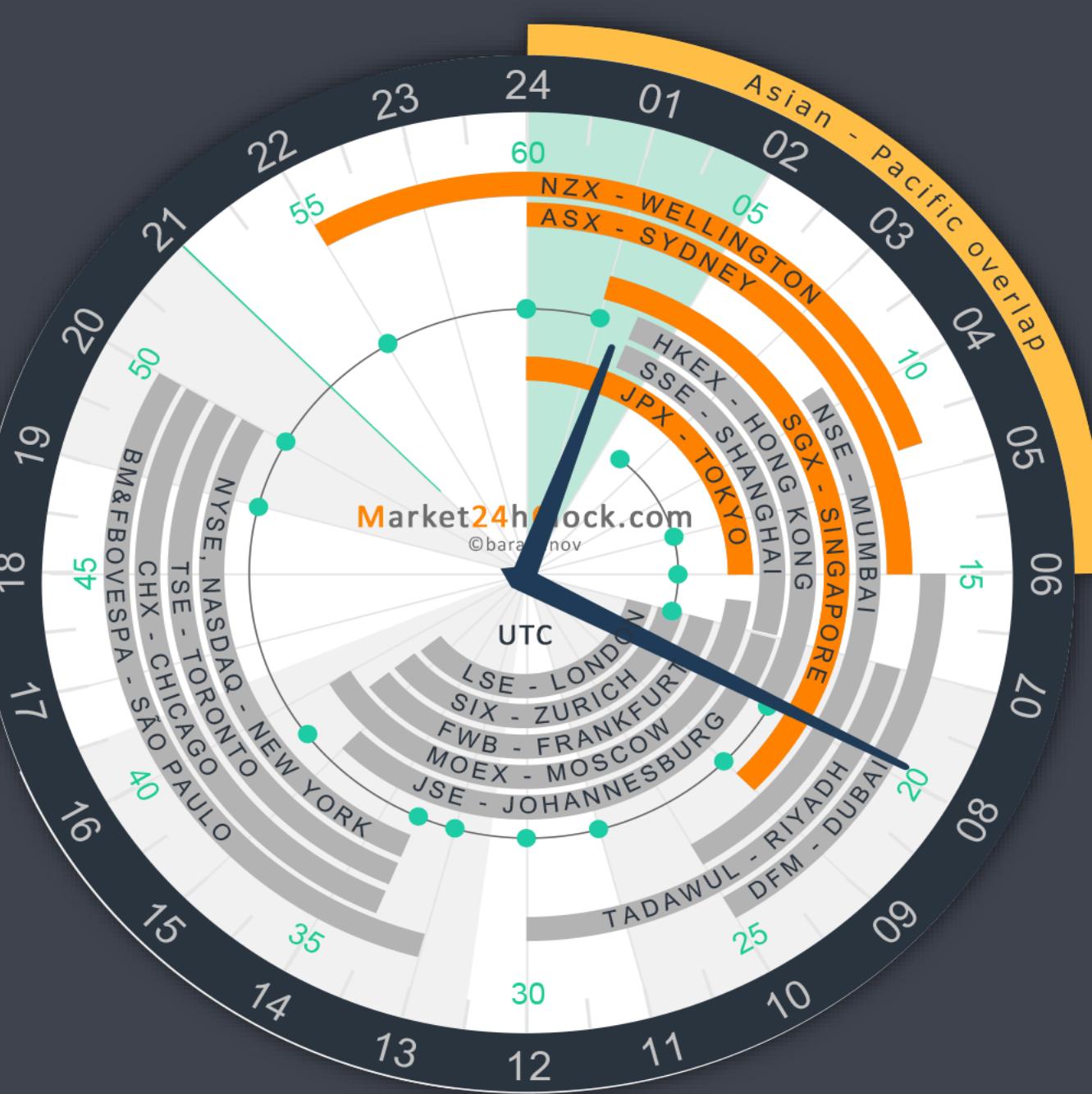


PHASE 404

TIME THEORY



SESSION THEORY IN TRADING

SESSION THEORY IS A KEY CONCEPT IN ICT (INNER CIRCLE TRADING) STRATEGIES, FOCUSING ON MARKET BEHAVIOR DURING DIFFERENT TRADING SESSIONS (ASIAN, LONDON, AND NEW YORK). EACH SESSION HAS UNIQUE CHARACTERISTICS THAT INFLUENCE PRICE MOVEMENT.

Key Sessions

ASIA

LONDON

NEW YORK

ASIAN SESSION

- Low liquidity, smaller moves, often consolidation.
- Creates liquidity for later sessions (London & New York).
- High and low points are liquidity pools for breakouts.
- Often sets up **accumulation zones** before major moves in London.
- Can act as a **stop-hunt phase** before a directional move.

LODON SESSION

- High liquidity, fast moves, strong trends.
- Breakouts often occur from the Asian range.
- Frequently sets the daily high or low.
- Frequently grabs liquidity from Asian highs/lows before establishing a trend.
- Major financial institutions execute **high-impact orders**, causing sharp volatility.

