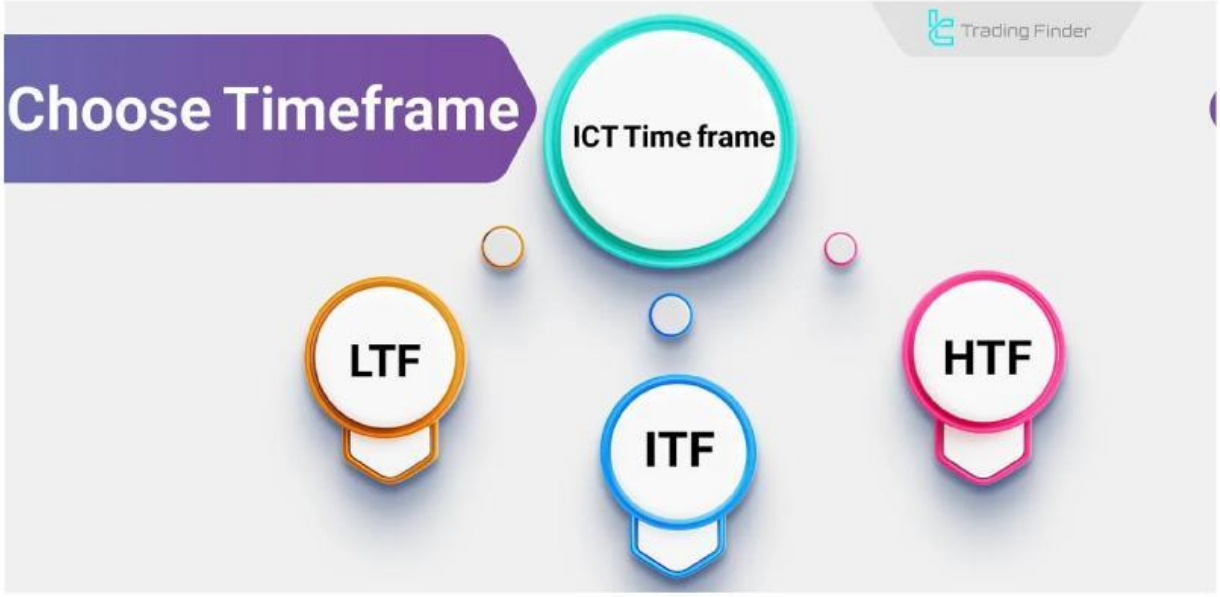
Choose Timeframe in ICT - Right Timeframes for Swing, Position, and Scalping

Market analysis using the **ICT style** follows a **multi-timeframe approach**. In this type of analysis, the **market structure and price direction are identified from higher timeframes (HTF)**, and **key reversal points** are detected on **lower timeframes (LTF)**.



Optimal Timeframes for Various ICT-Based Trading Strategies

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What Is a Timeframe?

A timeframe is the time interval each candlestick represents on the chart. Each timeframe displays price movement over a specific period.

In financial markets, any time span can be used as a timeframe, but generally, certain timeframes are more widely used in markets like the **Forex Market**, including:

- 5-Minute Timeframe (M5)
- 15-Minute Timeframe (M15)
- 1-Hour Timeframe (H1)
- 4-Hour Timeframe (H4)
- Daily Timeframe (Daily)
- Weekly Timeframe (Weekly)
- Monthly Timeframe (Monthly)

Optimal ICT Timeframe Selection

In ICT, market analysis is conducted using the **Top-Down Analysis** method. ICT timeframes are categorized into three types:

- **Higher Timeframe (HTF):** Used to determine the overall trend direction;
- **Intermediate Timeframe (ITF):** Applied to confirm the market structure;
- **Lower Timeframe (LTF):** Used to identify precise trade entry points.

The choice of ICT timeframe **directly correlates with the trading strategy**. For example, the **Daily** timeframe is the lowest for **position trading**, whereas the **H4** timeframe is the highest used for **day trading**.

Position Trading

Position trading involves long-term trades that may last for weeks or even months. In the ICT style, it's recommended to use **three specific timeframes**:

- **Monthly** as the **Higher Timeframe (HTF)**
- **Weekly** as the **Intermediate Timeframe (ITF)**
- **Daily** as the **Lower Timeframe (LTF)**

