



Profitable "Semi-Automated" Trading At Your Fingertips!

The Forex Triple B Trading Manual

By

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Version 2.0

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Introduction

Thank you for purchasing the Forex Triple B system & software and for giving me the chance to improve your trading or simply giving you some new fresh alternative view about trading.

I run one of the biggest online trading communities – the [Traders Academy Club](#) – and I invite you to join us there! Trading is much more fun when you have likeminded people to share your ideas and thoughts.

My name is Vladimir Ribakov. I am a full time forex trader and during the last years also a trading mentor. You can read my market analysis and views by visiting my blog: www.vladimirribakov.com

The idea of the Triple B was seeded first when I was asked over and over by my followers if I have a trading strategy based on Bollinger bands (in short = BB) and is simple to follow in trend trading.

My answer was always yes I do, but it can't be taught easily and has to be explained in detail. Some students asked and I explained the idea, some gave up and then I was thinking, how about creating such software with manual alerts and trading directions?

The answer was – yes it is easier to learn and trade it that way.

Since then I was working on this project, testing it back and forth with some different trading approaches with one goal in front of me –

making it as easy as possible and helping as many types of traders as possible.

So after long time and endless tests, here it is. Right here in front of you.

So what is it all about?

Triple B is a trading system based on Bollinger bands.

Bollinger bands are from my point of view, a kind of indicator that didn't earn its due respect when it comes to forex trading.

I know that many traders ignore this indicator and honestly, from my own experience, they miss the point.

BB (Bollinger Bands) is very powerful indicator, if you know how to read it correctly. And the triple B system does the job for you.

The idea is very simple, I didn't create anything "crazy" or invented any secret indicator to use the BB, I took the built-in BB indicator in MetaTrader, used the default settings, and combined it with my knowledge of divergences, then put it all together into a simple trading system.

In this book I will explain EVERYTHING you need to know, including extra tips, about how to use triple B the most successful way and how to benefit from it to the maximum.

So let's begin.

Triple B – The General Idea

The idea behind this trading system is to ride the trend, the way it is shown on the BB.

As you might know, trend riders belong to various groups. Some love to make a quick profit with part of the trade, then let the other part run, some love just to let the trend continue and some love to increase their trade size every time the trend breaks and has a pullback.

My goal was to create something that can be useful to any of these types of trend traders.

So the triple B joins the trend fully based on BB and from there, there are different ways to manage the trades, and yes, they all are tested and proven as successful (You can find the proofs of my tests on the main page of the website).

The idea is to find a trend on daily time frame (from now on: TF) and to actually enter the trade using a lower TF. Due to many requests from the traders who used the Triple B, and who wanted to trade different time frame combinations (not just D1 +H1) I have made it possible.

Now in this version (version 2.0) you can choose the higher time frame and the lower time frame. So for example you can choose H4 and M30 as a combination instead of D1 + H1.

However, since I mainly use Daily and H1 charts to trade it I will use this combination in my examples and explanations further in the book.

The first thing I do is to look at the Daily chart, with the BB indicator

on it, seeking for the main trend.

That's easy to do with the Triple B template, since on your lower time frame chart (for example 1 hour chart) you can see a small window displaying the Daily chart and BB on it.

Now let's get to some definitions:

A trend is called **bullish** if price is above the middle of daily BB (20 ma) and the slope of the MA is bullish.

A trend is called **bearish** if price is below the middle of daily BB (20 ma) and the slope of the MA is bearish.

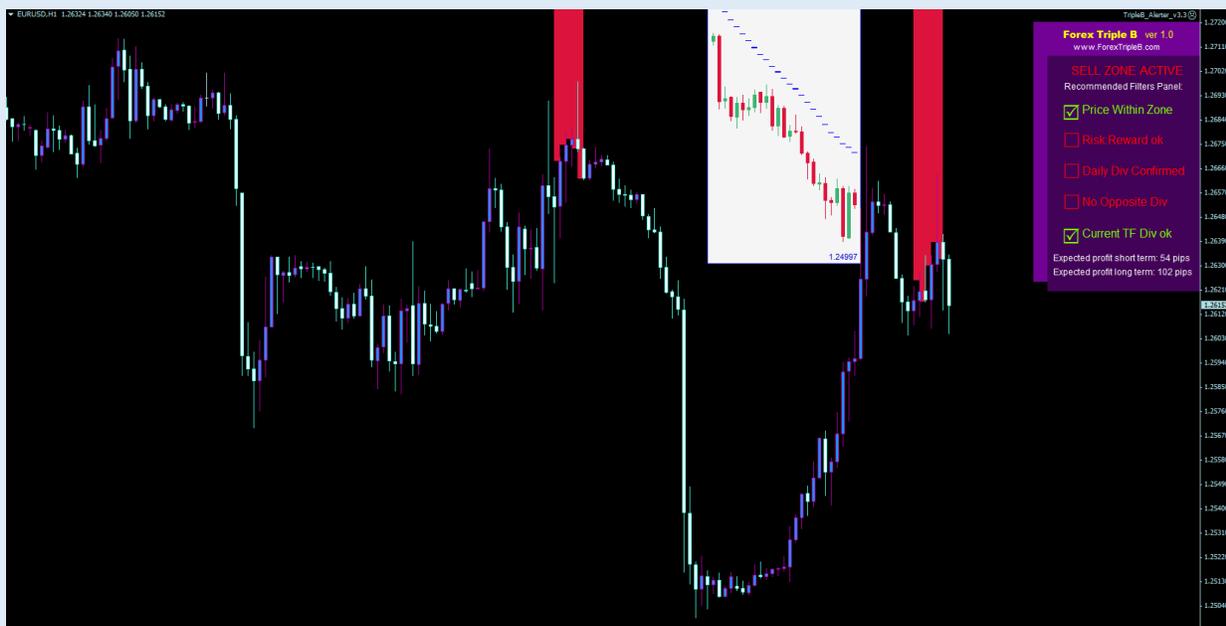
This is the most important first stage.

Then we drop two TF directly to the 1 hour chart (H1) and there we are looking for prices to get out of the BB, as opposite to the daily trend direction.

So basically, if the BB trend on daily is bullish on H1 we need to see prices getting out below the BB.

That's all. In this case we have a nice potential (and I say potential as there are few more things to pay attention to, I will explain all later) trade and we should be ready to act.

Here is how the Triple B template looks like:



In the middle of the screen you will see white window. This window shows you where you are on the higher time frame. In this case you see price is well below the daily 20 MA and the slope of it is bearish.

On the right hand side of the screen you can see that we have a window with several other filters we have to pay attention to.

No worries I will explain everything, just keep reading.

So as I said, generally that's what we need and it is in front of our eyes at any given moment.

Now we need a trigger to get in the trend and BB knows to give very good triggers.

So what's next then?

Let's go into deeper details and explain how to actually trade with it, with all its various ways.

What's New In Version 2.0?

For a long time, Triple B traders have requested from me to make it possible to use other combinations besides D1 + H1 charts. To be honest I didn't do it until now as I believe best results are to be extracted from this specific combination.

However I have received statements from traders that traded same principle on other time frames – for example H4 + M30/M15 – and have managed to achieve great results.

That made me change my mind. So here it is. The new Triple B 2.0 that supports multi time frame analysis.

Basically you are now able to select a higher time frame different from the D1 chart. So how exactly does it work? I will explain all in detail in the next chapter.

Selecting chart combinations

As I have mentioned already, you may now select the higher time frame to be any time frame you choose, not only D1. This new feature gives a lot of flexibility to the intraday traders and scalpers.

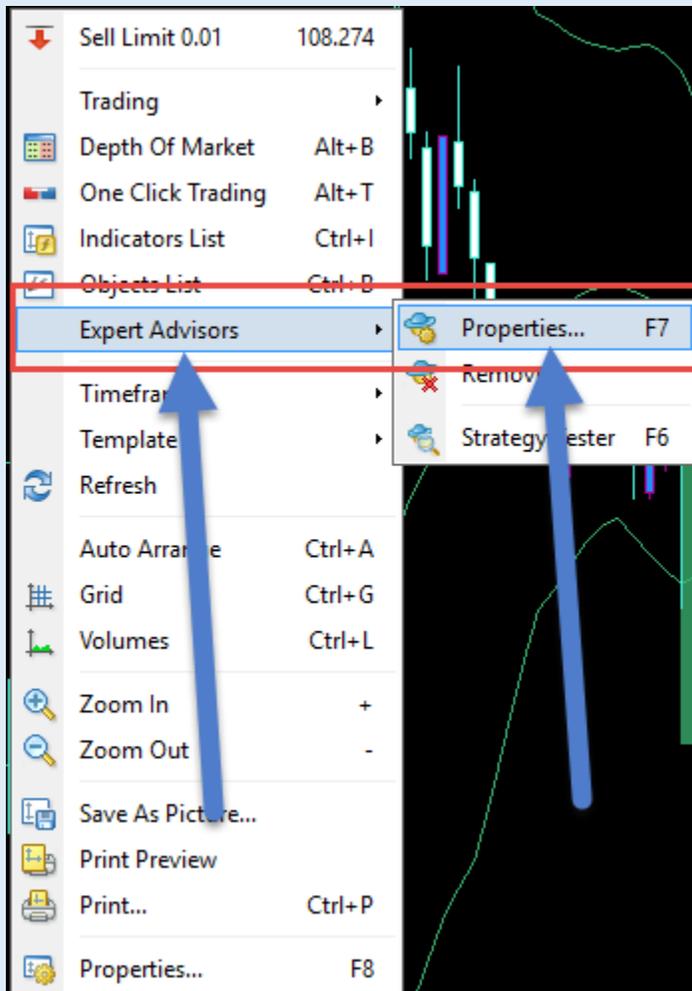
However I would strongly suggest you to not drop lower than H4/H1 maximum. Trying to catch moves on the M1 chart based on M15 “trend” won’t end up well in the long term.

If you have decided to do it after all, please demo test it for at least a month or two before you go live. Spread, slippage, execution time...these are all factors that will greatly influence your trading results. Keep in mind that real spreads are not always shown on demo accounts so once you move to live, it could vary.

