Impulse Price Swings & Market Protraction

3 primary protraction moves every 24 hours

1. 0000 GMT
2. Midnight New York
3. 1100 GMT, New York open

MNO, 7am NY, 8pm NY.

Protraction is manipulation, its the opposite of the real move It seeks liquidity

After an impulse price swing, price will go into a protraction phase into PD and then make another impulse swing

MNO = Midnight Open

Convert times to local timezones (e.g, EST)