How to Trade ES-Futures, Edn. 2

By: Matt Mandell

Introduction

- Futures Trading
- What Color is Your Parachute?
- What color is your pill?

I gave a futures presentation before.

- About 10 years ago, Meetup
- Trade on a smartphone
- Question: How do you really trade futures?
- The fear of $12.50 per tick with the emini

Psychic Attack

- If the brain is dead then one can’t think
- You can’t get up and walk away
- Your muscles get tensed-up

Scenario

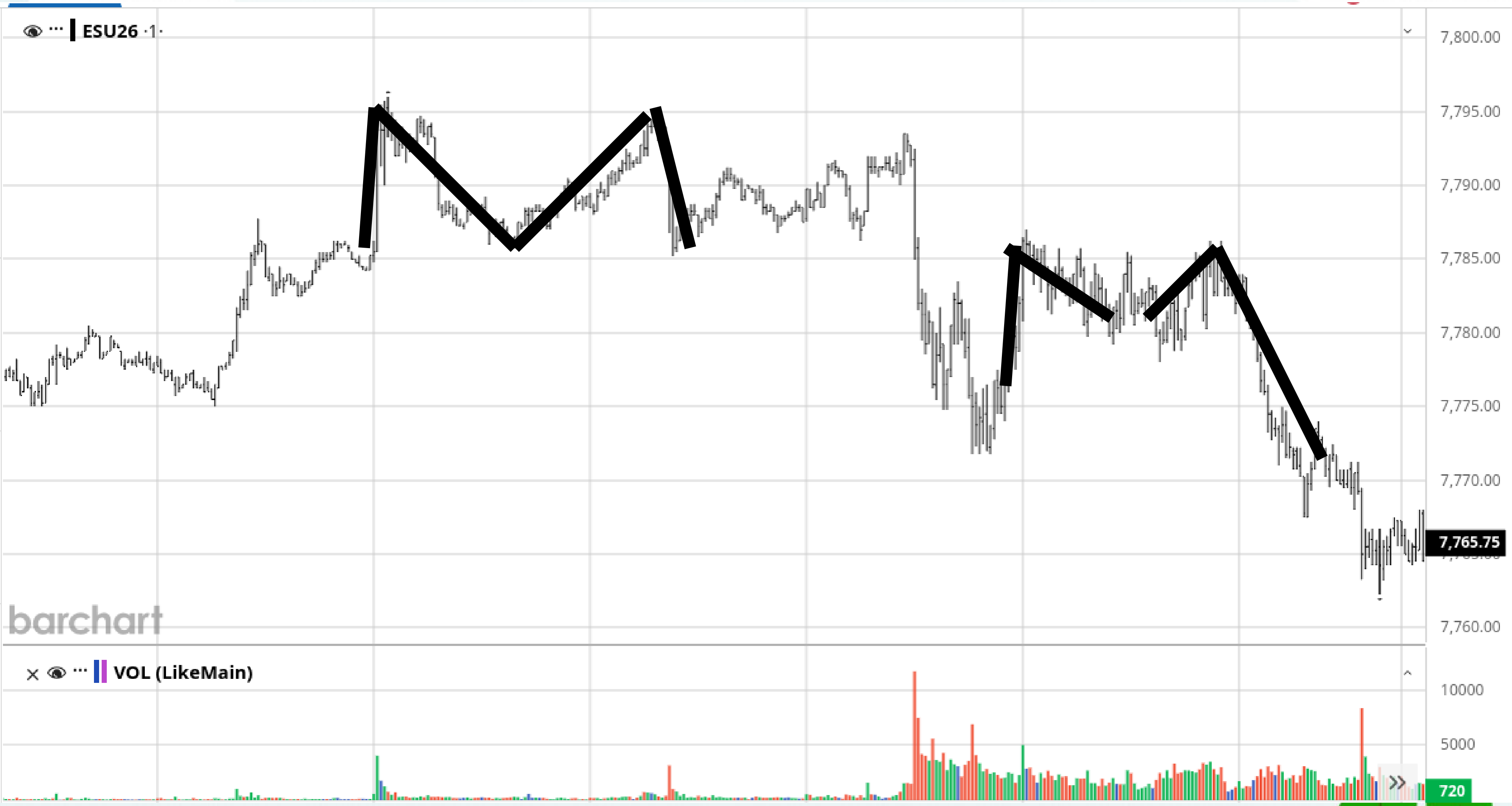
- Given an intuitive feeling of the market going down
- Given a 30 minute window
- What if the market goes up, away from your trade?

Technical Analysis

- It’s easier to trade with volume
- The cat ears “M” or double top
- Source: https://www.barchart.com/futures/quotes/ESU26/interactive-chart

ESU26:Tuesday, August 11, 2026

The cat ears "M"



The +shing-ding+

The +shing-ding+

The spike

08/07/2026 7:30 AM ESU26 ·1· O 7,756.50 H 7,774.50 L 7,754.50 C 7,765.75 Δ +8.75 (+0.11%)
7,780.00
7,775.00
7,770.00
7,765.75
7,760.00
7,755.00
7,750.00
7,745.19
barchart
VOL (LikeMain) 5,877
15000
10000
5000
720
06:45
07:00
07:15
7:30 AM
07:45
08:00
08:15
08:30

