CAPO · @CAPO_KOL · FREE STARTER

THE CAPO PLAYBOOK

FREE STARTER: RUG CHECKLIST + 8 AI PROMPTS



A free taste of the book my crew runs to research Solana memecoins. Built from months of our own paper testing. Not signals. Not promises.

0
pre-registered timing strategies that made money after costs in our own tests

~21%
of coins that crossed $100k market cap were still above $100k 24h later

4.8–6.9%
round-trip trading costs we measured, depending on size

Strategy we tested (paper, pre-registered)	Average result per trade, after costs
Filter-based entries	about −21%
Buying right after Pump.fun graduation	−6% to −9%
Buying coins as they crossed $100k market cap	−7% to −10%
Copying "smart" sniper wallets	Mostly picked the same hot coins everyone picks. Not insider info.

First rule of the house: no magic entry signal. The edge is avoiding rugs, sizing like a lottery ticket, and doing disciplined research.

Educational only. Not financial advice. Most memecoins go to zero. All figures are from our own paper tests and describe what happened in those tests only.

RULES OF THE HOUSE · CONDENSED · 12 POINTS

RUG & RED-FLAG CHECKLIST

Tick each box only after checking the data yourself. Unknown counts as a flag.

- ☐ **Mint authority revoked** — If live, the dev can print more tokens. Live = FAIL.
- ☐ **Freeze authority revoked** — If live, your tokens can be frozen. Live = FAIL.
- ☐ **LP burned or locked** — Unlocked LP can be pulled. Check RugCheck, then confirm on-chain.
- ☐ **Top-10 holder share** — Exclude LP / bonding curve / burn. Over ~30% = caution; one wallet over ~10% = big warning.
- ☐ **Dev / creator wallet history** — Past launches, how fast it sold, where its SOL came from.
- ☐ **Bundled or sniped launch** — Many buys in the first slot(s), identical sizes, same funding source.
- ☐ **Fresh-wallet clusters** — Many brand-new wallets funded from one source = one entity in disguise.
- ☐ **Liquidity vs market cap** — Thin liquidity vs MC = your exit moves price a lot. See exit math.
- ☐ **Buy / sell ratio & counts** — All buys, almost no sells is not strength. A real market has both sides.
- ☐ **Socials age & follower quality** — X account made today, bot replies, recycled handles = manufactured.
- ☐ **Origin & CA verified** — CA from the original source, not a reply. Watch for copycats with the same name.
- ☐ **Your size fits the liquidity** — Position small enough to exit without wrecking the price. Lottery-ticket sized.

Instant walk-away: mint or freeze authority live · LP not burned/locked · one non-LP wallet over ~10% · CA not verified from the original source.

Pattern warning (from our tests): in one dataset, coins that held above $100k for 24h crossed it more slowly after graduation (median ~23 min vs ~1.4 min). On independent data that trait did **not** predict holding (it pointed the wrong way), and none of it was profitable after costs. An observation, not a signal.

8 OF 32 PRO PROMPTS

STARTER AI PROMPTS

#01 Full Rug-Check Pass

Use when: First look at any coin. Paste raw data, get a red-flag table back.

```
You are a skeptical Solana memecoin researcher. Your job is to find reasons NOT to touch a coin.
Coin: [TICKER] | CA: [CONTRACT_ADDRESS] | Age: [TIME_SINCE_LAUNCH]
Raw data (pasted from DexScreener / RugCheck / GMGN / Solscan):
[PASTE_DATA]
Check each item and mark PASS / WARN / FAIL / UNKNOWN with a one-line reason:
mint authority, freeze authority, LP burned or locked, top-10 holder share (excluding LP/bonding curve),
dev wallet holdings and history, bundled or sniped launch signs, insider share, fresh-wallet clusters,
liquidity vs market cap, buy/sell ratio, socials age and follower quality.
Then give: (1) the 3 biggest risks, (2) what data is missing, (3) a one-line verdict: SKIP / WATCH / RESEARCH MORE.
Do not predict price. Do not tell me to buy.
```

#02 60-Second Triage

Use when: When a coin is moving fast and you need a quick no/maybe.

```
Fast triage. I have 60 seconds. Coin [TICKER], CA [CONTRACT_ADDRESS].
Data: [PASTE_DATA]
Answer in exactly 5 lines:
1. Instant dealbreakers (mint/freeze live, LP not burned/locked, one wallet >10%)?
2. Top-10 share and whether it looks clustered.
3. Liquidity as % of market cap, and what that means for exiting a [POSITION_SIZE_SOL] SOL position.
4. Speed: how fast did it reach its current market cap? Note it only (in our tests speed was not a reliable signal).
5. Verdict: SKIP or WATCH. No other options.
```

