

BulletProof Desk

Live SMC cheat sheet — liquidity, fair value gaps, buy / sell / stand aside

www.3mcapitalholdings.com/desk



What this desk is

Institutional-style Smart Money Concepts on the same 13 names we trade in the room. Live last price, whether liquidity was taken, whether an unfilled fair value gap is sitting nearby, and a buy / sell / wait plan with entry, stop, and target.

It is a read of live candles — not a broker, not a signal you must take, and not financial advice.

Three tabs

- **Desk** — watchlist, chart, setup. This is the working screen.
- **Book** — community scanner for every name. Tap a row to open that chart.
- **Site** — how the desk sits on 3mcapitalholdings.com.

The Book column is always the **15-minute** read. Changing 5m / 1H / 4H / 1D only changes the chart you have open.

Names on the board

CRYPTO PERPS

XRP · BTC · SOL · ETH
TAO · HYPE · SUI

METALS

Gold (GC)
Silver (SI)

INDICES

Nasdaq 100 (NQ)
S&P 500 (ES)

ENERGY

Brent
WTI Crude (CL)

Crypto is live perpetual quotes. Metals, indices, and energy are live futures. Default chart is XRPUSDT on the 15m.

BUY

Sell-side liquidity (SSL) has been taken and price reclaimed. An unfilled bullish FVG is nearby. Stop is below entry, target is above. R:R at least **1.40**.

SELL

Buy-side liquidity (BSL) has been taken and price failed. An unfilled bearish FVG is nearby. Target is below entry, stop is above. R:R at least **1.40**.

WATCH

Labeled **Stand aside** on the setup. No sweep + gap agreement, mixed evidence, or R:R too thin. Standing aside is the trade.

How to run the desk

- 1 Pick a name on the left. Red/green is 24h. BUY / SELL / WATCH is the 15m book.
- 2 Set the timeframe you actually trade (5m, 15m, 1H, 4H, 1D). The setup panel follows this chart.
- 3 Read sweep, FVG, structure, then the plan. If it says Stand aside, do not invent an entry.

Chart

- Teal zones = unfilled bullish FVG. Red zones = unfilled bearish FVG.
- Arrows mark the last few liquidity sweeps (SSL up from the low, BSL down from the high).
- **IN / SL / TP** print only when a plan is valid — not on WATCH.
- **Scroll** to zoom. **Drag** to shift candles left/right / zoom on

How the room reads structure

Liquidity first — the turn, not a static level

TERM	WHAT HAPPENED	WHAT WE DO
SSL	Sell-side liquidity. Price wicks the lows (stops under the range) and closes back above .	Longs look here. The stop lives under the sweep wick — not through the middle of the range.
BSL	Buy-side liquidity. Price wicks the highs (stops above the range) and closes back below .	Shorts look here. The stop lives above the sweep wick.
FVG	Fair value gap — a three-candle imbalance left by displacement.	We do not chase the wick. We wait for a retest of the CE (midpoint of the gap).
CE	Consequent encroachment — 50% of the FVG.	That is the desk's preferred entry when the sweep is valid and R:R holds.
CHoCH	Change of character. Structure flips (HH/HL ↔ LH/LL).	Adds confluence. Not a trigger by itself.
BOS	Break of structure in the current trend.	Continuation evidence. Still needs a sweep + gap to print a plan.

Trade plan geometry

If the numbers are inverted, the desk stands aside. That is intentional.

	LONG	SHORT
Order	SL < Entry < TP	TP < Entry < SL
Stop	Under the SSL wick, small ATR pad	Above the BSL wick, small ATR pad
Entry	Bullish FVG CE, else reclaim of the sweep	Bearish FVG CE, else fail of the sweep
Target	Nearest buy-side / last high	Nearest sell-side / last low
R:R floor	Below 1.40 the plan is cleared. No fake levels.	

Stand aside when

- No recent SSL or BSL to trade from
- No unfilled FVG near price
- Long and short scores are mixed (spread too tight)
- Structure is ranging and nobody has taken liquidity
- A CE would sit on the wrong side of the stop
- R:R would be thinner than 1.40

Confluence % on the setup is a confidence bar, not a win-rate. A 90% short can still fail. Size as if it will.

Free community

Telegram · free room · @Trade3MCapital

t.me/Trade3MCapital

Desk on the site

www.3mcapitalholdings.com/desk

Indicators · CapitalHoldings3M on TradingView

tradingview.com/u/CapitalHoldings3M

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