MONEY DOOR GOLD SHELF

Support & Resistance

How to find and mark the key price levels on gold (XAUUSD)

Free learning guide

Inside: swing points, round numbers, yesterday's high and low, zones, breaks, retests, false breaks, MT5 steps and a cheat page.

For complete beginners | Simple English

www.moneydoorfxacademy.com

Education only. Not investment advice. Practise on a demo account.

WELCOME

What is inside

Price does not move in a straight line. It rises, stops, turns, and often stops again near the same prices. Those prices are called **levels**. Learning to mark them is one of the first real skills in reading a gold chart, and this guide shows you how, one small step at a time.

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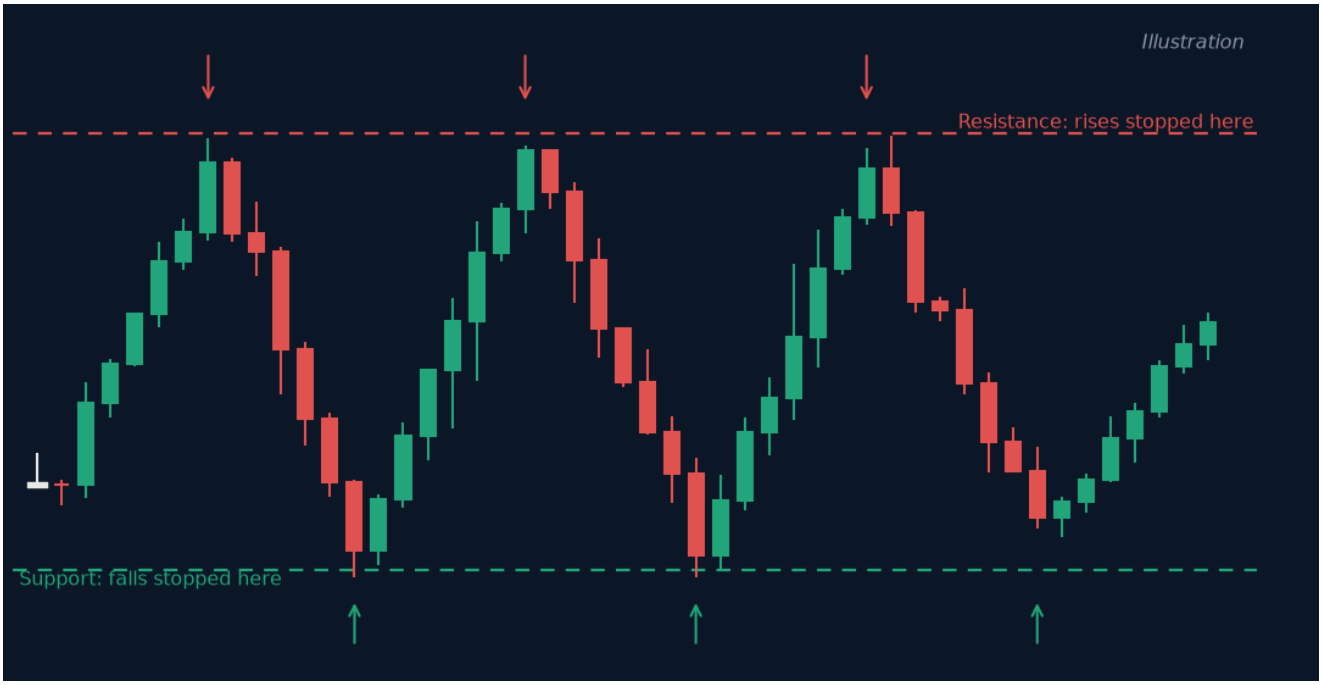
How to use this guide. Read one page, then open a demo chart of XAUUSD and find the same idea on your screen. Levels are areas to **watch**, not instructions to act. All charts here are drawn illustrations, not real market data.

THE BIG IDEA

What support and resistance are

Support is a price area where falling price has stopped and turned up before. Think of it as a floor.
Resistance is a price area where rising price has stopped and turned down before. Think of it as a ceiling.



Price bounced between the same floor and ceiling three times each. Arrows show each touch.

Why do levels work at all?

- **People remember prices.** Traders who saw gold turn at a price last week are watching that price again.
- **Orders sit there.** Many people place their orders near the same obvious prices, so the flow of buying or selling changes when price arrives.
- **Big players act near clear prices.** Banks and funds also watch major levels and round numbers.

