

NORD FX

Start Trading 101

Trader's Guide



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1. Introduction

What Is Trading

When you first start looking into trading, it can be confusing. There are many unfamiliar words — *pip*, *leverage*, *trading terminal*, *margin* — and a lot of information that can feel overwhelming. But at its heart, trading is built on one simple idea: you try to predict whether the price of something will go **up** or **down**.



The goal is to anticipate which way the price will move.

If you think the price will rise, you buy. If you think it will fall, you sell. The difference between the price where you entered and the price where you exited is your profit or loss. That's the **core principle** that underpins all forms of financial trading — from currencies and gold to stocks and cryptocurrencies.

This mini-course will guide you through the basics — what you can trade, where trades take place, and how the process works in practice. It's designed to give you a clear, confident start. But remember, this is only the beginning. Trading is a continuous learning experience, and an interesting journey lies ahead — one where knowledge, discipline, and curiosity will become your best tools.

What Financial Instruments Can You Trade?

Very simply, **financial trading** is the buying and selling of financial instruments — assets whose prices change over time. With NordFX, you can trade a wide range of global instruments — all from one platform and one account! The main categories include:

Cryptocurrencies – digital assets like Bitcoin, Ethereum, and XRP, traded 24/7 with high volatility.

Stocks – shares of companies like Apple or Tesla traded as CFDs, allowing profit from price changes without owning the stock.

FX currencies – global currencies such as the dollar, euro, and pound traded in pairs like EUR/USD.

Metals – precious metals including gold and silver, often used to hedge risk; you don't own the physical metal, only trade on its price.

Energies – oil and natural gas, influenced by global demand and geopolitical events.

Indices – groups of major company stocks, such as the S&P 500 or DAX 40, reflecting overall market performance.



Did You Know?

More than 90% of all Bitcoins that will ever exist have already been mined — but the final Bitcoin won't be mined until around the year 2140, due to the network's built-in halving schedule that slows new supply every four years.

Why Do People Trade?

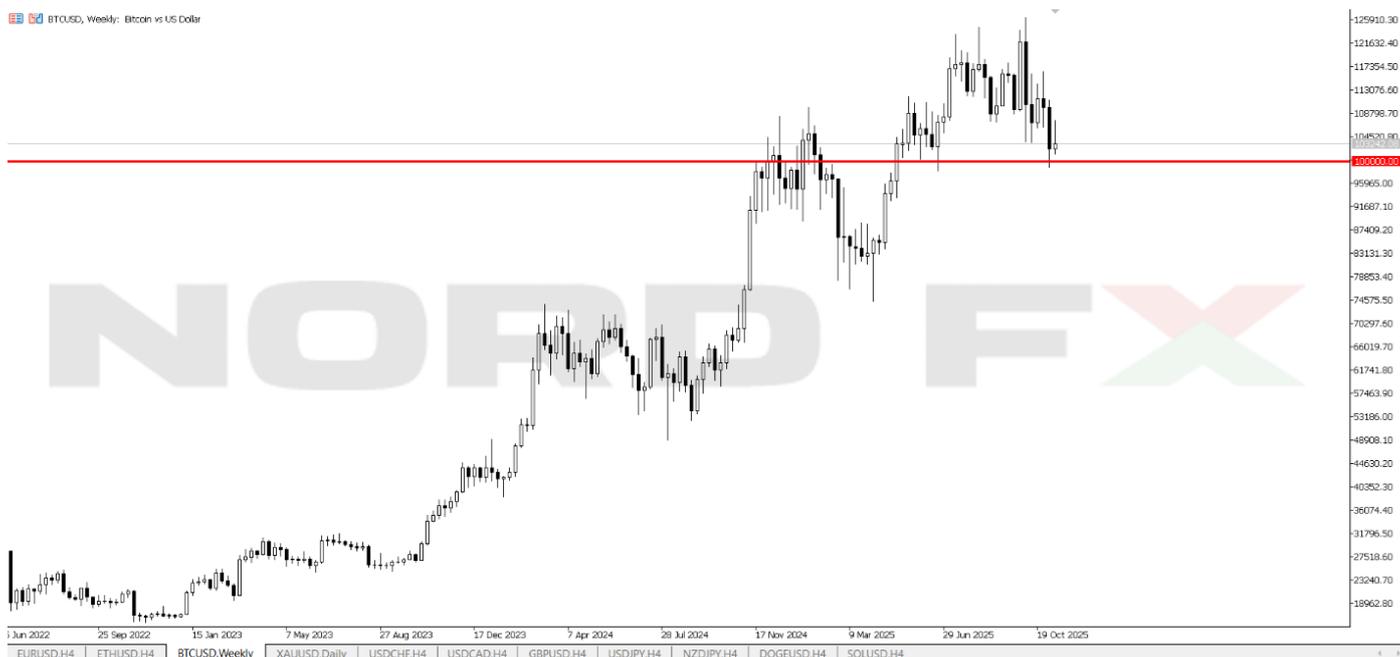
Imagine that one day you decided to put all your savings under the mattress for safekeeping. A year later, that money would still be there — but it wouldn't buy as much as before. Prices rise over time, and inflation quietly reduces the value of idle money. To preserve and grow your savings, your money needs to work — and financial markets provide the opportunity for that.

