
EDUCATION SERIES



cryptosmartceek.com

BEGINNER'S GUIDE

Master the Fundamentals of
Cryptocurrency Trading

A comprehensive guide to trading basics, technical indicators,
risk management, and market psychology for aspiring traders.

By **AVIK KANRAR**

Founder, cRyPtO sMaRt

First Edition · 2026 · Free Educational Series

FREE COURSE

◆

Author's Note

◆



Avik Kanrar

Founder, cRyPtO sMaRt

Welcome to the cRyPtO sMaRt Beginner's Guide — and thank you for taking the first step toward understanding the world of trading.

When I started my own journey in the financial markets, I wished someone had handed me a clear, honest, and well-structured guide that explained the fundamentals without unnecessary jargon or hype. That's exactly what this book aims to be.

Trading is not a get-rich-quick scheme. It is a skill — one that requires patience, discipline, continuous learning, and above all, proper risk management. The markets reward those who respect them and punish those who treat them carelessly.

In these pages, you will find everything a beginner needs: from understanding market trends and trading styles, to mastering indicators like RSI and EMA, to building the psychological resilience that separates successful traders from the rest.

Whether you are interested in stocks, forex, or cryptocurrency, the principles in this guide are universal. Start small. Stay disciplined. Never risk more than you can afford to lose.

The market will always be there tomorrow — but your capital must be too.

Trade smart. Stay safe.

Avik Kanrar

cryptosmartceek.com

Table of Contents

PART I — FOUNDATIONS

01	What is Trading?	6
02	Styles of Trading	8
03	Market Trends	10
04	Support and Resistance	12

PART II — MARKETS & EXECUTION

05	Financial Assets You Can Trade	15
06	Best Trading Sessions (IST)	17
07	Pips and Spread	20
08	Order Types	22

PART III — STRATEGY & MASTERY

09	Risk Management	25
10	RSI — Momentum Indicator	28
11	EMA — Trend Indicator	31
12	Trading Psychology & Discipline	34

APPENDIX

	Quick Reference Sheet	37
	Glossary	39
	Trading Journal Notes	41

PART I

◆

FOUNDATIONS

Understanding the basics of financial markets

◆

01

CHAPTER 1

What is Trading?

Understanding the core concept of financial markets

Trading means buying and selling financial instruments — such as stocks, foreign currency (forex), cryptocurrencies, or commodities — with the goal of making a profit. At its core, trading is about identifying opportunities where the price of an asset is likely to move in a predictable direction and positioning yourself to benefit from that movement.

PRO TIP

Trading may appear complicated at first, but once you understand basic concepts, indicators, and strategies, it becomes significantly easier to navigate the markets. Think of it like learning to drive — overwhelming at first, but second nature with practice.

Unlike investing, which typically involves buying and holding assets for the long term, trading focuses on shorter-term price movements. Traders use technical analysis, chart patterns, and various indicators to make informed decisions about when to enter and exit positions.

The financial markets operate as a vast ecosystem where millions of participants — from individual retail traders to massive institutional investors — buy and sell assets every second. Understanding how this ecosystem works is the first step toward becoming a successful trader.

02

CHAPTER 2

Styles of Trading

Finding the approach that matches your personality

Different trading styles suit different personalities, risk tolerances, and time commitments. Choosing the right style is crucial because it determines how you interact with the market on a daily basis. Here are the four primary trading styles:

Scalping

Scalping involves making numerous trades throughout the day, holding positions for just minutes or even seconds. Scalpers aim to profit from tiny price movements, relying on high volume and tight spreads. This style requires intense focus, quick decision-making, and a reliable, fast internet connection. It is best suited for traders who can dedicate full attention to the screen.

Intraday (Day) Trading

Intraday traders open and close all positions within the same trading day. They never hold positions overnight, which eliminates overnight gap risk. Positions are typically held for hours or minutes. Day trading requires a solid understanding of technical analysis and the discipline to follow a plan without letting emotions take control.

Swing Trading

Swing trading involves holding positions for several days to a few weeks, aiming to capture medium-term price movements. Swing traders analyze daily and weekly charts to identify trends and reversal points. This style offers a good balance between active trading and a manageable time commitment, making it popular among those with day jobs.