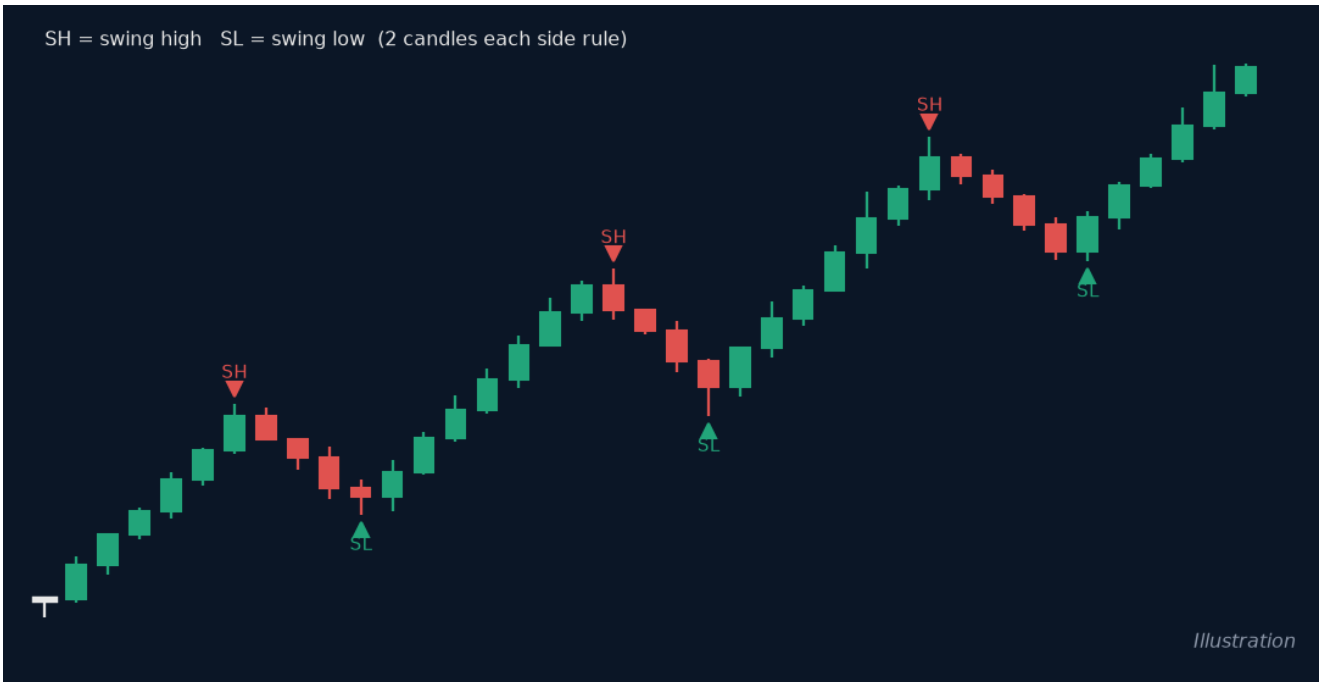
Remember: a level is an area where something **may** happen. Price can stop there, pause, or go straight through. A level tells you where to pay attention, not what will happen.

WHERE LEVELS COME FROM

Swing highs and swing lows

Most good levels are built from **swing points**: the clear turning points on the chart.

Swing point	Simple rule
Swing high (SH)	A candle whose high is higher than the highs of the 2 candles on its left and the 2 on its right.
Swing low (SL)	A candle whose low is lower than the lows of the 2 candles on its left and the 2 on its right.



Each SH and SL was found with the 2-candles-each-side rule. In this uptrend, each swing low is higher than the one before.

Which swing points matter most?

- **Clear ones.** A sharp turn that everyone can see is better than a small wiggle.
- **Touched more than once.** Two or three turns at about the same price make an area stronger.
- **From bigger timeframes.** A swing on H4 or D1 is watched by more people than one on M5.
- **Recent ones.** A level from last week usually matters more than one from two years ago.

EASY LEVELS EVERYONE SEES

Round numbers on gold

Round numbers are prices that end in many zeros. People like them: they set targets, alerts and orders there. On gold (XAUUSD), the most watched ones are the **$100 steps** (for example 4,000 and 4,100), then the **$50 steps** in between (4,050). Price often pauses, turns or speeds up near them.



Made-up prices. Notice how price slows and turns near some of the round lines, but not every one.

