

*Generalized daily rhythm of Foreign exchange market. Time zone is UTC.*

- 7-8: First Frankfurt then London opens. Very often a strong breakout, direct trend move or 1-2 direction changing swings and then a strong trend move.
- 9-10: GBP and EUR news affecting the market, risk-sentiment may come into play.
- 13.30: USD and CAD news. Another possibility of risk-sentiment starting to affect the market.
- 14.30: New York opens. Increase in volatility and sometimes a small breakout trend move.
- 16.30: London closing. Noticeable decrease in volatility, no strong trend moves nor spikes.
- 16.30-21: If a trend has formed during the day, it could steadily continue with small steps in the same direction through the evening. This could sometimes present a good trend-entry with small SL.
- 22-1: Consolidation into a tight range, very little volatility and rarely any trade opportunities.
- 00: Asia opens. Increased volatility with smaller, steadier trend moves. These often present profitable low risk entries from pivots. Especially on AUD/USD and EUR/USD. AUS news, released several times a month around this time, have major/instant effect on the AUD/USD.
- 4-6: Market of low volatility waits for Frankfurt to open and then the cycle starts all over again.