

TRADING SESSIONS

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TRADING SESSIONS

1. Sydney Session

Overview:

- Hours: 2:30 AM to 10:30 PM IST
- Main Markets: Australia, New Zealand

Importance:

- The Sydney session is where the trading day officially begins.
- It represents a relatively quiet period compared to other sessions, but it is crucial for setting the tone for the day's trading.

Facts and Figures:

- Trading Volume: Approximately 6% of total daily Forex volume.
- Key Currencies: AUD, NZD
- The session often sees significant movements in AUD and NZD pairs due to economic data releases from Australia and New Zealand.

2. Tokyo Session

Overview:

- Hours: 4:30 AM to 1:30 PM IST
- Main Markets: Japan, China, other Asian economies

Importance:

- The Tokyo session is the second-largest trading session.
- It is known for high liquidity and volatility in Asian currencies.

Facts and Figures:

- Trading Volume: Approximately 21% of total daily Forex volume.
- Key Currencies: JPY, CNY, AUD
- The session overlaps with the Sydney session, providing additional liquidity.

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3. London Session

Overview:

- Hours: 11:30 AM to 10:30 PM IST
- Main Markets: United Kingdom, Europe

Importance:

- The London session is the largest and most important trading session.
- It is known for its high volatility and the large volume of transactions.

Facts and Figures:

- Trading Volume: Approximately 34% of total daily Forex volume.
- Key Currencies: EUR, GBP, CHF
- The session overlaps with both the Tokyo session (for an hour) and the New York session, creating high liquidity and significant price movements.

4. New York Session

Overview:

- Hours: 5:30 PM to 2:30 AM IST
- Main Markets: United States, Canada

Importance:

- The New York session is the second-largest trading session.
- It often sets the tone for the end of the trading day and is known for major price swings.

Facts and Figures:

- Trading Volume: Approximately 19% of total daily Forex volume.
- Key Currencies: USD, CAD
- The session overlaps with the London session for four hours, leading to the most liquid period of the trading day.

OVERLAPS AND SYNERGIES

Sydney-Tokyo Overlap:

- Hours: 4:30 AM to 10:30 PM IST
- Importance: This overlap period enhances liquidity and activity in the market, as both Sydney and Tokyo markets are open. It is an important time for trading AUD and JPY pairs, with increased volatility and trading volume.

Tokyo-London Overlap:

- Hours: 11:30 AM to 1:30 PM IST
- Importance: Although the overlap is short, it is significant due to the transition from the Asian to European markets, often leading to increased volatility and liquidity.

London-New York Overlap:

- Hours: 5:30 PM to 10:30 PM IST
- Importance: This is the most liquid period of the trading day, encompassing two of the largest financial markets. It often results in major price movements and high trading volumes.

Overall Significance

Overview:

- Liquidity: The overlaps between sessions provide the highest liquidity periods in the Forex market, making it easier to execute trades with minimal slippage.
- Volatility: Each session and its overlap period bring specific volatility to the market, influenced by economic news releases and geopolitical events.
- Strategic Trading: Traders often focus on specific sessions depending on their trading strategies. For example, scalpers might prefer the London-New York overlap for its high volatility, while longer-term traders might look at the overall trends set by each session.

PIP MOVEMENT IN DIFFERENT AND OVERLAPPING TRADING SESSIONS

PIP Movement in Trading Sessions of EUR/USD

Dates	Sydney Session	Tokyo Session	London Session	New York Session
Timings				
15-Apr	23	26	44	41
16-Apr	23	26	52	53
17-Apr	24	32	51	50
18-Apr	17	27	44	40
19-Apr	38	49	51	38
22-Apr	19	20	46	38
23-Apr	12	57	73	52
24-Apr	15	30	28	30
25-Apr	17	32	62	62
26-Apr	13	21	80	68

PIP Movement in Overlapping Sessions of EUR/USD

Dates	Sydney & Tokyo	Tokyo & London	London & New York
Timings			
15-Apr	16	26	40
16-Apr	23	27	51
17-Apr	24	32	27
18-Apr	17	27	34
19-Apr	38	33	38
22-Apr	19	18	38
23-Apr	13	57	52
24-Apr	16	22	28
25-Apr	14	37	62
26-Apr	13	21	69

PIP Movement in Trading Sessions of GBP/USD

Dates	Sydney Session	Tokyo Session	London Session	New York Session
Timings				
15-Apr	24	37	54	60
16-Apr	29	40	63	66
17-Apr	17	62	60	46
18-Apr	24	37	48	41
19-Apr	51	63	96	101
22-Apr	26	41	88	62
23-Apr	12	41	126	78
24-Apr	17	37	34	43
25-Apr	14	55	70	70
26-Apr	21	21	92	92

