



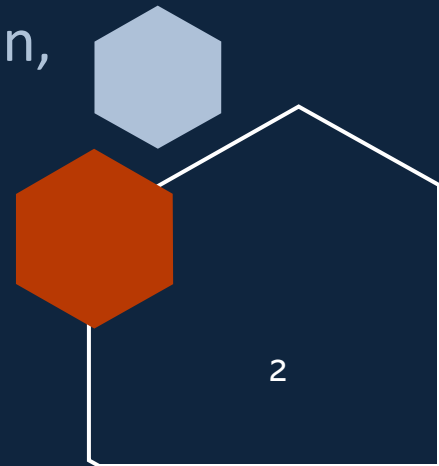
Best Times for Trading & Bar Sizes





Trading Times

- **8:30 am (Pre-Market Open)** - This is a good time to check for news that can affect the market. Prices can move a lot after important news. Even without news, consider trading NQ, RTY, YM, GC, CL, SI and ES if they're moving strongly.
- **9:30 am (New York Open)** - In the first 2-5 minutes, watch how the market behaves. If it's uncertain or not showing a clear trend, it's best not to start automated trading. Wait until after 10 am for more stable trends.
- **1:30 pm - 3:55 pm (After Lunch Power Hour)** - The afternoon trading session, especially the last hour called the "Power Hour," can offer good trading chances. Pay close attention to the market during this time.





Times Stay Away from Trading

- **Times to Stay Away from Trading:**
- **Lunchtime (11:30 am to 1:30 pm)** - Avoid trading during lunchtime because the market usually slows down, which makes trading less effective.
- **During Important News Releases** - Don't trade right before or after major news comes out because the market can become very uncertain.
- **When the Market Is Running Very Fast And Very Tight Choppy Zone** - Don't trade during times when the market doesn't have a clear direction or is not very active.
- Always remember that trading involves risks, so it's crucial to have a well-planned strategy and use risk management techniques to increase your chances of success.





Trading Outside of US Market Hours

For individuals who are unable to trade during the US market hours due to work, business commitments, or residing in different time zones, here are alternative trading windows:

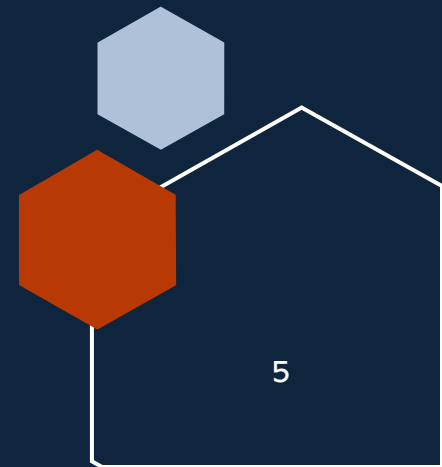
- **Important Note : All Market Timing Based On New York (USA) EST Zone**
- **Asian Market Open Timing (6:00 pm to 12:00 am):**
- **Consider trading the following markets during this period: NQ, 6J, YM, RTY, CL, and GC.**
- **European Market Open Timing (2:00 am) and London Market (3:00 am):**
- **Explore trading opportunities in these markets during these hours: NQ, YM, RTY, CL, GC, 6B, and 6E.**



Asian Markets bar sizes

(Singapore, Japan, Hong Kong)

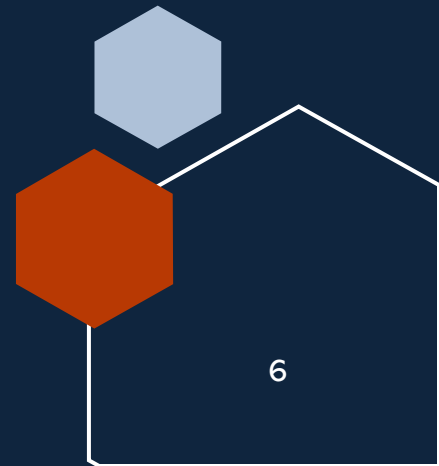
Market	Tick Symbol	Slingshot Bars	Power Trend Bars
Nasdaq 100	NQ	5-10	2-22
S&P - 500	ES	3-6	1-11
Russell 2000	RTY	3-6	1-11
Dow Jones	YM	3-6	1-11



Asian Markets bar sizes

(Singapore, Japan, Hong Kong)

Market	Tick Symbol	Slingshot Bars	Power Trend Bars
Gold	GC	3-6	2-22
Silver	SI	3-6	1-11
Platinum	PL	3-6	1-11
Crude Oil	CL	3-6	1-11



Europe Markets bar sizes

(London, Germany, Italy, Spain Etc.)

Market	Tick Symbol	Slingshot Bars	Power Trend Bars
Nasdaq 100	NQ	5-10	2-22
S&P - 500	ES	3-6	1-11
Russell 2000	RTY	3-6	1-11
Dow Jones	YM	3-6	1-11



Europe Markets bar sizes

(London, Germany, Italy, Spain Etc.)

Market	Tick Symbol	Slingshot Bars	Power Trend Bars
Gold	GC	3-6	2-22
Silver	SI	3-6	1-11
Platinum	PL	3-6	1-11
Crude Oil	CL	3-6	1-11



New York (USA) Markets bar sizes

Market	Tick Symbol	Slingshot Bars	Power Trend Bars
Nasdaq 100	NQ	15-30	3-33
S&P - 500	ES	4-8	1-11
Russell 2000	RTY	5-10	2-22
Dow Jones	YM	5-10	2-22

New York (USA) Markets bar sizes

Market	Tick Symbol	Slingshot Bars	Power Trend Bars
Gold	GC	5-10	2-22
Silver	SI	4-8	1-11
Platinum	PL	4-8	1-11
Crude Oil	CL	5-10	2-22

