NANI CAPITAL

TRADING STRATEGY · TRADER'S GUIDE

FRIDAY MASSACRE

Mark Friday. Wait for Monday's raid. Trade it back to the middle.

TRADE THE PLAN. NOT THE NOISE.



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Friday Massacre Strategy Guide · v1.0

OVERVIEW

What the Friday Massacre is

The Friday Massacre is a once-a-week setup traded on **Monday**. It is built on one observation: **Friday leaves a range behind, and early on Monday price often runs one side of it, then snaps back into the middle.** You mark Friday's high, low and midpoint over the weekend, wait for Monday to trade beyond one of them, then take the first clean reversal signal. Your main target is Friday's midpoint.

Aiming for the middle rather than the far side keeps the trade short. A second part runs for the bigger move.

	THE RULE
When	Monday only, in the London or New York session
Where	The high, low and midpoint of the previous Friday
Direction	Opposite to the side that gets raided. Friday high taken means sell. Friday low taken means buy
Entry	A fair value gap that price closes straight through (an inversion)
Stop	Just beyond the third candle of that gap
Target	Friday's midpoint, with part of the position left to run toward the far side
Day ends	As soon as the midpoint target is hit, or both sides of Friday are taken

> **WHY IT WORKS**
>
> Stops rest above Friday's high and below Friday's low over the weekend. Early Monday trading often reaches for one of those pools first: the **Judas swing**, a move built to look like a breakout. With the orders filled, price tends to rebalance toward the middle of Friday's range, its **equilibrium**. This setup trades that return trip.

BEFORE YOU START

Set up your charts

- **Set your chart clock to New York time.** Every time in this guide is New York local time.
- **Mark the range on a 15-minute or 1-hour chart.** Higher timeframes make Friday's extremes easy to see.
- **Find entries on a 1-minute to 5-minute chart.** Pick one execution timeframe and stick with it, so your gaps and stops are always measured the same way.
- **Works on any liquid market:** stock indices such as the Nasdaq 100 or S&P 500, gold, and the major currency pairs.

STEP 01

Mark Friday's range

Friday's session runs from **Thursday 20:00 New York until the market closes on Friday**. The Sunday evening reopen is not part of it. Over the weekend, draw three horizontal lines:

- **Friday High** — the highest price of the session.
- **Friday Low** — the lowest price of the session.
- **Friday Midpoint** — exactly halfway between the two. Drag a Fibonacci tool from the low to the high and read the 50% level. **This is your main target.**

These lines are only used on the Monday that follows. You do not trade any other day of the week with this setup.

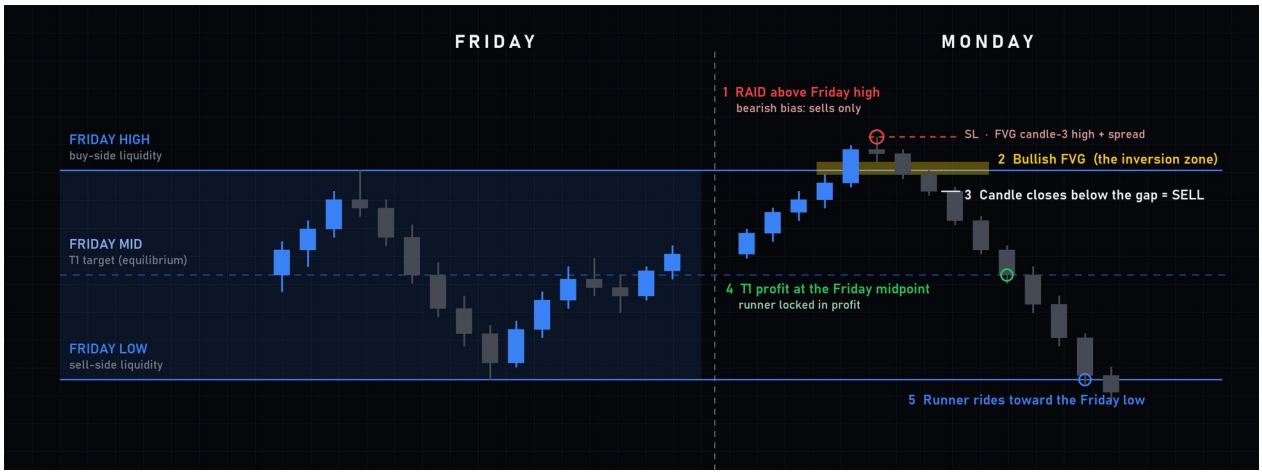

Figure 1 — A sell setup: Friday sets the range, Monday raids the high, the bullish gap inverts, and price returns to the Friday midpoint.

