PRECISION PIPS ACADEMY | TRADING FROM ZERO · LESSON 12

TRADING SESSIONS, KILLZONES & TIME OF DAY

Understanding the Asian, London and New York sessions, and organising your XAUUSD analysis around them

Welcome Back, Fam

Today we introduce time. Have you noticed XAUUSD stay quiet for hours, jump during London, then move again when New York becomes active? Experienced ICT/SMC traders watch sessions and time windows. Key principle: a session does not tell us the direction price must move. It helps us understand when activity may increase and when to pay closer attention. (Hypothetical examples; real session behaviour varies daily.)

1. What Is a Trading Session?

A session is a period tied to the main business hours of a financial centre. Forex trades across global centres for much of the week, and gold trades through several markets, so XAUUSD can move outside any one exchange's hours. Traders commonly split the day into Asian, London and New York sessions. Activity can change as participants enter, data is released and centres open: liquidity, volatility, candle size, speed, reaction to the dollar and to news, and intraday highs and lows. But no session guarantees a big move: some London sessions consolidate, some New York sessions reverse the earlier move, others continue. Study what price is doing; do not assume.

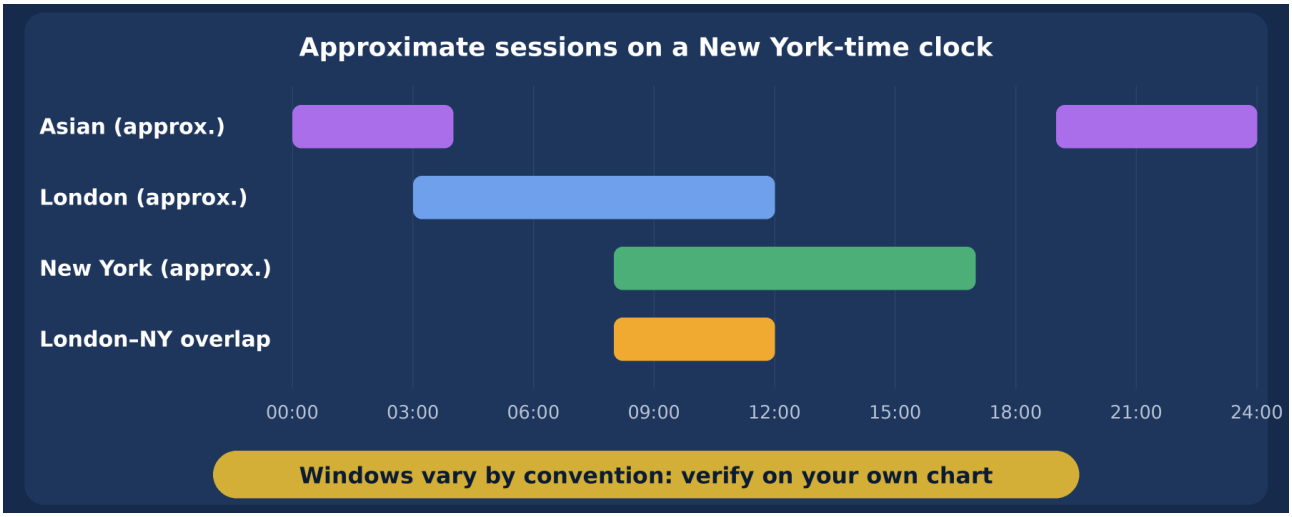


Figure 1: approximate sessions on a New York-time clock.

2. The Three Sessions

Asian (Tokyo, Singapore, Hong Kong): useful for observing an initial intraday range, a gradual move, session highs and lows, liquidity building around obvious extremes, or price expanding beyond the range and returning. **London**: activity can rise as European markets become active; watch whether price breaks the Asian high or low, whether a breakout holds, whether price expands from consolidation, whether a sweep is followed by displacement. **New York**: important for gold because the dollar, Treasury yields, Fed expectations and US data can move it; it can continue London, reverse it, produce a fresh expansion, a news spike or consolidation. Never assume a release has a guaranteed direction.

