

# Lesson 8: Trend Structure and Market Phases

## Overview

- Classify trend, range, and phase shifts with structure.

## Key Concepts

- HH/HL defines uptrend; LH/LL defines downtrend.
- Impulses and corrections shape trend rhythm.
- Phase shifts often occur near liquidity.

## Framework

- Define structure on H1 or H4.
- Identify phase and direction.
- Trade pullbacks, not mid-range.
- Exit when structure breaks.

## Checklist

- Structure labeled.
- Phase identified.
- Entry aligns with trend.
- Stop beyond swing.