#03 Liquidity & Exit Math

Use when: Before sizing. Tells you what selling will actually cost.

```
Help me estimate exit cost on a constant-product (x*y=k) pool.
Pool liquidity (total USD shown on DexScreener): [LIQUIDITY_USD]
Market cap: [MARKET_CAP_USD]
My intended position (USD): [POSITION_USD]
Assume the SOL side of the pool is about half the total liquidity.
1. Calculate f = my position / SOL-side liquidity.
2. Estimate price-impact loss on a full market sell as f/(1+f), before fees.
3. Add [FEES_PCT]% for fees and priority tips, round trip.
4. Show the total cost as % of my position and the price move I need just to break even.
5. Suggest the max position size that keeps the price impact under [MAX_IMPACT_PCT]%.
Show your math step by step.
```

#07 Top Holder Breakdown

Use when: After pasting the holders list from Solscan, GMGN or RugCheck.

```
Here are the top holders for [TICKER] (CA [CONTRACT_ADDRESS]):
[PASTE_TOP_HOLDERS_WITH_PERCENTAGES]
1. Remove the LP / bonding-curve / burn addresses and recompute the real top-10 share.
2. Flag any wallets with near-identical percentages (a common sign of a split or bundled buy).
3. Flag wallets that are labeled dev, sniper, insider, or fresh.
4. Estimate how much supply could hit the market if the top 5 sold together.
5. Rate concentration risk LOW / MEDIUM / HIGH with a one-line reason.
```

STARTER PROMPTS, CONTINUED

MORE PROMPTS + WHAT PRO ADDS

#12 Today's Meta Map

Use when: Start of a session. Know what the market is chasing.

```
Here are today's trending Solana memecoins and their themes (from DexScreener / GMGN / Pump.fun):
[PASTE_TRENDING_LIST]
Group them into narratives (animals, AI agents, political, celebrity, culture/meme formats, etc.).
For each narrative: number of coins, whether it looks early, crowded, or fading, and what new launch would
most likely copy it. End with 3 questions I should research before touching any coin in the hottest narrative.
```

#17 Rug Autopsy

Use when: After a coin dies. Learn the pattern so you spot it next time.

```
[TICKER] went from [PEAK_MC] to [CURRENT_MC] in [TIME].
Data before and after: [PASTE_DATA]
Write a post-mortem: timeline of what happened, which wallets sold and when, which checklist items
would have warned me in advance, and which signals were only visible in hindsight.
End with ONE new rule I should add to my checklist.
```

#21 Pre-Trade Plan

Use when: BEFORE any entry. Forces a written plan.

```
Turn this into a one-screen pre-trade plan for [TICKER]:
Why I am interested: [REASONS]
Checklist results: [CHECKLIST_SUMMARY]
Bankroll: [BANKROLL] | Planned size: [SIZE]
Fill in: thesis in one sentence, what would prove me wrong, size as % of bankroll (flag it if over 1-2%),
estimated round-trip cost, one take-profit plan, and the condition where I accept it may go to zero.
If any field is weak, tell me to skip.
```

#26 Honest Callout Post

Use when: When you want to share a coin you are watching, with full disclosure.

```
Write an X post about [TICKER] in a calm, confident voice. No hype words, no price targets, no "100x".
What I found: [RESEARCH_SUMMARY]
Risks I found: [RISKS]
My position: [HOLDING / NOT HOLDING / SIZE]
Rules: start with what I researched, include at least one real risk, include a clear bag disclosure
("I hold a small bag" or "I do not hold"), end with "NFA. DYOR." Under 280 characters. Give 3 versions.
```

WHAT PRO ADDS

- **All 32 prompts** in 6 groups (due diligence, holder & wallet analysis, narrative & meta, rug post-mortems, journaling & reviews, content creation) + a .txt file for one-click copying
- **Full 16-point checklist** with scoring and walk-away rules
- **The Stayer Study, honestly reported:** what looked different in one dataset, why it failed on independent data, and a checklist for testing any pattern
- **Sizing & exit planning:** lottery-ticket sizing, one take-profit plan, price-impact table for thin liquidity
- **Worked example** on a made-up coin, plus an **ethics & disclosure page** with creator templates

> **Get the full Capo Playbook:** link in my bio on X, **@capo_kol.** Disclosure: this is my own product. No profit promises.

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