actually trade to plan the entry and exit. Levels from the higher timeframe usually carry more weight.

BRINGING IT TOGETHER

06 CANDLES + FIB + INDICATORS

Here's how the pieces stack on my chart. The trend and the big levels come first. The EMAs show the trend's speed and give moving floors and ceilings. VWAP (volume weighted average price) shows who's winning today, and it can act as a level of support and resistance too: price often reacts when it comes back to it. The volume profile shows which prices the market cared about. RSI (if you use it) says whether momentum agrees with price, and order flow shows whether real size is defending a level. And the candle at the level tells you what's happening right now.

Fib is not on my chart all the time. It's a tool I pull out when there's a big breakout or a strong trend and I'm waiting for an entry on the pullback. Then I draw it on that move, look for the pullback zone to line up with the levels above, and take it off when I'm done.

You're looking for a few of those to agree in the same place. When they don't, that's information too, usually the information that says wait.

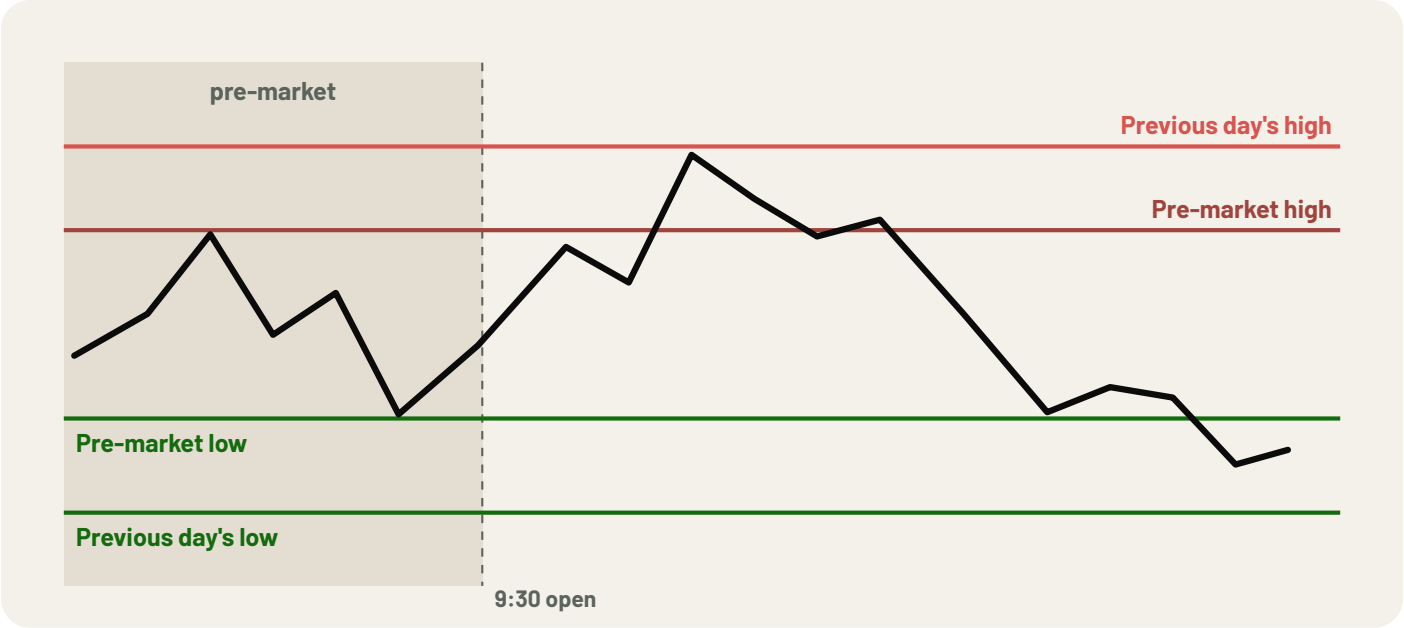
EVERY MORNING

07 MY PRE-MARKET ROUTINE

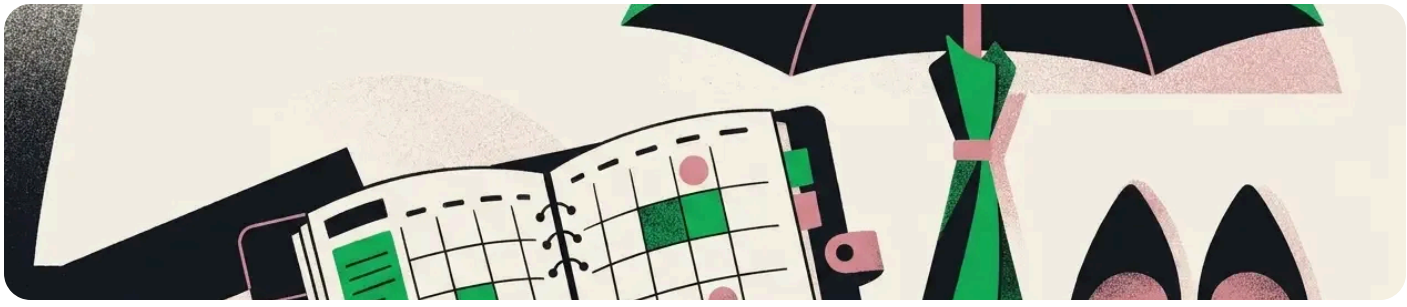
Before the open I watch **QQQ and SPY** to get a feel for the overall market, plus a few large caps, usually Mag 7 names. That's just what I watch, not a list of anything to buy.

Then on every chart I mark four lines: the **pre-market high**, the **pre-market low**, the **previous day's high** and the **previous day's low**. Those are my strongest support and resistance levels every day on my chart. Once they're on, I know where price is likely to get a reaction before the bell even rings.

- Turn on extended hours in TradingView (chart settings → Symbol → session: Extended trading hours) so pre-market candles show.
- Draw a horizontal line at each of the four prices and label them, or set alerts on them so the chart taps you.



My four daily lines: pre-market high and low, and yesterday's high and low. Watch how price reacts each time it reaches one.



BEFORE EVERY TRADE

08 MY PRE-TRADE CHECKLIST

