

NORDIC MARKETS EDUCATIONAL SERIES



# Nordic MARKETS

TRADE | INVEST | LEARN

## 4 SMART STRATEGIES TO TRADE PRECIOUS METALS

Practical ways to navigate gold, silver, platinum and palladium in different market conditions.

Educational content. Not financial advice.

RISK WARNING: Trading in Forex and CFDs is high risk and may not be suitable for everyone. Losses may exceed your deposits.

# WELCOME

Here at Nordic Markets, we're different. We cut the noise and focus on what matters: clear education, reliable tools, and disciplined risk. This free guide is part of the Nordic Markets Educational Series—short, practical resources you can apply today.

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## INTRODUCTION

Gold has long been a reliable store of value. Together with silver, platinum and palladium, these metals form a distinct asset class valued for scarcity, durability, industrial use and cultural significance. Because of these attributes, traders often use precious metals to hedge inflation and volatility. Recent industry estimates put the market at ~US\$323.7bn (2024) and project ~US\$501.1bn by 2032 (CAGR ~5.6%).

### MARKET SNAPSHOT

- Gold: strong central-bank demand; deep liquidity across OTC & futures
- Silver: high industrial demand (electronics/solar); market can run deficits
- PGMs: supply/demand driven by autos & industry; periodic deficits/surpluses

Sources: recognised industry reports (WGC, Silver Institute, WPIC).

Precious metals can play a role in a well-diversified portfolio. They behave differently from other asset classes and respond in distinct ways to macro conditions, industrial demand and geopolitics—so always pair ideas with clear risk rules.

## UNDERSTANDING THE MARKET

Gold and silver are the most actively traded precious metals. Deep liquidity across OTC, futures and ETFs generally supports tighter spreads and consistent pricing. Silver and PGMs can move more sharply because a larger share of their demand is industrial (electronics, solar, autos), and supply can be cyclical.

### Gold-Silver Ratio (GSR)

The GSR shows how many ounces of silver equal one ounce of gold. It fluctuates widely with macro cycles—use it for context, not as a stand-alone signal.

- A rising GSR = gold outperforming silver.
- A falling GSR = silver outperforming.
- Combine the GSR with trend, positioning and key levels before acting.

## 4 SMART STRATEGIES FOR TRADING PRECIOUS METALS

### How to use these strategies

Pick one method that fits your timeframe and personality. Practise on a demo account, log results weekly, and refine your rules. When you go live, keep risk small and scale with discipline.

**POSITION  
TRADING**

**1.**

**NEWS  
TRADING**

**2.**

**TREND  
TRADING**

**3.**

**PRICE-ACTION  
TRADING**

**4.**

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## STRATEGY 1: POSITION TRADING

### A slower-paced approach to capture multi-week, macro-driven moves.

Position trading holds exposures for weeks to months. You trade less, aim for cleaner trends, and let time do more of the work.

When it shines

- Clear macro story (e.g., inflation/recession risk, policy shifts)
- Higher timeframes (D1/W1) show a steady trend with tidy pullbacks

Quick bias checklist

- Macro backdrop (tailwind or headwind?)
- USD direction (strength often weighs on metals)
- Rates / central-bank stance (tightening vs easing)
- Industry demand/supply (esp. for silver & PGMs)

How to execute – step by step

1. Mark structure on Daily/Weekly: trend, swing highs/lows, key levels.
2. Wait for a pullback to a level (prior high/low, MA confluence).
3. Plan entry, invalidation, and first targets.
4. Size small so normal swings don't shake you out.
5. Place the stop beyond the last meaningful swing/level.
6. Manage: take partials at targets and trail the stop under new swing lows (for longs).

Review weekly—keep or exit based on structure, not noise.

### WORKED EXAMPLE

(Illustrative)

- Instrument: Gold (XAUUSD)
- Bias: Bullish—policy easing talk; softer USD; D1/W1 uptrend intact
- Plan: Buy a pullback toward prior breakout ~2,350
- Invalidation: Below 2,300 (last swing low)
- Entry: Scale in 2,355–2,345
- Stop: 2,295 (below structure)
- Targets: 2,420 for partial; let remainder run toward 2,480 while trailing under higher swing lows

**Why it works: With-trend entry at value; stop lives beyond the level that breaks the idea.**

## STRATEGY 1: POSITION TRADING

Continued...