Round level	How strong, usually	Example
$1,000 step	Very strong, rare event	4,000
$100 step	Strong, watched by many traders	4,000, 4,100, 4,200
$50 step	Medium	4,050, 4,150
$10 step	Weak, mostly for very short timeframes	4,060, 4,070

Tip: price often turns a little **before** a round number or pokes a little past it. Treat a round number as the middle of a small zone, not an exact price. The exact gold price on your platform can also differ slightly from other platforms.

DAILY REFERENCE POINTS

Previous day high and low

Yesterday's highest price (**PDH**, previous day high) and lowest price (**PDL**, previous day low) are two of the most watched levels in the day. They show where buyers and sellers stopped yesterday.



Today price tested yesterday's high, failed to close above it, and later drifted down toward yesterday's low.

Important for India: which 'day' is yesterday?

The daily candle follows your broker's server clock, not the Indian calendar. Brokers such as Valetax and Moneta use GMT+2 in winter and GMT+3 in US summer time. So a new broker day starts around **3:30 AM IST in winter** and around **2:30 AM IST in summer**. Yesterday's high and low are measured from that start time.

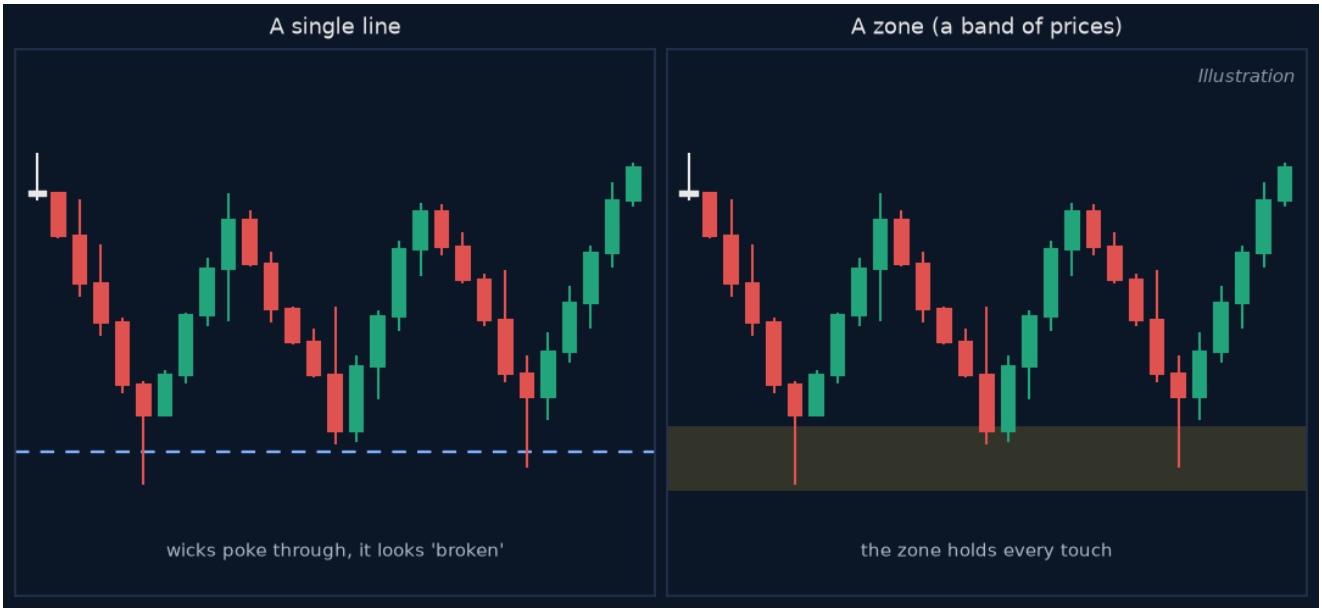
How to find them quickly

1. Switch the chart to **D1**. The last fully closed candle is yesterday. Hover over it to read its high and low (or open the Data Window with **Ctrl+D**).
2. Draw a horizontal line at each price and switch back to H1 to watch how today's price behaves near them.

A KEY HABIT

Zones, not lines

Beginners draw one thin line and then feel cheated when price pokes a few dollars past it. Real levels are **areas**. On gold, the turning points around one level often differ by a few dollars, so it is better to mark a small **zone** (a band of prices) instead of a single line.



Same chart twice. The line looks broken three times. The zone shows what really happened: price kept turning in that band.