Positional Trading

Positional trading is the longest-term trading style, with positions held for weeks to months. Positional traders follow larger trends and are less concerned with short-term fluctuations. They rely heavily on fundamental analysis combined with technical analysis to identify major trend directions. This style requires patience and a higher tolerance for drawdowns.

BEGINNER TIP

As a beginner, swing trading is often the best starting point. It gives you enough time to analyze charts without the pressure of split-second decisions required in scalping or day trading.

03

CHAPTER 3

Market Trends

Reading the direction of price movement

Markets generally move in three ways: uptrend, downtrend, and sideways (range-bound). Recognizing these trends is one of the most fundamental skills a trader must develop, as it helps you align your trades with the prevailing market direction.

Uptrend (Bullish)

An uptrend is characterized by a series of higher highs and higher lows. This means each peak in price is higher than the previous peak, and each dip is higher than the previous dip. For example, when a stock's price rises from \$100 to \$120, pulling back to \$110, then rising to \$135, it is in a clear uptrend. Traders look to buy (go long) during uptrends.

Downtrend (Bearish)

A downtrend shows lower highs and lower lows. Each rally fails to reach the previous high, and each decline goes further than the previous low. If a stock falls from \$120 to \$90, bounces to \$105, then falls to \$80, it is in a downtrend. Traders look to sell (go short) or avoid buying during downtrends.

Sideways (Range-Bound)

In a sideways market, price oscillates between a defined support level (floor) and resistance level (ceiling) without making significant new highs or lows. This phase often indicates market indecision and typically precedes a breakout in either direction.



GOLDEN RULE

One of the best pieces of advice for beginners: always trade WITH the trend, not against it. The phrase 'the trend is your friend' exists for a very good reason.

04

CHAPTER 4

Support and Resistance

Key price levels that drive market behavior

Support and resistance are among the most important concepts in technical analysis. These are specific price levels where buying or selling pressure is strong enough to halt or reverse price movement.

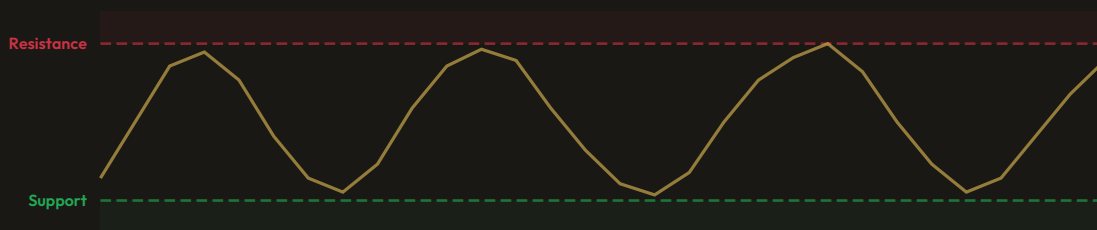
Support Level

A support level is a price point where buying interest is strong enough to overcome selling pressure, causing the price to bounce upward. Think of it as a floor that holds the price up. The more times a support level is tested and holds, the stronger it becomes.

Resistance Level

A resistance level is a price point where selling pressure overwhelms buying interest, causing the price to reverse downward. Think of it as a ceiling. When a resistance level is broken, it often becomes a new support level.

Support & Resistance Levels



Traders use support and resistance levels to make entry and exit decisions. A common strategy is to buy near support levels and sell near resistance levels. When a level is broken with significant volume, it often signals a strong move in that direction.

PART II



MARKETS & EXECUTION

Assets, sessions, and order management



05

CHAPTER 5

Financial Assets You Can Trade

Understanding different markets and their characteristics

Each asset class has different characteristics, risk levels, and trading hours. Understanding these differences helps you choose the right market for your trading style and goals.

Stocks (Equities)

Stocks represent ownership in publicly traded companies. In India, stocks are traded on the NSE and BSE exchanges from 9:15 AM to 3:30 PM IST. US stocks trade on NYSE and NASDAQ. Stocks offer medium volatility and are considered one of the best starting points for beginners.

