

A FIELD GUIDE

# DeFi Blueprint.

Your simple, safe path into Decentralized Finance.  
Five steps · three networks · the landscape as it stands today.



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FOR  
Members of Decentralized Masters

COMPANION TO  
[defibuildup.lovable.app](https://defibuildup.lovable.app)

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A clear, step-by-step starter guide to DeFi - wallets, ecosystems, bridges, and your first liquidity pool. Take your time with each section.

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## SECTION 01

# Your DeFi Journey

Five steps, in order. Take your time with each one - none of them require speed, all of them reward care.

## 01 Get a hardware wallet

A Ledger keeps your long-term holdings safe, offline, and away from online attacks. It is the single most important step you will take.

**PREREQUISITE** Complete Step 3 Videos in DeFi Accelerator 5.0

## 02 Pick a software wallet

Use a dedicated crypto browser wallet for daily on-chain activity. One per network - Rabby for Ethereum, Phantom for Solana, Slush for Sui.

**PREREQUISITE** Complete Step 3 Videos in DeFi Accelerator 5.0

## 03 Choose a network

Start on Ethereum if you want what is most established. Solana is fast and cheap. Sui is newer - higher upside, higher risk.

**PREREQUISITE** Complete Step 4 Videos in DeFi Accelerator 5.0

## 04 Swap, lend, or trade

Use trusted protocols to trade tokens, earn yield by lending, or trade perpetuals. Pick one activity to start - don't try all three at once.

**PREREQUISITE** Complete Step 4 Videos in DeFi Accelerator 5.0

## 05 Bridge between networks

When you need to move money between Ethereum, Solana, and Sui, use a bridge. Always send a small test amount first.


**PREREQUISITE** Complete Step 5 Videos in DeFi Accelerator 5.0

**PREREQUISITE** Wallets are the most important step you'll take in DeFi. **Complete Step 3 videos in Accelerator 5.0** before continuing.

**1** STEP ONE · HARDWARE

# Hardware wallet

Keeps your long-term holdings offline. The single most important step. Order it, write down the 24-word seed phrase on paper, and store the paper somewhere only you can find.



## Ledger

Your keys, your crypto. Sign every transaction with a physical button press - nothing leaves the device without you.


[www.ledger.com](http://www.ledger.com)

**2** STEP TWO · SOFTWARE

# Software wallets

One per network. Use these for daily activity. Pair each with your Ledger for secure access - every transaction must be physically approved on the device.

**ETHEREUM NETWORK**




## Rabby

One wallet for the entire Ethereum network.

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[rabby.io](http://rabby.io)

**SOLANA NETWORK**




## Phantom

The wallet built for Solana.

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[phantom.app](http://phantom.app)

**SUI NETWORK**



## Slush

The native wallet for Sui.

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[slush.app](http://slush.app)

**3** STEP THREE · CHOOSE A NETWORK

# Each network has its own apps

Three blockchain "networks" - Ethereum, Solana, and Sui. Each has its own native wallet, DEXes, lending markets, and explorers. Pick one to start; you can bridge later.

**PREREQUISITE** This is where DeFi opens up. **Complete Step 4 videos in Accelerator 5.0** before continuing.

**MOST ESTABLISHED**





## Ethereum Network

ETH · Base · Arbitrum · BSC and more

**WALLET**  
Rabby - rabby.io







### Swap & Provide Liquidity

*trade tokens or earn fees*

- |                                                                                                                                                                       |                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Uniswap</b><br/>The original and largest DEX.<br/>app.uniswap.org</p>       |  <p><b>Aerodrome</b><br/>The leading DEX on Base network.<br/>aerodrome.finance</p>  |
|  <p><b>Camelot</b><br/>Native DEX built for Arbitrum.<br/>app.camelot.exchange</p> |  <p><b>PancakeSwap</b><br/>The leading DEX on BNB Chain.<br/>pancakeswap.finance</p> |

### Lend & Borrow

*earn yield on deposits*

- |                                                                                                                                                               |                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Aave</b><br/>Blue-chip lending protocol.<br/>app.aave.com</p>       |  <p><b>Morpho</b><br/>Isolated lending vaults with better rates.<br/>app.morpho.org</p> |
|  <p><b>Beefy</b><br/>Auto-compound your yields.<br/>app.beefy.com</p>      |  <p><b>Moonwell</b><br/>Lending on Base network.<br/>moonwell.fi</p>                    |
|  <p><b>Curve</b><br/>The stablecoin liquidity layer.<br/>curve.finance</p> |  <p><b>Spark</b><br/>MakerDAO-backed lending.<br/>app.spark.fi</p>                      |

ETHEREUM NETWORK · CONTINUED


# Perps & Explorers

Leveraged trading sits on a small handful of on-chain perp DEXes - for advanced users only. Explorers let you look up wallets, transactions, and tokens on each chain.


## Perpetuals - Higher risk · Not for beginners

*advanced users only*


Leveraged trading with on-chain perp DEXes. Advanced users only - complete the relevant Accelerator 5.0 lessons before exploring.