How to draw a zone

1. Find two or three turning points at about the same price.
2. Put the top of the zone at the highest of those turning points and the bottom at the lowest. Using the wicks, or the bodies, both work. Pick one way and use it every time.
3. Keep the zone thin. If it is so wide that it covers half the chart, it is not a level. Split it, or choose the clearest part.
4. On a bigger timeframe the zone will be wider; on a smaller timeframe it will be thinner. That is normal.

Quick check: look at the size of the normal candles on your chart. A zone a little smaller than one normal candle on that timeframe is usually about right.

WHEN A LEVEL GIVES WAY

Breaks, retests and role reversal

Levels do not hold forever. When price finally gets through, three words help you describe what you see:

Word	Meaning
Break	A candle **closes** clearly on the other side of the zone. A wick alone is not a break.
Retest	After the break, price comes back to the same zone to 'test' it from the other side.
Role reversal	Old resistance starts acting as support (or old support as resistance). The ceiling became a floor.



Resistance near 4,050 held twice, then broke. Price came back, held the zone from above, and moved on.

- **Why it happens:** traders who missed the break wait for price to return to the level, and those who were caught on the wrong side want to get out near their entry. Both can create orders at the old level.
- **Not every break gets a retest.** Sometimes price leaves fast and never comes back.
- **Not every retest holds.** If price closes back inside the old range, the break has failed (see the next page).

Simple test: after a break, ask 'Did the old level now act as the opposite?' Write your answer down every time.

A COMMON TRAP

False breaks

A **false break** (also called a fakeout) is when price moves past a level for a short time and then comes back inside. It is very common on gold, especially around news releases and at session opens.



The wick went above resistance, but the candle closed back below the zone. The next candles fell away.

How to tell a break from a false break

Looks more like a real break	Looks more like a false break
Candle **closes** clearly beyond the zone	Only the **wick** goes beyond; the close is back inside
Strong body, small wick against the move	Long wick sticking out past the level
Next candles stay on the new side	Next candle moves straight back into the old range
Bigger timeframe agrees with the direction	Move goes against a strong bigger-timeframe level

Common mistake: reacting while the candle is still open. A candle can look like a break for 50 minutes and close back inside in the last 10. Wait for the candle to close, and check the next one.

BIG MAP, SMALL MAP

Using more than one timeframe

Look at levels from the top down. A bigger timeframe shows the main floors and ceilings; a smaller one shows the details inside them. A level that shows up on several timeframes is usually more important.



The major zone from H4 also appears on the H1 chart. The minor H1 levels sit inside it.

Timeframe	What to mark there	How to show it
D1 / W1	Major swing highs and lows, big round numbers	Thick lines or wide zones
H4	Clear swings of the last few weeks, $50 / $100 steps	Medium zones
H1	Yesterday's high and low, today's swing points	Thin lines
M15 / M5	Nothing new; only watch how price reacts at the levels above	Do not add more lines

Keep it clean: 4 to 6 levels on screen is plenty. If your chart is covered in lines, delete the ones that were touched only once or are far away from today's price.

HANDS ON

Marking levels on MT5, step by step

These steps are for the MetaTrader 5 (MT5) desktop platform on Windows, on a **demo** account. Menu names can look slightly different between versions.

1. **Open the chart.** In Market Watch, right-click XAUUSD (your broker may add a letter, such as XAUUSDm) and choose **Chart Window**.
2. **Start big.** Click **D1** on the timeframe bar. Scroll back two to three months.
3. **Add a horizontal line.** Menu **Insert > Objects > Lines > Horizontal Line** (or the horizontal line icon on the toolbar), then click once on the price you want, such as a clear swing high.
4. **Set the exact price.** Double-click the line to select it, right-click it and open its properties. Type the price in the **Value** box and pick a colour, for example red for resistance and green for support.
5. **Draw a zone.** Menu **Insert > Objects > Shapes > Rectangle**, then click and drag across the band of turning points. In its properties you can turn on **Fill** and choose a light colour.
6. **Add yesterday's high and low.** Read them from the last closed D1 candle (Ctrl+D opens the Data Window) and draw two lines.
7. **Add the round numbers** near today's price: the nearest $100 steps and $50 steps.
8. **Go down to H4, then H1.** Your lines stay on the chart. Add only the clear new swing points you see there.
9. **Save your work.** Right-click the chart, choose **Templates > Save Template**, and give it a name, so you can load your layout again later.

