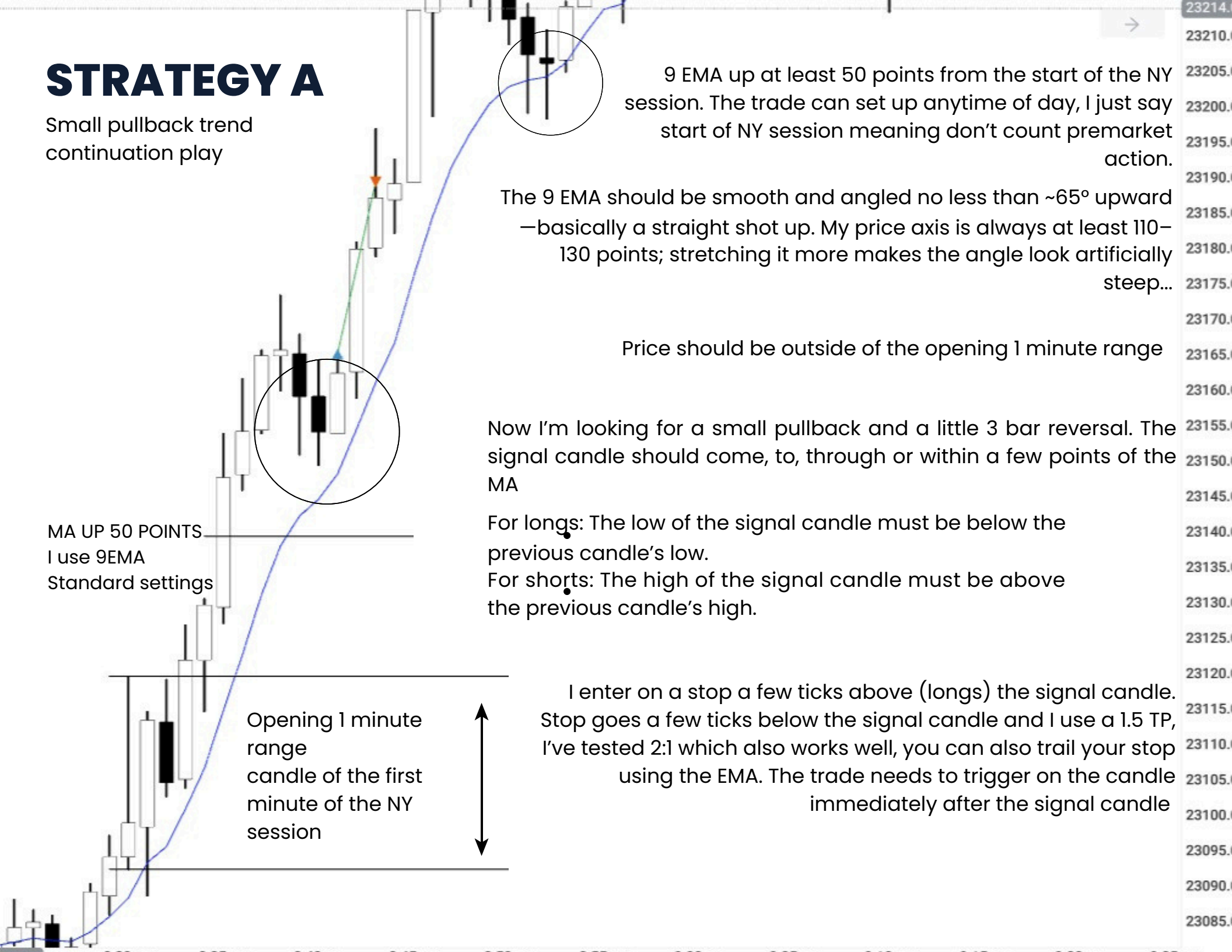


# STRATEGY A

Small pullback trend continuation play



MA UP 50 POINTS  
I use 9EMA  
Standard settings

Opening 1 minute  
candle of the first  
minute of the NY  
session

9 EMA up at least 50 points from the start of the NY session. The trade can set up anytime of day, I just say start of NY session meaning don't count premarket action.