Forex (Currency Pairs)

Forex trading involves exchanging one currency for another. Major pairs include EUR/USD, GBP/JPY, and USD/JPY. The forex market operates 24 hours a day, Monday through Friday. It is the largest financial market in the world with daily volumes exceeding \$6 trillion.

Cryptocurrency

Cryptocurrencies like Bitcoin (BTC/USDT) and Ethereum (ETH/USDT) trade 24/7. The crypto market is known for its very high volatility, which creates both opportunities and risks. Beginners should approach crypto with caution, starting with major coins and using strict risk management.

Commodities

Commodities include gold, silver, crude oil, and agricultural products. Gold and silver are popular among traders as safe-haven assets. Commodity trading hours in India are typically 10:30 AM to 11:55 PM IST.

Asset Class	Examples	Hours	Volatility	Best For
Stocks	NSE, BSE, NYSE	9:15 AM-3:30 PM	Medium	Beginners
Forex	EUR/USD, GBP/JPY	24h Mon-Fri	High	Beginners
Crypto	BTC/USDT, ETH/USDT	24/7	Very High	With caution
Commodities	Gold, Silver, Oil	10:30 AM-11:55 PM	High	Beginners

BEGINNER TIP

For beginners, the safest starting assets are regulated stocks, major forex pairs (EUR/USD, USD/JPY), major cryptocurrencies, and commodities like gold and silver.

06

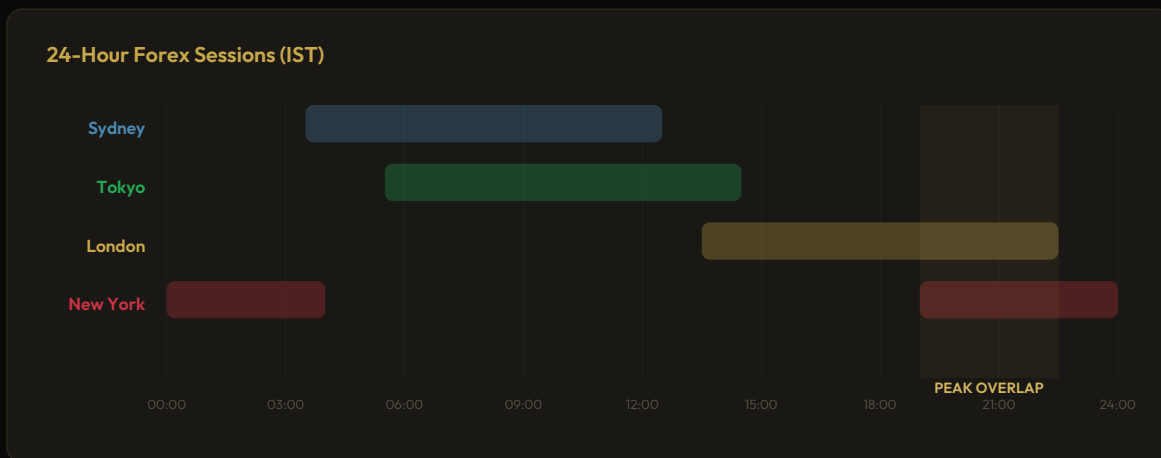
CHAPTER 6

Best Trading Sessions

When to trade for maximum opportunity

The forex market operates continuously from Monday to Friday and is divided into four major sessions: Sydney, Tokyo, London, and New York. Each session has unique characteristics in terms of volatility, liquidity, and the currency pairs that are most active.

Session	Hours (IST)	Key Currencies	Activity Level
Sydney	3:30 AM - 12:30 PM	AUD, NZD	Moderate
Tokyo	5:30 AM - 2:30 PM	JPY, SGD	Asian Focus
London	1:30 PM - 10:30 PM	GBP, EUR	High
New York	7:00 PM - 4:00 AM	USD, CAD	Highest



BEST TRADING WINDOW

The overlap of London and New York sessions (7:00 PM - 10:30 PM IST) provides the most liquidity and volatility. This is the best window for forex trading.