PIP Movement in Overlapping Sessions of GBP/USD

Dates	Sydney & Tokyo	Tokyo & London	London & New York
Timings			
15-Apr	24	24	51
16-Apr	29	40	63
17-Apr	17	57	46
18-Apr	24	37	40
19-Apr	51	63	96
22-Apr	26	37	62
23-Apr	12	41	78
24-Apr	17	30	30
25-Apr	14	53	70
26-Apr	21	21	92

PIP MOVEMENT IN DIFFERENT AND OVERLAPPING TRADING SESSIONS

PIP Movement in Trading Sessions of EUR/JPY

Dates	Sydney Session	Tokyo Session	London Session	New York Session
Timings				
15-Apr	117	98	81	81
16-Apr	25	42	98	90
17-Apr	30	57	82	58
18-Apr	44	55	41	35
19-Apr	161	165	113	53
22-Apr	44	39	70	62
23-Apr	19	98	111	65
24-Apr	28	40	50	84
25-Apr	67	94	108	115
26-Apr	81	158	221	162

PIP Movement in Overlapping Sessions of EUR/JPY

Dates	Sydney & Tokyo	Tokyo & London	London & New York
Timings			
15-Apr	74	50	81
16-Apr	25	40	90
17-Apr	30	57	51
18-Apr	44	36	33
19-Apr	161	78	53
22-Apr	36	39	62
23-Apr	19	98	65
24-Apr	28	40	50
25-Apr	62	94	108
26-Apr	81	158	89

PIP Movement in Trading Sessions of AUD/JPY

Dates	Sydney Session	Tokyo Session	London Session	New York Session
Timings				
15-Apr	85	71	55	75
16-Apr	50	45	72	71
17-Apr	34	33	53	53
18-Apr	35	36	28	37
19-Apr	155	155	78	35
22-Apr	71	55	41	49
23-Apr	25	31	69	60
24-Apr	73	73	43	43
25-Apr	46	72	86	87
26-Apr	57	117	147	101

PIP Movement in Overlapping Sessions of AUD/JPY

Dates	Sydney & Tokyo	Tokyo & London	London & New York
Timings			
15-Apr	60	41	55
16-Apr	45	45	71
17-Apr	33	33	53
18-Apr	35	27	28
19-Apr	155	70	35
22-Apr	55	41	35
23-Apr	25	31	55
24-Apr	73	43	43
25-Apr	44	72	87
26-Apr	57	105	53

PIP MOVEMENT IN DIFFERENT AND OVERLAPPING TRADING SESSIONS

PIP Movement in Trading Sessions of AUD/NZD

Dates	Sydney Session	Tokyo Session	London Session	New York Session
Timings				
15-Apr	23	33	16	15
16-Apr	26	26	27	27
17-Apr	58	25	31	18
18-Apr	21	20	19	15
19-Apr	29	39	20	19
22-Apr	24	27	25	11
23-Apr	25	25	13	30
24-Apr	66	60	22	23
25-Apr	10	17	15	13
26-Apr	26	40	32	19

PIP Movement in Overlapping Sessions of AUD/NZD

Dates	Sydney & Tokyo	Tokyo & London	London & New York
Timings			
15-Apr	21	15	15
16-Apr	26	18	27
17-Apr	23	25	18
18-Apr	20	14	15
19-Apr	29	16	13
22-Apr	24	25	11
23-Apr	24	10	12
24-Apr	60	22	22
25-Apr	10	13	13
26-Apr	26	16	13

