

Trading Kill Zones in ICT Style

Categories: Forex Education ICT (Inner Circle Trader) Education Smart Money Education

Article Level: Intermediate



Writer: Rajesh Sharma



Reviewer: Eda Kaya



Fact checker: Arjun Mandal



Modified: Apr 22, 2025

Comments: 0

Views: 2,265

8 Min

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**

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**).

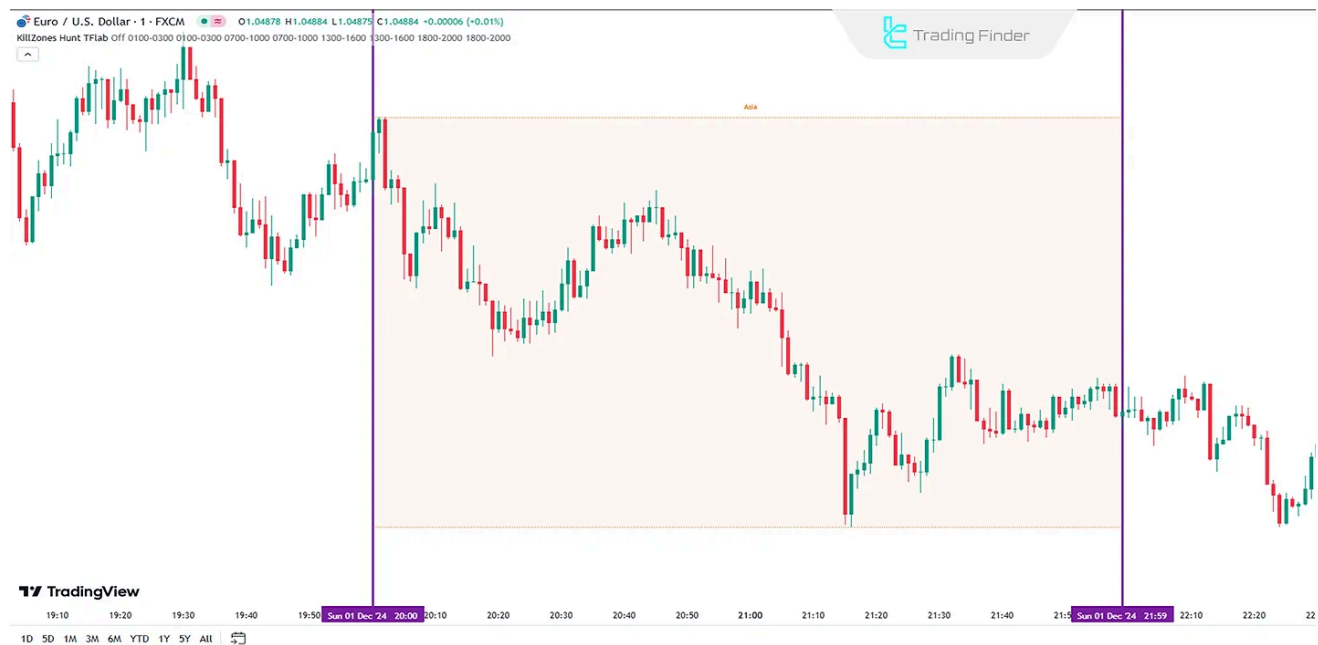
Kill Zone	New York Time (EST)	UTC Time
Asia	08:00 PM - 10:00 PM	01:00 - 03:00
London	02:00 AM - 05:00 AM	07:00 - 10:00
New York AM	08:00 AM - 11:00 AM	13:00 - 16:00
New York PM	01:00 PM - 03:00 PM	18:00 - 20:00

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



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
- ⚡

In the **Asian Range Hunt Setup**, this Kill Zone is crucial for identifying short-term liquidity movements.

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**
- ⚡

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 **retacements** 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
- ⚡ Monitor major macroeconomic news releases
- ⚡ Risk management is crucial due to high volatility
- ⚡

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

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

Trading Tips

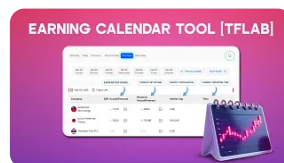
- ⚡
- ⚡ Focus on **price movements** earlier in the day
- ⚡ Ideal for **short-term** trades with smaller targets
- ⚡ Close open positions to avoid **unexpected** risks before market closure
- ⚡

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.

You May Like :



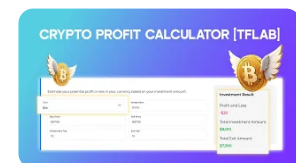
Forex Position Size
Calculator Tool +
Formula



Earnings Calendar
Tool; View EPS of
US & World...



Forex Economic
Calendar Bot [Mini
App] [+21...



Crypto Profit/Loss
Calculator Tool -
Live Buy & Sell...

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.

FAQs

What is Kill Zone? ∨

Kill zones are specific time intervals in a trading day when market volume and volatility are higher, designed to help traders identify potential trading opportunities. ∨

What are the exact timings of the Kill Zones?

Asia Kill Zone: 8:00 PM - 10:00 PM (EST)

London Kill Zone: 2:00 AM - 5:00 AM (EST)

New York Morning Kill Zone: 7:00 AM - 10:00 AM (EST)

New York Afternoon Kill Zone: 1:00 PM - 3:00 PM (EST)



5 From 5.0

(6)

Rate this post



Table Of Content



What is a Kill Zone?

Characteristics of ICT Kill Zones



How Does Daylight Saving Time Affect Kill Zones?

Conclusion

Top Posts



What is an ICT Order Block and How to Trade It?

Ram Nisha | Dec 23, 2024

7,273 Views



Break of Structure (BOS) on ICT

Eda Kaya | Dec 22, 2024

7,198 Views











Turtle Soup Strategy from ICT Style

Arjun Mandal | Dec 23, 2024

7,163 Views

Our Social Media

 X(Twitter)	 Telegram
 MQL5	 TradingView
 Facebook	 Instagram
 Youtube	 Tik Tok

Latest Articles



What Is Simple Moving Average (SMA)? Dynamic Support and Resistance

Forex Education

Arjun Mandal | Jun 8, 2025



CHOCH in ICT; Best Timeframe to Identify CHOCH in Trading

Forex Education

Nino Gogochashvili | Jun 7, 2025

PAMM Account



What Is a PAMM Account? Learn how to Choose the Right PAMM Account

Forex Education

Nino Gogochashvili | Jun 6, 2025



Complete training in financial markets such as "Forex," "Stock Market," and "Cryptocurrencies" only becomes comprehensive with tested trading tools and strategies. "Trading Finder," with its experience, aids traders and investors in gaining a correct understanding and deep learning. The training programs are designed based on tools for traders of all levels, from "beginner to advanced."



 English (EN) ▼

About Us

Contact Us

Forex Methodology

Our Team

Jobs

Report a Bug

Advertisement

Affiliates

Our Scores

Indicators & Oscillators

Products

Financial Market
Education

Trading Tools

Trading Tools

Risk Disclosure:

Participating in financial markets involves high risk, which can result in the loss of part

[Show More](#) ▼

Disclaimer:

[TradingFinder.com] assumes no responsibility for any potential losses or damages. All

[Show More](#) ▼

Disclosure of revenues and advertisements:

The "TradingFinder" platform offers various services, some of which, like introductions,

[Show More](#) ▼

Privacy Policy

[Risk Warning](#)

[Cookies Policy](#)

[Copyright and Idea Submissions](#)

[Terms and Conditions Agreement](#)

© 2025 TradingFinder, Inc. All rights reserved.