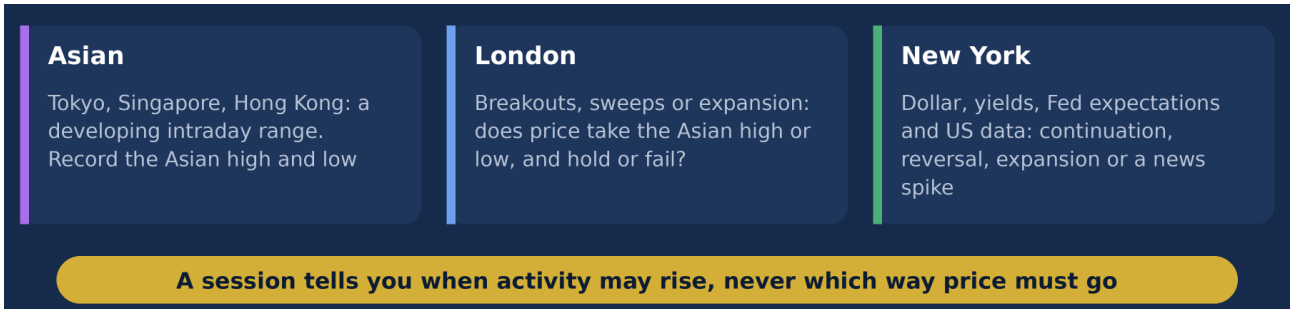


Figure 2: three sessions at a glance.

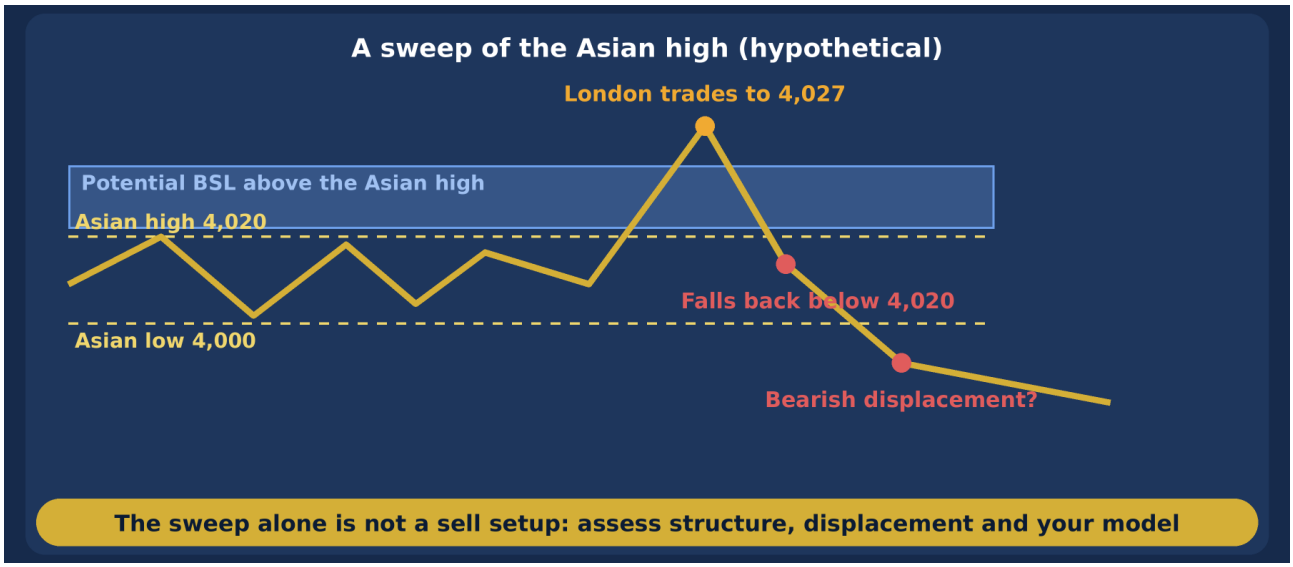


Figure 3: the Asian range and a London sweep.

