

BOOK BY  
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**SUPPLY/DEMAND**

**SECRETS**

*Vladimir Ribakov's E-book Series*

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# Foreword

Hey there.

Welcome, it's Vladimir Ribakov here.

Before we begin, I would like to thank you for taking the time to download my free e-Book.

Through an ongoing effort to provide more value to our growing forex trading community, I've prepared a series of E-books that cover the most sought after and applicable technical analysis methods along with providing my insights from personal experiences stemmed through these methodologies.

Now, before we dig deeper into "Mastering Supply and Demand Levels", if you're interested in my "qualifications" and trading history I invite you to delve deeper into my trading origins...

(Feel free to skip past to get immediate access to in-depth insights).

I began my trading journey more than 17 years ago (*as of 2024*) and like so many of you, I was a young man filled with immensely ambitious dreams that most people can relate with.

In an attempt to arm myself against the difficulties of the foreign exchange market, I started religiously reading forex trading books to build what I thought would be a highly-lethal arsenal of forex trading prowess but man, I was so wrong!

Like most novice retail forex traders, I wiped out not only one trading account but multiple trading accounts, it got to the point of where I was spilling nearly all my paycheck into my broker account to "itch" the itch and get trading. and while the losses were piling up something was rallying inside me saying to *"stay of the path, keep pushing forward."*

Little did I know, however, that fate had a different prospect in mind for my future.

Without really planning it, I attended a lecturer who was a representative of a new broker that had recently opened at the time where they were hiring dealers to begin work in their dealing room (back then, trades were accepted in dealing rooms).

One of the attendees at the lecture spoke to the lecturer and while I was around I thought I'd test my luck to see if I could also apply for a job.

Somehow, miraculously, I was granted the opportunity where I was later informed to bring my resume, which granted, didn't exactly work in my favor considering how my work history was based upon 12 years of undergraduate schooling while my past jobs consisted of being a waiter and a security guard. To this day, I'm still not entirely sure why they called and invited me for an interview, maybe it was out of sheer curiosity or perhaps they saw something in me that I didn't necessarily see at the time - I will never know.

Upon arriving for the interview, I felt like a mouse trapped in a cat cage - here I was, surrounded by individuals who not only were more educated than me but possessed applicable college degrees while here I was a college dropout. It is an understatement to say that I felt out of place there, that I did not belong.

But, I was fortunate enough to have the self-awareness to know, deep down, that I had a drive, a thirst to prove myself, magnified only by an ambition so engraved into my DNA to achieve a dream of a far greater future for not only myself but those who I loved around me.

To others, I was always the guy with huge ambition and what seemed to be an insurmountable dream but to myself, everything that I had envisioned seemed within my grasp and capability which led me to a realization that later became part of my life motto.

Dreams do come true - if you tell them to the right person.

After having passed my first interview, then the second one, which started with over 300 applicants had been whittled down to around 10 individuals, all of which I have no doubt appeared far better prospects on paper than I did. When I finally had the opportunity to meet the CEO, he asked me a question that I'll remember to my last day as if it was yesterday , *"Vlad - let me ask you honestly, why would I pick you when I have such smart people outside competing for the position?"*

I said, looking straight back into his eyes , *"Because the ambition, the hunger to succeed and the inner fire that I bring with me, no one else could, and I will make my dreams come true with or without you, and I hope it will be with you. For me – skies aren't ever the limit."*

Apparently, I had said the right words at the right time and they chose me, while years later on, after asking the CEO why I had been chosen, he had said that my internal fire impressed him and that he normally isn't wrong about people.

Here I was, probably one of the most under-qualified applicants, face-to-face with the CEO, getting a job that would seem so out-of-reach to others and let us just say, the rest is history from there.

I was employed in the dealing room and that's where the real journey began. I was exposed to the REAL information, I saw all the behind-the-scenes inner workings, what an investment trade looks like, how trades are conducted - I learned how traders become successful while others fell victim to the financial markets.

I learned far more than I could have ever imagined, and then some more. At some point, I can't exactly pinpoint it, I caught myself engaging with clients when I noticed, with shock, that his positions were nearly identical to the same ones I had and that's when I began thinking, deeply pondering, how can I make money if I am trading the same mistakes that clients do? That became the foundation, the starting point, of where I found myself developing my trading style based upon against-the-crowd trading methods, which later snowballed into divergence and market cycle trading methodologies.

After quite some time climbing the company ladder and earning new job titles that most people would fight tooth-and-nail over, I decided that the time was ripe to try my luck in hedge fund trading.

To make a long story short, I applied to a company that was a private hedge-fund Nostro-account (private money) and I had passed all the exams upon entry. In a short period, I had discovered the missing pieces of the trading puzzle that I had been seeking since I first began my journey and after making great money I decided that the time was now or never.

I took that fearful leap of faith, I left the job in the pursuit to achieve the dreams that I had set forth for myself - which was to be a full-time retail trader where I could trade for myself, my financial freedom, and more importantly to support my family like I never could elsewhere.

While the journey may not have been the smoothest, I'm proud to share with you that I made it - in an industry where most people fail, I prevailed. It was from that moment on I decided that I wanted to share my journey, my wisdom, and my story with others so that they may find the confidence and strength to not only chase down but achieve their aspirations.

It is because of that reason I founded my trading community, and as a Certified Financial Technician (*yes, you read that correctly, I am*) I do my best to help traders become their OWN success story!

Over the years, I've developed reputable semi-automated trading systems that have been engineered to help traders achieve their goals while also providing high-leveled forex trading education services that are designed to help even the most novice of traders become masters in the craft.

