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ICT One Trade Setup For Life Trading Strategy

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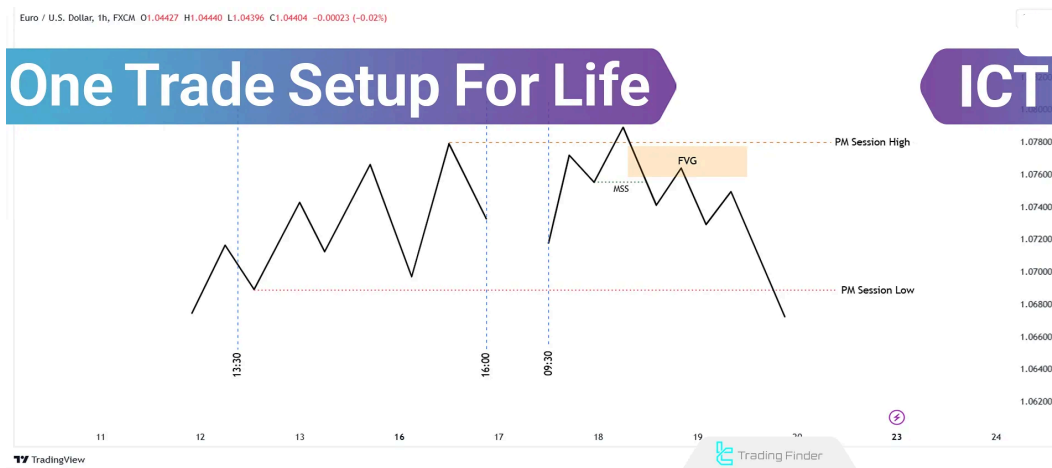
Writer: Sinan Aydin | Reviewer: Arjun Mandal | Fact checker: Nino Gogochashvili | Modified: Apr 12, 2025

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The **ICT One Trade Setup For Life** is a trading method designed based on **market analysis and liquidity identification**.



ICT One Trade Setup For Life Trading Strategy in Bearish Daily Bias

This model is suitable for **day trading and scalping**, as it identifies key liquidity points and market shifts.

What is the ICT One Trade Setup For Life?

The One Trade Setup For Life is a structured trading model based on key ICT principles such as:



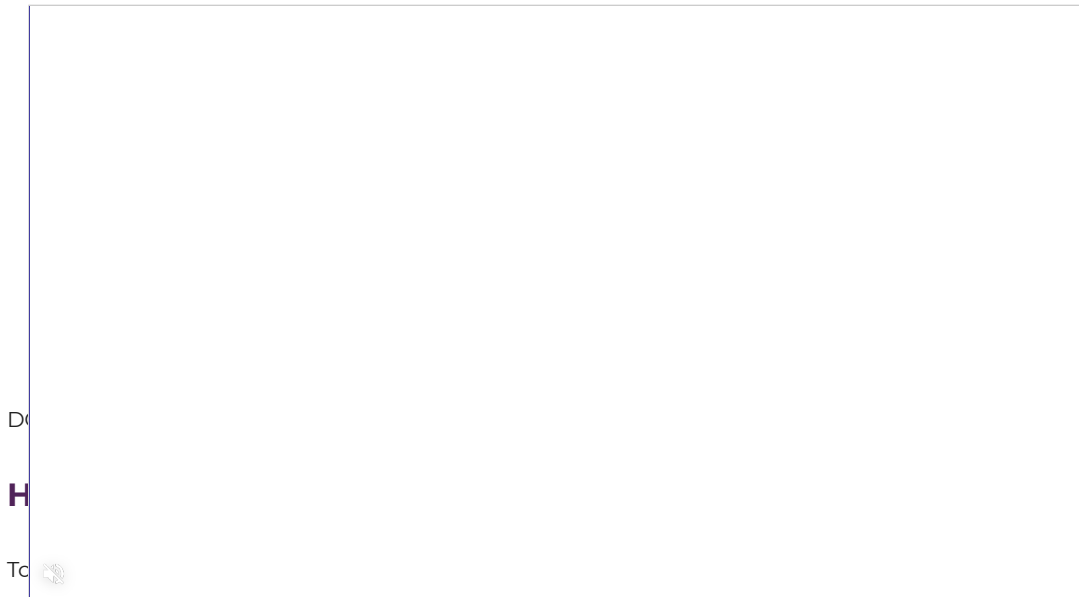
- ⚡ **ICT Daily Bias**
- ⚡ **Draw on Liquidity (DOL)**
- ⚡ **PM Session Liquidity Raid**
- ⚡ **London Session Liquidity Raid**
- ⚡ **Opening Range Gaps**
- ⚡ **New York Lunch Liquidity Raid**
- ⚡ **AM Session Liquidity Raid**