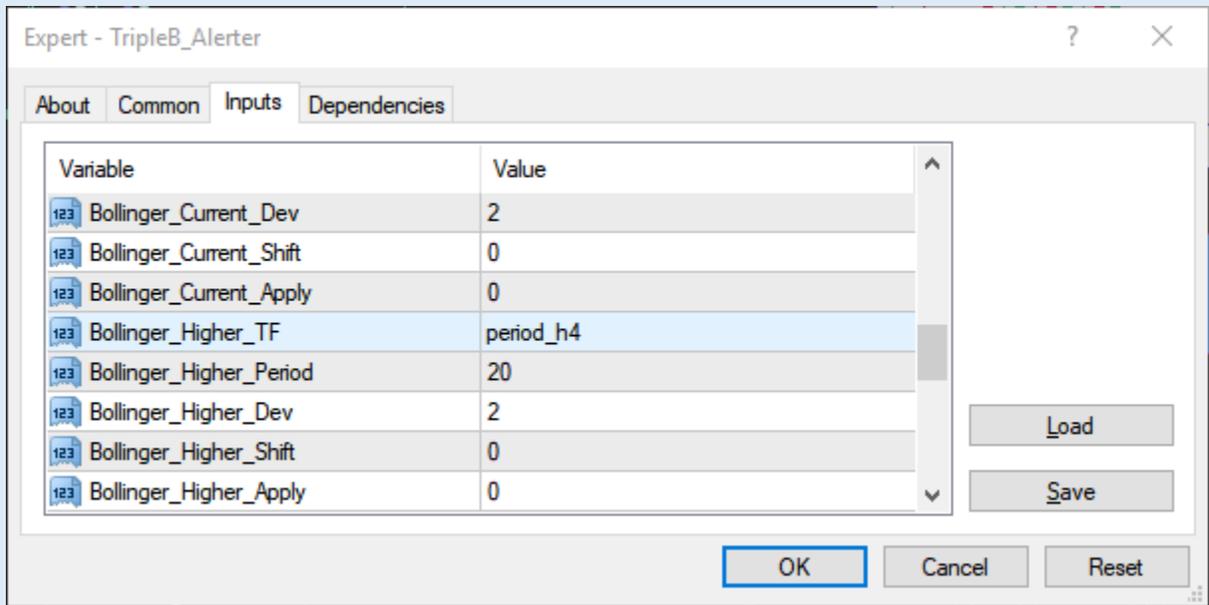
If you are the type of trader that doesn’t like spending too much time in front of the PC, you may decide to go for the higher time frame trends like W1 (weekly) or even MN (monthly) in combination with H4 and D1 as your trading time frames.

Here is what you need to do.

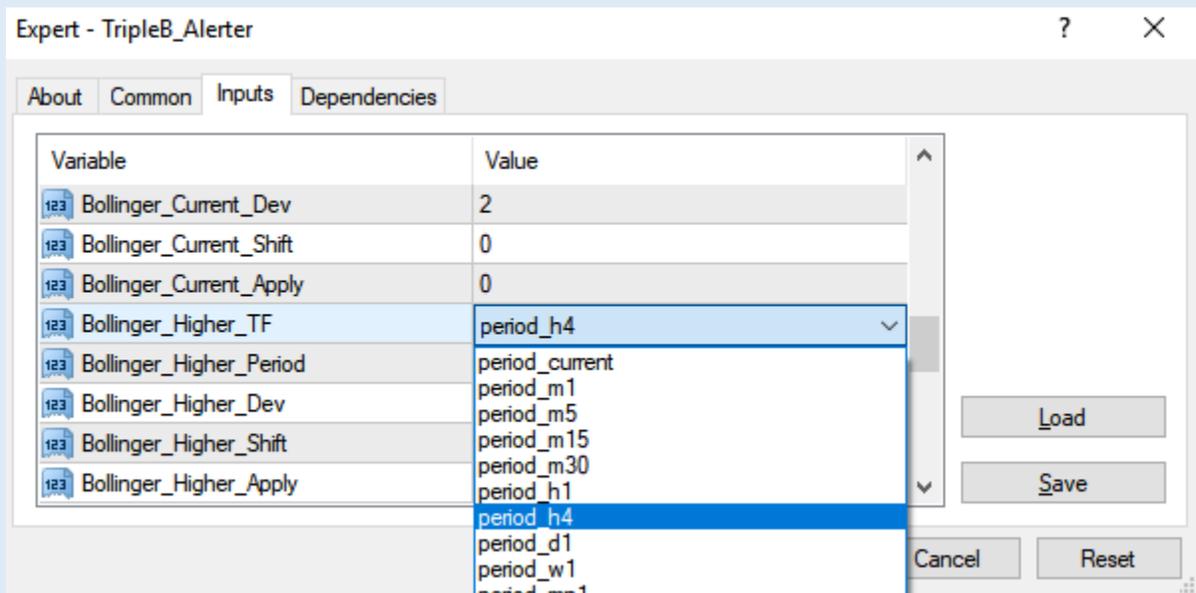
1. Once template is loaded on your chart click F7 on your keyboard or alternatively right-mouse click anywhere on the chart, from the context menu select Expert Advisors -> Properties



2. Select the **Inputs** tab and scroll down to the **Bollinger_Higher_TF** option. On the right side you will see the current time frame selection.



3. Double click it and from the drop down menu you can choose your desired higher time frame.

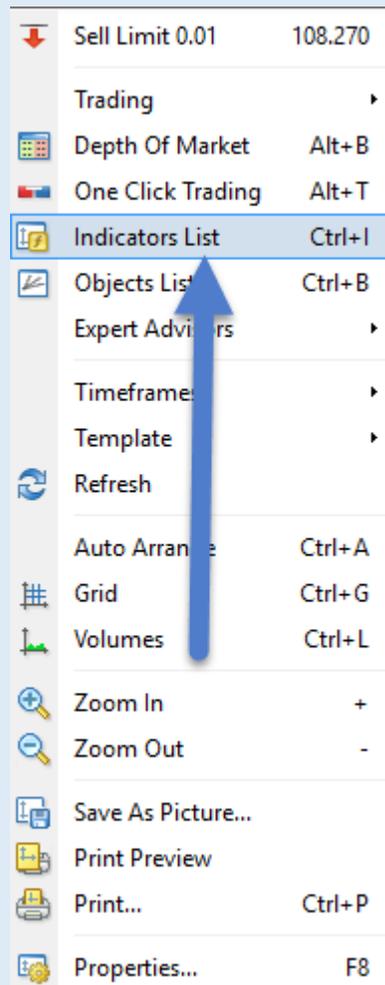


4. Click Ok. I will go with H4 time frame in this example.

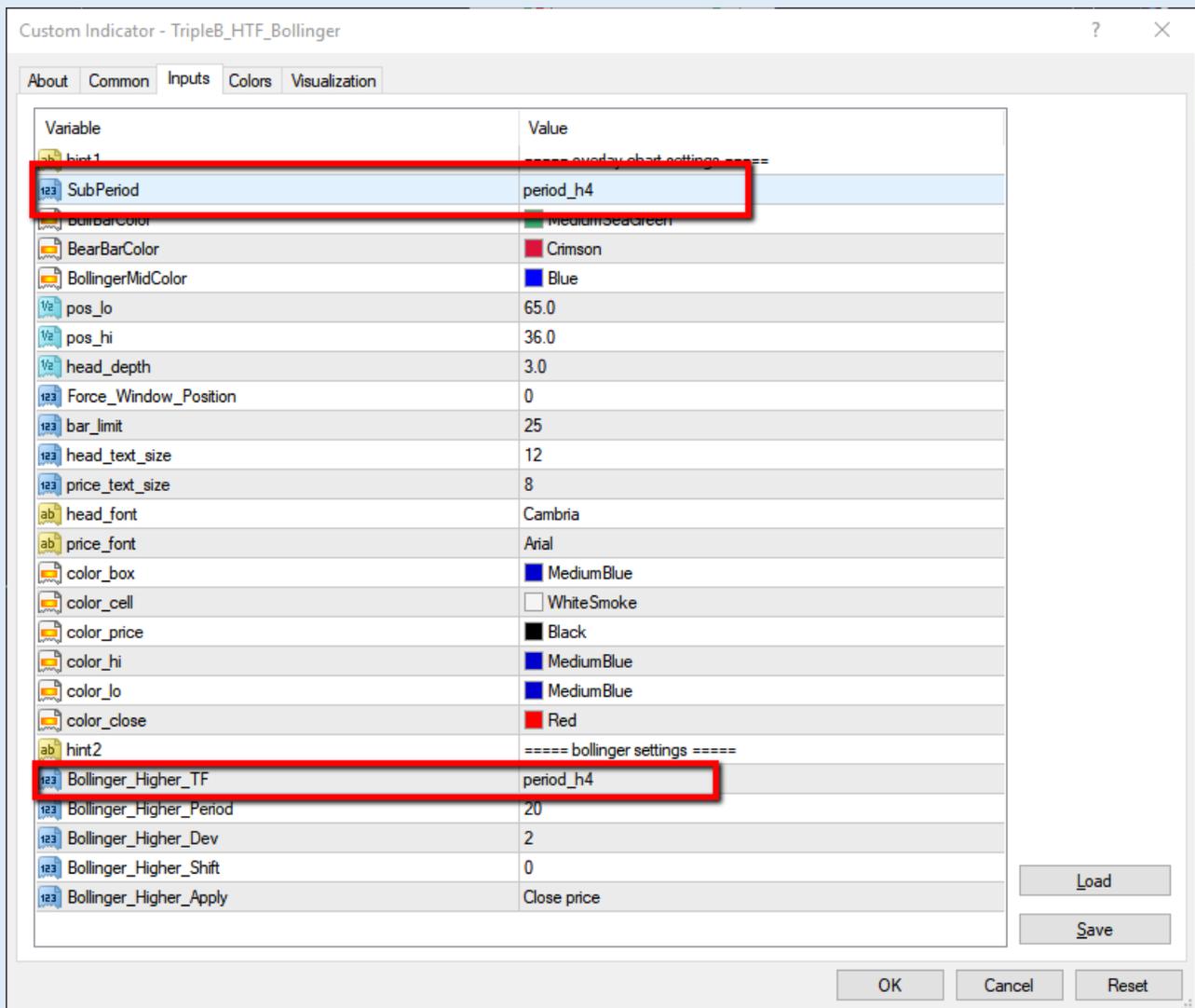
Now you have to match your choice inside the indicator as well. This means that if I selected h4 in the expert, I need to select H4 in the

indicator as well.

Click CTRL + I to open the indicators menu, or alternatively right-mouse click on the chart, and select Indicators from the context menu.



Double click on the **TripleB_HTF_Bollinger** indicator and go to the **Inputs** tab.



In here you must change **SubPeriod** and **Bollinger_Higher_TF** to the same time frame that you have selected inside the Expert Advisor's settings. So if you chose inside the expert advisor W1 (weekly) you must select W1 (weekly) for SubPeriod and Bollinger_Higher_TF.

In this example we use the H4 chart, and this is why I will select H4 in the indicator.

Click Ok to confirm and you are all set!

Basic Trading Using Triple B

As I previously said, the idea is to ride the main trend as seen on the daily TF (or any higher time frame you have selected).

It's very easy to do as you don't even need to constantly switch time frames on all pairs that you trade – just use the Triple B template, and you'll see the higher TF window on your lower time frame chart. I'll explain more about it in a minute.

So the idea is we find a bullish or bearish trend on the higher TF, then go down 1 or 2 TFs lower and there we get our trigger.

The basic trigger is given if we get out of BB on the opposite direction to the higher MA.

For example:

Daily 20 MA is bullish and price is above it, and the slope is bullish as well (i.e. it goes up).

On H1 I have the price below the BB.

In this case, I get my trigger to buy that pair that I got a signal from. All I need after that is a green candle. That's my entry point.

Simple right?

Well, that's the basics, we will see more details very soon, keep

reading.