So, that's a bit about me and my story, I thank you for taking the time to delve into my history and I hope you find inspiration through my journey.

I promise, if you allow me to be your mentor, I'll do my best to guide you with the necessary information that you need to not only begin your trading journey but more importantly, become your own best success story.

With that being said, I invite you to follow my community, my team's work, and I while we help guide you through the difficult trading terrain to follow - our reputation is a testament to the quality and value of the services we have rendered throughout the years and for the many years to follow.

Join our trading family, and start trading with us -

<https://hometraderclub.com/>

And now – Let's begin!

## Introduction

Understanding supply and demand is one of the most important skills for any trader. These two forces control price movements in all financial markets. If you can recognize where buyers and sellers are most active, you can make better trading decisions and improve your chances of success.

This book is designed to help you master supply and demand trading. It will explain how these levels work, how to identify them, and how to use them to trade more effectively. Whether you are a beginner or an experienced trader, you will find practical strategies that you can apply in real market conditions.

By learning to read price action, understanding market psychology, and using technical tools, you will gain an edge over other traders. The goal of this book is to simplify complex trading concepts and give you the confidence to trade supply and demand levels with precision.

Let's get started!

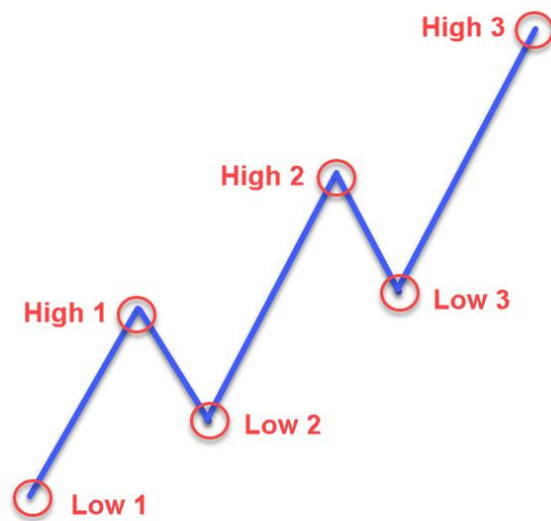
## Understanding Price Action

Learning to read price action and identifying key levels can significantly enhance trading accuracy and success.

Price action trading revolves around interpreting raw market data—open, high, low, and close prices. Indicators only provide additional confirmation, but price itself tells the real story. By mastering price movement, traders can predict market trends and identify key trading opportunities.

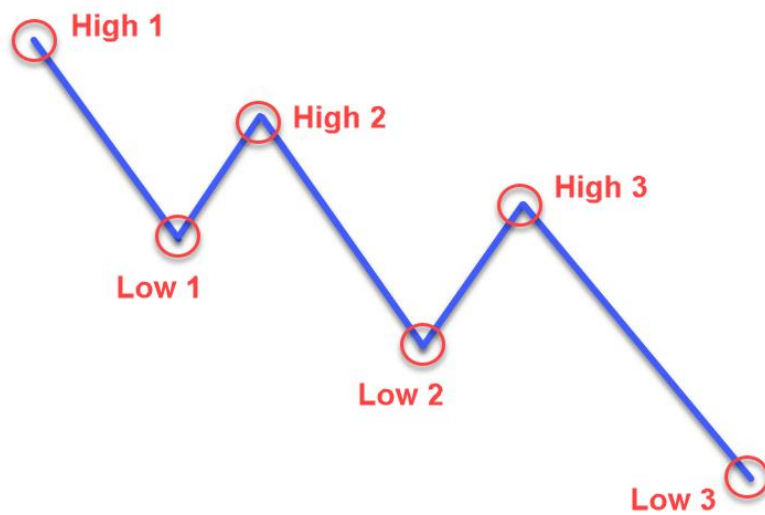
### Identifying Market Trends

A **bullish trend** occurs when there is a sequence of higher highs and higher lows. The trend is confirmed once the second peak is broken.



Conversely, a **bearish trend** forms when lower highs and lower lows are present, and the second low is broken.





Recognizing these trends is crucial because they help traders identify key trading levels—zones where buyers or sellers have previously shown strong interest. These levels represent areas where market participants have taken control, providing a foundation for future price movements.

## Identifying Key Trading Levels

Key trading levels are zones where buyers and sellers have previously shown interest. These are areas where price reactions have occurred due to significant buying or selling pressure. Sellers take control at peaks, creating supply zones, while buyers take control at troughs, forming demand zones. These levels often serve as critical reference points for future price action.

One way to identify key levels is by observing past price movements. When price reaches a peak and reverses downward, it suggests a strong supply zone. Likewise, when price bottoms out and rises, it indicates a demand zone. These zones are not exact price points but rather areas where price action is likely to react. By identifying these levels, traders can anticipate potential reversals and trading opportunities.

## Understanding Supply and Demand Dynamics

Supply and demand are the foundation of any market, influencing price movements and shaping trading opportunities. Whether you're a seasoned trader or just starting, mastering these levels can give you a powerful edge. Let's break it down step by step.

### What Are Supply and Demand Levels?

Supply and demand levels represent areas on a price chart where buying or selling pressure is strong enough to influence price direction. When demand overwhelms supply, prices rise. Conversely, when supply outpaces demand, prices fall.

