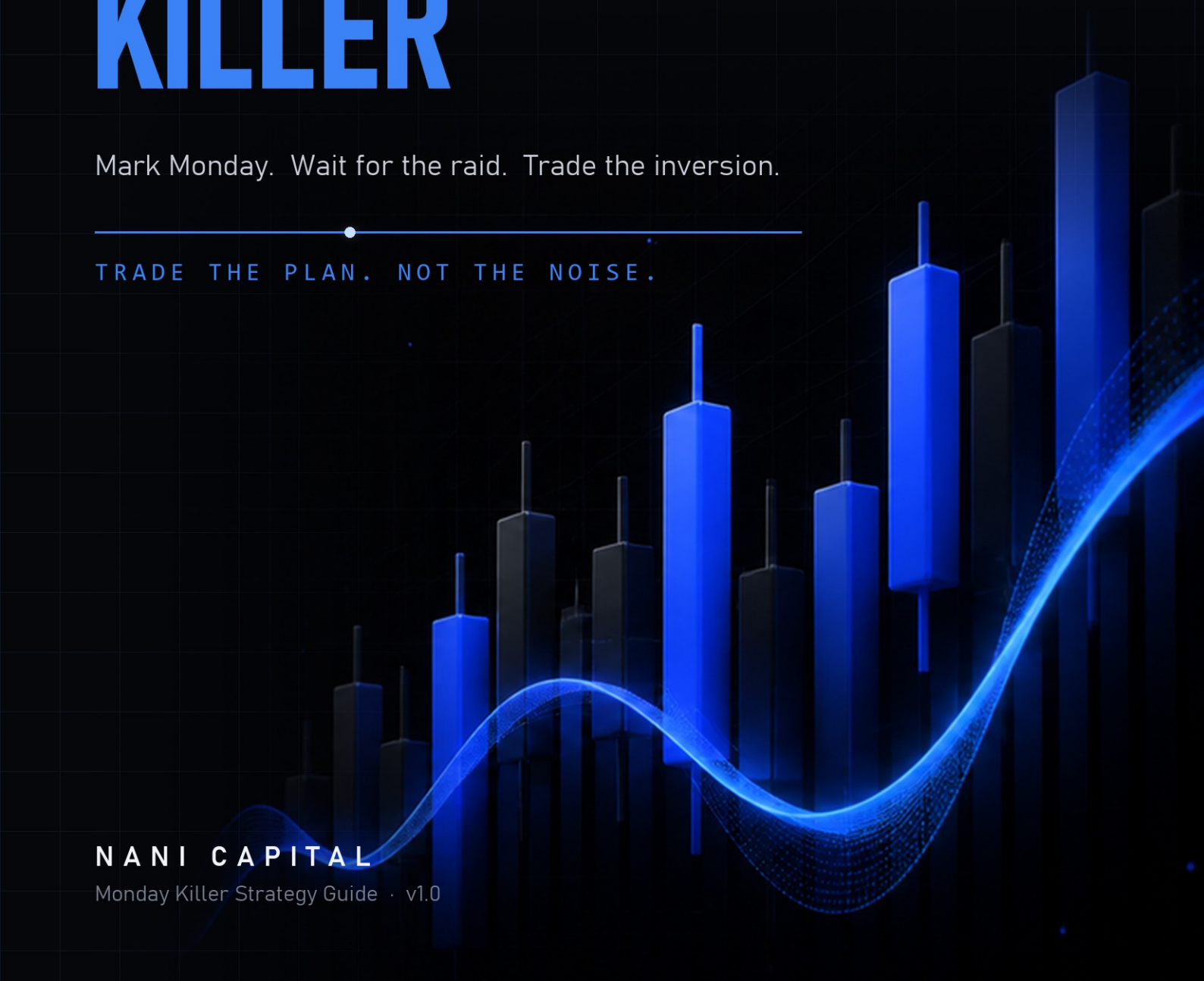
NANI CAPITAL

TRADING STRATEGY · TRADER'S GUIDE

MONDAY KILLER

Mark Monday. Wait for the raid. Trade the inversion.

TRADE THE PLAN. NOT THE NOISE.



NANI CAPITAL
Monday Killer Strategy Guide · v1.0

OVERVIEW

What the Monday Killer is

The Monday Killer is a weekly setup built on one observation: **Monday sets a range, and on Tuesday or Wednesday price often runs one side of it, then reverses and travels to the other side.** You mark Monday's high and low, wait for price to run beyond one of them, and then take the first clean reversal signal back into the range. Your target is the opposite side of Monday.

It is a patient strategy. Some weeks there is no setup at all, and that is part of the plan. You trade only two days a week, only inside two sessions, and only in one direction per day.

