



Practical & Fun CRYPTO TRADING TIPS

STRATEGIES TO TRADE SMARTER

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TRAINING AND EDUCATION

Introduction

Welcome to this presentation compliments of the HODLNOTS products in celebration of BitcoinTAF's 10th year in business:

I'll introduce myself quickly for those who are new to BitcoinTAF.com:

1. Who - Wendy Landman
Experience: Over 10 years in cryptocurrency training and education
2. Specializes: Scalp Trading - Minute scalping and teaching people how to trade daily for a living. Black Bear trainer who teaches high leverage trading after mastering 3M Program from HODLNOTS.

This presentation today is about teaching you some **PRACTICAL & FUN Crypto Trading Tips and some Strategies to Trade Smarter** - no matter what the level of training you are currently trading.

Hopefully, you will find some 💡 lightbulb moments and some new things to try to increase your profits while trading and to help you know better entries and exits and market times.



Beginning Tips for Trading Smarter...



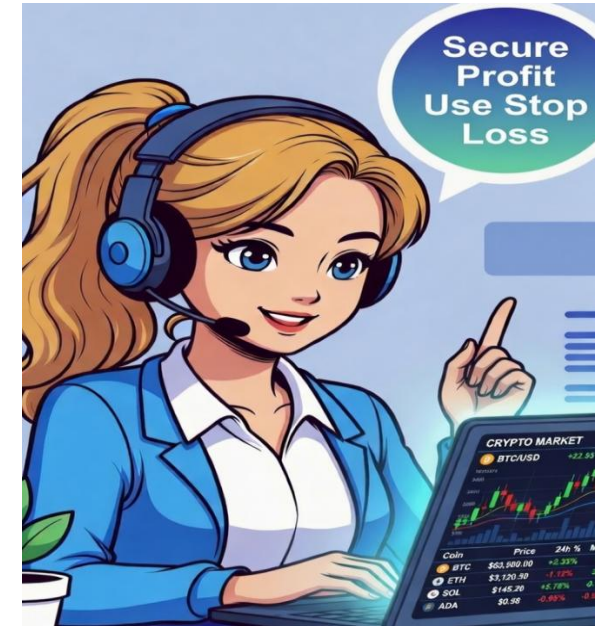
The goal today is to give you some new things to try out and explain a few things you may not quite fully understand.

I will start here with a few **Trading Smarter Tips**:

- ❖ **Patience is Power** – One of the biggest mistakes most traders make is being impatient
- ❖ **Mental fitness matters before you trade** – Emotional trading puts more risk on your trades
- ❖ **Mistakes – Journaling** them will embedding in your mind what NOT to do again and helps to build confidence and tackles revenge trading
- ❖ **Assessing the market before you trade** - volatility is key to understand each day with volume
- ❖ **Trade smarter, not harder** – Take the time to learn and practice and build confidence before you trade – master the trade
- ❖ **Risk management** – knowing HOW you plan to trade matters in protecting your trade – which coin, which trading style, how much money
- ❖ **Indicator management** – too many can be confusing – Simplify and understand which ones work best for each trading style
- ❖ **Knowing the difference** - how exchanges work versus crypto platforms makes a big difference on which trading style you use
- ❖ **TRADING STYLES** – DO not mix them up – This is one of the biggest mistakes we see in our trading community.

These are just a few of many **Trading Tips** that can help you **Trade Smarter** if you take them seriously and implement each day before you trade.

Now.....let me show you a few things you can do that you may not know or understand fully how to do and why to do it!



Assessing the Market - On-Chain Metrics

One of the first things to talk about is On-Chain and Off-Chain metrics. Let me simplify this for you:



On-Chain - On the Blockchain - transparency, verifiable facts

Off-Chain - Not on the Blockchain - hype, news, social media - speculation

Why does this matter? We look for rising activity in a token as this often precedes price moves and shows *divergences* (e.g., if you see the price of a token is up but the actual real activity is down) this can warn you beforehand of potential trouble in the token.

Key or Important On-Chain metrics you can study - let's simplify and give you some examples:

- 1. Active addresses** Looking for usage - more joining bullish for price rising
- 2. Transaction Volume/count** Total number of transaction on blockchain - High volume + Rising price = Healthy Demand
- 3. Inflows/Outflows on the Exchanges** Inflows will signal selling - moving online; Outflows are withdrawing to HODL
- 4. Market Value to Realized Value (MVRV)** MVRV > 3-3.5 - Market is great - holders in big profit - signals a potential top
MVRV < 1 - undervalued and a potential bottom - holders in a loss
- 5.**
- 6. Fear & Greed Index** Measures the Market sentiment for the emotional state of investors
- 7. Distribution of Supply / HODL Waves** Tracks long-term holders - movements

Here are a few combinations to help you learn how to use On-Chain Metrics - what to look for:

BULLISH combination: Rising active addresses + transaction volume + exchange outflows + reasonable MVRV

BEARISH combination: Prices are rising but activity is falling, high MVRV and big inflows to exchanges



Assessing the Market - On-Chain Metrics - Continued



The next step in teaching you about these On-Chain Metrics is how or where to find these metrics:

These tools/site should be used in combination with your own technical analysis. Learning yourself how to read the indicators is not hard but it will give you more confidence in your trading and investing in cryptocurrency to understand what you are seeing and how to read the trading charts.

