Forex Academy VMS

VMS 2.0 Cheat Sheet

Preparation • Execution • Consistency

The VMS Process

Structure → Momentum → Volume → Confirmation → Execute

The market decides when to move. The VMS process tells us when to participate.

STEP 1 — Structure

■ Pullbacks

■ Reversals

■ Double / Triple Tops

■ Double / Triple Bottoms

■ Channels

■ Support & Resistance

■ Trendline Rejections

■ 50 EMA Alignment

Ask yourself: Is price at a location where buyers or sellers are likely to react?

STEP 2 — Momentum

■ Daily direction agrees with the trade

■ Momentum supports the setup

■ Divergence strengthens the setup

Momentum tells us **when** to pay attention.

STEP 3 — Volume

Timeframe	Minimum
4 Hour	80+
1 Hour	85+
15 Minute	90+

Higher volume = stronger participation.

STEP 4 — Confirmation

■ Structure complete

■ Momentum confirmed

■ Volume confirmed

■ Rejection candle

■ Trend aligned

■ Position Tool

■ ATR Stop Loss

■ Profit Target identified

TRADE QUALITY

A+ — Excellent structure, strong momentum, strong volume, clean rejection, trend alignment.

A — Good setup with minor imperfections.

PASS — No confirmation, poor structure, weak volume, or missing momentum.

Risk Management

■ ATR Stop Loss

■ Position Size Calculated

■ Dollar Risk Defined

■ Logical Profit Target

■ Minimum 2:1 Reward/Risk

THE VMS MINDSET

✓ Wait.

✓ Prepare.

✓ Let the market come to you.

✓ Never chase price.

✓ Trust the process.

✓ Protect your capital.

✓ Consistency over excitement.

THE VMS FORMULA

Structure → Momentum → Volume → Confirmation → Execute

Preparation creates confidence.
Execution builds consistency.
Consistency produces results.