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# INTRADAY TRADING GUIDE

Scalping & Day Trading  
Strategies That Work

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Step-by-step strategies for profiting from  
short-term price movements in any market.

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Founder, cRyPtO sMaRt

First Edition · 2026 · Free Educational Series

**FREE COURSE**

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## *Author's Note*

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Welcome to the fastest lane in trading.

Intraday trading is not for the faint-hearted. It requires laser focus, split-second decisions, and the discipline to walk away when the market is not in your favor. But when done correctly, it can be incredibly rewarding — both financially and intellectually.

I designed this guide specifically for traders who want to make trading their daily activity. Whether you are scalping for quick profits or holding positions for a few hours, every strategy in this book has been tested in real market conditions.

The key to intraday success is not about making the most trades — it is about making the RIGHT trades. Quality over quantity. Patience over impulse. System over emotion.

By the end of this guide, you will have a complete morning routine, a clear set of entry rules, and the risk management framework to protect your capital every single day.

Let's get to work.

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*Avik Kanrar*

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# PART I



## THE INTRADAY MINDSET

Getting your head right before the market opens



# 01

## CHAPTER 1

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# Why Intraday Trading?

Understanding the fastest style of trading

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Picture this: you wake up, sit at your desk, analyze the markets for 30 minutes, take 3-5 carefully planned trades, close everything before lunch, and walk away with a profit. No overnight risk. No worrying about what happens while you sleep. No positions hanging over your head for days. That is the promise of intraday trading.

Intraday trading means opening and closing all your positions within the same trading day. By the time the market closes, your account has zero open trades. You start fresh every single morning with a clean slate. This eliminates overnight gaps, surprise news events, and the anxiety of holding positions while you cannot monitor them.

### Why Traders Choose Intraday

- No overnight risk: You sleep peacefully knowing you have no open positions
- Daily income potential: Profit opportunities every single trading day
- Quick feedback: You know within hours if your strategy is working
- Lower capital needed: You do not need large amounts to start
- Compounding effect: Daily profits reinvested create powerful compounding

### Intraday Trading Styles Compared

Scalping	Day Trading	Swing
Timeframe <b>1-5 min</b>	Timeframe <b>5-15 min</b>	Timeframe <b>Daily/4H</b>
Trades/Day <b>10-50+</b>	Trades/Day <b>3-10</b>	Trades/Day <b>1-3</b>
Hold Time <b>Seconds-Minutes</b>	Hold Time <b>Minutes-Hours</b>	Hold Time <b>Days-Weeks</b>
Profit/Trade <b>€5-50</b>	Profit/Trade <b>€50-500</b>	Profit/Trade <b>€500+</b>

### HONEST WARNING

Intraday trading is NOT a shortcut to easy money. It requires intense focus, strict discipline, and a proven strategy. Most beginners lose money in their first months because they trade impulsively. This guide exists to make sure you are not one of them.

The biggest advantage of intraday trading is also its biggest challenge: speed. Everything happens fast. Decisions must be made in seconds, not hours. This is why preparation is everything — and that brings us to the most important habit of any successful day trader: the pre-market routine.

# 02

## CHAPTER 2

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# Your Pre-Market Routine

The 45 minutes that determine your entire day

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Ask any successful intraday trader about their secret, and most will say the same thing: 'My morning routine.' The trades you take are only as good as the preparation behind them. Waking up, opening a chart, and clicking buy is not a strategy — it is gambling. A structured pre-market routine is what separates professionals from amateurs.

Think of a surgeon preparing for an operation. They do not walk into the operating room and start cutting. They review the patient's charts, check their instruments, brief the team, and mentally rehearse the procedure. Trading is no different. Your pre-market routine is your surgical preparation.

### Pre-Market Morning Routine

- 8:30 AM** ● **Check Global Markets**  
 Review how US, Europe, Asia performed overnight
- 8:45 AM** ● **Scan Watchlist**  
 Identify 3-5 stocks showing pre-market momentum
- 9:00 AM** ● **Mark Key Levels**  
 Draw support, resistance, VWAP on each chart
- 9:10 AM** ● **Set Alerts**  
 Place price alerts at key levels for your watchlist
- 9:15 AM** ● **Market Opens**  
 Wait 5 minutes before taking any trade

### The 5-Step Morning Routine

Step 1 — Global Check (8:30 AM): Review overnight action. How did US futures, European markets, and Asian markets perform? This gives you context for the day.