3. Session Overlaps

Active periods overlap; the London–New York overlap matters to many intraday traders, especially around important US data. Overlap does not automatically mean higher volatility. After a bullish London there are three possibilities: continuation, reversal or consolidation. Your job is to identify which behaviour the market is actually showing.



Figure 4: three possible New York behaviours.

4. What Are ICT Killzones?

A killzone is a defined time window used to focus attention on periods when setups may develop. Killzones are narrower than sessions, are not magic hours and do not guarantee a trade. They help you observe liquidity around key highs and lows, look for displacement and structure changes, monitor reactions at higher-timeframe areas, execute only if conditions appear, and avoid random trades. Different educators define the windows differently, so verify the exact window for the model you study.

Trading session	Killzone
A broad period linked to a financial centre's activity	A narrower window used in a particular approach
Organises the overall trading day	Focuses attention on potential setups
Contains many market conditions	Does not guarantee a valid entry
May last several hours	Usually a more limited period

Figure 5: session versus killzone.

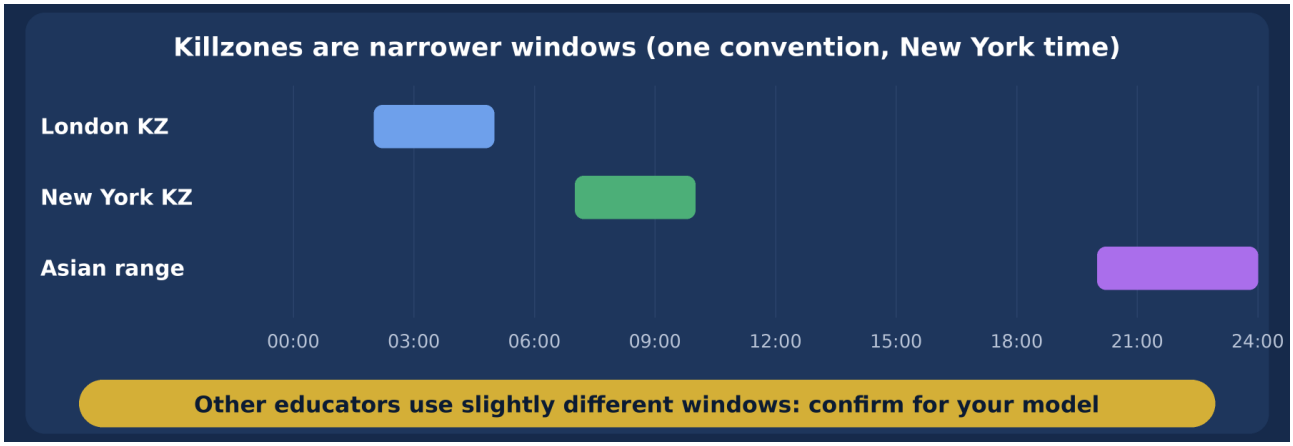


Figure 6: one common convention for killzones.

5. Session Timing: Why Time Zones Matter

A killzone marked at the wrong time makes you study the wrong candles. Know three references: your local time, New York time and your chart time. New York and London observe daylight saving but change clocks on different dates, so the gap between them changes during the year; Kenya does not observe daylight saving, so its difference from New York changes when New York changes. Do not memorise one Kenya conversion and assume it holds all year.



Figure 7: setting up your chart.

Period	New York vs UTC	Kenya (UTC+3) vs New Yo
US on daylight time (second Sunday of March to first Sunday of November)	UTC−4	Kenya is 7 hours ahead
US on standard time (first Sunday of November to second Sunday of March)	UTC−5	Kenya is 8 hours ahead
The UK and the US change clocks on different dates	London–New York gap is briefly 4 hours instead of 5	Recheck your session markers

Added: in 2026 the UK changes on 25 Oct and the US on 1 Nov

Figure 8: daylight saving changes the offsets.