The One Trade Setup For Life **repeats consistently** and is applicable for **both scalping and day trading**. This **ICT Strategy** is a **standalone model** and does not require any additional trading approach.

What is the Draw on Liquidity (DOL)?

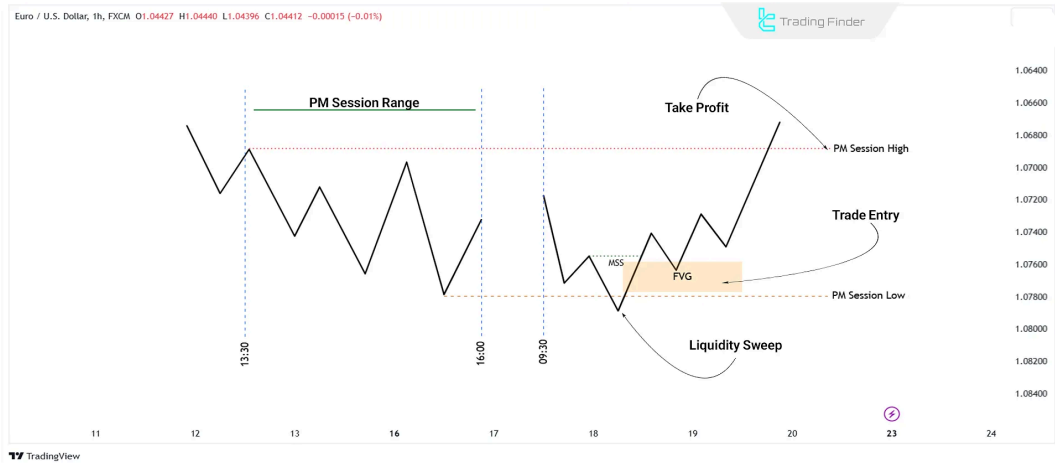
In simple terms, **liquidity in Forex** refers to the **availability of buyers and sellers in the market**, allowing for smoother trade execution. In trading, liquidity represents **areas where buy or sell orders can be quickly executed**.

"**Draw on Liquidity**" (DOL) refers to the **liquidity sweep** that targets active traders' **stop-losses** or triggers pending orders (**Buy Stop or Sell Stop**).



