A simple swing trading strategy that combines **RSI** and **Bollinger Bands** can help identify pullbacks in trending markets.

It works best when you also confirm the broader trend instead of trading every RSI or Bollinger signal.

Risk note: No trading strategy is consistently profitable. Test it on historical data and in paper trading before using real money.

Best Time Frame

- **Daily (1D):** Best for most swing traders (holds trades for 3–15 days).
- **4-Hour (4H):** More trading opportunities (holds trades for 1–5 days).
- **Weekly:** Use only to identify the long-term trend.

A practical combination is:

- **Trend:** Weekly or Daily
- **Entry:** 4H or Daily

Indicator Settings

- **RSI:** 14 periods
- **Bollinger Bands:** 20-period SMA, 2 standard deviations
- **Optional trend filter:** 50 EMA

Buy Strategy

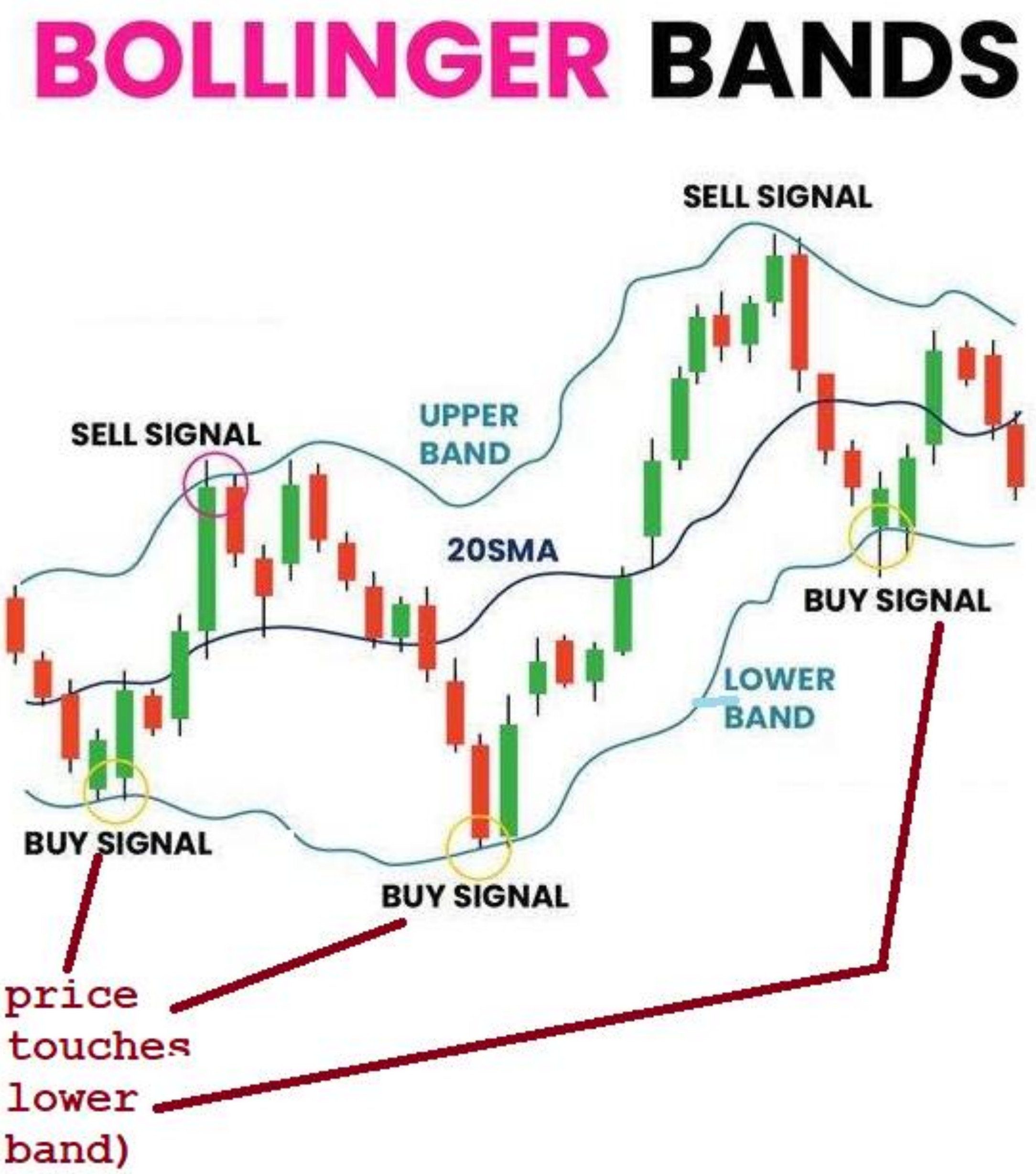
Step 1: Identify the Trend

Only buy if:

- Price is above the 50 EMA.
- The 50 EMA is sloping upward.

Step 2: Wait for a Pullback

- Price touches or moves slightly below the **lower Bollinger Band**.



And

- RSI falls below **35** (or below 30 for a more conservative approach).

Step 3: Confirmation

Enter only when:

- Price closes back inside the Bollinger Bands.
- RSI crosses back above **35–40**.

Step 4: Entry

Buy at the next candle after confirmation.

Step 5: Stop Loss

Place it:

- Below the recent swing low, or
- 1–2 ATR below the entry (if you use ATR).

Step 6: Target

Exit when:

- Price reaches the middle Bollinger Band (partial profit).
- Price reaches the upper Bollinger Band (final target).
- RSI reaches **65–70**.