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**SUPPLY & DEMAND DAILY · FREE GUIDE**

# Supply & Demand Zone Scoring Sheet

A ten-point scoring system for supply and demand zones, so you trade the best zones and skip the rest.

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## Inside

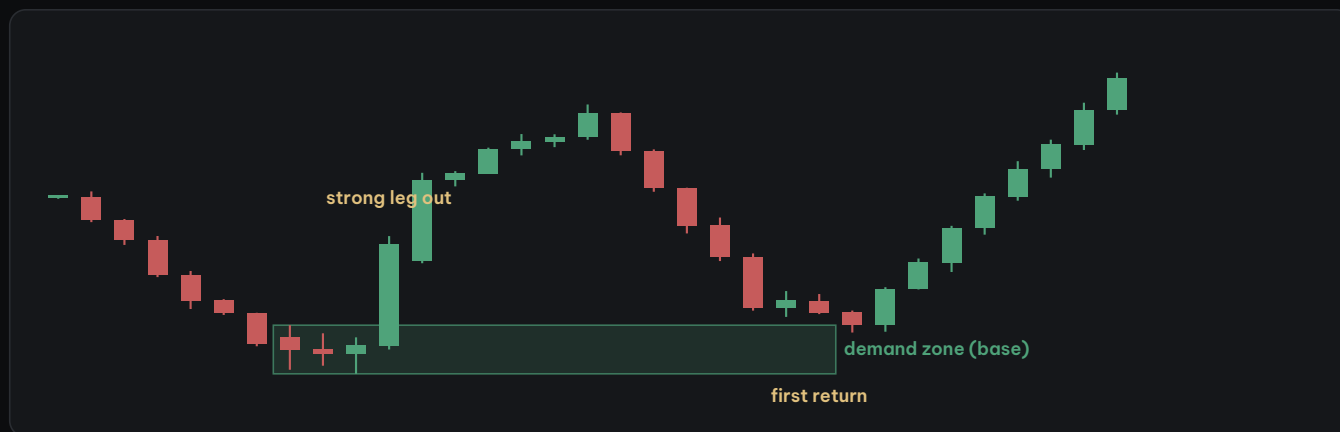
- How zones form: base and leg out
- Drawing zones consistently
- The 10-point zone score
- Worked scoring examples
- Printable scoring sheet

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

# How zones form

A **demand zone** is a price area where buying overwhelmed selling strongly enough to launch a move up. A **supply zone** is the opposite. On a chart, a zone usually appears as a small **base** of candles followed by a strong **leg out**.



Demand zone: a small base of candles, then a strong leg away. The first return is the cleanest test.

| Formation              | Shape             | Type                  |
|------------------------|-------------------|-----------------------|
| Drop-base-rally (DBR)  | Down, pause, up   | Demand (reversal)     |
| Rally-base-rally (RBR) | Up, pause, up     | Demand (continuation) |
| Rally-base-drop (RBD)  | Up, pause, down   | Supply (reversal)     |
| Drop-base-drop (DBD)   | Down, pause, down | Supply (continuation) |

## PART 2

# Drawing zones consistently

1. Find a strong leg: candles clearly larger than recent ones, moving in one direction.
2. Look at the candles just before the leg: the base. Usually 1-6 small candles.
3. Demand: draw from the highest body of the base down to the lowest wick. Supply: from the lowest body up to the highest wick.
4. Extend the zone to the right until price returns to it.
5. If the base has more than about six candles, the zone is usually weaker; consider skipping it.

**Practice tip**

Draw zones on the setup timeframe first (1H or 4H), then refine on a lower timeframe only if the zone is too wide for your risk.

**Common mistake**

Drawing zones after you already want a trade. Mark zones before the session, when you have no position and no bias to defend.

## PART 3

# The 10-point zone score

Score each zone. Each criterion gives 0, 1 or 2 points. A total of 8-10 is A-grade, 6-7 B-grade, 5 or less: skip.

| Criterion                            | 0 points                  | 1 point     | 2 points                     |
|--------------------------------------|---------------------------|-------------|------------------------------|
| Strength of leg out                  | Slow, overlapping candles | Clear move  | Explosive move, gaps or FVGs |
| Freshness                            | Tested twice or more      | Tested once | Never tested                 |
| Time in base                         | 7+ candles                | 4-6 candles | 1-3 candles                  |
| Trend alignment (HTF)                | Against HTF trend         | HTF ranging | With HTF trend               |
| Reward-to-risk to next opposing zone | Below 2R                  | 2-3R        | Above 3R                     |

**Note**

Bonus check (not scored): did the zone form by taking liquidity (a sweep) before the leg out? Many traders treat that as a tie-breaker between two similar zones.