STEP 02

Wait for Monday's raid

From midnight New York on Monday, watch for price to trade beyond one of Friday's extremes. That is the raid. It tells you which way you are allowed to trade.

WHAT HAPPENS	YOUR BIAS	WHAT YOU LOOK FOR
Price trades above the Friday High	Bearish	**Sells only**, targeting the Friday Midpoint
Price trades below the Friday Low	Bullish	**Buys only**, targeting the Friday Midpoint
Both sides get taken on Monday	None	**Stop for the day.** No more trades
Neither side gets taken	None	Stay flat. No raid, no trade

RAID RULES WORTH REMEMBERING

The first side taken decides the day. Do not flip your bias because price later runs the other way. If it takes both sides, you are done.

Weekend gaps count. If Monday opens beyond a Friday extreme (for example after news over the weekend), the raid has already happened by midnight. Your bias is set; wait for the entry.

STEP 03

Trade only inside the sessions

Entries are only taken during the two most active windows of Monday. You can trade one or both.

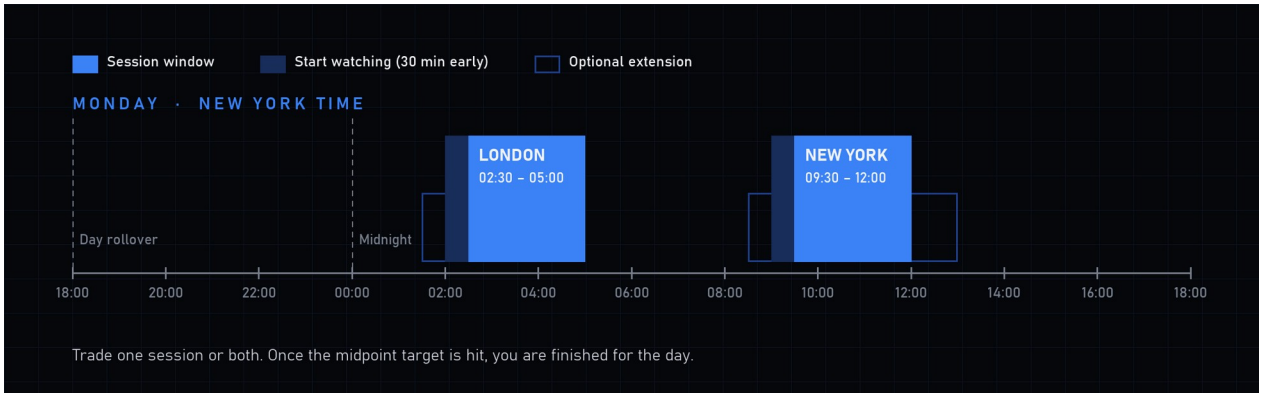

Figure 2 — The two Monday sessions (New York time).

SESSION	STANDARD HOURS	FLEXIBLE RANGE
London	02:30 – 05:00	Can start as early as 01:30 and finish between 04:00 and 05:00
New York	09:30 – 12:00	Can start at 08:30 or 09:30 and finish between 11:00 and 13:00

Start watching 30 minutes before the session opens. A gap that forms just before the open is still valid; you simply wait until the session is live before you enter. If a session ends with no entry, that session is finished. Do not chase a setup after the window closes.

STEP 04

Spot the inversion fair value gap

A **fair value gap (FVG)** is a three-candle pattern where price moved so fast that the wicks of the first and third candles do not overlap. The space between them is the gap. An **inversion** is when price later closes right through that gap in the opposite direction. The gap that was supporting price now becomes a ceiling, or the reverse. That flip is your signal.