The most important thing to say and understand – You DON'T have to do anything. The Triple B system does it all for you, including giving you a trigger when all settings are up on the higher TF and the lower TF.

All you need to do is follow my rules, and my additional tips, to get in with the best entries and maximize your profits.

So I think it's a good time to get to know the system a bit more intimately, right? 😊

The Triple B Template



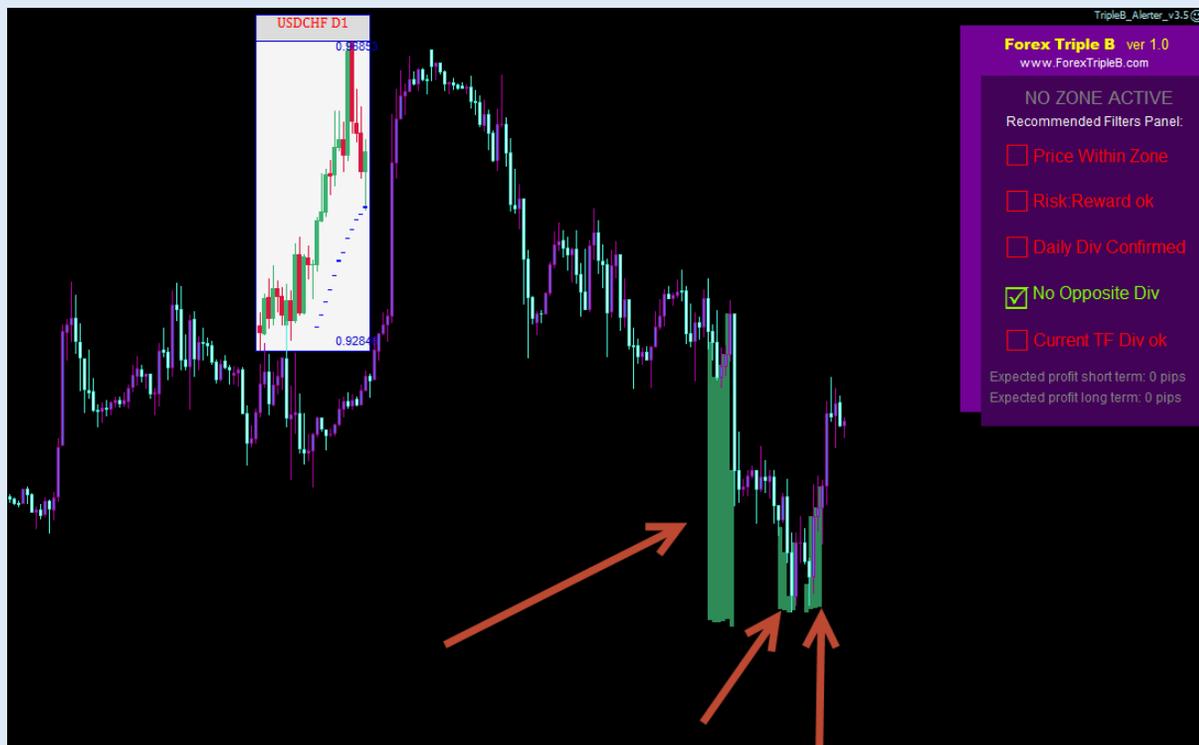
That's how the template looks like. White candles – bearish ones, Purple candles – bullish ones.

I tried to keep colors this way so they don't take your main focus, feel free to change colors up to your view.

On the upper middle part of the screen you can see white window. This window shows the higher time frame 20 MA. It is very useful so you don't switch TFs while you get a signal, so it saves your precious time while deciding to enter the trade.

On the right side you can see the filters panel. In this window you will get the extra confirmations \ filters you need in order to get the best signals.

When you get signals, the filters will turn on, and the relevant ones for the signal you get will be marked in green color on the right.



When you get a signal it can be either bullish or bearish, buy or sell.

If it's a buy signal you will see green zone developing below the candles.

When a signal is given, the green\red zone that appears, represents the distance from current market price to the daily 20 MA, so the bigger the distance is, the further we are from daily 20 ma, and the smaller the distance is, the closer we are to the daily 20 ma.

You get the signal once the rules are met (the basics ones).

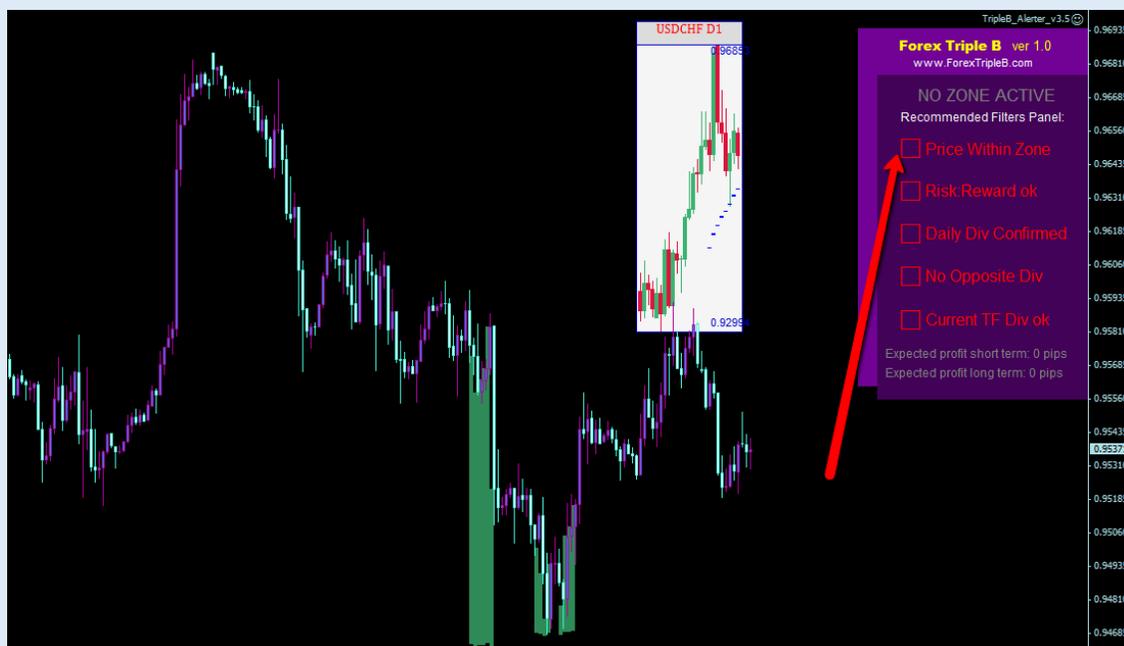
Therefore, if you get a buy signal, it means you have price above the daily 20 MA and on the H1 you got price below the lower band of BB. Of course that could be H4 20 MA and M30 lower band.

Then you get a bullish candle, which tells you – get ready to buy (Get ready because I will share with you tips that will help you when not to buy 😊)

The exact opposite happens for a sell signal.

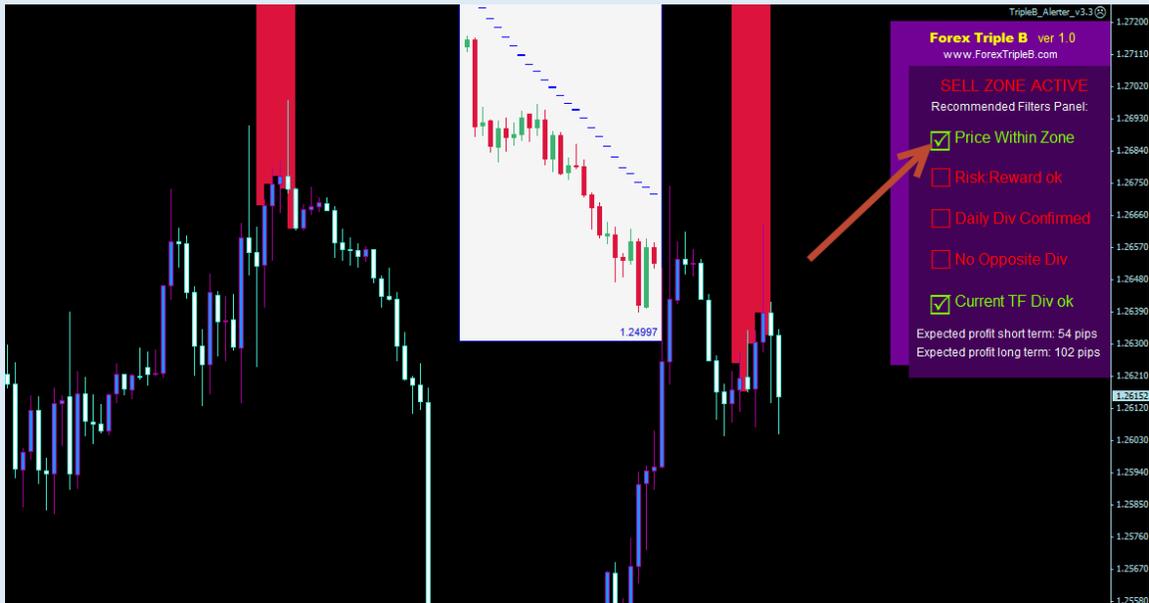
As I've mentioned before, you have the filters window on the right hand side. There are several filters there. Let's understand what each of them means:

1. Price within zone



It means that when you get a signal, the price did what it needed to do on the H1 (Broke the BB on the lower TF and retraced inside).

Every time you get a signal, this line will turn to be marked green like this:



2. Risk:Reward ok

It means that the system is checking whether the Risk:Reward ratio is good enough.

Note- NOT all the trades will be with good risk reward!!! But I will explain how to trade each approach a bit later - KEEP READING!

However now the question remains how the system calculates the R\R. I'll answer that a bit later.

3. Higher TF Div Confirmed –

Higher TF will be replaced by the symbol of the higher time frame you have selected for example: “D1 Div Confirmed” or “H1 Div Confirmed”

This is less a filter but more a kind of an extra confirmation. It tells us if there is a divergence in our desired direction, on the higher TF.

As if there is one, it gives a serious confirmation and boost to the direction we look to trade.

Note – This filter \ confirmation is NOT a must-use criteria. We can still trade even if doesn't show up. But as I said, the strategy tips will come later.

4. No Opposite divergence

A VERY important filter. If we get it ticked in green, it means that on the higher TF we DO NOT have an opposite sign against us. So it gives our potential trade an “extra power”.

Remember, we want to join the current higher TF wave, so we don't want to do anything if we have opposite signs against us.

5. Current TF Div ok

It means that we don't have an opposite divergence against us, on the entry TF (the lower time frame which is the one where we trade.)

So now we know what the template gives us, and how each of the filters helps us.

It's time to trade Triple B... so let's learn the trading ideas.

P.S – Regarding the filters, when you get a signal, if you have ALL of them marked, that's probably the best trade 😊 but, we don't really need to wait for all of them to be triggered. We can have good trades without having all of them marked. In general, the more filters are on, the better the call.

Let's move forward then.

