

THE ENDURA CANDLE TIMING

Timing Cards + Candle Patterns: FX, Metals, Indices & Crypto

ENDURA CHEAT SHEET ADD-ON

Revisionaries

Table of Contents

Start Here 3
- Trend, Manipulation, Consolidation 3
- How to read a Timing Card 5

What This Means for Your Trading 6
- Every conclusion, its label and its page 6

Three Timing Rules 8
- Trend candles set their low early 8
- No magic minute for Manipulation 9
- Busy hours trend, quiet hours consolidate 10
- The rules by group and by market 11

What Held, What Didn't 14
- Seven timing ideas, tested 14
- Across every market 15
- Market by market 16
- What we could not test 18
- At a glance, by group 19

Timing Cards 23
- FX majors and gold 23
- FX crosses 31
- Indices 53
- Silver and oil 63
- Hour by hour: every market 67

Bigger Candles 81
- Daily, weeks, months and quarters 81

Crypto 85
- What carried over from FX 85
- How this was measured 86
- On weekends 87
- At a glance 87
- Timing Cards 88
- Hour by hour: BTC, ETH, XRP, SOL 92

Candlestick Patterns 96
- How patterns were tested 96
- Ten patterns, tested 98
- Gold's bearish engulfing 99
- Patterns that mislead 100
- Patterns, market by market 101
- Crypto patterns 103
- Six ways a candle moves inside 105

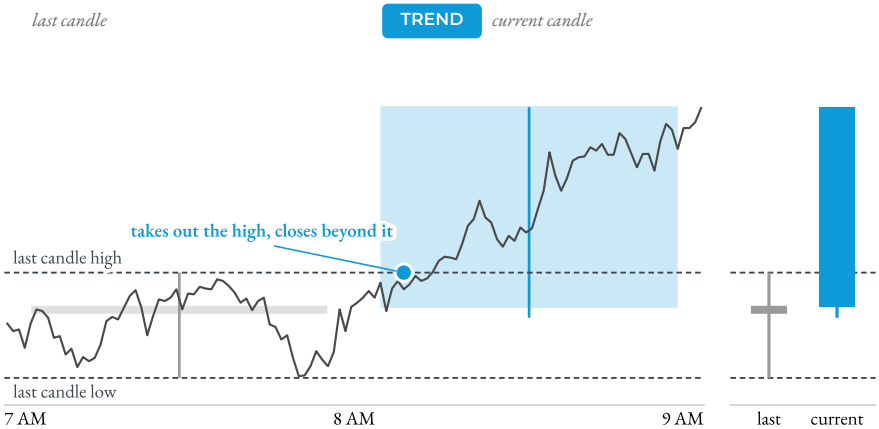
Using It Well 106
- What changed in this edition 106
- Data behind each market 107
- A simple routine, and how this was built 109

Start Here

Price can only do three things: trend, manipulate or consolidate. Each candle shows one of them, judged only by what it does to the last candle's high and low, never by its colour. Below are three real hours of EUR/USD, one for each state.

Trend

A decision. The candle takes out the last candle's high (or low) and closes beyond it, without first taking out the other side.



Example: EUR/USD · 21 Jan 2025 · 1-hour candle at 8 AM ET

Manipulation

The sweep that flips. The candle takes out the last candle's high (or low), then closes back inside it or through the other side.

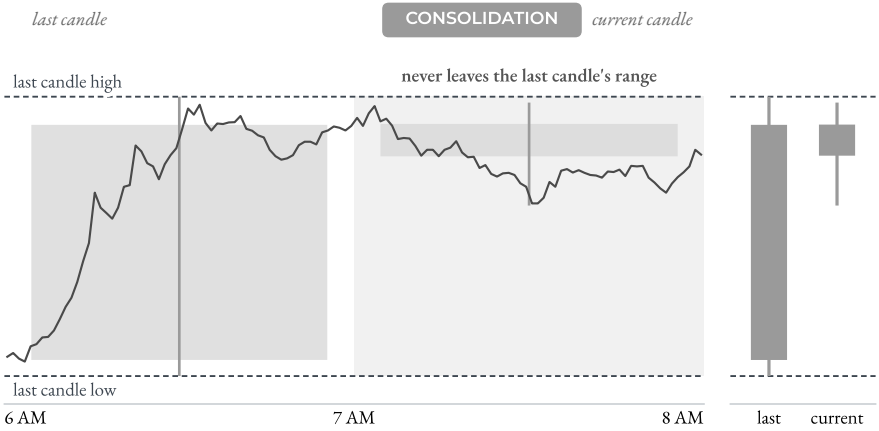


Example: EUR/USD · 5 Feb 2025 · 1-hour candle at 8 AM ET

Start Here (cont.)

Consolidation

Unwillingness. The candle never takes out either side of the last one.



