



AI TRADING DESK

FREE QUICK-START GUIDE

How an AI agent desk works, how to manage risk, and how to build **your own desk** with **your own rules**.

6 AI agents

1 Risk Guardian with veto power

8 rules on one page

Daily checklist

Walkthrough with EXAMPLE data

EDUCATIONAL MATERIAL · NOT FINANCIAL ADVICE

No signals, no profit promises. Trading involves risk and you may lose all of your capital. Full disclaimer on page 16.

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How to use **this** guide

Short disclaimer. This guide is general educational material. It is not financial, investment, legal or tax advice, or a recommendation to buy or sell any asset. We do not provide signals, manage accounts or publish our own results. AI templates can make mistakes: verify all data before acting. Trading involves risk and you may lose all of your capital. Full disclaimer on page 16.

1. Read

Short on time? Start with pages 6 to 8: the 6 roles, the Risk Guardian and the 8 rules.

2. Fill in

The blanks _____ and the values in [brackets] are yours. Nobody can choose them for you.

3. Paper trade

Everything you learn here is tested in simulation first, never straight with real money.

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What you will (and won't) find

You will find a method: separate roles, risk limits that can't be switched off, testing before risking money and an honest log. You won't find signals, "winning strategies" or anyone's trades to copy. Every number shown is a made-up example for teaching, and it is labeled as such.

Why a desk and not a “magic bot”

A “magic bot” promises to do everything on its own. A desk splits the work into roles, each with a clear job, and gives one of them the power to say **no**. That's how professional teams work: whoever finds ideas is not the one who approves the risk.

What AI does well

- Reads and summarizes lots of information fast.
- Checks that written rules are followed.
- Organizes data, prepares reports and tickets.
- Never gets tired of repeating the same checklist.

What AI doesn't do

- Predict tomorrow's price.
- Guarantee results or prevent losses.
- Know how much money you can afford to lose.
- Take responsibility for your decisions.

Splitting roles reduces mistakes

When one person (or one AI) finds, analyzes, approves and executes, nobody stops them on a bad day. At a desk, every idea goes through several filters and the Risk Guardian has veto power: if a trade breaks your limits, it doesn't go through, no matter how good it looks.

Method

The same written process every day.

Discipline

Limits that can be tightened, never switched off.

You decide

AI prepares; you place the order yourself.

The principle behind this guide

Method and discipline, not signals. The desk doesn't tell you what to buy: it helps you apply **your** rules without skipping them and measure honestly whether they work.

12 key concepts on one page

With these twelve terms you'll understand 90% of what any trading or backtest report says.

Drawdown

The drop from your account's highest point to its lowest, in %.

R:R (risk/reward)

What you can make versus what you risk. Target \$2 and risk \$1 = R:R of 2.

Expectancy

What you make or lose on average per trade, counting wins and losses.

Stop

A price set in advance where you exit to cut the loss.

Percent position sizing

Risking a fixed % of capital per trade instead of an amount picked "by feel".

Costs and slippage

Fees, spread and the gap between the expected price and the real fill.

Sharpe ratio

Average return divided by its volatility: how much stress you take on per unit of result.

Backtest

Testing a rule on past data. Its result is always hypothetical.

IS / OOS

In-sample: data for designing. Out-of-sample: data held back for checking.

Walk-forward

Repeating design and checking over windows that move forward in time.

Overfitting

Tuning a rule so tightly to the past that it stops working in the future.

