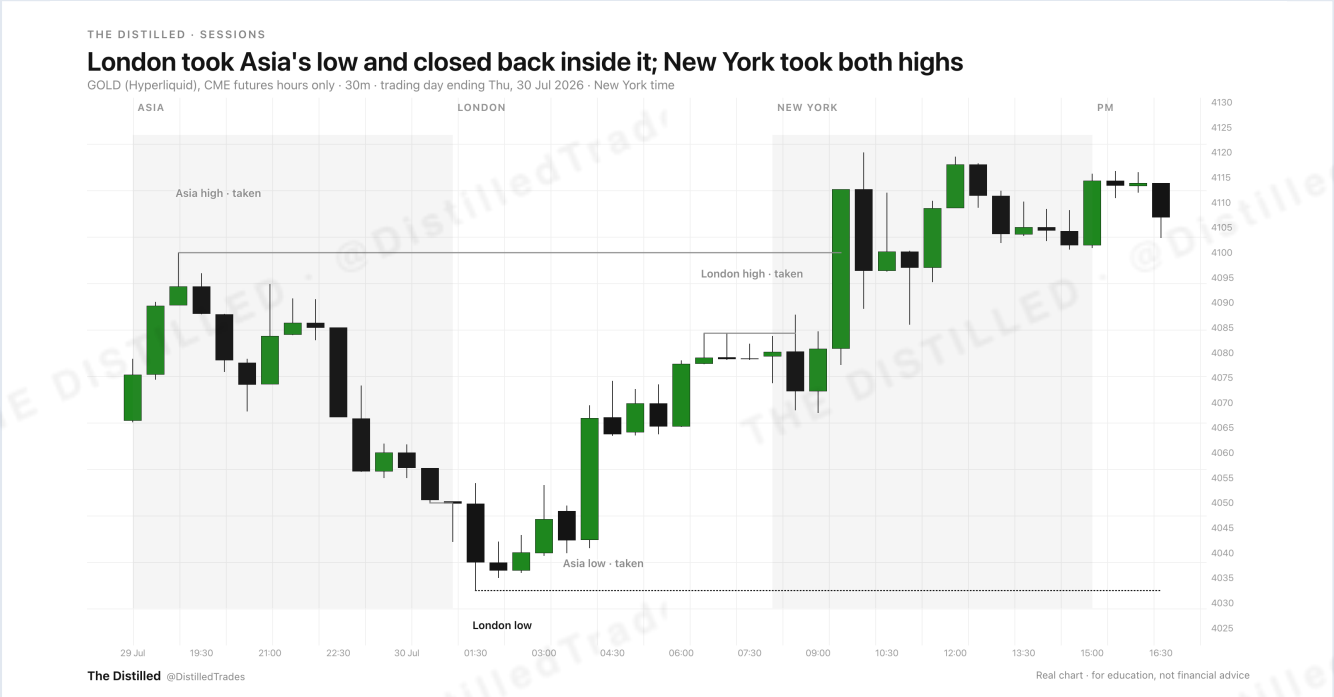
Day profiles

A vocabulary for what a day did: which session made the move, which one reversed it, and which one went nowhere. Taught here as a way to read the day, not as a signal.



A London reversal: London sweeps Asia's low, then New York continues the move up. GOLD (Hyperliquid) 30m, trading day ending Thu 30 Jul 2026.

For education only. This isn't financial advice, and trading carries a high risk of loss. Every chart is real Hyperliquid data (XYZ100, which tracks the Nasdaq-100, or GOLD), CME futures hours only, New York time; it is not CME futures data. The numbers are statistics from our research on CME NQ futures. They describe what sessions did; none of them is a trading signal or a win rate.

Risk warning: futures and CFDs are leveraged; losses can be fast and, on futures, exceed your deposit. Most retail CFD accounts lose money.
Education only, not financial advice. Past charts don't predict future results.

THE PROFILES

Five ways a day tends to unfold

These five come from TTrades' session profiles, read on the New York clock. They describe **what happened**, so you can name a day and compare it with others.

- **Asia reversal.** Asia makes the day's extreme and the rest of the day moves away from it.
- **London reversal → New York continuation.** London sweeps one side of Asia and turns. New York carries on in London's new direction.
- **New York reversal.** London trends, and New York turns it around.
- **New York manipulation.** London goes sideways. New York sweeps one side at 08:30 or 09:30, then goes the other way.
- **Seek and destroy.** London takes both sides of Asia's range. The day is messy; many traders sit it out.

The 50% level

TTrades' one fully mechanical rule: at the 08:00 close, take the midpoint between London's close and the opposite end of the move. New York's wicks are expected to respect it.

> ### An honest note
> We measured these on 351 NQ days. Knowing the profile label didn't predict the day's direction better than a coin (50.7%), and the 50% level held no more often than chance. Use profiles to **describe** a day and to **journal**, not to call direction.

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EXAMPLE

Seek and destroy



London takes both Asia's high and low. The day has no clean direction until New York. GOLD (Hyperliquid) 30m, trading day ending Wed 1 Jul 2026.

How to use profiles

- Label each day **after** it closes. A profile doesn't exist until its sessions have finished, so labelling a day in real time is guessing.
- Keep a list: date, profile, and what you did. After a month you'll see which days you trade well and which ones to leave alone.

Try it

Label the last 20 trading days with one of the five profiles (or "none"). How many were seek and destroy? How did you trade those days?

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