Tidy-up habit: once a week, open the list of objects on the chart (right-click the chart and choose **Objects List**, or press Ctrl+B) and delete old levels that no longer matter.

LEARN BY DOING

Your demo practice plan

Use a free **demo account** (play money) and spend 20 to 30 minutes a day. This week the goal is to **mark** and **observe**, not to place trades.

Day	Task
1	On D1, find the 3 clearest swing highs and 3 clearest swing lows of the last 3 months. Mark them.
2	Add the nearest $100 and $50 round numbers. Which of your swing levels sit close to a round number?
3	Change your lines into thin zones. Check that each zone covers the turning points.
4	Add yesterday's high and low. On H1, watch what price does when it reaches each one.
5	Scroll back and find 5 breaks. For each one, note: was there a retest, and did it hold?
6	Find 5 false breaks. Did the candle close back inside? What happened next?
7	Clean up your chart to 4 to 6 levels and save it as a template. Read your notes from the week.

Level journal (print this page, or copy it into a notebook)

Date	TF	Level / zone	Type (swing, round, PDH...)	What price did there	Notes

Example of one line: 5 Nov | H1 | 4,048-4,052 | old resistance, $50 step | broke, retested, held | retest took 3 candles.

WHERE THE FACTS COME FROM

Sources and key words

Word	Simple meaning
Level	A price area where price has turned or paused before.
Support / resistance	A floor where falls have stopped / a ceiling where rises have stopped.
Zone	A small band of prices used instead of one exact line.
Swing high / low	A clear turning point at the top / bottom of a move.
Round number	A price ending in zeros, such as 4,000 or 4,050.
PDH / PDL	Previous day high / previous day low, measured on the broker's day.
Break	A candle closes clearly beyond a level.
Retest	Price returns to a broken level from the other side.
Role reversal	Old resistance acts as support, or old support as resistance.
False break	Price moves past a level briefly, then closes back inside.
Timeframe	How much time one candle covers: M5, H1, H4, D1, W1.
Demo account	A practice account with play money. Nothing at risk.

Sources checked for the facts in this guide

- MetaTrader 5 Help, Lines (Insert menu, Objects, Lines): metatrader5.com/en/terminal/help/objects/lines
- MetaTrader 5 Help, Horizontal Line (the 'Value' parameter): metatrader5.com/en/terminal/help/objects/lines/hor_line
- MetaTrader 5 Help, Shapes and Rectangle: metatrader5.com/en/terminal/help/objects/shapes
- Broker server time (GMT+2 winter, GMT+3 US summer) for Valetax and Moneta MT5 charts: Money Door FX Academy's own platform checks.

All charts in this guide are drawn illustrations made for teaching. They are not real gold prices and do not suggest where gold will go.

KEEP IT NEXT TO YOUR SCREEN

Cheat page

Find levels

- Clear swing highs and lows
- Turning points touched 2 to 3 times
- $100 and $50 round numbers
- Yesterday's high and low (broker day)

Read what happens

- Bounce: price turns at the zone
- Break: a candle CLOSES beyond it
- Retest: price comes back to it
- Role reversal: ceiling becomes floor

Draw them well

- Zones, not thin lines
- Top-down: D1, then H4, then H1
- 4 to 6 levels on screen
- Red for resistance, green for support

Avoid these mistakes

- Reacting before the candle closes
- Calling a wick a break
- Too many lines
- Trusting one level without watching it on demo

Broker day start (Valetax, Moneta MT5)	Winter (GMT+2)	US summer (GMT+3)
New daily candle begins	about 3:30 AM IST	about 2:30 AM IST

The four questions at every level: 1. Where did I mark it, and why? 2. Which timeframe is it from? 3. Did the candle close beyond it, or only the wick? 4. What did the next candle do?

Levels show where to pay attention. They never tell you what price will do. Practise on a demo account first.

Next steps

1. Watch the Gold Vault lessons

Our Gold Vault video lessons show how to mark levels on real gold charts, step by step, after the candle basics.

2. Try your ideas in the Money Door AI Lab

Describe an idea in simple words, and test how it would have behaved on past gold charts before you trust it. Learning tool only.

3. Keep practising on a demo account

Use the practice plan in this guide. Repeat it until the ideas feel natural, with play money and nothing at risk.

Questions? Talk to our customer care

Phone: 9500930700

WhatsApp: wa.me/919500930700

Email: moneydoorfxacademy@gmail.com

Website: www.moneydoorfxacademy.com

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