How To Trade With The Triple B

The Triple B can be a helpful tool for every kind of trader:

- Those who like scalping
- Those that like classic R\R trade (risk less to gain more)
- Those who like to be involved in trading, and just “must” feel “in”
- Those who like to split trades, take profits and continue with partial (Like myself sometimes 😊)
- Those who like to mix things to maximize profits.

And the reason that Triple B allows that: its basic idea is trend trading, and join on the optimal entry level according to the Bollinger bands indicator.

So let's see how we trade each of the ways.

First, let's delve into the template a bit deeper. You do know already how it looks and how to work with it and its filters. But there are few more things to pay attention to.

The first line gives us the short term profits. This is the target pips for intraday traders or scalpers.

This target is actually the opposite BB on the H1 (or whichever is your lower time frame). So if we get a bullish trigger to buy any pair, then it means we got price below the lower time frame's BB and then we got bullish candle which triggers our trade. So the short term profit was the upper band of bollingers on the H1 (or

whatever lower time frame you are using).
Here's how it looks like:

Forex Triple B ver 5.00
www.ForexTripleB.com

BUY ZONE ACTIVE

Recommended Filters Panel:

- Price Within Zone
- Risk:Reward ok
- Daily Div Confirmed
- No Opposite Div
- Current TF Div ok

Expected profit short term: 139 pips
Expected profit long term: 212 pips



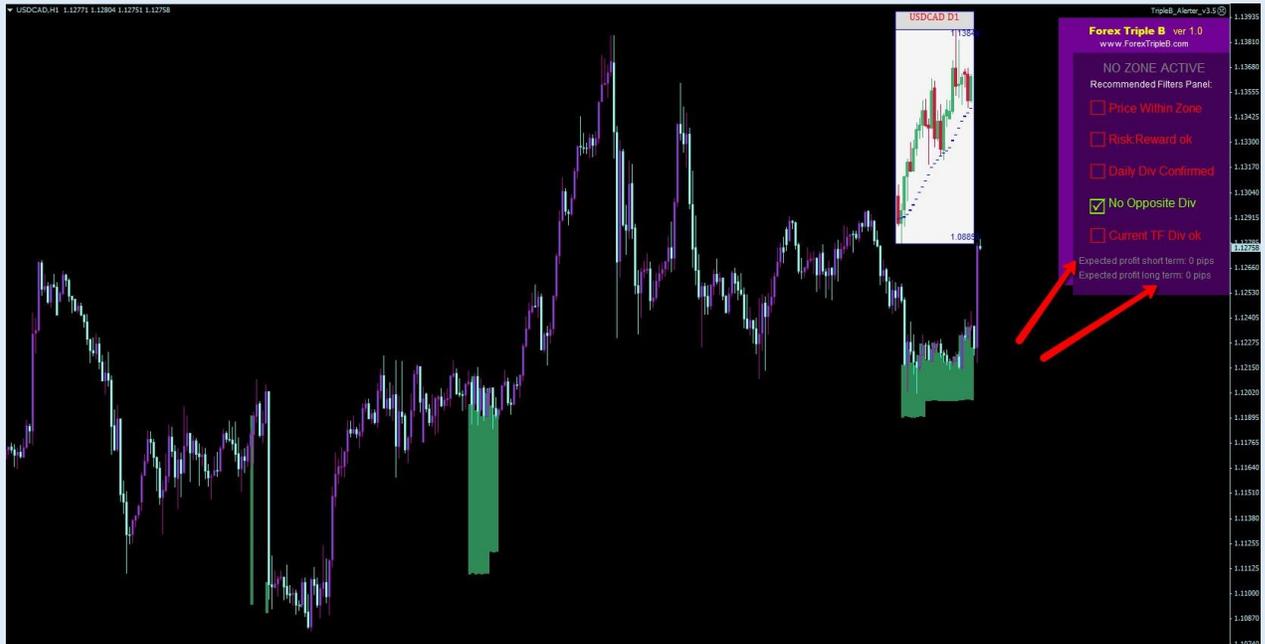
Now you might get confused here as you see a different template, so don't be. I just want you to see how it really looks like on the H1 BB.

So that's the short term profit.

There is some trick here anyway, as you see on this example, the price of BB changes for almost every candle.

If the price doesn't move much, then the profit will be reduced. It's true, and we can't escape from this kind of situation. It's part of trading, sometimes the market doesn't do what we want it to do for us 😊

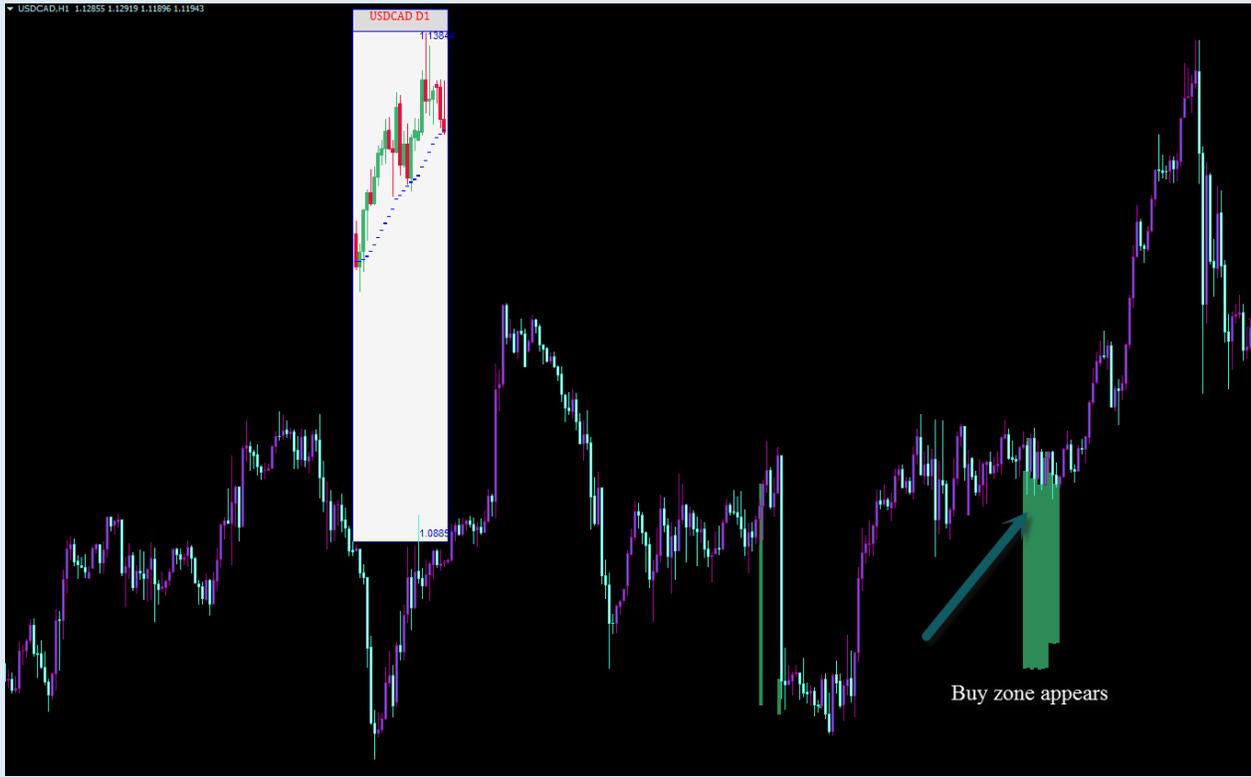
And there is the second line - the long term profit:



The long term profit is simply the DAILY (or whatever higher time frame you have selected) upper band. Upper in this example of course, as we are in a buy trade. If you would be in a sell trade, then it's the lower band on daily of course.

So the long term target is for those of you who prefer to trade classic risk \ reward trades, means risk less than expected target or those who want take quick profits and leave with partial trade running.

Here is how it looks like:



And here how it looks on BB on the H1:

Now, the “long term” might confuse you, I called it this way just to separate the H1 trading from the daily targets. It's true that for "long term", targets could be reached even on the same day, but that’s how you will know where to aim 😊

So that’s pretty much the idea of trading the Triple B. Simple, VERY effective and pretty easy to understand.

There are several tips I will give you a bit later, but the main idea is the most important one.

As I said before, you can trade the signals using various techniques, for example scalp and take profits on short term only, or take partial profits and run partial trade for long term profits. Each of the ways was tested by me and other traders that helped me and proved to provide with great results.

So let’s move forward then and let me give you tips that will maximize your results.

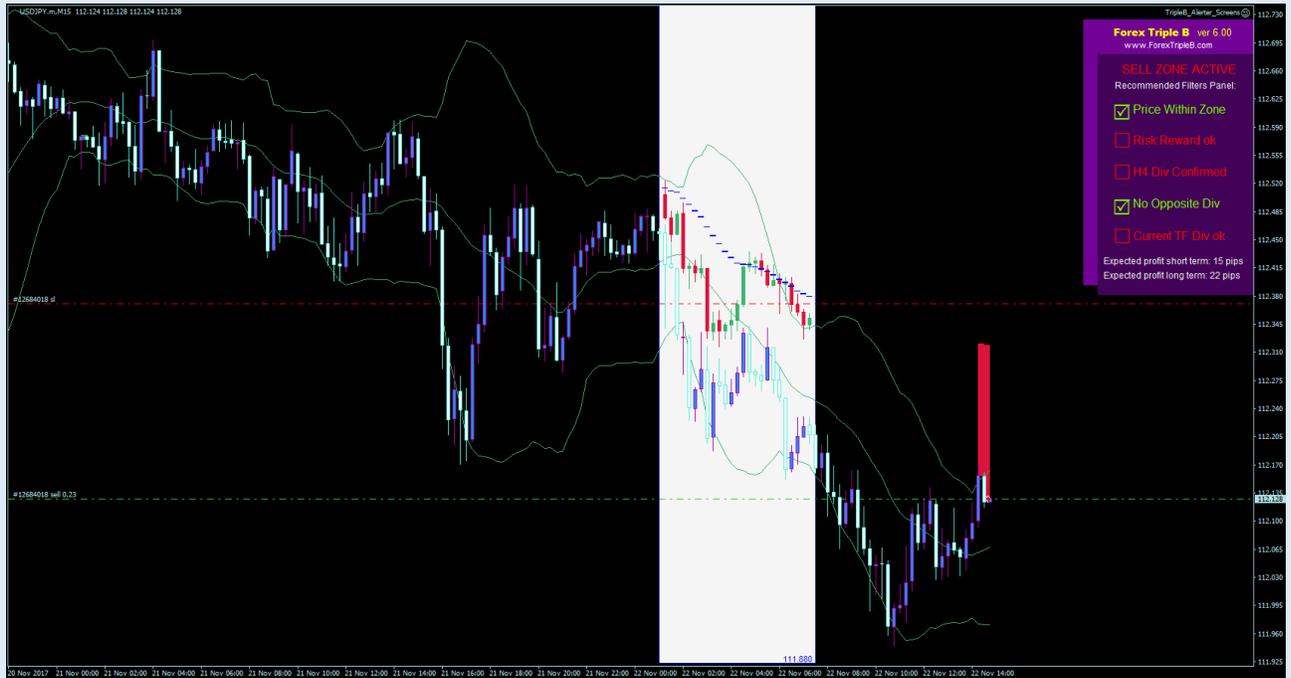
Examples

Below you will find live trade examples to better understand how it all happens in real market conditions.