Trading and **investing** are two ways to make your money grow, but they differ in approach and time horizon.

Investors usually buy assets expecting long-term growth — for example, holding company shares or funds for years. Traders, on the other hand, look for short-term opportunities. They buy and sell more actively, aiming to profit from daily or weekly price movements across different markets.

A trader's main advantage is flexibility — the ability to act on every market opportunity, whether prices are rising or falling.

Here's an example. If you had bought Bitcoin in January 2023, when its price was around 16,500 USD, and held it until now — when it trades near 103,240 USD — your return would be approximately 525%.



Why Do You Need a Broker?

You can't trade directly on the global financial markets — access is provided through a broker. The broker connects you to the market, executes your buy and sell orders, provides pricing data, margin trading, and the trading platform itself. In short, the broker is your gateway to all trading instruments and market liquidity.

Why NordFX?

One account. All markets.

Trade currencies, gold, crypto, stocks, and indices without switching platforms or accounts. Enjoy lightning-fast execution when every second counts, instant crypto withdrawals, and real support from real people — 24 hours a day, 5 days a week.

NordFX is built for traders who want things simple, fast, and under control.

NordFX is rated **Excellent**

Based on 74 reviews



★ Trustpilot

2. How to Start Trading

First, you need to verify your phone number. It only takes a moment — you'll receive a code by SMS.

⚠ Please complete your verification [here](#) to enable trading and deposits.

Verify Phone Number

Enter phone number Step 1 of 2

Phone number *

 +971 999 9 999

I'm not a robot  reCAPTCHA
Privacy - Terms

SEND CODE **CANCEL**

After that, you can complete the Basic verification. It's a simple process — just follow the on-screen instructions. You can also do it later, but completing it early will make the next steps faster and smoother.

How to Choose Your Account Type

Currently, NordFX offers four account types:

- **MT5 Pro**
- **MT5 Zero**
- **MT4 Pro**
- **MT4 Zero**

“MT” stands for MetaTrader — one of the most widely used trading platforms in the world. The numbers 4 and 5 refer to the platform versions:

- **MetaTrader 4 (MT4)** – the long-time industry standard, valued for its stability, wide range of indicators, and support for automated strategies.
- **MetaTrader 5 (MT5)** – a newer and more advanced version with additional timeframes, improved charting tools, and a more modern interface.

Later in this course, we will look at the trading platform more closely.

NordFX accounts are designed to suit different trading needs:

- **Pro Accounts** offer simple pricing with no commission and wider spreads — suitable for beginners or traders who prefer straightforward cost structures.
- **Zero Accounts** provide zero market spreads with a small fixed commission — a better choice for active or experienced traders who want tighter pricing.



What is spread?

The spread is one of the basic concepts of the currency market, without knowledge of which it would be difficult to imagine the work of a trader. The spread is the difference between the price of selling and that of buying a financial instrument and is the fundamental source of income for brokers, who take a small part of the spread as a kind of commission for their services.

If you're new to trading, it's recommended to begin with a **Demo Account**. NordFX offers a free, unlimited demo where you can practice on both MT4 and MT5, explore the interface, and learn how to place trades without any financial risk.

For the purposes of this course, we will use an **MT5 Demo Account**.

How to Open an Account

To open a demo account, log in to your Personal Area (Trader's Cabinet), go to the Trading Accounts section, and select **Demo**. You can also go directly using this link:

<https://my.nordfx.com/en/accounts/demo>

Then click Open Demo Account button, choose the trading platform MetaTrader 5, select MT5 Pro Demo, and press Choose Account to create it.

▶ MT5 Pro Demo

Designed for professional traders who prefer all-in spread pricing.