Using On-chain metrics will help you understand the market better to be able to see “under the hood” of a crypto project to see when there is a lot of hype/talk in social media or news to see if the real activity matches up or not to confirm it.

Best Free / Accessible Tools (2026)

CryptoQuant → Excellent for exchange flows, miner data, and key ratios. Free tier available. <https://cryptoquant.com/>

Glassnode → Gold standard for on-chain data (active addresses, MVRV, SOPR). Strong free insights/newsletter. <https://glassnode.com/>

Dune Analytics → Free, community dashboards for ETC, Solana, etc. (great for DeFi metrics like TVL - Total Value Locked). <https://dune.com/home>

DefiLlama → Best for Total Value Locked (TVL) in protocols. <https://defillama.com/>

Blockchain Explorers (Etherscan - <https://etherscan.io/>, Solscan - <https://solscan.io/>, Blockchain.com - <https://www.blockchain.com/explorer>)

– Basic but free wallet/transaction tracking so you can see what is on the blockchain.

Santiment – <https://app.santiment.net/> Good mix of on-chain + social sentiment.

For beginners: Start with Bitcoin/Ethereum dashboards on Glassnode or CryptoQuant.

Pro move: Set alerts on key flows or ratios.





Assessing the Market - Bitcoin Hash Rate – Let's explain it in one slide!

Many of you I am sure have heard about the Bitcoin Hash Rate and probably do not have any idea what it is or maybe a general idea that it has something to do with the Bitcoin and matters to the miners. But if you are like me - it is not something you think too much about and have no reason to do a deep dive into knowing more. But it does matter.

Well.....let's get you trained and educated a bit more and simplify and take it slow for you so your more educated and informed.

What is the Bitcoin Hash Rate? The Bitcoin Hash Rate is basically the total computing power of the entire Bitcoin network.

To simplify how this rate is figured - it measures how many guesses per second all the bitcoin miners in the world are making together to solve complex math puzzles to verify transactions, add new block to the blockchain and create new Bitcoin (used for mining rewards). Each guess = 1 hash. The higher the hash rate, the more guesses are happening - making it harder for anyone to cheat the system.

Bottomline - it measures the mining power.

How to use this information: If the hash rate is rising the network is stronger (bullish) - because more miners are joining and it is getting stronger.

What happens in mining: Bitcoin automatically adjusts how hard the puzzles are based on the hash rate. If the hash rate goes up, puzzles get harder so new blocks are still found roughly every 10 minutes.

Current Bitcoin Hash Rate (as of late May 2026): Around 900 - 1,000 EH/s (that's about 1,000,000,000,000,000 guesses per second!) Because I had to figure it out - let me simplify that number for you. It is a quintillion - 2 numbers following a trillion.

KEY: The big thing to look for is if the hash rate is falling. WHY? A big drop might signal miners shutting down due to low prices or high electricity costs.



Assessing the Market - BTC HASH RATE – How do I see it?

Best Free & Easy Ways to Check It:

Blockchain.com – Super simple chart: → Go to blockchain.com/charts/hash-rate Shows 24-hour estimated hash rate in TH/s.

NOTE: Use the 7-day average for smoother trends.

CoinWarz – Great visuals: → coinwarz.com/mining/bitcoin/hashrate-chart

NOTE: Current global hash rate + historical chart (often around 900 EH/s - 1.1 ZH/s in 2026).

Glassnode (Best for depth): → Search "Hash Rate" in Glassnode Studio (free tier has good data).

NOTE: Look at Mean Hash Rate or 7-day/30-day averages. Excellent for comparing to price.

BitInfoCharts - <https://bitinfocharts.com/comparison/bitcoin-hashrate.html#3y>

NOTE: Easy to read and pops up right away for finding.



Assessing the Market - Whale Watching

Bitcoin Whale Addresses & Movements

Whales = wallets holding large amounts of **BTC (typically 1,000+ BTC)**.

Tracking their moves helps spot accumulation or distribution.

Best Tools to Track Them:

Whale Alert (Most popular for real-time): → whale-alert.io

Live dashboard + alerts for large transfers (e.g., 500+ BTC). Follow their X/Twitter (@whale_alert) for instant notifications. Free basic access.

