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TWI EDUCATION SERIES

The Foundations Manual

This is not a strategy book. This is the foundation required before strategies work.

17
CORE SECTIONS
From basics to taxes

15
QUIZ PROMPTS
Built into the page

40Y
TEAM EXPERIENCE
Distilled into one manual

EDITION 2026

17 CHAPTERS

A trader's operating manual.

Built to get readers fluent in structure, risk, and execution before they ever chase setups.

- Technical analysis without clutter
- Risk management rules that travel
- Psychology and process over prediction
- A quick quiz to lock the basics in

INTERACTIVE

Search, jump links, and PDF export

QUIZ

F3 Daily setups, live streams, and a standing 30% intro code for new members.

INTRODUCTION

Welcome to Trade With Insight

The temptation to “figure out the market” is real. I remember staring at charts for hours, convinced I was one indicator away from cracking the code. But after years of trading, the wins, the losses, the blown accounts, and the breakthroughs, I learned something that changed everything: **the market doesn't need to be figured out. It needs to be respected.**

That's why I started Trade With Insight. Not to sell you a magic formula, but to give you the foundation I wish someone had handed me on day one. The desire for financial independence is what brought most of us here. The willingness to put in the work is what separates those who make it from those who don't.

With a combined **40 years** of trading experience across our team, we've been through every market condition imaginable. Bull runs, bear markets, flash crashes, meme stock mania, you name it. This guide is everything we've learned, distilled into the foundation you need before you trade alongside us.

Why This Manual Exists

When you enter our Discord, we assume you understand the basics: risk management, options terminology, the importance of discipline, why psychology matters, and why capital preservation comes first. This allows us to focus on **execution**, not basics.

If you don't have this foundation yet, that's exactly why you're here. This guide is designed to shorten your learning curve and prepare you for the challenges ahead. We'll walk you through the fundamentals of options, highlight common pitfalls, and give you the knowledge you need to start your trading journey with confidence.

Everyone Starts Somewhere

I want you to know something important: **every single person on our team was once exactly where you are right now.** Our analysts, our lead traders, our moderators. They all started with zero knowledge, zero experience, and a lot of questions. They put in the work, stayed focused on the process, and built themselves into the traders they are today.

If this is something you're genuinely interested in and willing to put in the effort, the money will follow. It won't happen overnight. It won't come from a hot tip or a lucky trade. It comes from discipline, consistency, and trusting the process day after day.

That day starts now. Let's get to work.

CHAPTER 1

What Are Options?

Overview

Options are financial instruments that provide traders the ability to leverage capital to generate higher returns in comparison to trading stock. They are a derivative that give the trader the **right, but not the obligation**, to buy or sell a stock at an agreed-upon price and date.

Simply stated: if you believe a stock will rise in value, you would purchase calls. If you believe a stock will fall in value, you would purchase puts.

What's an Options Contract?

An options contract is an agreement that gives a trader the right to purchase shares of a stock at a pre-negotiated price (**strike price**) on or before a specific date (**expiration date**).

↑ **Calls:** Bet the stock rises

↓ **Puts:** Bet the stock falls

One contract = 100 shares. You pay a "premium" which you lose if you let the contract expire worthless.

How to Read a Contract

```
[SYMBOL] [EXPIRATION] [STRIKE] [CALL/PUT]
```

Example:

```
TSLA 11 MAR 26 420 C
```

= Tesla 420 Call Expiring March 11, 2026

General Terminology

Expiration Date The date by which you expect the stock to move. As it approaches, value decreases due to time decay.

Strike Price The price you expect the stock to be above or below by expiration.

In The Money (ITM) Call is ITM when strike is below stock price. Put is ITM when strike is above stock price.

At The Money (ATM) Strike equals current stock price.

Out of The Money (OTM) Call is OTM when strike is above stock price. Put is OTM when strike is below stock price.

Premium	Price you pay for the contract. Example: 1 TSLA 420 call at \$3.00 premium = \$300 (\$3.00 × 100).

Advantages of Options

- ✓ Faster way to grow capital: a 5% stock move can equal 100% return on options
- ✓ Any account size can trade options (\$1 to \$10K range for premiums)
- ✓ A \$100 stock like AMD has options priced \$50-\$100 per contract

Risks

- ⚠ Options can expire worthless (your investment goes to \$0)
- ⚠ You can lose your account value just as fast as you can grow it
- ⚠ Trading OTM contracts is not recommended. They're cheap for a reason, they lose premium much faster

Trade Example

AAPL at \$100. You buy the \$105 call for \$2.50 (\$250 total).

If AAPL hits \$110

Contract worth \$5.00. Profit: +\$250 (100% return). Formula: \$110 - \$105 = \$5 × 100 = \$500

Break-even at \$107.50

Contract worth \$2.50. No gain, no loss.

Below \$105 at expiration

Contract expires worthless. You lose \$250.

KEY TAKEAWAYS

1. Any account size can trade options
2. Options provide leveraged returns in shorter time
3. Calls = bullish bet, Puts = bearish bet
4. Avoid far OTM strikes
5. Learn to read contracts: [STOCK] [EXPIRATION] [STRIKE] [CALL/PUT]

CHAPTER 2

Technical Analysis

Overview

Becoming a consistently profitable trader starts with identifying high probability trade setups using Technical Analysis (TA). A simple approach using support/resistance levels and basic chart patterns is the most effective way. **Don't overcomplicate it.**

Support Levels

Where buyers take control, acting as a floor.