Step 2 — Watchlist Scan (8:45 AM): Identify 3-5 assets showing unusual pre-market activity. Focus, do not scatter.

Step 3 — Mark Levels (9:00 AM): On each watchlist item, draw key support, resistance, and yesterday's high/low.

Step 4 — Set Alerts (9:10 AM): Place price alerts at key levels so the market comes to you, not the other way around.

Step 5 — Wait (9:15 AM): Market opens. Do NOT trade for the first 5 minutes. Let the chaos settle. Then act on your plan.

#### THE 5-MINUTE RULE

The first 5 minutes after market open are the most dangerous. Price swings wildly as overnight orders flood in. Professional traders call this 'the shakeout.' They wait for it to pass. Beginners trade into it and get stopped out. Be the professional. Wait.

# 03

## CHAPTER 3

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# Choosing the Right Market & Pair

Not all markets are created equal for day trading

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If you try to day trade a stock that moves 0.5% per day, you will struggle to make meaningful profits. If you try to day trade a cryptocurrency that moves 30% per day, you might lose your entire account in minutes. Choosing the right market and the right instruments is critical for intraday success.

### What Makes a Good Intraday Instrument?

**Liquidity:** High trading volume means tight spreads and easy fills

**Volatility:** Enough daily movement to create profit opportunities (1-5% ideal)

**Predictability:** Responds well to technical analysis and respects key levels

**Low cost:** Low commissions and tight spreads eat into intraday profits fast

Market	Best Instruments	Daily Volatility	Spread Cost
Crypto	BTC/USDT, ETH/USDT, SOL/USDT	2-8%	Very Low
Forex	EUR/USD, GBP/USD, USD/JPY	0.5-1.5%	Low
Indian Stocks	NIFTY 50, Bank NIFTY, Reliance	1-3%	Medium
US Stocks	AAPL, TSLA, NVDA, SPY	1-4%	Low

### ONE INSTRUMENT RULE

For beginners, start with ONE instrument and master it. Get to know its personality — how it moves at market open, how it reacts to news, which levels it respects. A trader who knows one instrument deeply will always outperform one who trades ten instruments superficially.

# PART II

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## STRATEGIES THAT WORK

Proven setups for consistent intraday profits

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# 04

## CHAPTER 4

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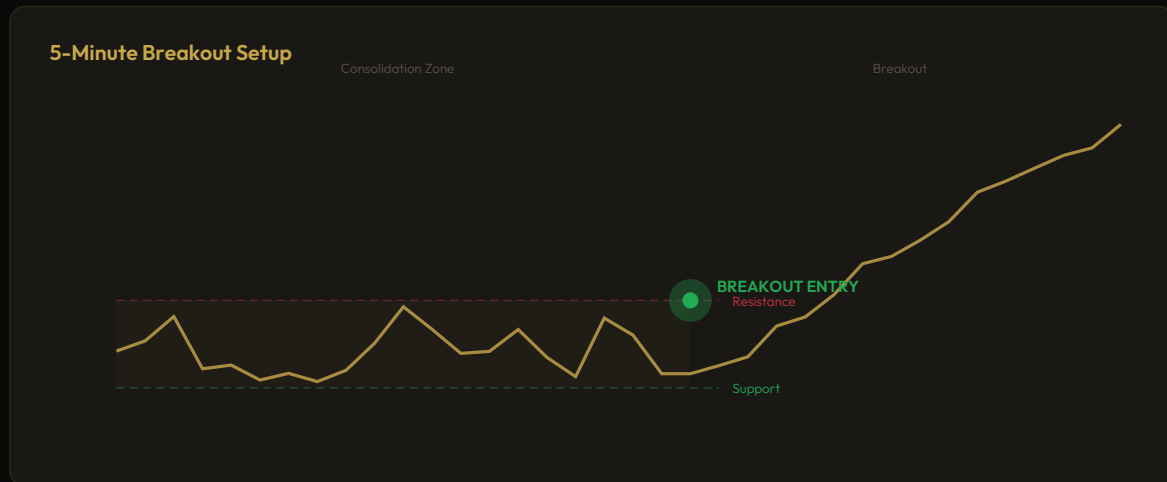
# The 5-Minute Breakout Strategy

The simplest and most effective day trading setup

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Imagine a coiled spring. The longer it is compressed, the more powerful the release. That is exactly how a breakout works. When price trades in a tight range (consolidation), it builds energy. When it finally breaks out of that range, the move is often swift and powerful. The 5-minute breakout strategy captures these explosive moves.