Example: EUR/USD · 6 Jan 2025 · 1-hour candle at 7 AM ET

How to read these charts

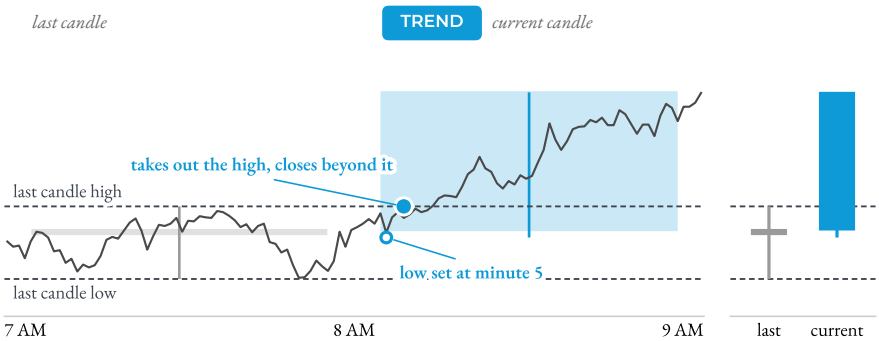
• **Grey box:** the last candle. **Coloured box:** the current candle, in the colour of its state.
• **Dashed lines:** the last candle's high and low. A candle's state depends only on what it does to these two lines.
• **Grey line:** the one-minute price path inside both candles.
• **Dot:** the event that decides the state. **Ring:** where the candle closes.
• **Right edge:** the same two candles as ordinary candlesticks, the shape you see on a finished chart.

This book shows, for each market and timeframe, the times when each state shows up more often than usual, measured on one-minute prices from 2010 to 2026 (crypto from 2020), each candle on about a dozen smaller bars.

TIMING RULE 1

Trend Candles Set Their Low Early

In 69% of 1-hour Trend candles (they break the last candle's high or low and close past it) the low (the high, if bearish) is in by minute 10. A random order of the candle's 5-minute moves that still makes a Trend candle gives 63%, so the market adds about 6 more in every 100 on top. Waiting for a deeper dip usually means missing the move.



Example: EUR/USD · 21 Jan 2025 · 1-hour candle at 8 AM ET. The low was set at minute 5; the candle never came back to it.

Where the 1-hour Trend candle sets its low (or high)

0-10	10-20	20-30	30-40	40-50	50-60
69%	14%	8%	6%	3%	1%

Share of Trend candles, by 10 minutes into the hour. FX majors, 2021-2026.

0-10	10-20	20-30	30-40	40-50	50-60
63%	16%	10%	6%	3%	1%

The same candles in a random order that makes the same Trend candle, for comparison.

FOR YOUR TRADING

Use it In a Trend candle, look for the pullback in the first minutes: 69% of 1-hour Trend candles set their low (or high) by minute 10, vs 63% for a random order. A deep dip later in the hour usually means the move has gone.

Don't read this as: every early low is a Trend candle; the state is only known at the close.

What Held, What Didn't

Seven common ideas about candle timing, tested on the FX majors and gold. Chosen on 2010-2021 data, checked on 2021-2026.

Idea	Result	What we found
A candle tends to keep going in the direction of the last close	Did not hold	Intraday candles continue the last close slightly *less* often than chance
The wick forms early, in the first quarter of the candle	Held, with a twist	On 5-minute to 1-hour candles. Early, yes, but mostly because Trend candles barely pull back: only about 1 in 3 pulls back a quarter of its range
Manipulation peaks 30 to 45 minutes into the hour	Did not hold	A sweep fails about as often as chance for its minute, early or late
The trend candle forms its wick first	Too small	Under half in 100 either way
A candle that pushes with no wick gets rejected next	Too small	Under 1 in 100 on every intraday timeframe, not reliable
Asia builds the day's wick	Less than chance	Asia holds the day's low (or high) about two days in three for JPY, AUD, NZD pairs and under half for EUR, GBP, CAD, CHF, but less often than a random order of the same hours gives
Monday to Tuesday builds the week's wick	Less than chance	About three weeks in four, a little less often than chance

Two things run through every market here. Trend candles usually set their low (or high) in the first minutes and rarely give a deep pullback after that. And the next candle turns slightly more often than it repeats the last close.

FOR YOUR TRADING

Use it Expect a Trend candle's low (or high) early in the candle.

Not an edge Drop the other timing habits: last close's direction, the mid-candle turn, the no-wick rejection, Asia building the day's wick and Monday-Tuesday building the week's wick are chance or the opposite.

Trend candle: breaks the last candle's high or low and closes past it. **Manipulation candle:** breaks the last candle's high or low, then closes back inside. **In 100:** a gap between two rates: +8.9 in 100 = 8.9 more in every 100 than usual.