NEW YORK SESSION

- Even higher liquidity than London.
- Possible reversal of London moves.
- Final liquidity before market close impacts next day's direction.
- Liquidity injection during **New York Open (NYO)** often causes rapid price shifts.
- **New York Close (NYC)** sets the foundation for the next day's liquidity draw.

LIQUIDITY & PRICE ACTION:

MARKET MAKERS MANIPULATE LIQUIDITY DURING EACH
SESSION TO ENGINEER PRICE MOVEMENT.

RECOGNIZING SESSION HIGHS AND LOWS HELPS IDENTIFY
TRADE OPPORTUNITIES AND AVOID STOP HUNTS.

DEEP DIVE: REPEATING MARKET

VARIANTS & DRAW ON LIQUIDITY

BASED ON MY PERSONAL BACKTESTING FROM 2015 TO 2025,

I HAVE IDENTIFIED SPECIFIC HIGH-PROBABILITY INTRADAY

VARIANTS THAT REPEAT CONSISTENTLY. THESE PATTERNS ARE

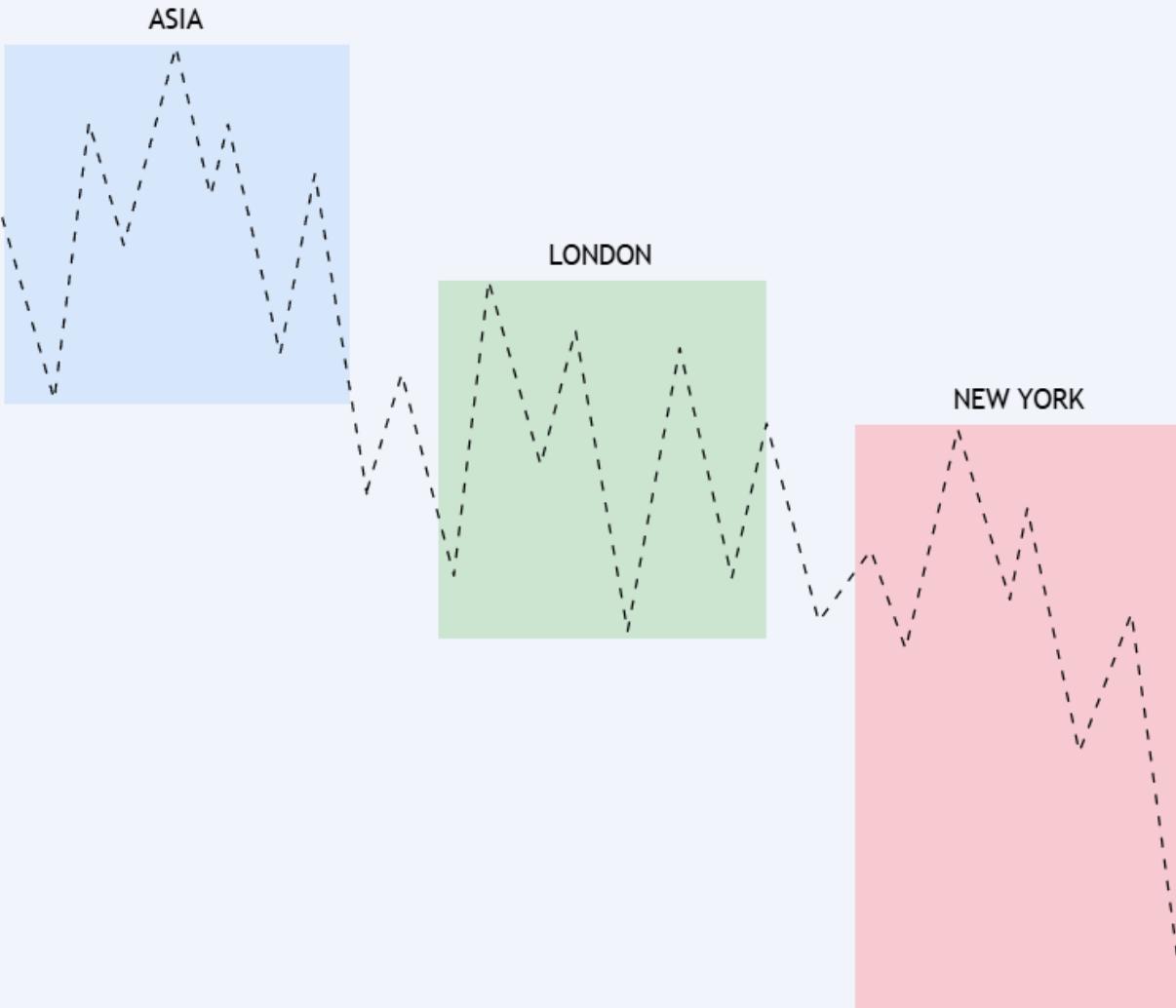
DEEPLY ROOTED IN LIQUIDITY DYNAMICS AND THE MARKET'S

ALGORITHMIC BEHAVIOR.

By studying these repeating models, you'll be able to:

- ✓ **Recognize liquidity-driven setups** that occur frequently.
- ✓ **Understand the market's intraday narrative** by aligning price action with draw on liquidity.
- ✓ **Map the daily structure** and categorize price behavior into one of these recurring models.

