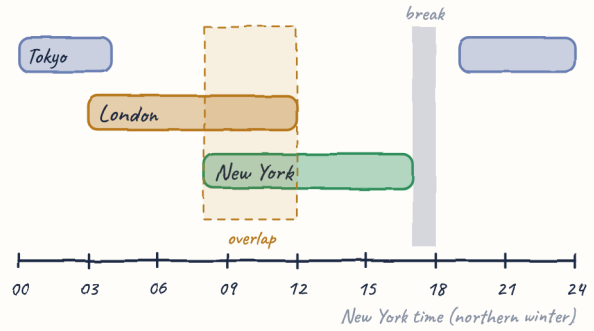
XAUUSD Global · study note

Sessions and killzones

Gold trades almost 24 hours, from Sunday evening to Friday evening New York time, with a daily break from 17:00 to 18:00 New York time. Most volume comes in the London and New York sessions.



Key points

- The London and New York overlap usually brings the deepest liquidity and the tightest spreads.
- Major US data at 08:30 New York time can move gold sharply.
- Spreads widen around the daily break and at the Sunday open.
- The UK and US change clocks on different dates, so for a week or two in spring and autumn the gap between sessions shifts by an hour.
- Killzone hours vary between educators. Write down the version you use and keep it fixed.

Tokyo session	09:00–18:00 Tokyo time	**London session**	08:00–17:00 London time
New York session	08:00–17:00 New York time	**Daily break**	17:00–18:00 New York time
London killzone (ICT)	02:00–05:00 New York time	**New York AM killzone (ICT)**	07:00–10:00 New York time

Times are in their home zone, with the zone named. On the web page each one also shows in your own time zone.

How traders use it

1. Pick the one session you can actually sit for.
2. Mark the Asian range before London opens.
3. Trade only inside your window and log the session of every trade.

Watch out

- ✗ Trading the thin hour around the daily break.
- ✗ Forgetting the clock-change weeks.
- ✗ Tight-target strategies in quiet Asian hours.

Key line: **Pick one session you can really sit for, and trade only that.**