When broken, support turns into resistance. Can be a buying opportunity for calls or, if support fails, an opportunity for puts.

Resistance Levels

Where sellers take control, acting as a ceiling.

When broken, resistance turns into support. A breakout above resistance can signal a strong bullish move.

FIGURE *Support and Resistance Levels - $AMZN*

Identifying Levels

Align across multiple timeframes (5/15/60 min, daily, weekly, monthly). The more timeframes that confirm a level, the stronger it is.

- More tests of a level = stronger the level
- Round numbers ($100, $250, $500) act as psychological S&R
- Levels confirmed on higher timeframes carry more weight

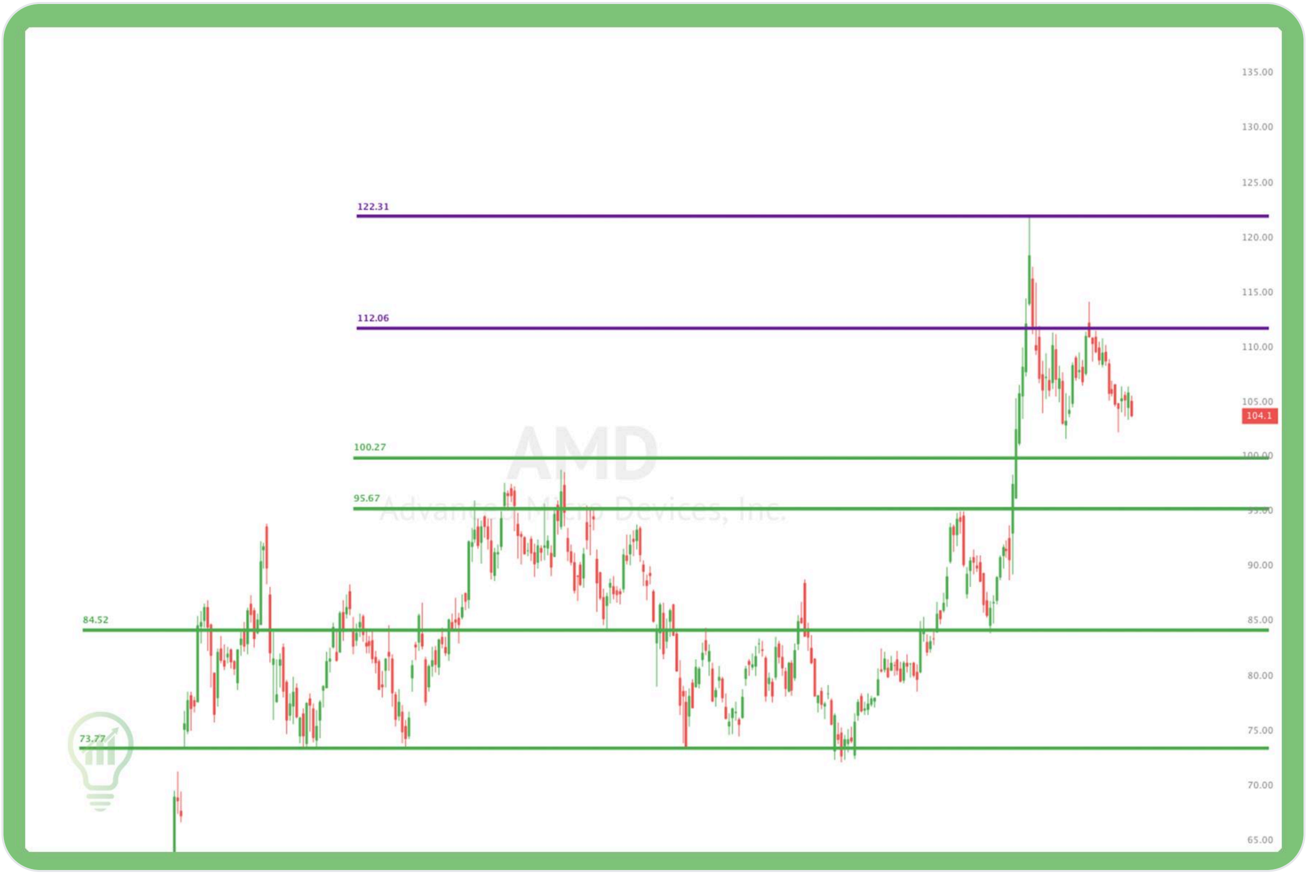

FIGURE *Example Chart with Key Levels - $AMD*

Chart Patterns

Bullish Patterns

- ↑ Bull Flag
- ↑ Bull Pennant
- ↑ Ascending Triangle
- ↑ Falling Wedge
- ↑ Cup and Handle