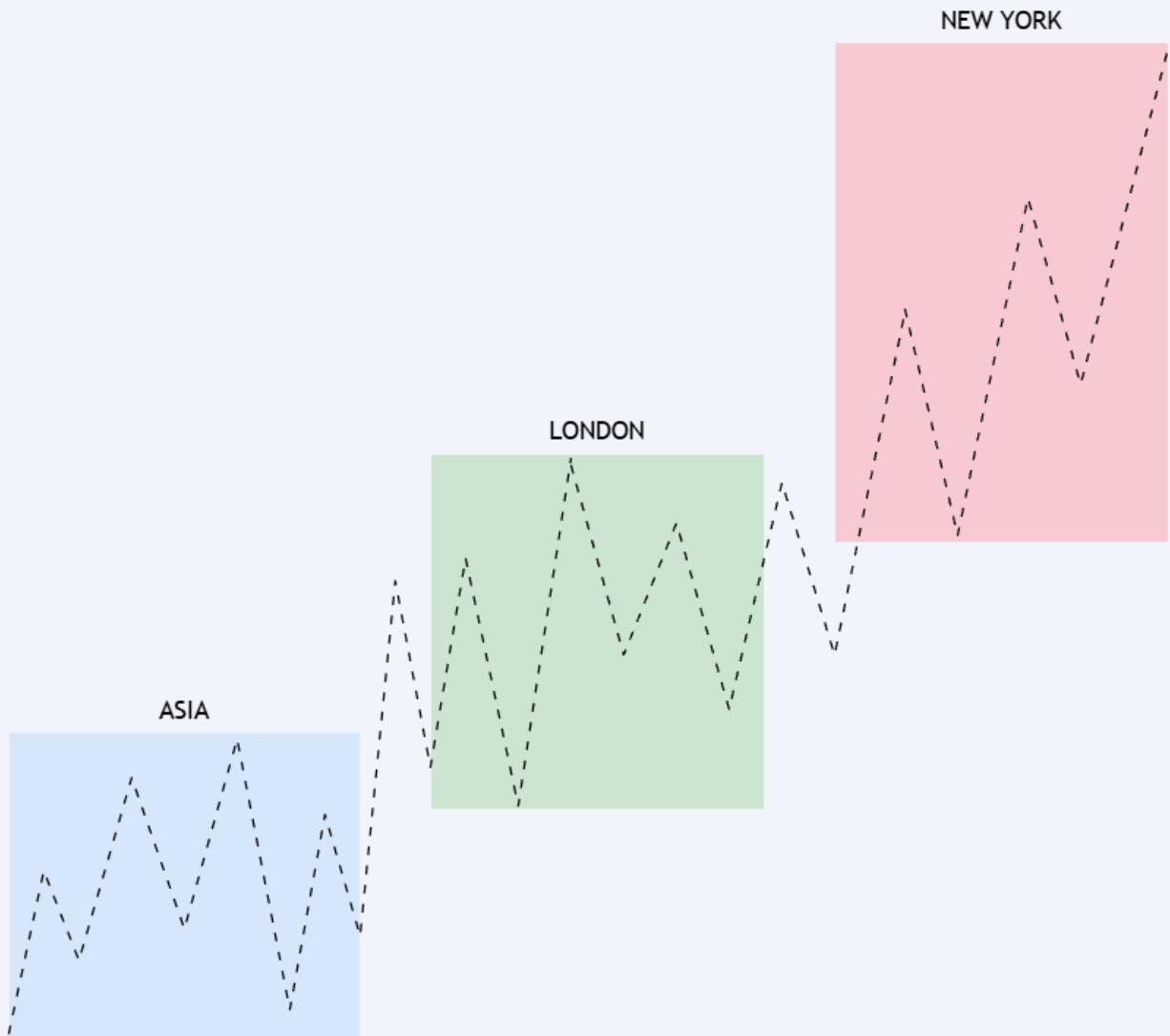
I strongly encourage you to analyze these patterns on the charts yourself. These setups have shown the highest degree of repetition over the years, and I have carefully selected them to share with you. I hope you find them insightful and valuable for refining your trading approach.



- **Model 1: Downtrend Formation**
- London fails to break the Asia High in the first 1 hour and 30 minutes of the London session.
- Then, London breaks and closes below the Asia Low, confirming a potential bearish trend continuation.
- In the New York session, it fails to break above the London session high in the first 1 hour and 30 minutes.
- Finally, it breaks below the London session low, completing the bearish trend for the day.