Minimum deposit **\$50**

Spread **from 10 pips**

Leverage **up to 1:1000**

FX commissions **0**

Account Balance **USD**

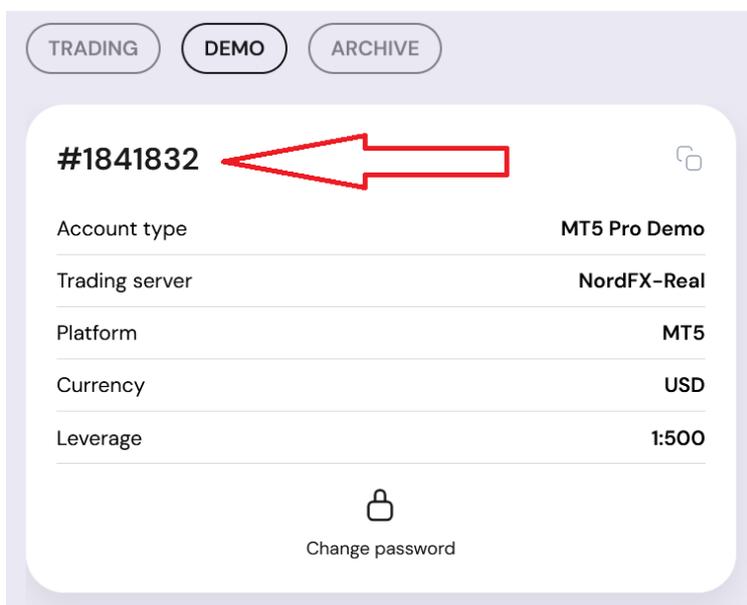
Free margin interest **3,8% annually**

Trading Instruments **Crypto, Metals, FX Currencies, Energies, Indices & Stocks**

Choose account

You can keep the default settings in the form — just check the “Generate passwords automatically” box and **make sure to copy your Master password**. Then tick the “Terms and Conditions” box, press Open an Account button, and your demo account will be created.

You will see it in the *Trading Accounts* section under Demo tab.



Important Information

Later, when you log in to the trading terminal, you will be asked for your Login and Password. Your Login is the number of your trading account (see above), and your Password is the Master password you copied earlier

For real account, the procedure is the same, but you will need to deposit funds before you can start trading. This can be done in the Deposit section of the Trader’s Cabinet – <https://my.nordfx.com/en/deposit>. Choose the method that is most convenient for you and just follow the instructions.

How to Install and Open a Trading Terminal

Go to the Trading Platforms section in your Personal Area and choose MT5 or MT4. Since we opened an MT5 Pro Demo account earlier, we will continue using MetaTrader 5 in this course.

You can choose the option that suits you best or all at the same time:

- download the platform for **Windows** or **macOS**,
- install the mobile app on **Android** or **iOS**,
- or trade directly in your browser using the **Web Terminal** — no installation required.

There is also a User Guide and *Platform Details* section available if you need quick help with the terminal.

MT5 MT4

MetaTrader 5 [User guide](#) [Platform details](#)

- Multi-Asset Trading: Supports Forex, stocks, precious metals, cryptocurrencies etc.;
- Advanced Technical Analysis: Offers over 80 technical indicators and tools;
- 21 timeframes for improved precision in trade timing;
- Possibility of Algorithmic Trading;
- Tools for creating and testing custom indicators and scripts;
- Economic Calendar;
- Market Depth Information;
- Detailed reports on trading activities and performance;
- Advanced security for trading activities.

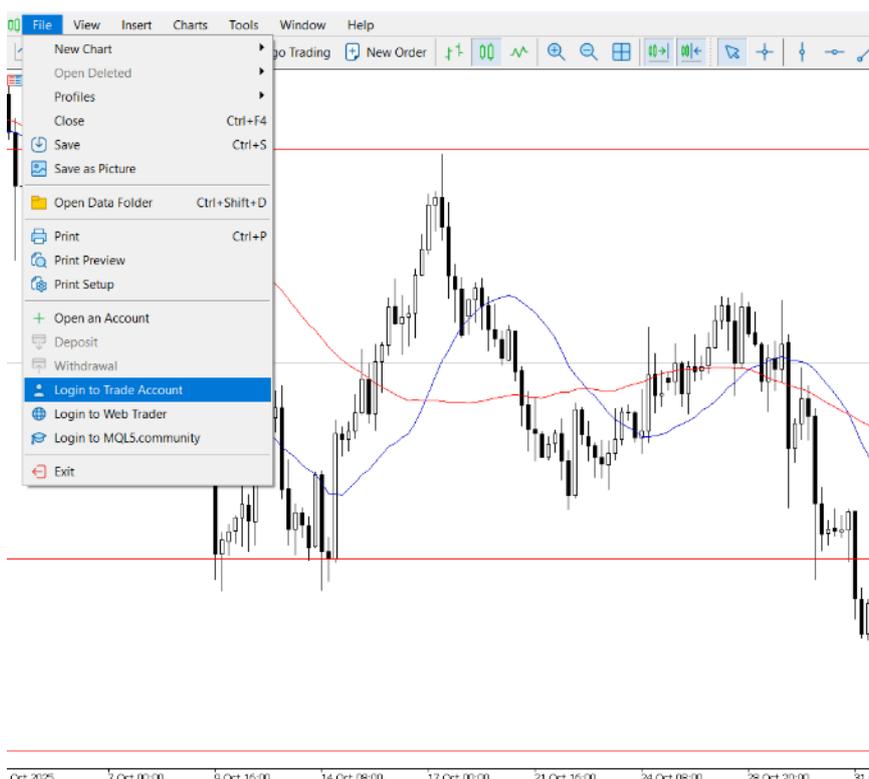
Download MTS for Windows Download MTS for MacOS Download on the App Store GET IT ON Google Play Web Terminal

How can we help you?