The 9 EMA should be smooth and angled no less than  $\sim 65^\circ$  upward — basically a straight shot up. My price axis is always at least 110–130 points; stretching it more makes the angle look artificially steep...

Price should be outside of the opening 1 minute range

Now I'm looking for a small pullback and a little 3 bar reversal. The signal candle should come, to, through or within a few points of the MA

For longs: The low of the signal candle must be below the previous candle's low.

For shorts: The high of the signal candle must be above the previous candle's high.

I enter on a stop a few ticks above (longs) the signal candle. Stop goes a few ticks below the signal candle and I use a 1.5 TP, I've tested 2:1 which also works well, you can also trail your stop using the EMA. The trade needs to trigger on the candle immediately after the signal candle

# Strategy A: 2026 Q1 Technical Refinements

I trade the first hour of the NY session (9:30 – 10:30 AM EST) using a 1-minute chart (MNQ) to capture high-velocity momentum. My edge is built on the convergence of the 9 EMA, Opening Range breaks, and Hard Levels (PDH/PDL).

## 1. The "Bar Overlap" Rule

- With Level Convergence: If a Signal Candle and the 9/21 EMA align with a Hard Level (1-min OR, PDH, or PDL), the Overlap Filter is DEPRIORITIZED. The structural strength of the level outweighs the messiness of the candles; take the trade.
- Without Level Convergence: If the pullback is strictly to the EMA in "No Man's Land," Bar Overlap is a Hard Pass. Without structural support, overlapping bars indicate a lack of momentum and a high probability of chop.

## 3. Opening Range (OR) Momentum Shift

- The Rule: For 1-minute OR breakouts, the 9 EMA does NOT need to have a 50-point lead from the start of the session.
- The Logic: The break of the Opening Range is the primary catalyst. If the level breaks with momentum and gets a retest with a strong signal candle, the "50-point pivot" requirement is waived to avoid missing high-velocity entries.

## 2. The "Engulfing Candle" Filter

- The Rule: If a massive Engulfing Candle (consuming 2+ previous bars) appears immediately before your Signal Candle, Pass.
- The Logic: Large engulfing bars often signal exhaustion or "blow-off" moves. We want consistent momentum, not a final vertical spike that leaves no room for our 2:1 target.

## Trade Targets & Management

- Standard Target: Always aim for a 2:1 Risk-to-Reward (RR) ratio based on your signal candle.
- Hard Level Priority: If a major level like PDH, PDL, or a 1-min OR boundary is within reach, prioritize that structure over a "perfect" 2:1.
- The 1.5R Trail: Once price hits 1.5R, move your stop to Break Even (BE) or a "Soft Trail" to protect the capital.
- Measured Moves: Use these to project the extension of the current leg. If a measured move completes right at your 2:1, it's a high-probability exit; if it completes much earlier, be aggressive with your stop management.

# Examples

There is a lot of overlap here, the 9EMA is good, not perfect. BUT price has broken above PDL held and we got a nice signal candle right where the 9EMA and PDL converge.



This is an example of the 9 EMA not being perfect but we got a break of the opening 1 minute range high, price tried to push lower and instead found support at the 9EMA and formed a nice signal candle to go long for 2:1



This is the same day where later in the session a short set up off PDL. You might've been tempted to get in on that first little signal candle but waiting for price to cross the ema and touch PDL resulted in a quick 2:1 win instead of a quick stop out.



If you're working on building discipline and consistency in your trading, the Degen Rehab Discord is a place where traders share daily check-ins, review their trades, and support each other through the process.

Members also have built-in tracking that automatically generates monthly progress reports with AI analysis to help identify patterns and areas for improvement.

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