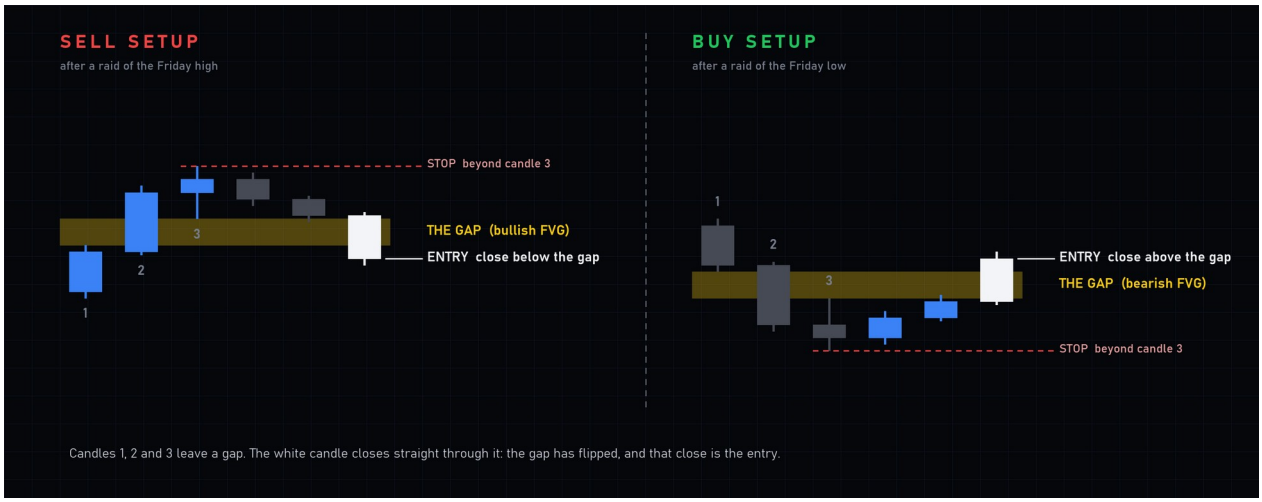

Figure 3 — The inversion fair value gap, for a sell (left) and a buy (right).

The sell setup (after the Friday high is raided)

1. Look for a **bullish FVG** on your entry chart: candle 2 is a strong up candle, and candle 1's high is below candle 3's low. The gap is the space between those two prices.
2. Wait for a candle to **close below the bottom of the gap**. A wick through it is not enough; it must be a close.
3. **Sell** at the open of the next candle.

The buy setup (after the Friday low is raided)

1. Look for a **bearish FVG**: candle 2 is a strong down candle, and candle 1's low is above candle 3's high.
2. Wait for a candle to **close above the top of the gap**.
3. **Buy** at the open of the next candle.

> **WHICH GAP COUNTS**
>
> Use the **most recent** gap that has formed since you started watching (30 minutes before the session). Ignore older gaps from earlier in the night.
>
> Before entering, check that the midpoint is still ahead of you. For a sell, price must still be above the Friday Midpoint. For a buy, it must still be below it. If price is already through the middle, the trade has gone without you. Skip it.

STEP 05

Place your stop and targets

Stop loss

For a sell, put your stop **above the high of candle 3** of the gap. For a buy, put it **below the low of candle 3**. Add the spread as a buffer so a quick spike in the spread does not take you out.

Split the position in two

HALF	TARGET	JOB
Half A	The **Friday Midpoint**	Banks the core move: the snap-back to the middle of Friday's range
Half B	No fixed target (the runner)	Stays open to catch the full move toward the far side of Friday's range and beyond

How big to trade

Decide how much money you are willing to lose if the stop is hit, before you look at the size. Then work backwards:

> **POSITION SIZE FORMULA**
>
> **Total lots = Risk in $ ÷ (Stop distance × Value of a 1-unit move per lot)**
>
> Example on gold, where 1 lot gains or loses $100 for every $1 the price moves: you risk $200 and your stop is $7.20 away. 200 ÷ (7.20 × 100) = 0.27 lots. Split it evenly, rounding down: 0.13 lots for Half A and 0.13 lots for Half B.
>
> Always round down, never up. Keep your risk per trade the same every time so one loss never hurts more than the last.

STEP 06

Manage the trade

Once you are in, these rules protect the trade. You only ever move your stop **in your favour**. Never move it further away.

WHEN THIS HAPPENS	DO THIS
Price travels **50% of the way** from entry to the midpoint	Move Half A's stop to your entry price (breakeven), plus the spread
Price travels 50% of the way to the **far side** of Friday's range	Move the runner's stop to breakeven
Price reaches the **Friday Midpoint**	Half A takes profit. Move the runner's stop to **1R in profit**, or to breakeven if price has not yet travelled 1R

> **WHAT 1R MEANS**
>
> R is your risk: the distance from your entry to your original stop. If you sold at 100 with a stop at 110, then 1R = 10 points, and the runner's stop goes to 90. If the midpoint is closer than 1R, you cannot lock a full R yet, so the runner sits at breakeven instead. Either way, it can no longer lose.

