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New York AM & PM Kill Zones + Timing Table

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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 trading style**.

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:

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**.

FAQs

What is the New York Kill Zone (NY Kill Zone)?

Why is the New York Kill Zone important?

How can traders identify the New York Kill Zone?

What are the characteristics of the New York Morning Kill Zone?



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