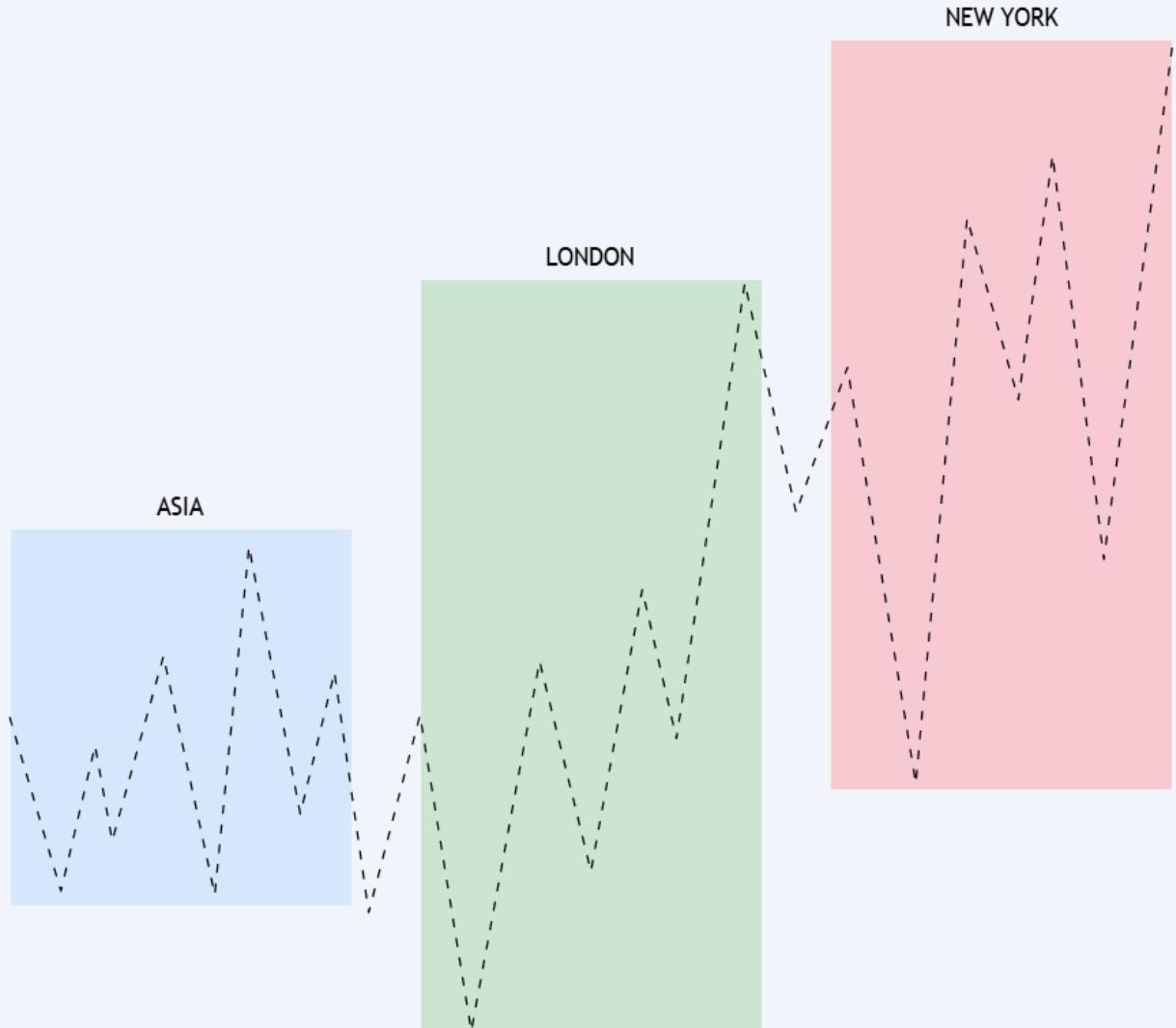
PHASE 404



- **Model 2: Bullish Trend Formation**
- London breaks and closes above the Asia High and Frankfurt High.
- London fails to break the Asia Low in the first 1 hour and 30 minutes, forming a higher low.
- This confirms a potential bullish trend continuation.
- In the New York session, it fails to break below the London session low in the first 1 hour and 30 minutes.
- Then, it breaks above the London session high, completing the bullish trend for the day.



