ἄσκησις

ASKESIS

ADAM H GRIMES COACHING

Getting started

What Askesis is, why practice this way, and how to get from signing in to your first chart and your first trade.

1 What Askesis is

Askesis is a practice desk for trading by hand on real market history. Pick a day in the past, and every market stands exactly as it did after that day's close. Nothing after that day appears in any chart, row or number. You trade it as you would live, with a ticket, stops, targets and working orders, in a theoretical account that starts at $100,000. Then you step forward a day or a week at a time. The day only moves forward.

The charts are the ones Adam works from on his own desk: the daily with the weekly and monthly beside it, with the same bands, averages and indicators. Askesis keeps every order, fill and note. When you're done, it scores the work in R as well as in dollars.

It runs on a computer of its own in the cloud, and you see it in your browser. There's nothing to install. Your sessions, notes and uploaded data are kept in your own private folder between visits.

2 Why practice this way

Skill comes from repetition with feedback. Live markets give you one decision at a time and a noisy answer weeks later. Askesis compresses that. A year of decisions fits in an afternoon, and every decision is recorded and scored.

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Train on the same window again

A **Training** session plays one stretch of one market as many times as you like, with a fresh account each attempt. The bars are identical every time, so any difference between attempts comes from your decisions, not the market. Results lists the attempts side by side. This is the closest thing to a controlled experiment on your own trading.

Hide what you think you know

A **Windows** session can hide the ticker, the price level and the dates, flip a window upside down, or scramble the order of its bars. You trade what's on the chart, not what you remember about 2008 or 2020. Everything is revealed at the end of the run.

Practice exits on your own entries

Most of the money in a trade is made or lost after the entry. Give Askesis a list of trades you actually took, and **My lists** puts each one on at its day. You manage it bar by bar without knowing what comes next. Run the same list as often as you like, openly or with the dates hidden, and compare every run with what really happened.

Keep score honestly

Results shows the account and R side by side: expectancy, win rate, drawdown and the equity curve. After 30 closed trades, Askesis can test whether your entries beat random timing in the same markets, with the same risk and holding time. It also measures what your management added or cost.

3 Signing in and starting

1. Go to **askesis.adamhgrimes.com** and click **Sign in**. The first time, sign in with the temporary password from your invitation email, then choose your own.
2. The first time only, read what your coach can see and agree to it.
3. Click **Start practice**. Your desk opens in the same tab, in a few seconds. It works in any up-to-date browser: Chrome, Edge, Safari or Firefox.
4. To finish, close the tab. Your work is saved as you go, and the next Start practice opens where you left off.

> The chart window opens as a second window. If your browser blocks it, allow pop-ups for this site (the icon at the right end of the address bar), then click again.

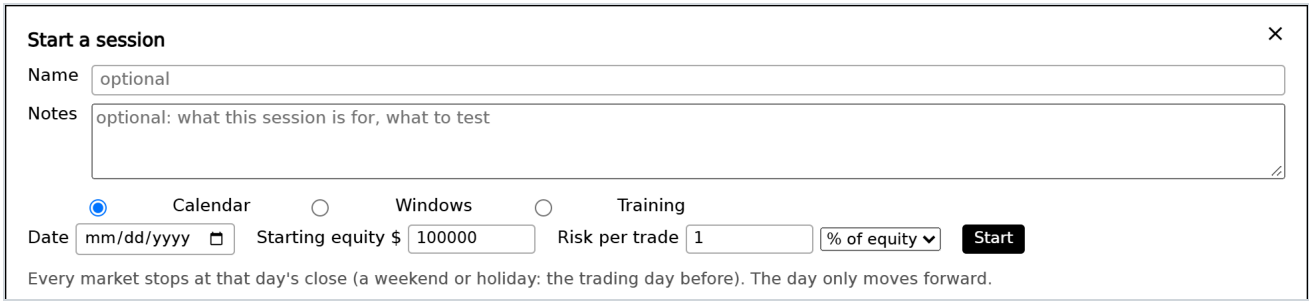
4 Your first chart

Step 1. Start a session

The first time, the **Start a session** panel opens by itself. Later, it's under **Sessions...** in the session bar. Choose **Calendar** and pick a date. Keep the starting equity ($100,000) and the risk per trade (1% of