	THE RULE
When	Tuesday and Wednesday only, in the London or New York session
Where	The high, low and midpoint of the previous Monday
Direction	Opposite to the side that gets raided. Monday high taken means sell. Monday 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	The opposite side of Monday's range, with part of the position left to run

> **WHY IT WORKS**
>
> Above Monday's high sit buy stops: shorts' stop losses and breakout buy orders. Below Monday's low sit sell stops. Large players need that liquidity to fill big orders, so price is often driven into one pool first. That run is the **Judas swing**: a move designed to look like a breakout. Once the orders are filled, price is free to travel to the opposite pool.

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 Monday'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 Monday's range

Monday's session runs from the **Sunday evening open (20:00 New York) to Monday 18:00 New York**. When Monday closes, draw three horizontal lines:

- **Monday High** — the highest price of the session.
- **Monday Low** — the lowest price of the session.
- **Monday Midpoint** — exactly halfway between the two. A quick way: drag a Fibonacci tool from the low to the high and read the 50% level.

These lines stay on your chart for both Tuesday and Wednesday. You do not trade Monday itself, and you do not use this setup on Thursday or Friday.

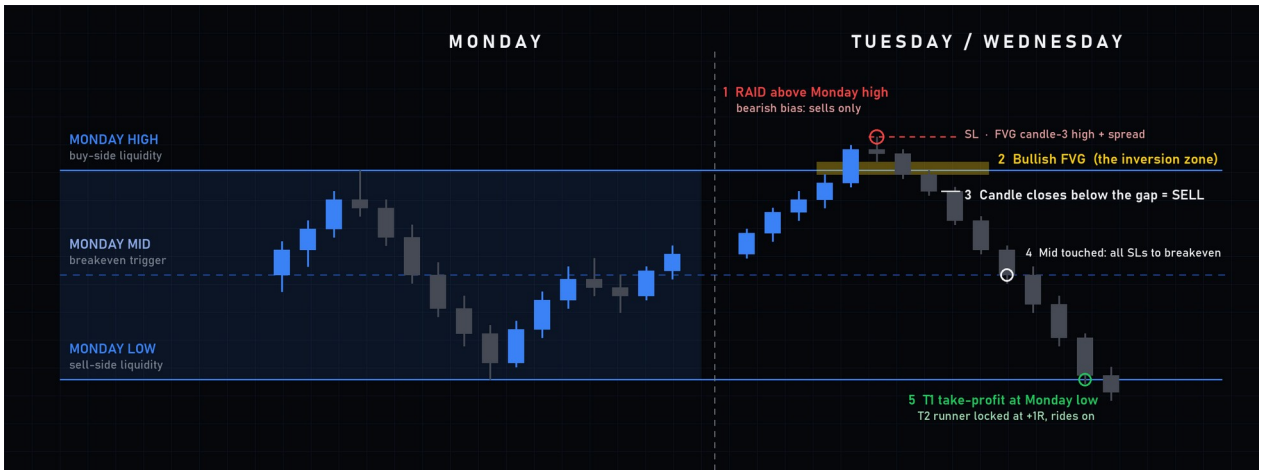


Figure 1 — A sell setup from start to finish: Monday's range, the raid of the high, the inversion entry and the delivery to the Monday low.

STEP 02

Wait for the raid

From midnight New York on Tuesday, watch for price to trade beyond one of Monday'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 Monday High	Bearish	**Sells only**, targeting the Monday Low
Price trades below the Monday Low	Bullish	**Buys only**, targeting the Monday High
Both sides get taken in the same day	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 for the day.

Wednesday is a fresh day. Use the same Monday lines, but judge the raid again from Wednesday midnight. If price is already beyond a Monday extreme when Wednesday starts, the raid has already happened.

STEP 03

Trade only inside the sessions

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



Figure 2 — The two sessions on Tuesday and Wednesday (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	08:30 – 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 for the day. 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.

