"Trading Triangle Live presentation, June 2016

Monday, June 20, 2016 11:10 AM

- Thank you and Congratulations!!

- As I thought about what to discuss, I looked at what got me to where I am today

- Background, family, job, etc.

- We are all "busy", but most of the time, we could get to our trades and adjustments if we "needed" to

- For me, LIYS brings together education, mechanics, and psychology

If you absolutely need something done...

- Besides the actual strategies, the most valuable information I've received from JL is how psychology plays a CRITICAL role in EVERY trade and trader

LIKE Athletes you have lived

- "You don't become who you WANT to be, you become who you ARE"

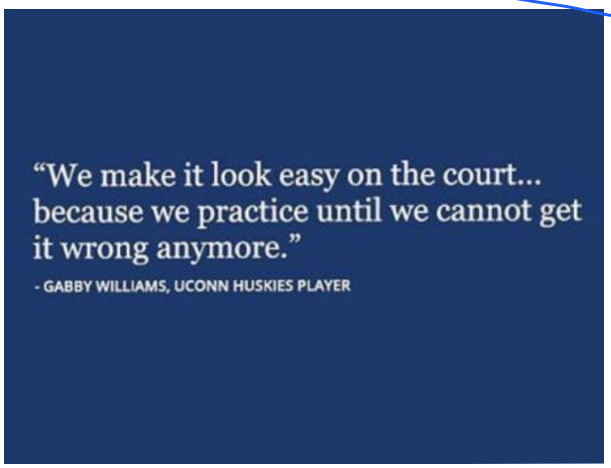
- Must remain unattached, and unemotional to the RESULT of your trades. 🙈 Why is this SO difficult? Because of each of our own successful backgrounds and our upbringing → where hard work = results

I have to it first

- Backtesting (I know, you hate it) 😕 It will help you move away from fear, and closer to trust

not true in trading

why do I have to Backtest?



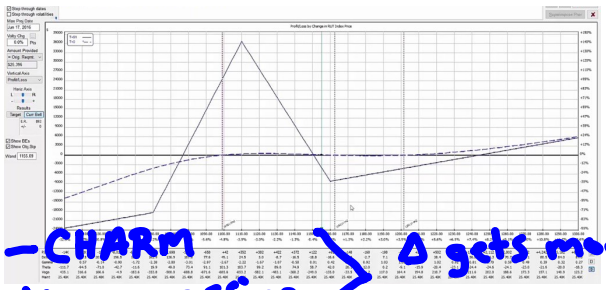
Edge...

"The more deeply you understand something, the more willing you are to take risks and the more intelligent those risks are." Alan Lafley

We are tinkerers... study this instead of tinkering with another "trade"

- Second order greeks- charm, vanna(2), vomma, DvegaDtime, -will help you become one with your T+0 line (these are not copyrighted terms, they can all be found on Investopedia.com, Wikipedia.com, etc.)

"shiny



−CHARM
time passing > Δ gets more −

Examples on M3:

+ CHARM
time passing > Δ gets more +

+ VANNA
+ VOLATILITY > Δ gets more +

+ VANNA
− VOLATILITY > Δ gets more −

+ VANNA
+ PRICE > VEGA gets more +

+ VANNA
− PRICE > VEGA gets more −

+ VOMMA
+ VOLATILITY > VEGA gets more +

+ VOMMA
− VOLATILITY > VEGA gets more −

− D VegaD time
time passing > VEGA gets more −

+ D VegaD time
time passing > VEGA gets more +

- Deliberate practice that makes a difference. This IS directly related to becoming a better trader.

- Best practices

- Absolutely can't be upset about

losses, it's the cost of doing business

small business owner - Lawn service

- Recovering OFW, get rid of the noise, get your freedom back

overnight Futures Watcher

- What's the market going to do tomorrow?
  - -ATR
  - -MMM on TOS

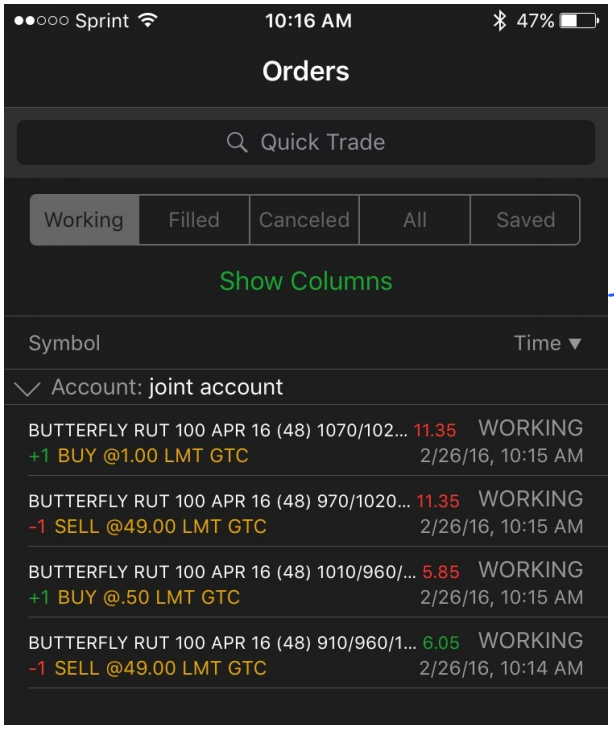
  - -Next day on TOS risk profile
  - -Look at ATM TOS option +/-
  - -2 closest ATM straddles/2
  - -RUT*RVX* SR x/252, or
  - -RUT*RVX/16
  - -ATM straddle*1.25
  - -Also look at 30 point move

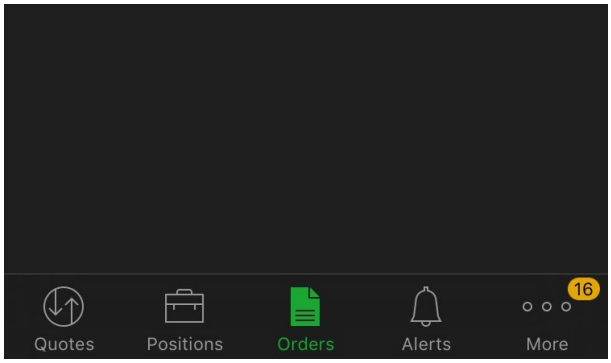
- Affirmations, meditation, deep breaths

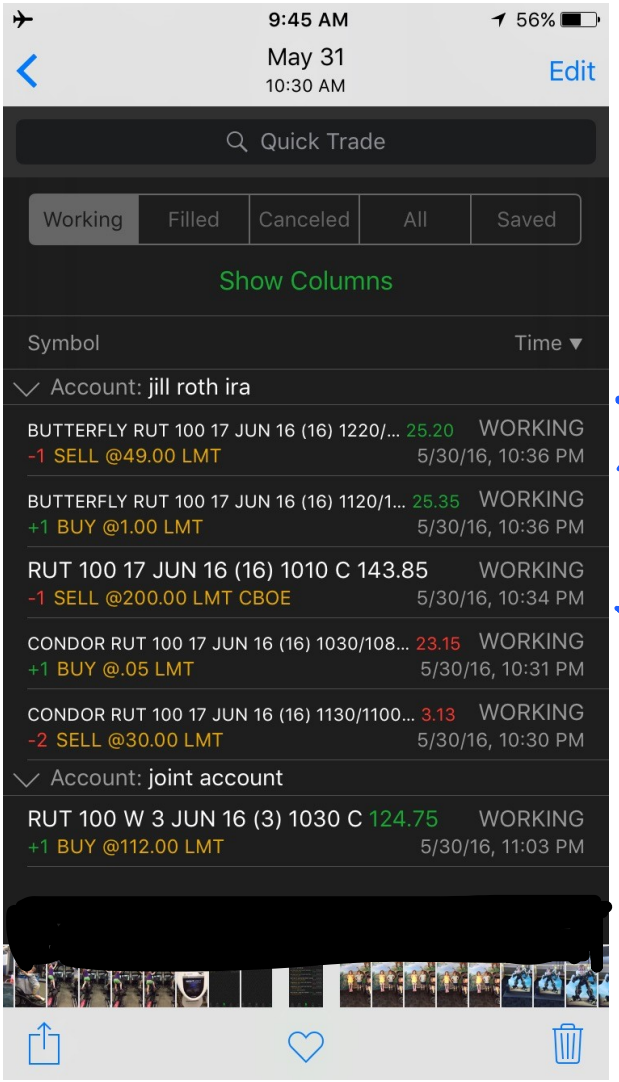
- $TICK

- Synthetics in TOS/mobile

you will make/save more $ here than any favorable commission schedule.