This is the single most beginner-friendly intraday strategy because the rules are simple, the signals are clear, and the risk is well-defined. If you learn only one strategy from this entire guide, make it this one.



### The 5-Minute Breakout Rules

- Step 1: Identify a consolidation zone on the 5-minute chart (price bouncing between support and resistance for at least 15-20 minutes)
- Step 2: Wait for a candle to CLOSE above resistance (for long) or below support (for short). Do not enter on the wick — wait for the close.
- Step 3: Confirm with volume — the breakout candle should have above-average volume
- Step 4: Enter on the next candle's open after the confirmed breakout
- Step 5: Stop-loss goes just below the consolidation zone (for longs) or just above (for shorts)
- Step 6: Take profit at 1.5-2x the height of the consolidation zone

### AVOIDING FALSE BREAKOUTS

False breakouts are the number one trap in day trading. Protect yourself by ALWAYS waiting for the candle to close beyond the level before entering. A wick beyond the level is not a breakout — it is a test. Wait for the close. This single rule will save you from countless false signals.

# 05

## CHAPTER 5

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# VWAP — The Day Trader's Best Friend

The one indicator every institutional trader watches

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If I could only use ONE indicator for intraday trading, it would be VWAP — Volume Weighted Average Price. It is the indicator that Wall Street institutions, hedge funds, and algorithmic trading systems all use as their primary reference point. And the beautiful thing? It is incredibly simple to understand.

VWAP calculates the average price of an asset weighted by volume throughout the day. In simple terms, it shows you the 'fair price' that most traders paid for the asset that day. Think of VWAP as the gravity of price — price constantly wants to return to it.

### VWAP Trading Rules (Simple Version)

Price ABOVE VWAP: Buyers are in control. Look for long (buy) opportunities only.

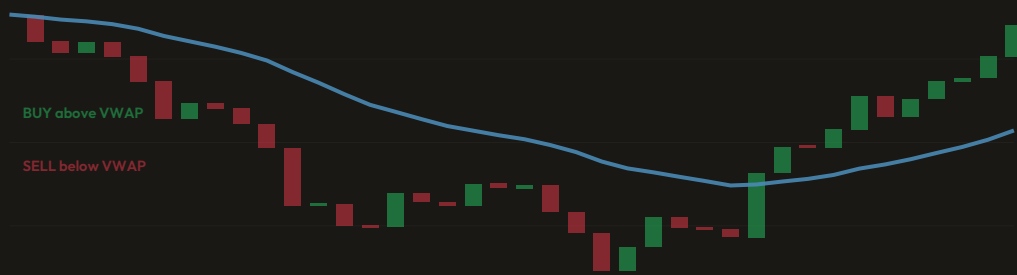
Price BELOW VWAP: Sellers are in control. Look for short (sell) opportunities only.

Price AT VWAP: The market is at fair value. Wait for a clear move away before trading.

That is it. Three rules. Follow them and you immediately filter out 50% of bad trades.

### VWAP — Volume Weighted Average Price

Blue = VWAP



### The VWAP Bounce Strategy

When price pulls back to VWAP during a trending day, it often bounces off like a rubber ball. This creates a high-probability entry. For a VWAP bounce long: wait for price to pull back and touch VWAP from above, look for a bullish candle (hammer or engulfing), enter with stop-loss just below VWAP, target the previous high or 1.5x your risk.

#### WHY VWAP IS UNIQUE

VWAP resets every day. It starts fresh each morning. This makes it the perfect indicator for intraday trading because it only reflects today's activity, not yesterday's. This is why swing traders rarely use VWAP but day traders cannot live without it.

# 06

## CHAPTER 6

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# Scalping with EMA Ribbons

Riding micro-trends for quick, consistent profits

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Scalping is the art of making many small profits that add up to a significant total by the end of the day. Instead of waiting for one big move, scalpers take 10, 20, or even 50 tiny bites. Each bite might only earn \$5-50, but multiply that by 20 winning trades and you have a very profitable day.

The EMA Ribbon strategy uses multiple Exponential Moving Averages stacked together like a ribbon. When the ribbon fans out and the EMAs are in order (shortest on top for uptrends), you have a strong micro-trend to ride. When the ribbon tangles, the trend is weak – stay out.

