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LONDON OPEN LAB · FREE GUIDE

London Open Playbook

The first hours of London are where many daily moves begin. A preparation routine and three common open scenarios.

Inside

- Why the London open matters
- Pre-open preparation in 15 minutes
- Three common open scenarios
- A London open trade plan template
- Time-zone table and checklist

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 the London open matters

London is the largest forex trading centre. When it opens, liquidity jumps and the overnight range from Asia is tested. On many days, the high or low of the day is set in the first few hours of London.

Time	UTC (summer)	UTC (winter)	Ho Chi Minh (summer / winter)
Frankfurt open	06:00	07:00	13:00 / 14:00
London open	07:00	08:00	14:00 / 15:00
Main London window	07:00-10:00	08:00-11:00	14:00-17:00 / 15:00-18:00
UK data (often)	06:00	07:00	13:00 / 14:00

Note

UK clocks change on the last Sunday of March and October. Check the date in your calendar.

PART 2

Pre-open preparation (15 minutes)

1. **Bias.** Read the daily and 4H. Is the higher timeframe bullish, bearish or ranging?
2. **Asian range.** Mark the high and low from roughly 00:00 UTC to the Frankfurt open.
3. **Key levels.** Mark the previous day high and low, and any HTF zone near the Asian range.
4. **News.** Check for UK, euro-area and German data in the first hours, and for any US data later.
5. **Scenario.** Write which side of the Asian range you expect to be taken first and what would make you stand aside.

Practice tip

A narrow Asian range (compared with recent days) often precedes a larger London move. A very wide Asian range often means London consolidates.

PART 3

Scenario 1: the false break (Judas swing)



A common London-open pattern: the Asian high is taken first, then price reverses through the range.

Price breaks one side of the Asian range at the open, takes the stops there, then reverses through the range. This is especially common when the break runs into a higher-timeframe zone against the daily bias.

- Trigger: sweep of the Asian high or low, close back inside the range, then displacement the other way.
- Entry: return into the fair value gap or order block left by the displacement.
- Stop: beyond the sweep extreme.
- Target: the opposite side of the Asian range first, then the previous day high or low.

PART 4

Scenario 2: the trend open



The other common case: a quick dip, then a clean break and trend away from the Asian range.

Sometimes there is no meaningful false move. Price dips briefly, then breaks the Asian range in the direction of the daily bias and keeps going. Waiting for a reversal on these days is costly.

- Clue: break in the direction of the HTF bias, with body closes and shallow pullbacks.
- Entry: first pullback into the broken Asian range edge or the first LTF FVG.
- Stop: back inside the range below the pullback low (for longs).
- If you missed it, let it go. Chasing a trend open late is a common source of losses.

Scenario 3: the quiet open

On holiday weeks or ahead of big US data, London may stay inside the Asian range. If nothing has happened by about two hours after the open, many traders stop looking for a London setup and wait for New York, or simply finish for the day.

PART 5

Trade plan template

Item	Your plan
Date / market	
HTF bias (one sentence)	
Asian high / low	
Previous day high / low	
News in the window	
Expected first liquidity target	
Scenario I am waiting for (1, 2 or 3)	
Trigger I need to see	
Entry / stop / target	
Position size (from stop distance)	
Stand-aside rule	
Latest time I will enter	

Common mistake

Entering the first candle of London because "it is moving". The first 15 minutes are often the noisiest part of the session.

PART 6

Rules that protect you

- Maximum one or two attempts per session. After two losses, the session is over.
- Set a latest-entry time (for example two hours after the open). Late setups have less room to run.
- Size from the stop distance, not from the number of lots you want to trade.
- Spreads can be wider in the first minutes; place stops with a buffer.

☐ Bias written before the open

☐ Asian range marked

☐ News checked

☐ Scenario chosen and stand-aside rule written

☐ Position size calculated

☐ 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.

PART 7

Practice

- [] Replay 20 London opens on EURUSD or gold. Label each as scenario 1, 2 or 3.
- [] Note how often the first side taken was the opposite of the day's eventual direction.
- [] For scenario 1 days, measure the move from the sweep to the opposite Asian edge in R.
- [] Repeat for a second market and compare.

Field	Your note
Date	
Scenario (1/2/3)	
First side taken	
Day's direction	
Trade? Result (R)	
Note	

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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