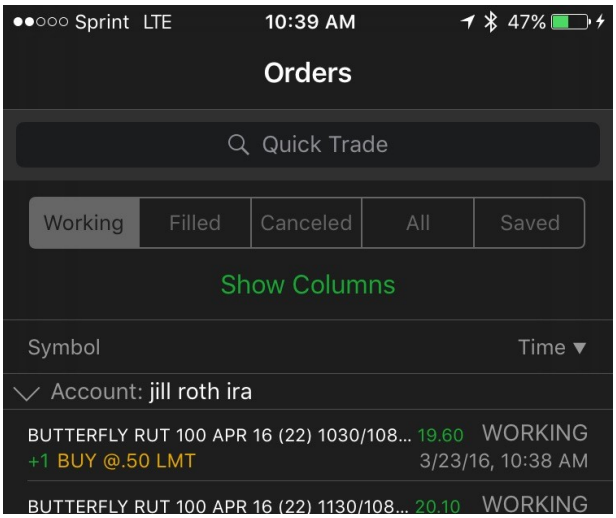






Synthetics only differ by 0.15

.02 difference



.50

-5 SELL @49.00 LMT 3/23/16, 10:38 AM

BUTTERFLY RUT 100 APR 16 (22) 1090/104... 10.53 WORKING
-5 SELL @11.00 LMT 3/23/16, 10:37 AM

BUTTERFLY RUT 100 APR 16 (22) 1010/106... 15.40 WORKING
+1 BUY @.50 LMT 3/23/16, 10:37 AM

BUTTERFLY RUT 100 APR 16 (22) 1110/106... 15.50 WORKING
-5 SELL @49.00 LMT 3/23/16, 10:36 AM

BUTTERFLY RUT 100 APR 16 (22) 990/104... 10.95 WORKING
+1 BUY @.50 LMT 3/23/16, 10:33 AM

Account: joint account

VERTICAL RUT 100 Q MAR5 16 (8) 1025/10... 18.90 WORKING
+3 BUY @1.00 LMT 3/23/16, 10:16 AM

Quotes Positions Orders Alerts More 4

9:26 AM 62%

May 11
2:57 PM
Edit

Quick Trade

Working Filled Canceled All Saved

Show Columns

Symbol Time ▼

Account: jill roth ira

BUTTERFLY RUT 100 20 MAY 16 (8) 1100/1... 18.88 WORKING
+1 BUY @1.00 LMT 5/11/16, 6:59 AM

BUTTERFLY RUT 100 20 MAY 16 (8) 1200/1... 19.60 WORKING
-1 SELL @49.00 LMT CBOE 5/11/16, 6:58 AM

[redacted]

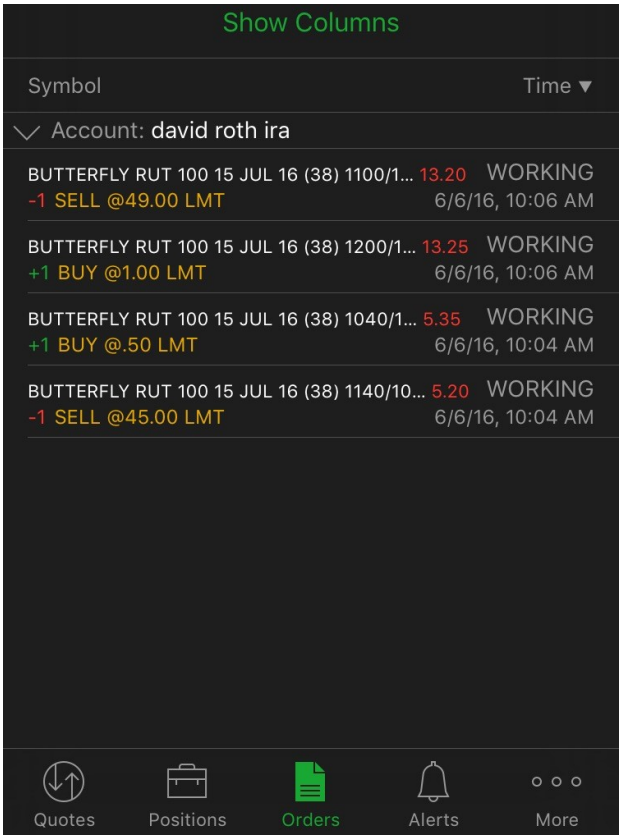
synthetics advertising .72 difference. Probably not going to be able to buy @ 18.88. In fact, after your analysis, you may get filled @ 19.10 & feel you got a great value - even after paying over "mid" price of 18.88, because that may not have been fair value.

