



GORILA CAPITAL

Free trading-education guide · market-structure-101

MARKET STRUCTURE 101 · FREE GUIDE

Market Structure Drill Pack

Learn to read trends, breaks and changes of character with clear rules, then practise with ten drills.

Inside

- Swing points: a strict definition
- Uptrend, downtrend and range
- BOS vs CHoCH vs sweep
- Multi-timeframe structure
- Ten drills with self-check

A free lesson taken from **Price Action Pro**, the course we are preparing for Skool. Free to read and share.
Education only, not investment advice. Trading is high risk.

PART 1

Swing points: a strict definition

Market structure is the sequence of swing highs and swing lows. Everything else in price action builds on it, so the definition must be strict enough that two people marking the same chart get the same points.

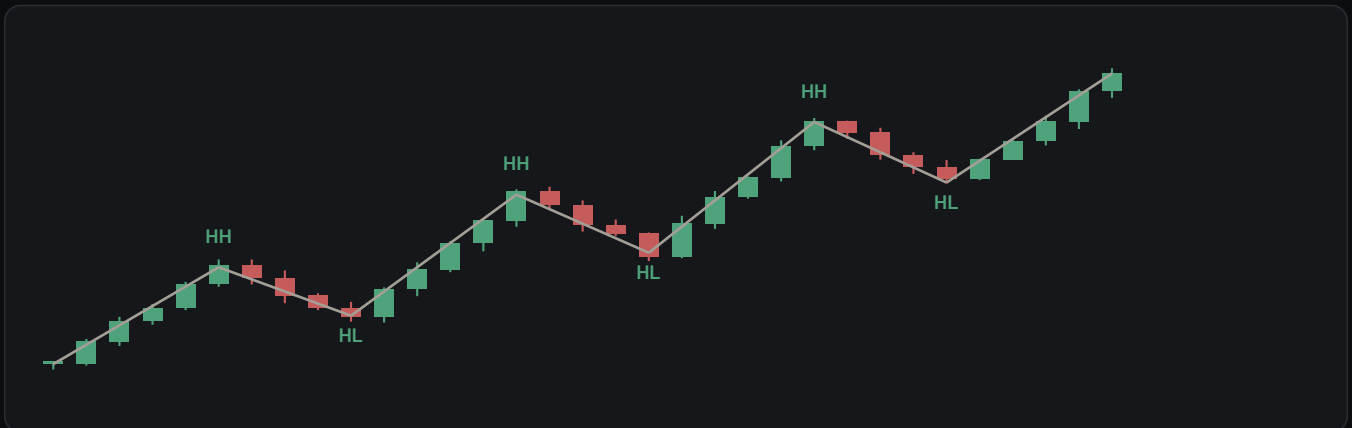
- **Swing high:** a candle whose high is higher than the highs of the candles on both sides. A stricter version uses two candles on each side.
- **Swing low:** a candle whose low is lower than the lows on both sides.
- **Significant swing:** a swing that caused a break of structure, or from which price moved at least a set distance (for example, 1x the average candle range times 5).

Practice tip

Use the same definition on every chart for a month. Changing the definition is the most common reason structure looks "unclear".

PART 2

Trend and range



Uptrend: each swing high and swing low is higher than the last one.



Downtrend: lower highs and lower lows.

A **range** is when highs and lows are roughly equal, or when the sequence alternates without a clear direction. Most markets spend a large share of time in ranges; recognising them saves you from trading a trend that is not there.

PART 3

BOS, CHoCH and sweeps

Event	Rule	Meaning
BOS	Body close beyond the last swing in the trend direction	Trend continues
CHoCH	Body close beyond the last swing against the trend (e.g. below the last HL in an uptrend)	First sign the trend may be changing
Sweep	Wick beyond a swing, close back inside	Liquidity taken; not a break



Change of character: the uptrend fails to make a new high, then closes below the last higher low.



