

## 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**

# 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**.

## 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.

## 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/>



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