### EMA Ribbon Setup

EMAs to use: 5, 8, 13, 21 on the 1-minute or 3-minute chart

Buy Signal: All EMAs are stacked in order (5 on top, then 8, 13, 21) AND price is above all of them. Enter when price pulls back to touch EMA 8 and bounces.

Sell Signal: All EMAs are inverted (5 on bottom). Enter when price bounces down from EMA 8.

Stop-Loss: Just beyond EMA 21 (the slowest EMA in the ribbon)

Take Profit: When EMA 5 and EMA 8 begin to flatten or cross

### COMMISSION WARNING

Scalping generates the most commission costs of any trading style because of the high number of trades.

Always calculate your break-even point after commissions before deciding if scalping is right for you. If your broker charges high fees, scalping may eat all your profits.

# 07

## CHAPTER 7

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# The Opening Range Breakout

Trading the most explosive 30 minutes of the day

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The first 30 minutes of market open are the most volatile, most emotional, and most profitable window of the entire trading day. The Opening Range Breakout (ORB) strategy is designed to capture this energy in a structured, risk-controlled way.

Here is the concept: during the first 15-30 minutes, the market establishes a range (the 'opening range'). This range represents the initial battle between overnight bulls and bears. When price breaks convincingly above or below this range, it often starts a strong move that lasts for hours.

### **ORB Strategy — Step by Step**

Step 1: Mark the HIGH and LOW of the first 15 minutes after market open

Step 2: Wait. Do not trade during these 15 minutes — just observe and mark the range.

Step 3: If price breaks ABOVE the range with volume, go long. If it breaks BELOW, go short.

Step 4: Stop-loss goes at the opposite end of the opening range

Step 5: Target = 1.5x the range height (if the range was 50 points, target 75 points profit)

Step 6: If no breakout occurs within 45 minutes, cancel the setup. The energy has faded.

### **WHEN ORB WORKS BEST**

The ORB works best on days with a clear catalyst — earnings reports, economic data releases, or overnight news events. On quiet, low-volatility days, the opening range tends to be tiny and breakouts are unreliable. Check the news before using this strategy.

# PART III

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## SURVIVAL RULES

Because surviving is more important than winning

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# 08

CHAPTER 8

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## Intraday Risk Management

Protecting your capital every single day

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Here is a hard truth: intraday trading has a higher failure rate than any other trading style. The speed, the number of decisions, and the emotional intensity all work against you. The ONLY way to survive long enough to become profitable is through bulletproof risk management.

Think of risk management as your seatbelt. You do not wear a seatbelt because you plan to crash — you wear it because you know accidents can happen despite your best driving. In intraday trading, 'accidents' happen daily. Your risk rules are your seatbelt.

### Daily Risk Management Dashboard



**RULE: Hit daily loss limit = STOP trading for the day. No exceptions.**

### The Intraday Risk Framework

Rule 1 — Per-Trade Risk: Never risk more than 1-2% of your account on any single trade

Rule 2 — Daily Loss Limit: If you lose 5% of your account in one day, STOP trading. Walk away. Come back tomorrow.

Rule 3 — Consecutive Loss Rule: After 3 consecutive losses, take a 30-minute break. Clear your head.

Rule 4 — Trade Count Limit: Maximum 5-8 trades per day. Quality over quantity, always.

Rule 5 — Pre-Set Stops: Every trade MUST have a stop-loss before you enter. No exceptions. Ever.

#### THE CIRCUIT BREAKER

The daily loss limit is your most important rule. Without it, one bad day can erase a week of profits.

Professional traders call this 'circuit breaker.' When it triggers, you stop. No negotiations, no 'just one more trade.' Stop. The market will be there tomorrow. Will your capital?

# 09

## CHAPTER 9

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# When to Stop Trading

Knowing when to quit is the ultimate skill

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Most trading courses teach you when to trade. Very few teach you when to STOP trading. But ask any consistently profitable trader and they will tell you: knowing when to sit on your hands is worth more than any entry strategy.

### Stop Trading When...

- You have hit your daily profit target — taking more trades after a good day is greed, not strategy
- You have hit your daily loss limit — no exceptions, no 'one more try'
- You have taken 3 consecutive losses — your read on the market is off today
- You feel angry, frustrated, or desperate to recover — these emotions guarantee bad decisions
- The market is choppy with no clear direction — no trend means no edge
- A major news event is about to happen — the volatility will be unpredictable
- You are tired, hungry, or distracted — your brain needs fuel and focus to trade well

### The 3-Hour Rule

Most intraday profits are made in the first 2-3 hours after market open. After that, volume drops, spreads widen, and the market often enters a choppy, directionless phase. Professional day traders often finish trading by lunchtime and spend the afternoon reviewing, learning, and preparing for the next day. Consider doing the same.