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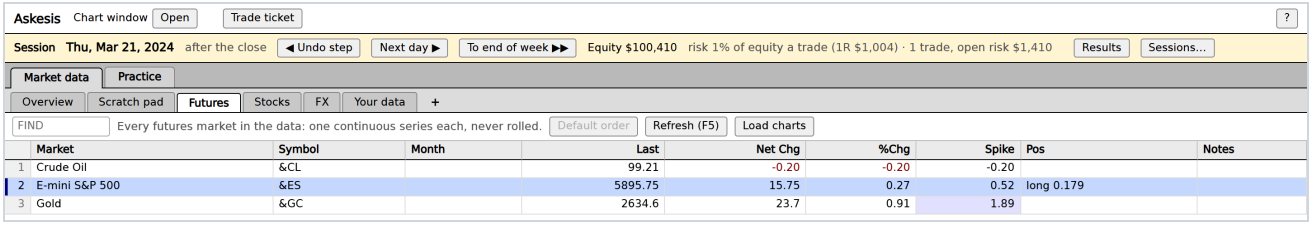
equity), or change them. Then click **Start**. A name and notes are optional, but they help you tell sessions apart later.



Start a session: Calendar, a date, the equity and the risk per trade.

Step 2. Pick a market

The work area has two rows of tabs. **Market data** holds the markets: **Overview**, **Scratch pad**, **Futures**, **Stocks**, **FX** and **Your data**. **Practice** holds your trades, sessions and results. Open **Futures**, **Stocks** or **FX** and click a market's row. On **Overview** or **Scratch pad**, type a symbol (such as **&ES** or **AAPL**) and press Enter to add it to the list.