Window (New York time)	Kenya during US daylight time	Kenya during US standard t
02:00–05:00 (London KZ, one convention)	09:00–12:00	10:00–13:00
07:00–10:00 (New York KZ, one convention)	14:00–17:00	15:00–18:00
08:30 (CPI and NFP releases)	15:30	16:30

Added: always confirm the current clock offset before relying on a table

Figure 9: an added conversion example.

6. Liquidity Sweeps During a Session

Using Lesson 07: BSL sits above relevant highs and SSL below relevant lows; a sweep is price trading beyond such a level. Example A: Asian high 4,020, low 4,000; London rises to 4,027 then falls back below 4,020. The move may have taken buy-side liquidity, but do not sell immediately. Example B: price falls below 4,000 to 3,994 then rallies; do not buy solely because the Asian low was taken. A sweep is not proof that anyone deliberately manipulated price and does not guarantee a reversal.



Figure 10: two session sweeps.

7. The London Killzone: A Practical Model

Assume an Asian range 4,000–4,020, bearish H4 structure and price retracing into a relevant premium area. During London, gold rises above 4,020 and falls quickly. Investigate in order. If the sequence does not develop you do not have to trade; a good session can end without a valid setup.

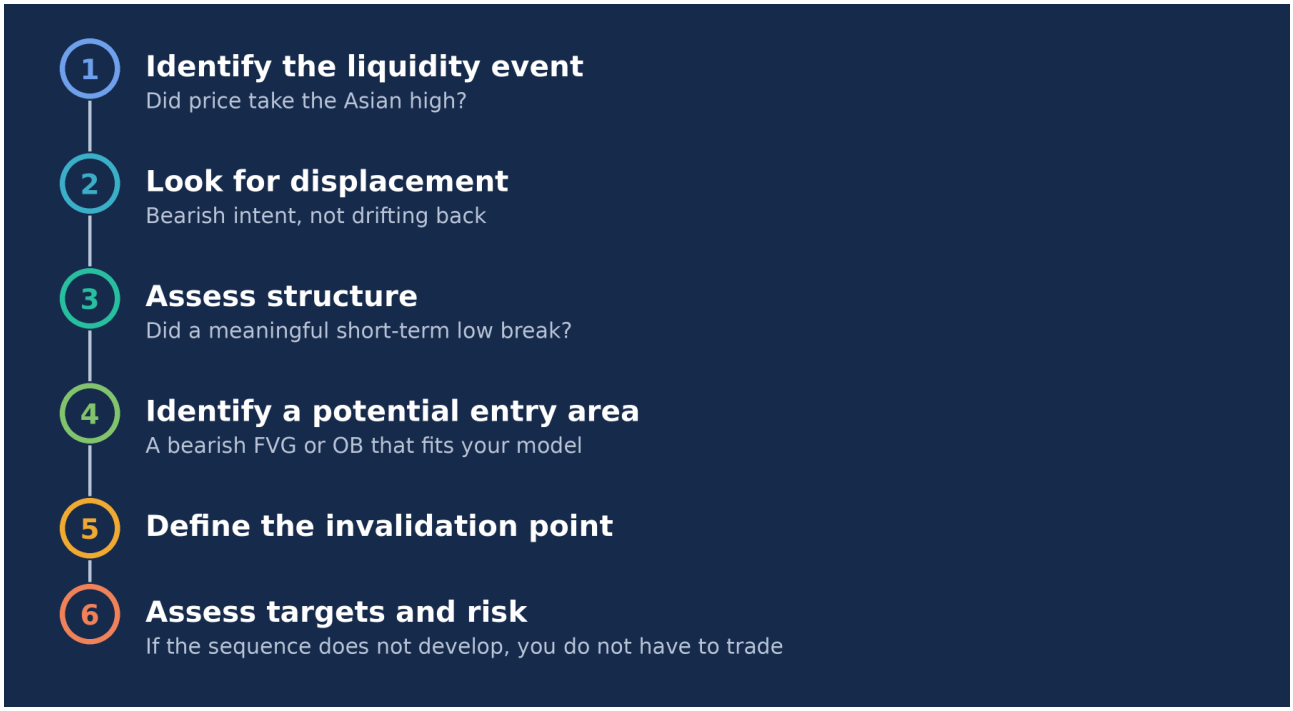


Figure 11: six steps.

8. The New York Session: Continuation or Reversal?

A common beginner error is assuming New York must reverse London; it is not a reliable rule. If London rallied, took a high and kept making higher highs and lows, assess whether bullish structure remains intact before considering a continuation, and do not sell just because London moved a lot. If instead New York trades above a relevant high and then shows bearish displacement and breaks a short-term low, investigate a possible intraday shift but still check higher-timeframe context. Economic news causes rapid movement, wider spreads and slippage; without a tested news plan, consider standing aside around major releases.

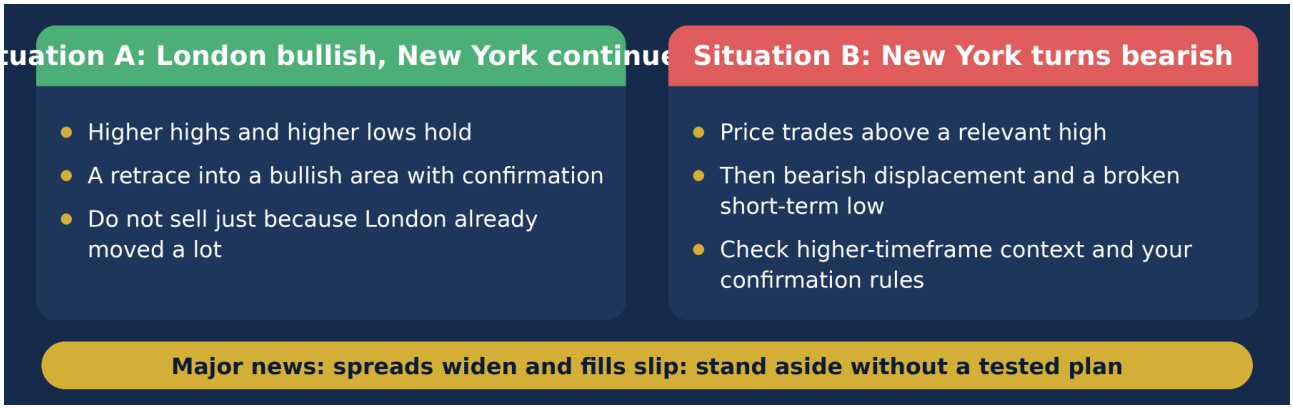


Figure 12: two New York situations.

9. How to Combine Time and Price

Time tells you when to pay attention; price tells you whether the setup is developing. A structured plan does not say “sell at London open”; it says “during the planned window, observe price at a relevant level and act only if the defined conditions develop”.



Figure 13: a time-and-price plan.