**Hyperliquid**  
On-chain perps leader. Deep liquidity, fast execution, up to 50x leverage. Advanced users only.  
[app.hyperliquid.xyz](https://app.hyperliquid.xyz)




**Aster**  
Perps DEX on BNB Chain. Low fees and fast execution for active leveraged traders. Advanced users only.  
[www.asterdex.com](https://www.asterdex.com)




**Avantis**  
Perps on Base for crypto and real-world assets. Low fees, leveraged exposure. Advanced users only.  
[avantisfi.com](https://avantisfi.com)

## Blockchain Explorers

*look up wallets, txs, tokens*




**DeBank**  
See everything in your Rabby wallet across all chains.  
[debank.com](https://debank.com)



**Etherscan**  
The Ethereum blockchain explorer.  
[etherscan.io](https://etherscan.io)



**Basescan**  
The Base blockchain explorer.  
[basescan.org](https://basescan.org)



**Arbiscan**  
The Arbitrum blockchain explorer.  
[arbiscan.io](https://arbiscan.io)



**BscScan**  
The BNB Chain explorer.  
[bscscan.com](https://bscscan.com)

FAST & CHEAP

# Solana Network

Fast and low-fee Layer 1

WALLET

Phantom - phantom.app

## Swap & Provide Liquidity

*Solana's top DEXes & aggregators*



### Jupiter

Best-price swap aggregator on Solana.

jup.ag



### Raydium

Leading DEX on Solana.

raydium.io



### Orca

Concentrated liquidity DEX on Solana.

www.orca.so

## Lend & Borrow

*Solana lending markets*



### Kamino

Lending and vaults on Solana.

app.kamino.finance



### Jupiter Lend

Aggregated lending rates on Solana.

jup.ag/lend



### Save

The OG lending protocol on Solana.

save.finance

## Blockchain Explorer

*look up wallets & transactions*



### Solscan

The Solana blockchain explorer.

solscan.io

NEWER · HIGHER RISK

# Sui Network

Newer ecosystem · higher upside, higher risk

WALLET

Slush - slush.app

## Swap & Provide Liquidity

*Sui's main DEXes*



### Cetus

Leading DEX on Sui.  
app.cetus.zone



### Turbos

Concentrated liquidity DEX on Sui.  
app.turbos.finance

## Lend & Borrow

*Sui lending markets*



### Navi

Leading lender on Sui.  
naviprotocol.io



### Scallop

Money market on Sui.  
app.scallop.io

## Blockchain Explorers

*look up Sui wallets & transactions*



### SuiVision

The Sui blockchain explorer.  
suivision.xyz



### Suiscan

Alternative explorer for Sui.  
suiscan.xyz

**5** STEP FIVE · BRIDGES

# Bridges








A bridge moves your money from one network to another. Use them carefully - always send a small test amount first, and stick to the trusted names below.

**PREREQUISITE** Bridging moves your assets from one blockchain to another. **Complete Step 5 videos in Accelerator 5.0** first. Start with a small test amount. Every time.





## Ethereum ↔ Solana & more

*multi-chain routes*

- |                                                                                                                                                                   |                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>deBridge</b><br/>Multi-chain - all networks.<br/>debridge.com</p>       |  <p><b>Jumper</b><br/>Finds the cheapest route.<br/>jumper.exchange</p>              |
|  <p><b>Across</b><br/>Fast EVM-only bridge.<br/>app.across.to</p>              |  <p><b>Stargate</b><br/>Cross-chain stables and ETH.<br/>stargate.finance</p>        |
|  <p><b>Allbridge Core</b><br/>EVM to Solana stables.<br/>core.allbridge.io</p> |  <p><b>Portal Bridge</b><br/>Wormhole-powered, most chains.<br/>portalbridge.com</p> |
|  <p><b>KyberSwap</b><br/>Cross-chain swap aggregator.<br/>kyberswap.com</p>    |                                                                                                                                                                         |

## To Sui

*official + aggregator routes*

- |                                                                                                                                                                     |                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Sui Bridge</b><br/>Official Ethereum to Sui bridge.<br/>bridge.sui.io</p> |  <p><b>RocketX</b><br/>CEX + DEX aggregator, supports Sui.<br/>app.rocketx.exchange</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

SECTION 05 · WALK-THROUGH

# From your bank account to your first DeFi pool

A \$500 starter route. Five steps from US dollars to LP tokens - each one safe to take at your own pace.

**PREREQUISITE** Complete Step 4 videos in Accelerator 5.0 before continuing.



1

## Buy crypto on an exchange

*Like exchanging dollars for foreign currency at a bank before a trip.*

**YOU DO**

- 1 Sign up on Coinbase or Kraken and verify your ID (KYC)
- 2 Deposit \$500 of real money
- 3 Buy ≈ \$400 of USDC and ≈ \$100 of ETH (the ETH covers gas fees you'll pay to transact on the Ethereum blockchain)

✓ You now own crypto - but the exchange still holds it for you.