Bearish Patterns

- ↓ Bear Flag
- ↓ Descending Triangle
- ↓ Rising Wedge

↓ Bear Pennant

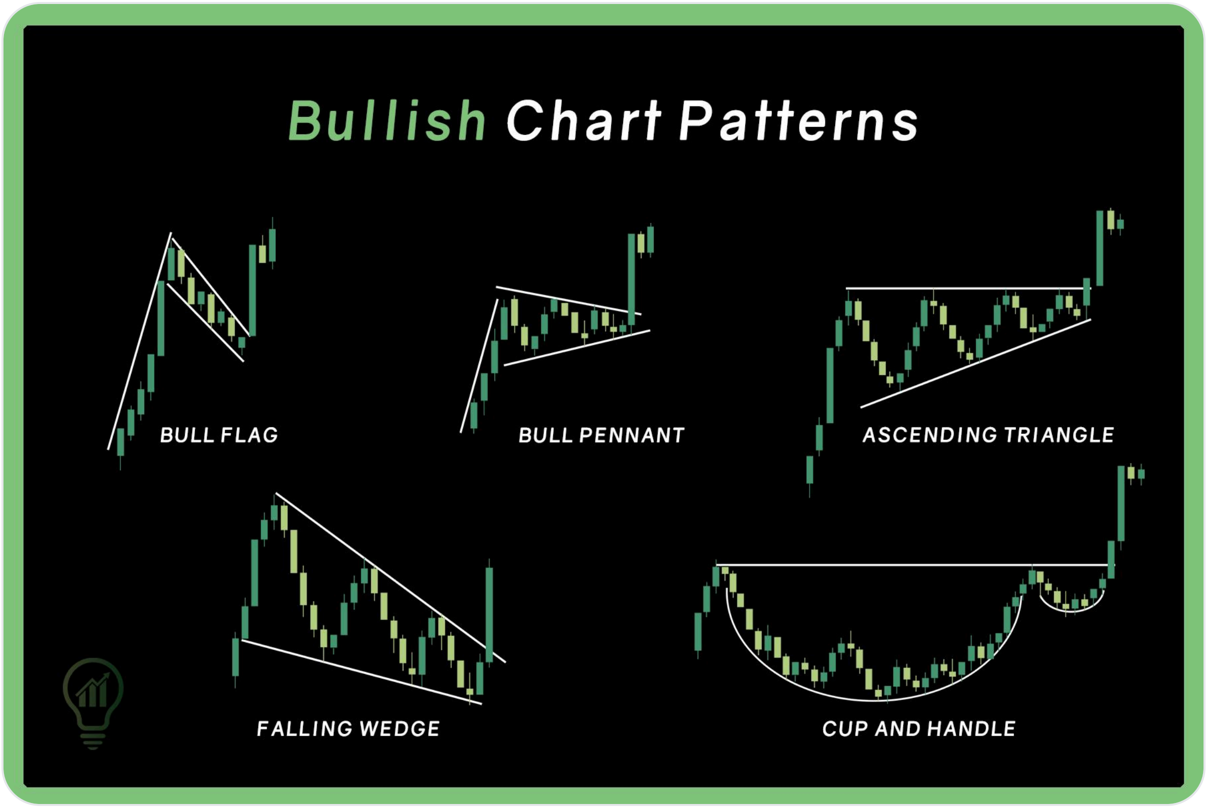

FIGURE *Bullish Chart Patterns - Bull Flag, Bull Pennant, Ascending Triangle, Falling Wedge, Cup and Handle*

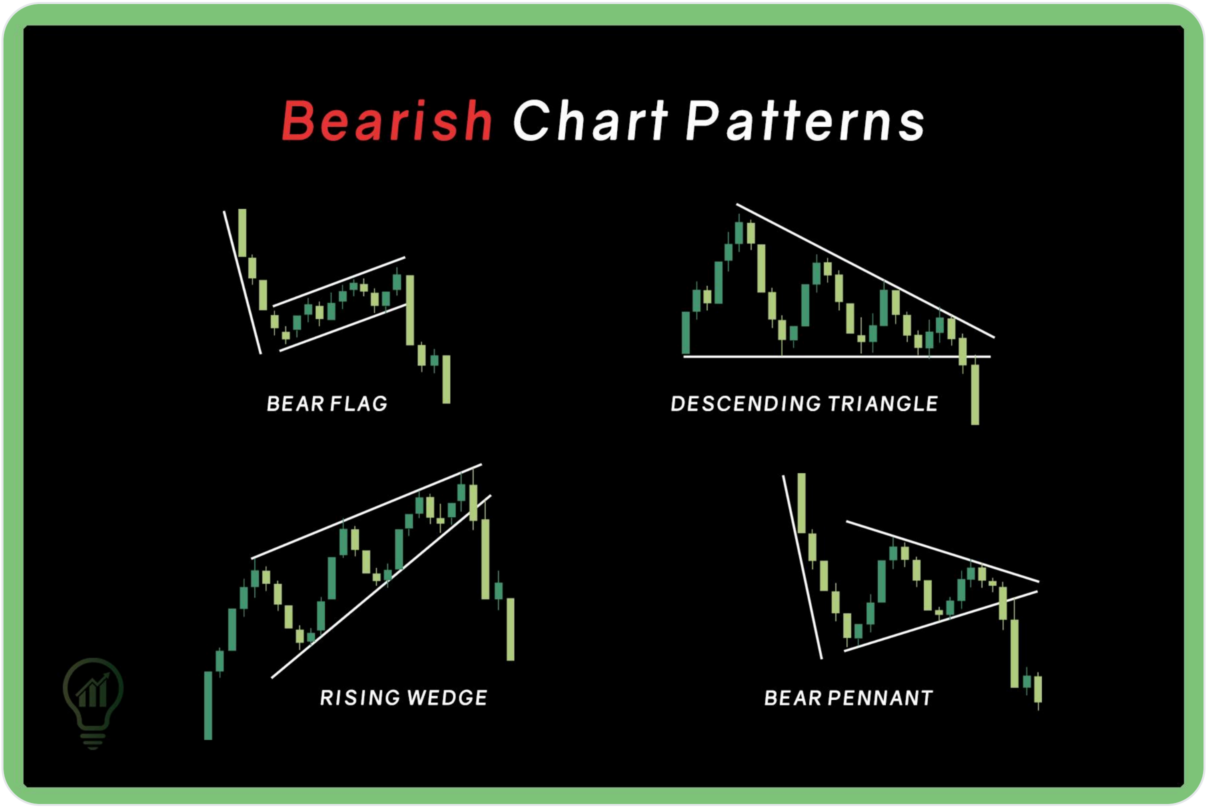

FIGURE *Bearish Chart Patterns - Bear Flag, Descending Triangle, Rising Wedge, Bear Pennant*

Patterns are stronger when they show on multiple timeframes and align with S&R levels.

