FREE RESOURCE · GUIDE

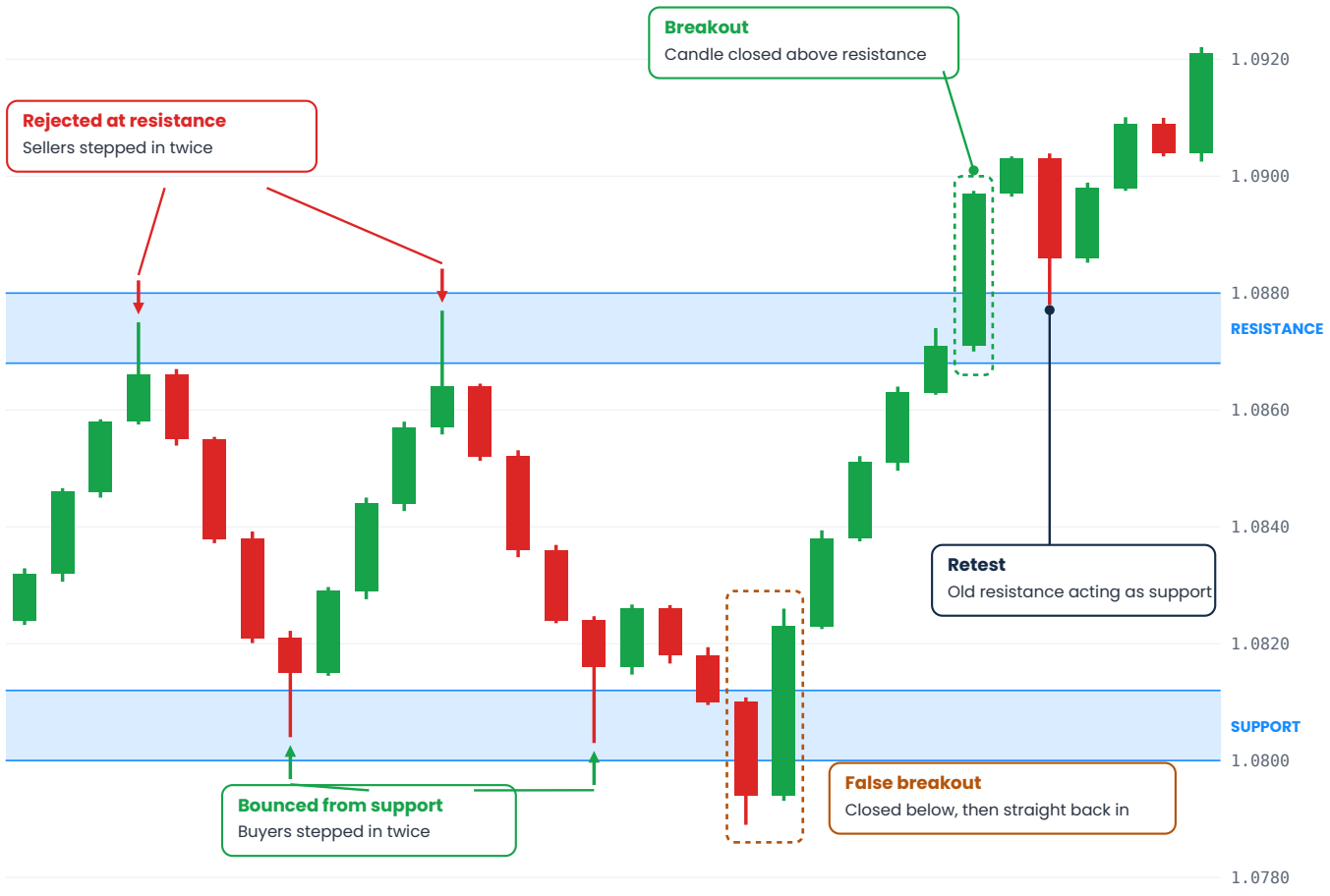
Support & Resistance Guide

03

Support and resistance are price zones where buying or selling has stepped in before. They help you read a chart — they never guarantee what happens next.

EUR/USD · 4-hour chart

ILLUSTRATIVE EXAMPLE



1 Support zone

An area below price where falling prices have stopped or bounced before. Buyers may step in again.

2 Resistance zone

An area above price where rising prices have stalled or turned lower before. Sellers may step in again.

3 Breakout

Price closes clearly beyond a zone. Old resistance can become new support (and vice versa).

4 False breakout

Price pokes through a zone, then quickly returns inside. Waiting for a candle close helps you spot it.

REMEMBER

Draw zones, not exact lines — price rarely turns at the same tick. The more often a zone held, the more traders notice it, but any level can break. Use zones to plan, never as a promise.

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