## PART 4

# Worked scoring examples

## Example A: gold 1H demand

| Criterion    | Observation                            | Points     |
|--------------|----------------------------------------|------------|
| Leg out      | Three large green candles, left an FVG | 2          |
| Freshness    | Not yet revisited                      | 2          |
| Time in base | Two candles                            | 2          |
| Trend        | 4H making higher highs                 | 2          |
| R:R          | Next supply 2.5R away                  | 1          |
| Total        |                                        | 9 / 10 (A) |

## Example B: EURUSD 1H supply

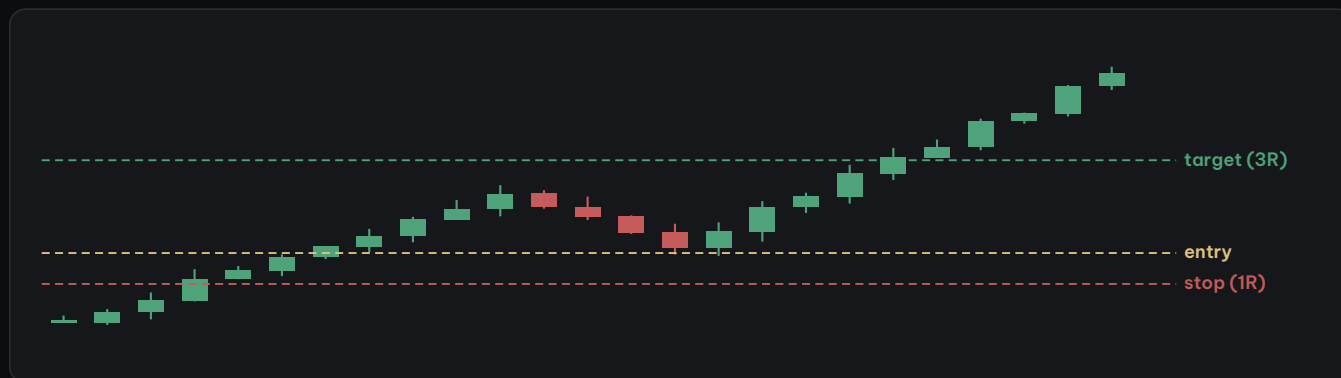
| Criterion    | Observation                        | Points        |
|--------------|------------------------------------|---------------|
| Leg out      | Moderate drop, overlapping candles | 1             |
| Freshness    | Tested once already                | 1             |
| Time in base | Six candles                        | 1             |
| Trend        | Daily uptrend (zone against trend) | 0             |
| R:R          | Next demand 1.8R away              | 0             |
| Total        |                                    | 3 / 10 (skip) |

These are illustrations of the method, not trade calls. The point is that writing down the score removes the "it looks good" feeling from the decision.

## PART 5

# Managing trades from zones

- **Entry.** Common choices are the near edge (proximal line) for more fills, or the middle of the zone for better price.
- **Stop.** Beyond the far edge (distal line) plus a spread buffer.
- **Target.** The next opposing zone or a clear liquidity pool. Do not target through a fresh opposing zone.
- **Invalidation.** A body close through the zone means it failed. Do not re-enter on the same zone.



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

## PART 6

# Printable scoring sheet

| Zone (market / TF / price) | Leg | Fresh | Base | Trend | R:R | Total | Grade |
|----------------------------|-----|-------|------|-------|-----|-------|-------|
|                            |     |       |      |       |     |       |       |
|                            |     |       |      |       |     |       |       |
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|                            |     |       |      |       |     |       |       |

- ☐ I scored every zone before the session
- ☐ I only planned trades from A- and B-grade zones
- ☐ My stop is beyond the distal line with a buffer
- ☐ 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.

## PART 7

# Drills

- [ ] Mark and score 20 historical zones on one market.
- [ ] Record what happened at the first return.
- [ ] Compare outcomes for A, B and skipped zones.
- [ ] Repeat on a second market to see if the scores hold up.

| Field                       | Your note |
|-----------------------------|-----------|
| Zone                        |           |
| Score and grade             |           |
| First return: held / failed |           |
| Max move in R after touch   |           |
| Lesson                      |           |

## 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                                | <a href="https://t.me/gorilacapital99">t.me/gorilacapital99</a>                                                                                                                                                        |
| Discord                                 | <a href="https://discord.gg/aHRUT6DhT">discord.gg/aHRUT6DhT</a>                                                                                                                                                        |
| WhatsApp channel                        | <a href="https://whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06">whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06</a>                                                                                                      |
| Gorila Zones (\$49, one-time)           | Our TradingView education tool that marks supply and demand zones, structure breaks and a historical stats table. <a href="https://finance-gorila.pages.dev/indicator">Details: finance-gorila.pages.dev/indicator</a> |
| 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                        | <a href="https://finance-gorila.pages.dev/free">finance-gorila.pages.dev/free</a>                                                                                                                                      |

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