How many trades

Take one trade per session: at most one London trade and one New York trade on Monday. Two rules end the day early:

- **The midpoint has paid.** Once Half A hits the Friday Midpoint, take no new trades for the rest of Monday, in either session. The move you were waiting for has happened.
- **Both sides were taken.** If price runs above the Friday High and below the Friday Low, stand aside.

If you want to allow a second attempt in the same session, take it only once the first trade is **fully closed**, only on a **brand-new** gap in the same direction, and only if the midpoint has not been hit yet.

PUTTING IT TOGETHER

A worked example

A sell on a Monday, on gold. The numbers are for illustration.

TIME (NY)	WHAT HAPPENS	PRICE
Weekend	Mark Friday's range: High, Low and Midpoint	2,415.0 / 2,385.0 / 2,400.0
Mon 03:00	Price rallies above the Friday High. **The raid: bearish, sells only**	Peaks at 2,419.5
Mon 03:25	On the 5-minute chart, a bullish FVG has formed on the rally. Candle 3's high is 2,419.5	Gap: 2,413.8 – 2,416.2
Mon 03:45	A candle closes at 2,412.6, below the gap. **Sell** at the next open	Entry 2,412.6
	Stop above candle 3 plus $0.30 spread. Risk $7.20. Half A target is the Friday Midpoint	Stop 2,419.8 · TP 2,400.0
Mon 04:30	Price is halfway to the midpoint. Half A's stop moves to breakeven	2,406.3
Mon 05:40	Half A hits the midpoint: +$12.60, or 1.75R. Price has moved more than 1R, so the runner's stop locks at +1R	Runner stop 2,405.4
Rest of day	The runner works toward the Friday Low. **No New York trade**: the midpoint has already paid	—

Every step was a yes-or-no question: was Friday's high raided, did a gap form, did a candle close through it, did price reach the midpoint? None of it needed a prediction.

DISCIPLINE

Checklist and common mistakes

BEFORE EVERY TRADE

- ☐ It is **Monday**, New York time.
- ☐ Friday's **High, Low and Midpoint** are on my chart.
- ☐ **Exactly one side** of Friday has been raided, and I am trading against it.
- ☐ I am **inside the London or New York session**, and I have not used my trade for this session.
- ☐ The **midpoint has not already paid** today.
- ☐ A candle has **closed** through the most recent opposing gap.
- ☐ The Friday Midpoint is **still ahead of price**.
- ☐ My stop is beyond candle 3, and my size matches my fixed dollar risk.

Mistakes that cost money

- × Using Friday's range on Tuesday or later in the week.
- × Entering before the raid, or guessing which side will be raided.
- × Entering on a wick through the gap instead of waiting for the candle to close.
- × Taking a trade after both sides of Friday have been taken.
- × Taking another trade after the midpoint has already paid.
- × Moving Half A's target out to the far side of the range. The midpoint is the trade, and the runner is the bonus.
- × Moving the stop further away to "give the trade room".
- × Increasing size after a loss to win it back.

TRACK EVERY SETUP

Trade journal

Log every Monday, including the ones with no trade. After 20 or more entries, your journal will tell you which session and which market suit you best.

DATE	MARKET	SIDE RAIDED	SESSION	ENTRY / STOP	RESULT (R)	NOTES

REFERENCE

Glossary

TERM	MEANING
Liquidity	Clusters of resting orders, mostly stop losses, sitting above highs and below lows
Raid	Price trading beyond a Friday extreme and taking the orders resting there
Judas swing	A deliberate false move into liquidity before the real move in the other direction
Equilibrium	The midpoint of a range: the price where it is neither expensive nor cheap
Fair value gap (FVG)	A three-candle imbalance where candle 1 and candle 3 do not overlap
Inversion (iFVG)	A candle closing straight through an FVG, flipping it from support to resistance or the reverse
R	Your risk on the trade: the distance from entry to the original stop
Breakeven	Stop moved to the entry price, so the trade can no longer lose
Runner	The half of the position left open without a fixed target

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