Stock Market Sessions

For Indian stock markets (NSE/BSE), the optimal trading time is the first two hours after opening: 9:15 AM to 11:15 AM IST. For US markets (NYSE/NASDAQ), the best window is 7:00 PM to 9:30 PM IST. European markets (London) are most active from 1:30 PM to 3:30 PM IST.

07

CHAPTER 7

Pips and Spread

Understanding the cost of every trade

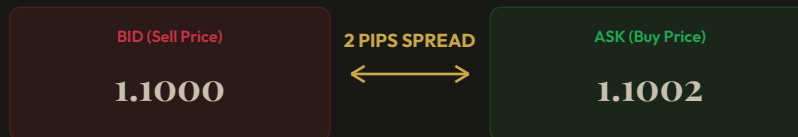
Pip (Percentage in Point)

A pip is the smallest standard price movement in most currency pairs. For most pairs, one pip equals 0.0001 (the fourth decimal place). For JPY pairs, one pip equals 0.01 (the second decimal place).

Spread

The spread is the difference between the bid (sell) price and the ask (buy) price. This is essentially the cost of making a trade — it is how brokers earn their revenue. A tighter spread means lower trading costs.

Understanding Pips & Spread (EUR/USD)



TRADING TIP

Trade major pairs during the London–New York overlap for the lowest spreads. Spreads widen significantly during low-liquidity periods.

08

CHAPTER 8

Order Types

Managing your entries and exits

Understanding order types is essential for effective trade management. Each order type serves a specific purpose and helps you control how and when your trades are executed.

Market Order

A market order executes immediately at the current market price. It guarantees execution but not the exact price. Best used when you need fast execution and the market is moving quickly. The risk is slippage — in volatile markets, you may get a slightly different price than expected.

Limit Order

A limit order specifies the exact price at which you want to buy or sell. It gives you full control over your entry price and eliminates slippage. The trade-off is that the order may never fill if the market doesn't reach your specified price.

Stop-Loss Order

A stop-loss order automatically closes your trade when the price reaches a predetermined level, limiting your potential loss. This is arguably the most important order type for risk management. Every single trade should have a stop-loss in place.

Take-Profit Order

A take-profit order automatically closes your trade when the price reaches your target profit level. This removes emotion from the profit-taking decision and ensures you lock in gains before the market potentially reverses.

IMPORTANT

Always use stop-loss and take-profit orders on every trade. These two order types form the backbone of disciplined trading. Trading without a stop-loss is like driving without a seatbelt.

PART III

STRATEGY & MASTERY

Risk management, indicators, and mental strength

09

CHAPTER 9

Risk Management

Protecting your capital is priority number one

GOLDEN RULE

Professional traders protect their capital first and profit second. Risk management is the foundation of long-term trading success.

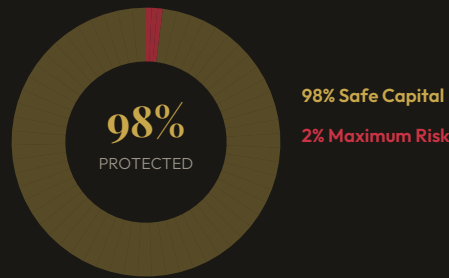
The 1-2% Rule

Never risk more than 1-2% of your total trading capital on a single trade. With a \$10,000 account, this means risking only \$100-\$200 per trade. This approach ensures that even a string of losing trades won't significantly damage your account.

Risk-Reward Ratio

Always aim for a minimum risk-reward ratio of 1:2 or 1:3. This means for every \$100 you risk, you should target \$200-\$300 in potential profit. With a 1:2 ratio, you only need to win 40% of your trades to remain profitable.

Risk Management — 2% Rule



Lot Sizes in Forex

In forex trading, the lot size determines how many units of the base currency you trade. Choosing the right lot size is critical for proper risk management.

Lot Type	Units	Pip Value (USD)	Suitable For
Standard (1.0)	100,000	~\$10/pip	Experienced traders
Mini (0.1)	10,000	~\$1/pip	Intermediate traders
Micro (0.01)	1,000	~\$0.10/pip	Beginners

RISK WARNING

Avoid high leverage when starting out. While leverage amplifies profits, it equally amplifies losses and can quickly wipe out your account.

