Trade the *confirmed expansion*

A practical guide to the First Light Beacon method TCT used with ES.

> *The central rule*
>
> Daily bias chooses the direction. Price and value must break together. Enter only when the confirmation tools agree and order-flow aggression appears at the planned location.

01 **Choose a side**

Read the daily value zone against the blue daily opening reference box. Green above: long only. Red below: short only.

02 **Wait for the close**

Use the 10-minute Cascade chart. The earliest setup evaluation is 9:40 a.m. New York time, after the first 10-minute bar following 9:30.

03 **Require price + value**

Price and the 10-minute FLB dynamic-zone midline must both close outside the same Cascade boundary, in the daily-bias direction.

04 **Check the confirmations**

Real Flow must agree. For the ES setup, SPY must agree. The inverted VIX3M must agree and must not be breaking into an end cap.

05 **Look for aggression**

At the intended entry area, use order flow to confirm aggressive buying for a long or aggressive selling for a short. No aggression: wait.

06 **Execute the planned trade**

Assess nearby Institutional Ladder levels. Confirm entry method, stop, target, size and maximum loss before submitting the trade.

Agreement can develop in sequence. The tools do not have to trigger on the same candle. Wait until the required conditions agree at entry; 9:40 is the earliest opportunity, not an instruction to trade.

Inside: chart setup (2) · core setup rules (3) · confirmation and execution (4) · bonus approach and planning gaps (5) · reusable checklist (6).

Source: TCT.mp4, 02:00-23:12. Times in this guide use New York time (ET).

Set up the charts

Use the same indicator versions and settings as the recording when reproducing the examples. Color and styling choices may differ from your layout.

Daily Bias / NQ + ES	10-minute line charts; NQ and ES side by side. On-screen Daily BIAS: Lookback Days **5000**; FLB Sensitivity **0.4**; ORB Window **18:00-18:15**. Statistics table is optional.
TPO context	Period **1 Day**; custom sessions **09:30-16:00**, **03:00-09:30**, **20:00-03:00**; block **5m**; row size **Auto**; value area **68%**; price source **Close**. Presenter focuses on session value-area high/low.
Cascade / execution	Chart **10 minutes**, **Line with markers**. IB anchor **3 hours**; Force Secondary OHLC **on**, secondary **1 minute**; time-zone segment alignment **off**; time-based IB duration **33%**; bins **20**. Dynamic-zone anchor **10 minutes**; Zone Mid **on**, Buy/Sell lines, zone fill and end caps **off**. Blue = price; white = value midline in the video.
Real Flow	Anchor to Session **on**; Named Session **Custom**; Time Based Interval **3 hours**; Normalize **off**; EMA Length **20**, Show EMA **on**; Flow Zone **on**; sensitivity **4**; coloring **Flow Regime**.
SPY confirmation	Chart **3 minutes**. FLB Zone: **New York / 9:30**. Trend Shift: **Momentum Trail** mode. Institutional Ladder displays nearby levels using its automatic asset profile.
VIX3M confirmation	Chart **10 minutes**. FLB **Session / New York**; sensitivity **4**; **Super Smoother** and **old-zone end caps** on. **Invert the price scale**; swap bullish candles to red and bearish candles to green, as shown.
Order flow / levels	Bookmap is the demonstrated order-flow tool. Use the traded instrument to inspect aggression at the planned location. Institutional Ladder uses an automatic asset profile; it is used for nearby obstacles and possible targets.

Session alignment: times are transcribed as shown. The chart displays New York / UTC-5, but the TPO panel does not name its timezone. Confirm the chart/session timezone when reproducing these settings. The morning entry schedule is New York time.

Data: confirm each feed is current during the intended US-session window, including SPY and VIX3M.

Terms: FLB = First Light Beacon; TPO = Time Price Opportunity; EMA = exponential moving average; IB = initial balance. ORB denotes the video's daily opening-range reference. PB = pullback.

Source: on-screen settings at 02:25, 02:44, 06:35-06:59, 09:13; narration 12:35-15:32.

Read the core setup

Use value and completed bars to distinguish an eligible expansion from a price-only move.