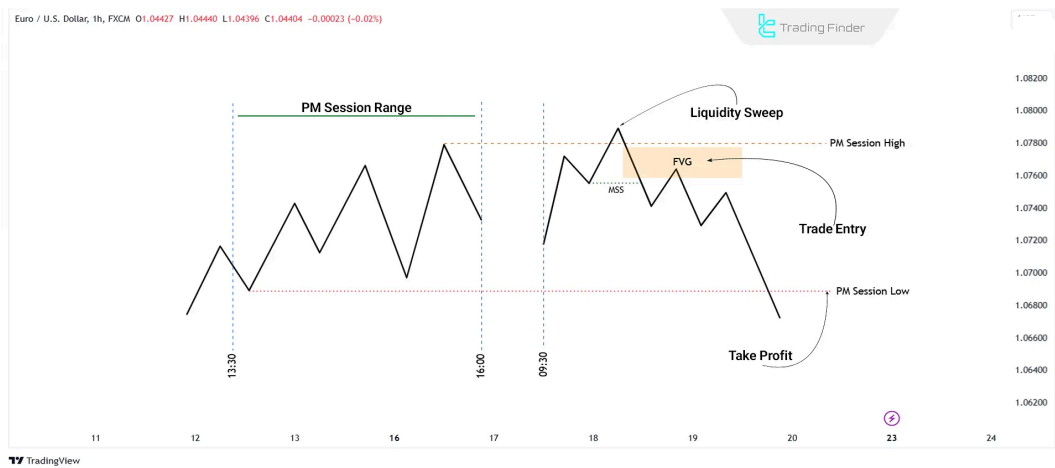
1. Identify **Daily Bias** and the **Draw on Liquidity (DOL)**;
2. Mark the **highest high and lowest low** of the selected range (typically the **PM session from 1:30 PM to 4:00 PM NY time**);
3. Wait for a **sweep** above the high or below the low of the chosen range in the **opposite direction** of the identified bias;
4. Look for an **FVG (Fair Value Gap) with Displacement**, preferably with a **Market Structure Shift (MSS)**. From this point, target **opposite-side liquidity levels** or other liquidity areas.

Below is the **schematic of the bullish setup** for **ICT One Trade Setup For Life**.



Bullish One Trade Setup For Life

Below is the **schematic of the bearish setup** for ICT One Trade Setup For Life.



Bearish One Trade Setup For Life

The **recommended entry time** is between **9:30 AM to 11:00 AM Eastern Time**. Setting the **trading session time zone to New York local time** is essential.

Below are the **setup conditions for different session timeframes**.

PM Session Ranges

The **PM session range** reflects the **price movement of the previous day**. This range covers the **timeframe from 1:30 PM to 4:00 PM NY time**. To identify liquidity points:

1. **Mark the session high (Higher High) and low (Lower Low);**
2. **Above the session high lies Buy-Side Liquidity (BSL);**
3. **Below the session low lies Sell-Side Liquidity (SSL).**

In a **bullish daily bias**, the price moves **below the PM session low**, sweeping **SSL** and creating an **ICT Judas Swing**.

The price moves **above the PM session high** in a bearish daily bias, sweeping **BSL**.



One Trade Setup For Life on a 5-minute EUR/USD chart during the PM session range

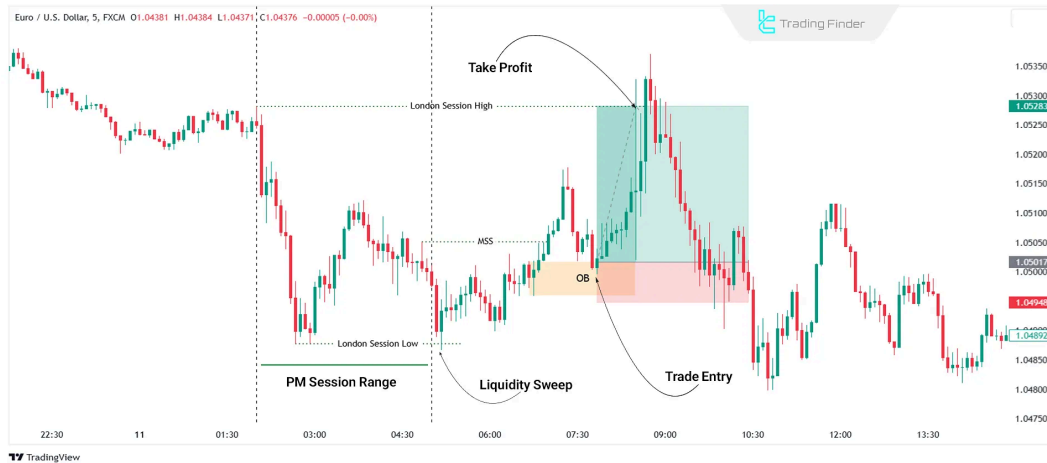
London Session Liquidity Raid

If the **PM session range** is **irrelevant** or the price has moved significantly away, the **London Session Liquidity Raid** is used instead.