### THE BEST TRADE IS NO TRADE

The best trade you will ever make is the one you did NOT take. Every time you successfully resist a bad setup, you save yourself money. Patience is not passive — it is the most active and profitable thing a trader can do.

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## CHAPTER 10

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# The Intraday Trader's Daily Review

Improving 1% every single day

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Your trading day does not end when you close your last trade. It ends when you complete your daily review. This 15-minute habit is the single biggest accelerator of trading skill. Traders who review their trades daily improve 10x faster than those who do not.

### The 5-Question Daily Review

Every evening, answer these five questions honestly:

1. Did I follow my trading plan today? (Yes or No – be honest)
2. What was my best trade and why? (Identify what you did right)
3. What was my worst trade and why? (Identify what you did wrong)
4. Did I break any rules? (Track pattern-breaking behavior)
5. What will I do differently tomorrow? (One specific improvement)

### Intraday Entry Checklist

- Trend Direction**  
Higher timeframe agrees with your trade
- Key Level**  
Price at support/resistance or VWAP
- Volume Spike**  
Above-average volume confirming the move
- Candle Signal**  
Engulfing, hammer, or breakout candle
- Risk Defined**  
Stop-loss and target set BEFORE entry

Keep all your daily reviews in a journal. After 30 days, patterns will emerge. You will notice your most common mistakes, your best time of day for trading, which setups work best for you, and which ones consistently lose. This data is priceless — it transforms you from a gambler into a professional.

### Your Intraday Success Formula

Pre-Market Routine + VWAP/Breakout Strategy + Strict Risk Limits + Daily Stop + Evening Review =  
Consistent Day Trading Profitability

It is not complicated. It is not easy either. But it works for anyone willing to do the work with discipline and patience.

# Quick Reference Sheet

## Strategies

5-Min Breakout: Consolidation ☑ Breakout candle close + Volume ☑ Enter next candle

VWAP Bounce: Pullback to VWAP ☑ Bullish candle ☑ Enter above VWAP

EMA Ribbon: EMAs stacked in order ☑ Pullback to EMA 8 ☑ Enter on bounce

ORB: Mark first 15 min range ☑ Breakout with volume ☑ Target 1.5x range

## Risk Rules

Per Trade: 1-2% max | Daily Loss: 5% max then STOP | After 3 losses: 30-min break

Max Trades: 5-8/day | Stop-Loss: Pre-set on EVERY trade | R:R Minimum: 1:1.5

## Pre-Market Routine

8:30 Global Check ☑ 8:45 Scan Watchlist ☑ 9:00 Mark Levels ☑ 9:10 Set Alerts ☑ 9:15 WAIT 5 min

## VWAP Rules

Price > VWAP: Longs only | Price < VWAP: Shorts only | Price = VWAP: Wait

## Daily Review

1. Followed plan? | 2. Best trade? | 3. Worst trade? | 4. Rules broken? | 5. Tomorrow's improvement?

# Glossary

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- Breakout** — Price moving decisively beyond a consolidation range.
- Circuit Breaker** — A daily loss limit that forces you to stop trading.
- Consolidation** — A period where price trades in a tight range.
- Day Trading** — Opening and closing all trades within the same day.
- EMA Ribbon** — Multiple EMAs stacked together to show micro-trend direction.
- False Breakout** — Price briefly breaks a level then reverses back inside.
- Intraday** — Within a single trading day.
- Liquidity** — How easily an asset can be bought or sold without affecting price.
- Opening Range** — The high and low established in the first 15-30 minutes of trading.
- ORB** — Opening Range Breakout — a strategy based on the first 15-30 min range.
- Pre-Market** — The analysis period before the market officially opens.
- Scalping** — Taking many quick trades for small profits that accumulate.
- Slippage** — Getting a different price than expected when your order fills.
- Spread** — The cost difference between buy and sell price.
- VWAP** — Volume Weighted Average Price — the volume-adjusted fair price for the day.
- Watchlist** — A curated list of assets you monitor for trading opportunities.



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## ABOUT THE AUTHOR



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Be the most prepared trader in the room.

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