



MAGNUM OPUS COURSE CURRICULUM

UPDATED AS OF SEPTEMBER 1ST 2026

www.theonelanceb.com



FOUNDATIONAL CONTENT

Welcome to Magnum Opus

- Welcome to Magnum Opus 01:18

Intro Block

- Introduction 03:13
- Learning How to Think About Trading 03:29
- The Truth About the Learning Curve 04:37
- There is No Singular “Right Way” to Trade 02:40
- How to Get the Most Out of This Course 02:47

Metalearning & The Process

- Why Metalearning & The Process Matters 03:15
- The Playbook 03:33
- The Daily Report Card 13:23
- The Trade Writeup 14:28
- The Daily Routine 13:27
- Game Planning 07:27
- The Highlight Reel 10:48
- Sleep 12:07
- Trading Pods 14:22
- Phases of Trader Development 09:27
- The Power of Mentorship 05:26
- Environment is Everything 06:37
- Working Rookie Hours 05:09
- Breaking the Boom-Bust Cycle 03:33
- Bobblehead Concept 10:23



- The Post-It Countdown (Downloadable Resource) 02:41
- What Makes Great Traders Great? 04:12

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- Your Average Price Is Irrelevant 03:02
- What is Edge? 02:22
- Types of Edge in Trading 08:06
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- The .1% of Stocks and Setups 08:24
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- Developing Strategies with Edge Comes First 03:04
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- Is it Me or the Market? 06:12
- Dissecting Trade Stats 07:06
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- Expected Value Is ALWAYS CHANGING 09:02
- Case Study 1: Expected Value Dynamics 09:30
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- Sizing Can Make or Break Your Career 14:25
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- Case Study: No Man's Land 06:33
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- Steady Strong vs. Capitulatory 07:21



My Favorite Trading Heuristics

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• Case Study: What Minute Bars Should I Use?	03:37
• What is a Trading System?	04:17
• Do You Wait for the Bar to Close?	04:33
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• How I Use Bollinger Bands	04:26
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• Case Study: Volume Breakouts	03:23
• Case Study: Volume Capitulations	06:27
• Uncovering Symmetry in Stock Charts	03:30
• The Stair Step Pattern	02:40
• Retracement Percents and Why Fibonacci's are Bullshit!	04:04
• VWAP Overview	03:50
• Aligning Multiple Timeframes	07:41



Risk Management

- Risk Management Overview 06:10
- The Importance of Loss Limits 08:36
- Losing Money is an Indicator 05:53
- When Should a Trader Increase Their Daily Risk Limit 04:54
- The Maximum You Ever Want to Risk 03:44
- Dynamic Loss Limits 06:28

Tools

- Spotting Trading Opportunities 09:38
- StockFetcher 01:58
- Break High/Break Low 03:06
- Intraday Filters 02:10
- Trade Tagging 05:30
- Hotkeys 10:13
- My Hotkeys Explained 18:33

Reading the Tape

- Is Reading the Tape Real!? 03:13
- Types of Buyers and Sellers 04:07

IPO Examples

- SpaceX IPO - 6/12/2026 17:01
- Circle IPO - 6/5/2025 16:50
- ARM IPO - 9/24/2023 11:05



Breaking News Examples

- NARI M&A - 1/6/2025 06:45

Psychology

- Intro Into Trading Psychology 02:58
- When to Focus on Trading Psychology 03:19
- The Psychology of Increasing Size 05:32
- Handling Drawdowns 13:25
- Overtrading 09:33
- Maladaptive vs Adaptive 06:32
- The Psychological Reality of Trading - 10/21/24 06:14

Swing Trading

- Swing Trading 12:17

Options

- Introduction to Options Trading 03:01
- The Dangers of Selling Options 03:09
- The 4 Rules to More Safely Selling Options 03:47
- The Best Practices for Selling Options 06:14
- 0DTE 03:05
- Buying Options 04:09

Epilogue: Next Steps on Your Trading Journey

- What it Takes to Get into a Top Trading Firm 03:12
- What's Next After Completing This Course? 02:22
- Finding a Trading Pod 02:57



• After Finding Success	01:20
• Finding a Broker	01:24
• A Final Thank You	04:42

ADVANCED TIER

(Includes all Foundational Content)