Trendlines

Lines drawn to show overall stock direction. An upward trendline acts as support.

A breach of the trendline signals a potential trend change.

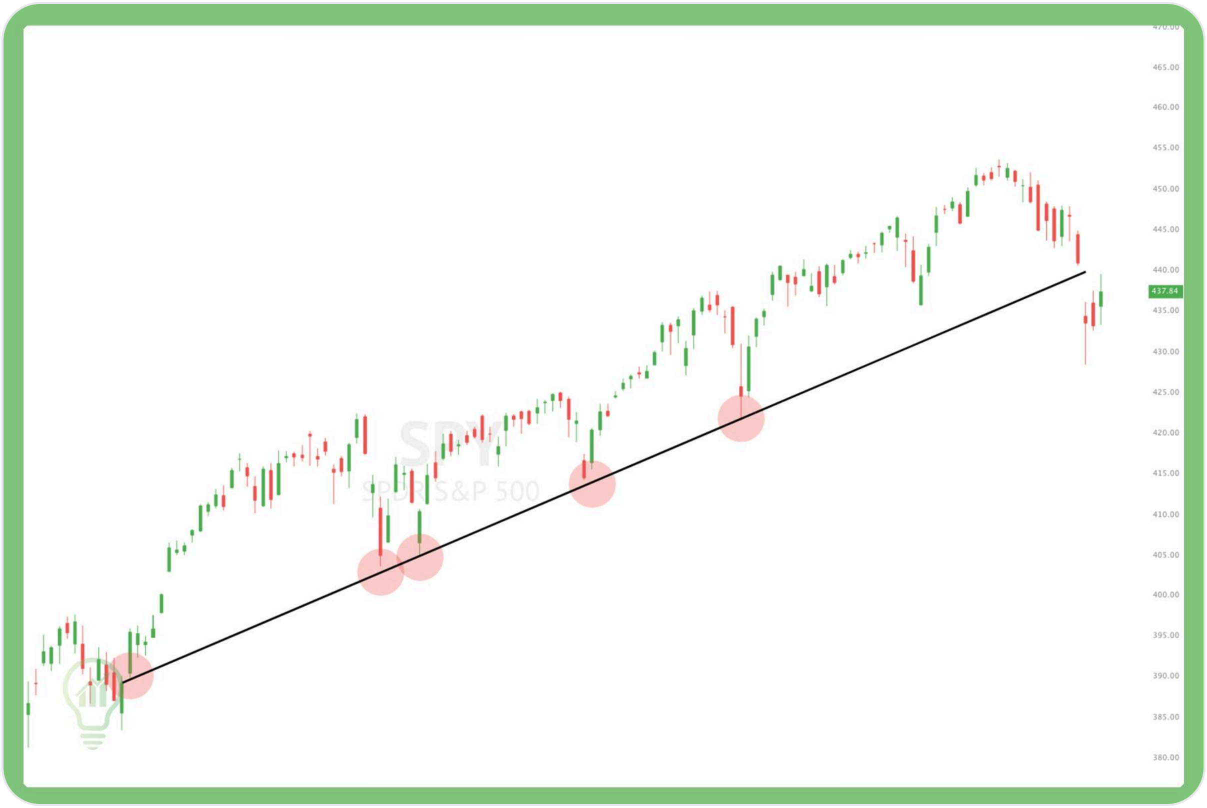

FIGURE *Trendline Example - $SPY Daily Chart*

KEY TAKEAWAYS

1. Keep TA simple. Don't overcomplicate with too many indicators
2. Support = floor (buyers), Resistance = ceiling (sellers)
3. Align levels across multiple timeframes for confirmation
4. Round numbers are psychological levels
5. Patterns + S&R alignment = higher probability setups

Account Management

Overview

Proper account management is the foundation of a successful trader. Without it, one losing trade can wipe out months of profits or your entire account.

Position Sizing

Never risk more than 3% of your account on one trade (small accounts may need up to 10%). Recognize when to size up, size down, or remain cash.

Small Account ($5K)

Keep position size the same, focus on high-quality trades. Up to $500 (10%).

Large Account ($100K)

Full Size = $3,000 (3%)
Medium = $2,000 (2%)
Small = $1,000 (1%)

Signs You're Risking Too Much

- ⚠ You feel nervous after clicking buy
- ⚠ You get stopped out prematurely (20-25%)
- ⚠ You get overly excited when green or upset when red

Taking Profits

Systematically take profits at key milestones to remove emotional attachment:

25% | 50% | 75% | 100%+

Or sell at key S&R levels for potentially larger wins.

For losses: Use predetermined stop loss (30-50%) or exit when key S&R levels are broken.