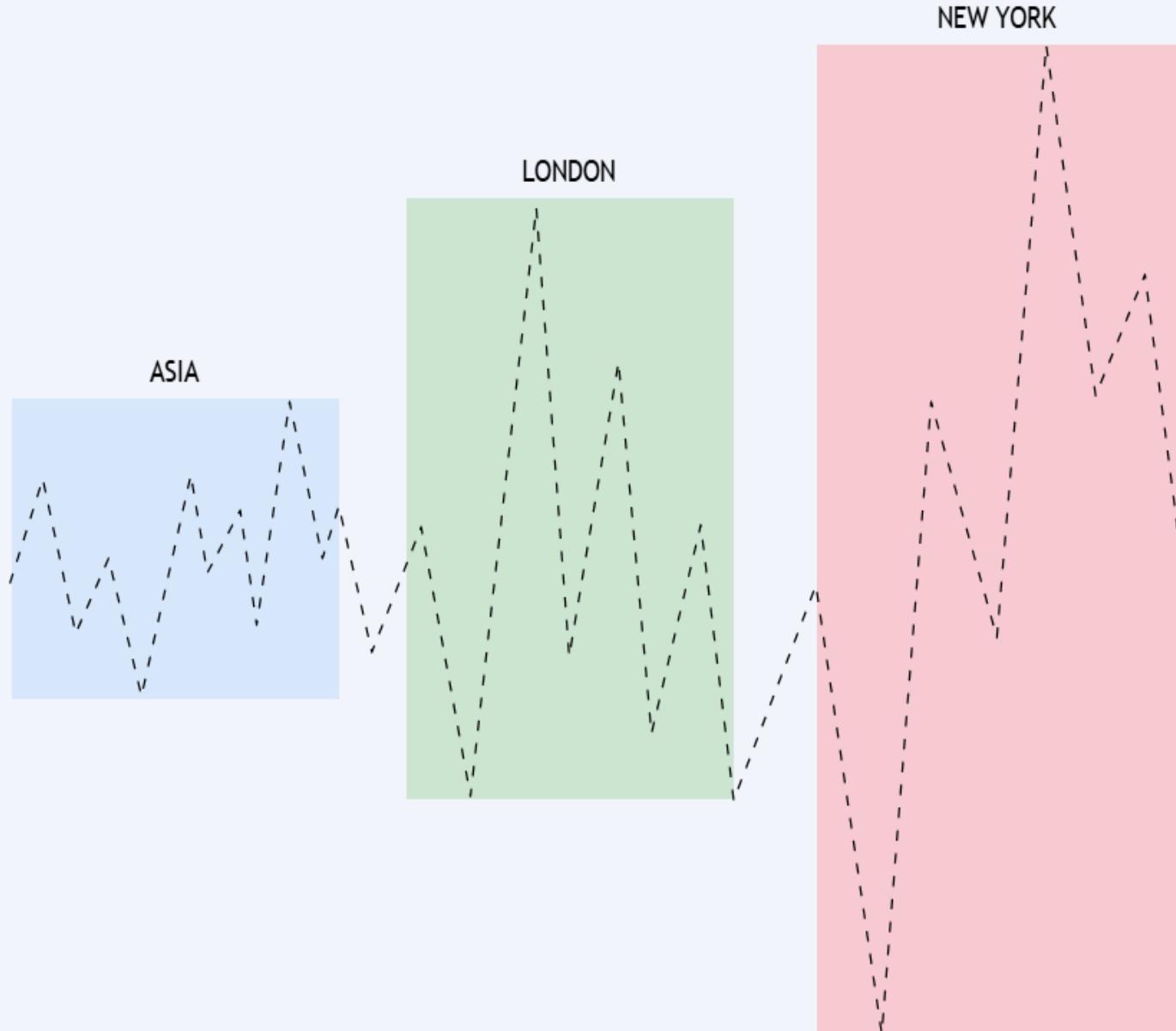
PHASE 404



- **Model 3: AMD**
(Accumulation/Manipulation/Distribution) Setup
- London must take the Asia Low in the first 1 hour and 30 minutes, then reverse higher to form a new higher low.
- The market should then take the Asia High and/or the PDH.
- After London forms a new higher low, we watch the New York session.
- New York cannot close below the London Low; otherwise, the Phase 3 setup is invalid.
- New York must form a new higher low in the first 1 hour and 30 minutes of its session.
- Once a new higher low is confirmed, New York should break and close above the previous high or the London session high.



