



The CMT-Certified Risk-First Checklist

7 Non-Negotiable Rules for Protecting Capital in Day Trading

(Developed by Global Market Raiders LLC & Richard O. Zamora III; CMT)

***Disclaimer: Please be advised that while I utilize and adhere to proper Technical Analysis methods and techniques, they cannot guarantee that their use will result in any profit. There is always an inherent risk of loss**

Trading is not gambling; it's a process of systematic risk mitigation. Use this concise, 7-point checklist *before* you place a trade. If you cannot confidently mark a rule as **PASS**, the trade is a **NO-GO**.

Rule Category	PASS	FAIL
Trade Name: [Insert Ticker/Futures Contract]	Date: [MM/DD/YY]	

SECTION 1: CAPITAL PROTECTION (Risk Management)

Rule 1: The 3% Capital Constraint

Your maximum potential loss (the difference between your entry price and your pre-set stop-loss) must be less than 3% of your total trading capital. If your capital is \$50,000, your loss on this one trade cannot exceed \$1500.

Rule 2: The 2:1 Reward/Risk Ratio

The distance from your entry price to your profit target must be at least twice the distance from your entry price to your stop-loss. (This ensures profitable trades cover the inevitable losing ones.)

Rule 3: Liquidity and Exit Integrity

The average daily volume (ADV) of this asset must be sufficient to allow for a clean, fast exit at your stop-loss price, without slippage. Highly illiquid markets can lock you in.

SECTION 2: CMT TECHNICAL EDGE (Structural Analysis)

Rule 4: Multi-Timeframe Trend Alignment

The trade direction (Long or Short) must be aligned with the trend on the next two higher timeframes (e.g., if trading on a 5-minute chart, the trend on the 30-minute and 4-hour charts must agree).

Rule 5: Structural Anchor Confirmation

You must identify at least three distinct technical factors (e.g., major moving average, supply/demand zone, Fibonacci level, trendline) that converge at or near your entry price, acting as a strong "anchor."

SECTION 3: PSYCHOLOGY & EXECUTION GUARDRAILS

Rule 6: Emotional Reset & Separation

You have taken a mandatory 5-minute pause since your last trade, win or loss. You are not chasing a loss or trading based on the high of a win. (Emotional trading destroys capital.)

Rule 7: Pre-Commitment to Plan

The Entry Price, Stop-Loss Price, and Target Price are all set and entered into your trading platform. You have made a firm, pre-market commitment to NOT move the stop-loss against your position.

The Next Logical Step: Turn Rules into Results

The Checklist gives you the rules, but the true challenge is **consistent, disciplined execution** under pressure.

Why do most traders fail even with a perfect checklist? They lack the **supervision** and **structure** to enforce these rules when emotions and market volatility are highest.

At Global Market Raiders LLC, our **CMT Guarantee** is based on teaching you how to systematically execute this checklist until it becomes automatic. Stop trading alone.

Ready to get Professional, CMT-Guided Supervision?

We offer a **FREE Guaranteed Assessment** where a professional advisor will personally audit your execution of these 7 rules and outline the specific steps needed to turn your checklist into a consistent, protected strategy.

[SCHEDULE FREE GUARANTEED ASSESSMENT](#)