

THE BEGINNER'S TRADING ROADMAP

# 7 Things Every New Trader Should Learn First

A no-hype starter guide to reading the market, managing risk, and building the discipline that actually keeps you in the game.

*Trade levels, not emotions.*

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## Read This First

Most people lose money when they start trading. Not because the market is impossible — but because they skip the boring fundamentals and jump straight to chasing entries.

This guide is the opposite of that. It walks you through the 7 things that actually matter when you're starting out, in the order they matter. No promises of riches. No screenshots of profits. Just the foundation that every consistent trader builds on.

Work through these slowly. Each one is a skill, not a fact to memorize.

### 1. Protect Your Capital Before Anything Else

Your first job isn't to make money — it's to not lose it all. Decide, before every trade, the small amount you're willing to lose if you're wrong. Many traders risk only a tiny percent of their account on any single position. Small losses keep you in the game long enough to actually get good.

*Survive first. Profit comes later.*

### 2. Learn to Read a Single Candle

A candlestick shows four things: where price opened, where it closed, and the highest and lowest it reached. The body shows open-to-close; the thin wicks show how far price tried to go before getting pushed back. Green closed higher, red closed lower. Read a few in a row and the chart stops looking like noise and starts telling a story.

*One candle = one story.*

### 3. The Close Matters More Than the Wick

Price can spike above resistance or below support and then snap back — that's often just liquidity being grabbed. What tells you who actually won the move is where the candle closes. A strong close above a level shows acceptance. A weak close with a long rejection wick shows exhaustion.

*Wicks create the story. Closes confirm it.*

## 4. Start With the Bigger Picture

A lot of beginners jump straight to the 5-minute chart hunting for entries. Without higher-timeframe context, those entries lose their edge. Use the 4H, Daily, or Weekly to find the trend and key levels first. Then drop to lower timeframes to refine your entry. Bias first, execution second.

*Higher timeframe = the map. Lower timeframe = the precision.*

## 5. Plan Your Exit Before You Enter

When a trade goes against you, your brain will beg you to hold and “wait for it to come back.” That instinct has wrecked more beginners than any bad strategy. The fix is boring but it works: decide where you’ll get out if you’re wrong before you ever enter — and don’t argue with it in the moment.

*Trading is about controlling how wrong you can get.*

## 6. Don’t Just Follow Someone Else’s Signals

Copying another person’s entries and exits feels safe, but you never learn why. When the signal is wrong — and it will be — you have no idea what to do next. Learn the reasoning behind a trade so you can eventually make your own decisions. That’s the difference between renting an opinion and owning a skill.

*Learn the why, not just the what.*

## 7. Master Yourself Before the Market

The hardest part of trading isn't the charts — it's sitting on your hands, sticking to your plan, and not revenge-trading after a loss. Discipline and patience beat a clever strategy every time. The market rewards the calm, not the eager.

*Trade levels, not emotions.*

## WHAT'S NEXT

# Ready to Go Deeper?

This roadmap is the foundation. Inside TR Alpha, we turn each of these into structured lessons — 4-week programs, weekly modules, and private 1-on-1 mentorship across stocks, options, and day trading.

If this guide made the market feel a little less like noise, that's exactly what the full program is built to do — at depth, with feedback, and at your pace.

Explore the membership plans at  
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