PHASE 404

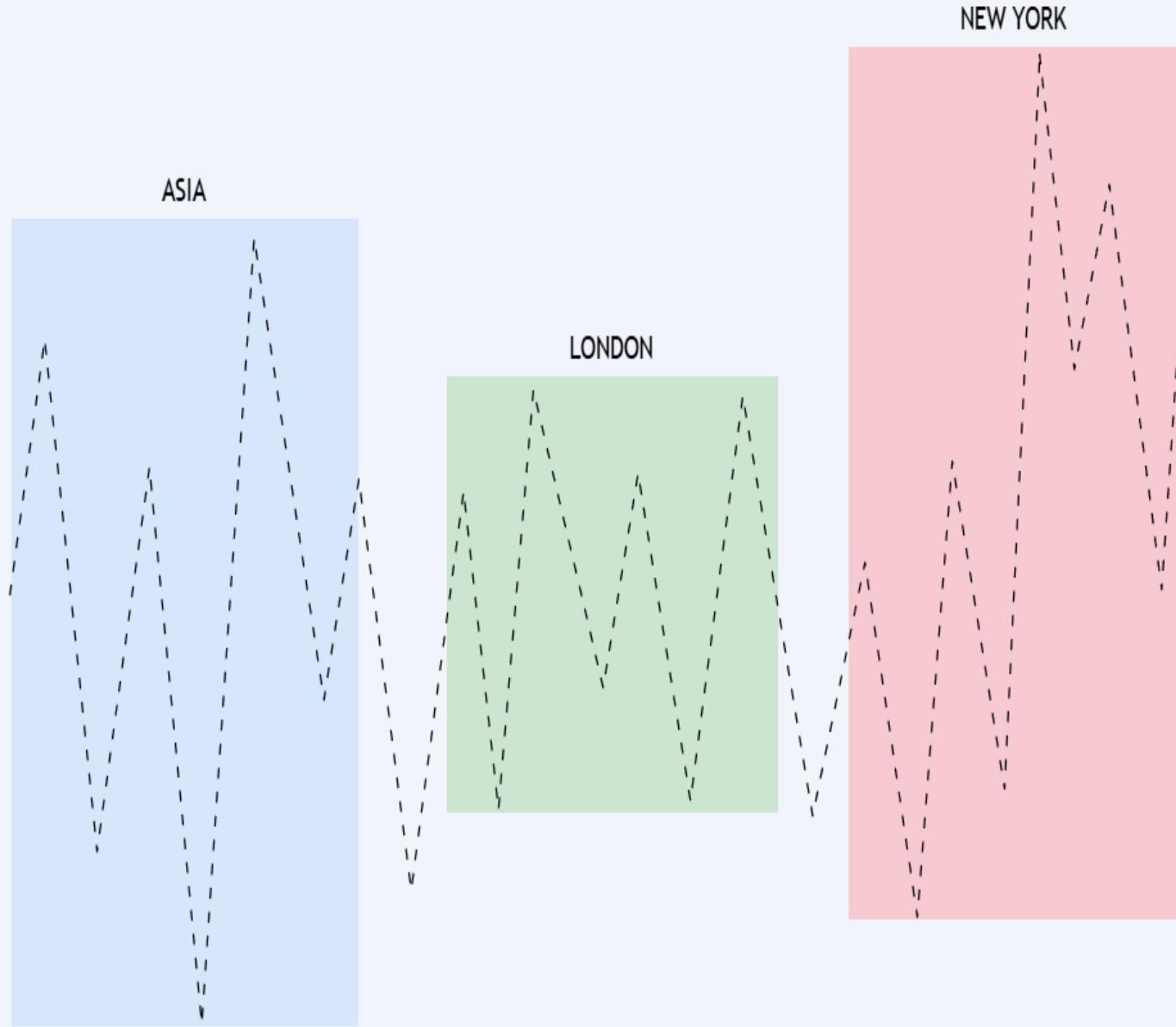


PHASE 404

- **Model 4: Seek & Destroy Day**
- This setup indicates a potential ranging day.
- London sweeps both the Asia High and Low within the first 1 hour and 30 minutes of the **London Killzone**.
- If **New York** opens near London's Low/High, it will likely sweep the London Low/High and then the London High/Low.
- Alternatively, if New York takes the London Low/High in the first 1 hour and 30 minutes, it will likely reverse, sweep the London High/Low, and return to break-even on the day.



