



THE COOK HOUSE GROUP™

Registration Number: 2025 / 418554 / 07

Cell: 067 216 3401 | Email: cookhousegroup@gmail.com

3-MONTH FOREX TRADING MENTORSHIP COURSE

Full Course Curriculum • Modules & Chapters

A structured programme designed for beginners to intermediate traders who want to invest fully in learning Forex the right way — with no clout chasing and no scamming.

PROGRAMME STRUCTURE

- **Month 1** — Introduction to Forex & the Markets (Foundations)
- **Month 2** — Trading Psychology & Personal Risk Framework
- **Month 3** — Strategies: Key Zones Mastery

Each month is broken into clear Modules and Chapters so both the mentor and the student know exactly what will be covered every week.

MONTH 1 — INTRODUCTION TO FOREX & THE MARKETS

Goal: Understand what you are trading and what actually moves price.

Module 1: What is Forex?

Chapter 1.1 – What is the Forex Market?

- Definition of Forex (Foreign Exchange)
- Spot FX vs other markets
- How the market is structured (OTC, no central exchange)
- Who participates (banks, institutions, retail, brokers)

Chapter 1.2 – Currency Pairs Explained

- Base currency vs Quote currency
- Majors, Minors and Exotics
- How pairs are quoted and what a pip is
- Bid / Ask and the spread

Chapter 1.3 – How Trading Actually Works

- Leverage and margin (simple, practical explanation)
- Lot sizes (standard, mini, micro)
- Order types: Market, Limit, Stop, Stop-Limit
- Long vs Short

Module 2: What Moves the Markets

Chapter 2.1 – Fundamental Drivers

- Interest rates and central banks (Fed, ECB, BoE, BoJ)
- Inflation (CPI), employment (NFP), GDP
- Geopolitical events and risk sentiment

Chapter 2.2 – Economic Calendar

- How to read an economic calendar
- High-impact vs medium-impact news
- Why beginners should avoid trading during major releases

Chapter 2.3 – Sessions & Liquidity

- Asian, London and New York sessions
- Session overlaps and why they matter
- Liquidity concepts (simple introduction)

Module 3: Assets Beyond Currencies

Chapter 3.1 – Commodities & Forex

- Gold (XAUUSD) and its relationship with the US Dollar
- Oil and commodity currencies (CAD, AUD, NOK)

Chapter 3.2 – Indices & Risk Sentiment

- How stock indices influence currency strength
- Risk-on vs Risk-off environments

Chapter 3.3 – Intermarket Relationships

- Simple connections between bonds, equities and currencies

Module 4: Market Structure Basics

Chapter 4.1 – Support & Resistance

- What they are and why they form
- How to identify clean levels

Chapter 4.2 – Trends vs Ranges

- Higher highs / higher lows
- Lower highs / lower lows
- Sideways (ranging) markets

Chapter 4.3 – Month 1 Practical & Review

- Demo account setup
- Calculating pip value and position size
- Creating your personal “Market Map”
- Knowledge check

MONTH 2 — TRADING PSYCHOLOGY & PERSONAL RISK FRAMEWORK

Goal: Build the mental and risk foundation so strategy doesn't get destroyed by emotions.

Module 5: Understanding Yourself as a Trader

Chapter 5.1 – Risk Appetite & Financial Muscle

- Honest self-assessment (conservative / moderate / aggressive)
- How much you can afford to lose without lifestyle damage
- Position sizing rules (0.5–1% risk per trade)

Chapter 5.2 – Common Psychological Traps

- FOMO
- Revenge trading
- Overconfidence after wins
- Fear after losses
- Analysis paralysis

Chapter 5.3 – Cognitive Biases in Trading

- Confirmation bias
- Recency bias
- Loss aversion
- How these show up in real trading decisions

Module 6: Building Mental Discipline

Chapter 6.1 – Process Over Outcome

- Why focusing only on profit destroys traders
- Scoring yourself on process, not just P&L

Chapter 6.2 – Creating Your Trading Rules

- Pre-market routine
- Trading hours rules
- No-trade conditions
- Walk-away rules

Chapter 6.3 – Emotional Journaling

- How to log emotions before, during and after trades
- Identifying your personal triggers

Module 7: Risk Management System

Chapter 7.1 – Position Sizing Mastery

- Building a simple risk calculator
- Maximum daily loss and weekly loss limits

Chapter 7.2 – Drawdown Management

- What a drawdown feels like
- How to survive losing streaks without breaking rules

Chapter 7.3 – Month 2 Practical & Review

- Create your Personal Risk Rules Sheet
- Create your Psychology Profile
- Forced drawdown simulation on demo
- Final psychology self-assessment

MONTH 3 — STRATEGIES | KEY ZONES MASTERY

Goal: Build a clear, rules-based Key Zones strategy that fits the individual trader.

Module 8: Understanding Key Zones

Chapter 8.1 – What Makes a Zone “Key”?

- Previous highs and lows
- Daily & Weekly levels
- Psychological levels (00 / 50)
- Session highs and lows

Chapter 8.2 – Advanced Zone Concepts

- Order blocks (simple, practical explanation)
- Fair Value Gaps
- Liquidity pools (buy-side & sell-side liquidity)
- Supply & Demand zones

Chapter 8.3 – Multi-Timeframe Alignment

- Higher timeframe (Daily / 4H) for context
- Lower timeframe (1H / 15M) for entry
- Why alignment increases probability

Module 9: Building the Key Zones Strategy

Chapter 9.1 – The Core Setup

- Higher timeframe bias + Key Zone + Confirmation
- What counts as valid confirmation (rejection, structure break, etc.)

Chapter 9.2 – Entry, Stop Loss & Take Profit Rules

- Exact entry criteria
- Where to place the stop (beyond the zone)
- Take-profit options (fixed R, opposite zone, partial scaling)

Chapter 9.3 – Filters & Conditions

- Preferred sessions
- News filter
- Trend vs Range conditions
- When **not** to trade the setup

Module 10: Matching Strategy to Trader Type & Final Playbook

Chapter 10.1 – Trader Profiles

- Scalper vs Day Trader vs Swing Trader
- How the same Key Zones concept adapts to different styles

Chapter 10.2 – Back-testing & Forward Testing

- How to review historical examples properly
- Live demo execution with full journaling

Chapter 10.3 – Creating Your Personal Strategy Playbook

- One-page checklist (Entry – Stop – Target – Filters – No-Trade rules)
- Final review of all demo trades
- Forward plan after the course

SUPPORTING HABITS (RUNS ACROSS ALL 3 MONTHS)

- **Daily Journal** — Market observation + emotional state (even on non-trading days)
- **Weekly Review** — What worked, what didn't, one concrete improvement for the next week
- **Process Scoring** — Grade yourself on rule adherence, not only on profit or loss
- **No Strategy Hopping** — Once Key Zones are introduced, stay with refining that single approach

Important Notes

- All practical work is done on a **demo account** until the end of Month 3.
- Real-money trading is only considered after consistent process adherence and documented risk control.
- This is education and mentorship — not signals and not a guarantee of profits.

This curriculum is deliberately sequenced: Foundations first, then Psychology & Risk, then Strategy. The aim is to produce traders who understand the market, control themselves, and have a clear Key Zones playbook.

© The Cook House Group™ | Reg. No. 2025 / 418554 / 07
Cell: 067 216 3401 | Email: cookhousegroup@gmail.com