

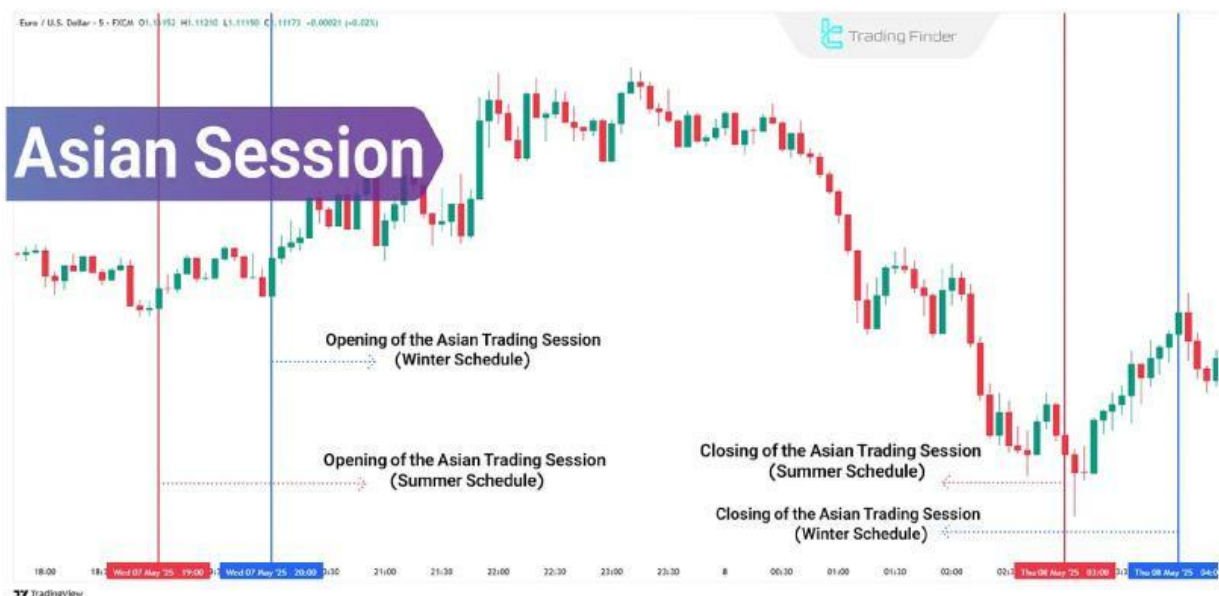
Asian Session Training; The First Active Phase of the Forex Market in 24 Hours

The **Asian session** sets the initial course of the market with the start of the trading day. Although the **volume** is lower compared to the **London** and **New York sessions**, the initial **price structure** and key **supply** and **demand zones** form during this session.

Volatility is often limited and **range-bound**, but these movements become the basis for analysis in the following sessions.

The market focus is on **currency pairs** involving the **yen**, **Australian dollar**, and **New Zealand dollar**. **Economic data** from East Asia—especially **Japan**, **Australia**, and **China**—have the greatest impact during this period.

For **day traders** and **scalpers**, this session provides a suitable environment due to orderly **price action** and controlled **risk**.



Opening Hours of the Asian Session in Summer and Winter

What Is the Asian Session?

The **Asian trading session** is the first active phase of the **Forex market** during the 24-hour day. The **unofficial Forex market activity** begins when the **Sydney market opens** at **8:00 PM New York time**.

Then, with the official opening of the **Tokyo market**, the main trading phase starts; This period usually continues until about **4:00 AM New York time**.

Note: New York **summer time** is one hour behind.



Opening and closing hours of the Asian session in New York time

Active cities in the Asian session include **Tokyo, Sydney, Hong Kong, and Singapore**. The highest **trading volume** occurs between **7:00 PM and 1:00 AM New York time**, when the **Japanese market** is at its peak activity.

Tokyo plays an important role in the Asian session. The **Bank of Japan's** activity, the release of **yen economic data**, and the high volume of Asian **currency pairs** (such as **AUD/USD**, **USD/JPY**, and **NZD/USD**) make this session relatively **stable** but **directional** in terms of **volatility structure**.