Playbooks

• Types of Trading Strategies	03:20
• The Most Important Variable in Trading	05:05
• The Bouncy Ball Breakdown	03:13
• Case Study 1: Bouncy Ball Breakdown	06:14
• Case Study 2: Bouncy Ball Breakdown	05:16
• Breaking News	03:58
• Dissecting the Various News Sources	05:49
• News Filtering	02:29
• Interpreting a Headline	03:33
• Intro to Trading IPOs	12:19
• Hot IPO Compilation + Analysis	40:36
• Interpreting M&A Headlines	34:00
• Case Study: Interpreting M&A Headlines - \$WDAY Example	05:16
• Trading Pending Mergers	18:50



Strategies & Real-World Application

(Top Opportunities Dissected — Monthly Deep Dives)

• July 2026 – Top Opps Dissected	24:42
• June 2026 – Top Opps Dissected	25:06
• May 2026 – Top Opps Dissected	22:15
• April 2026 – Top Opps Dissected	25:28
• March 2026 – Top Opps Dissected	24:25
• February 2026 – Top Opps Dissected	18:49
• January 2026 – Top Opps Dissected	23:34
• 2025 Best of the Best!	17:36
• December 2025 – Top Opps Dissected	25:31
• November 2025 – Top Opps Dissected	27:12
• October 2025 – Top Opps Dissected	35:27
• September 2025 – Top Opps Dissected	29:23
• August 2025 – Top Opps Dissected	36:44
• July 2025 – Top Opps Dissected	32:40
• June 2025 – Top Opps Dissected	26:59
• May 2025 – Top Opps Dissected	23:43
• April 2025 – Top Opps Dissected	40:10
• March 2025 – Top Opps Dissected	16:49
• February 2025 – Top Opps Dissected	27:40
• January 2025 – Top Opps Dissected	28:04
• December 2024 – Top Opps Dissected	19:36
• November 2024 – Top Opps Dissected	31:43
• October 2024 – Top Opps Dissected	30:41
• September 2024 – Top Opps Dissected	14:48
• August 2024 – Top Opps Dissected	44:43
• July 2024 – Top Opps Dissected	40:33
• June 2024 – Top Opps Dissected	39:05
• May 2024 – Top Opps Dissected	13:06
• April 2024 – Top Opps Dissected	23:32
• March 2024 – Top Opps Dissected	22:35



• February 2024 – Top Opps Dissected	17:02
• January 2024 – Top Opps Dissected	28:26
• December 2023 – Top Opps Dissected	18:30
• November 2023 – Top Opps Dissected	24:06
• October 2023 – Top Opps Dissected	18:01
• September 2023 – Top Opps Dissected	27:27
• August 2023 – Top Opps Dissected	23:56
• July 2023 – Top Opps Dissected	51:01

Bonus Content

• Quantum Sector October '25 Analysis	01:01:39
• UPDATE: \$CRCL Big Opp Follow-Up 6/26	41:49
• \$CRCL 6/19 Gameplan Prep	17:57
• The Truth About Funded Trader Programs	57:06
• February 2024 – SMCI Charity Trade Review Session	02:49:59
• May 2024 – \$AMC \$GME Charity Review Session	02:57:52

Timely Market Prep

• 8/23/26 – Weekly Market Prep	05:17
• 8/16/26 – Weekly Market Prep	07:06
• 8/9/26 – Weekly Market Prep	04:20
• 8/2/26 – Weekly Market Prep	05:03
• 7/29/26 – Midweek Memory Name Prep	14:50
• 7/26/26 – Weekly Market Prep	06:20
• 7/13/26 – Weekly Market Prep	09:35
• 6/28/26 – Weekly Market Prep	05:22
• 6/21/26 – Weekly Market Prep	04:58
• 6/15/26 – Weekly Market Prep	05:06
• 6/8/26 – Weekly Market Prep	07:44
• 5/31/26 – Weekly Market Prep	13:05
• 5/17/26 – Weekly Market Prep	04:39
• 5/10/26 – Weekly Market Prep	08:29