You can check the entire live performance history at <https://vladimirribakov.com/performance-new>. I strongly recommend you to go ahead and check this page on my blog. It is great educational and motivational value for every trader using the Triple B strategy or any other strategy of mine.

USDJPY – Sell Setup

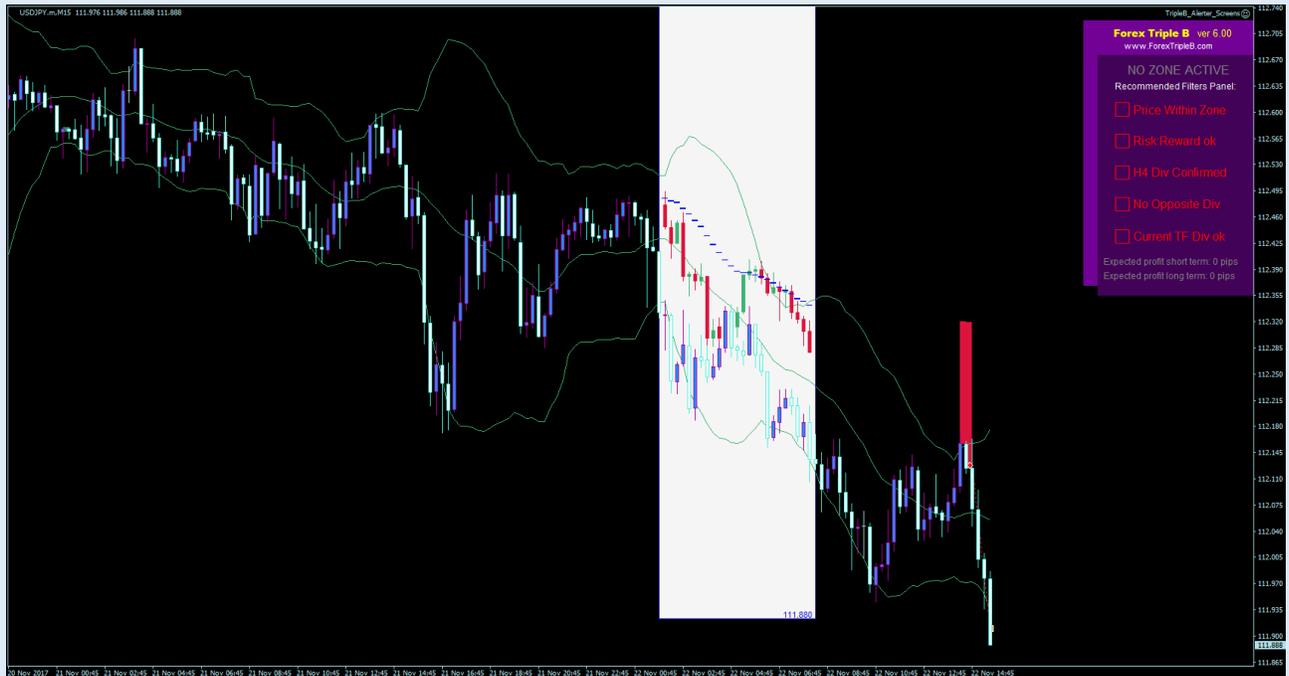
- Bearish slope from the higher time frame
- Double wave correction on current time frame



Here is the entry screenshot zoomed in:

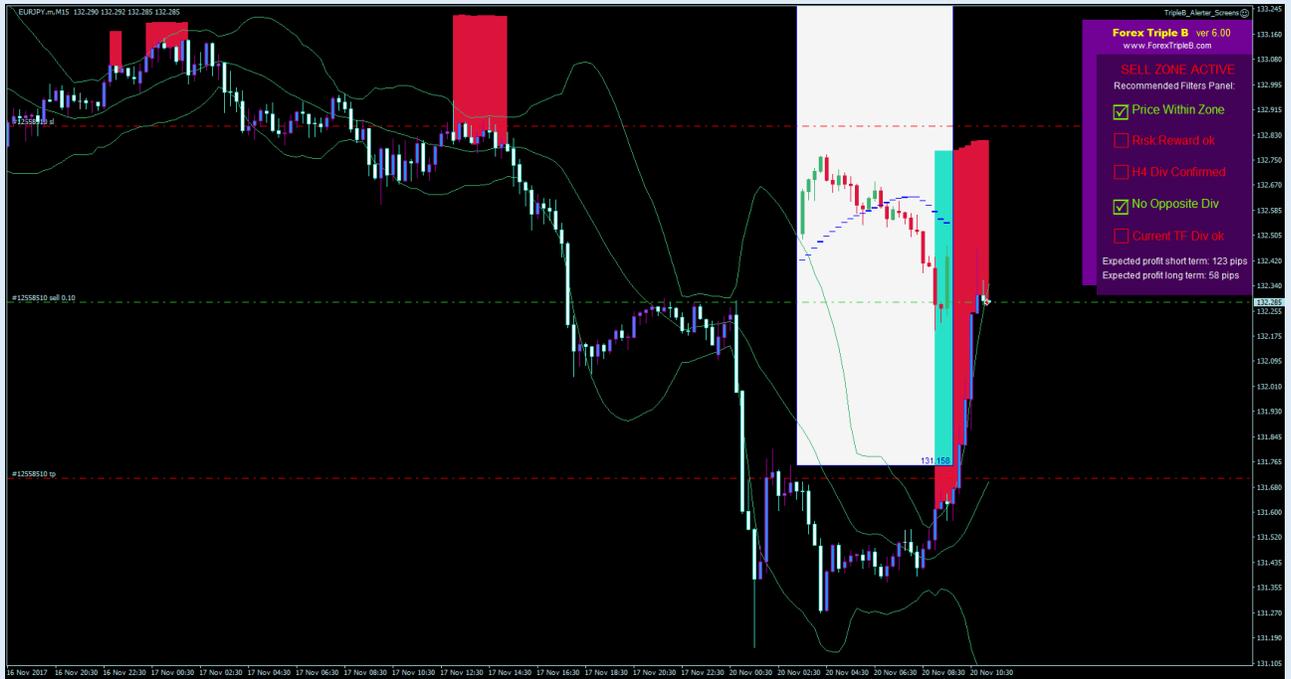


Exit – Target Reached



EURJPY – Sell Setup

- Bearish slope on the higher time frame
- Double wave up on the current time frame



Zoomed:



Exit – Target Reached



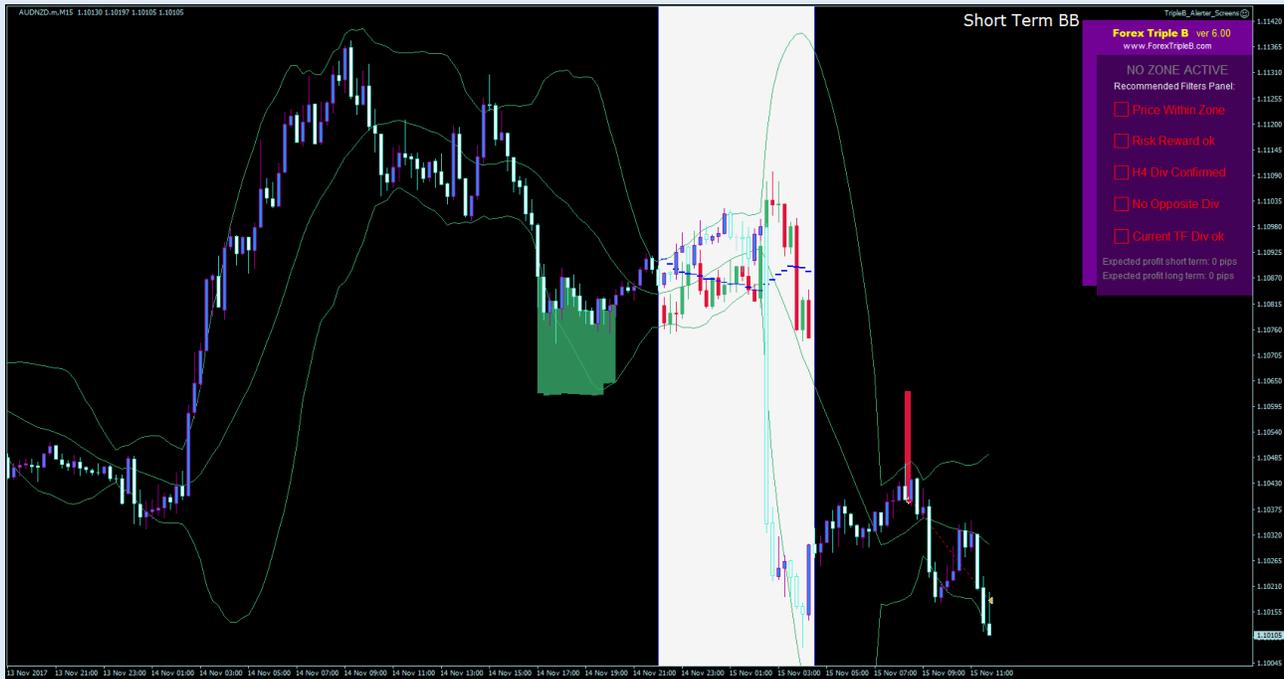
AUDNZD – Sell Setup

- Higher TF chart shows that the slope is turning down (momentum turning bearish)
- Double wave up on the current time frame