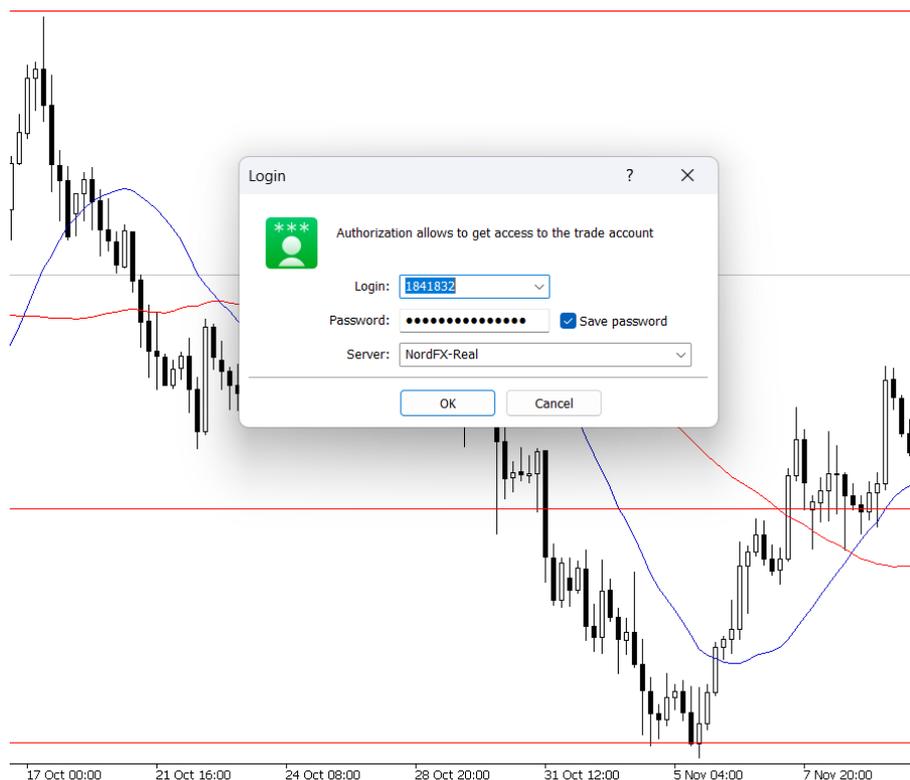
Desktop

Download the nordfx5setup.exe file to your computer and follow the installation steps. Once installed, you will see the **MetaTrader 5 Terminal** icon on your desktop. Double-click it to launch the platform.

In the top menu, click **File** and select Login to Trade Account.

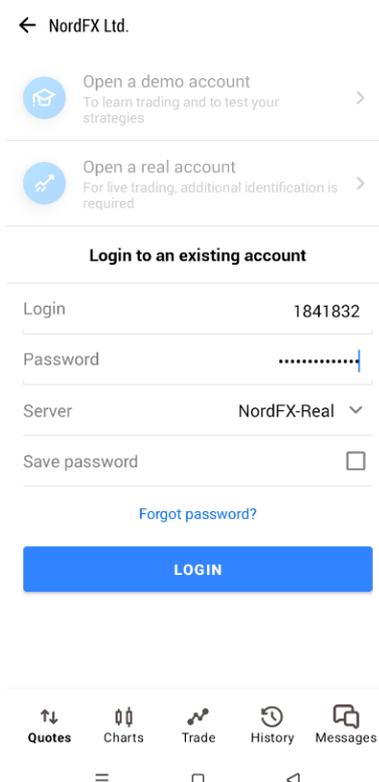


Enter your demo account number and your Master password, then click OK to connect.



Phone

The installation process is the same as for any other app. After installing the trading app on your phone and opening it, you may be prompted to open a new demo account — simply skip this step, as you already have one. Select NordFX, then log in using your account number and the Master password you saved earlier.



Web Terminal

The web terminal is the easiest option. Simply follow the link in your Trader's Cabinet, enter your login and password, and connect to your account — no installation required.

Trading accounts: NordFX Ltd.

[Connect to account](#)

Connect to account

Login 1841832

Password ●●●●●●●●●● Save password

[Forgot Password?](#) [Contact company](#)

Server NordFX-Real

[Connect to account](#)

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When and What Can You Trade

With NordFX, cryptocurrencies can be traded non-stop — **24 hours a day, 7 days a week**.

All other financial instruments — including gold, currencies, stocks, indices, and energies — are available 24 hours a day, 5 days a week. These markets close on weekends and reopen at the start of the new trading week. However, please note that specific trading schedules and exchange holidays may apply.