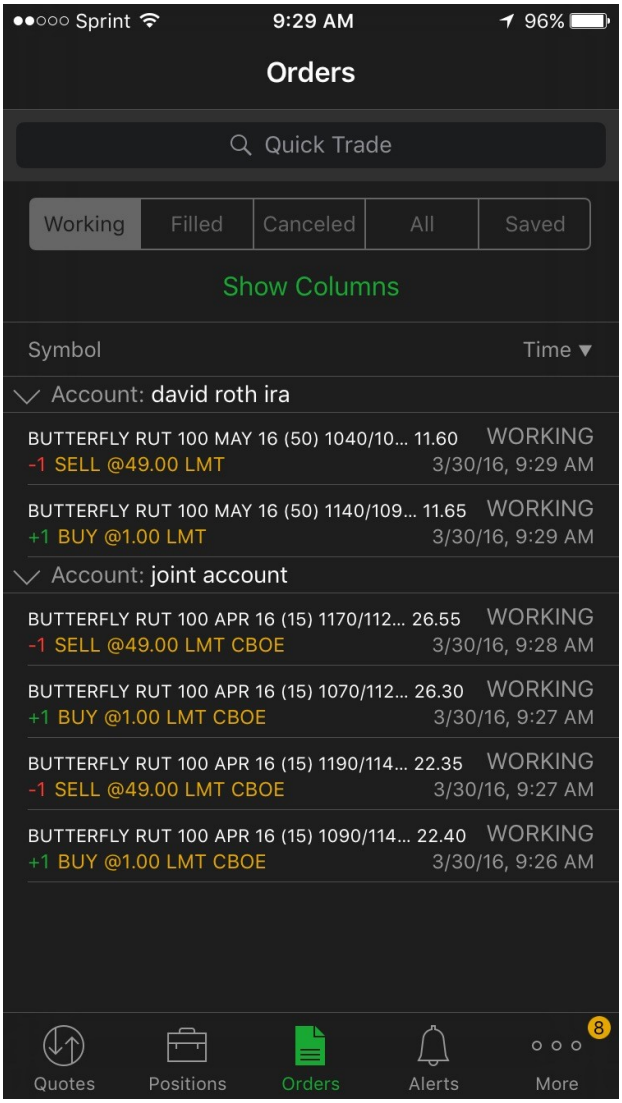
Sprint LTE 10:07 AM 13%

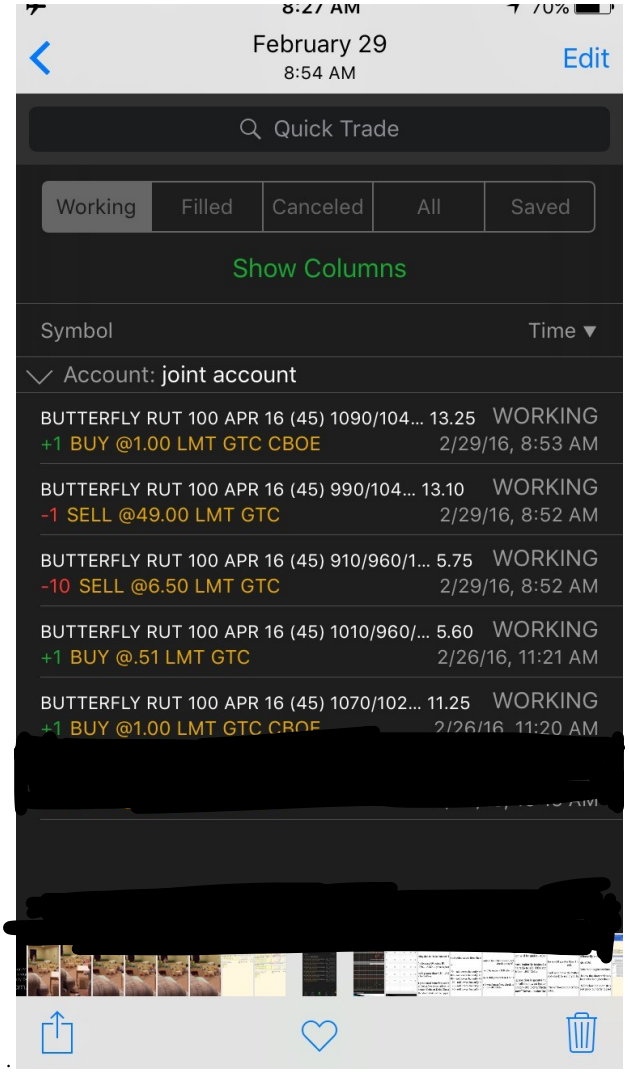
Orders

Quick Trade

Working Filled Canceled All Saved


Show Columns
Symbol
Time ▼
Account: david roth ira
BUTTERFLY RUT 100 15 JUL 16 (38) 1100/1... 13.20 WORKING
-1 SELL @49.00 LMT 6/6/16, 10:06 AM
BUTTERFLY RUT 100 15 JUL 16 (38) 1200/1... 13.25 WORKING
+1 BUY @1.00 LMT 6/6/16, 10:06 AM
BUTTERFLY RUT 100 15 JUL 16 (38) 1040/1... 5.35 WORKING
+1 BUY @.50 LMT 6/6/16, 10:04 AM
BUTTERFLY RUT 100 15 JUL 16 (38) 1140/10... 5.20 WORKING
-1 SELL @45.00 LMT 6/6/16, 10:04 AM
Quotes
Positions
Orders
Alerts
More


Sprint
9:29 AM
96%
Orders
Quick Trade
Working
Filled
Canceled
All
Saved
Show Columns
Symbol
Time ▼
Account: david roth ira
BUTTERFLY RUT 100 MAY 16 (50) 1040/10... 11.60 WORKING
-1 SELL @49.00 LMT 3/30/16, 9:29 AM
BUTTERFLY RUT 100 MAY 16 (50) 1140/109... 11.65 WORKING
+1 BUY @1.00 LMT 3/30/16, 9:29 AM
Account: joint account
BUTTERFLY RUT 100 APR 16 (15) 1170/112... 26.55 WORKING
-1 SELL @49.00 LMT CBOE 3/30/16, 9:28 AM
BUTTERFLY RUT 100 APR 16 (15) 1070/112... 26.30 WORKING
+1 BUY @1.00 LMT CBOE 3/30/16, 9:27 AM
BUTTERFLY RUT 100 APR 16 (15) 1190/114... 22.35 WORKING
-1 SELL @49.00 LMT CBOE 3/30/16, 9:27 AM
BUTTERFLY RUT 100 APR 16 (15) 1090/114... 22.40 WORKING
+1 BUY @1.00 LMT CBOE 3/30/16, 9:26 AM
8
Quotes
Positions
Orders
Alerts
More


February 29
8:54 AM
Edit
Quick Trade
Working
Filled
Canceled
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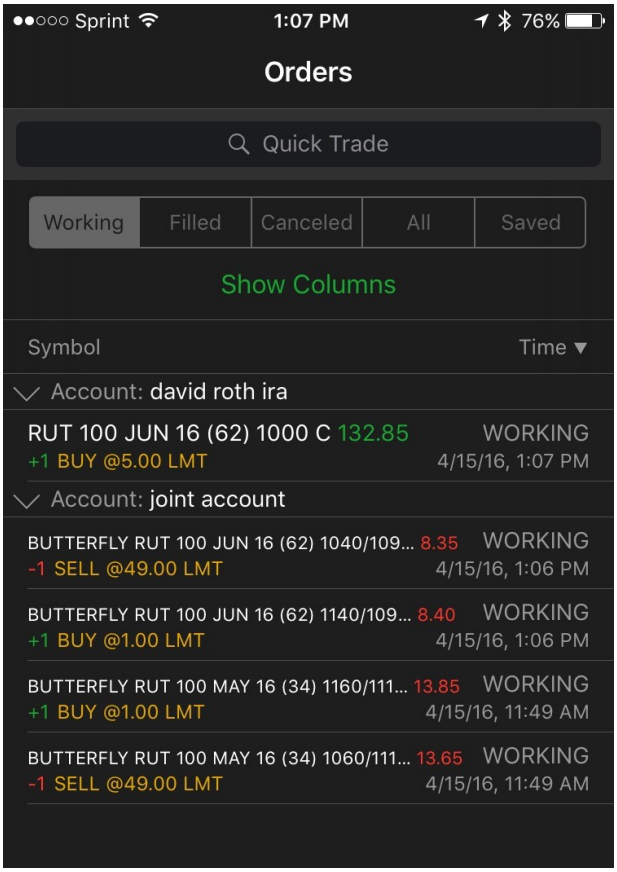
Saved
Show Columns
Symbol
Time
Account: joint account
BUTTERFLY RUT 100 APR 16 (45) 1090/104... 13.25 WORKING
+1 BUY @1.00 LMT GTC CBOE 2/29/16, 8:53 AM
BUTTERFLY RUT 100 APR 16 (45) 990/104... 13.10 WORKING
-1 SELL @49.00 LMT GTC 2/29/16, 8:52 AM
BUTTERFLY RUT 100 APR 16 (45) 910/960/1... 5.75 WORKING
-10 SELL @6.50 LMT GTC 2/29/16, 8:52 AM
BUTTERFLY RUT 100 APR 16 (45) 1010/960/... 5.60 WORKING
+1 BUY @.51 LMT GTC 2/26/16, 11:21 AM
BUTTERFLY RUT 100 APR 16 (45) 1070/102... 11.25 WORKING
[redacted]


