100x Free Learning Document.

Beginner Framework & Timeline 2026.

LEARNING THE FUNDAMENTALS (1-2 Months)

Go through and read the basics that are given in this document, take your time.
Take notes, treat the educational process like schooling; research, record, analyse, do 'homework', the more you can devote yourself as a willing student the better you will learn.
Find a youtube series online to begin learning the basics of what you are looking at fundamentals-wise once you have a fair understanding, begin learning ICT, SMC, or Liquidity Concepts.
(Plenty of FREE educational content from reputable creators available on Youtube)

If you are struggling to wrap your head around concepts or struggling to gain complete comprehension or you would just like to streamline and accelerate this process; your best route moving forward is to find a Mentor to help guide you efficiently.

BUILDING YOUR SYSTEM (3-6 months)

After researching and studying primarily ICT & SMC concepts and theory, Choose your strategy that you want to build your system around.
Backtest or forward test at least 3 months of data relative to your chosen strategy.
(Allocate an hour or two a day to this)
Use the notion app to journal and collect data, data collection is crucial.
(Find a free journal template online)

FUNDED x LIVE (6+ months)

Once you have collected sufficient data, and you feel ready to open a live account or begin trading funded accounts:
(We recommend starting with prop-firms to allow you to have adequate real market results/proof of concept behind your strategy before throwing your own capital into the markets.)
This phase may come sooner for others or take longer depending on how efficiently you learn, but only you will know when you're ready. Remember that you will never stop learning especially when it comes to your own psychology.

Our preferred prop firms (current) include:

- Lucid trading (futures)
- Tradeify (futures)
- Apex Trader Funding (futures)

- FTMO (forex)

Our preferred personal account brokers are:

- AMP Futures

(click here)

- Blueberry Markets

(click here)

- Blackbull Markets (NZ Preferred)

(click here)

Getting Started (sites needed)

- *Charts:* *Tradingview or*
(chart off of prop-firms software)

- *News:* *Forexfactory or Financialjuice*
(Filter setttings vary, get in touch if need assistance)

- *Journal:* *Tradezella or any site/firm with built in journal*
(Important for data collection/trade logging)

Physical/Digital notebook for taking notes/learning.

Start easy, learn dilligently and begin small, build your way up slowly. Remember, Trading is a marathon and not a sprint. Trading is not a get rich quick scheme and your main objective should be to gain profitability and maintain it over time consistently.

If more guidance is required, we would highly recommend a Mentor to streamline the learning and education process. The link below will send you to our community of likeminded traders and our mentorship services.

100x Community

100x EDUCATIONAL MODULES

MODULE 1 — INTRODUCTION TO FUTURES TRADING

Trading is the process of participating in financial markets with the objective of generating consistent returns. In this course, the focus is specifically on ***futures markets through primarily ICT & SMC framework.***

Most traders enter the markets believing success comes from finding the perfect strategy. In reality, profitability is built on ***systematical model-based execution, risk management, and strict discipline****.*

Many beginner traders fail because they never understand how markets actually move. They jump between indicators, mentors and strategies without ever mastering the basic understanding of ***price delivery, liquidity concepts, or a repeatable model****.*

This document will help you understand the basic fundamentals needed to learn ***futures trading from the ground up.***
Designed to give you the ability to structure and develop your own foundation, model and the skills and understanding of ***how these concepts can be applied in real futures markets <u>before</u> risking your own capital****.*
It is designed for traders who want ***precision and consistency****, not shortcuts.*

YOU WILL LEARN:

- *How futures markets actually operate and why they offer a more structured environment than retail trading*
- *How price moves through* ***liquidity and institutional order flow***
- *ICT & SMC basics and fundamentals*
- *How to identify high-probability conditions using* ***time and session-based execution***
- *Why most traders fail funded challenges—and how to avoid the same mistakes*
- *The physcological parts of trading that are often overlooked and what you should be focusing on as a beginner trader*
- *What a* ***model-based trading approach*** *looks like in practice*
- *The key principles behind building* ***consistency and controlled risk***

This Document follows simplified basic educational content similar to the content inside the 100x Mentorship, where traders gain a full comprehensive understanding of everything and more mentioned here. Traders are not only taught everything needed to streamline their learning and kickstart their trading, they are trained to ***prioritise their execution models, risk management, and profitable mindset and pyschology.***

Before moving forward, you need to understand these key principles:

Trading is not a way to get rich quickly.
Trading is a skill that takes time to develop and build.
Trading is Difficult and 90% of retail traders LOSE.
Trading is not gambling, we must not treat it as such.
Trading should be treated like a business, a system.