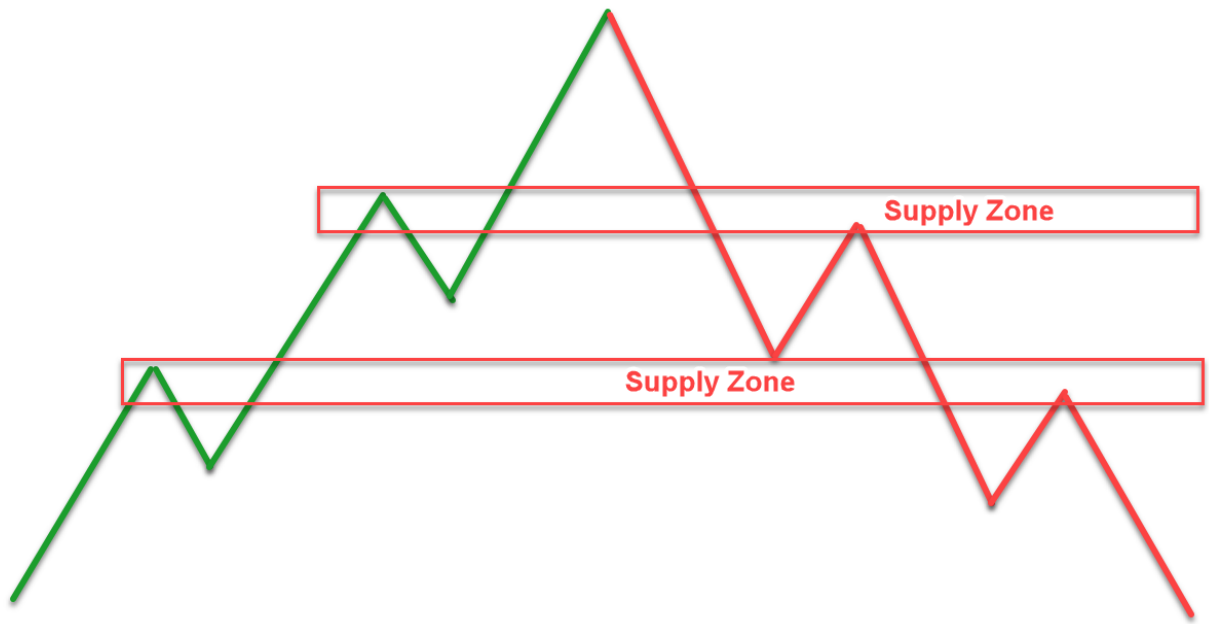
Think of these levels as zones where traders have historically made key decisions — spots where market participants either flood in to buy or rush to sell. Recognizing these areas helps you anticipate potential reversals or continuations in price movement.

### Why Are These Levels SO Important In Trading?

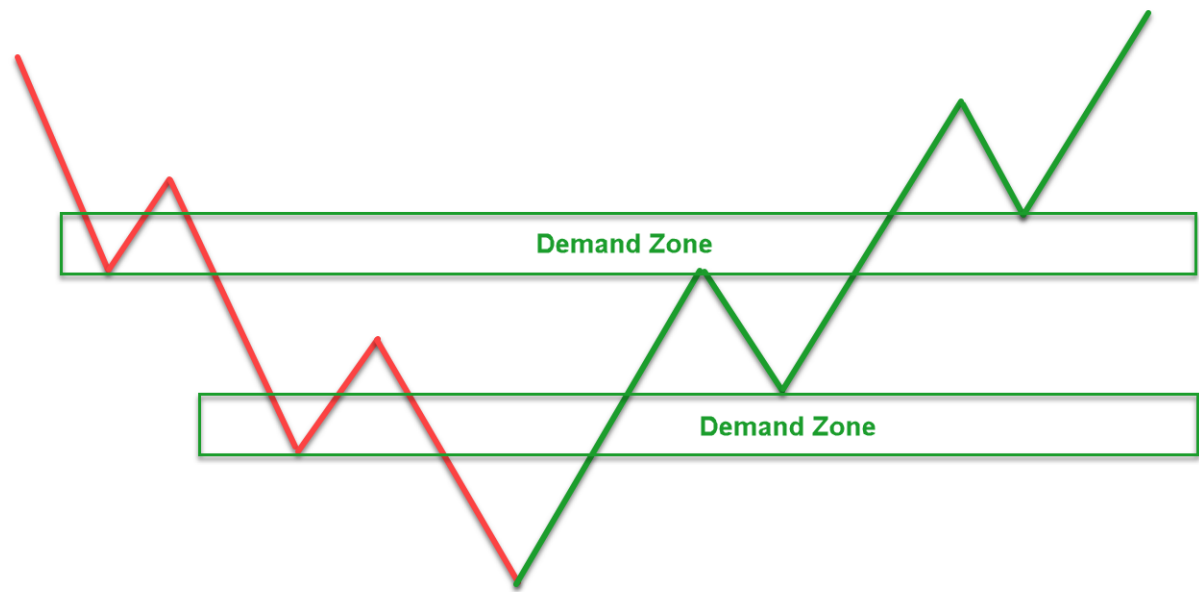
Understanding supply and demand is crucial because these levels reflect the market's psychology. They show where traders see value or overpricing, helping you make informed trading decisions. Spotting these zones early can help you time entries and exits with precision.

### Identifying Supply and Demand Zones

- **Supply Zone:** A price area where selling pressure is high, causing prices to drop. In other words Supply zones are areas where sellers gain control and momentum and push prices downward.



- **Demand Zone:** A price area where buying pressure is strong, causing prices to rise. In other words Demand zones are where buyers step in to take the control and push prices upward.