Sprint
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76%
Orders
Quick Trade
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All
Saved
Show Columns
Symbol
Time
Account: david roth ira
RUT 100 JUN 16 (62) 1000 C 132.85 WORKING
+1 BUY @5.00 LMT 4/15/16, 1:07 PM
Account: joint account
BUTTERFLY RUT 100 JUN 16 (62) 1040/109... 8.35 WORKING
-1 SELL @49.00 LMT 4/15/16, 1:06 PM
BUTTERFLY RUT 100 JUN 16 (62) 1140/109... 8.40 WORKING
+1 BUY @1.00 LMT 4/15/16, 1:06 PM
BUTTERFLY RUT 100 MAY 16 (34) 1160/111... 13.85 WORKING
+1 BUY @1.00 LMT 4/15/16, 11:49 AM
BUTTERFLY RUT 100 MAY 16 (34) 1060/111... 13.65 WORKING
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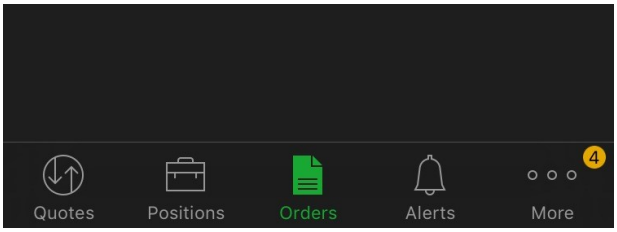
Quotes
Positions
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Alerts
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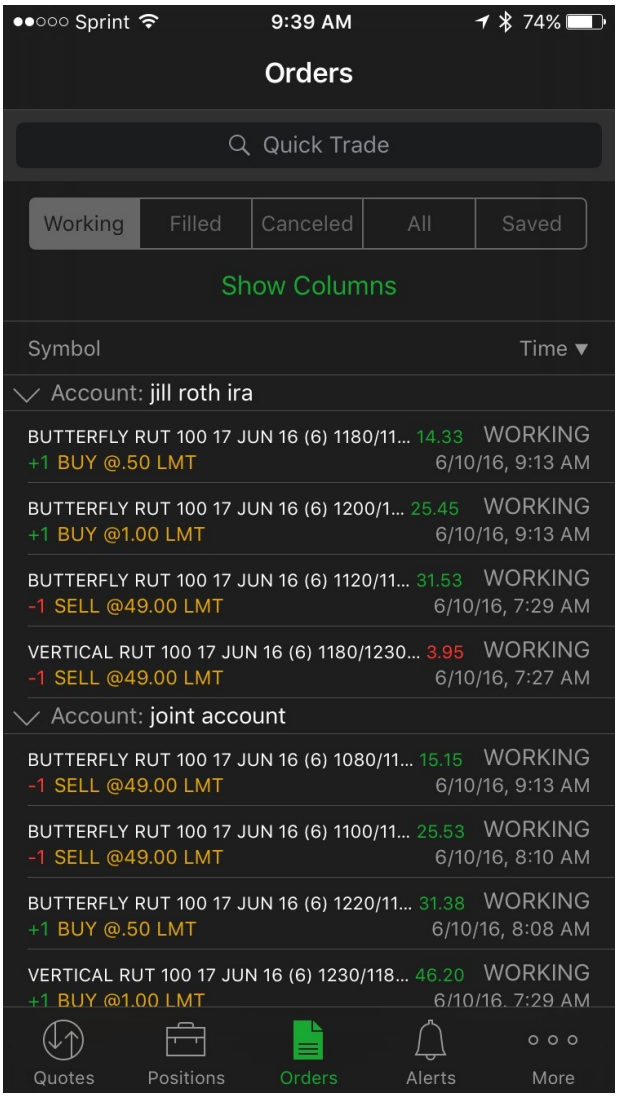
Sprint
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74%
Orders
Quick Trade
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Filled
Canceled
All
Saved
Show Columns
Symbol
Time
Account: jill roth ira
BUTTERFLY RUT 100 17 JUN 16 (6) 1180/11... 14.33 WORKING
+1 BUY @.50 LMT 6/10/16, 9:13 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1200/1... 25.45 WORKING
+1 BUY @1.00 LMT 6/10/16, 9:13 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1120/11... 31.53 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:29 AM
VERTICAL RUT 100 17 JUN 16 (6) 1180/1230... 3.95 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:27 AM
Account: joint account
BUTTERFLY RUT 100 17 JUN 16 (6) 1080/11... 15.15 WORKING
-1 SELL @49.00 LMT 6/10/16, 9:13 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1100/11... 25.53 WORKING
-1 SELL @49.00 LMT 6/10/16, 8:10 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1220/11... 31.38 WORKING
+1 BUY @.50 LMT 6/10/16, 8:08 AM
VERTICAL RUT 100 17 JUN 16 (6) 1230/118... 46.20 WORKING
+1 BUY @1.00 LMT 6/10/16, 7:29 AM
Quotes
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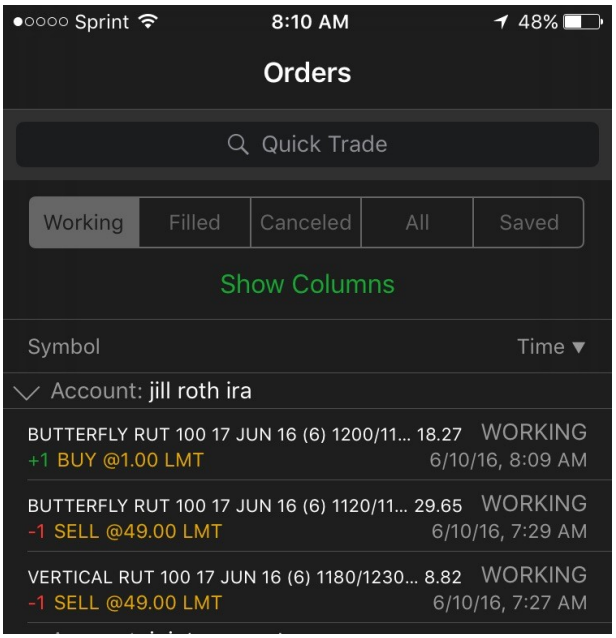
Orders
Alerts
More


Sprint
8:10 AM
48%
Orders
Quick Trade
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Saved
Show Columns
Symbol
Time
Account: jill roth ira
BUTTERFLY RUT 100 17 JUN 16 (6) 1200/11... 18.27 WORKING
+1 BUY @1.00 LMT 6/10/16, 8:09 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1120/11... 29.65 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:29 AM
VERTICAL RUT 100 17 JUN 16 (6) 1180/1230... 8.82 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:27 AM

Account: joint account

BUTTERFLY RUT 100 17 JUN 16 (6) 1100/11... 18.38 WORKING
-1 SELL @49.00 LMT 6/10/16, 8:10 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1220/1... 30.03 WORKING
+1 BUY @.50 LMT 6/10/16, 8:08 AM

VERTICAL RUT 100 17 JUN 16 (6) 1230/118... 41.25 WORKING
+1 BUY @1.00 LMT 6/10/16, 7:29 AM

Quotes Positions Orders Alerts More 2

Sprint LTE 11:09 AM 100%

Orders

Quick Trade

Working Filled Canceled All Saved

Show Columns

Symbol Time ▼

Account: jill roth ira

BUTTERFLY RUT 100 17 JUN 16 (6) 1180/11... 13.23 WORKING
+1 BUY @.50 LMT 6/10/16, 8:13 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1200/1... 24.68 WORKING
+1 BUY @1.00 LMT 6/10/16, 8:13 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1120/11... 31.80 WORKING
-1 SELL @49.00 LMT 6/10/16, 6:29 AM

VERTICAL RUT 100 17 JUN 16 (6) 1180/1230... 4.50 WORKING
-1 SELL @49.00 LMT 6/10/16, 6:27 AM

Account: joint account

BUTTERFLY RUT 100 17 JUN 16 (6) 1080/11... 13.30 WORKING
-1 SELL @49.00 LMT 6/10/16, 8:13 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1100/11... 24.68 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:10 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1220/11... 31.53 WORKING
+1 BUY @.50 LMT 6/10/16, 7:08 AM

VERTICAL RUT 100 17 JUN 16 (6) 1230/118... 45.30 WORKING
+1 BUY @1.00 LMT 6/10/16, 6:29 AM

Quotes Positions Orders Alerts More

Sprint LTE 2:05 PM 68%

Orders

Quick Trade

Working Filled Canceled All Saved

Show Columns

Symbol Time ▼

Account: joint account

BUTTERFLY RUT 100 MAY 16 (35) 1160/111... 13.85 WORKING

+1 BUY @1.01 LMT 4/14/16, 9:36 AM

BUTTERFLY RUT 100 MAY 16 (35) 1060/111... 13.85 WORKING
-1 SELL @49.00 LMT 4/14/16, 9:35 AM

Quotes Positions Orders Alerts More

Sprint 9:31 AM 77%

Orders

Quick Trade

Working Filled Canceled All Saved

Show Columns

Symbol Time ▼

Account: jill roth ira

BUTTERFLY RUT 100 17 JUN 16 (6) 1180/11... 12.48 WORKING
+1 BUY @.50 LMT 6/10/16, 9:13 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1200/1... 23.80 WORKING
+1 BUY @1.00 LMT 6/10/16, 9:13 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1120/11... 31.88 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:29 AM

