



GORILA CAPITAL

Free trading-education guide · chart-logic-pro

CHART LOGIC PRO · FREE GUIDE

Top-Down Analysis Checklist

A repeatable routine from the weekly chart to the 5-minute entry, so every trade idea starts with context.

Inside

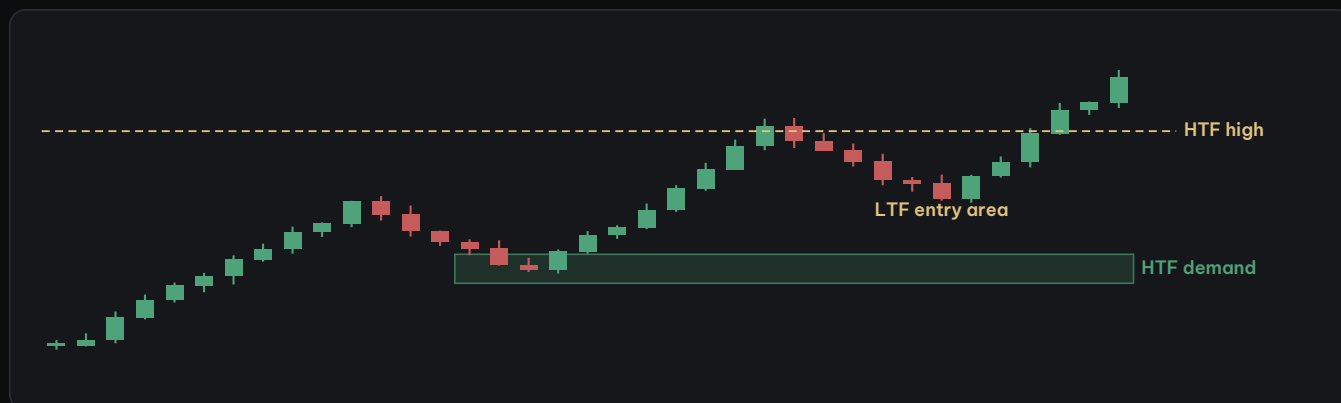
- Why top-down beats chart-hopping
- Timeframe stacks for different styles
- The full checklist, timeframe by timeframe
- A worked example in words
- A printable daily routine

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 top-down

Most beginners open a 5-minute chart, see a pattern, and enter. The problem is that a 5-minute pattern has no idea what the daily chart is doing. Top-down analysis fixes the order of thinking: **direction first, location second, timing last.**



Top-down: the higher timeframe sets direction and zones; the lower timeframe only times the entry.

- The **higher timeframe (HTF)** decides the bias and the major zones.
- The **middle timeframe** shows the current swing and where a pullback may end.
- The **lower timeframe (LTF)** is only used to time an entry inside an HTF area.

Practice tip

If the higher timeframes disagree with each other, the honest answer is often "no trade today". That is a valid result of analysis.

PART 2

Pick your timeframe stack

A common rule of thumb is a ratio of about 4 to 6 between timeframes. Pick one stack and stay with it for at least a month.

Style	Bias	Setup	Entry	Typical hold
Swing	Weekly	Daily	4H	Days to weeks
Day trading	Daily	1H	15m / 5m	Hours
Intraday / scalping	4H	15m	1m-3m	Minutes

