

GORILA CAPITAL

Free trading-education guide · risk-first-trader

RISK FIRST TRADER · FREE GUIDE

Position Size & Risk Calculator Sheet

The formulas, look-up tables and rules that keep one trade from damaging your account. Includes a free online calculator.

Inside

- Why position size matters more than entries
- The position-size formula for forex, gold and indices
- Look-up tables for common account sizes
- Drawdown maths and daily loss limits
- Online calculator link

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

Why size matters more than entries

Two traders can take the same trade with the same entry, stop and target, and have completely different results. The difference is position size. Size decides how much a loss costs, and a string of losses is normal in any method.

Losing streak	Account left at 1% risk	At 2%	At 5%	At 10%
5 losses	95.1%	90.4%	77.4%	59.0%
10 losses	90.4%	81.7%	59.9%	34.9%
15 losses	86.0%	73.9%	46.3%	20.6%
20 losses	81.8%	66.8%	35.8%	12.2%

Losing streaks of 8–10 trades happen even to methods with a 50% win rate. At 1% risk per trade, a ten-loss streak is painful but survivable. At 10%, it removes two-thirds of the account.

PART 2

The position-size formula

Position size = (Account × Risk %) ÷ (Stop distance × Value per unit of distance)

1. Decide the risk in money: account balance × risk percentage. Example: \$5,000 × 1% = \$50.
2. Measure the stop distance from your entry to your stop, set by structure (not by the money you want to risk).
3. Find the value per pip (forex) or per \$1 move (gold) for one lot on your platform.
4. Divide: risk money ÷ (stop distance × value per lot) = lots.

Instrument	Typical value for 1.00 standard lot	Notes
EURUSD, GBPUSD, AUDUSD (USD quote)	\$10 per pip	1 pip = 0.0001
USDJPY and other JPY pairs	About \$6–7 per pip (varies with USDJPY rate)	1 pip = 0.01
USDCHF, USDCAD	Varies with the rate (around \$7–13)	Convert from the quote currency
XAUUSD (gold)	\$100 per \$1.00 move (100 oz contract)	Check your provider's contract size
Indices (e.g. US30, NAS100)	Depends on provider's contract	Often \$1 per point per lot, but varies widely

Common mistake

Using a fixed lot size for every trade. A 0.50 lot trade with a 10-pip stop and a 0.50 lot trade with a 50-pip stop are not the same risk. The stop distance must change the size.

PART 3

Look-up table: EURUSD-type pairs (\$10/pip per lot)

Lots to trade for a given account, at **1% risk**. Round down to your platform's minimum step (often 0.01).

Stop (pips)	\$500	\$1,000	\$2,500	\$5,000	\$10,000	\$25,000
5	0.10	0.20	0.50	1.00	2.00	5.00
10	0.05	0.10	0.25	0.50	1.00	2.50
15	0.03	0.07	0.17	0.33	0.67	1.67
20	0.03	0.05	0.12	0.25	0.50	1.25
25	0.02	0.04	0.10	0.20	0.40	1.00
30	0.02	0.03	0.08	0.17	0.33	0.83
40	0.01	0.03	0.06	0.12	0.25	0.62
50	0.01	0.02	0.05	0.10	0.20	0.50
75	0.01	0.01	0.03	0.07	0.13	0.33
100	0.01	0.01	0.03	0.05	0.10	0.25

At 0.5% risk, halve the numbers. At 2% risk, double them. Values below 0.01 lot mean the stop is too wide for that account at that risk.