How to Ride Winners (Roll Ups)

A **roll up** is a new position bought using 10-20% of profits from a winning trade, typically at a further OTM strike. This lets you capture more profit while reducing risk.

Common Mistakes

Using more capital than initial trade

Using 50%+ of profits

Rolling up without assessing conditions

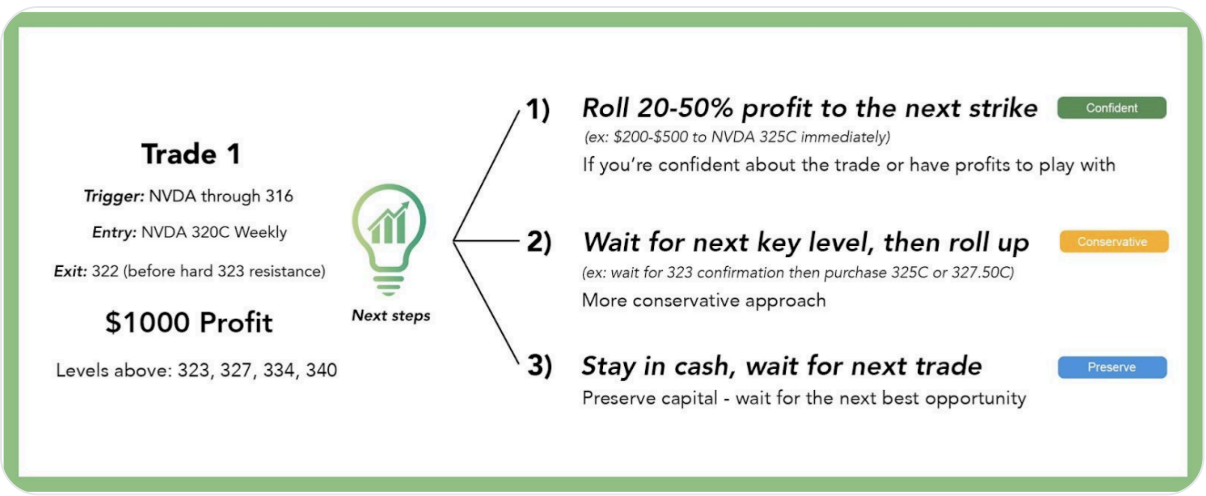

FIGURE *Example of Rolling Up - 3 Options After a Winning Trade*

Cashing Out & Avoiding Unnecessary Risk

Cash out profits to your bank account regularly. Treat trading like a business. **Pay yourself.**

Avoid Binary Events

Earnings, Fed meetings, FDA approvals. Don't play these if you have no profits to play with. Don't hold overnight or over the weekend. Time decay and unexpected news can hurt you.

KEY TAKEAWAYS

1. Never risk more than 3% per trade
2. Form good habits early. Small wins compound
3. Before sizing up, be confident and consistent for months
4. A positive trade without a plan can still become a loss
5. Know when to exit. It's as important as knowing when to enter
6. Treat trading like a business

Join TWI

CHAPTER 4

Strength of a Trade

Overview

The more factors aligned, the higher probability. You don't need a million indicators. Combining **price action**, **technical analysis**, and **news** is highly effective.

1 Price Action

Is the stock performing well around key levels?

POSITIVE

- ✓ Dips bought above support
- ✓ Resistance broken easily
- ✓ Outperforming indices (SPX, NQ, RUT)

NEGATIVE

- ✗ Lower highs on daily/weekly
- ✗ Key support broken
- ✗ Sold off after earnings

2 News

Is there a catalyst?

POSITIVE

- ✓ Upgrades
- ✓ Positive earnings
- ✓ New product launch
- ✓ Stock split
- ✓ Favorable macro news

NEGATIVE

- ✗ Downgrades
- ✗ Negative earnings
- ✗ Executive departures
- ✗ Higher taxes
- ✗ Insider selling

3 Technical Analysis

Is there a strong pattern at a key level?

POSITIVE

- ✓ ATH breakout + bull flag
- ✓ Multi-week support bounce + falling wedge
- ✓ V-bottom at support

NEGATIVE

- ✗ Yearly low support break + bear flag
- ✗ Neckline break + head & shoulders

4 Risk to Reward Ratio

Is it at least 2-3X?

Example:

$XYZ at 97 near 100 resistance, next level 109. Enter at break of 100, stop at 97. Risk 3 pts to gain 9 pts = 3X reward.

Strong Long TSLA

Stock split news + bullish consolidation at 273 support in 274-330 range.

Result: 83% move in 3 weeks (500-1000% on calls).

FIGURE *TSLA - Stock split catalyst + bullish consolidation*

Strong Short PTON

Negative news + key support at 100 failing, next support at 92.

Result: Break of 92 yielded 400-450% on 90 puts.

FIGURE *PTON - Negative news + key support break at $100*

Weak Setup AAPL

Near 150 resistance but overall market weak. Despite the breakout setup, AAPL failed to break through because the broader market was against it.

FIGURE *AAPL - Near resistance with weak overall market*

CHAPTER 5

Trading Psychology

Overview

Every day is a battle against yourself. A daily routine, trading rules, and awareness of common emotions will create an unbreakable mindset. **If you can master yourself, you can master the markets.**

Benefits of a Daily Routine

Consistency in daily life translates to consistency in trading.