10. Building Your Daily XAUUSD Session Routine

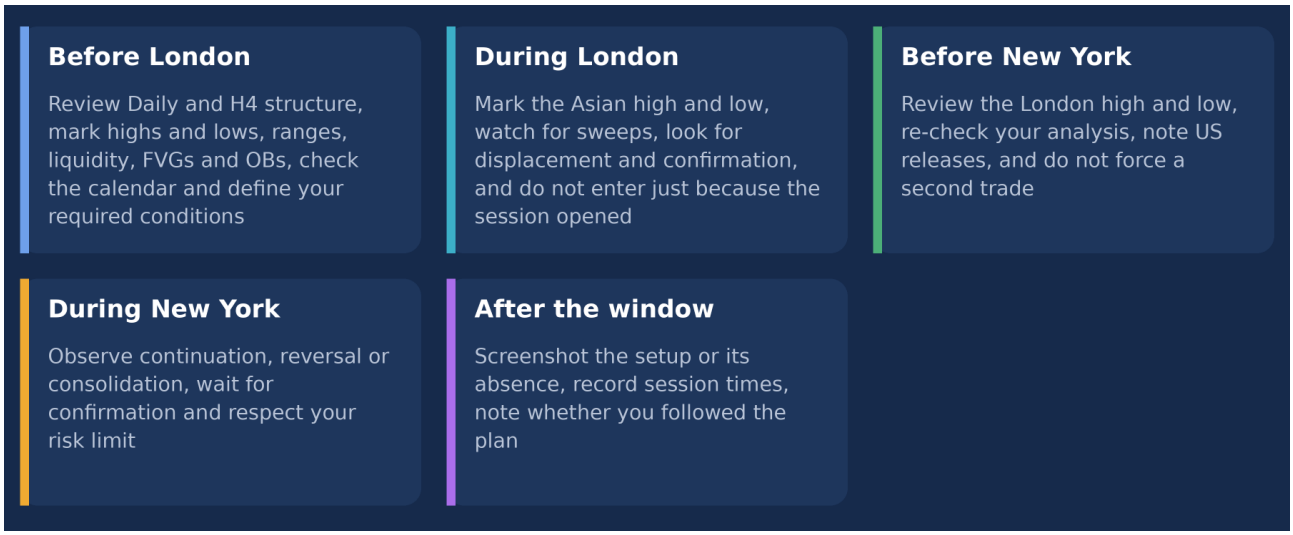


Figure 14: a routine for demo practice. The objective is to execute your rules consistently, not to trade every session.

