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## Learn Seek & Destroy (S&D) Profile in ICT Trading

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The **Seek & Destroy (S&D) profile** is a common **daily market behavior** in the **ICT trading strategy**, often observed on days with **unclear price movements and market consolidation**.



Daily Profile Seek & Destroy in ICT Trading

This profile in **ICT Style** helps traders **identify periods of market uncertainty** and avoid unnecessary trades. It is also referred to as **S&D** and is used to analyze market conditions and price action patterns.

### What is the Seek & Destroy (S&D) Profile?

The **S&D profile** appears on daily charts as an **Indecision Candle**, indicating that **price action lacks clear direction** throughout the day.

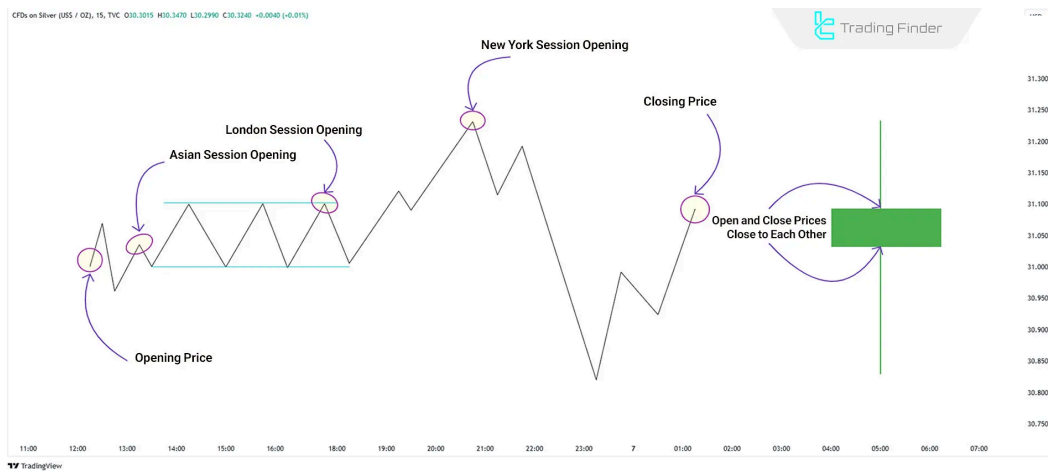
In such cases, the **opening and closing prices are relatively close**, signaling market **indecision**.



Indecision Candle Formation in Seek & Destroy ICT Strategy

### Key Features of the S&D Profile on Lower Timeframes:

- ⚡ At the beginning of the day, the market has no clear direction or **daily bias**.
- ⚡ The London session **moves price** in one direction, but the move is reversed later
- ⚡ Even when price **breaks out**, it tends to return to the previous range



Unclear price action in the Seek & Destroy profile on lower timeframes

## Why and When Does the Seek & Destroy (S&D) Profile Occur?

The **S&D profile** commonly appears under these conditions:

- ⚡ **Waiting for Major Economic News:** The market may remain uncertain before critical news releases such as **CPI, FOMC decisions, or NFP reports**;
- ⚡ **Lack of Higher Timeframe Direction:** Daily or higher timeframe charts may **lack clear trends**, leading to **random price movements on lower timeframes**.

## How to Identify the S&D Profile?

To detect this profile, analyze key **trading sessions Kill Zones**:

- ⚡ **Asia Session:** Usually sets the **initial price range** for the day;
- ⚡ **London Session:** In S&D profiles, **price sweeps both sides** of the Asian range but fails to establish a trend;
- ⚡ **New York Session:** Price continues to **range** and returns to the initial **consolidation zone**.



How to Identify the Seek &amp; Destroy Pattern in ICT Strategy

## How to Trade the Seek & Destroy (S&D) Profile?

Follow these steps to trade the **S&D price action** in daily profiles:

1. **Focus on Reversion to the Range:** Instead of trading breakout movements, **identify trade setups where price returns inside the initial range;**
2. **Identify Premium & Discount Levels:** Use the **London session** range to mark **equilibrium zones**. Look for **entries when price returns inside these zones;**
3. **Use Daily Range for Confirmation:** Identify the **opening and closing prices** for the daily range. If price breaks out, **expect a reversion to the mean.**

## Risks of Trading the Seek & Destroy (S&D) Profile

The Risks of This Trading Style Include the Following:

- ⚡ **This profile often leads to choppy, aimless price action**, increasing the risk of failed trades.
- ⚡ **The market tends to range**, reducing the probability of profitable setups.
- ⚡ **If the London session forms a key range, the probability of a strong New York move decreases.**

## Conclusion

The **Seek & Destroy (S&D) Profile** is a **complex market behavior** in **ICT trading** that represents **uncertainty and price indecision**.

Due to **lack of trend direction**, traders are advised to **avoid high-risk trades**, as **random price movements** can trigger stop losses and lead to **unnecessary losses**.

What is the Seek & Destroy Profile in ICT Trading? ∨

The **Seek & Destroy profile** occurs when the **market moves without a clear direction**, sweeping liquidity before returning to its initial range.  
It often happens during **uncertain market conditions or before major economic releases**.

Why Should You Avoid Trading During Seek & Destroy Days? ∨

During the **S&D profile**, the market **moves without a clear trend**, increasing the probability of **failed trades**.  
It's recommended to **avoid trading on such days** to prevent losses.

What Tools Help Identify the Seek & Destroy Profile? ∨

- Kill Zones**
- Equilibrium Levels**
- Premium & Discount Areas**



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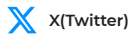


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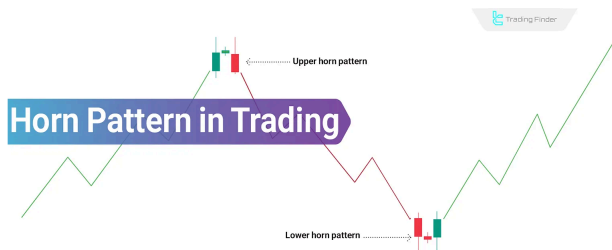
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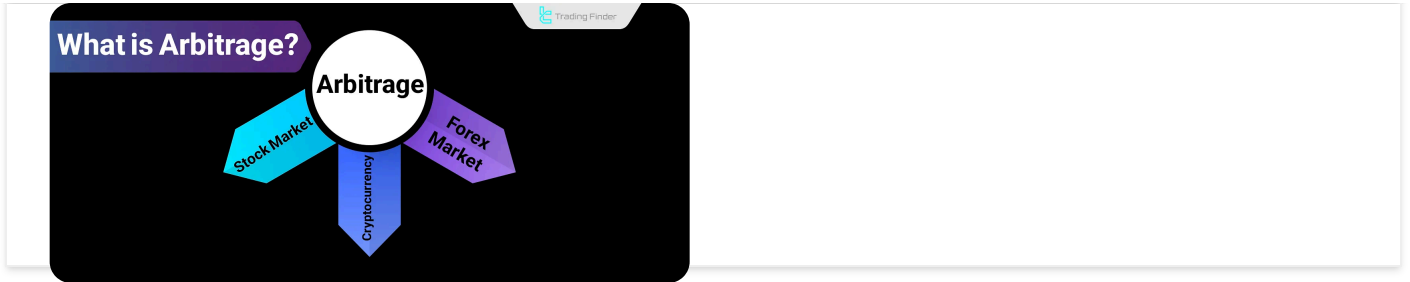
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