Morning	Meditation (30 min)
Pre-Market	Market Preparation: read news, narrow top 3-5 plays
Midday	Healthy meal
Afternoon	Work out (90 min)
Evening	Family/friends time
Night	Study/review past trades
Late Night	Review charts/news + prepare next day
Before Bed	Evening meditation (30 min)

9 Trading Rules

1 **Treat trading like a business**
Respect your capital, pay yourself, invest in learning.

2 **Never average down a losing position**
If it's going to win, it should work with minimal effort.

3 **Trade without bias**
Follow price action. Don't try to be "right."

4 **Always take profit on the way up**
Systematically at 30, 50, 75, 100%+. Small wins add up.

5 **Protect your capital / manage risk**
Allocate less than 5% per trade. Trade smaller size.

6 **Always stay grounded**
Appreciate $100 the same as $100,000. Don't compare to others.

7 **Cash is a position**
Patience + cash = opportunity when the market shifts in your favor.

8 **Cut losses / Abide by your stop loss**
Don't let one loss affect your mental or capital ability for the next trade.

9 **Formulate a plan and follow it**
Plan BEFORE you enter. Anticipate outcomes, don't react to them.

KEY TAKEAWAYS

1 Daily routines promote mental and physical health, leading to consistency

2 Trading rules prevent common mistakes

3 Focus on process vs quick money. Build a system that lasts

CHAPTER 6

Growing a Small Account

Overview

It takes time and dedication. Focus on high probability trades, plan entries/exits, keep detailed records. Small gains compounded = big results.

$25K $100/day x 250 trading days	**$125K** $500/day x 250 trading days

How to Grow ($5K to $100K)

Phase 1	Be selective. Take 5-10 high-quality trades per week. 3X risk:reward using $250-$350 per trade. If 6-7 of 10 work, that's $750-$1K/week.
Phase 2	In 2-3 months with consistent execution, grow to ~$15K. Then size up to $2K positions.
Phase 3	Take 2-3 trades with 80% setups. 2 of 3 working = $2-4K+/week. Repeat and increase incrementally.
Result	$100K achievable in 12-18 months with discipline and consistency.

How to Day Trade Under $25K (Avoid PDT)

Open a **Cash Account** (TD Ameritrade, E-Trade, Webull, but not Robinhood). Funds settle overnight and are available the next day.

Journaling Trades

Every trade should be documented. Elements to record:

Date/Time	Option/Strike

Trigger (why entered)	Exit (why exited)
Notes (follow rules?)	Screenshots
Outcome	

Three outcomes only:

Win Big Win Small Loss

Journal regardless of outcome.

Compounding Consistency

Growing an account is about compounding consistency. Some months you will grow aggressively. Some months you will protect capital. The goal is not speed. The goal is sustainability and survivability.

CHAPTER 7

Trading with a Full-Time Job

Overview

You can succeed while working full-time with proper preparation and the right trading style.

Day Traders

Same-day opportunities, few minutes to couple days

Larger time commitment, higher volume

Requires active monitoring and quick decisions

Swing Traders

Recommended

Hold longer than a day, weeks to months

Better suited for limited screen time

Lower volume, less mental capital required

Preparation Routine

1. Review charts on watchlist
2. Identify top 3-5 setups with triggers, targets, stops
3. Place on separate watchlist with strikes
4. Review market news
5. Set alerts at key S&R levels using charting software (TrendSpider, TradingView)

Pre-Trade Checklist

- [ ] Does this fit my style?
- [ ] Do I have entry, targets, and stop-loss?
- [ ] Do I have time to manage?
- [ ] Is risk/reward good?

- [ ] Is position size within my strategy?

Common Pitfalls

- ✗ Taking trades without time to monitor
- ✗ No stop loss
- ✗ FOMO-driven decisions
- ✗ Deviating from strategy
- ✗ Too many open positions
- ✗ Wrong size
- ✗ Trading for activity vs quality

Going Full-Time Checklist

- ✓ 2 years of consistent gains
- ✓ $250K trading account
- ✓ Limited debt
- ✓ 2 months living expenses saved

GOING DEEPER

Understanding the Mechanics

Now that you have the core framework (risk management, psychology, and how to evaluate trades), let's dive into the mechanics of how options actually work under the hood.

CHAPTER 8

Understanding the Greeks

Delta (δ)

Delta measures how much your option will move for every $1 move in the stock.

- .30 delta = moves about $0.30 per $1 move
- .70 delta = moves about $0.70 per $1 move
- Higher delta = more expensive but more stable
- Lower delta = cheaper but more sensitive to decay

Theta (θ): The Rent You Pay

Theta is time decay. Every single day you hold an option, you are paying rent.

- The closer you get to expiration, the faster theta accelerates
- This is why short-dated contracts feel like they "bleed" faster
- Time is always working against option buyers

Vega (v): Volatility Sensitivity

Vega measures how much your option price changes when implied volatility changes.

- When volatility expands → options get more expensive

- When volatility contracts → options get cheaper

This is why traders lose money buying before earnings. Implied volatility is elevated going into earnings. After the announcement, volatility collapses. Even if you are right on direction, IV crush can erase profits.

Gamma (γ): Acceleration

Gamma measures how fast delta changes.

- Short-dated options have high gamma
- This is why 0DTE (zero days to expiration) contracts move more violently
- High gamma = high risk/reward
- Low gamma = low risk/reward

CHAPTER 9

How Options Move

Option Pricing

```
Option Price = Intrinsic Value + Extrinsic Value
```

Intrinsic Value	The real value of the contract if exercised today.
Extrinsic Value	Time + Volatility.