VERTICAL RUT 100 17 JUN 16 (6) 1180/1230... 4.95 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:27 AM

Account: joint account

BUTTERFLY RUT 100 17 JUN 16 (6) 1080/11... 12.35 WORKING
-1 SELL @49.00 LMT 6/10/16, 9:13 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1100/11... 23.40 WORKING
-1 SELL @49.00 LMT 6/10/16, 8:10 AM

BUTTERFLY RUT 100 17 JUN 16 (6) 1220/11... 31.38 WORKING
+1 BUY @.50 LMT 6/10/16, 8:08 AM

VERTICAL RUT 100 17 JUN 16 (6) 1230/118... 44.65 WORKING
+1 BUY @1.00 LMT 6/10/16, 7:29 AM

Quotes Positions Orders Alerts More

Sprint 9:16 AM 77%

Orders

Quick Trade

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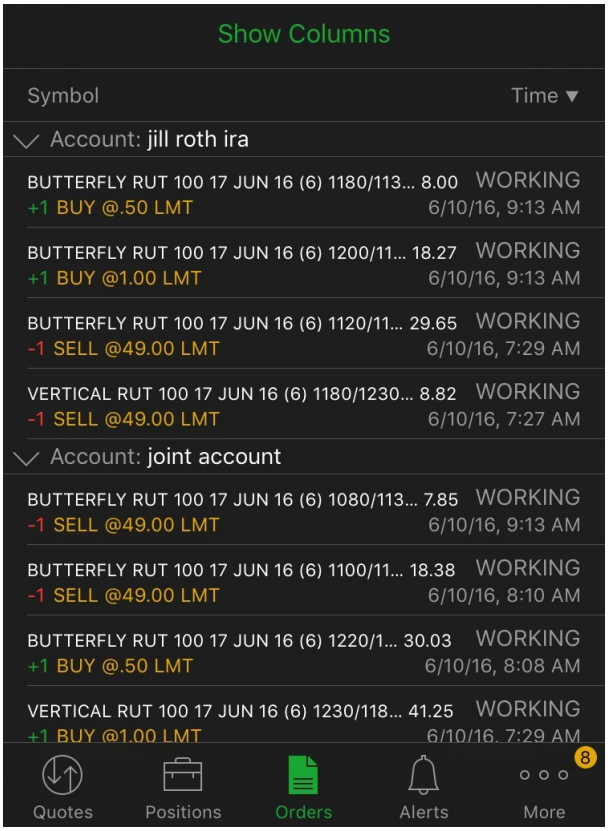
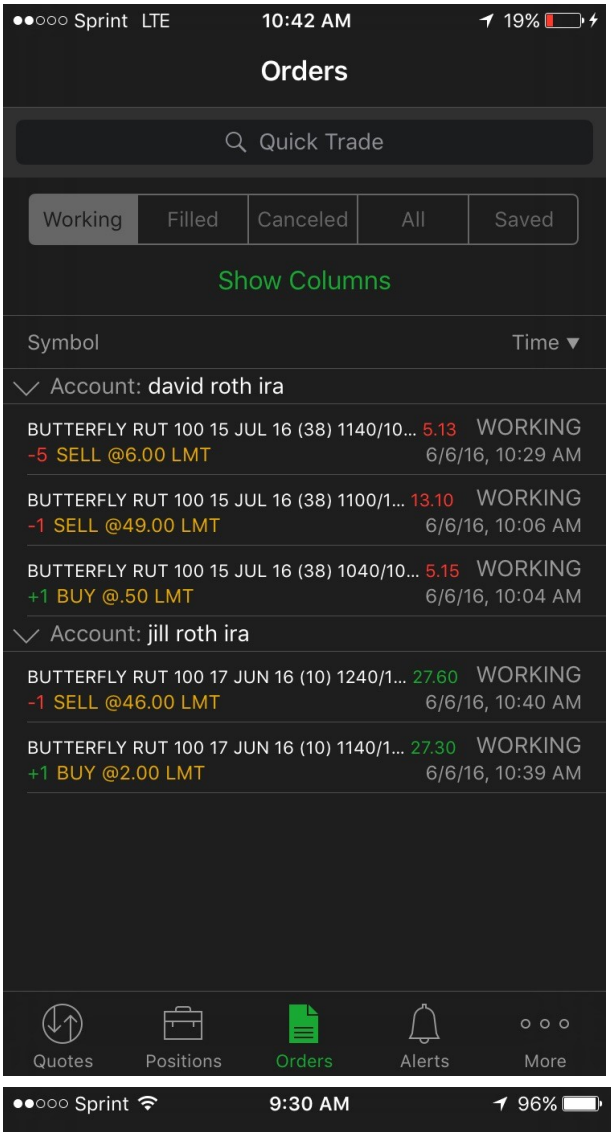

Show Columns
Symbol
Time ▼
Account: jill roth ira
BUTTERFLY RUT 100 17 JUN 16 (6) 1180/113... 8.00 WORKING
+1 BUY @.50 LMT 6/10/16, 9:13 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1200/11... 18.27 WORKING
+1 BUY @1.00 LMT 6/10/16, 9:13 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1120/11... 29.65 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:29 AM
VERTICAL RUT 100 17 JUN 16 (6) 1180/1230... 8.82 WORKING
-1 SELL @49.00 LMT 6/10/16, 7:27 AM
Account: joint account
BUTTERFLY RUT 100 17 JUN 16 (6) 1080/113... 7.85 WORKING
-1 SELL @49.00 LMT 6/10/16, 9:13 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1100/11... 18.38 WORKING
-1 SELL @49.00 LMT 6/10/16, 8:10 AM
BUTTERFLY RUT 100 17 JUN 16 (6) 1220/1... 30.03 WORKING
+1 BUY @.50 LMT 6/10/16, 8:08 AM
VERTICAL RUT 100 17 JUN 16 (6) 1230/118... 41.25 WORKING
+1 BUY @1.00 LMT 6/10/16, 7:29 AM
8
Quotes
Positions
Orders
Alerts
More


