

Support and Resistance

Basic Introduction

Support aur Resistance (SNR) trading ke basic concepts hain jo traders ko market movements samajhne mein madad karte hain. Ye levels wo jagah dikhate hain jahan price rukta ya reverse karta hai, jo supply aur demand ki wajah se hota hai.

Support aur Resistance kya hai?

- **Support:** Ye ek level hai jahan price girna band kar ke upar jaane lagta hai. Isko ek "floor" ki tarah samjho jo price ko support karta hai.
- **Resistance:** Ye ek level hai jahan price upar jaana band kar ke neeche aane lagta hai. Isko ek "ceiling" ki tarah samjho jo price ko aur upar jaane se rokti hai.

Support aur Resistance kaise banta hai?

SNR levels in cheezon ki wajah se bante hain:

1. **Historical Price Movements:** Pehle ke highs aur lows ek psychological barrier banate hain.
2. **Market Sentiment:** Buyers aur sellers ki activities in levels ko shape deti hain.
3. **Volume:** Jahaan zyada trading hoti hai, wahan SNR levels aur strong ho jaate hain.

Support aur Resistance kaise identify karein?

- Dekho jahan price baar-baar reverse hota hai.
- Tools ka use karo jaise horizontal lines, trendlines, aur moving averages.
- Candlestick patterns ka analysis karo SNR zones ke paas.

Support aur Resistance ka use kahaan karein?

- **Best Usage:** Uptrend ya downtrend markets mein perfect entry aur exit points dhundhne ke liye.
- **Avoid Using:** Jab market sideways move kar raha ho ya stuck ho, wahan SNR reliable nahi hota.

Reversal Trading mein SNR kaise use karein?

1. Pehle wo SNR level identify karo jahan market reverse hone ki possibility ho.
2. Confirm karo candlestick patterns se (e.g., pin bars ya engulfing candles).
3. Reversal point ke kareeb trade lo taaki risk kam ho aur accuracy zyada ho.

SNR Trading Basics

1. **Stuck Markets Avoid Karo:** Aise markets mein SNR ka reliance mat karo jo clear direction nahi dikhate.
2. **Market Trends Samjho:**
 - **Uptrend mein:** Support levels pe focus karo perfect entry ke liye.
 - **Downtrend mein:** Resistance levels pe entry dhundho.
3. **Exact Reversal Points:** Hamesha wahi trade karo jahan trend reverse hone wala hai, reverse hone ke baad nahi.
4. **Multiple Zones Avoid Karo:** Jab market do SNR zones ke beech ho, tab trade mat karo.
5. **Support to Resistance:** Agar support toot jaye aur market wapas aaye, toh support resistance ban jata hai aur vice versa.

Trendline Breaks

- **Downtrend mein:** Agar market resistance tod kar retest kare, toh upward trade mat karo.
- **Uptrend mein:** Ulta apply hota hai.

Ranging Market

- Agar resistance toot kar retest kare, toh upward trade lo.
- Agar support toot kar retest kare, toh downward trade lo.

Advanced Tips

1. **SNR + Candlestick Psychology:** Hamesha candlestick patterns ka analysis karo SNR levels validate karne ke liye.
2. **Trend Follow Karo:** Kabhi bhi trend ke against trade mat karo. SNR ka use karke apne trades ko trend ke sath align karo.