Arkham Intelligence - <https://intel.arkm.com/> (Best for identifying **who the whale is**): → Free platform with wallet labelling (e.g., "Binance", "Michael Saylor", or funds). Set custom alerts for specific entities.

Blockchain Explorers (Manual but free): → <https://blockexplorer.one/> Search known whale addresses or paste a large transaction hash. Look for wallets with huge balances.

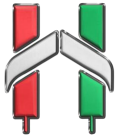
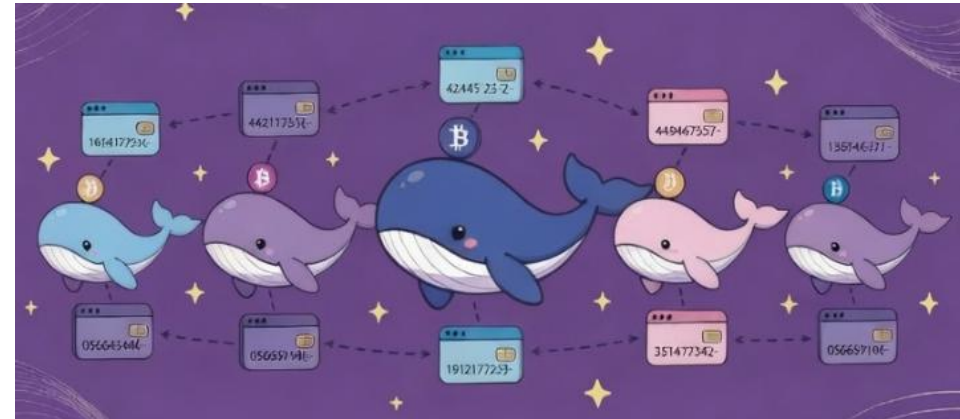
Glassnode / CryptoQuant: Track "Whale Supply" metrics, exchange flows from large holders, or top addresses holding distribution.

Quick Start Steps for Whales: Go to Whale Alert → watch live feed.

For a big transfer, copy the "from" or "to" address into Arkham or Blockchain.com.

Check if it's moving *to* an exchange (possible sell) or *from* an exchange to cold storage (accumulation).

BIG TIP: "Whales don't hide – the blockchain is public. Whale Alerts give you front-row seats to smart money moves before retail reacts."



Assessing the Market - Fear & Greed Index

What is the Fear & Greed Index? Tool that measures the emotions of crypto investors as a group (aka "Mood Meter")

Why is this Index important? Crypto prices are heavily driven by emotions

1. Scared/Fear - People tend to panic sell driving prices lower - also used for buying opportunities
2. Super Excited (Greed) - People tend to buy frantically and prices rise too fast - be cautious

Trading Smarter Tips using the Index:

- ❖ Do not use it alone to buy or sell - combine the result with other indicators and research
- ❖ Pro Traders can use for contrary thinking - Extreme Fear means prices may be undervalued and a time to buy in gradually for DCA (Dollar Cost Averaging) into a coin.
- ❖ Extreme Greed - Lots of people FOMO-buying can be a time to take some profits and manage risk.



BEST TRADING TIP EVER



Learn to trade and have fun to reduce stress.

For me, the best way is to eat your favorite snack while trading to enjoy even MORE!

Chips & Salsa!



Texas Secret Salsa - by KOKLOLEG RULES

2 to 3 cans of **crushed tomatoes**

Pour into a blender 2 to 3 cans of crushed tomatoes - depends on how big your blender is....
Add one bunch of **Coriander** (Texans use your Cilantro!)

3 forkfuls of **sliced jalapenos** in a jar (or a couple read ones with seeds if you like it hot) -- I have been using real jalapenos fresh here and about 2 good ones with seeds is a nice warm temperature for those who like it spicy. If you make it too spicy/hot.....add a little sugar to take the bite out.

Juice of one lime

One heaping teaspoon of **crushed garlic** - or throw about 4 cloves pods of real in there if you like strong garlic

One level teaspoon of **Cumin** (spice) - must have this

One medium **red** or other **onion** - quarter it and put in blender

1/2 tsp of sugar

A few shakes of **salt**

Pulse to blend until its all blended. The more it sits the warmer it gets. Eat with **Corn Chips**.

Use on scrambled eggs, brekkie tacos and quiche.

WARNING - it is to LIVE for.....ENJOY.





Thank you for
joining me
today for a fun
talk on trading

For more great learning – come join our fantastic global trading community with the **HODLNOTS** Foundational Trading Course found only in BitcoinTAF.com – Start today!

Be sure to watch the **HODLFIRE vs Scalping** talk upcoming with Vikki and find out how to access a free week to trial it today and see how great it is – risk free.