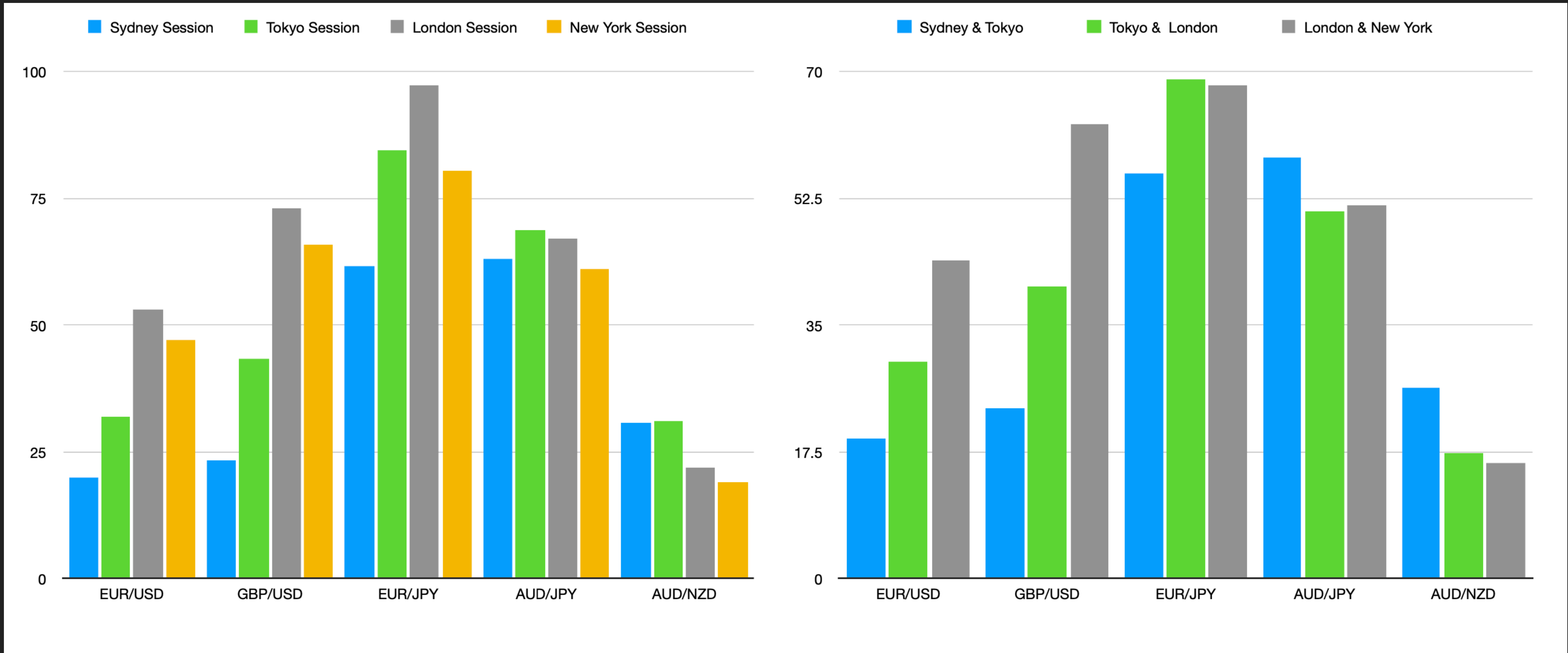
Average PIP Movement

Dates	Sydney Session	Tokyo Session	London Session	New York Session
EUR/USD	20.1	32	53.1	47.2
GBP/USD	23.5	43.4	73.1	65.9
EUR/JPY	62	85	98	81
AUD/JPY	63	69	67	61
AUD/NZD	31	31	22	19

Average PIP Movement in Overlapping Sessions

Dates	Sydney & Tokyo	Tokyo & London	London & New York
EUR/USD	19.3	30	43.9
GBP/USD	23.5	40.3	62.8
EUR/JPY	56	69	68.2
AUD/JPY	58.2	50.8	51.5
AUD/NZD	26.3	17.4	15.9

PIP MOVEMENT IN DIFFERENT AND OVERLAPPING TRADING SESSIONS



COMPARATIVE ANALYSIS

- **Highest Volatility Period:** The London & New York overlap is the most volatile, making it the best period for traders seeking significant price movements, particularly in EUR/USD, GBP/USD, and EUR/JPY.
- **Moderate Volatility Periods:** The Tokyo & London overlap and the Tokyo session itself also offer good trading opportunities with higher volatility, especially in EUR/JPY and GBP/USD.
- **Lower Volatility Period:** The Sydney session and the Sydney & Tokyo overlap are less volatile for major pairs like EUR/USD and GBP/USD but provide good opportunities for trading JPY pairs.

TRADING STRATEGY RECOMMENDATIONS

Sydney Session:

- Focus on JPY pairs (EUR/JPY, AUD/JPY) due to higher pip movements.

Tokyo Session:

- Continue trading JPY pairs, with EUR/JPY being particularly attractive.

London Session:

- Trade major pairs involving EUR and GBP (EUR/USD, GBP/USD, and EUR/JPY) for the highest volatility.

New York Session:

- Similar to the London session, focus on EUR/USD, GBP/USD, and EUR/JPY.

Sydney & Tokyo Overlap:

- Target JPY and AUD pairs (EUR/JPY, AUD/JPY) for better volatility.

Tokyo & London Overlap:

- Trade GBP/USD and EUR/JPY for significant pip movements.

London & New York Overlap:

- Maximise trading in EUR/USD, GBP/USD, and EUR/JPY for the highest volatility and trading volumes.