### RISK RULES

- Risk  $\leq$  1R per idea; avoid overlapping exposure across correlated metals
- Do not add to losers; add only if the thesis is working and risk doesn't increase
- Exit if structure breaks (lower low in an uptrend / higher high in a downtrend)

#### Post-entry review (daily/weekly)

- Structure intact on D1/W1? If yes, hold; if no, reduce/exit.
- Price at/near target? Take partials; adjust trail.
- Macro/USD/rates shift your bias? Tighten risk or stand aside.
- Correlated exposure creeping up (e.g., gold + silver)? Trim to avoid concentration.

#### Common mistakes

- Entering mid-range instead of waiting for a pullback
- Stops set inside noise (too tight) or too far (oversized risk)
- Letting headlines push you out when structure hasn't broken
- Doubling up across metals → hidden concentration

#### Journal prompts

- Did my bias checklist line up?
- Did I enter at a clear level or mid-range?
- Did I follow my stop and partials?
- One rule that would've improved this trade?

Key terms: D1 = Daily, W1 = Weekly, MA = Moving Average, R = risk unit

## STRATEGY 2: NEWS TRADING

### Positioning around scheduled economic releases and policy events.

News trading aims to capture fast moves when new information hits the market. You plan scenarios in advance, define risk tightly, and act only if price confirms.

When it shines

- Clear consensus with meaningful surprise risk (CPI, NFP, PMI, central-bank decisions)
- Strong nearby levels for defined risk and quick targets

Quick bias checklist (pre-release)

- Event & expectations: which release; forecast vs previous; any “whisper” numbers?
- Surprise potential: revisions/guidance likely?
- Positioning & context: how did metals/US\$ move into the event?
- Volatility & size: ATR/IMPLIED vol; use smaller size and plan slippage.
- Key levels: HTF levels + intraday range boundaries; clear invalidation.
- Scenarios: Better / In-line / Worse with triggers (break, fade, or no-trade).
- Execution: Stop entries for momentum breaks or limits for controlled fades.
- Risk plan: Max 0.5-1R, one attempt per scenario, no adding to losers.

How to execute — step by step

1. Mark structure on Daily/Weekly: trend, swing highs/lows, key levels.
2. Wait for a pullback to a level (prior high/low, MA confluence).
3. Plan entry, invalidation, and first targets.
4. Size small so normal swings don't shake you out.
5. Place the stop beyond the last meaningful swing/level.
6. Manage: take partials at targets and trail the stop under new swing lows (for longs).
7. Review weekly—keep or exit based on structure, not noise.

## STRATEGY 2: NEWS TRADING

Continued...

### RISK RULES

- Risk  $\leq$  0.5-1R; volatility can be extreme
- One attempt per scenario; no repeat entries without a fresh setup
- Never move stops away from risk during the release

### Post-entry review (30-120 seconds)

- First spike resolved? Wait for the close.
- Did price respect/violate your level?
- If in: partials + tighten risk. If out/invalidated: stop.

### Common mistakes

- Trading without a scenario plan
- Chasing the first spike candle
- Oversizing into widened spreads
- Re-entering repeatedly after the thesis failed

### Journal prompts

- Did outcome match a scenario?
- Was entry at a level or a chase?
- Did I manage partials and risk as planned?

Key terms: CPI = inflation, NFP = US jobs, PMI = activity index, ATR = average true range, IV = implied volatility, Slippage = worse fill than expected, Invalidation = level that kills the idea.

## STRATEGY 3: TREND TRADING

**Stay aligned with the prevailing direction until structure or momentum breaks.**

Trend trading seeks the path of least resistance. You join established moves, add on pullbacks, and exit when structure changes.

When it shines

- Clear trend structure (higher-highs/higher-lows in uptrends, or the reverse in downtrends)
- Moving average alignment (50/200 EMA supportive) with price holding above/below them
- Momentum agreement (RSI holding above/below midline) on the higher timeframe (D1/W1)

Quick bias checklist

- Trend direction on D1/W1 and nearest swing levels
- 50/200 EMA alignment supportive? RSI in agreement?
- Key levels for pullback entries (prior highs/lows, MA confluence)
- Volatility/ATR suitable (not parabolic, not dead)
- Correlation risk (are you already long/short another metal?)
- Invalidation level set; risk per trade  $\leq 1-2R$  total, with adds only on fresh pullbacks

How to execute – step by step

1. Identify trend direction on D1/W1; mark swing points.
2. Enter on pullbacks to level/MA confluence; avoid mid-range.
3. Stops beyond structure; don't widen after entry.
4. Take partials at 1-2R; trail the stop under/over new swing points.
5. Exit on structure break or momentum failure.