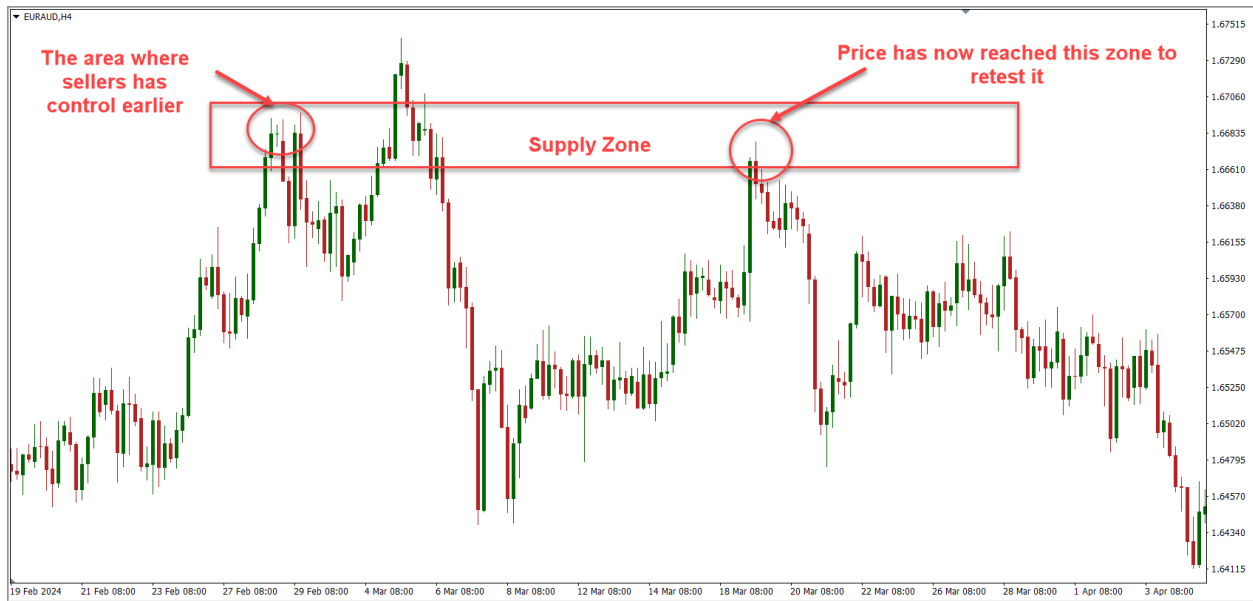


These zones can be identified by:

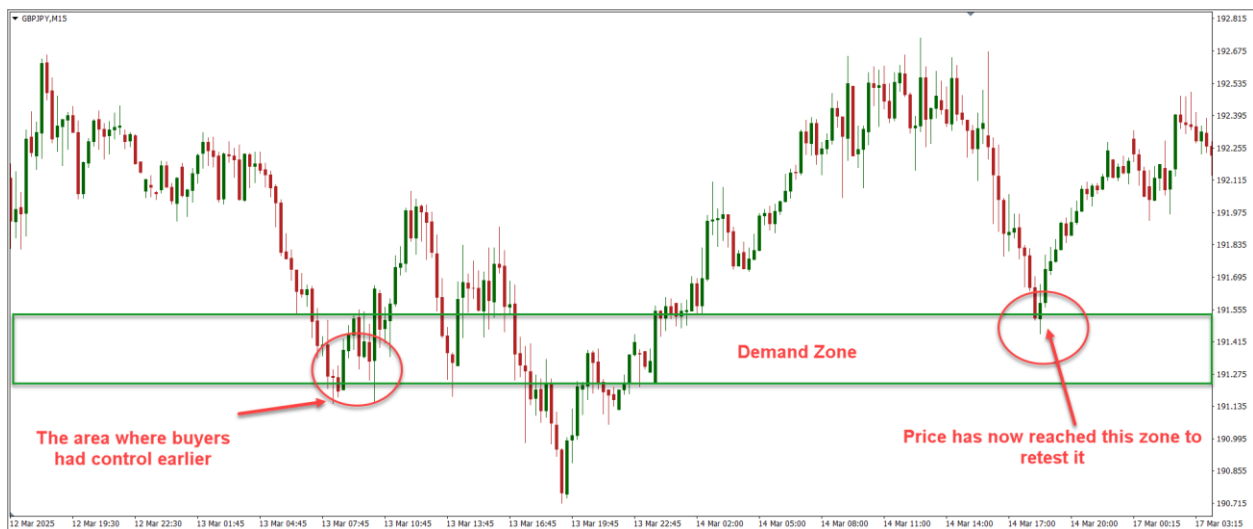
- Observing price peaks where sellers take control
- Noting price dips where buyers step in and take control
- Recognizing consolidation zones where the market prepares for a breakout

These zones often form after sharp price movements, where the market leaves an imbalance. Identifying these areas lets you map out high-probability trading setups.

### **Example of Supply Zone**



## Example of Demand Zone



## Trading Triggers and Strategies

### Recognizing Price Rejections

Price rejection occurs when the market reaches a key level but fails to break through, signaling a potential reversal. By identifying these rejection signals, traders can confirm trade entries with greater confidence.

### Trigger 1: Price Rejection and Candlestick Patterns

#### Bearish Trigger

This trigger is more aggressive and focuses on price rejection through candlestick patterns. Key components include:

- **Trend Shift Awareness:** Watching for a shift from higher highs and higher lows to lower highs and lower lows.
- **Retest of Supply Zone:** Identifying when price bounces back to test a previously significant zone where sellers already showed interest.
- **Confirmation with Candlesticks:** Seeking strong bearish candles following an upward trend.
  - A convincing red candle after a series of green candles.
  - A break below the low of the last two rising candles.
- **Avoiding Weak Candles:** If candles have large wicks but small bodies, it indicates weak selling pressure.
- **Inner Candles Consideration:** If a red candle follows an inner candle, it can be a weaker signal but still usable if the level holds.
- **Price Rejection Patterns:** Recognizing candlestick formations such as engulfing, harami, dark cloud cover, piercing patterns, evening star, morning star, and triple soldier.