11. Common Session-Trading Mistakes

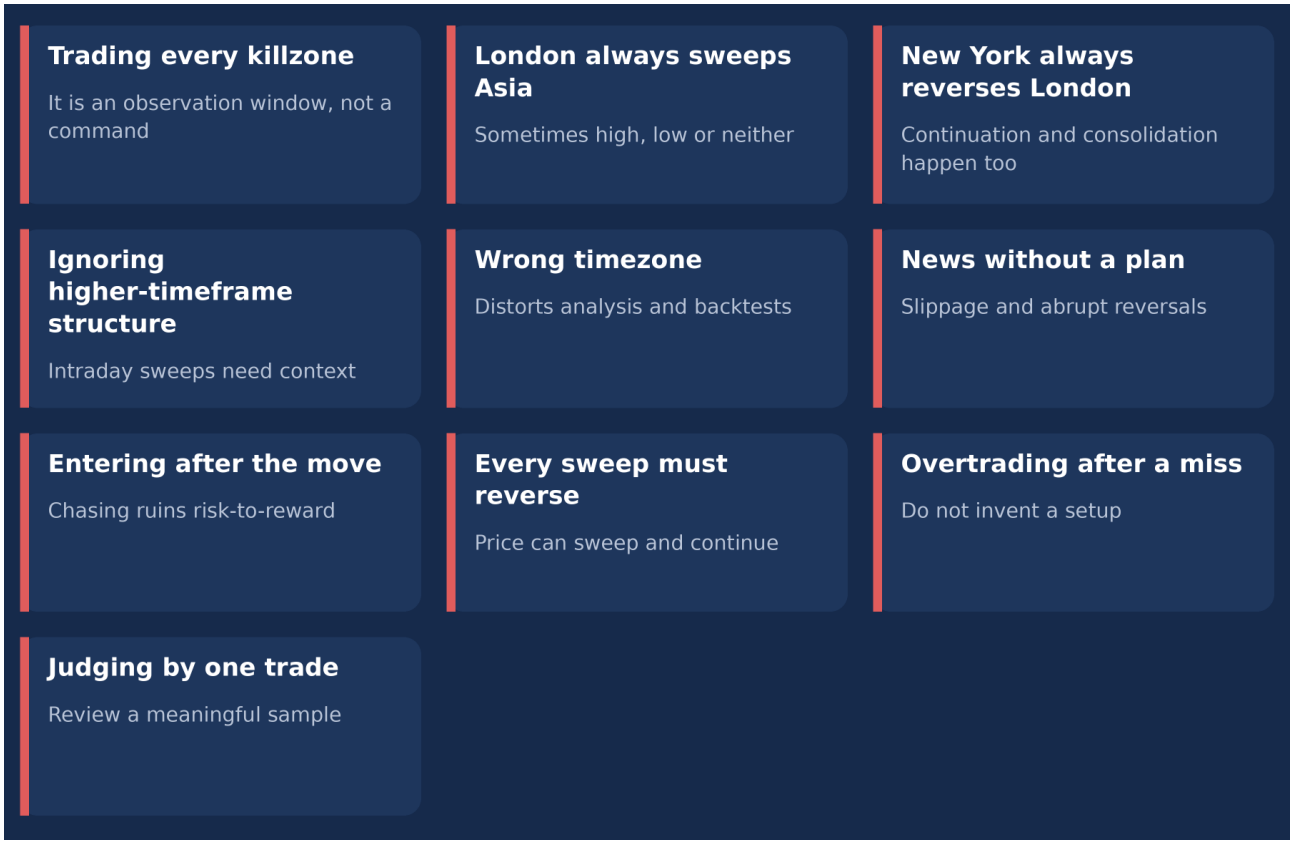


Figure 15: ten mistakes.

Key Takeaways

- Asian levels organise your intraday chart; London and New York can each produce breakout, sweep, continuation, reversal or consolidation.
- Killzones are focused observation windows, not guaranteed opportunities.
- Sweeps need context and are not automatic reversal signals.
- Correct timezone settings are essential.

- Time tells you when to pay attention, price what is developing, your rules whether you act.

Knowledge Check

Q: What is a trading session?

A: A period tied to the business hours of a financial centre.

Q: Three major sessions?

A: Asian, London and New York.

Q: Session vs killzone?

A: A session is broad; a killzone is a narrower focus window used in a particular approach.

Q: Why monitor the Asian high and low?

A: They give the intraday range and obvious liquidity levels to watch.

Q: London sweeps the Asian high: sell immediately?

A: No: assess displacement, structure, entry model and risk first.

Q: Three behaviours after a bullish London session?

A: Continuation, reversal, consolidation.

Q: Why is the chart timezone important?

A: Wrong markers make you study the wrong candles.

Q: BSL vs SSL?

A: Buy stops above relevant highs vs sell stops below relevant lows.

Q: Why can major US releases make trading harder?

A: Wider spreads, slippage and abrupt reversals.

Q: Your killzone passes without a valid setup?

A: Do not force a trade; document and wait.

Homework: Study Three XAUUSD Sessions

- Open XAUUSD on 15M, confirm the timezone, select one completed day and mark the Asian, London and New York highs and lows with the exact hours you used.
- Answer: did London trade above the Asian high or below its low, did price reverse or continue, did New York continue, reverse or consolidate, was there displacement or a structure change, were there scheduled releases?
- Pick one moment and identify the liquidity level, higher-timeframe direction, displacement, structural break, FVG or OB, required confirmation and invalidation.
- Write the conclusion sentences. Do not assume a sweep or reversal the chart does not show.

Added: Glossary

Term	Meaning
Session	Broad period tied to a financial centre.
Killzone	Narrow window for focused observation.
Overlap	When two sessions are active together.
Daylight saving	Seasonal clock change that shifts offsets.

Next lesson
Lesson 13: The ICT Daily Bias.

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