PART 4

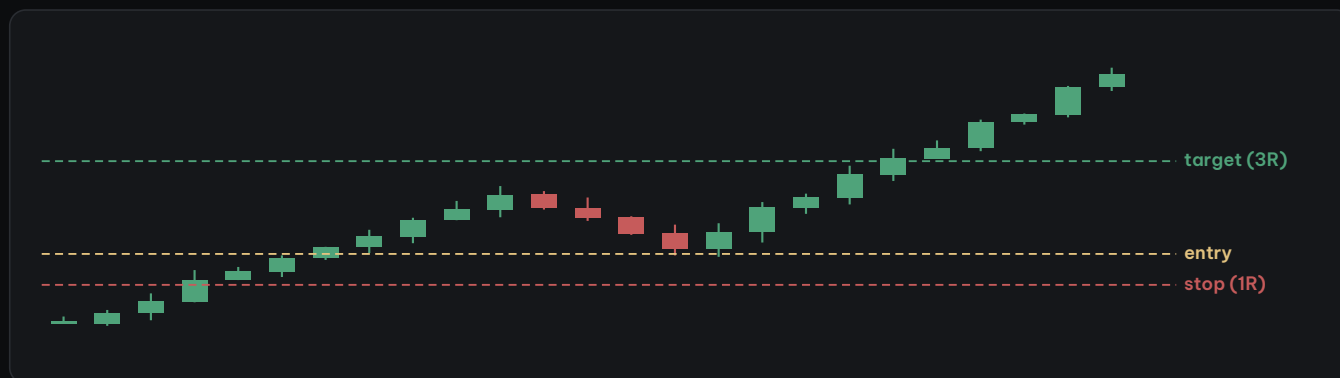
Look-up table: gold (\$100 per \$1 per lot)

Lots to trade at **1% risk**, stop distance in dollars of gold price.

Stop (\$)	\$500	\$1,000	\$2,500	\$5,000	\$10,000	\$25,000
1.00	0.05	0.10	0.25	0.50	1.00	2.50
2.00	0.03	0.05	0.12	0.25	0.50	1.25
3.00	0.02	0.03	0.08	0.17	0.33	0.83
5.00	0.01	0.02	0.05	0.10	0.20	0.50
7.50	0.01	0.01	0.03	0.07	0.13	0.33
10.00	0.01	0.01	0.03	0.05	0.10	0.25
15.00	0.00	0.01	0.02	0.03	0.07	0.17
20.00	0.00	0.01	0.01	0.03	0.05	0.12
30.00	0.00	0.00	0.01	0.02	0.03	0.08

Note

If a cell shows 0.00 or 0.01 for a small account, the honest conclusion is that the stop is too wide for that account size. Do not widen the risk percentage to make the trade fit.



Risk is the distance from entry to stop. Reward is measured in multiples of that risk (R).

PART 5

Drawdown maths and loss limits

Loss	Gain needed to recover
10%	11.1%
20%	25%
30%	42.9%
40%	66.7%
50%	100%
75%	300%

Losses and recoveries are not symmetrical. That is why many traders set hard limits:

- **Per trade:** 0.5-1% of the account.
- **Per day:** stop trading after 2-3% loss or after two losing trades.
- **Per week:** pause and review after 5-6% loss.
- **Total open risk:** never more than 2-3% across all open trades, including correlated ones (e.g. EURUSD and GBPUSD long at the same time).

Practice tip

Write your limits on a sticky note next to the screen. Rules you have to remember under pressure are rules you will break.

PART 6

Expectancy: the number that matters

Expectancy (in R) = (Win rate × Average win in R) – (Loss rate × Average loss in R)

Win rate	Avg win	Avg loss	Expectancy per trade
60%	1R	1R	+0.20R
40%	2R	1R	+0.20R
30%	3R	1R	+0.20R
50%	0.8R	1R	–0.10R

Very different styles can have the same expectancy. A low win rate is fine if winners are large enough; a high win rate can still lose money if losers are larger than winners. You only know your numbers after a large sample (50–100 trades) in your journal.

PART 7

Your risk sheet

Rule	My number
Account balance	
Risk per trade (%)	
Risk per trade (\$)	
Daily loss limit	
Weekly loss limit	
Maximum total open risk	
Maximum trades per day	
Minimum R:R I accept	

Free online calculator (enter account, risk %, stop and instrument; it does the maths above):
finance-gorila.pages.dev/free/risk-first-trader/calculator/

- ☐ I calculate size from the stop for every trade
- ☐ I know my daily and weekly limits
- ☐ I count correlated positions as one risk
- ☐ 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.

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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