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# High (HRLR) and Low (LRLR) Resistance Liquidity Run in ICT

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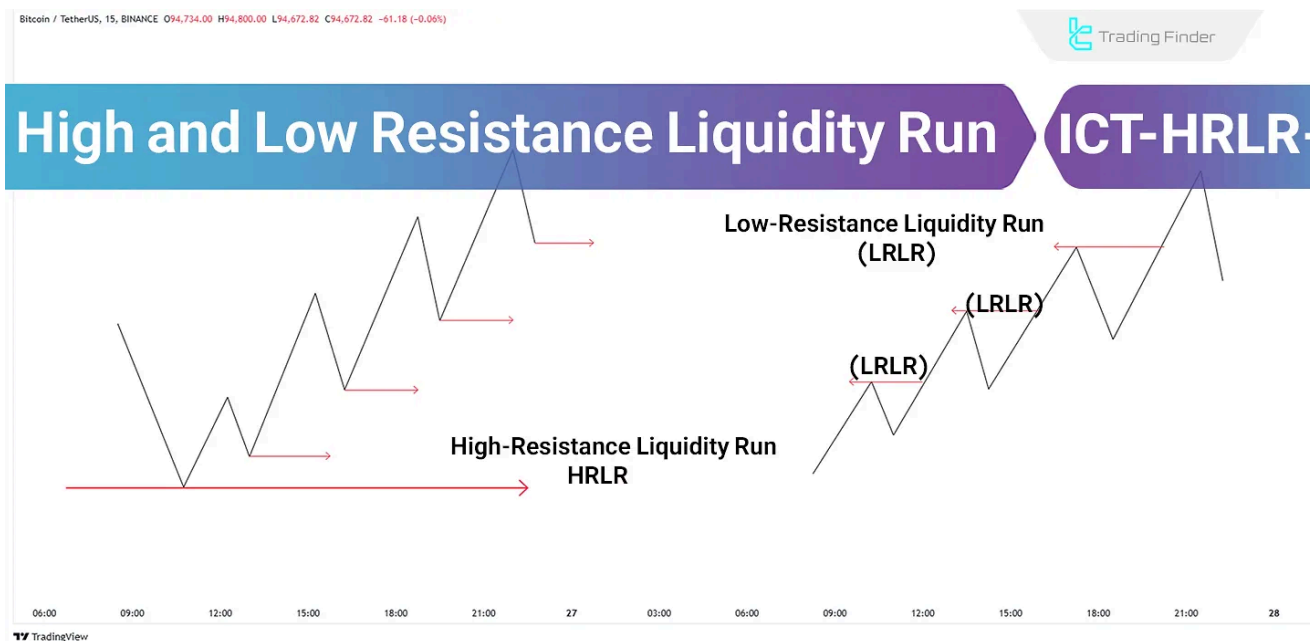
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**High-resistance liquidity run (HRLR)** and **low-resistance liquidity run (LRLR)** are two technical concepts; These can be used to analyze the **strength of price movements** and the likelihood of **trend continuation** or **reversal**.



High-Resistance Liquidity Run (HRLR) and Low-Resistance Liquidity Run (LRLR) in ICT Style