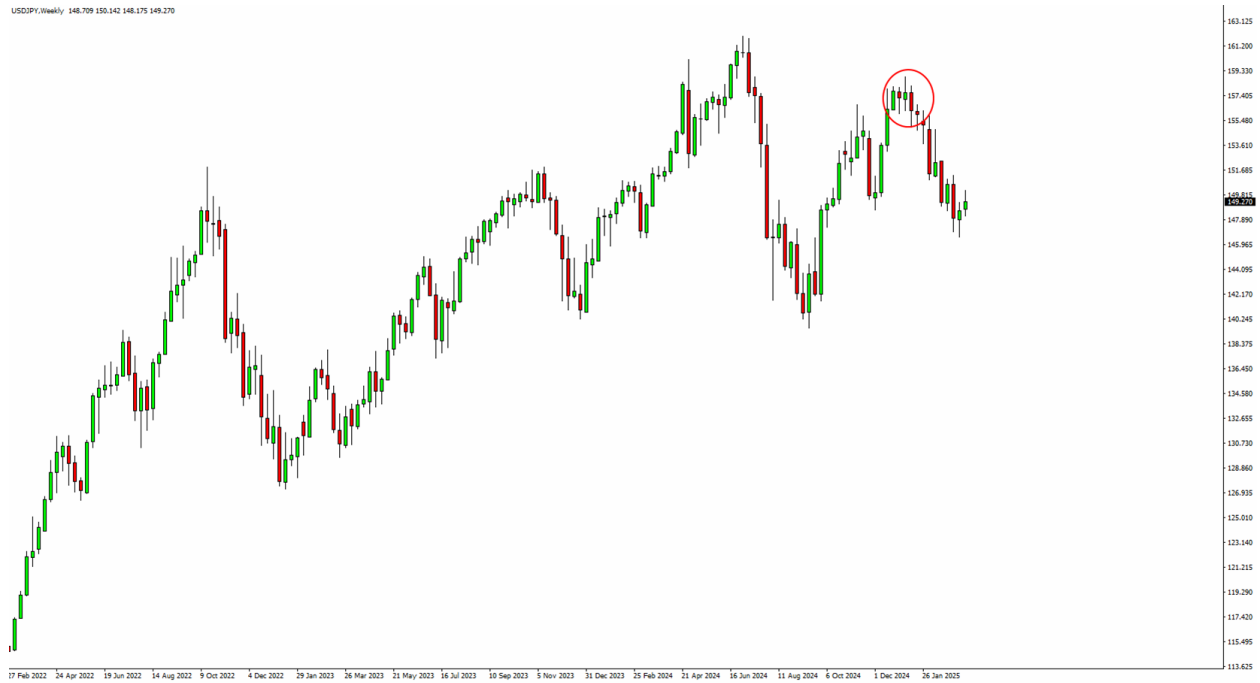
## Example of Trigger 1: Price Rejection and Candlestick Patterns

In the example below we had a trend shift from higher highs and higher lows to lower lows.

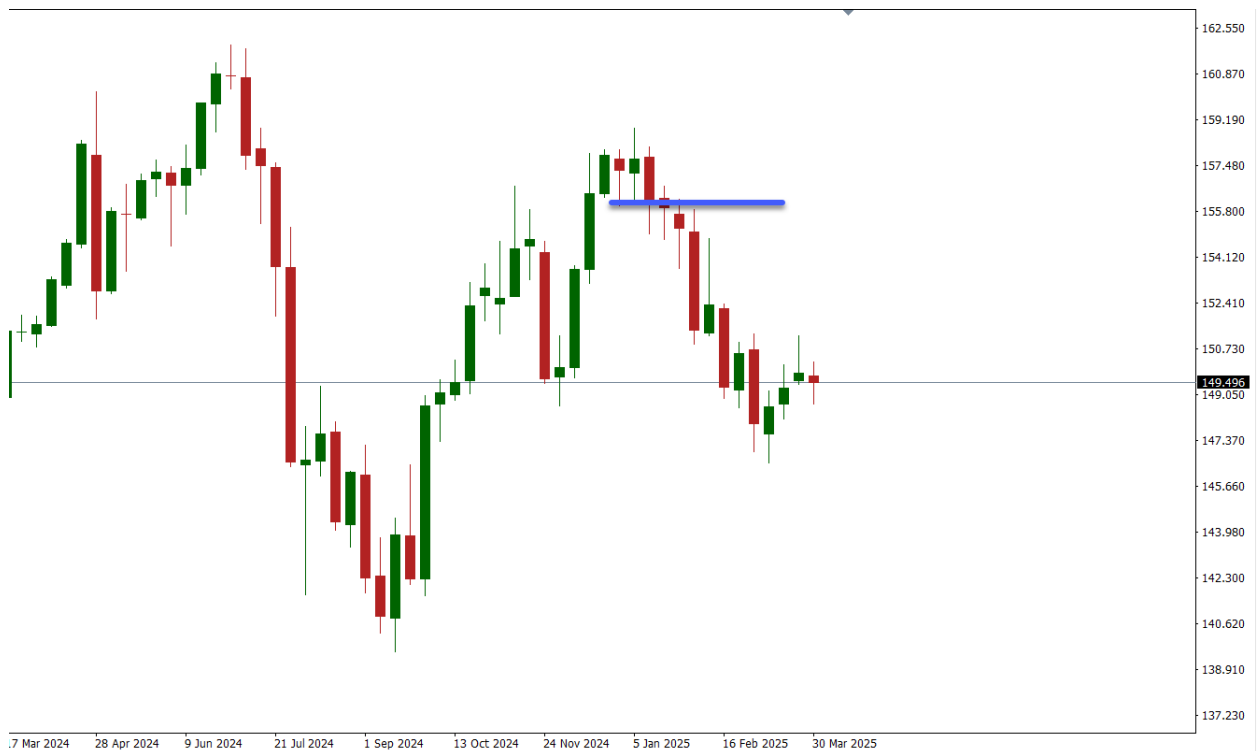
Then the price bounced back to test a previously significant resistance zone where sellers already showed interest.