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08:00
08:15
08:30

+The-Finger+

- The subconscious metaphor for the spike
- You might hear this in your own +reverse speech+ which I call the Subresonate Voice (SV)
- Positive: gives a look into your subconscious
- Negative: can make you trade the opposite if you do SV during your trade

The Technical Patterns

- “W” the double bottom
- “M” cat ears or double top
- Sideways “_-_-_”
- Face “|**|”
- Dodgie “_|_”
- Drop “|_” +finger+
- Spike “|” or +finger+
- Decision Triangle “|+”

The Technical Patterns

- +shing-ding+ “√”
- Pop, higher highs and higher lows “_-’”
- Sell off, lower highs and lower lows “-_,”
- Plus, “+”
- 666 to 667 or 665, volume or point values
- Waterfall “ר”
- The notch and arch “^∩”

Doing Quick Trades!

- Panic attack
- Too early
- Not quick enough: flatten or reverse

Trade like a spider

- Some spiders eat just once a day
- Wait for the pattern to appear then look at the larger pattern
- ~To trade without finding the pattern is a caldera.~

Mark 8:31-33 KJV

- “Get thee behind me, Satan:….”
- After Jesus feed the multitudes, 4000 and 5000
- Peter suggests Jesus not go forward with his plan to save himself and not “suffer many things….”

Being able to conceive

- Need to watch technical analysis grow
- Need to see the trade and…
- See when to get out and why?
- See where to set the stop and limit

Why can’t I just buy and sell ES Futures?

- There are buyers and sellers
- When will the sellers run out?
- When will the buyers run out?
- Note: Usually a futures trade should not go more than 3% against, the account’s value
- Recommend: flatten or reverse before the trade gets out of hand, most traders probably have a rule for this

What if you get two clues: short at 9:30 and it will go down at the bell?

- At 9:30 you just short, because you are itching to trade, to push that button
- The problem is it needs to make a double top then go down, six hour wait!

Biases

- Can’t time the market
- My Dad did it, then so can I
- I can see the short trades better

Some of those trades are

- Kom-a-kazi
- Take your time to see the trade pattern

Variables to trade with

- How many lots to trade
- Stop and limit
- Possibility of news, look at economic calendar
- The technical pattern you think will occur
- Looking for the other side of the trade, as in “What can go wrong?”
- Intuition: try talking to yourself out loud
- SV after the trade is placed or better yet after your platform is logged off

Look for the set-up

- You think it is going up
- Down first, the +shing-ding+
- News events

I can use my SV to...

- Nature of the sound mind
- SV gets info wrong with endorphins
- Spirits entering you

Making the trade: Intuition vs SV

- SV crosses up the signal in the brain
- Do you hear in your mind: *Are you going to fall for that?*

My Dad always said...

- I’m going to trade when I see the big one
- The first 15 minutes usually show the direction for the day
- Be capital safe

How I usually trade

- Like to short
- Use rules
- Put the stop and limit when I can get the stop in the money
- Trade too fast before I confirm the pattern

Look at the U.S. Economic Calendar

- Signal for big moves, patterns
- Fed Meeting, interest rate changes
- CPI, Consumer Price Index
- Unemployment Rate, changes

Trading on July 3rd 2026

- I traded on a vague idea, market going down
- Went up, was AI buying it?
- Did not do Good Till Cancelled (GTC)
- Default trade setting is Good For Day (GFD)

Market on July 8th 2026

- Market goes down: War with Iran
- President Trump said that Spain was out of a trade deal in Ankara, Turkey before 10:30 local time (UTC +3) verses CME time is UTC +3 or before 3:30 a.m.
- ES futures are traded at the Chicago Mercantile Exchange (CME)

Source: barchart.com

Warning for Matt Mandell

- July 27th 2026
- ~Matt if you see opportunities and don't take them you will go insane.~
- ~Matt if you can't take care of obvious trades, then I see a caldera.~

Temptation and brain chemistry

- If it look like it will go down, but then it goes up
- The market usually goes up

Commodity Futures Trading Commission (CFTC)

- February 16, 1982: “The CFTC approves the first futures contract based on a stock index, The Value Line Index Average traded on the Kansas City Board of Trade.”
- Source: CFTC website

National Futures Association (NFA)

- Introducing Brokers (IB)
- Associated Persons (AP)
- Futures Commission Merchant (FCM)
- Check your futures broker

Use the stop and limit

- Don’t have too close a stop, this leads to a +car-wreck+
- Don’t have too far away a limit, this leads to it not executing

Futures Trading and Telepathy

- Looking at peoples expressions helps with telepathy
- Activating the right parahippocampal gyrus
- ~The gyrus helps you see Matthew.~
- SV can train the development of telepathy

Now for Physical & Spiritual Activity

- Please stand up, if you safely can
- Come on, come on
- Angles are singing…
- Feel freedom and glory of the spiritual, Ah, Ah...

SV is not thinking

- When you want to trade you need to think and discern with intuition
- The conscious, subconscious and unconscious

Just working on intuition

- Use rules and don't throw away your money

Why wait like a spider

- Because I trade too quick
- Wait for the pattern

Back from disaster

- I lost money
- One MES lot carries $2.02 in fees
- Need two ticks to make money

Conclusion

- Questions
- If time provides, shall we go to the seats in the back and talk about futures like in Wall $treet Week with Louis Rukeyser?