The London session range is from 2:00 AM to 5:00 AM NY time, often leading to a major **Liquidity Raid** before the New York open.

During the **New York opening**, price is expected to:

- ⚡ Move **below the London session low** in a **bullish scenario**;
- ⚡ Move **above the London session high** in a **bearish scenario**.



ICT One Trade Setup For Life on a 5-minute EUR/USD chart during the London session range

Opening Range Gaps

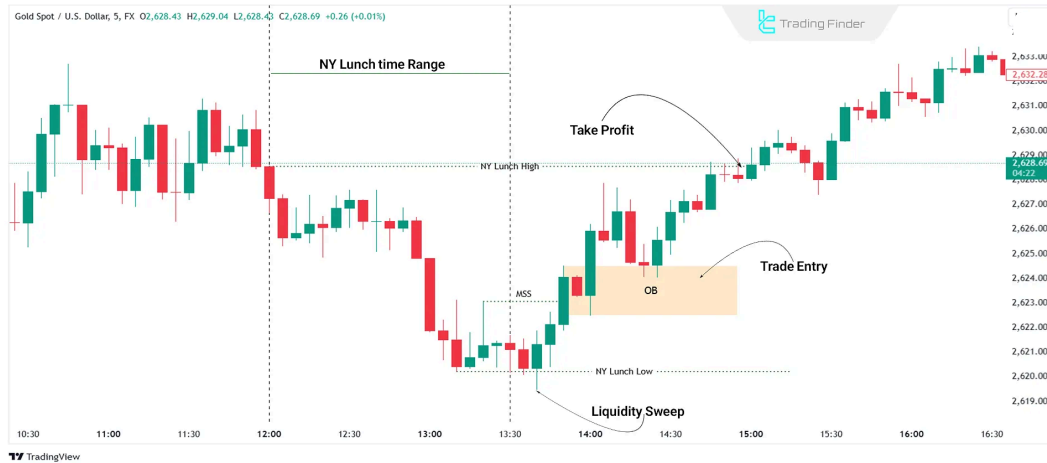
Opening Range Gaps occur at **8:30 AM** for **forex** and **9:30 AM** for **indices**.

In a **bearish daily bias**, the price moves towards the **opening range gap**, sweeping liquidity built in the morning and during the **New York lunch period**.

New York Lunch Liquidity Raid

If no liquidity sweeps have occurred earlier, the **New York Lunch Range** is examined from **12:00 PM to 1:30 PM NY time**. Price may:

- ⚡ Move towards the session high, initiating a bearish move;
- ⚡ Move towards the session low, initiating a bullish move;



ICT One Trade Setup For Life on a 5-minute XAU/USD (Gold) chart during the New York lunch session

AM Session Liquidity Raid

The **final liquidity target** is based on the previous day's AM session range (9:30 AM to noon).

- ⚡ For a bullish setup, the session high is the target;
- ⚡ For a bearish setup, the session low is the target.

Conclusion

The **ICT One Trade Setup For Life** provides a **comprehensive trading framework** designed based on a **detailed analysis of market movements and liquidity zones**.

This model helps traders by introducing **discipline, predictability, and structure** in their trading approach.

Following the setup, traders can confidently execute their strategies and take advantage of **repeatable trading opportunities**.

FAQs

Is ICT One Trade Setup For Life applicable to all markets? ∨

The model can be used in **various markets**, including **forex, indices, and cryptocurrencies**. However, traders have reported the best results with **S&P 500 trading**.

Is it suitable for beginners? ∨

The model is **not ideal for beginners**, as it requires **time and practice** to master.

What is the best time to use ICT One Trade Setup For Life? ∨

The best results occur in **high-liquidity sessions** like **New York and London**.

How can liquidity zones be better identified? ∨

Advanced **analytical tools** like **liquidity indicators** and observing **price behavior around key levels** can improve liquidity identification.



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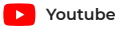



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