10

CHAPTER 10

RSI — Momentum Indicator

Measuring the speed and strength of price movement

The Relative Strength Index (RSI) is a momentum oscillator that measures the speed and magnitude of recent price changes. RSI values range from 0 to 100 and help traders identify whether an instrument is overbought or oversold.

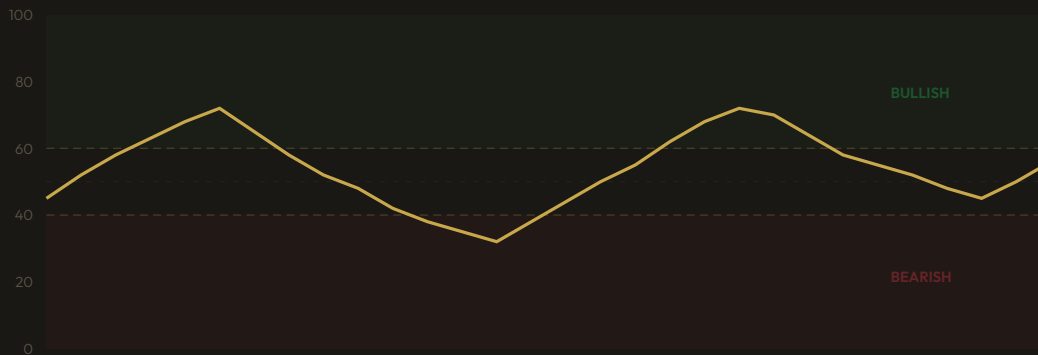
RSI Interpretation Guide

Above 60: Strong bullish momentum — potential uptrend continuation

Below 40: Bearish weakness — potential downtrend continuation

Between 40–60: Consolidation zone — market is range-bound, avoid trading

RSI Indicator (14-Period)



Buy Signal (Bullish)

Wait for the RSI to rise above 60 while the price moves higher. Confirm that the indicator doesn't immediately fall back below 60. This confirms strong upward momentum.

Sell Signal (Bearish)

Look for the RSI to fall below 40 while the price moves down. Confirm that the RSI doesn't quickly rise back above 40. This indicates weakening momentum.

RECOMMENDED SETTINGS

On TradingView, change the RSI upper band to 60 and lower band to 40 instead of the default 70/30 levels. This provides more actionable and reliable signals.

11

CHAPTER 11

EMA — Trend Indicator

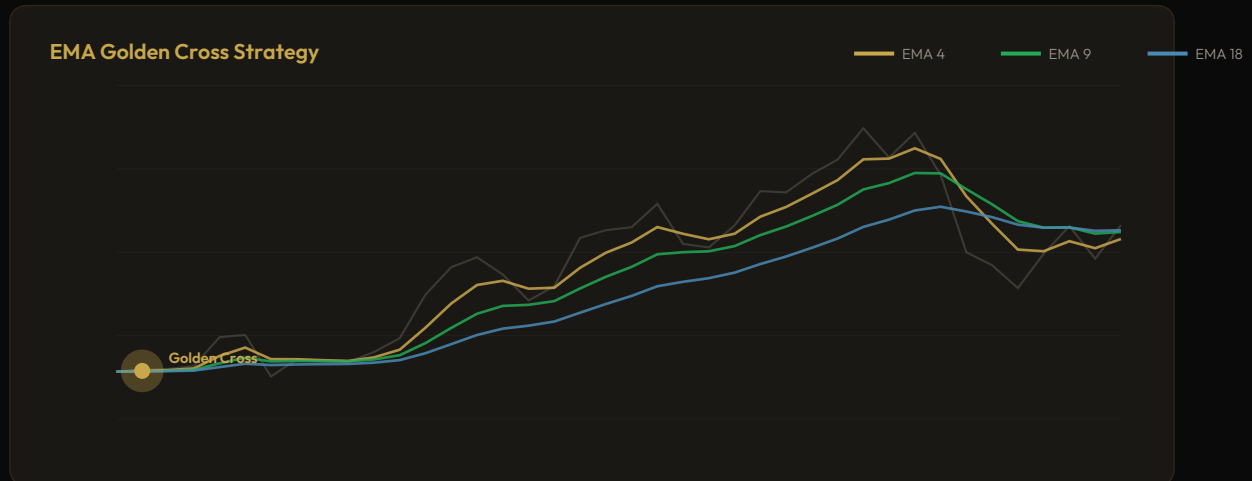
Following the trend with exponential moving averages