Trading is not for the weak.

*In the next module, we will begin with the **core mechanics of the futures market and how price delivery works**, forming the foundation for everything that follows.*

MODULE 2: HOW FUTURES WORKS

The futures market is a centralized exchange where standardized contracts are traded.
It is one of the most liquid and transparent financial markets in the world, widely used by both institutions and professional traders.

*Futures allow you to trade a **single asset or index** (such as indices, commodities, or bonds), rather than a currency pair.*

*Price movement is driven by **order flow, liquidity, and institutional activity**.*

Futures are popular because they offer:

High liquidity
Tight spreads
Centralized pricing (no broker manipulation)
Access to leverage

However, these same factors are why most traders lose money.

*Inside 100x, traders are taught that futures are not “easier” they are simply **more structured**.*
Without discipline and risk control, accounts can be lost quickly.

WHAT YOU ARE TRADING

In futures, you are trading contracts based on an underlying asset.
Examples include:

Indices (e.g. NASDAQ, S&P 500)
Commodities (e.g. Gold, Silver, Oil)

*When you trade a futures contract, you’re controlling a **large notional value** with a **small amount of capital (margin)**.*

*That difference = **leverage***
Leverage allows you to control a large position with a small amount of capital.
Leverage is built into the structure of contracts in Futures.

Each contract has:

- A fixed tick size

(A tick=the minimum increment price can move)

- A defined value per tick

(How much money that movement is worth)

How tick sizes are measured, exmaple:

*Tick size = **0.25 points***

*Contract multiplier = **$50***

*Tick value = **$12.50 per tick***

*If ES moves from 5000.00 → 5000.25 = **1 tick = $12.50***

In the futures market you have 2 types of contracts tradeable:
Micros & Minis. Micros are fractional in contract size compared to Minis (1mini=10micros) and the markets are traded on slightly different charts, example; ES vs MES or NQ vs MNQ.
Essentially micros are just smaller contract size amounts being traded.
It is recommended when begininng to trade MICROS.

MODULE 3 - HOW THE MARKETS ACTUALLY MOVE

Most beginner traders believe price moves randomly.

In reality, price moves with purpose.

KEY DRIVERS OF FUTURES MOVEMENT

- From Liquidity, to Liquidity

- Rebalancing ranges, imbalances and inefficiencies

- Economic news/Macro-economical influence (CPI, NFP, FOMC, WAR)

- Institutional positioning and orderflow

- Session opens or key times (Asia/London/New York)

*Markets are constantly seeking liquidity, this is what drives expansions and reversals. Familiarising yourself with these factors will give you a better idea of **where price is headed and why.***

For example:
*High-impact news often creates volatility to **engineer liquidity before a directional move**.*

*Inside 100x, traders are taught that price is not unpredictable, it is **engineered to move between areas of liquidity**. The focus is on being able to read the **structure and indentify liquidity** accurately so you can understand where price seeks to go.*

*Understanding that the markets move in a **structured, repeatable and (almost) 'predictable' way** is crucial to being able to position yourself on the correct side of the market.*

WHAT IS LIQUIDITY

Liquidity refers to areas in the market where orders are concentrated.
Think of liquidity as "resting money".

These are typically found:

Above equal highs
Below equal lows
Above or below swing highs/lows
Around obvious support and resistance
Trading Session highs or lows

This is where stop losses and breakout orders sit.

*The market uses these areas to **facilitate large institutional orders**.*

*Because of this, **price is constantly seeking these areas of liquidity.***
Our job is to ride the wave as it heads there.

HOW PRICE DELIVERS

Price does not just move up and down randomly.

It follows a process:

***Accumulation** (consolidation / range)*
***Manipulation** (liquidity sweep)*
***Distribution** (real directional move)*

This is why you often see:
False breakouts
Sudden reversals
Sharp moves after taking highs or lows
These are not random, they are part of how the market operates.

