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While a strong advocate of systems trading, Reynaldo said trading is not all about systems. It is about you and your psychology. He's got his own personal experience and 'evolution' as a trader to prove his point.

It was early 2001 when Reynaldo was first introduced to trading when a friend of his invited him to attend a seminar about share trading. He got interested with what he heard and after several other seminars he was convinced that there is something in trading.

"I'm a logical thinker and I have some background in computers being a database administrator before, so most of the things I heard from the seminars made sense to me. I pursued systems development and technical analysis for almost a year until I have a system that I'm comfortable with," Reynaldo recalled.

In 2003, after he's been trading profitably using his system, Reynaldo was hit by one of the major setbacks in his trading career. He was long gold and the price of gold was falling fast. When he closed his gold position he almost lost his bank account.

But this setback would prove to be a turning point in Reynaldo's trading career. "At that time I thought: I have two choices. I can either go back to work as a DBA or I can work on myself and my trading. I chose to work on myself and my trading," Reynaldo said, adding that it was the best decision he had made that turned his trading career around.

As a tae-kwondo champion, Reynaldo said his training as an athlete – which requires focus and steely determination, helped him in harnessing his skills and psychology when it comes to trading.

"For about six months I worked on myself and my psychology and tried to understand myself better. Within a span of three to four months I've turned profitable again," Reynaldo said.

He added, "Everyone has their own trading system, but I believe successful trading is about 99 per cent psychology and 1 per cent system. Everyone can learn how to build and design a system, but no one but yourself can teach you your own psychology when it comes to dealing with the markets."

Today Reynaldo applies the powerful combination of his profitable system and psychology as he deals with the market everyday. He classifies himself as a swing trader and holds position for an average of two to three days.