

## How to Use Our Price Levels: A Clear Guide for All Traders

We provide several types of **containment levels**—each based on timeframe and importance. Here's how to understand them, and more importantly, how to use them depending on your trading style:

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### Understanding the Labels:

- **Minor** – Useful for fast trades and should only be used as profit taking spots for day traders (traders on 15–60 minute timeframes).
- **Intraday Containment** – Can contain moves for hours (i.e. intraday); good for day trade setups. Breakout/breakdown here can lead to moves lasting several hours.
- **Session Containment** – Stronger daily barriers; breakouts/breakdowns here can lead to 2–5 day moves.
- **Weekly Containment** – Strong weekly barriers; breakouts/breakdowns here can lead to 2-3 week moves.
- **Multi-Week** – Strong multi-week (can think of these as monthly) barriers; breakouts/breakdowns here can lead to 2-3 month moves.
- **Annual Containment** – Strong annual barriers; breakouts/breakdowns here can lead to 6-12 month moves and longer.
- The higher the level, the more important it is for longer-term trend shifts.

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### Support Holds & Resistance Rejections:

If price *holds* at a support level (e.g., Session, Weekly, or Multi-Week), it suggests a buying opportunity as the level is containing selling pressure. If price *rejects* at a resistance level, it signals weakness and may offer a short setup. If a level is broken, look to the next one above or below for the next opportunity.

### ▲ What Are “UP” and “DP”?

You may see levels labeled as **UP (Up Pivot)** or **DP (Down Pivot)** on session-level and higher:

- **UP:** If price breaks above this, it typically signals a **strong upward trend**.
- **DP:** If price breaks below this, it often sparks a **strong downside move**.

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### FOR POSITION TRADERS & INVESTORS

**(Holding for several months to years)**

**Focus on:**

- **Annual Containment (★★★★★)** – Defines multi-year trend changes.
- **Multi-Week Containment (★★★★★)** – Key for tracking large-scale moves.
- **Weekly Containment (★★★)** – Ideal for identifying strong turning points within broader trends.

**How to Use Them:**

- Use these levels to spot major long-term support and resistance zones.
- A *weekly settlement* above resistance or below support often signals the start of a new trend.
- Avoid the noise of intraday movements; focus on weekly closes and big-picture shifts.

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### FOR SWING TRADERS

**(Holding for days to weeks)**

**Focus on:**

- **Session Containment (★)** – Defines critical daily pivots for short-term moves.
- **Weekly Containment (★★★)** – Major weekly barriers that set the stage for multi-day swings.
- **Multi-Week Containment (★★★★★)** – Ideal for holding positions over several weeks.

- **Annual Containment (★★★★★)** – Watch for breaks or holds at major trend-defining levels.

#### How to Use Them:

- Focus on *daily and/or weekly closes* above resistance or below support.
- Use session levels for 2-5 day entries and exits, use weekly for 2-3 week trades, and multi-week levels guide longer holds.
- Look for clean breakouts or sharp rejections to enter or exit your swing trades.

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#### FOR DAY TRADERS

##### (Holding trades intraday)

###### Focus on:

- **All Levels:**
  - **Minor** – Use for quick scale-outs, not entries.
  - **Intraday Containment** – Ideal for pinpointing short-term entry and exit points.
  - **Session Containment** – Key daily pivot; strong for intraday trend definition.
  - **Weekly Containment** – Powerful enough to create major intraday swings.
  - **Multi-Week Containment** – When tagged, can produce large single-day moves.
  - **Annual Containment** – Breaks here can lead to major intraday surges.

#### How to Use Them:

- Utilize any level for quick intraday moves; enter on breakouts or pullbacks at key zones. Use minor only for profit-taking, not entries.
- If price *tags or breaks* a level, look for momentum in that direction lasting 15 minutes to a full session.
- Be ready to flip direction if the price holds or rejects at these key zones.

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## Summary

Trader Type	Key Levels to Use	Trade Duration	Strategy Tip
<b>Position Trader/Investor</b>	<b>Weekly, Multi-Week, Annual</b>	<b>Months to years</b>	Focus on major trend changes at big levels; look for confirmed breakouts or strong holds.
<b>Swing Trader</b>	<b>Session, Weekly, Multi-Week</b>	<b>Several days to weeks</b>	Use breaks and holds at key levels for setups; use daily/weekly settlements for entry/exit.
<b>Day Trader</b>	<b>All Levels (Minor for scale-outs only)</b>	<b>Intraday</b>	Utilize any level for quick intraday moves; enter on breakouts or pullbacks at key zones. Use minor only for profit-taking, not entries.