Sprint LTE 10:42 AM 19%
Orders
Quick Trade
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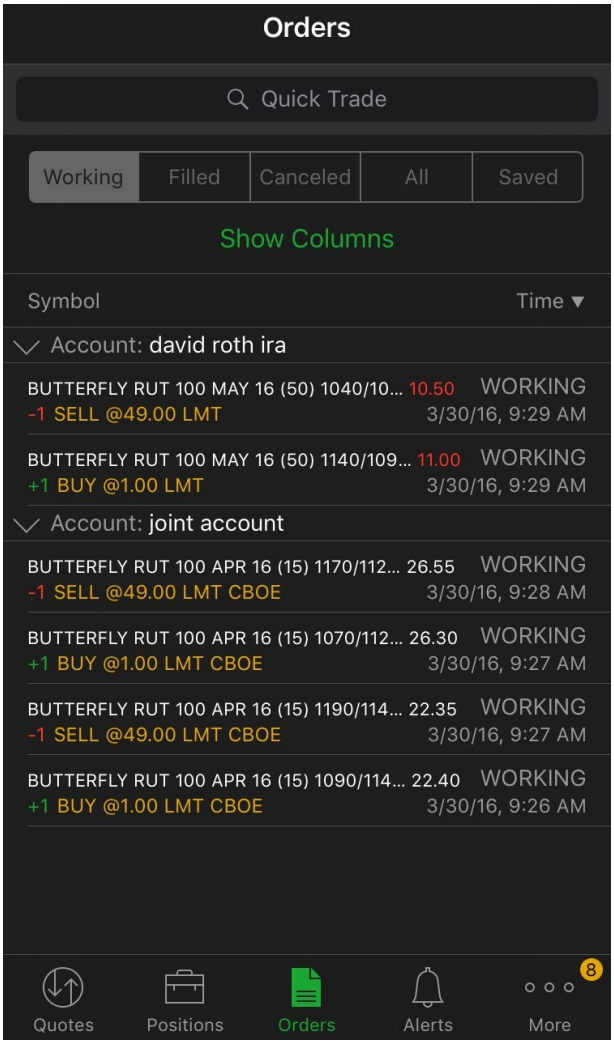
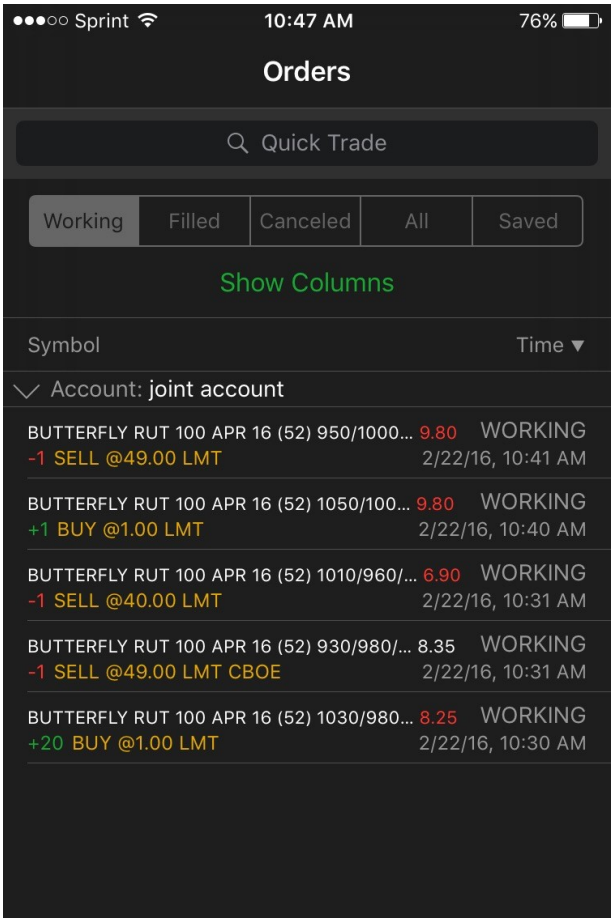
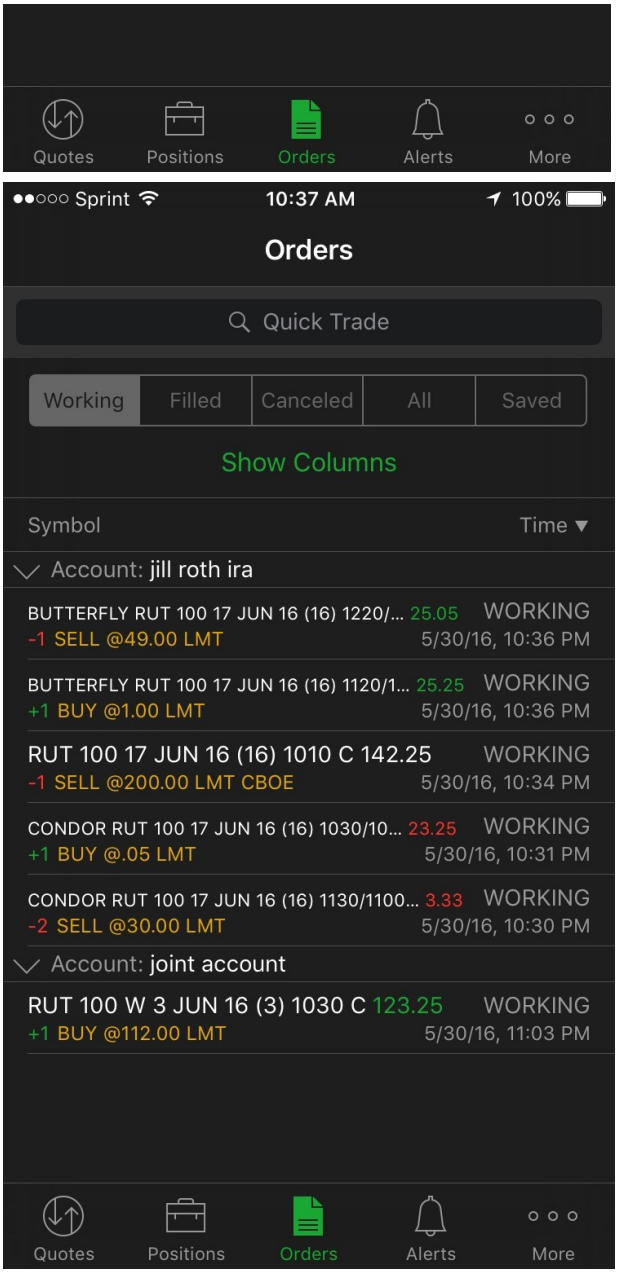
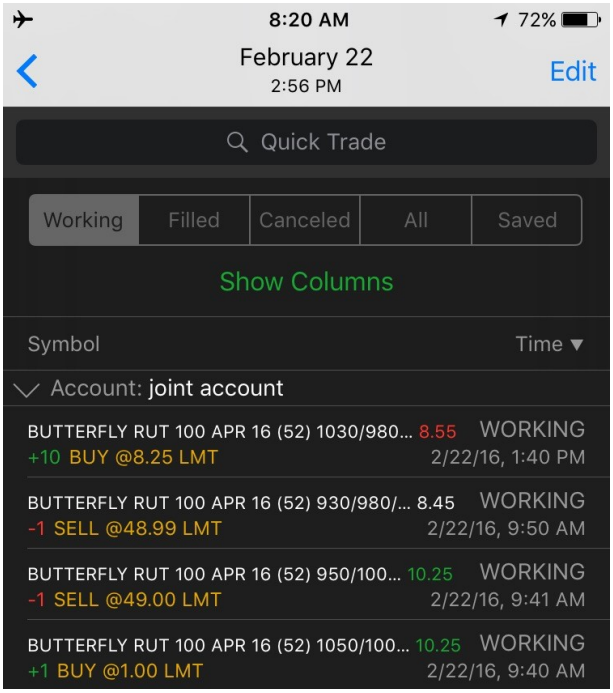
Show Columns
Symbol
Time ▼
Account: david roth ira
BUTTERFLY RUT 100 15 JUL 16 (38) 1140/10... 5.13 WORKING
-5 SELL @6.00 LMT 6/6/16, 10:29 AM
BUTTERFLY RUT 100 15 JUL 16 (38) 1100/1... 13.10 WORKING
-1 SELL @49.00 LMT 6/6/16, 10:06 AM
BUTTERFLY RUT 100 15 JUL 16 (38) 1040/10... 5.15 WORKING
+1 BUY @.50 LMT 6/6/16, 10:04 AM
Account: jill roth ira
BUTTERFLY RUT 100 17 JUN 16 (10) 1240/1... 27.60 WORKING
-1 SELL @46.00 LMT 6/6/16, 10:40 AM
BUTTERFLY RUT 100 17 JUN 16 (10) 1140/1... 27.30 WORKING
+1 BUY @2.00 LMT 6/6/16, 10:39 AM
Quotes
Positions
Orders
Alerts
More
Sprint 9:30 AM 96%

