News Defense Checklist

How to guard your own MetaTrader 5 account before central bank speeches move the market.

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01 How to prepare your chart

- Check the policy calendar every morning before you enable automated trading on your terminal.
- Set conservative position sizing well before scheduled addresses so wide spreads do not trigger early stops.
- Remember that execution tools follow code and cannot parse tone or unexpected verbal shifts in live audio.

02 Managing open exposure

- Software executes predefined logic, but sudden liquidity gaps can fill orders beyond expected price levels.
- Decide ahead of time whether your strategy permits holding open positions through high impact press conferences.
- Always maintain complete control inside your own broker account where only you hold withdrawal rights.

Checklist

- [ ] Mark high impact central bank press conferences on your daily calendar
- [ ] Review existing positions on MetaTrader 5 one hour before speeches begin
- [ ] Verify that your position sizes leave wide room for sudden spread widening
- [ ] Disable automated entries on your terminal if you prefer sitting out wild whipsaws
- [ ] Check that your protective stop orders are active and visible in your terminal
- [ ] Keep your platform accessible so you can pause execution if unusual conditions emerge

Your next step

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- Install it yourself in a few minutes, a video for each step
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