We had a convincing red candle after a series of green candles



The price then broke below the low of the last two rising candles.





## Bullish Trigger

This is the vice versa of the bearish scenario

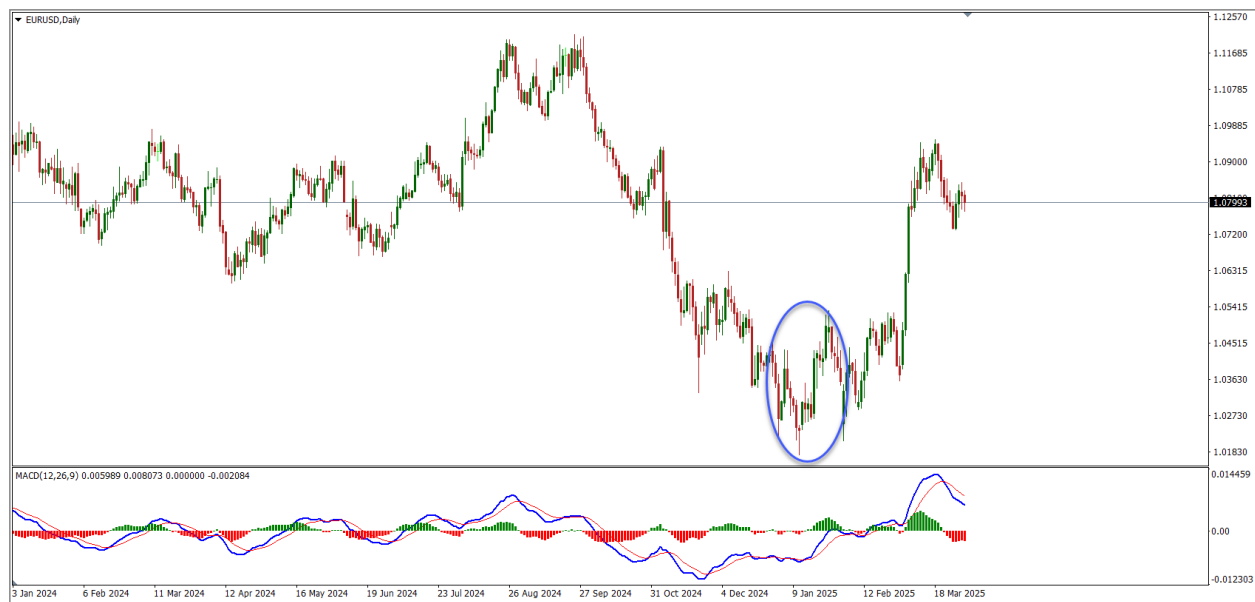
- **Trend Shift Awareness:** Watching for a shift from lower highs and lower lows to higher highs and higher lows.
- **Retest of Demand Zone:** Identifying when price bounces back to test a previously significant support zone where buyers already showed interest.
- **Confirmation with Candlesticks:** Seeking strong bullish candles following an downward trend.
  - A convincing green candle after a series of red candles.
  - A break above the high of the last two falling candles.
- **Avoiding Weak Candles:** If candles have large wicks but small bodies, it indicates weak buying pressure.
- **Inner Candles Consideration:** If a green candle follows an inner candle, it can be a weaker signal but still usable if the level holds.
- **Price Rejection Patterns:** Recognizing candlestick formations such as engulfing, harami, dark cloud cover, piercing patterns, evening star, morning star, and triple soldier.

## Bullish Example

Price reached a demand zone



We had a convincing green candle after a series of red candles.



The price then broke above the high of the last two falling candles.



## Trigger 2: The Flick – Trend Reversal Confirmation

### Bearish Trigger

This trigger is more conservative and relies on confirming trend changes using indicators and price action. Key points include:

- **Trend Identification:** Recognizing higher highs and higher lows before a breakdown and look for the price to create lower lows
- **Break of Recent Low:** Identifying when the price forms a new lower low, signaling a trend reversal.
- **Retest of Supply Zone:** Ensuring price revisits and rejects the buyers-dominated zone.
- **Multi-Timeframe Confirmation:**
  - If analyzing the daily chart, execute based on signals on the daily or 4-hour chart.
  - Please note that the Trigger 1 can also be applied on the lower timeframe.
  - Avoid using too low timeframes like 5-minute or 15-minute charts for execution.
- **Key Indicator Support:** Looking for confluence with trend indicators, divergences, and convergences.
- **Sellers Taking Control:** Identifying a shift from higher highs and higher lows to lower highs and lower lows.
- **Then look for pullback and further continuation lower**