1. Have I marked the pre-market high and low and yesterday's high and low?
2. What's the trend on a higher timeframe than the one I'm trading?
3. Where are the nearest support and resistance zones?

4. Is price near an EMA, VWAP or the POC that lines up with that zone? If you're waiting on a pullback after a big move, is price near a Fib level too?
5. What is the candle doing there: rejecting, or slicing through?
6. Where exactly am I wrong, and where am I out?
7. How much will I lose if I'm wrong, and can I live with that?
8. Is there news or an earnings date coming that could move this hard?
9. Would I take this trade if I hadn't lost (or won) on the last one?
10. Is my OCO set before I look away?

> ***HOT GIRL RULE:*** If you can't answer the checklist, you don't have a trade yet. You have a hunch.

PROTECT EVERY TRADE

THE OCO

People lose because they trade without a stop loss. The fix is an order type, not willpower: an **OCO**, one cancels the other. It's your profit target (a limit order, the plan for the win) and your stop loss (a stop order, where you're wrong) sent together as one ticket. Whichever fills first cancels the other one, with no help from you.

You're a beginner, so you won't have fast execution. By the time you read the number and find the button, the move is over. The OCO is already working before the move happens, so it doesn't need you to be fast. That's why I want one on **every single trade**, placed while you're calm and before you look away.

A **trailing stop** is a stop that follows price up by an amount you set and never moves back down. Rule two with the stop moved up, on autopilot. It can be the stop leg of your OCO.



Robinhood: options orders still have no OCO and no trailing stop (stock OCO is rolling out now; options are promised for early next year). Until then, use thinkorswim for any options trade you can't babysit. The step-by-step, desktop and app, is in my **brokerage guide**, section 08.

HOT GIRL RULE: No OCO, no trade. The ticket holds the decision so a feeling can't move it.

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— LV

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