This session generally tends to exhibit **range** or calm **corrective moves** in the absence of high volume; Many **market algorithms** use it to determine **daily key levels**.

Characteristics of the Asian Session

The Asian session is known as the **calmest phase** of the Forex market. Its structure is usually **low-volatility**, **low-volume**, and limited in movement. The most important features of the Asian session:

Low Volatility

Price movement in most currency pairs is limited; the market tends to form a **range-bound structure**, and strong **breakouts** are rare.

Relatively Lower Liquidity

Liquidity is noticeably lower than in the **London** and **New York sessions**; Most orders come from **Japanese**, **Australian**, and **Hong Kong markets**.

Higher Spreads at Session Start

During the early hours, especially concurrent with the **Sydney market opening**, **spreads** are generally high due to lack of sufficient **order depth**.

Mild and Corrective Price Patterns

The market mostly moves in **corrective** or **neutral phases** because strong directional moves usually begin in the **London session**. The Asian session often acts as an initial **preparer phase**.

Price Behavior Analysis in the Asian Session

Analyzing price behavior during the Asian session shows that this period is often characterized by limited moves, compressed **volatility ranges**, and reduced **trading volume**. Key points of Asian session price behavior:

Range and Price Compression

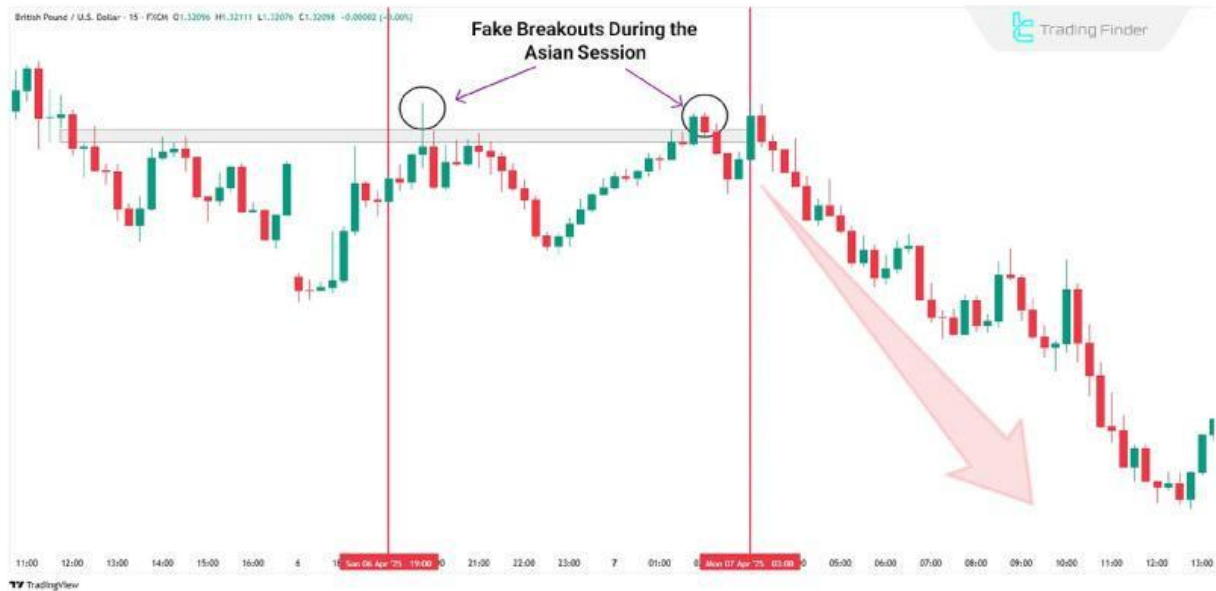
Price action in the Asian trading session generally lacks strong trends. Most pairs, especially **non-Asian pairs**, move within **narrow ranges (range-bound)**. These ranges serve as the basis for entries or breakouts during the **London session**.