The Most Important Truth

An option contract can still lose value even if you choose the right direction.

If a stock moves up slightly but time decay is accelerating and implied volatility is dropping, your contract may still lose value.

Options are not just directional instruments. They are probability instruments.

CHAPTER 10

IV & IV Crush

Implied Volatility

Implied Volatility (IV) represents the market's expectation of future movement.

It does not predict direction. It measures expected magnitude.

- High IV = market expects big move. Low IV = market expects small move.
- When IV is elevated, options become more expensive. When IV contracts, options become cheaper.
- Leading up to major events like earnings or FOMC, IV builds. Following those events, IV collapses.

Why IV Matters

Option pricing is not based only on direction. It is based on: **Time**, **Volatility**, **Probability**.

When you buy an option during high volatility, you are paying a premium for expected movement.

If the expected movement doesn't exceed what was priced in, the option can lose value, even if you are correct on direction.

What Is IV Crush?

IV Crush happens when implied volatility collapses immediately after a major event.

Common examples:

- Earnings announcements
- FOMC decisions
- CPI releases
- Major company news

Before these events, uncertainty is high. High uncertainty = High IV.

After the event, uncertainty disappears. Uncertainty disappears = IV collapses.

This sudden drop causes option premiums to fall rapidly. That drop is **IV Crush**.

CHAPTER 11

Liquidity

What Is Liquidity?

Liquidity refers to how easily you can enter and exit a position without significantly affecting the price.

- Highly liquid contracts: orders fill close to the bid, tight spreads, clean exits
- Illiquid contracts: orders fill far from the bid, wide spreads, trap you in trades

Options are already leveraged instruments. Poor liquidity will magnify your risk.

Volume

Volume shows how many contracts are traded that day.

HIGHER VOLUME

✓ More active buyers/sellers

✓ Easier entries/exits

✓ More accurate pricing

LOW VOLUME

✗ May sit unfilled

✗ Fill at unfavorable prices

✗ Erratic pricing

As a beginner, prioritize contracts with consistent daily activity. Typically larger cap stocks: **AAPL, TSLA, NVDA, MSFT**, etc.

Open Interest

Open interest (OI) is the total number of outstanding, active contracts that have not been settled, exercised, or closed.

- Higher OI = established participation, greater market interest, more stable pricing
- Low OI = limited participation, wider spreads, increased slippage risk

As a newer trader, focus on contracts where other traders are active.

Bid/Ask Spread

The bid is what buyers are willing to pay. The ask is what sellers are willing to accept. The difference is the spread.

Example:

Bid: **$1.00**, Ask: **$1.30**. Buy at $1.30, immediately sell = $1.00. That's a $0.30 loss, over 20% instantly, before the trade even has a chance to work. This is poor liquidity.

Small accounts cannot afford to donate 20-30% on entry.

A wide spread affects you twice: you overpay on entry AND underreceive on exit.

CHAPTER 12

Choosing the Right Expiration

Weekly Contracts

Decay fast

Higher theta

High risk

Monthly (30-60 DTE)

Decay slowly

Lower theta

More forgiving

Lower risk

0DTE

Extreme gamma

Very rapid decay

Requires experience

HIGHEST risk

⚠ **If you are new, avoid 0DTE.** Fast money is attractive but will create dangerous habits. Options trading rewards patience and discipline, not speed.

CHAPTER 13

Taxes

Disclaimer

This section is not tax advice. If you are serious about trading long-term, it is important to understand: **Profits are not fully yours. They are partially owed.** Ignoring taxes is one of the fastest ways to turn a profitable year into a financial mistake.

Short-Term Gains

Most options trades are considered short-term capital gains.

In the United States, short-term gains are taxed as ordinary income, the same rate as your salary.

Many new traders reinvest 100% of gains, only to realize later they owe taxes they didn't set aside. That is avoidable.

The Wash Sale Rule

Prevents traders from claiming a tax loss if they sell at a loss then repurchase the same or substantially identical security within 30 days.

Frequent traders in the same names (SPY, QQQ, AAPL, etc.) need to be aware of this.

Can:

- ⚠ Defer losses
- ⚠ Distort tax reporting
- ⚠ Create unexpected tax liabilities

Set Aside Capital for Taxes

A disciplined trader does not assume 100% of profits are spendable.

Many experienced traders:

- Set aside 20-35% of profits
- Move tax reserves into a separate account
- Treat that money as untouchable

Capital Loss Deduction

- Losses first offset capital gains
- If losses exceed gains, can deduct up to $3,000 per year against ordinary income
- Remaining losses carried forward to future years

Treat Trading Like a Business

Businesses:

Track revenue | Track expenses | Pay taxes | Plan for liabilities | Protect cash flow

Trading is no different. If you generate income, you are operating a performance-based business.

With revenue comes responsibility.

REFERENCE

Glossary

Options

Options	Financial instruments providing the right, but not obligation, to buy or sell a stock at an agreed price and date.
Calls	Contracts that profit when the underlying stock rises in value.
Puts	Contracts that profit when the underlying stock falls in value.
Expiration Date	The date by which you expect the stock to move. Value decreases as it approaches due to time decay.
Strike Price	The price you expect the stock to be above (calls) or below (puts) by expiration.
ITM (In The Money)	Call: strike below stock price. Put: strike above stock price. The option has intrinsic value.
ATM (At The Money)	Strike price equals the current stock price.
OTM (Out of The Money)	Call: strike above stock price. Put: strike below stock price. No intrinsic value.
Contracts	Each options contract represents 100 shares of the underlying stock.
Premium	The price you pay for an options contract. This is your maximum risk when buying.
Target	The price level where you plan to take profits.
Delta (δ)	Measures how much your option moves for every $1 move in the stock.
Theta (θ)	Time decay: the amount your option loses in value each day.
Vega (v)	Measures how much your option price changes when implied volatility changes.