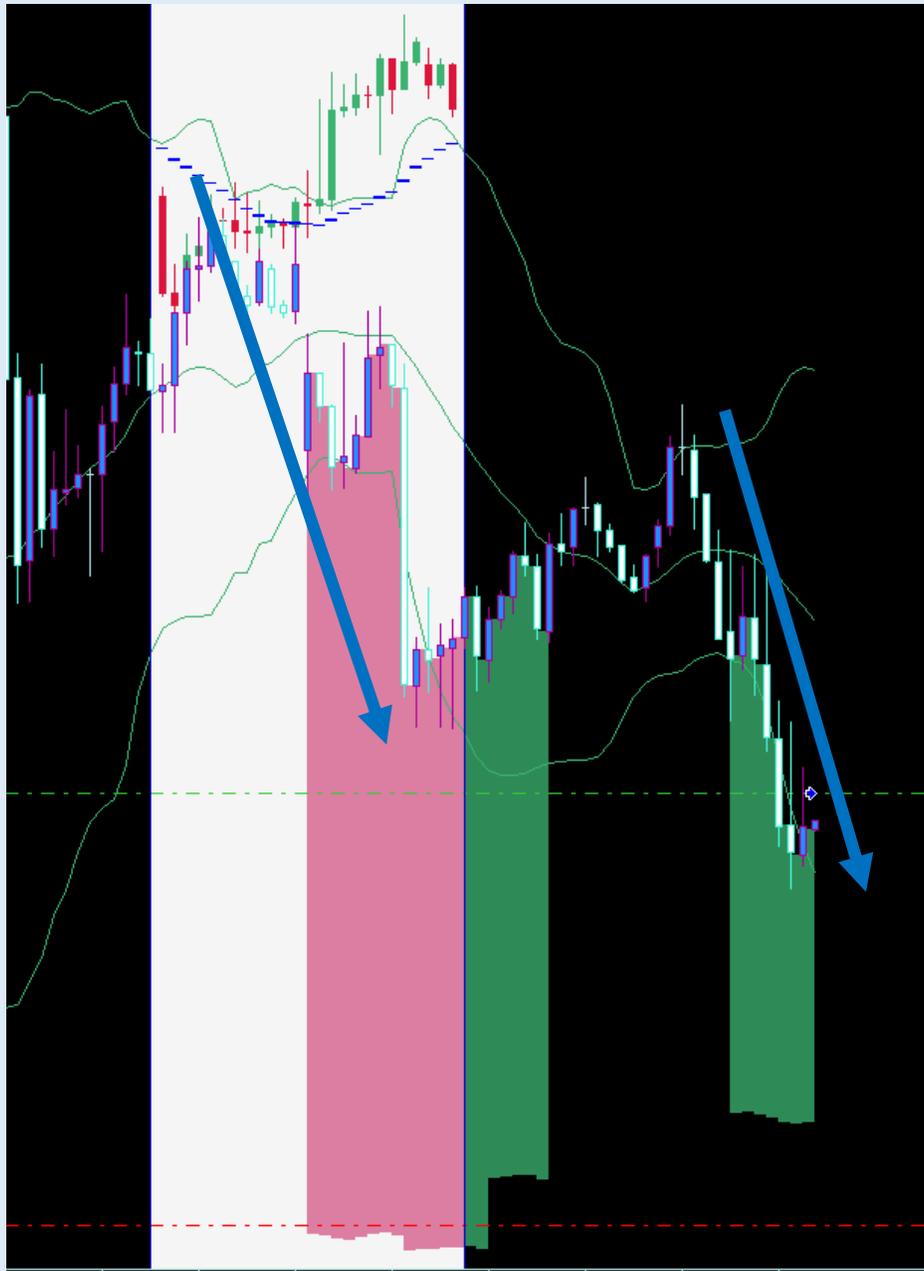
Exit – Target reached



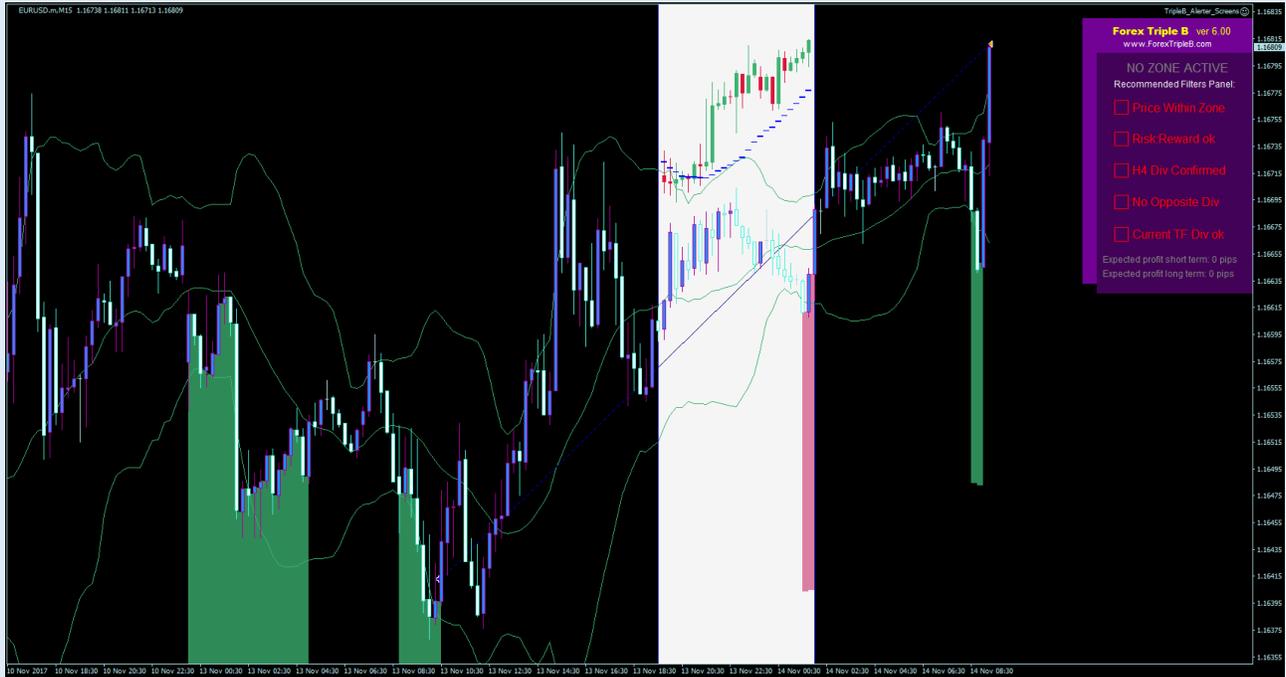
EURUSD – Buy Setup

- Bullish slope on the higher TF
- Double wave down





Exit – Target reached



NZDUSD – Buy Setup

- Bullish slope on the higher TF
- Double/Triple Wave down



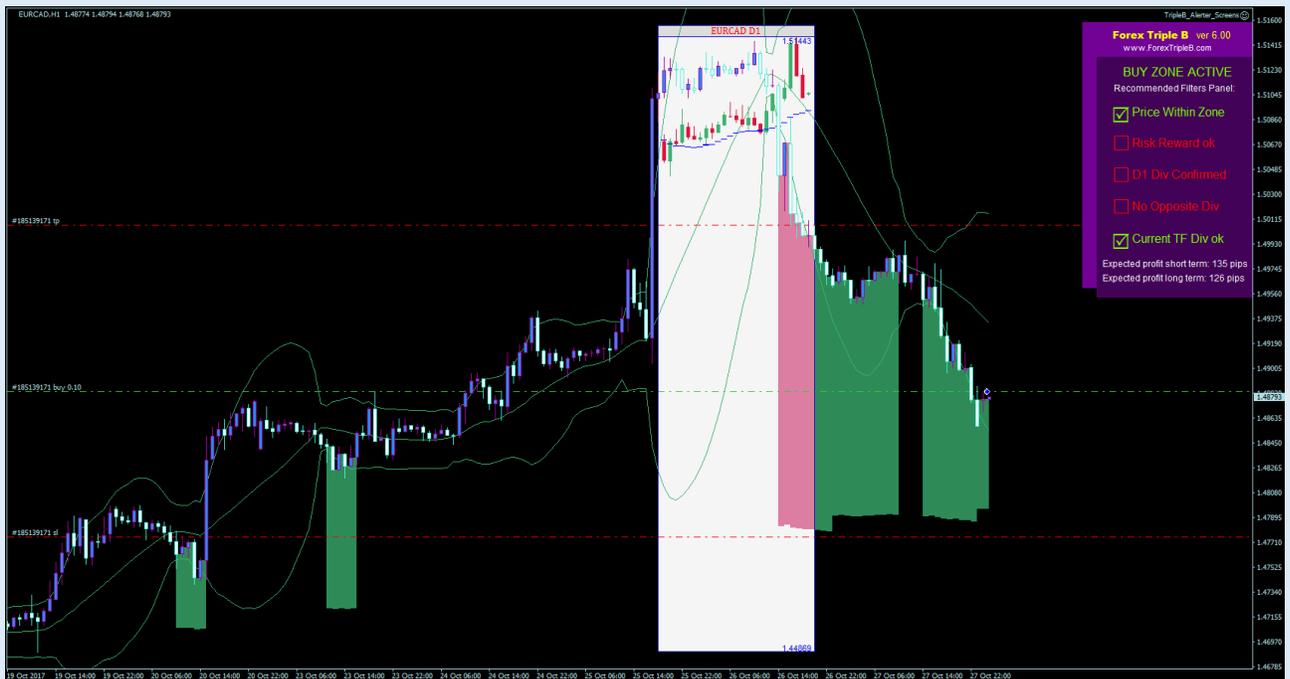


Exit – Target reached



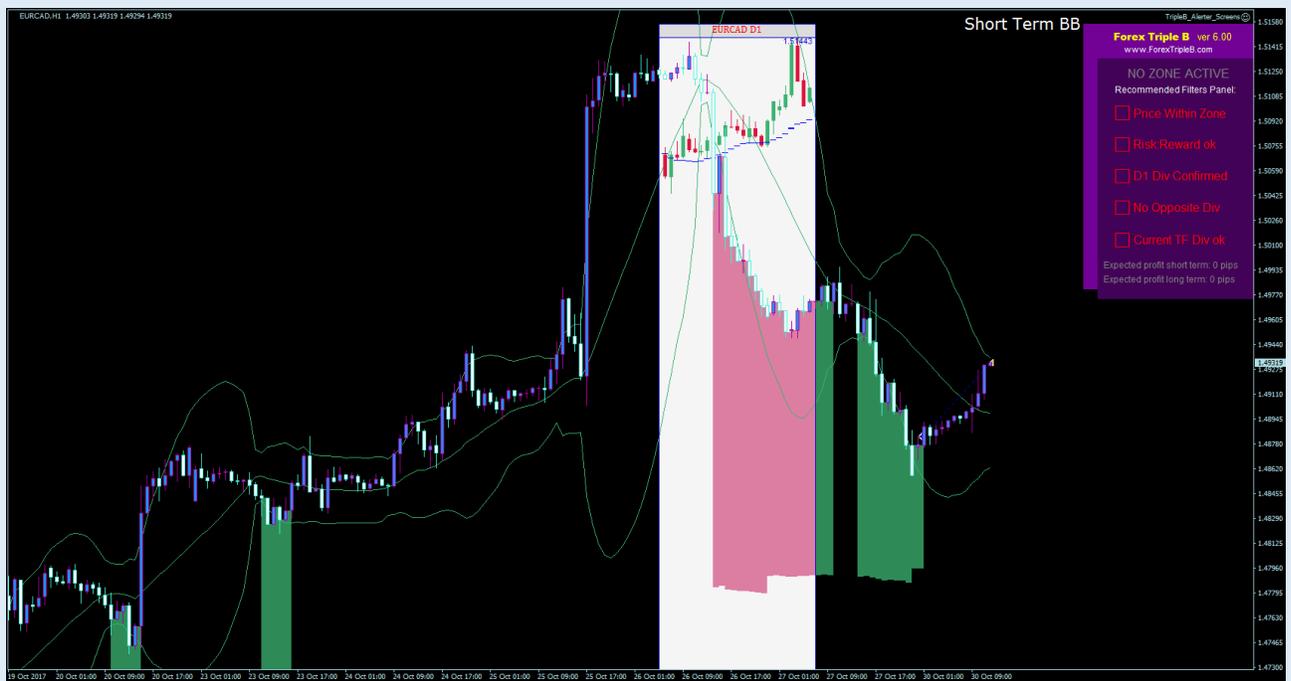
EURCAD – Buy Setup

- Bullish slope on the higher TF (D1)
- Clear double wave down





Exit – Target Reached



Tips for Improving Results

First, those of you who know divergences (you might have followed my signals or analysis in my blog, club, forecasts, divergence university) can use your own knowledge for entries, filters or extra confirmations before entering a trade.