Price moves within narrow and low-volume ranges in the Asian session

False Breakouts

In a **low-liquidity environment**, price breakouts often fail to hold. Prices cross the top or bottom of the range but quickly revert. This traps inexperienced traders and provides liquidity for larger players to enter.



False breakout and quick price reversal in the Asian trading session

Asian Sentiment Analysis and Its Psychological Impact

Although weaker than other sessions, **economic data** released during the Asian session (such as **BOJ interest rates** or **Japan's CPI**) can determine market direction for the rest of the day.

The prevailing **sentiment** in Asia often influences initial tendencies in the **London session**, especially when paired with **safe-haven assets** like the **Japanese yen**.

Important Tips for Traders in the Asian Session

Due to low liquidity in the Asian session, precise **risk management**, choosing brokers with appropriate **spreads**, and adjusting **trade size** to avoid losses from sudden **volatility** are critical.

Key tips for trading during the Asian session:

Risk Management in Low Liquidity Conditions

During the early hours of the Asian session (especially before Tokyo opens), the market operates with low **order depth**. This can lead to irrational price jumps and increased **slippage**. It is better to avoid high-volume entries or trades without **stop losses** during this period.

Choosing Brokers with Suitable Spreads

Due to reduced trading volume, spreads increase in pairs other than **USD/JPY** and **AUD/JPY**. Brokers offering **ECN accounts** or **fixedspreads** have a competitive advantage in such conditions.

Adjusting Trade Volume to Session Volatility

Given the limited volatility, entering with large volumes results in an unfavorable **risk/reward ratio**. Volume should be set according to average movement ranges (e.g., **ATR** on **M15** or **M30 timeframes**) to prevent **overexposure**.

Avoid Early Entries

The opening moments of the **Sydney market** typically feature **high spreads**, **low liquidity**, and **falsemoves**; entering at these times increases the risk of market deception. It is better to wait for the **Tokyo market opening** and the **stabilization of initial candles**.

Correlation of the Asian Session with Subsequent Sessions

Despite limited volatility, the Asian session plays an important role in shaping the **daily market structure** and forms the basis for **liquidity in forex flow decisions** in the **London** and **New York sessions**. Asian session Correlation:

Price Structure Transfer to London Session

Price behavior during the **Asian session**, whether **range-bound** or **showing a weak trend**, forms the basis for many European traders' decisions.

Levels such as the Asian session's **high** and **low** often act as **critical breakout** or **reversalpoints** at the **London session's** start. Valid breakouts of these ranges in the **early London hours** generally determine the **dominant market direction** for the rest of the day.

Price Behavior in the Tokyo-London Overlap

The **3:00 to 4:00 AM New York time** window coincides with the late Asian session and the London session opening, significantly **increasing trading volume**.

If the Asian **market has limited** and low-volatility moves, the likelihood of **breakouts** during this overlap rises. Also, any trend transferred from Asia usually **continues** or **reverses** during this overlap.



Increased trading volume and strong

Asian Impact on Gaps in Other Markets

The performance of the Asian market, especially **Tokyo** and Chinese indices (like **SSE** or **Hang Seng**), can lead to gaps in **European** and **American futures** or **stock markets**.

Important news released in Asia (such as Chinese economic data or Bank of Japan decisions) is often the **main cause of these gaps**.

Conclusion

The Asian session, with its **limited volatility** and **orderly price structure**, offers a suitable environment for **scalpers** and **day traders**. Although, liquidity is weaker than other sessions, its role in shaping daily **key levels** and initially setting market direction is significant.

Professional traders analyze the **Asian session** not as a time for heavy entries but as a **preparation phase** for decisions in the **London** and **New York sessions**. Data from this session including **price ranges**, **reactions to Asian economic releases**, and **volatility type** are useful in **market behavior** analysis and setting **trading scenarios**.

Sources:

1. our website link :

<https://tradingfinder.com/education/forex/asia-session/>

2. all Education :

<https://tradingfinder.com/education/forex/>

3. TradingFinder Support Team (Telegram):

<https://t.me/TFLABS>



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