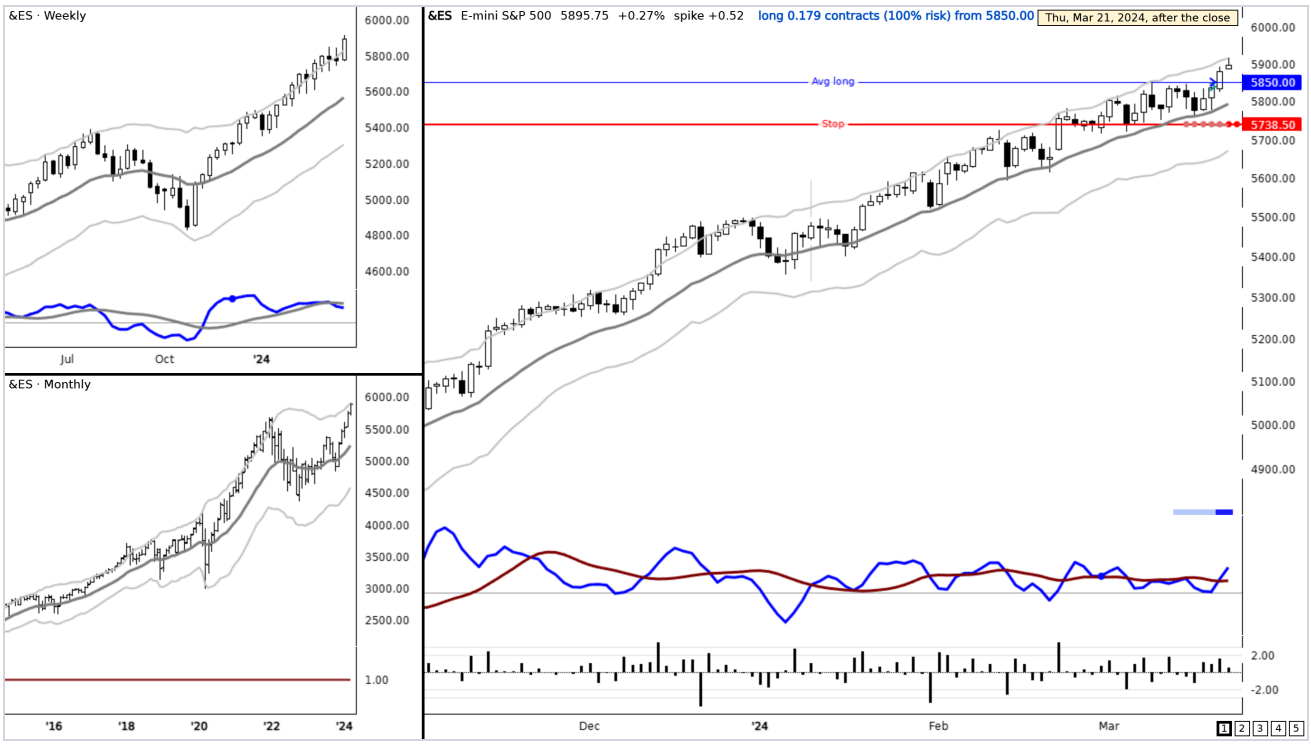


The work area. Along the top: **Open**, for the chart window. Below it, the session bar: the day, the step buttons, the account, **Results** and **Sessions...**.

Step 3. Open the chart window

Click **Open** at the top left, beside *Chart window*. Drag the window to the size you like. The chart window shows the daily chart on the right and the weekly and monthly on the left. It follows the work area: click another row, or press Enter or ↓, and the chart window shows that market. Z and X zoom, L switches to a log scale, and right-clicking the chart opens its menu (colours, templates and more).

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The chart window on &ES, with a long trade underway: its average entry (blue) and its stop (red). The day in the corner is where the session stands.

Step 4. Step forward

Press → (or **Next day**) for the next trading day, and Shift + → for the end of the week. Every chart, row and number moves to the new close. Stepped by mistake? Ctrl + ← takes the step back, as long as you haven't done anything on the new day.

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5 Trading

1. In the chart window, press F2 (or Shift + S). Click your **stop** on the chart first (below the price for a long, above it for a short), then your **entry**. An entry above the price for a long is a buy stop, and one below is a limit.
2. The ticket sizes the trade so the stop risks 1R (your risk per trade). Add exits or an R target if you like, then **Place the trade** (or Enter).
3. Orders work from the next bar. Choosing *at this close* fills immediately at the close on screen.
4. Manage the trade as you step. Drag an order's line to move it. Click a line and press Delete to cancel that order.

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KEY	WHAT IT DOES
→	The next trading day
Shift + →	The week's last trading day
Ctrl + ←	Undo a step taken by mistake (only while nothing was done on the new day)
F2	A trade ticket: click the stop, then the entry
Shift + E	Add an entry to the market's latest trade
Shift + X	An exit (half of what's held to start); click its price
Shift + C	Close the trade at this close (Enter confirms)
K	Trades on the chart: off, working or underway, or every trade
[ ]	The previous or next tab
?	Every key, in the window you're in

The **Overview** tab collects what you hold and what's working: each market's position, orders, open P&L and risk, with the account, the equity curve and every working order or closed trade below.

6 The markets

Askesis has these markets now, as daily bars through 1 June 2026.

SYMBOL	MARKET	TYPE	FROM	HOW THE SERIES IS MADE
&ES	E-mini S&P 500	Futures	Sep 1997	Continuous, back-adjusted
&CL	Crude oil	Futures	Jan 1990	Continuous, back-adjusted, then raised 50 points so that every price is above zero
&GC	Gold	Futures	Jan 1990	Continuous, back-adjusted
EURUSD	Euro / U.S. dollar	FX	Jan 1999	As traded
AAPL	Apple Inc.	Stock	Jan 1990	Split-adjusted

- **Futures** are one continuous series each, traded at its own tick size and point value (&ES $50 a point, &CL $1,000, &GC $100) and never rolled. Back-adjusting shifts old prices, so a level from years ago won't match the price quoted at the time, but every move and every bar's range is real. Single contract months (such as ESH08) aren't available.
- **Crude oil** is shown 50 points higher than its back-adjusted level throughout, because back-adjusting takes 2020's prices below zero.
- **AAPL** is shown at split-adjusted prices, so 1990's prices are well under a dollar.