Gamma (γ)	Measures how fast delta changes. High gamma = more volatile option pricing.
Implied Volatility (IV)	The market's expectation of future price movement magnitude.
IV Crush	Rapid collapse of implied volatility after a major event like earnings.
Intrinsic Value	The real value of the contract if exercised today.
Extrinsic Value	The portion of an option's price from time remaining and volatility.

Technical Analysis

TA (Technical Analysis)	Using charts, patterns, and price history to identify trade setups.
Setups	Specific chart conditions that signal a potential trade opportunity.
Support	A price level where buyers tend to step in, acting as a floor.
Resistance	A price level where sellers tend to step in, acting as a ceiling.
Key Levels	Important support and resistance areas confirmed across multiple timeframes.
Patterns	Recognizable chart formations (flags, wedges, triangles) that signal future price movement.
Bullish	Expecting the price to go up.
Bearish	Expecting the price to go down.
Trendlines	Lines drawn connecting price points to show the overall direction of a stock.

Account Management

Position Size	The dollar amount or percentage of your account allocated to a single trade.
Risk Tolerance	The maximum amount you are willing to lose on a single trade.
Small Account Holder	A trader with limited capital, typically under $25K.
Roll Up	Using 10-20% of profits from a winning trade to buy a further OTM strike.
Binary Event	High-impact events (earnings, Fed meetings, FDA approvals) with unpredictable outcomes.

Strength of a Trade

Price Action	How a stock behaves around key levels. The raw movement of price.
High Probability	A trade setup with multiple confirming factors aligned in its favor.
Upgrades / Downgrades	Analyst rating changes that can act as catalysts for price movement.
Macroeconomic	Broad economic factors (interest rates, inflation, GDP) affecting the overall market.
Earnings	Quarterly company financial reports that often cause significant price movement.
Risk to Reward (R:R)	The ratio of potential loss to potential gain. Aim for at least 2-3X.

Consolidating	When a stock trades in a tight range, building energy for a breakout or breakdown.
Stock Split	When a company divides existing shares into multiple shares, reducing per-share price.

Psychology

Average Down	Adding to a losing position, a dangerous habit that increases risk.
FOMO (Fear of Missing Out)	Entering a trade impulsively because you see others profiting, often at the worst time.

Growing a Small Account

Mental Capital	Your emotional and psychological energy available for making good trading decisions.
Journaling	Recording every trade with details on entry, exit, reasoning, and outcome.
Trigger	The specific condition that signals you to enter a trade.
Pattern Day Trader (PDT)	SEC rule requiring $25K minimum for accounts making 4+ day trades in 5 business days.
Cash Account	A brokerage account that avoids PDT rules by using settled funds only.

Liquidity

Volume	Number of contracts traded in a given day.
Open Interest (OI)	Total outstanding contracts not yet settled, exercised, or closed.
Bid	The price buyers are willing to pay for a contract.
Ask	The price sellers are willing to accept for a contract.
Spread	The difference between bid and ask. Wider spreads = higher cost to enter/exit.
0DTE	Zero days to expiration: same-day contracts with extreme gamma and rapid decay.

Taxes

Short-Term Capital Gains	Profits on assets held less than one year, taxed as ordinary income.
Wash Sale Rule	IRS rule disallowing loss deduction if you repurchase the same security within 30 days.
Capital Loss Deduction	Up to $3,000 per year in net capital losses can offset ordinary income.

YOU HAVE THE FOUNDATION

Now execute with TWI.

This manual covered the fundamentals. Inside TWI, we focus on execution: daily setups, live streams, and a community that holds you accountable. The foundation is set. The next step is yours.

Your foundation starts here with code **F3** for 30% off your first 3 months

Join the TWI Community

Meet the Team

- Daily trade setups anchored in the same framework as this guide
- Live streams and market context during the trading week
- Community accountability so execution does not drift

MEET THE TEAM

Meet the TWI Team

Trade With Insight was founded with a simple mission: to provide traders with the education, tools, and community they need to succeed in the markets. With a combined 40 years of experience, our team has been through every market condition and knows what it takes to trade consistently.

Matae

Head Trader

10+ years trading stocks and options. Known for disciplined execution and a systematic approach to identifying high-probability setups across all market conditions.

Spacemonkey

Lead Options Trader

12+ years in the markets and a 7-figure options trader. Specializes in advanced options strategies with a focus on consistent, repeatable results.

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ES futures specialist known for precision entries and disciplined risk management. Brings deep expertise in futures markets and real-time trade execution.

Nick

Technical Analyst

10+ years of market experience and founder of Panda Options. Expert in technical analysis, chart patterns, and identifying key levels for high-probability trade setups.

John

Founder

14+ years of experience spanning software development and active trading. Combines technical expertise with market knowledge to build tools and educational content that help traders at every level.

This guide was written by **John**, drawing on 14+ years of software development and over 9 years of active trading. It reflects his personal journey through the markets. The mistakes, the breakthroughs, and the hard-won lessons that shaped how TWI teaches trading today.

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