Understanding Pairs

Financial instruments that you will trade are shown as pairs. They are called Symbols in the trading terminal. This means you see the price of one asset in terms of another. Many instruments are listed against the US dollar, because USD is the main global currency.

Examples:

- **EUR/USD** — how many US dollars you need for 1 euro.
- **BTC/USD** — how many US dollars you need for 1 Bitcoin.
- **XAU/USD** — how many US dollars you need for 1 ounce of gold.

Currency pairs that include the US dollar are called **major pairs** and are the most actively traded. In simple terms: once you understand one pair, you can understand all of them.



Did You Know?

When you trade with NordFX, you trade CFDs (Contracts for Difference). This means you don't buy the actual asset – instead, you trade its price movement. For example, you can trade gold or oil without owning them. You simply decide whether the price will go up or down.

3. How to Open a Trade

Your account is ready, and your trading terminal is set up. Before you place your first trade or start practicing on your demo account, there are a few key concepts you need to understand. One of the most important is how to read trading charts.

Understanding Charts

Trading charts show how the price of an instrument has changed over time. They help you see trends, identify patterns, and make decisions about when to buy or sell. A chart displays information such as opening and closing prices, highs and lows, and the overall direction of the market.

Types of Charts

You will come across several chart types. Each presents price data in a different way:

- **Line Chart** – shows only closing prices connected by a simple line.



- **Bar Chart** – displays opening, high, low, and closing prices for each period.



- **Candlestick Chart** – similar to a bar chart but easier to read, showing the same four prices in a “candle” shape.



Candlestick charts are the most popular choice among traders because they clearly show how price moves within a selected period. A green candle indicates that the price is rising, while a red candle shows that the price is falling.

In the upper panel of your trading terminal, you’ll also see options like M1, M5, M15, M30, H1, H4, D1, W1, MN. This is called the timeframe – it tells you how much price data each candle represents. For example, M1 shows one minute of price movement per candle, H1 shows one hour, and D1 shows one full day.

Types of Analysis

Before opening a trade, every trader needs to answer one question: *where is the price likely to go next?*

To make this decision, traders analyze the market using two main approaches — technical analysis and fundamental analysis. At this stage, you only need a simple overview. You'll learn the details later as you gain experience.

Technical Analysis

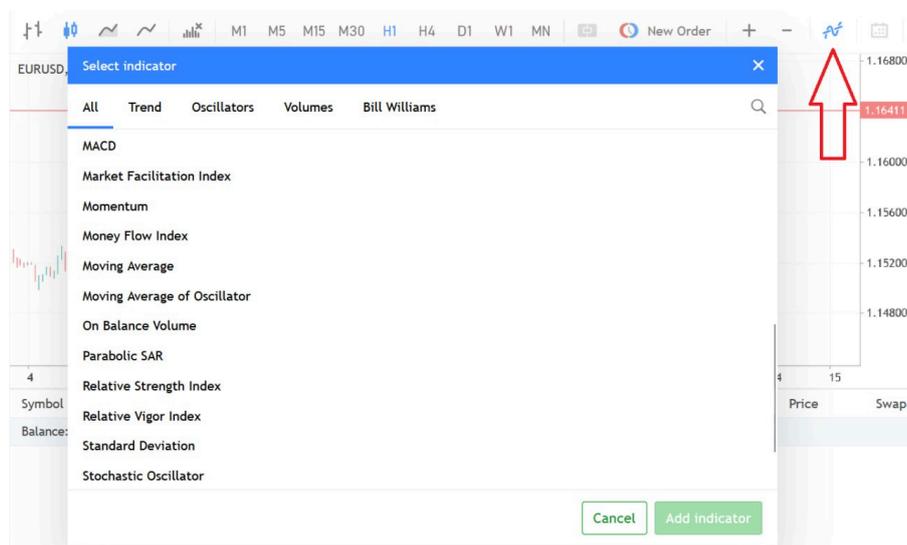
Technical analysis is the study of price charts. Traders look at how price has moved in the past to get an idea of where it might go next. It doesn't focus on news or economic reports — only on price itself.

Here are a few basic tools used in technical analysis:

- **Indicators** – mathematical tools placed on a chart to help identify trends or momentum. Examples include Moving Averages or RSI.

On the desktop platform, click the *Insert* tab in the upper menu to add indicators.

To add an indicator in the app or web terminal, click the *crossed-line icon* in the top menu and choose the indicator you need.



- **Support and Resistance Levels** – horizontal price areas where the market often stops, reverses, or reacts. Treat support as a “floor,” resistance as a “ceiling”.

To add a support or resistance line in the web terminal or app, use the Trendline tool in the left bar menu.

To add one in the MT5 desktop platform, click *Draw horizontal line* in the upper menu.