## What is Liquidity in Trading?

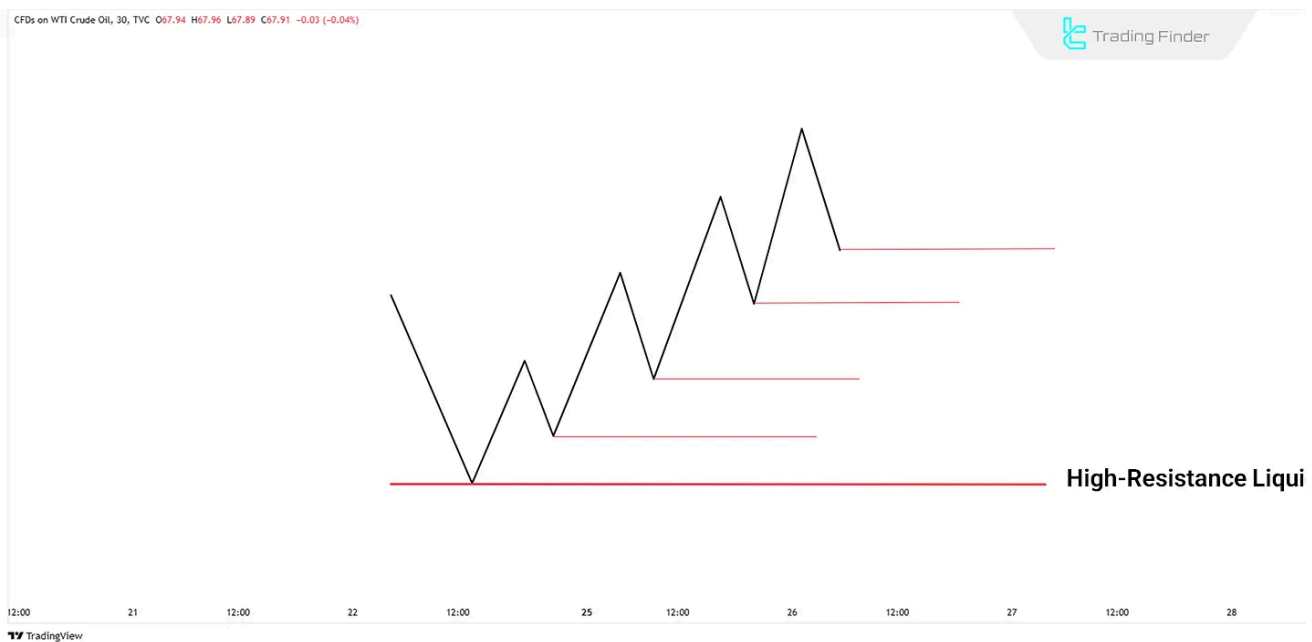
Liquidity refers to the **availability** of buyers and sellers ready to trade at the **current price**. This **ICT concept** relates to a specific asset that can be **easily** bought or sold while maintaining **relative** price stability.

Price generally move toward areas with **high liquidity** to absorb it; therefore, traders need to be aware of **liquidity zones** to capitalize on them.

## What is High-Resistance Liquidity Run (HRLR)?

A **High-Resistance Liquidity Run (HRLR)** occurs when the price faces numerous resistances (e.g., intermediate highs and lows, **Order Blocks** & **PD Arrays**) to reach an **old high** or **low**.

These movements are typically **slow** and **time-consuming**, often driven by significant economic news.



Schematic of High-Resistance Liquidity Run (HRLR)

## Characteristics of HRLR

- ⚡ **Slow price movement;**
- ⚡ **High trading volume** at key levels;

⚡ **Potential indication of a trend reversal** or a slowdown in trend momentum.

## Bullish Example of High-Resistance Liquidity Run (HRLR)

The "USD/JPY" 2-hour chart demonstrates a bullish HRLR. In this example, the price approaches a key support level, and upon breaking this level, **Sell Stop orders** are triggered. After these orders activate, the price rapidly rises, creating an opportunity for a **Buy trade** at the reversal point.



High-Resistance Liquidity Run (HRLR) in Bullish Trades

## Bearish Example of High-Resistance Liquidity Run (HRLR)

The "USOIL" 15-minute chart shows a bearish HRLR. Here, the price approaches a key resistance level, and upon breaking this level, **Buy-stop orders** are triggered.

After activation, the price decreases, presenting a favorable **Sell trade** opportunity at the reversal point.



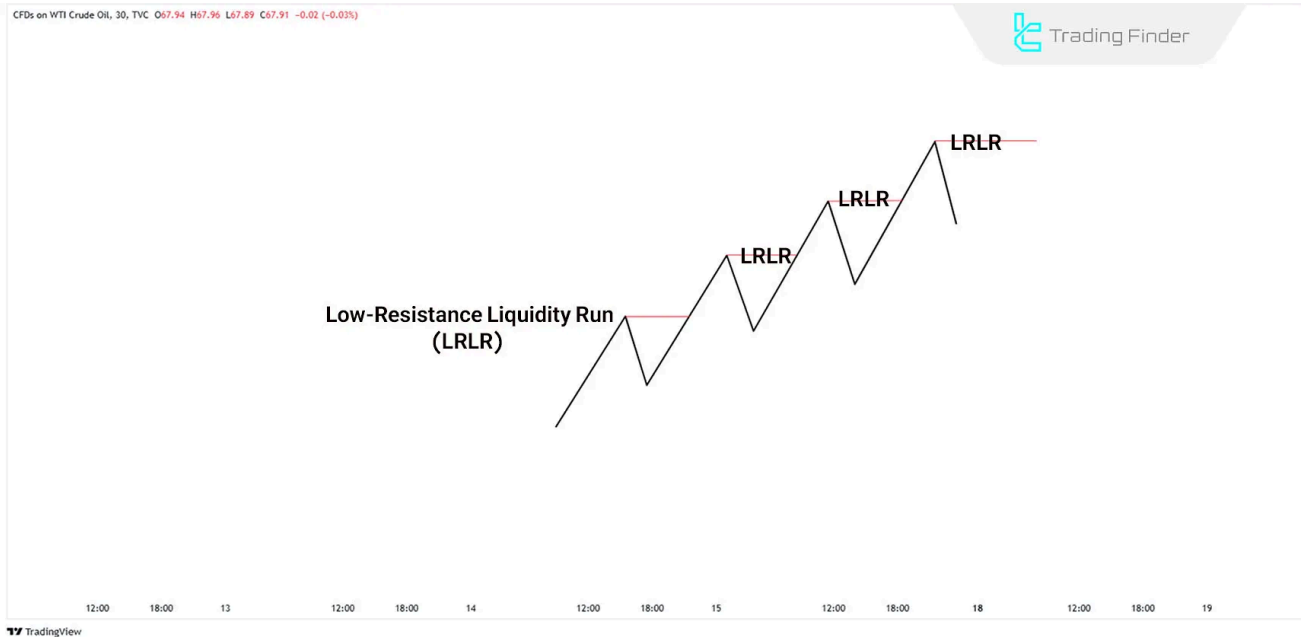
High-Resistance Liquidity Run (HRLR) in Bearish Trend Can be Seen in This Picture