• 3/8/26 – Weekly Market Prep	17:28
• 11/16/25 – Weekly Market Prep	48:18
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• 10/26/25 – Weekly Market Prep	57:59
• 10/16/25 – Weekly Market Prep	32:52
• 10/12/25 – Weekly Market Prep	01:03:09
• 10/5/25 – Weekly Market Prep	01:01:54
• 9/28/25 – Weekly Market Prep	01:12:07

Futures

• Who Should Utilize Funded Trader Programs and Who Should Avoid Them?	03:17
• What to Look for in a Funded Trader Program?	04:06

ELITE TIER

(Includes all Foundational + Advanced Content)

Applied Psychology

• Dr. Jonathan Katz Introduction	00:57
• Dr. Katz: The Comparison Game	09:27
• Dr. Katz: Your Relationship with Money	12:02
• Dr. Katz: Holistic Health & Wellness	13:41
• Dr. Katz: Traders vs. High Performance Athletes	10:27
• Dr. Katz: Handling Drawdowns	08:55
• Dr. Katz: Dealing with Success	11:53
• Dr. Katz: Emotions in Trading	07:24
• Dr. Katz: Rage Trading	10:05
• Dr. Katz: Gratitude	08:20
• Dr. Tom Crawford: Performance Coach to Olympians, CEOs & Traders	01:27



• Crawford: High Performance Psychology For Traders	07:02
• Crawford: Excellence in Trading	04:08
• Crawford: Disappointment vs Discouragement	16:07
• Crawford: Gaining Experience & Finding Flow	13:32
• Crawford: High Performance Toolkit - Monitoring Your Self-Talk	15:15
• Crawford: High Performance Toolkit - Journaling for Traders	08:34
• Crawford: Common Traits of High Performers	06:27

Daily Report Cards (Downloadable)

• 2018 Daily Report Card Compilation	01:12
• 2019 Daily Report Card Compilation	00:45
• 2020 Daily Report Card Compilation	00:41

Case Study Deep Dives

• \$STRC - Trade Dissection and Preferred Debt Instrument Deep Dive	20:26
• \$CAR 2026 Saga Dissected	27:37
• \$CAR - Current Thoughts as of 4/22/2026	09:32
• \$VVOS Deep Dive (A+ Trade or Hindsight?) – 12/1/24	41:46
• \$DXYZ & Trump Euphoria Dissected – 11/12/24	27:01
• Manic Monday Market Panic Dissected – 8/5/24	55:03
• Thoughts Ahead of Manic Monday – 8/4/24	28:47
• Semiconductor Top & Healthy vs Unhealthy Pullbacks – 7/30/24	36:36
• \$HUBS M&A Move Dissected – 7/15/24	10:47
• \$MULN Layup Trades Dissected (How a Pro Trader Thinks)	25:30
• \$FSLR Swing Setup & Others with Edge – 5/29/24	16:43
• \$GME No Man's Land Debate – 5/12/24	15:17
• \$ARM vs \$PLTR Daily Chart Comparison (Nuances Matter!) – 4/17/24	07:19
• \$GL Trade Review (ECHO + UMMM Remix!) – 4/11/24	24:09
• \$ACB Breakout Dissected – 4/5/24	06:26



Monthly AMA's

• August 2026 – AMA	01:32:50
• July 2026 – AMA	01:14:28
• June 2026 – AMA	01:38:09
• May 2026 – AMA	01:11:25
• April 2026 – AMA	01:45:04
• March 2026 – AMA	01:42:41
• February 2026 – AMA	02:20:52
• Silver Review + Week Ahead 2/1/2026	29:01
• January 2026 – AMA	02:08:29
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• November 2025 – AMA	02:00:42
• October 2025 – AMA	01:58:47
• September 2025 – AMA	02:08:13
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• April 2025 – AMA	02:04:51
• March 2025 – AMA	02:00:44
• February 2025 – AMA	02:07:30
• January 2025 – AMA	01:56:48
• December 2024 – AMA	02:19:12
• November 2024 – AMA	02:28:02
• October 2024 – AMA	02:43:40
• September 2024 – AMA	02:39:14
• August 2024 – AMA	02:33:27
• July 2024 – AMA	01:53:34
• June 2024 – AMA	02:11:00
• May 2024 – AMA	01:54:53
• April 2024 – AMA	01:35:37