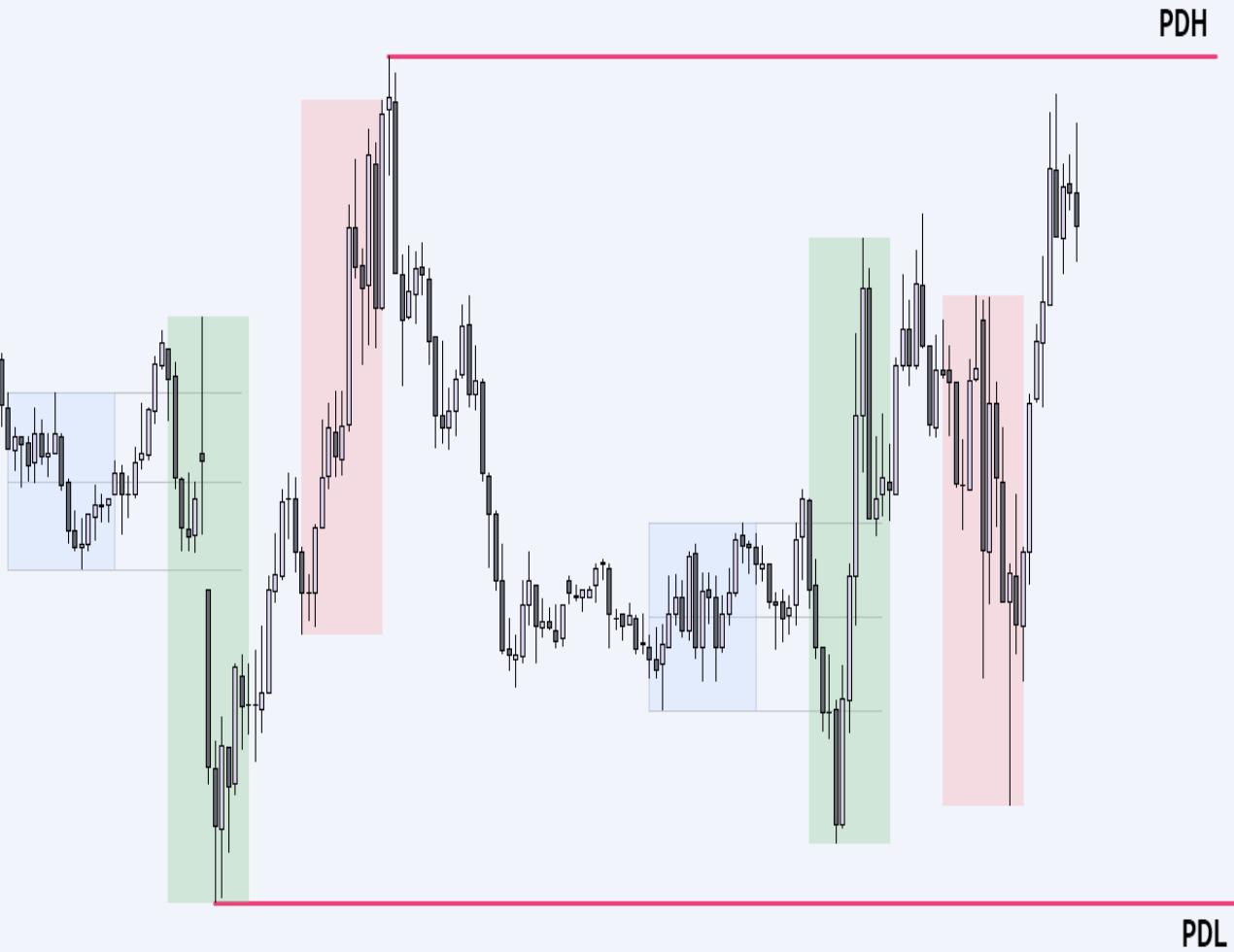
PHASE 404



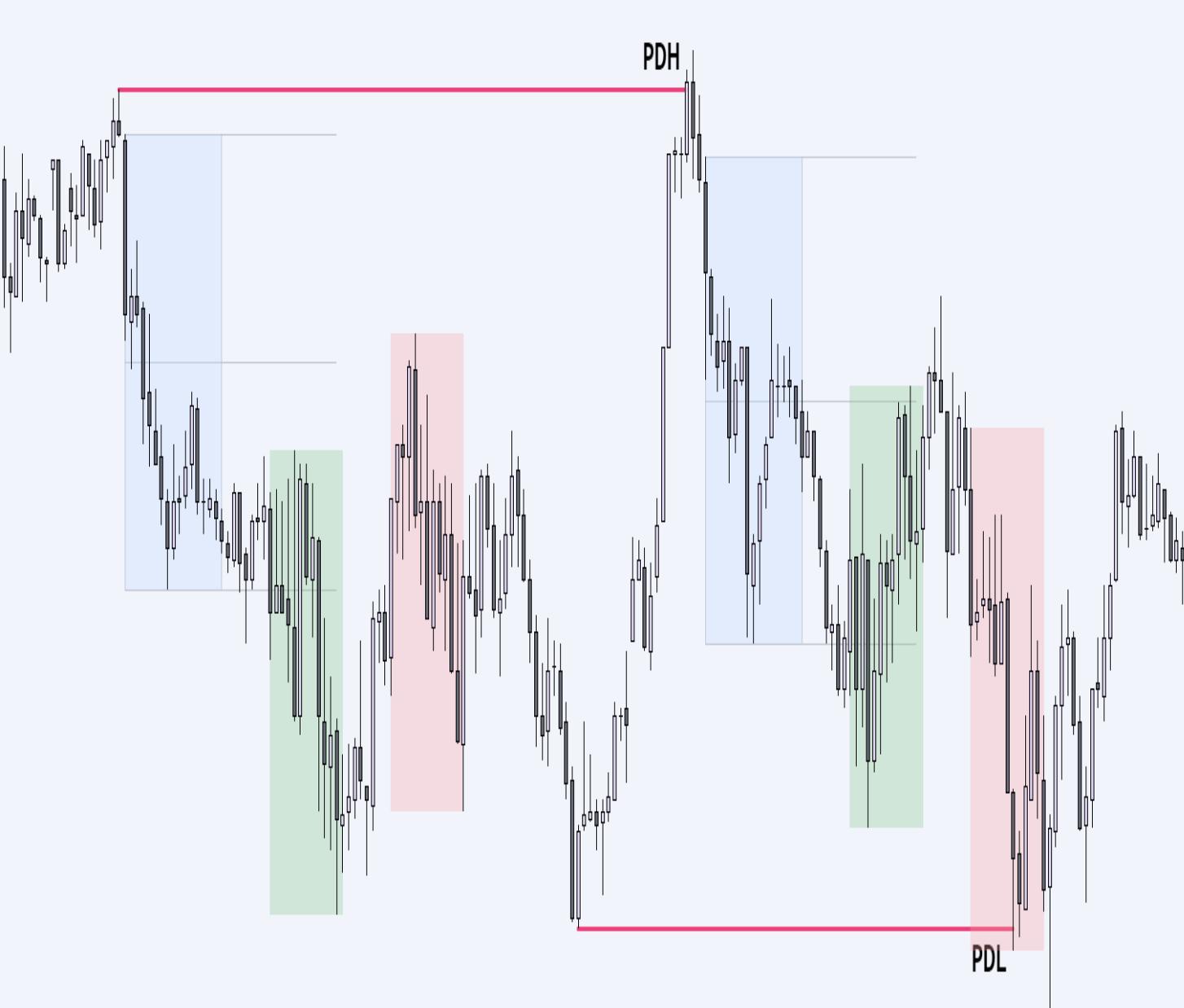
- **Model 5: London Compression**
- London forms a **tight consolidation** within the **Asia range**, similar to an **inside bar pattern**.
- Between **02:00 AM – 05:00 AM (EST)**, the London High and Low stay **inside the Asia High and Low**, without closing outside the range.
- To confirm this setup, New York will typically **sweep the London High/Low before rallying**.
- Alternatively, it may **take both the London and Asia High's/Low's** before reversing Higher/Lower to target the **Asia High/Low and/or PDH/PDL**.