## What is a Low-Resistance Liquidity Run (LRLR)?

A **Low-Resistance Liquidity Run (LRLR)** happens when the price moves smoothly through liquidity zones without significant resistance.

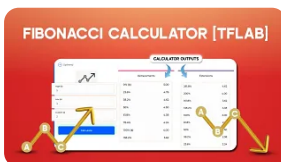
These movements often create **Liquidity Voids** or **Fair Value Gaps (FVGs)**.

- ⚡ **In a downtrend**, the price forms **short-term lows** and effortlessly sweeps sell-side liquidity below them;
- ⚡ **In an uptrend**, the price forms short-term highs and easily clears buy-side liquidity above them.

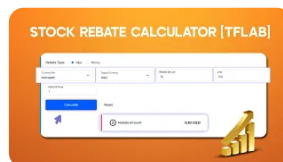


Schematic of Low-Resistance Liquidity Run (LRLR) Can be Seen in This Picture

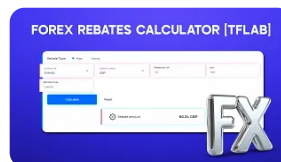
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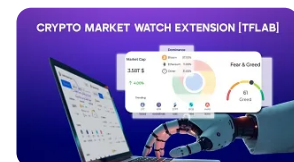
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## Characteristics of LRLR

- ⚡ **Rapid price movement** through liquidity zones;
- ⚡ **Lower volume** compared to HRLR;
- ⚡ **Confirmation of the prevailing market trend.**

## Bullish Example of Low-Resistance Liquidity Run (LRLR)

When executing a bullish trade using LRLR [such as on Bitcoin chart], the process includes:

1. Identifying liquidity around a key support level;

2. Waiting for the support level to break and **trigger sell orders**;
3. Observing price rebound upwards with **reversal signals**;
4. Entering a **Buy trade** upon confirmation of the reversal.

