Trading Kill Zones in ICT Style

ICT Kill Zones are critical timeframes in financial markets related to **ICT trading** and **Smart Money Concepts** (SMC) when the highest levels of volatility and trading volume occur.

These **four** intervals (**Asia**, **London**, **New York Morning**, and **New York Afternoon**) assist traders in identifying optimal market opportunities.



Kill Zones in ICT trading

Note: To simplify the identification of KillZones, you can use the indicator developed by the **TFlab** team:

- **TradingView version of the KillZones indicator**
- **MetaTrader 4 version of the KillZones indicator**
- **MetaTrader 5 version of the KillZones indicator**

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What is a Kill Zone?

Kill zones are **specific times of the day**, marked by significant institutional trading activity, resulting in **increased volatility** and **trading volume**.

These periods are divided into **four primary categories**:

- **Asia**
- **London**
- **New York AM**
- **New York PM**

Each kill zone aligns with the major **forex market** **sessions** (**Tokyo**, **London**, and **New York**) and has **unique characteristics**.

The table below outlines the exact timing for each **kill zone** based on three standard time references (**EST**, **UTC**).

Kill Zone	New York Time (EST)	UTC Time
Asia	08:00 PM - 10:00 PM	01:00 - 03:00
London	02:00 AM - 05:00 AM	07:00 - 10:00
New York AM	08:00 AM - 11:00 AM	13:00 - 16:00
New York PM	01:00 PM - 03:00 PM	18:00 - 20:00

All of these kill zones are closed on some holidays (new year holidays e.g.); You can be aware of these holidays by using **TradingFinder Holiday Calendar**.

Characteristics of ICT Kill Zones

Each ICT kill zone (**Asia, London, New York Morning,** and **New York Afternoon**) has unique features that are outlined below:

Asia Kill Zone

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Highlighting the Asia ICT Kill Zone time (AKS) on the price chart

Time

8:00 PM – 10:00 PM (EST)

Characteristics

- **Limited** volatility and **small** price ranges
- Primarily **short-term** corrective movements with limited trading opportunities
- Typically, it does not set the **directional** trend for the day

Suitable Assets

- AUD/USD, NZD/USD, and other currencies related to JPY

Trading Tips

- Focus on short-term corrective moves
- Use higher time frame trend analysis to identify trading opportunities
- Avoid high-volume trades due to low volatility
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In the **Asian Range Hunt Setup**, this Kill Zone is crucial for identifying short-term liquidity movements.

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London Kill Zone



Highlighting the London ICT Kill Zone time (LKZ) on the price chart

Time

2:00 AM – 5:00 AM (EST)

Characteristics

- **High volatility** and the **initiation** of **daily directional** moves
- Often breaks the price range of the Asia session

Suitable Assets

- EUR/USD, GBP/USD, and EUR/GBP.

Trading Tips

- Pay attention to **liquidity** grabs
- Combine **fundamental** and **technical analysis** to determine market direction
- This kill zone often sets the **primary daily trend**
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The **Silver Bullet Setup** frequently utilizes this Kill Zone to capture significant market moves. It is also instrumental in the **Power of Three** **(PO3)** concept for identifying price accumulation, manipulation, and distribution phases.

New York AM Kill Zone



Highlighting the New York AM ICT Kill Zone time (NYAMKZ) on the price chart

Time

8:00 AM – 11:00 AM (EST)

Characteristics

- **New York Kill Zone** overlaps with the **London** session and exhibits **high volatility**
- Includes **retracements** or **continuation** of the London session trend;
- **High liquidity** provides multiple trading opportunities

Suitable Assets

- Any **currency pair** or **index** related to the **USD**

Trading Tips

- Focus on levels established during the London session and price retracements

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- Monitor major macroeconomic news releases
- Risk management is crucial due to high volatility
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This Kill Zone is often pivotal for confirming the daily trend and finding **Optimal Trade Entry** **(OTE)** points. It is highly effective when applying the **Power of Three (PO3)** strategy for capitalizing on price manipulation and trend continuation.

New York PM Kill Zone



Highlighting the New York PM ICT Kill Zone time (NYPMKZ) on the price chart

Time

1:00 PM – 3:00 PM (EST)

Characteristics

- Suitable for **corrective** or **end-of-day** moves
- Often involves price **consolidation** or **continuation** of trends initiated in the morning
- **Lower** liquidity, but short-term trading opportunities are still available

Suitable Assets

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- Any **currency pair** or **index** related to the **USD**, such as **NAS100** and **S&P500**

Trading Tips

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  - Focus on **price movements** earlier in the day
  - Ideal for **short-term** trades with smaller targets
  - Close open positions to avoid **unexpected** risks before market closure
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This Kill Zone is instrumental for finalizing positions and avoiding overnight risks. It complements the **Power of Three (PO3)** by helping identify consolidation or distribution phases before market close.

How Does Daylight Saving Time Affect Kill Zones?

Daylight Saving Time (DST) can shift kill zone timings:

- **In countries with DST:** The timings adjust to EDT (Eastern Daylight Time), but the structure of the kill zones remains the same
- **In countries without DST:** One-hour time difference may occur

Recommendation: Always use New York local time as reference.

Conclusion

ICT Kill Zones are powerful tools for traders, offering structured intervals to identify opportunities during periods of high volatility and trading volume.

By understanding and applying the specific characteristics of each Kill Zone, traders can enhance their precision and profitability, particularly when executing **ICT setups** like the**Silver Bullet Setup**, **Asian Range Hunt Setup**, and **Power of Three (PO3)**.

Moreover, Kill Zones introduces the broader concept of **ICT Macro Times**, which explores higher-level institutional trading frameworks. Leveraging these intervals with proper tools, such as the **Kill Zones indicators** on **TradingView** and **MetaTrader** platforms, can further optimize trading strategies and outcomes.

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Sources:

1. our website link :
https://tradingfinder.com/education/forex/ict-kill-zones/

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


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