PHASE 404

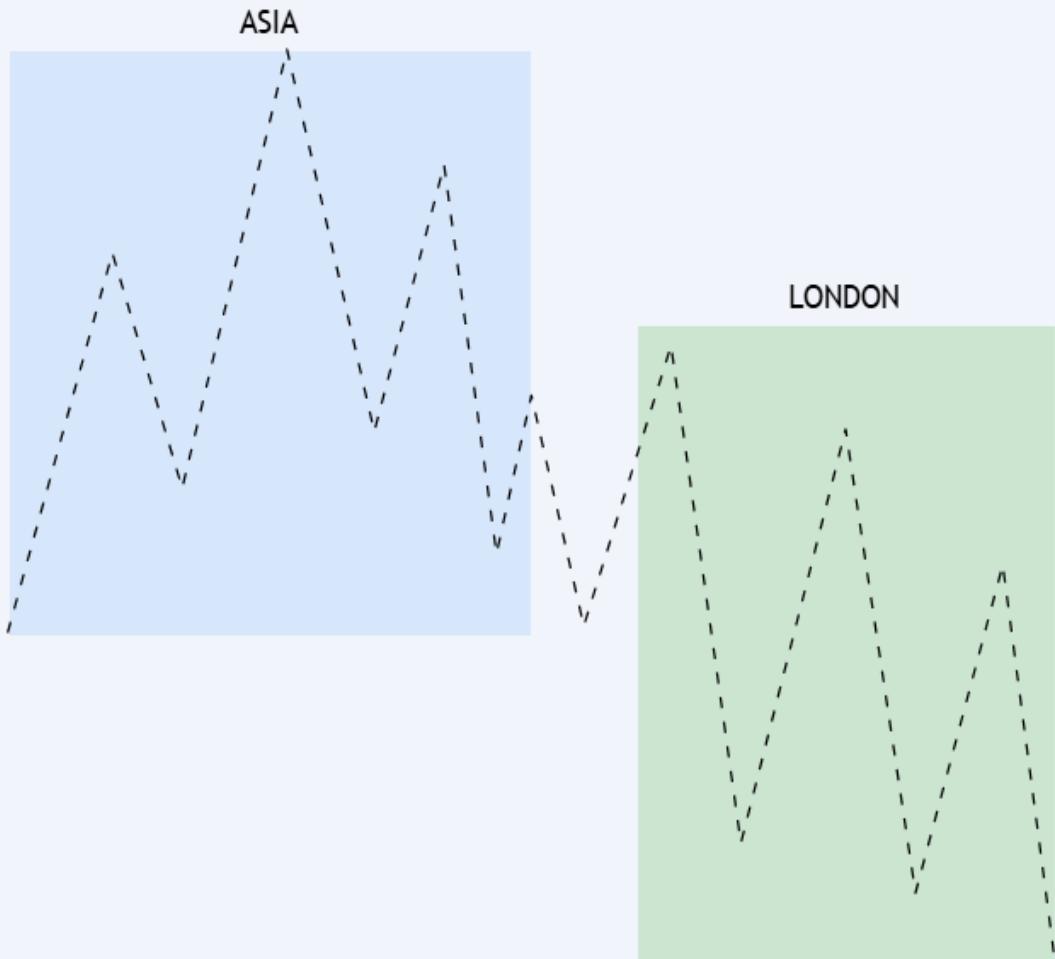


- **Inside Day Confirmation**
- **First Sign:** Asia trades within the PDH & PDL.
- **Second Sign:** Price sweeps the Asia High or Low but returns inside the range.
- **Final Confirmation:** London sweeps both the Asia High & Low within the **London Killzone**.
- New York then **sweeps both London's High & Low** or trades **inside London's range**.
- Another variation occurs when **New York takes out London's High & Asia's Low** in the **NY Killzone**.
- **Note:** Inside days are only valid if the price **stays within the PDH & PDL**, without breaking either.



- **Ranging Days vs. Inside Days**
- Ranging days are the opposite of inside days.
- **Scenario 1:** Price takes **only** the PDH or PDL, then trades back into the previous day's range.
- **Scenario 2:** Price takes **both** the PDH & PDL on the same day.
- **Key Difference:**
- **Inside Days:** Price **stays** within the PDH & PDL.
- **Ranging Days:** Price **takes out** the PDH and/or PDL, then returns inside the range.

PDH



Sessions help identify trends and add confluence to your trades.

For example, if **Asia fails to take out the PDH** and **London fails to break above the Asia High**, it signals a potential lack of bullish momentum. This increases the probability of a **downward move**, as liquidity remains above, and the market may seek lower price levels before any reversal or continuation.

I HOPE YOU FOUND THIS GUIDE VALUABLE
AND PRACTICAL. MY GOAL IS TO SHARE
TESTED INSIGHTS TO HELP YOU REFINES
YOUR TRADING STRATEGY.
TO STAY UPDATED AND ACCESS MORE IN-
DEPTH CONTENT, FOLLOW AND SUPPORT
MY PAGE ON INSTAGRAM. YOUR SUPPORT
HELPS ME CONTINUE SHARING VALUABLE
MARKET INSIGHTS.
HAPPY TRADING!

@PHASE4o4