Body closes break structure; wicks alone only probe it.

Common mistake

Using wicks to call breaks of structure. A wick shows a probe; only a body close shows acceptance. Decide this rule once and apply it consistently.

PART 4

Multi-timeframe structure

Every timeframe has its own structure. A 15-minute downtrend can be a normal pullback inside a 4-hour uptrend. The higher timeframe usually wins, so read it first.

4H structure	15m structure	What it usually means
Uptrend	Uptrend	Aligned: look for continuation setups
Uptrend	Downtrend	Pullback: wait for a 15m CHoCH back up in a 4H zone
Downtrend	Uptrend	Pullback: wait for a 15m CHoCH down in a 4H zone
Range	Any	Trade the edges or stand aside



Premium and discount: in an up-leg, buyers prefer the lower half of the range.

PART 5

Drills 1-5: marking

- [] **Drill 1.** On a daily chart, mark every swing high and low for the last 60 candles with the 1-candle rule. Then repeat with the 2-candle rule and compare.
- [] **Drill 2.** Label each swing HH, HL, LH or LL. Write the trend in one word at the end: up, down or range.
- [] **Drill 3.** Mark every BOS with a body close. Count how many breaks happened in the trend direction versus against it.
- [] **Drill 4.** Find three CHoCH events. For each, note whether the trend actually reversed within the next 20 candles.
- [] **Drill 5.** Find five wicks beyond a swing that closed back inside. Label them sweeps and note what happened next.

Practice tip

Do drills 1-5 on the same chart so you can see how each layer builds on the previous one.

PART 6

Drills 6-10: decisions

- [] Drill 6.** Hide the right side of a 1H chart. Write the current structure and what would confirm a change. Reveal 20 candles and check.
- [] Drill 7.** Pair a 4H and a 15m chart of the same market. For 10 moments, classify as aligned, pullback or range.
- [] Drill 8.** In a 4H uptrend, find a 15m CHoCH back up inside a 4H discount zone. Mark entry, stop and target, then measure the result in R.
- [] Drill 9.** Find a day where a BOS turned out to be a sweep. What clue (close, follow-through, HTF zone) could have warned you?
- [] Drill 10.** Explain one chart's structure in five sentences to someone else. Post your marked-up chart in the free Telegram or Discord community and ask for a review. Explaining your reasoning out loud is the fastest way to find the gaps.

Self-check

Skill	Not yet	Getting there	Confident
Mark swings the same way every time			
Tell BOS from sweep			
Spot a CHoCH early			
Combine HTF and LTF structure			
Write invalidation for any idea			

PART 7

Structure journal

Field	Your note
Market / timeframes	
HTF structure	
LTF structure	
Last BOS (price, time)	
Last CHoCH	
Sweeps seen	
What would change my view	
Lesson	

Keep this journal for two weeks. You will notice that your structure calls become faster and more consistent, and that most bad trades came from ignoring the higher timeframe.

KEEP LEARNING

Where to go next

This guide is one free lesson. If it helped, these are the next steps, all optional.

Next step	What it is
Free community	Daily market notes, session plans and chart reviews. No signals for sale, no account managers.
Telegram	t.me/gorilacapital99
Discord	discord.gg/aHRUT6DhT
WhatsApp channel	whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06
Gorila Zones (\$49, one-time)	Our TradingView education tool that marks supply and demand zones, structure breaks and a historical stats table. Details: finance-gorila.pages.dev/indicator
Price Action Pro (coming soon on Skool)	The full course this guide comes from: structure, liquidity, zones, sessions and risk, with drills and chart reviews. Join the community above to hear when it opens.
More free guides	finance-gorila.pages.dev/free

Risk warning

Education only, not investment advice. Trading is high risk. Leveraged products such as CFDs and forex can lose money fast, and most retail accounts lose money. Past examples do not predict future results. Only trade money you can afford to lose, and check that any provider you use is authorised in your country.

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