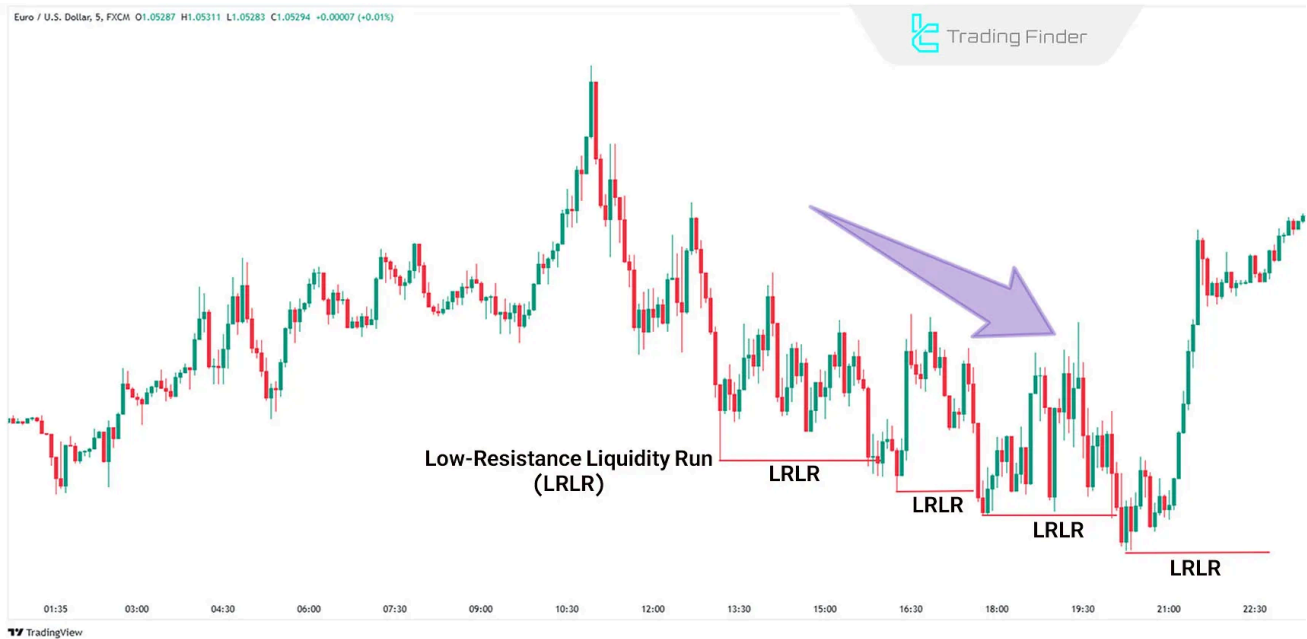


Low-Resistance Liquidity Run (LRLR) in Bullish Positions Can be Seen in This Picture

## Bearish Example of Low-Resistance Liquidity Run (LRLR)

When executing a bearish trade using LRLR [such as on a “**EUR/USD**” chart], the process includes:

1. Identifying liquidity around a key support level;
2. Waiting for the support level to break and trigger buy orders;
3. Observing price drops with reversal signals;
4. Entering a **Sell trade** upon confirmation of the reversal.



Low-Resistance Liquidity Run (LRLR) to Execute Sell Position

## HRLR vs. LRLR

These two concepts have **fundamental differences**, as detailed below:

### HRLR (High-Resistance Liquidity Run)

- ⚡ **Price path filled with multiple resistances:** The price encounters **several obstacles** (such as peaks and troughs);
- ⚡ **Slow price movement:** The price moves slowly and takes longer to reach its target;
- ⚡ **Suitable for patient traders:** Ideal for traders who are comfortable with **slow price movements** and can wait for their setups to **unfold**.

### LRLR (Low-Resistance Liquidity Run)

- ⚡ **Price path with minimal resistance:** The price faces **little to no obstacles**;
- ⚡ **Fast and smooth price movement:** The price moves **quickly** and seamlessly through liquidity zones;
- ⚡ **Suitable For traders seeking more trading opportunities and comfortable with fast price movements.**

Additionally, you can use the [TFLab] indicator to identify and practice the concepts of HRLR and LRLR:

⚡ [HRLR & LRLR ICT Indicator for MetaTrader 4 Download - Free - \[TFlab\]](#)

⚡ [HRLR & LRLR ICT Indicator for MetaTrader 5 Download - Free - \[TFlab\]](#)

⚡ [HRLR & LRLR ICT Indicator for Trading View Download - Free - \[TFlab\]](#)

## Conclusion

**HRLR** and **LRLR** can be used to define profit targets. Traders typically prefer **simple, quick, and hassle-free** setups, which **LRLR** embodies. These zones are more likely to succeed due to their ease of liquidity absorption.

In contrast, reaching **HRLR** zones, such as an **old high** or **low**, usually takes more time and may require major events like the **NFP report** or **FOMC meetings** to push prices to these levels.

## FAQs

When does HRLR occur? ∨

HRLR often occurs when the market deceives retail traders, and financial institutions aim to absorb liquidity.

When does LRLR occur? ∨

LRLR generally happens when the market seeks to deceive retail traders with financial

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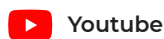
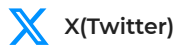


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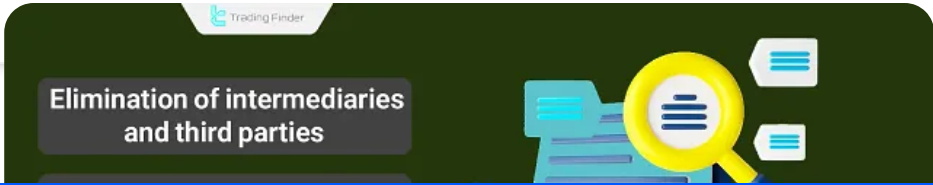
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