IMBALANCES AND DISPLACEMENT

When price moves aggressively in one direction, it often leaves behind ***imbalances (inefficiencies, AKA: Fair value gaps)***

These areas are important because:

- Price may return to them
- Price may seek to rebalance these areas
- They can represent levels of 'support' or 'resistance'
- They represent strong institutional activity
- They represent strong directional volume
This is a key part of understanding ***where price is likely to move or react next.***

INVERSIONS AND MARKET CONTEXT

In certain conditions, areas that previously acted as support or resistance can ***invert.*** *(imbalances/ifvg)*

These inversion points become relevant when:

Liquidity has already been taken
Market structure begins to shift
Price returns into a key area

This is where traders begin to look for ***refined opportunities****, rather than entering randomly.*

THE ROLE OF TIME

Not all times in the market are equal.

The majority of meaningful moves occur during:

Asia session (Open)
London session
New York session

This is when liquidity is highest and institutions are active.

Trading outside of these times often leads to:

"Choppy" less favourable/predictable conditions
Low probability setups

Time is not optional, it is a core part of execution.

ENTRY IS NOT RANDOM

At this stage, traders often ask:

"Where exactly do I enter?"

The mistake is trying to reduce trading to a simple trigger.

Entries are not based on a single pattern, they are based on:

Alignment with liquidity
Positioning within imbalance
Timing within key sessions

We use our knowledge to build entry models.
Entry models are individual and can vary from strategy to strategy.
A defined entry model is one which you require certain confluences to happen in the market before you are eligible to enter a trade. A solid entry model provides confidence and system.

This is what traders within the mentorship use to form a structured approach within the financial markets. We help to build your entry model, rules, criteria and conditions.

CORE PRINCIPLE

Price is not moving randomly.

It is moving:

From liquidity → to liquidity
Within specific time windows
Based on institutional participation

Most traders lose because they try to predict direction without understanding this process.

*Inside 100x, the focus is on **reading liquidity and timing**, not guessing.*

If you understand this properly, the market will start to look very different.

However, understanding concepts alone is not enough.

*In the next module, we will break down **why most traders still fail—even when they begin to understand how markets move.***

MODULE 4 — WHY MOST TRADERS FAIL (FUNDED & FUTURES CONTEXT)

Most traders do not fail because of a lack of information or poor strategy.

They fail because:
*they lack **structure, consistency, risk control/management and the emotional and pyschology tools required to be successful long term.***

*This is because understanding the market is one component in itself, but it is not the same as **executing within it**.*
There is a load of factors that come into play that are far less openly talked about online, and those are the pyschological factors that pair with trading in the financial markets. Understanding them and being hyper-aware of these things allows you to be vigilant with your emotions and prolific with your edge.

OVERLEVERAGING AND POOR RISK CONTROL

Futures markets offer leverage, but without discipline, this becomes a disadvantage.

Common un-profitable behaviours include:

- Risking too much per trade (over-risking)
- Trying to recover losses quickly and immediatly (revenge-trading)
-Taking a high amount of trades per day/session (over-trading)
- Increasing size after losing trades (over-leveraging)

This leads to unnecessary drawdown, losses, stress and inconsistency.
Each of these behaviours has a root pyschological cause and solution.

LACK OF A DEFINED MODEL

One of the most common mistakes is trading without a clear, repeatable model.

Traders often:

- Enter based on emotion, impulse, excitement
- Taking trades without objective or narrative
- Change their approach or tweak their strategy frequently
- Ignore their data and journalled information

Without a model, there is no consistency, only guessing.

TRADING WITHOUT TIME CONTEXT

Many traders ignore when they are trading.

They:

Trade outside of key sessions
Enter during low liquidity conditions
Force setups that are not there

*As covered previously, **time is a core component of how price delivers**.*

Ignoring this leads to low probability trades.

INCONSISTENT EXECUTION

Even when traders understand concepts, they often fail to apply them consistently.

This looks like:

Taking some setups and skipping others
Moving stop losses
Closing trades early out of fear

Consistency is what allows any strategy or model to produce results.

Without it, outcomes become random.

EMOTIONAL DECISION MAKING

Emotions play a major role in trading performance.

Common patterns include:

Fear after losses
Overconfidence after wins
Hesitation and second guessing

These behaviours break structure and lead to poor execution.

CORE PRINCIPLE

The markets are not out to get you, the market is not your enemy.

The market rewards patience, consistency, emotional and pyshcological discipline.

The market rewards the systemitical and methodical approach.