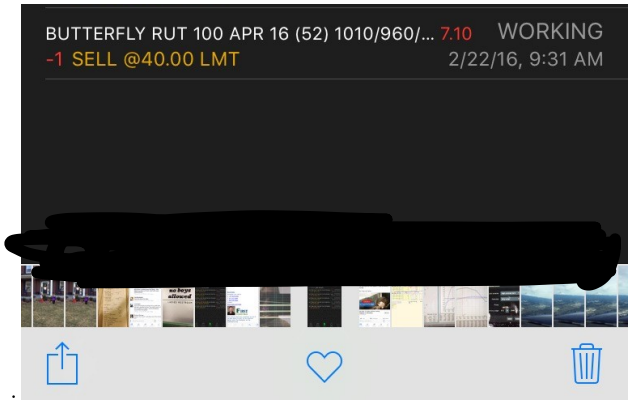

Orders
Quick Trade
Working
Filled
Canceled
All
Saved
Show Columns
Symbol
Time ▼
Account: david roth ira
BUTTERFLY RUT 100 MAY 16 (50) 1040/10... 10.50 WORKING
-1 SELL @49.00 LMT 3/30/16, 9:29 AM
BUTTERFLY RUT 100 MAY 16 (50) 1140/109... 11.00 WORKING
+1 BUY @1.00 LMT 3/30/16, 9:29 AM
Account: joint account
BUTTERFLY RUT 100 APR 16 (15) 1170/112... 26.55 WORKING
-1 SELL @49.00 LMT CBOE 3/30/16, 9:28 AM
BUTTERFLY RUT 100 APR 16 (15) 1070/112... 26.30 WORKING
+1 BUY @1.00 LMT CBOE 3/30/16, 9:27 AM
BUTTERFLY RUT 100 APR 16 (15) 1190/114... 22.35 WORKING
-1 SELL @49.00 LMT CBOE 3/30/16, 9:27 AM
BUTTERFLY RUT 100 APR 16 (15) 1090/114... 22.40 WORKING
+1 BUY @1.00 LMT CBOE 3/30/16, 9:26 AM
8
Quotes
Positions
Orders
Alerts
More


Sprint
10:47 AM
76%
Orders
Quick Trade
Working
Filled
Canceled
All
Saved
Show Columns
Symbol
Time ▼
Account: joint account
BUTTERFLY RUT 100 APR 16 (52) 950/1000... 9.80 WORKING
-1 SELL @49.00 LMT 2/22/16, 10:41 AM
BUTTERFLY RUT 100 APR 16 (52) 1050/100... 9.80 WORKING
+1 BUY @1.00 LMT 2/22/16, 10:40 AM
BUTTERFLY RUT 100 APR 16 (52) 1010/960/... 6.90 WORKING
-1 SELL @40.00 LMT 2/22/16, 10:31 AM
BUTTERFLY RUT 100 APR 16 (52) 930/980/... 8.35 WORKING
-1 SELL @49.00 LMT CBOE 2/22/16, 10:31 AM
BUTTERFLY RUT 100 APR 16 (52) 1030/980... 8.25 WORKING
+20 BUY @1.00 LMT 2/22/16, 10:30 AM



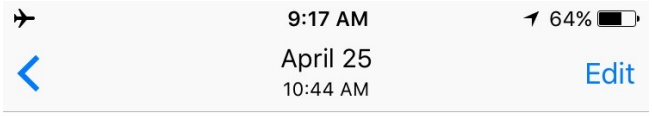


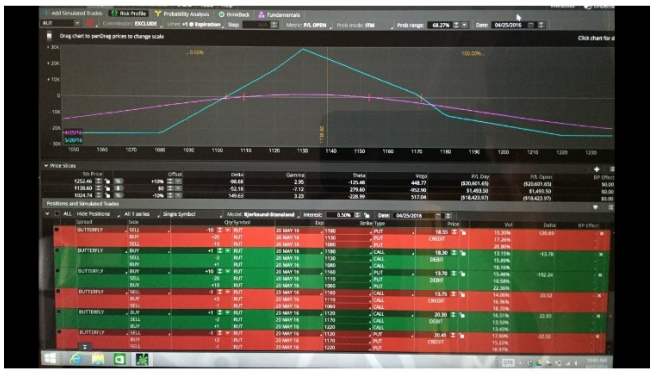
Lots of examples here. Just showing you that you can't anchor off one price. More information is better

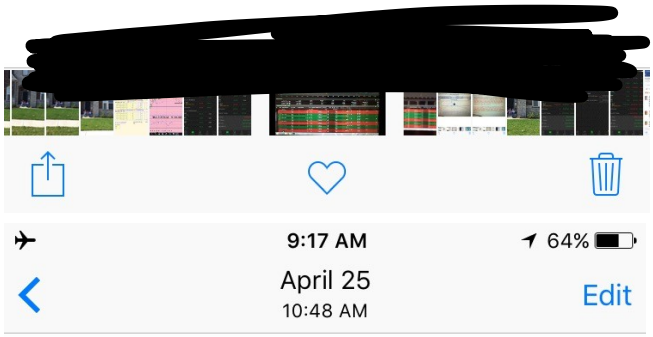


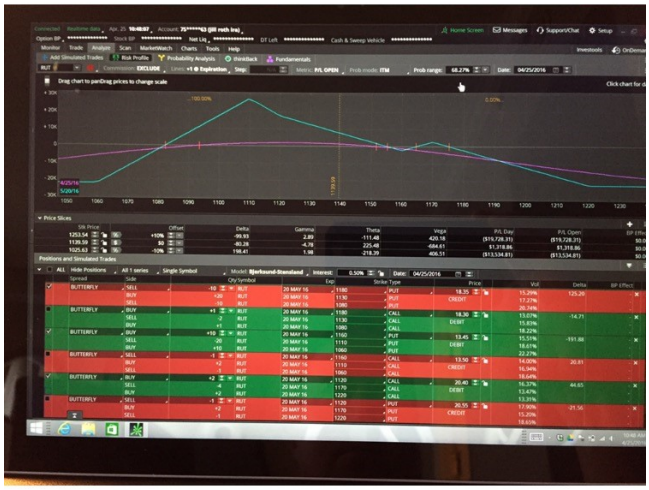
here to determine
you got a "good fill."

Workspaces









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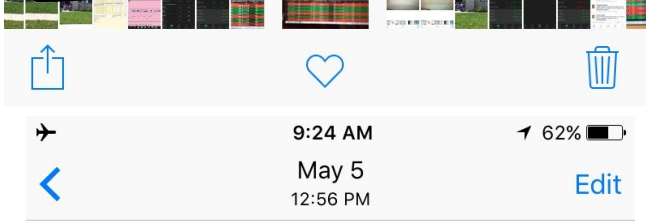

