

FOREX TRADING SESSIONS CHEAT SHEET

OFFICIAL TRADER DESK COPY

LONDON SESSION (EUROPEAN VOLATILITY DRIVER)

08:00 - 17:00 GMT (03:00 - 12:00 EST)

Average Daily Share

38% of all global forex turnover passes through London.

Highest liquidity window.

Prime Pairs

EURUSD, GBPUSD, EURGBP, GBPJPY, EURJPY

Spreads are tightest; maximum trend continuation

Judas Swing

Initial 30-min fakeout hunt before true London trend expansion.

Wait for 08:30 GMT for true trend expansion.

NEW YORK SESSION (HIGH IMPACT MACRO & US DOLLAR)

13:00 - 22:00 GMT (08:00 - 17:00 EST)

Market Share

19% global turnover. Drives massive US Dollar index (DXY) moves.

High volatility during US Economic Releases.

Prime Pairs

EURUSD, USDJPY, GBPUSD, USDCAD, XAUUSD (Gold)

Gold and Oil experience maximum daily momentum.

US News Impact

FOMC, NFP, CPI, and Fed speeches release at 13:30 - 15:00 GMT.

Beware of 50+ pip slippage during tier-1 news.

LONDON & NEW YORK OVERLAP (THE GOLDEN KILLZONE)

13:00 - 17:00 GMT (08:00 - 12:00 EST)

Apex Liquidity

Over 50% of global daily volume traded during these 4 golden hours.

Optimal time for scalpers and day traders.

Execution Edge

Lowest bid/ask spreads across all brokers; fastest order fill rates.

Best trending moves of the 24-hour cycle.

ASIAN / TOKYO & SYDNEY SESSIONS (CONSOLIDATION & RANGES)

23:00 - 08:00 GMT (19:00 - 04:00 EST)

Range Formation

Lower volume (approx 10-15% total share). Sets the daily range bounds.

High probability mean-reversion range trading.

Prime Pairs

USDJPY, AUDUSD, NZDUSD, AUDJPY, EURJPY

Watch for Bank of Japan (BOJ) rate decisions.