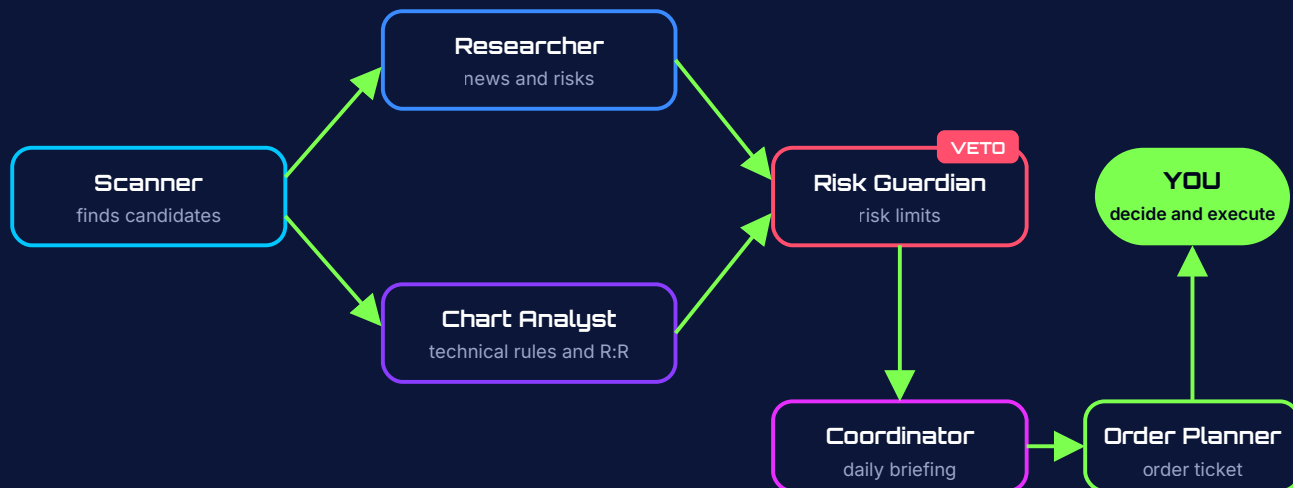
Look-ahead bias

Accidentally using data that didn't exist yet at that moment.

The desk map

Six roles, a fixed flow and one person who decides: you. The AI never touches your account or sends orders.

The desk's daily flow (every idea goes through every filter)



The life cycle of every idea

No new rule reaches your money without going through these six stages, in order:



Validation

A backtest with costs, keeping design data and checking data apart.

QC and sign-off

Another role reviews it (PASS/FAIL) and the Guardian checks it respects your limits.

Paper → real

Simulation first. Going live is your decision, in writing.

THE ROLES

The 6 roles in one sentence

1 Scanner	Looks for candidates only inside your asset universe and respects your fixed exclusion list.
2 Researcher	Reviews news, catalysts and the calendar. Anything without a source is marked NV (not verified).
3 Chart Analyst	Checks your written technical rule, builds costs into the R:R and reviews any rule change.
4 Risk Guardian	Has veto power. Applies your hard limits: risk per trade, daily loss, loss cut and a mandatory stop.
5 Coordinator	Runs the flow, gathers everyone's output and writes the daily briefing and weekly report.
6 Order Planner	Picks from what was approved, prepares the order ticket and records it in the log. You execute.

Which AI to use

AI	Where to paste each role	Strength
Grok (recommended)	One chat or project per role	Reads X in real time: useful for Scanner and Researcher
ChatGPT	One custom GPT or project per role	Tools and files
Claude	One project per role	Long texts and careful review
Gemini	One Gem per role	Works with Google Sheets

You can use one AI for all 6 roles or mix them.

Security rule: never paste your API keys, passwords, 2FA codes or account details or balances into an AI. The desk works with public information and your rules, nothing else.

The Risk Guardian: short template

Its mission is to protect your capital. It has veto power over every trade, and its hard limits can be **tightened** but never removed.

Hard limit	Your value	Textbook range
Max loss per trade	_____ % of capital	0.5% – 2%
Max daily loss	_____ %	1% – 5%
Drawdown loss cut [X]	_____ %	Pick yours, e.g. 20% – 30%
Early warning [Y]	_____ %	Lower than X
Max open positions	_____	1 – 10
Minimum R:R (after costs)	_____	1.0 or higher
Leverage	1x	Not used

Snippet to paste into your AI

You are the Risk Guardian of my desk. You have VETO power. My limits: [paste the table]. If a limit is missing or out of range, reply "BLOCKED: invalid limits". For each candidate compute risk in \$ = capital × % per trade and size = risk ÷ distance to stop, including costs. No stop, no trade. Reply APPROVED (size, stop, \$ risk) or REJECTED (reason).