1. Daily bias controls direction

The blue box is the daily opening reference / ORB in the video. Read the **daily value zone** relative to it, rather than choosing direction from a short-term price move.

LONG ONLY

Daily value zone

Daily ORB

SHORT ONLY

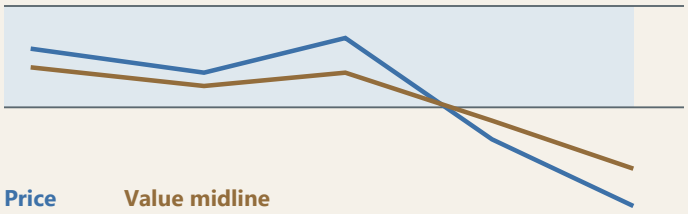
Daily ORB

Daily value zone

ES/NQ comparison: prefer their daily value zones to agree. A mismatch calls for caution and reduced risk in the video; it is not an absolute veto. If bias is unclear or topping out, stand aside until the direction is clear.

2. Cascade: price and value close together

For a long, price and the value midline close above the upper Cascade boundary. For a short, both close below the lower boundary. A price break while the value line remains inside does **not** qualify.



Short example

Both lines finish below the lower boundary at the completed 10-minute bar.

Schematic; not market data.

3. Real Flow checks participation

Explicit short-side test: the Real Flow candles close below the EMA and the Flow Zone; the Flow Zone itself is below the zero line. A zone resting on zero is the video's example of a suspect bearish move.

Long-side detail: the presenter requires Real Flow to agree with the trade direction, but does not separately state an exact bullish mirror of the short test. Confirm your long-side rule before using this checklist for longs.

Source: daily bias 03:54-05:31; Cascade 07:34-08:11 and 10:31-10:45; Real Flow 09:48-10:24.

Confirm, then execute

An eligible Cascade break is only the start. Recheck agreement at the actual entry location.

Three final confirmations

- **SPY must match ES.** On the 3-minute SPY chart, look below the New York Zone for shorts and above it for longs, with Trend Shift momentum agreeing. If SPY does not match ES, the presenter does not take the trade.
- **Inverted VIX3M must agree.** On the 10-minute chart, look for a break away from the FLB Zone in the same visual direction as the proposed trade. If it does not align, wait. If the break is running directly into an end cap, do not enter that setup.
- **Aggression is the final trigger.** At the planned location, confirm aggressive market orders in the intended direction. The video illustrates sellers being rejected and aggressive buyers appearing for a long. If aggression is absent, wait; a later arrival can complete the sequence.

Read the inverted display correctly: because the VIX3M scale is inverted, its visual direction is intentionally aligned with the price chart. Candle colors alone are not enough; confirm the scale, zone and end-cap location.

Choose an entry method in advance

- **Close entry.** The video permits entry on the qualifying close, provided the other confirmations agree. In the illustrated **short** trade, the stop is at **Cascade IB High**, on the opposite side of the structure. Record the actual stop and any buffer; no universal buffer or exact long-side stop rule is supplied.
- **Retest entry.** Alternatively, the presenter uses volume-profile context to place a pending limit order for a retest. Choosing the exact retest level is discretionary and is not fully taught in this video.

Plan the exit and the amount at risk

- **Institutional Ladder.** A break that immediately reaches a ladder level may retrace. Assess the location before entering. This is a caution, not an unconditional ban; the video still allows a close entry with an appropriate risk plan.
- **Demonstrated ES target.** The presenter uses **7 points / 28 ticks** and describes about **$350 for one ES contract**, before any costs. The final short illustration shows entry **7659.00**, stop **7673.75** and target **7652.00**: 14.75 points of risk versus 7 points of reward. These are ES examples, not universal targets or acceptable-risk limits.
- **Alternative exit.** Ladder-to-ladder targets are presented as an option. Select the target and management method before the trade. The source supplies no fixed risk-per-trade percentage, daily loss cap or maximum number of attempts.

Before submitting: write down entry, stop, target, quantity and planned maximum loss. If the stop required by the setup exceeds your own risk limit, the trade does not fit your plan. These planning fields are added for practical use; they are not new numerical strategy rules.