Those of you who are completely new to the world of divergences, just follow the Triple B signals – it is designed to automatically analyze divergences and provide you with the result, even if you do not know anything about divergences!

The first tip is – Stop Loss.

Tip 1:

Where should we protect a trade if we enter one?

My answer is very simple. From my experience with BB, the idea is VERY simple there, while price run above 20 MA, the trend is still bullish and we should look to buy only. BUT, if the daily candle closed on the opposite side of daily BB, it's sign for us to step back and accept loss and cut the trade.

So, if you are in buy trade and the daily candle closed at the end of the day below the 20 MA, simple get out from your trade and accept loss.

Same if you are in a sell, and daily candle closed above 20 MA, just close your trade with loss.

So basically, I prefer not to put static SL but wait until end of day and only then make my decisions. Why? Because many times market just spikes the 20 MA and continues in our direction.

But if you are not this kind of trader, and you feel like you must have a SL set in, then find last important high on the H1 timeframe above the daily 20 MA if you are in a buy, or last important low on H1 below the

daily 20 MA if you are in a sell and set your SL there as protection. I like it less personally, but that's a fair solution.

IMPORTANT NOTE: Those who trade short term, might face some trade where SL will be bigger than TP. That's totally ok. But in case you can't trade this way, then you should stick for long term targets.

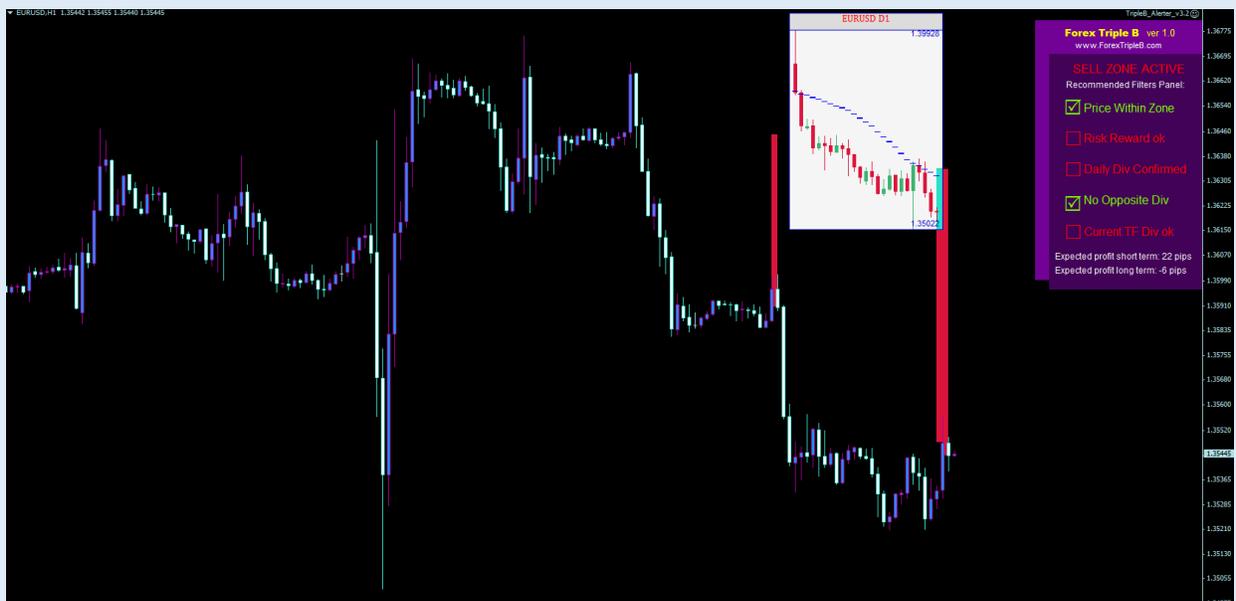
So now we know how to trade it for short term, long term, and how is best to protect ourselves.

Tip 2:

Ignore the trade where the buy\sell zone appears to be TOO big.

Let me explain myself.

Take a look on the next picture:



As you can see, the red zone, which represents the sell area, is way TOO big. This zone simple means that current price is TOO far from the daily 20 MA and that's why we see this huge red zone. If you pay close attention, on the line that tells you how much you can earn on long term, we get minus 6 pips. Right?

How do you think it's possible?

It happens when we see the price is out of the daily BB as well. So if you see a minus, don't get scared 😊 just try to understand where it comes from.

So, bottom line – keep trading in good reasonable buy\sell zones that the system will give you, and ignore such calls like the one on this example.

Tip 3:

DO NOT trade news with high impact, especially not if you trade with short term profits!

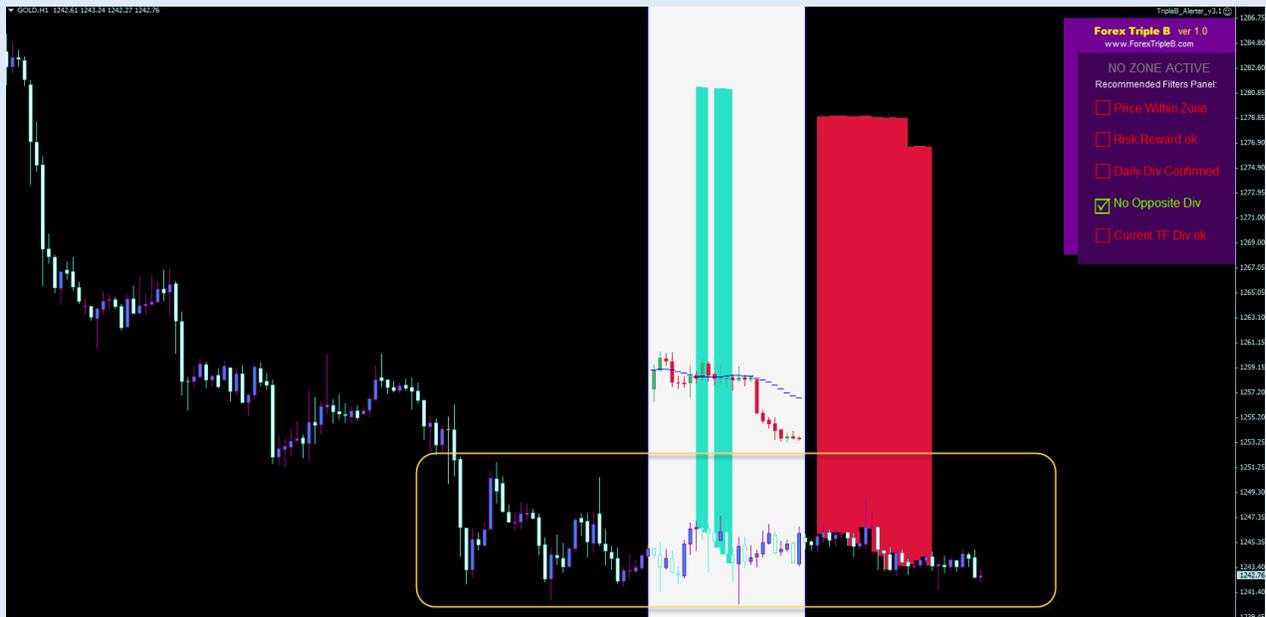
You might wonder, why not to trade it?

So the answer is very simple actually, news with high impact can cause sudden moves, some of them will be fake moves, but it will be enough to kick your SL and make you confused. So why to put yourself to such places from the start, right?

Tip 4:

DO NOT trade ranges. Ranges tend to break, and most of times, suddenly!

So if you see something like that:



Simple ignore it! Even if the red zone (sell zone) would be small and correct.

Simply ignore ranges. Especially the small ones!

You will get MORE than enough signals during the week that will allow you take better market conditions trades!

Tip 5:

Respect the filters!

The filters you see on the right side; are there for you! They are there to help you and protect you from trading the wrong potential move.

As divergence trader, ignore the signals that you will get and you will get it against longer TF divergence.

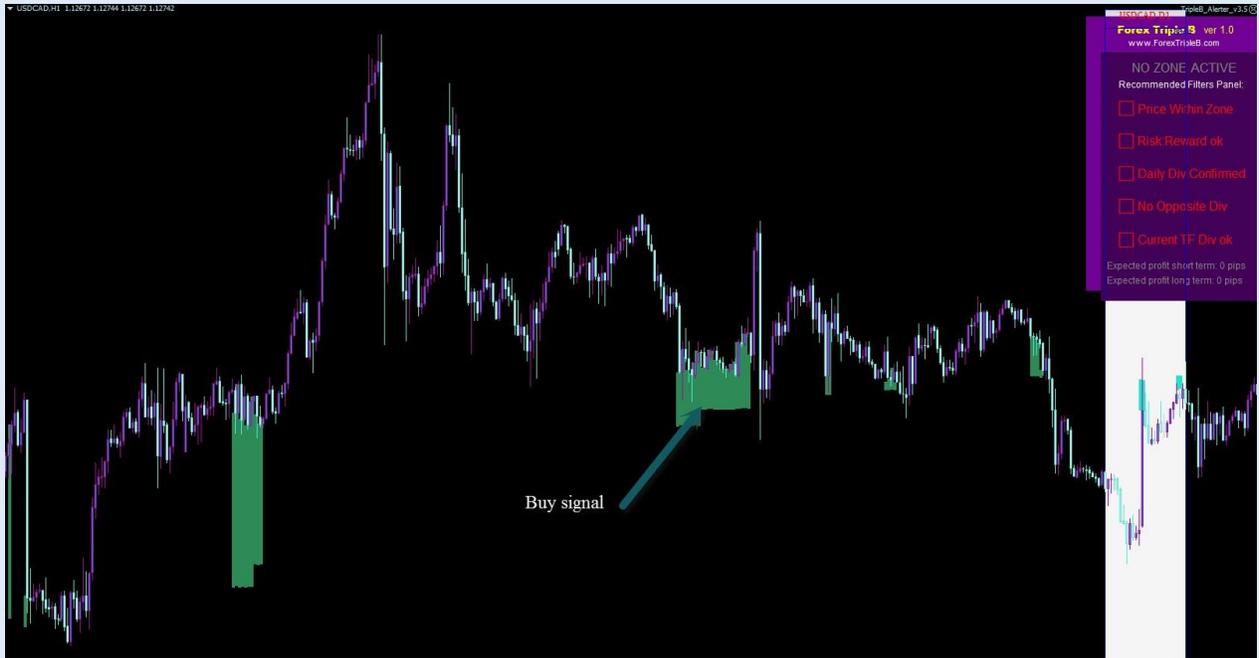
So let's say you get a buy alert, and all looks perfect, but on the filters you see NO OPPOSITE DIV turned off, it means that the daily divergence is against you! And it's better to avoid this trade even if at the end you will find out it worked out well. Most of times, statistically, it won't.

