How to Trade Ranges Like a Pro

A disciplined framework for studying boundary behavior and identifying deviation traps without emotional guesswork.

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01 What it is and why it matters

- A trading range forms when market participants reach temporary balance between two clear boundaries.
- Executing positions in the middle exposes a chartist to chop where neither side holds a structural edge.
- Focusing strictly on the outer edges offers clear reference levels to evaluate whether structure holds.

02 How to spot it step by step

- Identify two distinct turning points: an established range high above and a verified range low below.
- Observe the middle equilibrium line dividing the range into premium territory above and discount territory below.
- Watch price move past an outer boundary and note whether it forms a wick outside the level.
- Check whether the subsequent candle reclaims the range by closing firmly back inside the boundary.

03 How to map it in TradingView

- Press Alt plus H on your keyboard to anchor horizontal lines across the outer boundaries.
- Select the Long Position tool from the left toolbar to measure distance to the equilibrium line.
- Evaluate the middle line as an informational reference where momentum frequently slows down.

04 The common mistake and the pro response

- Rushing to act on the initial boundary tap often leads to getting caught in expanded extensions.
- Experienced chartists wait for the deviation trap to complete and for price to confirm acceptance inside.
- If price accepts outside the boundary and fails to reclaim it, the range framework is discarded.

Checklist

- [ ] Clear range high and range low marked on the chart
- [ ] Equilibrium midpoint established between both levels
- [ ] Outer boundary swept by price rather than respected cleanly
- [ ] Candle closed firmly back inside the established boundary
- [ ] Risk parameters evaluated prior to taking action
- [ ] Midpoint noted as the primary reference area

Your next step

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