New York AM & PM Kill Zones + Timing Table

New York AM and **PM Kill Zones** refer to key time periods when volatility and **liquidity in the forex** market reach their peak.



New York AM & PM Kill Zones in ICT Trading Style

The morning kill zone (8:00 AM to 11:00 AM) and the **afternoon kill zone** (1:00 PM to 4:00 PM) provide significant opportunities for professional traders, especially in the **ICT**

LIVEWORKSHEETS

New York Kill Zone (NY Kill Zone) Overview

The **New York Kill Zone** is divided into two segments.

- **New York Morning Kill Zone**: This period overlaps the New York open and London close, bringing high liquidity and major price moves due to U.S. economic news.
- **New York Afternoon Kill Zone**: Occurs **during the later hours of the New York session, from 1:00 PM to 4:00 PM (EST)**. Although it exhibits lower volatility compared to the morning session, it can still provide trading opportunities and help in planning trades for the next day.

Need **indicators** to identify Kill Zones? refer to the following links:

- Kill Zone Indicator for **MetaTrader 4**
- Kill Zone Indicator for **MetaTrader 5**
- **Kill Zone Indicator for TradingView**



The start and end times of the New York AM & PM Kill Zones are highlighted with a blue box.

Formation of the New York Morning Kill Zone in the Market

The **New York Morning Kill Zone** forms due to the **overlap of the London and New York trading sessions**. During this period, trading volume increases significantly, and market makers test key levels.

Typically, rapid and powerful price movements occur, leading to **breakouts of support and resistance levels** and **access to liquidity zones**.

LIVEWORKSHEETS

New York AM & PM Kill Zone Timings

The New York Kill Zone is formed in two times:

- AM
- PM

New York Morning Kill Zone (AM)

- **Time in New York (EST):** 8:00 AM – 11:00 AM
- **Time in UTC:** 12:00 PM – 3:00 PM
- **Characteristics:** High price movements, liquidity zone tests, increased volatility

New York Afternoon Kill Zone (PM)

- **Time in New York (EST):** 1:00 PM – 4:00 PM
- **Time in UTC:** 6:00 PM – 9:00 PM
- **Characteristics:** Lower volatility, more limited trading opportunities



The start times of the New York AM and PM Kill Zones and the market pivots occurring within them.

LIVEWORKSHEETS

New York Kill Zone Timing Table

The table below shows the start and end times of the New York AM and PM Kill Zones:

Kill Zone Type	Time (New York, EST)
New York Morning Kill Zone	8:00 AM – 11:00 AM
New York Afternoon Kill Zone	1:00 PM – 4:00 PM

Conclusion

The **New York AM and PM Kill Zones** are crucial time periods in financial markets characterized by high volatility and increased trading volume.

Their formation results from the **overlap of the London and New York trading sessions** and the active participation **of smart money**.

source:

1.our website link :
https://tradingfinder.com/education/forex/ict-newyork-am-pm-killzones/

2.all Education :
https://tradingfinder.com/education/forex/


TradingFinder


Educational link




TradingFinder


tradingfindercom

LIVEWORKSHEETS