THE ASH COLE TRADING SERIES

BOOK 6 — COMPANION 1

Gold & Crypto ICT Cheat Sheet

Killzones, sizing, and pseudo-sessions on one page

Killzone Times (New York time)

All times are New York time (ET). In the bot config, store windows in UTC and convert with a timezone-aware library so DST handling is automatic.

Market	Primary killzone	Secondary killzone	Avoid
Gold (XAUUSD)	2:00–5:00 AM (London KZ)	8:00–11:00 AM (NY session)	Asian session
Bitcoin (BTCUSDT)	2:00–5:00 AM (pseudo-London)	8:00–11:00 AM (pseudo-NY)	Weekends, Asian
Ethereum (ETHUSDT)	2:00–5:00 AM (pseudo-London)	8:00–11:00 AM (pseudo-NY)	Weekends, Asian

FVG Sizing Adjustments

Gold imbalances are roughly five times wider than EUR/USD imbalances in pip terms. Crypto imbalances are expressed as a percentage of price, not in pips.

Instrument	Minimum FVG width	Typical FVG width	Notes
EUR/USD (baseline)	2 pips	4–8 pips	Book 1–2 standard

XAUUSD (Gold)	20 pips	20–40 pips	×5 vs EUR/USD
BTCUSDT	0.10% of price	0.15–0.30%	Use percentage, not pips
ETHUSDT	0.15% of price	0.15–0.40%	Slightly wider than BTC

Order Block Filter (3 tests)

A valid order block passes all three. If it fails any, skip it.

Test	Criterion
1. Structure break	Last opposing candle before a genuine break of structure
2. Displacement	Move after must create at least one full FVG beyond the block
3. Context	Block must sit at a prior significant level (session extreme, weekly open, round number)

Position Sizing (1% risk, ATR-normalized)

Risk budget of $200 on a $20,000 account. Stop distance is about one tenth of the D1 ATR on EUR/USD and crypto, and closer to a third on gold.

Instrument	D1 ATR (typ.)	Stop (from ATR)	Risk/trade	Approx size
EUR/USD	70 pips	7 pips	$200	2.86 std lots
XAUUSD	~400 pips (~$40)	150 pips	$200	~0.13 std lots

BTCUSDT	3.0% of price	0.30%	$200	$66.7k notional
ETHUSDT	4.0% of price	0.40%	$200	$50k notional

Pseudo-Sessions Map (Crypto)

Crypto markets are 24/7, but institutional flow still clusters around traditional sessions. Trade the pseudo-sessions; sit out the rest.

Window (New York time)	Quality	Trade?
7:00 PM–2:00 AM (Asian)	Low	No — thin liquidity, whipsaw
2:00–5:00 AM (pseudo-London)	High	Yes — primary killzone
5:00–8:00 AM (lunch)	Low	No — standby
8:00–11:00 AM (pseudo-NY)	High	Yes — secondary killzone
11:00 AM–7:00 PM (post-NY)	Medium	Manage only
Saturday & Sunday	Low	No — weekends off

Quick Rules

1% risk per trade, always. Size via ATR, never via fixed pip counts. Pick one exchange per instrument and stay on it. Never hold through a funding rate reset unless you have explicitly decided the cost is worth paying. Skip weekends on crypto. Skip Asian hours on crypto. If the correlation panel is amber or red for three days on the same pair, reduce to one position until it clears.

Ash Cole Trading Series — Book 6 Companion
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