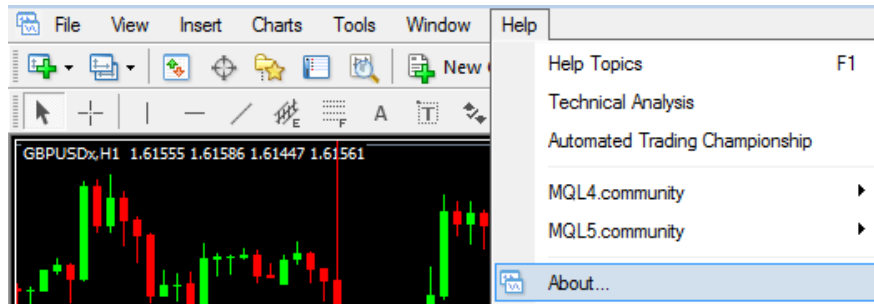


## Welcome to the PBF Momentum User Guide

**Important:** Before you proceed, please ensure that your MetaTrader 4 platform is upgraded to the latest version – Version 4.

You can see your Version number by selecting Help>About from the dropdown menu:



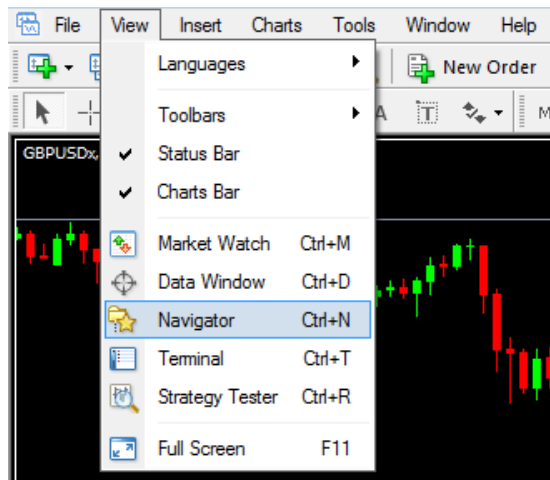
Your platform should be Version: 4.00.

Version: 4.00 Build 402  
(11 May 2011)

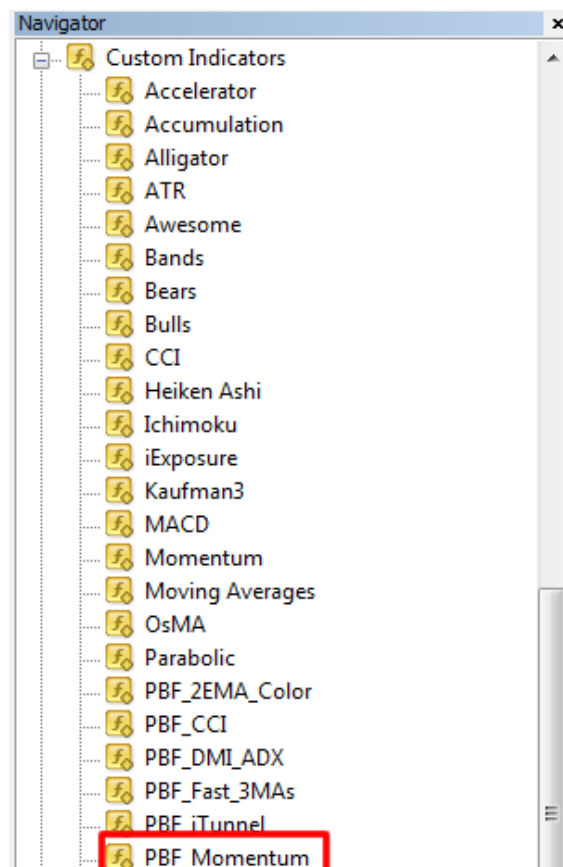
Your platform should have already updated automatically but if not, please run LiveUpdate.exe which can be found in your MetaTrader broker's folder (normally in Program Files).

Name	Date modified	Type	Size
config	06/05/2010 02:27	File Folder	
deleted	06/07/2011 02:44	File Folder	
experts	04/07/2011 17:53	File Folder	
history	27/05/2011 16:21	File Folder	
languages	04/07/2011 17:51	File Folder	
links	05/05/2010 22:38	File Folder	
liveupdate	04/07/2011 17:51	File Folder	
logs	13/07/2011 19:28	File Folder	
mailbox	27/05/2011 16:21	File Folder	
profiles	04/07/2011 17:48	File Folder	
sounds	05/05/2010 22:38	File Folder	
symbolsets	05/05/2010 22:38	File Folder	
templates	12/07/2011 15:57	File Folder	
tester	05/05/2010 22:43	File Folder	
DDE-Sample.xls	15/10/2007 16:46	Microsoft Office E...	16 KB
INSTALL.LOG	05/05/2010 22:38	Text Document	20 KB
install.sss	05/05/2010 22:38	SSS File	1 KB
LiveUpdate.exe	04/07/2011 17:49	Application	66 KB

Once you have installed the PBF Momentum and updated your platform, start MetaTrader 4 and launch the Navigator:



The PBF Momentum is located in the Custom Indicators drop-down menu.