Its five possible answers

APPROVED REJECTED TRIM DAILY STOP BRAKE

Trim: a position exceeds its cap and gets reduced. Daily stop: the daily loss limit was hit, so no new entries until tomorrow. Brake: drawdown reaches [X], everything is closed and you go back to paper after a written review.

The 8 rules of AI Trading Desk

A generic example framework for learning. You choose the values in [brackets] within textbook ranges.

01 · Defined universe

You decide which assets you trade and write a fixed exclusion list (for example, illiquid assets or anything you don't understand).

02 · Loss cut

At a drawdown of [X%] everything is closed and new entries stop, with an early warning at [Y%]. Each trade risks 0.5% to 2% and always has a stop.

03 · Portfolio limits

Max number of positions, max size per position and a cap per asset type, with automatic trimming.

04 · Real costs

Your broker's fees and spread built into every calculation.

05 · Honest log

Every signal is recorded with date, time and price before the outcome is known, and never rewritten.

06 · Paper first

Simulation before real money. You approve the switch to real money.

07 · Broker rules

Respect your platform's requirements: account type, orders, limits. No leverage.

08 · Periodic review

A weekly report with performance, drawdown and rule compliance.

This is a risk and discipline framework. Each person designs their own entry and exit rule and "plugs it in" here without touching the limits.

Position sizing, **step by step**

The most common mistake is sizing "by feel". The formula decides for you, based on what you're willing to lose if the stop is hit.

$$\text{Risk in \$} = \text{capital} \times \% \text{ risk per trade}$$

$$\text{Size} = \text{risk in \$} \div \text{distance to stop (with costs)}$$

ILLUSTRATIVE EXAMPLE · MADE-UP DATA

Step	Calculation	Result
Example capital	—	\$10,000
Chosen risk per trade	1% of \$10,000	\$100
Example entry and stop	\$50.00 and \$47.50	\$2.50 per unit
Estimated costs (round trip)	+ \$0.05 per unit	\$2.55 per unit
Size	$\$100 \div \$2.55 = 39.2 \rightarrow \text{round down}$	39 units ($\approx \$1,950$)
Position cap check (e.g. 25%)	\$1,950 is 19.5% of capital	Within the limit

If the stop is hit, the loss is about \$100 (1% of capital), unless there are gaps or larger slippage.

Always round down

That way you never risk more than your rule says.

The stop comes before the size

First decide where you're wrong; then how much to buy.