The market rewards those who take the time to properly learn, adapt and overcome.

Strategy and information only get you so far. Pyschological awareness is crucial to success.

*In the next module, we will break down **what a structured trading approach actually looks like**, and how professional traders operate differently.*

MODULE 5 — WHAT A STRUCTURED TRADING APPROACH LOOKS LIKE

A structured trader does not approach the market randomly.
*They operate using a **defined framework.***
A structured trader will have:
Set trading times
Set rules and guidelines
Set criteria and conditions
Organization and planning around education,
journalling, data collection and reviewing.
A process for applying and implementing their model.

PRECISION OVER ACTIVITY

A structured model does not produce constant trades.

It produces:

Fewer, higher-quality opportunities
Trades taken at specific locations
Decisions based on conditions, not emotion

Most traders lose because they are active.
*Structured traders focus on being **accurate**.*

THE GAP MOST TRADERS HIT

At this point, many traders begin to understand:

Where price should move
Why liquidity matters
What imbalance and inversions are

However, they still struggle with:

Knowing when conditions are valid
Executing in real time
Maintaining consistency under pressure

This is where understanding stops, and execution becomes the problem.

CORE PRINCIPLE

A real trading approach is not built on isolated concepts.

It is built on:

A defined model
Clear conditions
Consistent execution

Knowing the concepts is only the first step.

Applying them correctly is what produces results.

In the next module, we will break down ***why most traders are unable to bridge the gap between understanding and execution****, and what is required to move beyond it.*

MODULE 6 — FROM UNDERSTANDING TO EXECUTION

By this point, you should have a clearer understanding of:

How futures markets operate
How price moves through liquidity

However, this is where most traders encounter the real challenge.

Understanding concepts is one thing.
Executing them consistently in live market conditions is another.

WHY UNDERSTANDING IS NOT ENOUGH

Many traders reach a stage where:

They can identify liquidity
They recognise imbalances
They understand where price should move

Yet they still struggle to produce consistent results.

Execution requires:

Timing
Precision
Confidence in a defined model

Without these, knowledge does not translate into performance.

WHERE MOST TRADERS GET STUCK

The most common issues at this stage are:

Not knowing when conditions are truly valid
Entering too early or too late
Lacking a refined entry model
Inconsistency across trades
Inconsistency in all factors mentioned throughout

This leads to frustration, even when the overall idea is understood, and this is when most quit.

THE ROLE OF STRUCTURE AND GUIDANCE

Bridging this gap requires more than information.

It requires:

A clearly defined execution model
An organised trading plan/schedule
Time and commitment
Structured guidance/Mentors
Repetition and refinement

This is how traders move from understanding → to consistency.

WHAT IT TAKES TO PROGRESS

To reach a consistent level, traders need to:

Refine their own entry models
Understand precise timing within sessions
Execute with discipline
Follow a repeatable process
Be emotionally aware and adaptive

This is developed through structure, not scattered learning.

CORE PRINCIPLE

Trading is not about knowing more.

It is about executing better and becoming 1% better everyday.

LEARNING SUMMARY

By completing this document, you should now understand:

*Futures markets provide a **structured and centralized environment** for trading*
*Price moves based on **liquidity, not randomness***
*Imbalance and inversions form the basis of **structured entry models***
*Most traders fail due to **lack of structure, risk control, and consistency***
A professional approach is built on:
Defined models
Session-based execution
Controlled risk
*Understanding concepts alone is not enough—**execution is the real challenge***

FINAL TAKEAWAY

There is a clear difference between:

Knowing how the market works
and
Being able to execute within it consistently

Most traders remain stuck between these two stages.

NEXT STEP

If you are serious about progressing, the focus should not be on consuming more random information or learning more strategies or concepts.

It should be on:

Following a structured model and sticking to it
Refining your own execution
Developing consistency over time and journaling your results

The 100x Mentorship is designed for traders who want to:

Apply ICT concepts within futures markets with proper guidance
Develop a defined execution model that is proven and tested
Build consistency through structure and discipline with others seeking the same goals

This is not for everyone. It is for traders who are committed to approaching trading with precision and a long-term mindset, Surrounded by those who seek the same.

Congratulations on completeing the 100x Free Trading Bootcamp! We wish you great success on your journey to profitability and remember you are never alone on this journey. Feel free to join our trading community, link below.

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