Double click on the PBF Momentum and it will be applied to your chart.

## How to Use the PBF Momentum

The PBF Momentum shows the direction and strength of a trend by remaining positive while an uptrend is sustained, or negative while a downtrend is sustained.

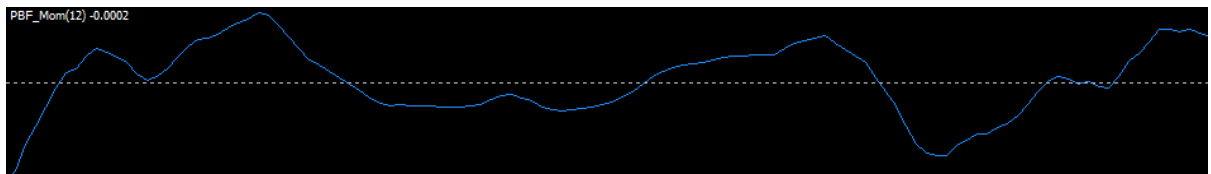
A crossing up through zero may be used as a signal to buy, or a crossing down through zero as a signal to sell. How high (or how low when negative) the indicators get shows how strong the trend is.

It can be used as a stand-alone indicator and trading system or it can be used in conjunction with other indicators for confirmation.

The PBF Momentum has just two lines. Unlike the standard MT4 Momentum, the PBF version is smoothed, meaning it gives far fewer false signals and is much more reliable.

The **Blue Line** shows trend direction – up for an uptrend and down for a downtrend.

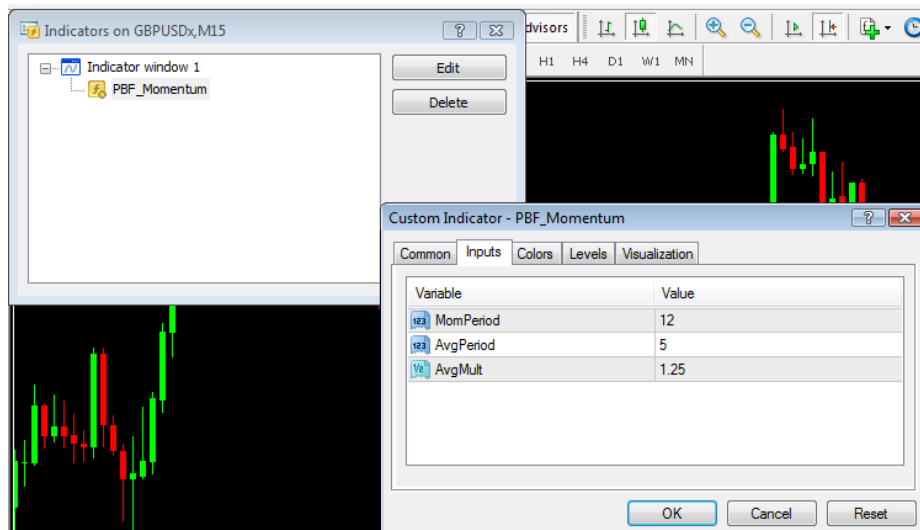
The grey dotted line is the **Signals Line** and you can take signals in the direction that the Blue Line is pointing.



*Continued on next page....*

The PBF Momentum can be used on any timeframe and any instrument.

You can adjust settings in the Inputs tab of the indicator:



You may want to experiment with different variables to suit your trading style. The Momentum Period is generally good at 12-14; for Forex trading, the Average Period and Average Multiplier do not really need adjustment but feel free to experiment.

*Continued on next page....*

Let's take a look at some examples:

Short:



In this example, the blue Momentum line crossed the signal line (grey dotted) in a downwards direction, giving a short signal. The red vertical line indicates our entry point.

*Continued on next page....*

Long:



In this example, the blue Momentum line crossed the signal line (grey dotted) in an upwards direction, giving a long signal. The red vertical line indicates our entry point.

*Continued on next page....*



I hope you enjoyed this guide. Please visit [www.paintbarforex.com](http://www.paintbarforex.com) for details on my **PBF Xtreme** system.

Good luck with your trading.

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