- **Trendlines** – lines drawn along highs or lows to show the overall direction: upward, downward, or sideways.



- **Candlestick Patterns** – combinations of candles that may signal potential reversals or trend continuation.

Fundamental Analysis

Fundamental analysis focuses on what *moves* the market – economic news, interest rates, inflation, political events, company earnings, or global sentiment.

For example, a strong economic report might boost a currency, while unexpected news can create sharp movements in gold or cryptocurrencies.

In simple terms:

- **Technical analysis** looks at *what the price on the chart is doing*.
- **Fundamental analysis** looks at *why the market is moving*.

Most traders eventually use a mix of both.



Did You Know?

Many professional traders say, "The news sets the direction, and the charts tell you when to enter." Combining both types of analysis often gives the clearest picture of the market.

Types of Orders

In this section, you'll learn how traders actually enter and exit the market. Every trade starts with an **order** — an instruction to buy or sell. Understanding the basic order types will help you control when and how your trades open, how you manage risk, and when your profits are taken automatically.

In every market, there are two kinds of **trends**:

- When **buyers** dominate and the price is rising, the market is called **bullish**.
- When **sellers** dominate and the price is falling, the market is called **bearish**.



What Is an Order?

An order (position, trade) is simply an instruction to buy or sell an asset.

When you click *Buy* or *Sell* in your trading terminal, you are sending an order to the broker to open or close a trade.

Market Order

This is the simplest type. You buy or sell immediately, at the current market price.



Pending Order

A pending order opens a trade later, when the price reaches a level you choose. These orders help you plan trades in advance without watching the chart all day, and you will learn more about how to use them when you become a more advanced trader.

Protective Order Types

Understanding protective orders is crucial for your trading, as they help you control risk and secure profits. There are two main types:

- **Stop Loss (SL)** – automatically closes your trade if the price moves against you.
- **Take Profit (TP)** – automatically closes your trade when the price reaches your chosen target.



What is leverage?

Leverage allows you to trade with more money than you actually have in your account. The broker temporarily “multiplies” your capital so you can open larger positions. It is shown as a ratio such as 1:10, 1:100, or 1:500, etc.

Opening and Closing a Trade

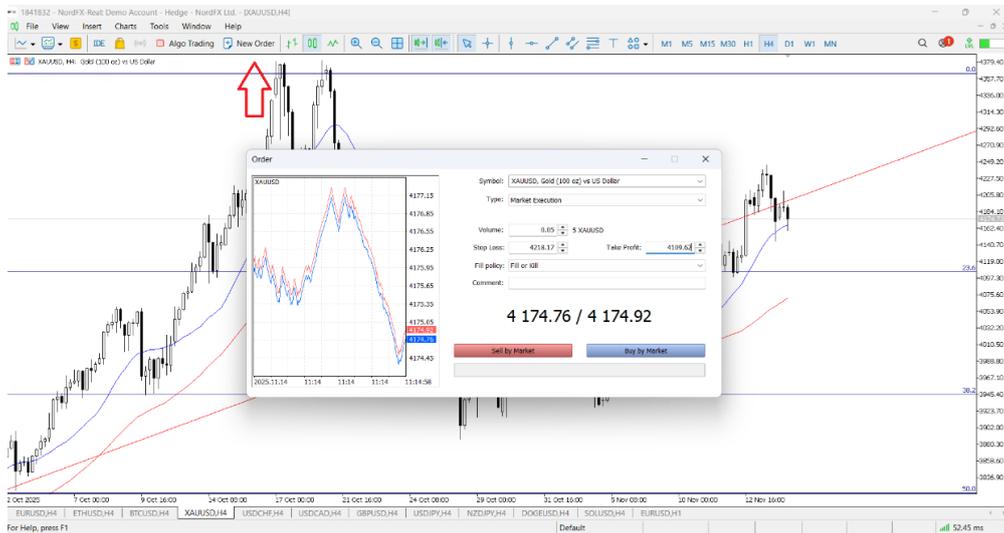
Now it's time to open your first trade using a market order!

Let's assume you expect the price of gold to fall.

Desktop

To view the gold chart in the desktop terminal, click **File** → **New Chart** → **Commodities** → **Metals** → **XAUUSD** (the symbol for gold in the trading platform). Right-click on the chart and customize it the way you like — remove the Grid and Volume, and in Properties you can change the color scheme to Color on White or Black on White.

To open a trade, click the **New Order** tab in the upper menu — this will open the order window. Choose your volume, set your Stop Loss and Take Profit (usually placed below or above support or resistance levels), and then click **Sell by Market** to open the trade instantly.



To see the details of your trade, click **View** in the upper menu and select **Toolbox (Ctrl+T)**.

To close a position, right-click on your trade and select **Close Position**. You will be asked to accept the terms the first time — after that, you can close trades normally.