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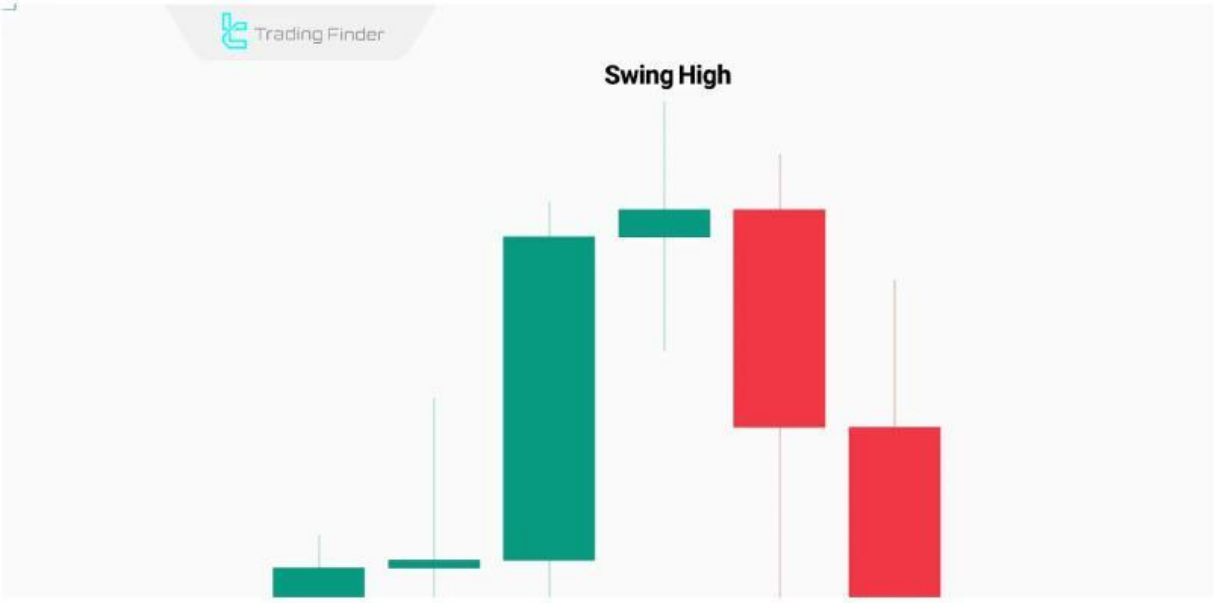
Monthly Timeframe (Monthly)

Monthly timeframe is used to identify the **overall market trend** and detect **key levels** such as **swing highs and swing lows**.



Identifying swing highs and lows on the monthly chart of the NASDAQ index

Weekly Timeframe (Weekly)

Weekly time frame in Position trading is used to detect **directional changes** by identifying ICT concepts such as **market structure shifts** and validating patterns recognized on lower timeframes.

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Detecting market structure shifts on the weekly NASDAQ index chart

Daily Timeframe (Daily)

Daily intervals are used to identify **entry points** using ICT concepts like **Fair Value Gap (FVG)**.

Detecting the fair value gap as a trade entry point on the daily NASDAQ index chart

Swing Trading

Swing trading consists of trades that typically last a few days to a few weeks. In the ICT style, the recommended timeframes are:

- **Daily** as the **Higher Timeframe (HTF)**
- **4-Hour (H4)** as the **Intermediate Timeframe (ITF)**
- **1-Hour (H1)** as the **Lower Timeframe (LTF)**

Daily Timeframe (Daily)

Daily timeframe in Swing trading is used to detect the **weekly trend** and define **key levels** such as **swing highs and swing lows**.

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Determining the weekly direction on the daily Dow Jones chart

4-Hour Timeframe (H4)

4-hour intervals identify directional shifts or key level breaks using ICT concepts like **Change in State Delivery (CISD)**.

Identifying CISD in the 4-hour Dow Jones index chart

1-Hour Timeframe (H1)

1-hour timeframe is used to detect **potential trade entry points** based on ICT concepts like **Change in State Delivery (CISD) in Swing trading**.

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Detecting a fair value gap as an entry point in the 1-hour Dow Jones index chart

Day Trading

Day trades typically last for several hours and are closed by the end of the trading day. In ICT day trading, it's common to use:

- **1-Hour (H1)** as the **Higher Timeframe (HTF)**
- **15-Minute (M15)** as the **Intermediate Timeframe (ITF)**
- **5-Minute (M5)** as the **Lower Timeframe (LTF)**

1-Hour Timeframe (H1)

1-hour intervals help to identify the **daily bias** and major **support/resistance levels** of the primary trend.

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Recognizing daily bias on the 1-hour chart of gold spot price

15-Minute Timeframe (M15)

M15 timeframe is used to identify **directional shifts** or **key level breaks** using ICT concepts.

Detecting market structure shift in the 15-minute chart of gold spot price

5-Minute Timeframe (M5)

A 5-minute timeframe helps to identify **entry points**, **stop-loss levels**, and ICT patterns such as **liquidity grabs in Day trading**.

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Detecting entry point via order block on the 5-minute chart of gold spot price

Scalping

Scalping involves short-term trades that last a few seconds to a few minutes. The goal is to execute numerous trades with small profits.

The recommended ICT timeframes for scalping are:

- **1-Hour (H1)** as the **Higher Timeframe (HTF)**
- **5-Minute (M5)** as the **Intermediate Timeframe (ITF)**
- **1-Minute (M1)** as the **Lower Timeframe (LTF)**

1-Hour Timeframe (H1)

1-hour intervals help to identify the **short-term market trend** and **daily support/resistance levels** in scalping style.

ICT Timeframe Selection Training | Top-Down Market Analysis

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Detecting overall trend on the 1-hour AUD/USD chart

5-Minute Timeframe (M5)

5-minute timeframe detects **key level breaks** and signals for **continuation or reversal** of price direction.

Identifying market structure shift on the 5-minute AUD/USD chart

1-Minute Timeframe (M1)

1-minute intervals allow for **quick entries and exits** using ICT patterns.

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Identifying entry point using fair value gap on the 1-minute AUD/USD chart

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Conclusion

The **multi-timeframe approach** in ICT enables traders to analyze **key levels on higher timeframes (HTF)** and execute **precise entries on lower timeframes (LTF)**.

This method is built on detecting **hidden liquidity** in higher timeframes and precise order management in lower ones.

source:

1.our website link :
https://tradingfinder.com/education/forex/ict-time-frame/

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

3.TradingFinder Support Team (Telgram):
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