## STRATEGY 3: TREND TRADING

Continued...

### RISK RULES

- One position per direction per metal to limit concentration
- Add only on fresh pullbacks with the same risk per add
- If the 50/200 EMA flips against you, consider reducing or exiting

### Post-entry review (session check)

- Structure/EMA/RSI conditions unchanged? Hold.
- New swing printed? Trail stop just beyond it.
- Parabolic move or momentum fade? Scale out or exit on break.

### Common mistakes

- Entering late after extended runs
- Adding during parabolic blow-offs
- Ignoring higher-timeframe resistance/support

### Journal prompts

- Was the entry a pullback or a chase?
- Did structure/momentum confirm?
- Did my exit follow rules (break of structure or momentum)?

Key terms: RSI = Relative Strength Index; BOS = Break of Structure.

## STRATEGY 4: PRICE-ACTION TRADING

### Time entries with candles and levels on intraday to swing horizons.

Price-action focuses on how price behaves at important levels. You wait for a clean pattern, confirm with context, and define risk at the invalidation level.

#### When it shines

- Levels are clear (prior highs/lows, session opens, HTF zones) and respected
- Volatility is orderly (not parabolic); the tape responds cleanly at levels

#### Quick bias checklist

- HTF bias (D1/W1) aligned or neutral—not fighting a strong trend
- Key levels mapped (support/resistance, prior highs/lows, round numbers)
- Quality of signal candles at the level (clean, decisive, not tiny or messy)
- Confluence present? (level + pattern + momentum/structure)
- Invalidation obvious and close enough to keep risk small

#### How to execute — step by step

1. Mark HTF zones and intraday levels.
2. Wait for a **signal candle** at the level (close included).
3. Place the **stop** beyond the invalidating candle/level.
4. Pre-plan **partials** at nearby targets; leave a **runner** with a trailing stop.
5. If the level fails or the signal is sloppy, skip it—no trade is fine.

## STRATEGY 4: PRICE-ACTION TRADING

Continued...

### RISK RULES

- Risk 1R initial; never widen stops
- Skip low-quality signals (tiny wicks, overlap, late entries)
- Avoid stacking multiple metals on the same idea

### Post-entry review (bar-close check)

- Did the candle close cleanly at/through the level?
- Is invalidation still clear and close?
- First target hit? Take partials and reduce risk—let the runner trail.

### Common mistakes

- Entering before the candle closes
- Taking patterns far from a level
- Letting one failed attempt turn into multiple re-entries

### Journal prompts

- Was the pattern at a meaningful level with confluence?
- Did I wait for the close and keep risk tight?
- Did partials/trail follow plan?

Key terms: Pin bar = rejection wick at a level; Engulfing = candle closes beyond prior body; S/R = support/resistance.

## RISK MANAGEMENT ESSENTIALS

Simple guardrails that protect your capital and your process.

### BEFORE THE TRADE

- One clear thesis; one clear **invalidation**
- Risk  $\leq$  **1R** per idea; daily/weekly loss limits set
- Avoid overlapping exposure across correlated metals

### DURING THE TRADE

- Never move stops **away** from risk
- Take **partials** at pre-planned levels; trail with structure
- Stand down after invalidation—no revenge trades

### AFTER THE TRADE

- Log entry, exit, R-multiple, notes
- Weekly review: adjust rules, not emotions
- Track concentration and performance by strategy

### Common pitfalls

- Oversizing into news
- Chasing mid-range
- Adding to losers
- Hidden correlation

## FINAL THOUGHTS

Choose the strategy that fits your **timeframe**, **temperament** and **goals**. Keep risk small, let structure lead your decisions, and review weekly. Small, consistent edges compound.

### GLOSSARY

- Break-and-retest      Level breaks then retests from the other side.
- CPI / NFP / PMI      Inflation, US jobs, and activity indicators.
- D1 / W1      Daily / Weekly timeframe.
- EMA (50/200)      Exponential moving averages often used for trend bias.
- HTF      Higher timeframe used to set bias (e.g., D1/W1).
- Leverage      Borrowed exposure; keep low for longevity.
- MA      Moving average (generic; SMA/EMA).
- Partial(s)      Taking profit on part of a position.
- Pullback      Retrace toward support/resistance within a trend.
- R (risk unit)      Pre-defined loss if the stop is hit (e.g., 1% of account).
- RSI      Relative Strength Index, a momentum oscillator.
- Structure      The sequence of highs/lows that defines trend.
- Trail / Trailing stop      Moving your stop as price makes new swings.



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