Web Terminal

In the right panel, use the Search Symbol field and select XAUUSD.

In the web terminal, there are two ways to open a trade:

1. **One-click trading** – simply press the Buy or Sell button. You can set Stop Loss and Take Profit later.
2. **New Order window** – click the New Order button. A new window will appear where you can select the volume, place Stop Loss and Take Profit, and then click Sell by Market to open the trade. Stop-loss and take-profit levels can be moved directly on the chart, which is very convenient for adjusting your trade.



To close a position, simply click the **small cross** on the right side of your trade.

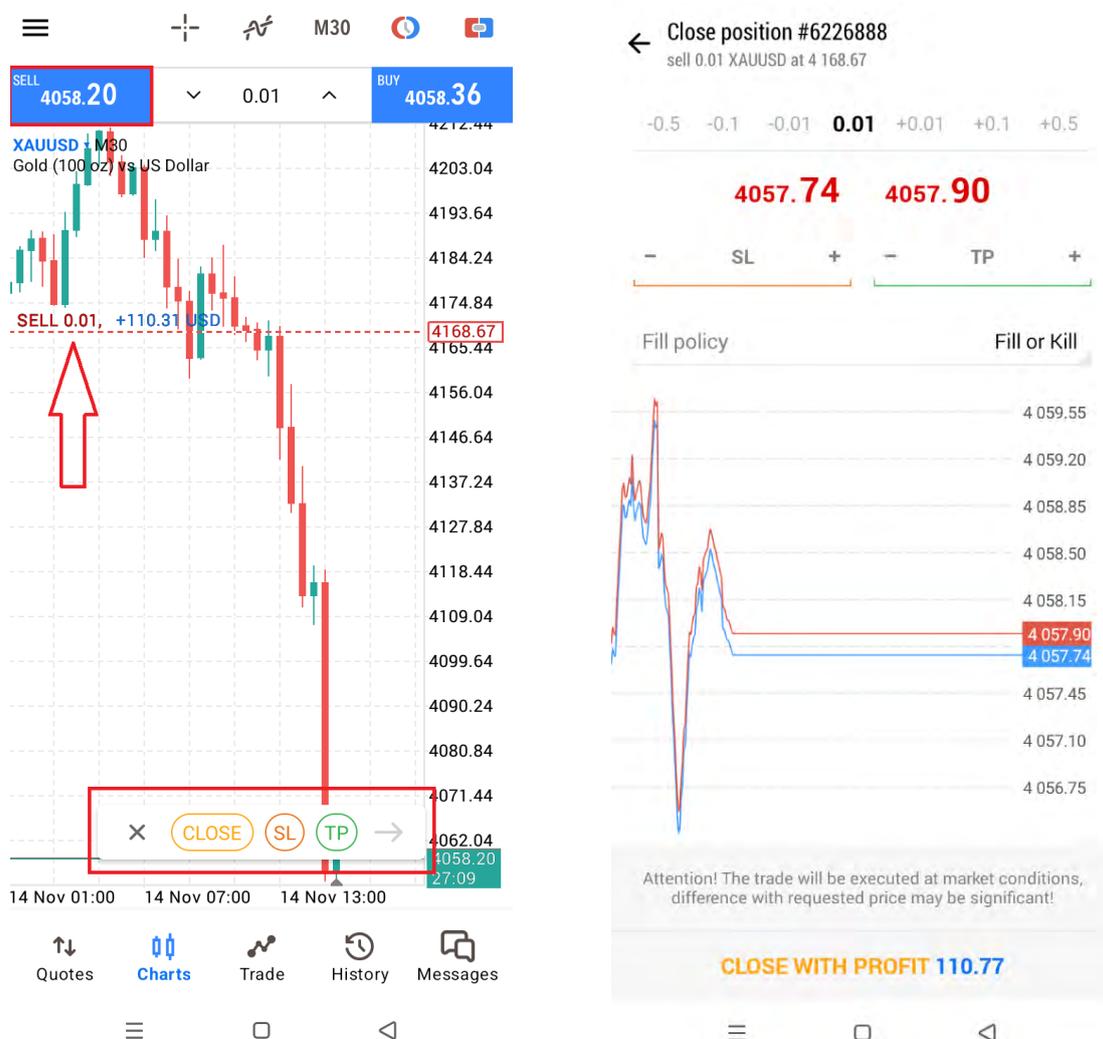


Trading App

In the app, go to the *Quotes* section and select XAUUSD, then tap *Chart*. You will see the same options as in the web terminal – you can buy or sell instantly, or open a new order window and enter the details manually.

The most convenient way for beginners is **One Click Trading**. Simply press the Sell button, and the trade will open immediately. If you want to set a stop-loss (SL) or take-profit (TP), tap the order line (the red dotted line). A small window will appear at the bottom of the screen where you can adjust SL and TP by moving the lines.