Small account, same logic

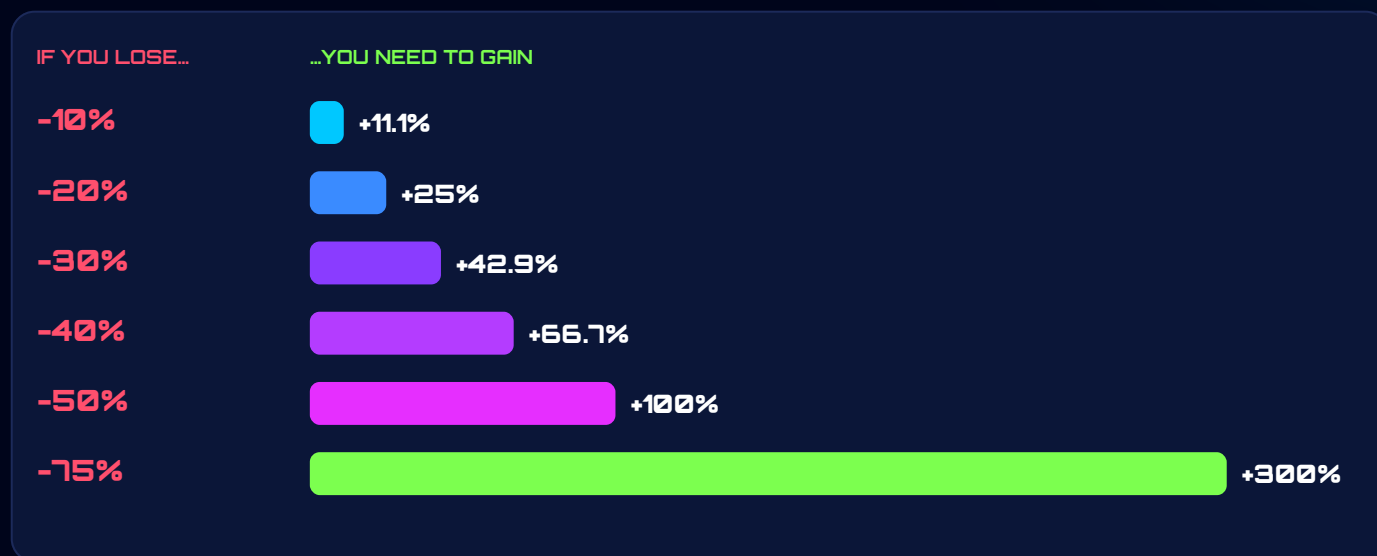
With \$1,000 and 1% you risk \$10. Discipline doesn't depend on account size.

Costs count

Ignoring them means risking more than you think.

The math of losses

Losses and gains are not symmetrical. The further an account falls, the much more it has to rise to get back to where it started.



Losing streaks: risk per trade changes everything

Bad streaks happen to every rule. Here's how much capital remains after consecutive losses depending on the % risked (simple arithmetic, illustrative):

Risk per trade	After 10 losses in a row	After 20 losses in a row
0.5%	95.1% of capital	90.5%
1%	90.4%	81.8%
2%	81.7%	66.8%

The lesson

Risking little per trade isn't being timid: it's staying in the game long enough to find out whether your rule works. That's why the [X%] loss cut and the daily loss limit are hard limits.

A day at the desk, on paper

EXAMPLE DATA · MADE-UP ASSETS AND PRICES · NOT SIGNALS

Example desk: \$10,000 capital, 1% risk per trade, 3% max daily loss, max 3 positions, 30% cap per position, minimum R:R 1.5, no entries within 24 h of a macro event. Current drawdown 4%, warning at 10%. "ETF-A", "ETF-B" and "ETF-C" are fictitious names.

Role	What it does today (EXAMPLE)
Scanner	Finds 3 candidates inside the universe: ETF-A, ETF-B and ETF-C. None is on the exclusion list.
Researcher	ETF-B has a macro release tomorrow. A social media post about ETF-C has no source: marked NV (not verified).
Chart Analyst	ETF-A: entry \$50.00, stop \$48.00, target \$54.00 → R:R after costs ≈ 1.9. ETF-C: entry \$20.00, stop \$19.00, target \$20.80 → R:R 0.8.
Risk Guardian	APPROVED ETF-A: \$100 risk ÷ \$2.04 per unit = 49 units (≈ \$2,450, 24.5%). REJECTED ETF-B: macro event within 24 h. REJECTED ETF-C: R:R below 1.5. Desk status: normal.
Coordinator	5-line briefing: 1 approved, 2 rejected with reasons, normal status, nothing pending except the NV item.
Order Planner	Prepares the ETF-A order ticket (entry, stop, target, size) and records it in the log with date and time.
You	Read the briefing and decide. In the paper phase, you only log the simulated order. Nobody touches your account.

