

GORILA CAPITAL

Free trading-education guide · gold-zones

GOLD ZONES · FREE GUIDE

Gold (XAUUSD) Session Map

When gold usually moves, what drives each session, and a time-zone table so you can plan your day in your own clock.

Inside

- The three sessions and their personality
- Session times in UTC and six time zones
- What moves gold: data and drivers
- Session-by-session playbook
- Risk notes specific to gold

A free lesson taken from **Price Action Pro**, the course we are preparing for Skool. Free to read and share.
Education only, not investment advice. Trading is high risk.

PART 1

Why sessions matter for gold

Gold trades almost 24 hours a day from Monday to Friday, but it does not move evenly. Most of the daily range tends to happen in two windows: the London open and the New York morning, especially when US data is released. Knowing the windows helps you choose when to watch closely and when to step away.



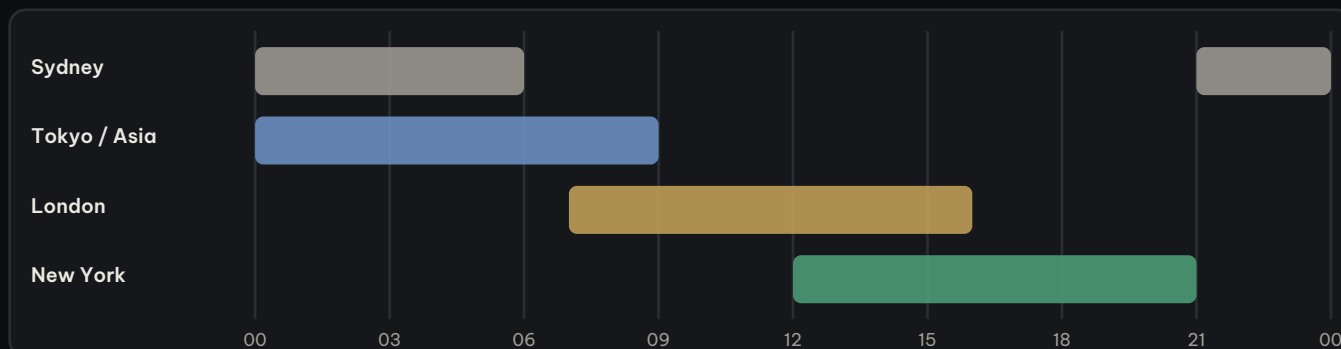
A typical XAUUSD day in outline: quiet Asia, London expansion, a second leg around New York data.

Note

Times below are typical. They shift by one hour when Europe or the US change clocks (daylight saving), and the two regions change on different dates in March and in October/November.

PART 2

Session times



Hours in UTC, approximate, northern-hemisphere summer. London and New York overlap from about 12:00 to 16:00 UTC; this is usually the most active part of the day for gold.

Event (UTC)	UTC	London	New York	Dubai	Ho Chi Minh	Singapore
Asia active	00:00	01:00	20:00	04:00	07:00	08:00
London open	07:00	08:00	03:00	11:00	14:00	15:00
US data (8:30 ET)	12:30	13:30	08:30	16:30	19:30	20:30
NY open (stocks)	13:30	14:30	09:30	17:30	20:30	21:30
London fix (PM)	14:00	15:00	10:00	18:00	21:00	22:00
London close	16:00	17:00	12:00	20:00	23:00	00:00

In winter (after the clocks go back) London and New York are one hour later in UTC: London opens about 08:00 UTC and US data comes at 13:30 UTC. Add one hour to the UTC column and to the Asian-clock columns.