The Exponential Moving Average (EMA) is a type of moving average that gives more weight to recent prices, making it more responsive to new information than a Simple Moving Average (SMA). EMAs help traders identify the current trend direction and potential entry/exit points.

Recommended EMA Settings

Short-term trading: EMA 4, EMA 9, and EMA 18 periods

Swing/Positional trading: EMA 50 and EMA 200 periods



Golden Crossover (Buy Signal)

A Golden Crossover occurs when the shorter-period EMA (EMA 4) crosses above the longer-period EMAs (EMA 9 and EMA 18). This signals increasing bullish momentum. Confirm that the price stays above EMA 9 after the crossover.

Death Crossover (Sell Signal)

A Death Crossover is the opposite — EMA 4 crosses below EMA 9 and EMA 18, signaling bearish momentum. Confirm the price stays below EMA 9 after the crossover.

Stop-Loss Placement with EMA

When using EMA-based strategies, place your stop-loss just below EMA 9 for long trades, or just above EMA 9 for short trades. Alternatively, use the most recent swing low or swing high as your stop-loss level.

12

CHAPTER 12

Trading Psychology & Discipline

The mental game that separates winners from losers

CRITICAL TRUTH

Technical strategies alone are not enough. Psychological control accounts for a large portion of trading success. Many profitable strategies fail because traders cannot maintain discipline.

Stick to Your Plan

Create a trading plan before you enter any trade and follow it strictly. Define your entry, exit, stop-loss, and take-profit levels in advance. Avoid chasing trades or jumping between strategies. Discipline beats intelligence in trading.

Control Greed and Fear

Greed leads to overtrading — taking positions that are too large or holding winners too long. Fear causes premature exits. Both emotions, left unchecked, will steadily erode your account. Learn to recognize these emotions and respond with your plan, not your feelings.

Accept Losses

Losing trades are an inevitable part of trading — even the best traders have a significant percentage of losing trades. What matters is your overall consistency and risk-reward ratio. A single losing trade is never a failure if it was taken according to your plan.

Avoid Revenge Trading

After a loss, the urge to immediately 'win it back' is one of the most destructive impulses in trading. Revenge trading leads to larger position sizes, abandoned risk management, and emotional decisions. If you experience a loss, step away. Review your strategy with a clear head.

Bonus Tips for Beginners

- Trade with the trend rather than constantly predicting reversals.
- Avoid trading during consolidation — when RSI is between 40–60, wait for a breakout.
- Use stop-loss orders strictly on every single trade without exception.
- Back-test strategies on historical charts before risking real capital.
- Take breaks if frustrated — step away from charts and clear your mind.
- Keep a trading journal — record every trade and regularly review mistakes.
- Practice patience and discipline — resist the constant urge to overtrade.

Quick Reference Sheet

Indicator Settings

RSI: Period 14 | Upper Band: 60 | Lower Band: 40

EMA Short-term: 4, 9, 18 periods

EMA Swing/Position: 50, 200 periods

Risk Management Rules

Position Size: Risk only 1–2% of capital per trade

Risk-Reward Ratio: Minimum 1:2 (risk ₹100 to target ₹200)

Stop-Loss: Mandatory on every trade

Leverage: Avoid high leverage as a beginner

Diversification: Never commit all capital to a single asset

Best Trading Times (IST)

Forex (Best): 7:00 PM – 10:30 PM (London–NY overlap)

Indian Stocks: 9:15 AM – 11:15 AM (first 2 hours)

US Stocks: 7:00 PM – 9:30 PM

Crypto: 24/7 (most active during US/Europe hours)