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7 Your own data

You can add your own markets beside these. Use a CSV of daily bars, oldest first, with a header row: **date,open,high,low,close**, plus **volume** and **open_interest** if you have them. Files can be up to 25 MB: about 1,000 years of daily bars, so any market's whole history fits (30 years is under 1 MB).

1. In Askesis, open **Market data** → **Your data** and click **Upload file...**. Pick one or more CSVs from your computer. A file with the same name as one you added before replaces it.
2. Describe each new file: its symbol, name, type, tick size and point value. Askesis checks the bars and tells you in plain words if something's wrong, such as a day whose high is below its low.

Once it's described, the market works like any other: rows, charts, tickets and every kind of session. Your files stay in your own folder. A symbol already used by one of Askesis's markets can't be reused, so give yours another name.

Spreads of your stocks

Once you've uploaded two or more stocks or ETFs, you can trade a spread of them. Type it wherever you'd type a symbol: **XLE-XOP** for the difference or **XLE/XOP** for the ratio. Put a weight in front of a leg to trade more of it: **2*XLE-3*XOP** is a difference and **2*XLE/XOP** a ratio. A weight can be a whole number or a decimal (**2*** or **2.5***), and a difference can have more legs, joined with + and -, such as **XLE+XLB-2*SPY**. It works like any other market, with its own row, chart, ticket, stops and results. A spread's daily bars are open and close only, so a level between the two fills at its price, and one beyond them doesn't fill that day.

8 Your own trade lists

Practice → **My lists** replays trades you actually took. Give Askesis a list with the day, the market and long or short for each trade. It puts each trade on at its day while you step forward, and you manage it your way: stops, exits, adds. If the list says how each trade really turned out, My lists sets every run beside the original outcome, trade by trade, and beside your other runs.

The list

A CSV with a header row. Three columns are needed: **date**, **symbol** (as Askesis names it: AAPL, &ES, EURUSD) and **side** (long or short). The rest are optional:

- **entry:** blank for that day's close, *open* for its open, or a price for a stop or limit order that works that day only.
- **stop:** the initial stop's price. Blank gives a stop 2 ATR from the entry.
- **The real outcome: r** (in R), or **exit_date** and **exit_price**.
- **label** and **notes**.

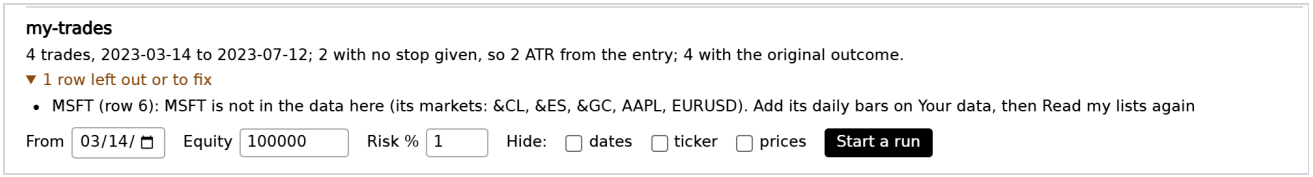
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Let an AI make it for you

The full format is at askesis.adamhgrimes.com/askesis-entry-lists.txt. Its last section is a block of instructions to paste into ChatGPT, Claude or any other assistant, together with your trade journal or your broker's trade export. The assistant turns your history into the list. It can also make price files for markets Askesis doesn't have, if you give it a source for the real prices.

Prices first

Every symbol on your list needs its daily prices in Askesis. Add a market that isn't there on **Your data** first (section 7), with a few months of bars before your first trade in it. Then click **Read my lists again**. A row naming a symbol with no prices says so:



A list of five trades. Four are ready. MSFT waits for its prices on Your data.

> For futures, leave **entry** and **stop** blank, or write *open* for the entry. Askesis's futures are continuous, back-adjusted series, so a price from the contract you actually traded years ago won't match. The other way is to add your own data for that market on Your data, on the same prices as your trades.