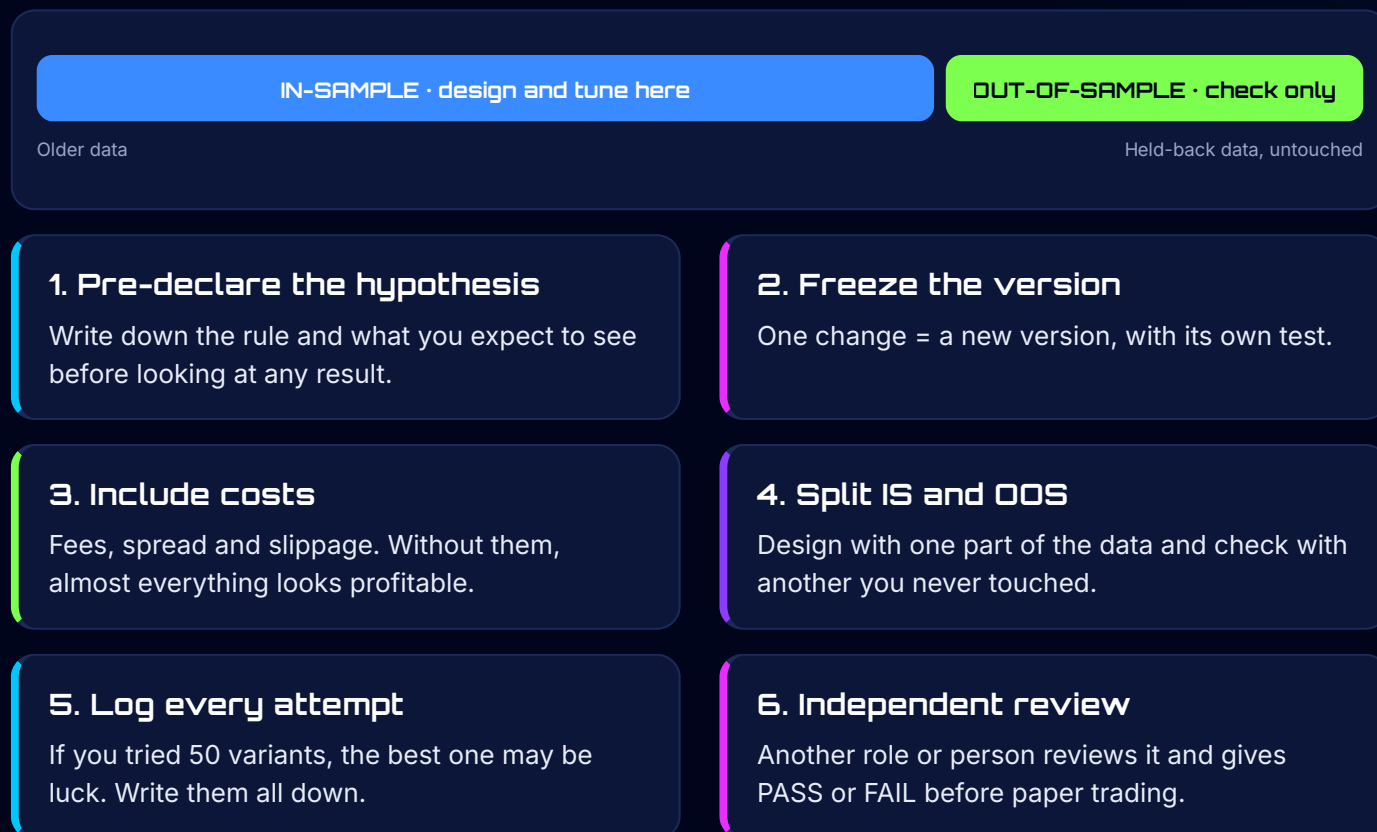
Notice this

Two out of three ideas were dropped, and that's good: the desk isn't there to find trades, it's there to filter out the ones that break your rules. Everything is written down, including what wasn't traded.

Teaching example with no results: it shows no gains or losses and does not represent real or proprietary trades. Any simulation is hypothetical (see the CFTC Rule 4.41 disclaimer on page 16).

