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# Liquidity Runs

Liquidity are buy and sell orders

Liquidity above old highs and below old lows

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|  |  | What Is Liquidity?  Liquidity: Liquidity refers to the degree to which a market [asset or security] can be quickly bought or sold in the market without affecting the asset's price. |

High resistance liquidity run, very low probability to look for longs. Its going to take a high impact news driver to blast trough them

Avoid these type of occurrences

Low resistance liquidity run, high probability. When we come back into the 0B then it becomes high resistance

The more price action there is around a low/high the more it is defended