## Bearish Example

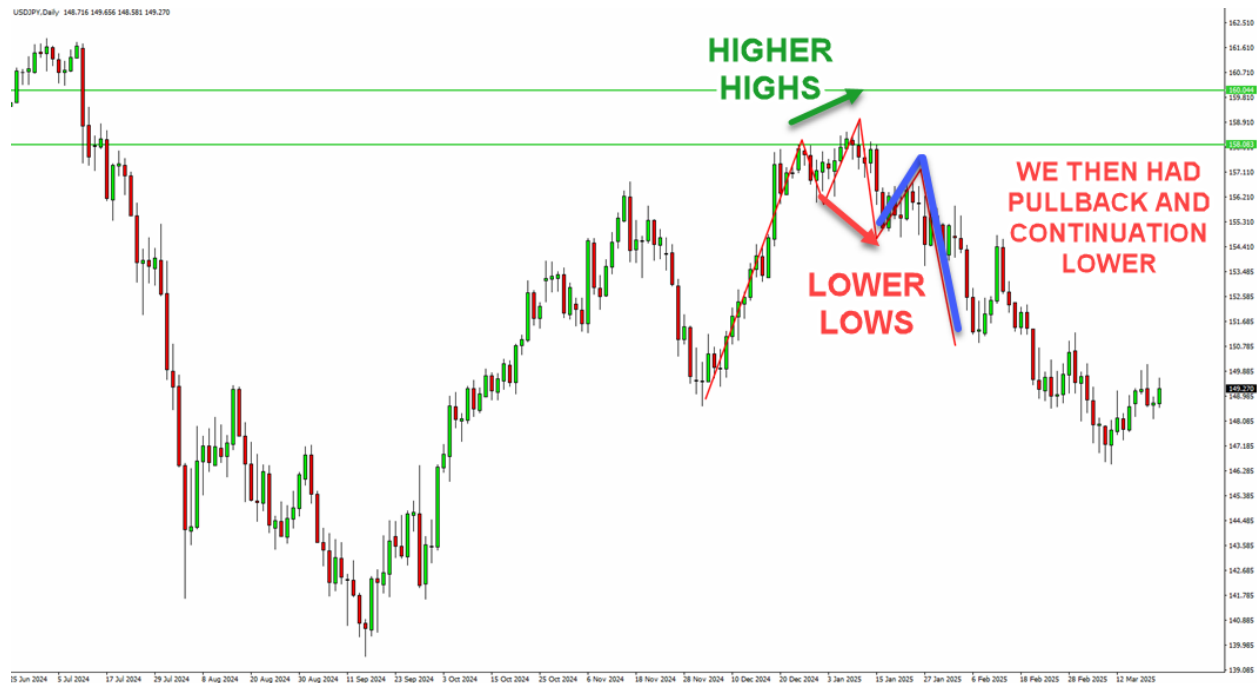
### Higher Timeframe

Price made a trend change from higher highs, higher lows to lower lows.

We then had a pullback with the price reaching the supply zone to retest it.



Now moving down to a lower timeframe we see a shift from higher highs and higher lows to lower highs and lower lows. We then had a pullback and then the price continued lower.



## Bullish Trigger

This trigger is more conservative and relies on confirming trend changes using indicators and price action. Key points include:

- **Trend Identification:** Recognizing lower highs and lower lows before a breakdown and look for the price to create higher highs.
- **Break of Recent high:** Identifying when the price forms a new higher high, signaling a trend reversal.
- **Retest of Demand Zone:** Ensuring price revisits and rejects the seller-dominated zone.
- **Multi-Timeframe Confirmation:**
  - If analyzing the daily chart, execute based on signals on the daily or 4-hour chart.
  - Please note that the Trigger 1 can also be applied on the lower timeframe.
  - Avoid using too low timeframes like 5-minute or 15-minute charts for execution.
- **Key Indicator Support:** Looking for confluence with trend indicators, divergences, and convergences.
- **Buyers Taking Control:** Identifying a shift from lower highs and lower lows to higher highs and higher lows.
- **Then look for pullback and further continuation higher**

## Bullish Example

### Higher Timeframe

Price made a trend change from lower highs, lower lows to higher highs higher lows.

We then had a pullback with the price reaching the demand zone to retest it.



Now moving down to a lower timeframe we see a shift from lower highs and lower lows to higher highs and higher lows. We then had a pullback and then the price continued higher.



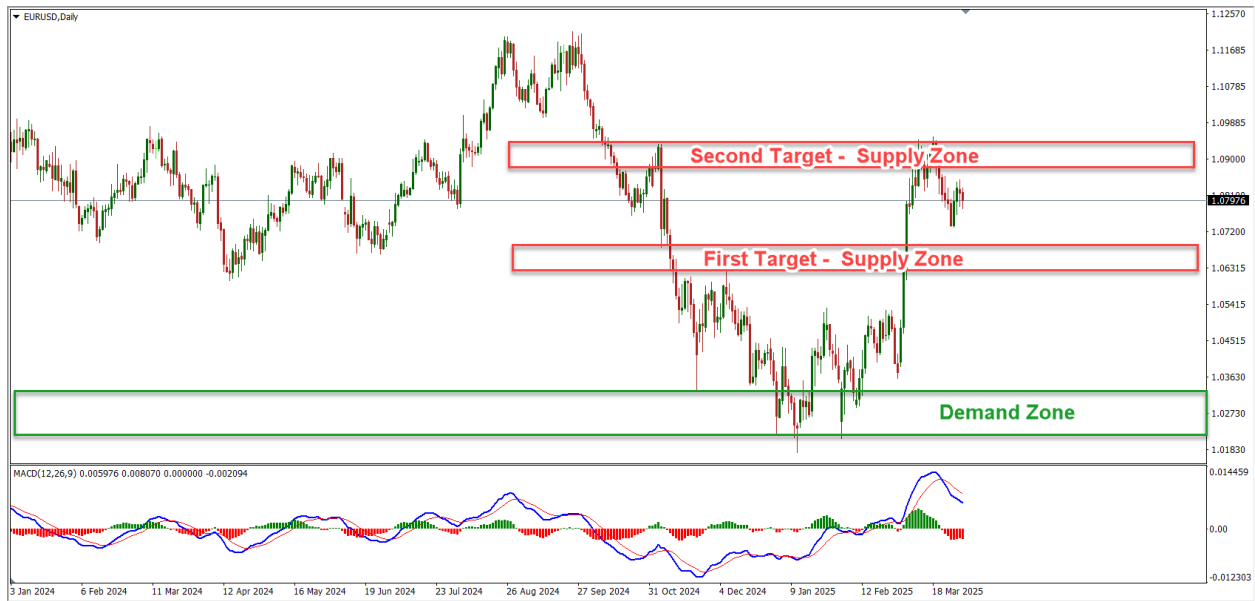
## Executing Trades with Risk Management