Running it

1. On **My lists**, click **Add a list...** and pick your CSV. A list uploaded on Your data is found too.
2. Check the line under the list. Each row that can't run says why, and the others run.
3. Choose the first day, the equity and the risk per trade.
4. Choose what to hide:
   - **Nothing:** a run on the real days. Each step brings in that day's trades, and **Next entry ▶▶** skips ahead to the close before the next one.
   - **Dates** (and the ticker or prices, if you like): each trade becomes its own window, on made-up dates and in shuffled order. Its entry is placed for you, and which trade was which shows at the end.
5. Click **Start a run**. A trade's original outcome appears only once your own trade has closed, so it can't steer how you manage it.

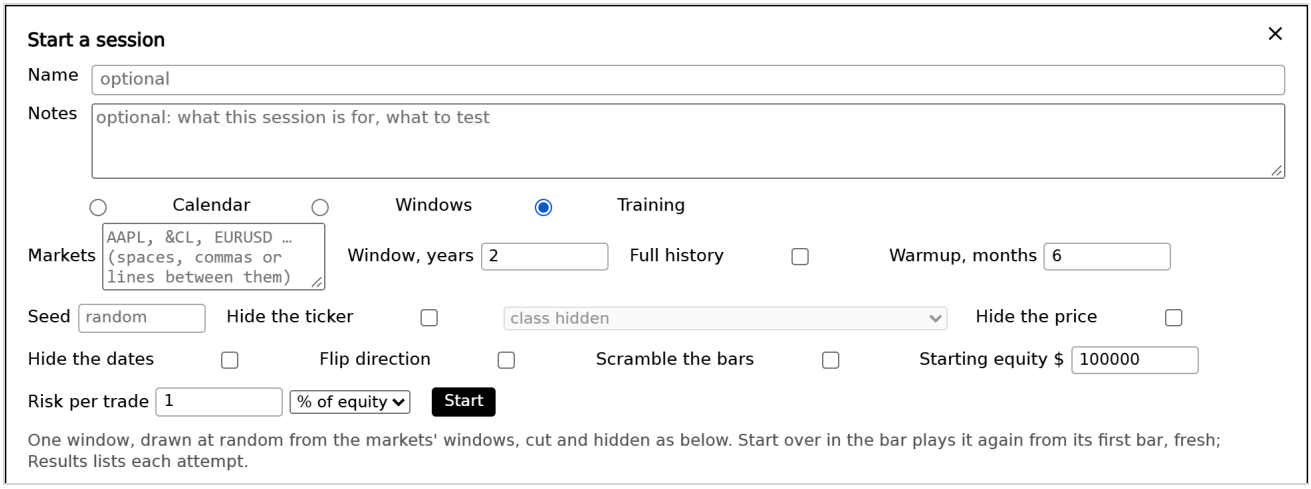
A finished run is set beside the original and your other runs:

- for each run: trades, total R, R per trade, win rate and P&L;
- on the same trades as the original: your R against the original R, and how many you did better or worse on;
- each trade's original R beside its R in every run.

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9 Ways to practice

SESSION	WHAT IT IS	USE IT FOR
Calendar	Every market as of one day, stepped forward together	Trading as you would live; managing several markets
Windows	One market at a time, its history cut into windows (2 years by default, after 6 months of warmup), with the ticker, price or dates hidden if you choose	Reading charts without knowing the story; a large sample of decisions
Training	One window, played as often as you like; **Start over...** begins a fresh attempt	Repetition on identical bars; comparing attempts
My lists	Your own trades, on their real days or each in a hidden window	Managing your real entries again; comparing runs with what you did live



Training: the markets to draw from, the window's length, and what to hide. In a Windows run, any finished window can be trained on with **Train on this window**.

Results (in the session bar) shows the account, the R figures and the curve. For a Windows or Training run, **Review a window** there replays every decision you made, bar by bar, with the chart as it stood. **Sessions...** opens, exports or deletes any session. TradeCraft students also have the **TradeCraft** tab, with the course's skill sequences as drills.

Skill comes from training.

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