Signal Quick Reference

RSI Buy: RSI crosses above 60 with price moving up

RSI Sell: RSI drops below 40 with price moving down

EMA Buy (Golden Cross): EMA 4 crosses above EMA 9 and EMA 18

EMA Sell (Death Cross): EMA 4 crosses below EMA 9 and EMA 18

Stop-Loss: Below/above EMA 9 or recent swing low/high

Your Success Formula

Small Position Sizes + Liquid Market Sessions + Simple Indicators + Psychology + Practice = **Consistent Trading Success**

Glossary

- Ask Price** — The price at which you can buy an asset.
- Bid Price** — The price at which you can sell an asset.
- Candlestick** — A chart element showing open, high, low, and close prices.
- Death Cross** — A bearish signal when a short-term EMA crosses below a longer-term EMA.
- Downtrend** — A market condition with lower highs and lower lows.
- EMA** — Exponential Moving Average — a trend indicator giving more weight to recent prices.
- Golden Cross** — A bullish signal when a short-term EMA crosses above a longer-term EMA.
- Leverage** — Using borrowed funds to increase position size.
- Limit Order** — An order to buy or sell at a specified price or better.
- Lot** — A standardized unit of measurement for the quantity traded in forex.
- Market Order** — An order to buy or sell immediately at the current market price.
- Pip** — Percentage in Point — the smallest price increment in most forex pairs (0.0001).
- Resistance** — A price level where selling pressure prevents further price increases.
- RSI** — Relative Strength Index — a momentum indicator measuring overbought/oversold conditions.
- Scalping** — A trading style involving very short-term trades lasting seconds to minutes.
- Slippage** — The difference between expected and actual execution price.
- Spread** — The difference between the bid and ask price.
- Stop-Loss** — An order to close a position at a predetermined level to limit losses.
- Support** — A price level where buying pressure prevents further price decreases.
- Swing Trading** — A trading style holding positions for days to weeks.
- Take-Profit** — An order to close a position at a predetermined profit target.
- Uptrend** — A market condition with higher highs and higher lows.
- Volatility** — The degree of variation in price over time.

Trading Journal

Record every trade. Review your mistakes. Grow as a trader.

ANIME/USDT

LONG

25x Cross Leverage · Binance

AI-Powered Signal

SIGNAL & ENTRY

Signal Entry **0.004698**

My Entry **0.004701**

Stop-Loss **0.004540**

Risk **~3.4% from entry**

TAKE-PROFIT TARGETS

TP1: 0.004751

TP2: 0.004777

TP3: 0.004803

TP4: 0.004830

TP5: 0.004856

TP6: 0.004882

TP7: Moon

EXECUTION

Entered near signal entry with full position (38.8049 qty). Price moved towards TP1. Closed manually at 0.004756 — just above the TP1 level (0.004751). Did not hold for TP2–TP7.

RESULT

+\$6.71

Fee: \$0.61 · Net: +\$6.10

REFLECTION

What went right

Signal was accurate — entry level held, price moved in predicted direction. Secured profit in the TP1 zone. No drawdown stress.

What went wrong

Closed manually instead of letting the system work. Could have set trailing stop and let runners go to TP2 (0.004777) or TP3 (0.004803). Potential left on table.

Lesson Learned

Next time try partial exits — close 50% at TP1, move SL to breakeven, and let the remaining 50% ride towards TP2/TP3. Lock in profit AND capture bigger moves. Track whether signals usually hit TP2+ or reverse after TP1.

Mood: **Confident — Good start.**



Education · Analysis · Community

ABOUT THE AUTHOR



Avik Kanrar

Founder of cRyPtO sMaRt — a platform dedicated to making cryptocurrency and trading education accessible to everyone.

CONNECT WITH US

- [YT](#) YouTube
- [IG](#) Instagram
- [TG](#) Telegram
- [EM](#) Email
- [FB](#) Facebook
- [X](#) X (Twitter)
- [WEB](#) Website

Begin Your Trading Journey

Master the basics first, then build complexity gradually.
Consistent small profits beat occasional big wins.

cryptosmartceek.com