FREE TRADING GUIDE

# MIA Trading Academy
# Free Trading Guide

## Futures Trading Foundations

A simple guide to the core concepts we use every day before trading live.


### Support & Resistance

Identify key levels the pros watch.

### Market Structure

Understand price movement with clarity.

### One Session. One System.

A repeatable approach built for consistency.

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FUTURES BASICS

# What Are Futures?

Futures are contracts that let traders participate in price movement without owning the asset itself.

Inside MIA, we focus on futures because they offer strong liquidity, clear movement, and a simple repeatable way to trade one market consistently.

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### Trade Up Or Down

You can buy or sell based on direction.

### Fast Moving Markets

Price moves with clear momentum during active sessions.

### Used By Professionals

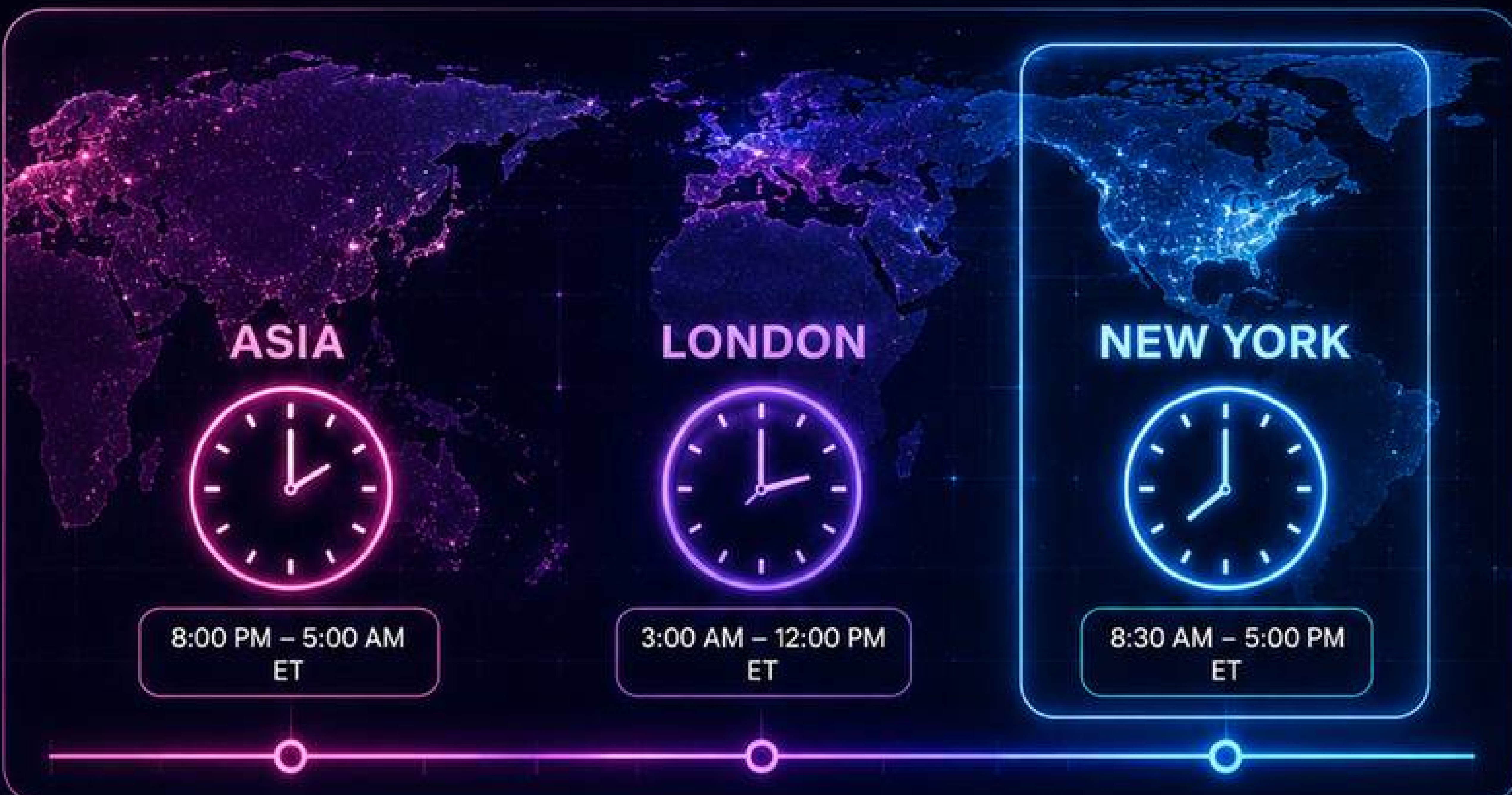
Futures are popular with day traders and funded traders.