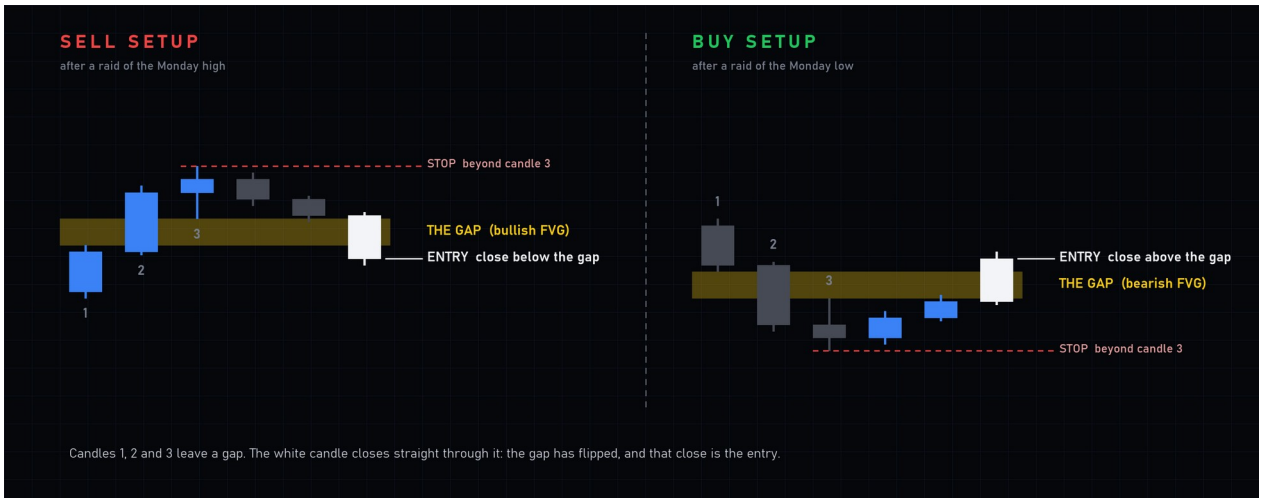


Figure 3 — The inversion fair value gap, for a sell (left) and a buy (right).

The sell setup (after the Monday 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 Monday 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 your target is still ahead of you. For a sell, price must still be above the Monday Low. For a buy, it must still be below the Monday High. If the move has already happened, 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 opposite Monday extreme: the Monday Low for sells, the Monday High for buys	Banks the core move from one side of the range to the other
Half B	No fixed target (the runner)	Stays open to catch any move beyond Monday's range

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 in points × Value of 1 point per lot)**
>
> Example: you risk $200, your stop is 35 points away, and on your broker 1 point = $1 per lot. 200 ÷ (35 × 1) = 5.71 lots. Round down to 5.70 and split it: 2.85 lots for Half A and 2.85 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

Three rules protect the trade once you are in. 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 your entry to your target	Move the stop on both halves to your entry price (breakeven), plus the spread
Price touches the **Monday Midpoint**	Move every open stop to breakeven, if it is not there already
Half A **hits its target**	Move the runner's stop to **1R in profit** (see below)

> **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. When Half A pays, move the runner's stop to 90. From that moment the runner can only finish as a winner of at least one R.

How many trades

Take one trade per session. That means at most one London trade and one New York trade per day. If you want to allow a second attempt in the same session, follow two rules: only once the first trade is **fully closed**, and only on a **brand-new** gap in the same direction. Never add to a trade that is already open.

PUTTING IT TOGETHER

A worked example

A sell on a Tuesday, on the Nasdaq 100. The numbers are for illustration.

TIME (NY)	WHAT HAPPENS	PRICE
Mon 18:00	Monday closes. Mark the range: High, Low and Midpoint	18,450 / 18,250 / 18,350
Tue 03:05	Price rallies above the Monday High. **The raid: bearish, sells only**	Peaks at 18,472
Tue 03:20	On the 5-minute chart, a bullish FVG forms on the rally. Candle 3's high is 18,472	Gap: 18,446 – 18,458
Tue 03:40	A candle closes at 18,438, below the gap. **Sell** at the next open	Entry 18,438
	Stop above candle 3 plus 1 point of spread. Risk 35 points. Half A target is the Monday Low	Stop 18,473 · TP 18,250
Tue 04:25	Price touches the Monday Midpoint. Both stops move to breakeven	18,350
Tue 09:50	Half A hits the Monday Low: +188 points, about 5.4R. The runner's stop moves to 1R in profit	Runner stop 18,403
Later	The runner either keeps going below Monday's range or is stopped out at +1R	—

At no point did this trade need a prediction. Each step was a yes-or-no question: was the high raided, did a gap form, did a candle close through it, did price reach the midpoint?

DISCIPLINE

Checklist and common mistakes

BEFORE EVERY TRADE

- ☐ It is **Tuesday or Wednesday**, New York time.
- ☐ Monday's **High, Low and Midpoint** are on my chart.
- ☐ **Exactly one side** has been raided today, 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.
- ☐ A candle has **closed** through the most recent opposing gap.
- ☐ My target, the opposite Monday extreme, is **still ahead of price**.
- ☐ My stop is beyond candle 3, and my size matches my fixed dollar risk.

Mistakes that cost money

- × Trading on Monday, Thursday or Friday because the chart "looks similar".
- × 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 Monday have been taken.
- × Taking setups outside the two sessions.
- × Moving the stop further away to "give the trade room".
- × Entering when price has already reached the opposite Monday extreme.
- × Increasing size after a loss to win it back.

TRACK EVERY SETUP

Trade journal

Log every week, including the weeks 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 Monday extreme and taking the orders resting there
Judas swing	A deliberate false move into liquidity before the real move in the other direction
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

Risk disclosure. Trading leveraged products carries a high level of risk and may not be suitable for every investor. This guide is educational and describes a trading approach. It is not financial advice and not a guarantee of results. Past performance does not indicate future returns. Practise on a demo account first and only trade with capital you can afford to lose.