You can close the trade the same way. Tap the order line, select *Close*, and a new window will appear. Tap *Close* again at the bottom to finish.



4. How to Start Safely

Don't skip this part — it's one of the most important sections for any beginner. Many new traders focus only on charts and signals, but long-term success depends on understanding three key pillars: *risk and money management, trading psychology, and keeping a proper trading journal*. These skills protect your account, help you stay disciplined, and allow you to learn from every trade you make.

Risk and Money Management Techniques

Risk management is one of the most important parts of trading. Prices can move in any direction, and no trader wins every time. A good risk plan protects your capital and helps you stay in the game long enough to learn and improve.

Here are the essential concepts every beginner should understand:

1. Know That Losses Are Normal

Even experienced traders have losing trades. Your goal is not to be right all the time — your goal is to manage losses so they stay small.

2. Always Use a Stop Loss

A stop loss is your safety net. It closes your trade automatically if the price moves against you. Never open a trade without a stop loss.

3. Use Take Profit

Take Profit closes your trade at your target level.

It helps you lock in profit before the market changes direction.



4. Risk Only a Small Portion of Your Capital

A simple rule for beginners:

Risk only 1%–2% of your account per trade.

This way, even several losing trades in a row will not damage your account.

5. Think Risk–to–Reward, Not Win Rate

You do not need to win most of your trades to be profitable.

What matters is this:

Earn more on winning trades than you lose on losing ones.

For example, a simple ratio used by many traders is 1:2:

- You risk 1 unit (for example 10 USD)
- You aim to make 2 units (20 USD)

With a positive risk–reward ratio, you can be profitable even if you win fewer than half of your trades.

6. Diversify

Try not to place all your trades on one instrument or one idea.

Spreading your risk helps protect your account from sudden market moves.

Summary

- *Protect your account first — profit comes second.*
- *Use Stop Loss and Take Profit on every trade.*
- *Don't risk more than 1–2% per trade.*
- *Focus on good risk–reward, not on winning every trade.*
- *Avoid emotional decisions.*
- *Use leverage carefully.*
- *Stay diversified.*

Trading Psychology

Successful trading isn't only about charts and strategies — it's also about managing yourself. Emotions like fear, greed, impatience, and overconfidence can easily influence decisions if you're not prepared. Fear may stop you from taking good trades, while greed may push you into unnecessary risk. Impatience can make you enter too early or exit too late, and overconfidence may lead you to ignore your own rules.

The best way to stay in control is to follow a clear trading plan, use stop-loss orders, start with small positions, and take breaks when needed. Treat every trade as just one of many and avoid emotional decisions. With discipline and a calm mindset, you will make more consistent and rational choices — which is one of the key skills that separates beginner traders from experienced ones.

Keeping a Trading Journal

A trading journal is one of the most effective tools for improving your trading. It doesn't need to be complicated — a notebook, a spreadsheet, or even an app is enough. What matters is consistency.

A journal helps you understand what you traded, why you traded it, and how you made decisions. Writing things down keeps you disciplined and prevents emotional, impulsive trading. Over time, it becomes clear which habits lead to success and which mistakes repeat.

What to record

For each trade, note:

- The reason you entered
- Where you set Stop Loss and Take Profit
- Position size
- How the trade ended (profit or loss)
- What you felt before, during, and after the trade

These details help you see patterns in your behaviour and performance.

5. Basic Terminology

Here are some of the most common terms you will see when you start trading. Understanding them will make the platform and charts much easier to use.

Asset / Instrument

Anything you can trade — for example, gold, Bitcoin, EUR/USD, oil, or stocks.

Bid / Ask

Bid is the price you can sell at.

Ask is the price you can buy at.

Spread

The small difference between the Bid and Ask prices. This is one of the basic trading costs.

Pip / Point

A unit used to measure price movement.

In most currency pairs, a point is the fourth decimal place (0.0001).

Lot / Volume

The size of your trade. In forex, 1 lot usually equals 100,000 units of the base currency.

In practice, beginners often trade 0.01 or 0.1 lots.

Leverage

A tool that lets you control a larger position with a smaller amount of money. It increases both profits and losses.

Margin

The amount of money required to open a leveraged trade.

Stop Loss (SL)

An automatic order that closes your trade if the price moves against you.

Take Profit (TP)

An automatic order that closes your trade once your target profit is reached.

Buy (Long)

Opening a trade because you expect the price to rise.

Sell (Short)

Opening a trade because you expect the price to fall.

Market Order

A trade executed immediately at the current market price.

Pending Order

A trade that opens only when the price reaches a level you choose.

Volatility

How much and how quickly the price moves.

Liquidity

How easily an asset can be bought or sold without large price changes.

CFD (Contract for Difference)

A trading instrument that allows you to speculate on price movements without owning the actual asset.