

The Smart-Money Cheat Sheet

How to read what big institutions are actually doing — in 5 minutes. No tips, no signals. Just how the game really works.

1 · What "smart money" really means

It's not a guru — it's institutions: hedge funds, pensions, and asset managers moving size. Every quarter, funds over \$100M must disclose their U.S. stock holdings to the SEC in a **13F filing**. That's public data. You can see where capital concentrated — for free.

2 · The 13F edge (and its limits)

A 13F shows what a fund *held* at quarter-end — great for spotting conviction and crowding. But it's **45+ days delayed**, long-only, and shows no shorts or options context. Use it for *direction of interest*, never as a buy/sell signal.

3 · Three questions to ask any 13F

Concentration — are many funds piling into the same name, or is it one outlier?

Change — is the position growing, trimmed, or brand-new this quarter?

Context — does the macro backdrop and chart structure agree with the flow?

4 · The one rule that beats any setup

Edge means nothing without **discipline**. Define your risk before you enter, size so one trade can't hurt you, and journal every decision. Psychology — not prediction — is what separates traders who last.

5 · Same lens — stocks, crypto & forex

Stocks — driven by earnings, interest rates & institutional flow (13F). Trade with the trend; respect key levels.

Crypto — trades 24/7, moved by sentiment & liquidity. Watch BTC dominance and funding; size small — volatility is brutal.

Forex — macro & rate differentials rule. Trade the **London–New York overlap** for the deepest liquidity.

6 · The 5-second pre-trade checklist

Bias? Clear direction with a reason. **Level?** Entry at a real zone, not mid-air.

Risk? Stop defined before entry. **Size?** One loss can't dent your account.

News? No red-folder event about to hit. → If any answer is "no", **don't trade**.

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