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WHAT IS SUPPORT & RESISTANCE

Support – is an area where demands exceeds supply, limiting downward price movement.

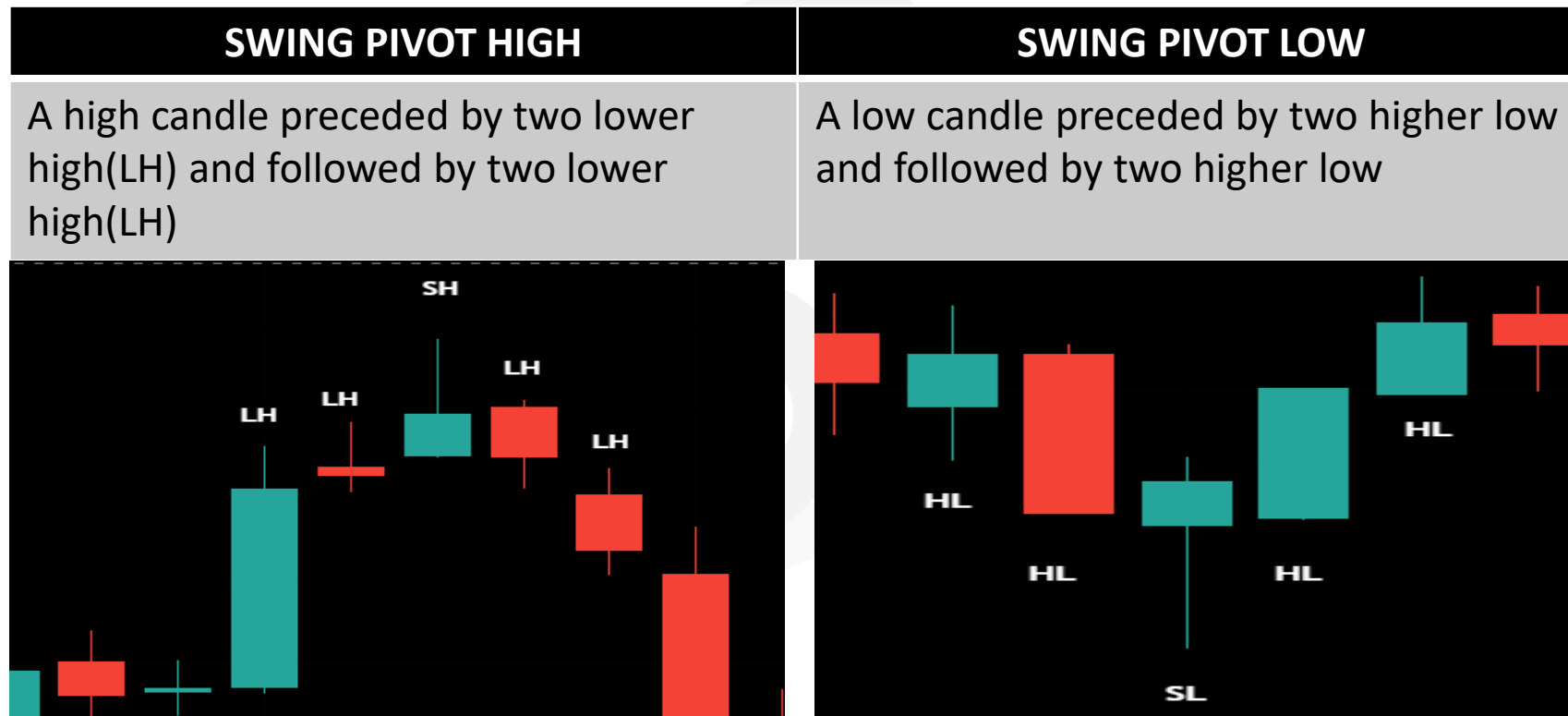
Resistance – is an area where supply exceeds demand, limiting upward price movement.



IDENTIFYING SUPPORT & RESISTANCE

We use Swing points to identify Support & Resistance

Swing pivots is simply any **VISIBLE TURNING POINT** in the chart.



VARIOUS STRUCTURE OF SWING PIVOTS

- All the swing pivots are not textbook perfect structures, below are few different structures,

Swing Pivots High



Swing Pivots Low



IDENTIFYING SUPPORT & RESISTANCE

- To identify the Swing Pivots High/Low, Open up the chart and choose higher timeframe and mark the major Swing Pivots



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