2

## Get a Ledger - the vault

*Like a safe-deposit box. Nothing leaves without your physical key.*

**YOU DO**

- 1 Order a Ledger hardware wallet
- 2 Write down the 24-word seed phrase on paper
- 3 Store the paper somewhere only you can find

✓ You now hold the master key. No one else - not even Ledger - can touch your funds.

3

### Install Rabby - the doorway

*Like a teller window - the safe stays locked; the teller just talks to the outside world.*

**YOU DO**

- 1 Use a dedicated browser (a fresh Google Chrome profile or Brave)
- 2 Add the Rabby Wallet extension
- 3 Plug in your Ledger via USB and connect it to Rabby

✓ Rabby shows your address. Every transaction must be physically approved on the Ledger.

4

### Move your crypto home

*Like withdrawing cash from the bank to put in your own safe.*

**YOU DO**

- 1 Go back to Coinbase or Kraken
- 2 Withdraw the USDC to your Rabby address - prefer the Base network (an Ethereum L2) for much cheaper fees
- 3 Withdraw the ETH to the same address - send a small test first

✓ Your \$500 now sits in your wallet on Base - you fully own it, and fees stay tiny.

5

### Put it to work - the pool

*Like lending your tools to a workshop - strangers pay you a small fee each time they borrow.*

**YOU DO**

- 1 Open Morpho, Beefy, or Uniswap in your dedicated browser
- 2 Click "Connect Wallet" (top-right) → choose Rabby
- 3 Select a pool or vault, deposit your USDC or ETH, and confirm on your Ledger

✓ You receive LP tokens or a position receipt - proof you're now earning fees or yield.

## Where to put your USDC/ETH to work

Pick one to start.



**Morpho**

Supply USDC or ETH to earn yield. Morpho matches you with borrowers directly for better rates than traditional lending protocols.  
app.morpho.org



**Beefy**

Auto-compounding vaults. Deposit LP tokens and let it run. Beefy automatically reinvests your rewards so you don't have to.  
app.beefy.com



**Uniswap**

Provide liquidity to a USDC/ETH pool and earn a share of every swap that trades through it. Fees accumulate in your position and can be collected at any time.  
app.uniswap.org

SECTION 06 · CHEAT-SHEET

# The Full Map

Every protocol in this guide, in one view. Tear this page out, pin it above your desk - the whole landscape at a glance.

**PREREQUISITE** Complete Steps 3, 4 and 5 in Accelerator 5.0 before diving in.

**MOST ESTABLISHED**

## Ethereum

Wallet: **Rabby**

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**SWAP & LP**

**Uniswap** uniswap.org

**Aerodrome** aerodrome.finance

**Camelot** camelot.exchange

**PancakeSwap** pancakeswap.finance

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**LEND & BORROW**

**Aave** aave.com

**Morpho** morpho.org

**Beefy** beefy.com

**Moonwell** moonwell.fi

**Curve** curve.finance

**Spark** spark.fi

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**PERPETUALS**

**Hyperliquid** hyperliquid.xyz

**Aster** aстерdex.com

**Avantis** avantisfi.com

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**EXPLORERS**

**DeBank** debank.com

**Etherscan** etherscan.io

**Basescan** basescan.org

**Arbiscan** arbiscan.io

**BscScan** bscscan.com

**FAST & CHEAP**

## Solana

Wallet: **Phantom**

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**SWAP & LP**

**Jupiter** jup.ag

**Raydium** raydium.io

**Orca** orca.so

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**LEND & BORROW**

**Kamino** kamino.finance

**Jupiter Lend** jup.ag/lend

**Save** save.finance

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**EXPLORERS**

**Solscan** solscan.io

**NEWER · HIGHER RISK**

## Sui

Wallet: **Slush**

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**SWAP & LP**

**Cetus** cetus.zone

**Turbos** turbos.finance

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**LEND & BORROW**

**Navi** naviprotocol.io

**Scallop** scallop.io

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**EXPLORERS**

**SuiVision** suivision.xyz

**Suiscan** suiscan.xyz

**CROSS-NETWORK ROUTES**

### Bridges - move between Ethereum, Solana & Sui

<b>deBridge</b> debridge.com	<b>Jumper</b> jumper.exchange	<b>Across</b> across.to
<b>Stargate</b> stargate.finance	<b>Allbridge Core</b> core.allbridge.io	<b>Portal Bridge</b> portalbridge.com
<b>KyberSwap</b> kyberswap.com	<b>Sui Bridge</b> bridge.sui.io	<b>RocketX</b> rocketx.exchange

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TAKE IT SLOW. MOVE WITH INTENTION.

# Master the new financial system.

DeFi rewards the careful, not the fast. Re-read each section before you act. Send test transactions. Keep your seed phrase off any device that touches the internet. And when in doubt, ask inside the community - that's what it's there for.

For the always-updated, interactive version of this guide - including the live ecosystem map - see [defibuildingblock.com](https://defibuildingblock.com).

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