To trade successfully, managing risk is crucial. Follow these principles:

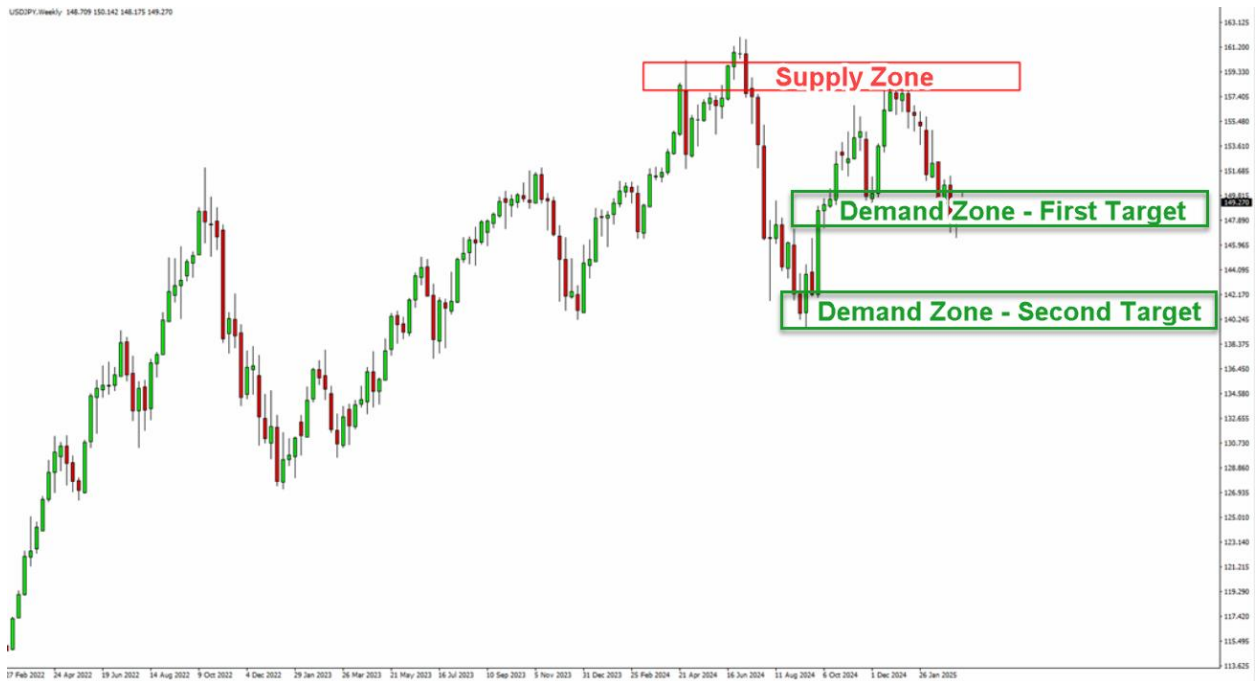
- **Stop-Loss Placement:** Always set a stop-loss above or below the key level to minimize losses.
- **Risk-Reward Ratio:** Aim for at least a 1:2 or higher risk-reward ratio. **Example: If risking 100 pips, ensure the potential reward is at least 200 pips or more.**
- **Trade Execution:** Enter trades only when price action aligns with key levels and confirms rejection signals.
- **Targets - Next supply/demand levels depending on the buy/sell trade.**

### Examples

#### Buy Trade - Targets



## Sell Trade - Targets





## Conclusion

Mastering supply and demand is a **game-changer** for traders. By understanding market psychology, recognizing key levels, and applying strategic execution, you can enhance your trading skills and make informed decisions. Practice these concepts, refine your approach, and develop a disciplined trading plan to achieve long-term success.

## Final Words

Thank you to those of you who have read my eBook.

This eBook aimed to provide information of value that you found not only interesting but applicable to your day trading journey that is an ongoing process of improvement, evolution, and commitment.

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Remember – to find your success, you should learn from the best! Throughout the past decade, we’ve not only served ranked as the best forex mentorship and trading platform online but have helped tens of thousands of traders reach their potential with online trading.

With this in mind, please allow me the opportunity to guide you through your trading journey. Allowing you not only to cultivate your trading skill and lethality but more importantly to help you become your own best success story through this extraordinarily difficult journey of making your goals and dreams become a reality.

**Dreams Do Come True – If You Tell Them To The Right Person! –**  
Vladimir Ribakov.

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Vladimir Ribakov  
Internationally Certified Financial Technician

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Forex Triple B



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