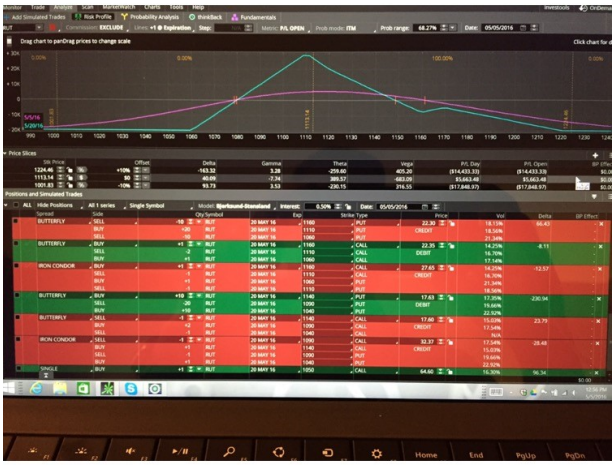

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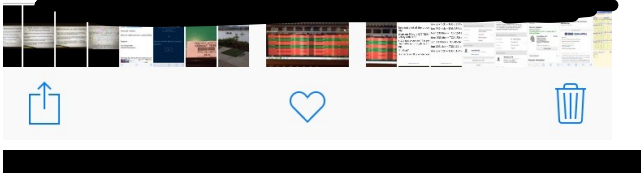
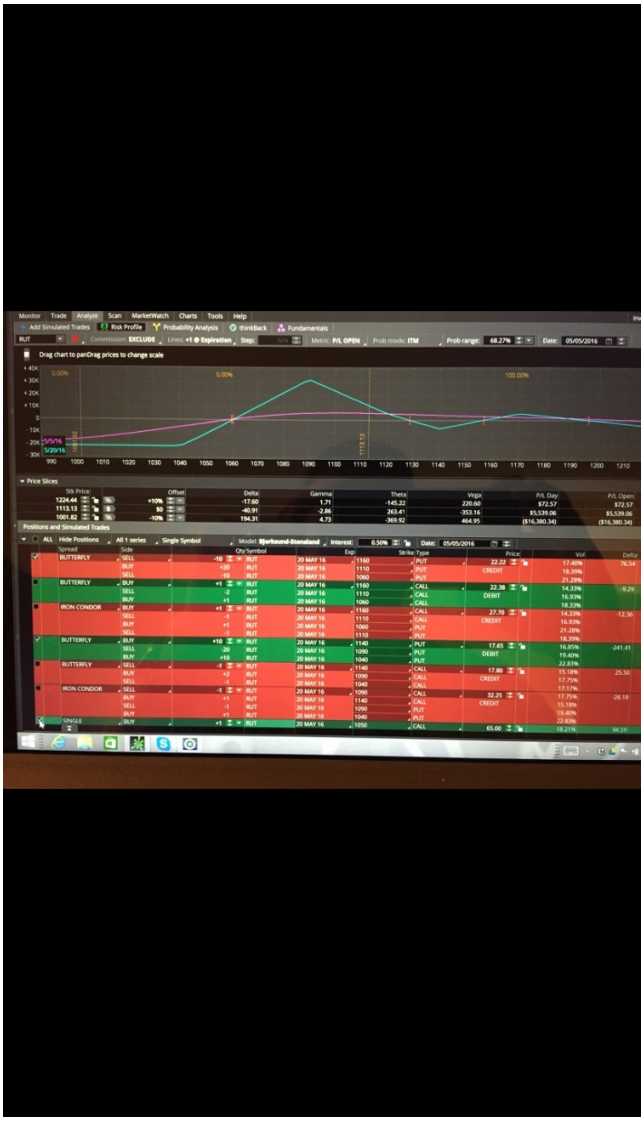
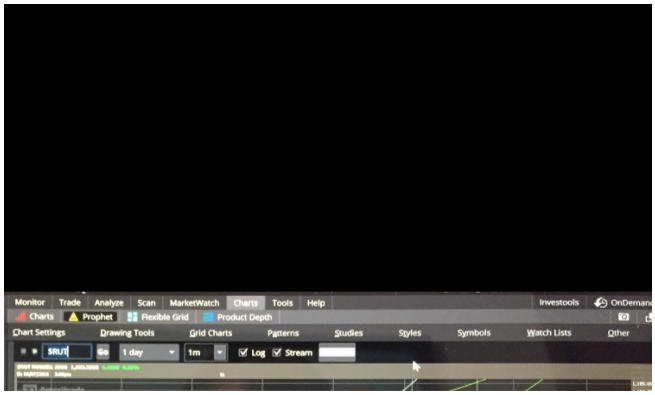
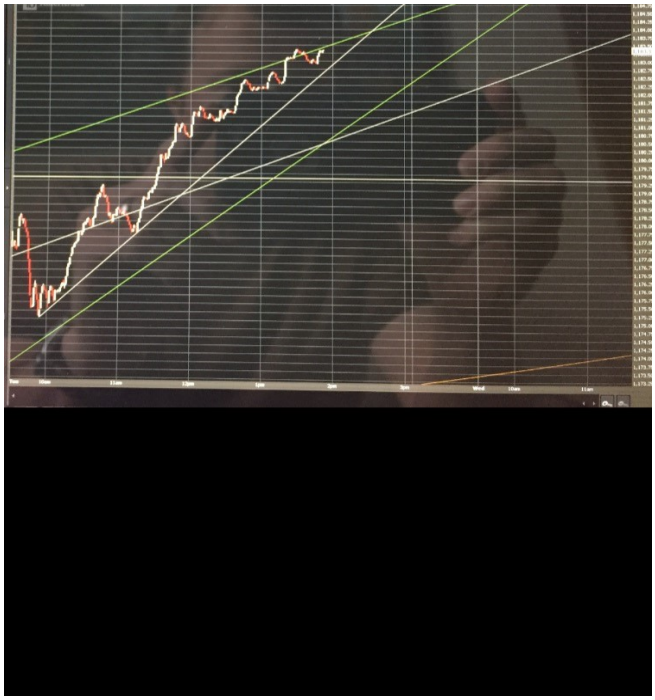


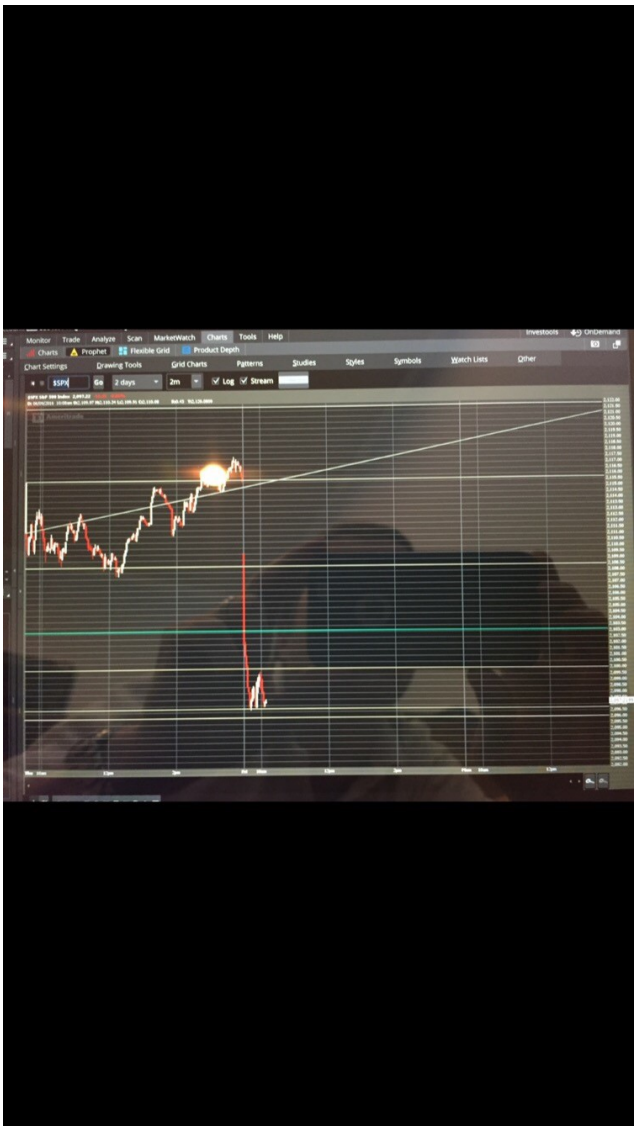


- How to handle adjustments if OV is down, or you spill water in your laptop bag? Where is your butterfly in relation to ATM?

- Phone pic before going to work, store, doc, playground, etc.






Monitor
Trade
Analyze
Scan
MarketWatch
Charts
Tools
Help
Charts
Prophet
Flexible Grid
Product Depth
Chart Settings
Drawing Tools
Grid Charts
Patterns
Studies
Styles
Symbols
Watch Lists
Other
2 days
2m
Log
Stream

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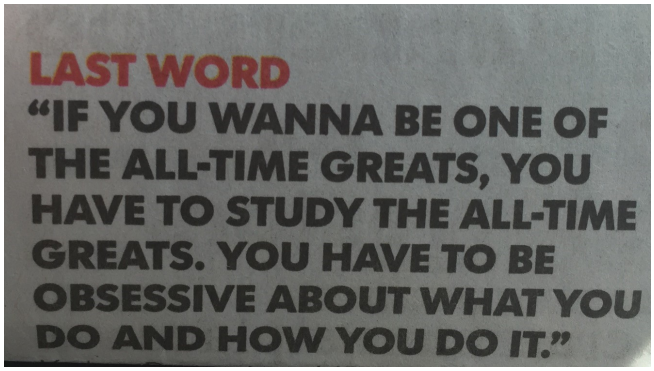
. Have a neutral mindset, and be available for opportunity!