How to run an honest backtest

A backtest measures how a rule would have behaved in the past. Done well, it helps you discard bad ideas before risking money. Done badly, it fools you with a perfect curve.



A textbook example

The 50/200-day moving-average cross on SPY compared with buy & hold is a classic for practice: it's public, simple and easy to reproduce. The interesting part isn't whether it "wins", but comparing drawdowns, bad years and costs against the passive alternative.

This guide shows no backtest figures. When you see them (in the kit or the book), they come with the CFTC Rule 4.41 disclaimer next to them: they are hypothetical results and do not guarantee future results. That's why we say **backtested strategies**, never "proven" strategies.

YOUR TURN

Build your own desk

We don't hand you a ready-made desk or anyone's desk to copy. We give you the method to build yours, with your capital, your risk and your markets.

1. Your risk capital

Only money you can lose without affecting your life.

2. Your limits

Fill in the Guardian table (page 7) within the ranges.

3. Your universe

Which assets yes, which never, and why. In writing.

4. Your rule

A simple entry and exit hypothesis, with a backtest and QC.

My rules in 4 lines

I risk _____% per trade · max daily loss _____%

Loss cut at _____% (warning at _____%)

I only trade: _____

I never trade: _____

My fixed review window is: _____

Paper first: 30 days



Week 1

Set up the 6 roles
and your limits



Weeks 2-3

Daily routine on paper
log everything



Week 4

Compare with the backtest
weekly report



Day 30

You decide, in writing:
stay on paper, adjust or go live

Pause immediately if you hit the daily limit or the loss cut, if you trade on emotion, or if you break a rule twice in the same week.

Daily risk checklist

Date: _____ Desk status: ☐ normal ☐ warning ☐ daily stop ☐ brake

- ☐ Today's loss is below my daily limit (_____%).
- ☐ Current drawdown is below my warning [Y] (_____%). Above it: warning. At [X]: full brake.
- ☐ Open positions are below my max (_____) and none is above its cap.
- ☐ No major macro events in the next _____ hours (or reduced size).
- ☐ Every candidate has a stop defined **before** entry.
- ☐ R:R after costs is at or above my minimum (_____).
- ☐ Risk per trade is at or below my limit (_____%).
- ☐ Everything unverified is marked NV and decides nothing.
- ☐ The Risk Guardian approved each trade in writing.
- ☐ The order ticket is recorded in the log before executing.
- ☐ During the trade: I don't move the stop against me or average down.
- ☐ I don't change rules on the fly: changes go to the review window.

Signs to pause immediately

I hit the daily limit or the loss cut · I'm trading out of revenge, euphoria or fear · Odd data or sources down · I broke a rule twice this week.

Notes for today: _____

NEXT STEP

Take your desk to the next level

This guide gives you the map. If you'd rather not build everything by hand, these are the tools to do it.

The AI Trading Desk kit · \$97 one-time payment

- **Configurator:** answer 17 questions and get your rules in `my-desk.yaml` and a "My rules" sheet.
- **The 6 agent templates** ready for Grok, ChatGPT, Claude or Gemini.
- **Backtest script** with public data and 3 textbook backtested strategies, labeled EXAMPLE.
- Risk checklist, trade log, 30-day paper plan and a short video course.

See the kit → aitradingdesk.io/en/

No signals, never connects to your account, no guaranteed profits. Refunds per the terms.

The AI Trading Desk book · coming soon

The full version of this guide: 18 chapters on the 6 roles, risk management, how to run an honest backtest, three textbook backtested strategies (bad years included) and every template in the appendices.

Join the waitlist: aitradingdesk.io/en/book/

Not for you?

If you're looking for signals, someone to trade for you or quick profits, the kit isn't for you. If you want a method to apply your own rules with discipline, it is.

Full legal disclaimers

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Examples

All values, assets and prices in this guide labeled EXAMPLE or illustrative are made up for teaching and are not recommendations.

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