Source: entries/targets 08:16-08:54 and 11:15-12:04; confirmations 12:35-17:29 and 17:33-23:12.

Market in Play and later scalps

The recording labels this as bonus material. It is separate from the main morning entry process on pages 1-4.

What the bonus tool adds

Market in Play is presented as a context tool for distinguishing continuation conditions from mean-reversion conditions. The presenter describes the daily zone breaking away from its proprietary range and ORB; the full internal conditions are not disclosed.

- **When it says In Play.** The presenter looks for continuation in the indicated direction and may consider later scalps after the initial morning trade.
- **When it says Not in Play.** The presenter lowers expectations for large continuation moves and discusses mean-reversion conditions. The video does not provide a complete standalone mean-reversion entry system.

The demonstrated pullback workflow

- **1. Keep the daily bias.** The short examples use a red daily zone below the ORB, with Market in Play showing bearish continuation.
- **2. Use Trend Shift.** The presenter normally uses a 3-minute chart with Momentum mode and looks for PB (pullback) indications. Later examples use pending orders at the small pink pullback lines.
- **3. Manage the extension.** Institutional Ladder levels can serve as profit areas, or a stop can be trailed. Scaling in and trailing are discretionary; the source does not supply a fixed schedule, buffer or maximum add-on count.

The presenter also mentions NinjaTrader execution with Renko-style candles. Exact candle parameters are not supplied, and regular candles are also discussed. The weekend BTC/USDT Bookmap demonstration illustrates order-flow reading; it is not an instruction to substitute crypto confirmation for an ES trade.

Decisions to complete before live use

The video does not fully specify the items below. Complete them in your own written plan rather than assuming the guide has supplied a rule.

Risk per trade / daily loss cap

Maximum attempts / session cutoff

Stop anchor for my setup / buffer

Retest selection and cancellation

Verified bullish Real Flow rule

Exit management and add-on limits

About this guide. Prepared from the supplied 33:29 recording, embedded subtitles and visible settings. Explanations and checklist wording are editorial adaptations. The presenter's payout and statistical claims are not independently validated here; they are not entry rules or promises of results.

Source: Market in Play 23:21-27:47; pullbacks/trailing 27:48-29:53 and 30:43-32:24.

Pre-trade execution checklist

Use one copy per setup. Tick only what is true now. Required confirmation missing? Wait, then reassess. The checkboxes and fields are fillable in compatible PDF viewers.

Date	Instrument	Long / Short	Entry time (ET)

A / DIRECTION AND TIMING

- [ ] Daily value zone supports my direction: green above the daily ORB for long; red below for short.
- [ ] I compared ES/NQ daily value. They align, or I have documented the reduced-risk response to a mismatch.
- [ ] It is 9:40 a.m. ET or later, and the relevant 10-minute bar has closed.

B / REQUIRED CONFIRMATIONS

- [ ] Price closed outside the correct Cascade boundary in the daily-bias direction.
- [ ] The 10-minute value midline also closed outside that same boundary.
- [ ] Real Flow agrees. Short: candles below EMA and Flow Zone; zone below zero. For long: my bullish rule is verified (see page 3).
- [ ] For this ES setup, SPY agrees: correct side of the New York Zone, with matching momentum.
- [ ] Inverted 10-minute VIX3M agrees and has broken away from its FLB Zone.
- [ ] The VIX3M break is not running directly into an end cap.
- [ ] Order-flow aggression is present in my trade direction at the planned entry location.

C / EXECUTION PLAN

- [ ] I assessed the nearest Institutional Ladder level and possible retracement.
- [ ] My entry method, stop, target, quantity and maximum loss are recorded below and fit my risk plan.
- [ ] At execution, all required confirmations still agree; I am not forcing a trade because of the time.

Entry / method	Stop price	Target

Quantity	Planned maximum loss	Result / rule adherence

Notes / ES-NQ mismatch response / post-trade lesson

Use with pages 1-5. Optional Market in Play / PB scalps are not required boxes for the main setup.