PART 3

What moves gold

Driver	Why it matters	Usual timing
US inflation (CPI, PCE)	Changes rate expectations; gold has no yield, so real rates matter	Monthly, 8:30 ET
US jobs (NFP)	Strong data can lift the dollar and yields	First Friday, 8:30 ET
FOMC decision and press conference	Direct signal on rates	8 meetings a year, 14:00 ET
US dollar (DXY)	Gold is priced in dollars; often moves inversely	All day
Real yields (US 10Y TIPS)	Higher real yields are a headwind for gold	All day
Geopolitical risk	Safe-haven demand	Unscheduled
Central bank buying	Long-term demand trend	Reported monthly/quarterly

Common mistake

Trading the first seconds of CPI or NFP. Spreads can widen sharply and the first spike often reverses. Many traders wait 5-15 minutes for the dust to settle.

PART 4

Session-by-session playbook

Asia (roughly 00:00–07:00 UTC)

- Usually the quietest session; ranges often form.
- Mark the Asian high and low: they are the first liquidity pools London will look at.
- Chinese and Indian physical demand can matter around holidays, but day-to-day moves are usually small.

London (roughly 07:00–11:00 UTC)

- Volatility expands. A frequent pattern is a run on one side of the Asian range followed by the real move.
- Watch for a sweep of the Asian high or low into a higher-timeframe zone.
- The first hour sets the tone; the late morning often consolidates before New York.

New York (roughly 12:30–17:00 UTC)

- US data at 12:30 UTC (summer) drives the second big leg of the day.
- The overlap with London is the most liquid window.
- After about 17:00 UTC moves often slow down; Friday afternoons can see position squaring.

Practice tip

You do not need to watch all three sessions. Choose the one that fits your life and learn its behaviour deeply.

PART 5

Gold-specific risk notes

- **Contract size.** On most platforms 1 standard lot of XAUUSD = 100 ounces. A \$1 move is \$100 per lot. Check your provider's specification.
- **Pip and point confusion.** Providers quote gold with 2 or 3 decimals. Always calculate risk in dollars per lot, not in "pips".
- **Daily range.** Gold's average daily range is often in the tens of dollars. A stop that looks tight on a chart can still be large in money.
- **Swaps.** Holding overnight carries a financing cost or credit that can be significant on gold.
- **Weekend gaps.** Geopolitical news over the weekend can open Monday far from Friday's close.

Example	Value
Stop distance	\$5.00
Value per lot per \$1	\$100
Risk per 1.00 lot	\$500
Account \$5,000, risk 1%	\$50 0.10 lot

Note

Example numbers only. Your provider's contract size and decimals decide the real value.

PART 6

Your session plan

- ☐ I know the UTC times for my chosen session and the current daylight-saving status
- ☐ I have marked the Asian high and low before London
- ☐ I have checked the calendar for US data and FOMC this week
- ☐ I have marked the previous day high and low on XAUUSD
- ☐ I know my position size in lots for my stop distance in dollars
- ☐ I have a rule for news: no new entries from X minutes before to Y minutes after
- ☐ Post your marked-up chart in the free Telegram or Discord community and ask for a review. Explaining your reasoning out loud is the fastest way to find the gaps.

Field	Your note
Session	
Asian range (high / low)	
News today	
Sweep seen? Which side?	
Trade taken / skipped and why	
Result (R)	

KEEP LEARNING

Where to go next

This guide is one free lesson. If it helped, these are the next steps, all optional.

Next step	What it is
Free community	Daily market notes, session plans and chart reviews. No signals for sale, no account managers.
Telegram	t.me/gorilacapital99
Discord	discord.gg/aHRUT6DhT
WhatsApp channel	whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06
Gorila Zones (\$49, one-time)	Our TradingView education tool that marks supply and demand zones, structure breaks and a historical stats table. Details: finance-gorila.pages.dev/indicator
Price Action Pro (coming soon on Skool)	The full course this guide comes from: structure, liquidity, zones, sessions and risk, with drills and chart reviews. Join the community above to hear when it opens.
More free guides	finance-gorila.pages.dev/free

Risk warning

Education only, not investment advice. Trading is high risk. Leveraged products such as CFDs and forex can lose money fast, and most retail accounts lose money. Past examples do not predict future results. Only trade money you can afford to lose, and check that any provider you use is authorised in your country.

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