Ok I think you get the point, now I want to share with you some trading tips. So trick that if you pay attention to, you will see you raise your success rate!

Trading Tips For The Triple B

Trading Tip No.1

NO OPPOSITE DIV means as you already know, that the daily TF doesn't have divergence against the direction I want to trade. BUT, sometimes you might get a signal to buy few days after the divergence appeared, like here:



And looking on daily, that's what we can see:



At the same time, the filter that shows NO OPPOSITE DIV will stay red (turned off).

So why does it happen?

Divergence has its main effect on the first days when it appears. So basically after 3-5 days when price moving on the divergence direction, its affect is reduced then.

So after some days divergence appeared, and move happened according to this div, it's affect shouldn't prevent us from trading.

So in this example, we can see that we get the buy signal more than 5 days after divergence appeared so we still can take this buy.

Makes sense?

BUT, here is a but...

My recommendation in this case is NOT to go against the divergence and take the trade with the long term target.

If you still take this signal to buy, then trade it only short term. Means, aim to take profits that the window from right side show as short term profits.

Note – Such scenarios are not too often, but when they occur it's important you know what to do!

Trading Tip No. 2

Double wave.

Those of you who follow me for some time, know that I love cycle trading. Cycle trading simple means that a move that happened once, will happen again, when market is ready for that, on pretty much same cycle size & length.

So, I want to suggest you apply this trading idea \ tip into Triple B trading as well.

Here is what I actually mean:

We trade in Triple B the simple idea of – join the daily trend.

As price remain above daily 20MA and the 20 MA'S slope remains bullish, we are looking to trade the H1 bullish calls.

This call we get if the price gets out of the H1 Bollinger lower band.

So far you already know all that. I don't re-new anything to you.

But, if you can add to this bullish signal the fact that the H1 correction happened on double wave, it will give you much bigger chances to end up with profits.

Let's take an example:



As you can see on this example, we got two sell signals, both profitable.

Both happened after rallies. Both rallies were built by two waves.

That's all we need 😊

These signals have extra success rate and chance to work, due to the cycle system the market moves based on (Normally, we still can't guarantee 100%).

Trading Tip No.3

Visual view.

One of most important things to a trader is to find his\her comfort zone.

I designed the Triple B the way I believe will be comfortable for most.

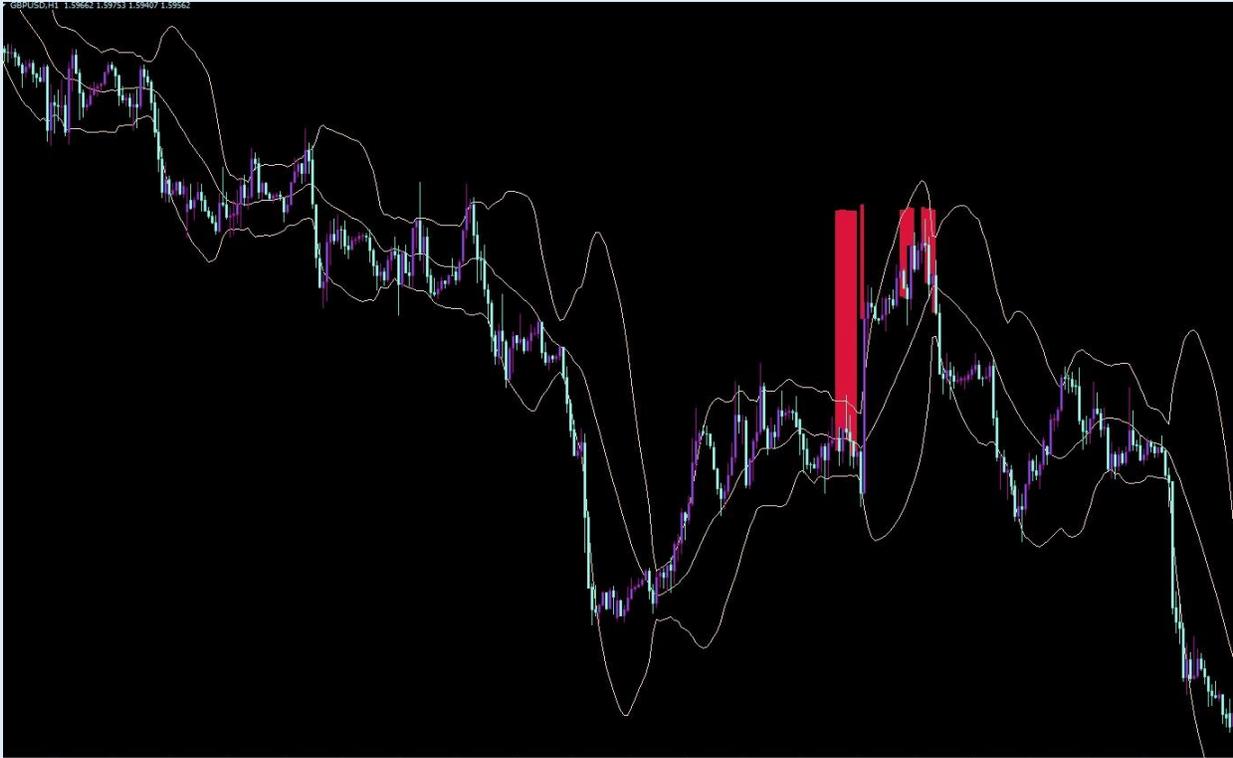
But, there is no 100% of course. So feel free to adjust it to your personal preferences.

But, there is one thing that can help.

On H1, the basic template doesn't include the BB. It's built in the system so when signal comes it knows automatically where to hit short term profit.

For me personally, it does help to see the BB anyway.

If you are same, feel free to add the DEFAULT (don't change settings, but you can change colors) BB and apply it to H1 so it looks like this:



If it complicates the things for you, just ignore it then, and go with whatever suits you best!

Trading Tip No.4

Every trend tends to end!

Yes I know it's hard to believe, especially to the trend traders, but it's true.

So my most important tip is when trend gets too continuing, and lasts too long compared to previous moves on the pair you trade, consider not to buy retraces on the expended area.

Let me show you an example:



It can be extremely tempting to sell with such a trend, but patience pays off. It's basic rule of trading. So have patience, wait for right moment, and start selling again.

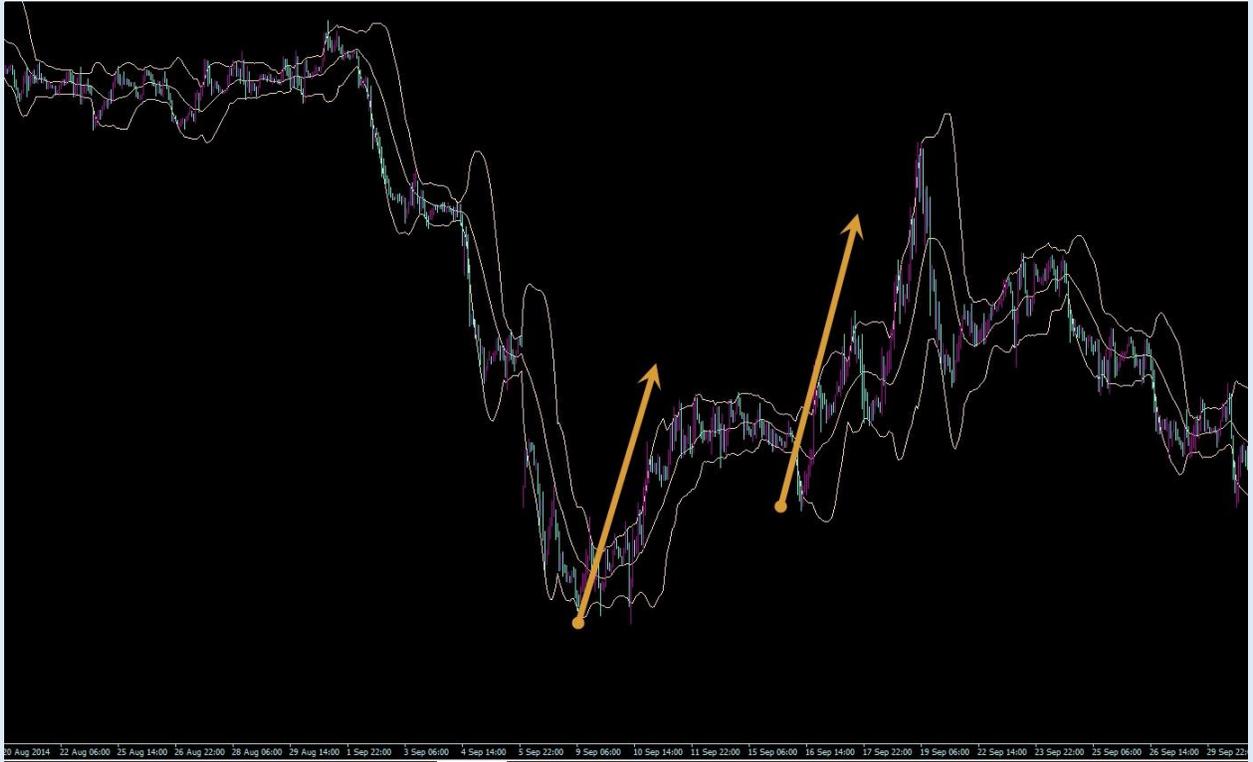
By the way, the right moment is when price retrace at least 38.2% from the entire trend. Then you can watch for your sell signals.

And yet, sell till the short term target only! As for the long term target, should you wait for it?

You should know the answer 😊

DOUBLE WAVE!!! Exactly

Here:



After that, you can sell again, aiming to take the long term target that the system will offer you.

As I already said, Triple B isn't a magical system but a logical one. We join the daily trend (or whatever higher time frame you have chosen) when price run away on wrong direction on the lower TF.

I didn't invent anything new here, anything crazy or magical.

This system just gives you alerts to join the trend. The trend is identified using one of my favorite trend indicators.

Follow the basic rules, follow the Trading tips and general tips, and keep your risk controlled! That's the most important thing - and you will see profits.

Btw, on the main site, you see many back tests. These are back tests from a robot (EA) I built to trade the basic concept of the Triple B.

But, my view about EA's is that... manual trading is better 😊

I know many won't agree with me, but I still hold that opinion.

The main point I wanted to prove with the EA is that Triple B makes profits on various pairs, with various trading ways. Long term targets, short term target etc.

But there's no substitute to manual trading, for dealing with all market condition while improving profits and reducing the risk. I'm confident in sharing it with you, as I'm sure you will find it useful for your trading as well.

Feel free to ask all questions you need, I am here to help.

Thank you and let's "Triple B" our trading!

Yours,

Vladimir Ribakov