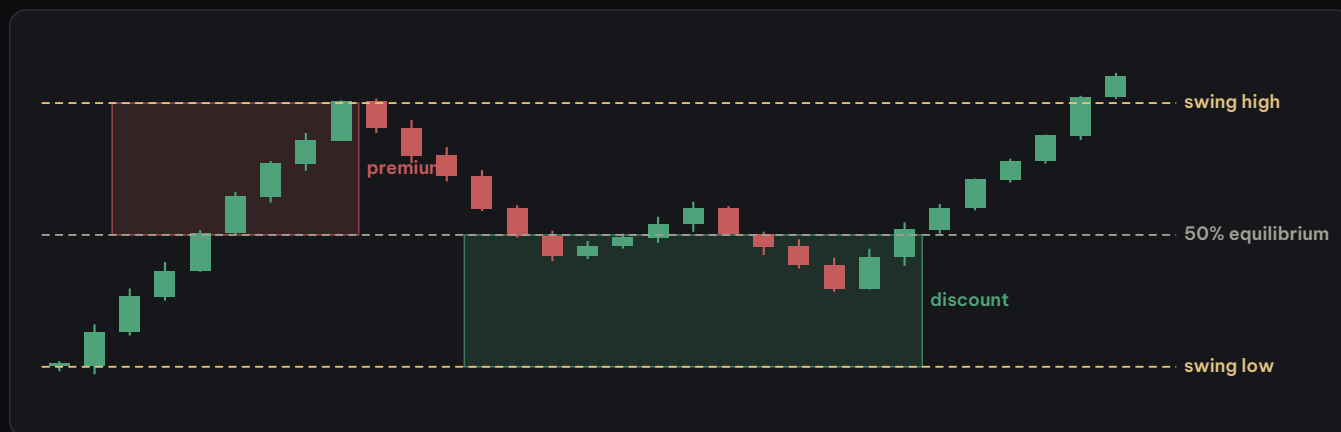
Common mistake

Switching stacks after a loss. Changing timeframes mid-week resets your read and usually leads to conflicting signals.

PART 3

Step 1: weekly and daily

- [] Trend: is the daily making higher highs and higher lows, lower highs and lower lows, or ranging?
- [] Where is price in the weekly range: premium (upper half), discount (lower half) or at equilibrium?
- [] Mark the previous week high and low, and the previous day high and low.
- [] Mark the one or two most obvious daily supply and demand zones that are still unmitigated.
- [] Note any untested daily fair value gaps above and below.
- [] Write the bias in one sentence: "Daily bullish, price in discount, expecting a move towards last week's high."
- [] Check the economic calendar for the week: central bank meetings, CPI, NFP.



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

PART 4

Step 2: 4H and 1H

- [] Does the 4H structure agree with the daily bias? If not, is it a pullback inside the daily trend?
- [] Where did the last 1H break of structure happen, and in which direction?
- [] Mark the 1H zone (order block, demand/supply, FVG) where a pullback could end.
- [] Mark the liquidity in the way: equal highs or lows, session highs and lows.
- [] Define invalidation: the price at which the idea is clearly wrong.
- [] Decide the target: the next HTF liquidity pool or zone.
- [] Calculate the reward-to-risk. If it is below your minimum (often 2R), stop here.

Note

You should finish step 2 before the session opens. During the session you only wait and execute.

PART 5

Step 3: the entry timeframe

- [] Is price inside the HTF area I marked? If not, wait. No exceptions.
- [] Has a liquidity sweep or a clear rejection happened inside the area?
- [] Has the LTF shifted structure in my direction (a change of character)?
- [] Is there a clean entry point: the LTF FVG or order block created by that shift?
- [] Stop beyond the sweep or the LTF swing; size calculated from the stop distance.
- [] No high-impact news in the next 15–30 minutes.
- [] Plan written: entry, stop, target, and what I will do at 1R.

Practice tip

If you cannot write the plan in two lines, the setup is not clear enough.

PART 6

Worked example (in words)

Daily: EURUSD makes higher highs and higher lows. Price has pulled back into the lower half of the last daily leg and sits above an unmitigated daily demand zone. Bias: bullish, looking for a move to the previous week high.

1H: The pullback has formed equal lows just above the daily demand zone. That is sell-side liquidity. Plan: wait for those lows to be swept into the zone during London.

5m: At the London open, price drops through the equal lows into the demand zone and closes back above them. A strong green candle breaks the last 5m lower high and leaves a fair value gap. Entry on the return into the gap, stop below the sweep low, target the previous week high, about 3.5R.

Review: Whether the trade wins or loses, the process can be graded: bias written before the session, entry only inside the HTF zone, stop placed by structure, size by risk. That grading is what improves you over time.

Note

This is an illustration of the process, not a trade recommendation.

PART 7

Printable daily routine

Time	Task	Done
Before session (15 min)	Weekly and daily read, bias sentence, calendar check	
Before session (10 min)	4H and 1H zones, liquidity, invalidation, target, R:R	
Session	Wait for price in zone; LTF trigger only; plan in two lines	
After entry	No changes to the stop except to reduce risk; note emotions	
End of day (10 min)	Screenshot, journal, grade the process A/B/C	

Field	Your note
Daily bias sentence	
Key HTF zone	
Liquidity targeted	
LTF trigger seen?	
Process grade (A/B/C)	
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	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.

© Gorila Capital. You may share this PDF unchanged. Charts in this guide are illustrative sketches, not real price data.