FOUNDATION

# Trading Sessions

Futures markets trade nearly 24 hours a day, but not every session moves the same.

Inside MIA, we focus on the **New York Open** because it gives the clearest momentum and the best opportunity for our strategy.




### Asia Session

Builds important highs and lows.

### London Session

Adds momentum and direction.

### New York Open

Our main trading window.

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# Why Trade Futures?

Futures are popular because they are liquid, move cleanly, and let traders focus on one market. They also allow traders to go long or short, avoid the stock PDT rule, and build consistency through repetition.


### High Liquidity

Tight movement and active markets.

### Trade Both Ways

Buy or sell based on direction.

### No PDT Rule

More flexibility than day trading stocks.

### Repeatable

One market, one routine, one system.

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READ THE TREND

# Market Structure

Market structure shows whether price is trending up, trending down, or moving sideways.

Bullish structure forms higher highs and higher lows.

Bearish structure forms lower highs and lower lows.

Understanding this keeps traders aligned with momentum instead of fighting it.

## BULLISH STRUCTURE


## BEARISH STRUCTURE


## SIDEWAYS STRUCTURE

**Bullish**
Higher highs, higher lows.

**Bearish**
Lower highs, lower lows.

**Sideways**
Wait for clarity and direction.

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KEY LEVELS

# Support & Resistance

Support is an area where price may react higher.
Resistance is an area where price may react lower.
These levels help traders build trade ideas, manage risk, and target the next area of interest.


### Support

Buyers often defend this area.

### Resistance

Sellers often react here.

### Why It Matters

Levels help plan entries, stops, and targets.

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PROTECT CAPITAL

# Risk Management

Good trading is not just about finding entries. It is about controlling risk on every trade. Before entering, a trader should already know the stop loss, target, and how much they are willing to risk.

**STOP LOSS**
Define your maximum loss.

**ENTRY**
The point where the plan begins.

**TAKE PROFIT**
Lock in gains at your target.


### Know Your Risk

Define the loss before the trade.

### Use A Stop

Protect the account on every setup.

### Stay Consistent

Small controlled risk leads to long-term survival.

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OUR PROCESS

# The MIA Framework

Inside MIA, we keep trading simple by following the same process every day. The goal is not to chase every move. The goal is to wait for clear conditions and execute with consistency.

1. Higher Timeframe Bias
2. Mark Key Zones
3. Note Session Levels
4. Wait For New York Open
5. Execute Valid Breakout
6. Manage Risk
7. Review & Repeat

**Simple**
Easy to follow every day.

**Structured**
Rules reduce emotion.

**Repeatable**
One routine builds consistency.

MINDSET

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# Psychology & Consistency

Many traders struggle because they overtrade, chase moves, or switch systems too often. Consistency comes from discipline, patience, and trusting one process long enough to collect data.

FOCUS

DISCIPLINE

PATIENCE

CONFIDENCE


### Avoid Overtrading

Wait for quality setups.

### Avoid Chasing

Do not force entries late.

### Trust The Plan

Follow the same process.

### Stay Patient

Consistency beats emotion.

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NEXT STEP

# Join MIA Trading Academy

If you want to keep trading simple and learn a repeatable futures strategy, MIA gives you the structure, community, and live guidance to build consistency.


LIVE

### Live Trading Sessions

Learn as the market moves in real time.

### Weekly Market Breakdowns

Analyze the charts to build a plan for the upcoming trading week.

### Psychology & Mindset

Build discipline and avoid emotional trading.

### Full Strategy Course

Step-by-step lessons covering the NYC Open Breakout Strategy.

### Discord Community

Trade around people focused on consistency.

## Start With The Free Guide

One Session. One Strategy. One System.