TIMING CARDS · FX MAJORS AND GOLD

EUR/USD

Hour each behaviour shows up most

TF	Trend	Manipulation	Consolidation
5m	–	**9 AM** +2.3 in 100 ●	**6 PM** +7.3 in 100 ●
15m	–	–	**4 PM** +7.4 in 100 ●
30m	–	–	**4 PM** +10.0 in 100 ●
1h	–	**2 AM** +4.6 in 100 ●	–
4h	–	**1 AM** +5.4 in 100 ●	–
D	–	–	–

When the candle sets its low (or high)

TF	Trend candles	Manipulation candles
5m	**min 0-1** +4.4 in 100 ●	**min 0-1** +4.4 in 100 ●
15m	**min 0-1** +7.1 in 100 ●	**min 0-1** +5.2 in 100 ●
30m	**min 0-5** +4.8 in 100 ●	**min 0-5** +5.8 in 100 ●
1h	**min 0-5** +7.3 in 100 ●	**min 0-5** +6.1 in 100 ●
4h	–	–
D	**3 AM** +6.7 in 100 ●	**8 AM** +4.9 in 100 ●

GBP/USD

Hour each behaviour shows up most

TF	Trend	Manipulation	Consolidation
5m	–	**9 AM** +2.2 in 100 ●	**6 PM** +8.3 in 100 ●
15m	**1 AM** +2.3 in 100 ●	–	**6 PM** +11.3 in 100 ●
30m	**2 AM** +4.6 in 100 ●	–	**4 PM** +9.1 in 100 ●
1h	**2 AM** +9.2 in 100 ●	–	**12 PM** +7.5 in 100 ●
4h	**1 AM** +2.7 in 100 ○	**1 AM** +3.4 in 100 ●	–
D	–	–	**Mon** +5.7 in 100 ●

When the candle sets its low (or high)

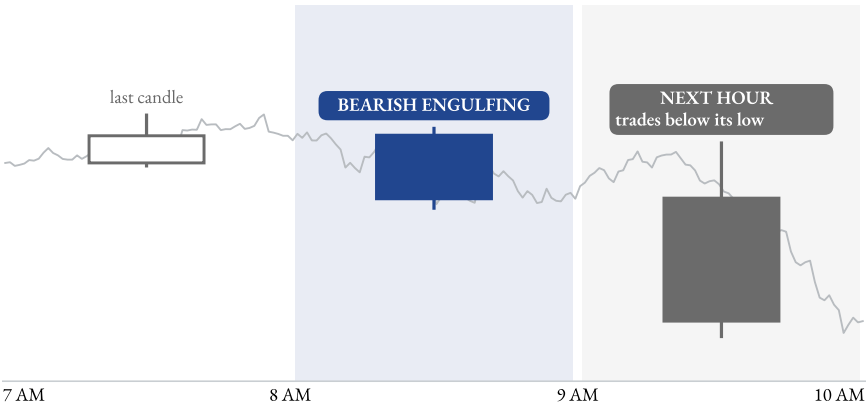
TF	Trend candles	Manipulation candles
5m	**min 0-1** +4.4 in 100 ●	**min 0-1** +4.6 in 100 ●
15m	**min 0-1** +7.1 in 100 ●	**min 0-1** +5.1 in 100 ●
30m	**min 0-5** +4.9 in 100 ●	**min 0-5** +5.8 in 100 ●
1h	**min 0-5** +7.9 in 100 ●	**min 0-5** +7.1 in 100 ●
4h	–	–
D	**3 AM** +5.7 in 100 ●	**3 AM** +7.0 in 100 ●

HOW TO READ A CELL **2 AM +4.6 in 100** (1h, Manipulation) = at 2 AM ET, 4.6 more 1h candles in every 100 are Manipulation than usual. **Trend:** takes the last candle's high or low, closes past it; **Manipulation:** takes it, closes back inside; **Consolidation:** neither.

Eastern Time (ET), checked on 2021-2026, first hour of the trading day left out. In 100: more in every 100 than usual; D = weekday (first table), the hour the daily low or high forms (second table, shown at +2 or more). ● also holds on other brokers · ○ OANDA only · – no time held up.

Gold's Bearish Engulfing

After a rally on gold's 1-hour chart, a bearish engulfing candle reached one pattern-range down first **9 times in 100** more often than ordinary candles after a rally. On silver the same candle did no better (+1). Averaged over both metals it still passed every check (+5), but gold carries it.



Example: XAU/USD · 2 Dec 2021 · 1-hour candle at 8 AM ET: the bearish engulfing after a bullish hour, and the drop that followed.

Read a row like this: bearish engulfing after a rally that "makes its high first, then drops through the last open". On gold, the next 1-hour candle fell one full pattern-range before rising one full range 9 times in 100 more often than after ordinary candles; on silver 2 times in 100 more often; on both together 6 times in 100 more often.

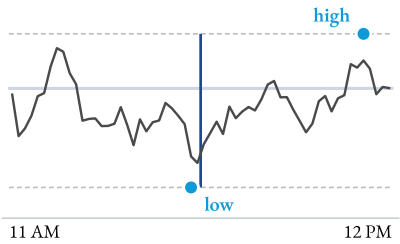
Version of the bearish engulfing	Gold	Silver	Both
Makes its high first, then drops through the last open	+9	+2	+6
Sets its low in the last quarter of the hour	+10	+2	+6
Forms in the lower third of the last 24 candles	+8	+6	+7

Numbers are times in 100: how much more often the next 1-hour candle won than after ordinary candles following a rally (win = one full pattern-range down before one full range up).

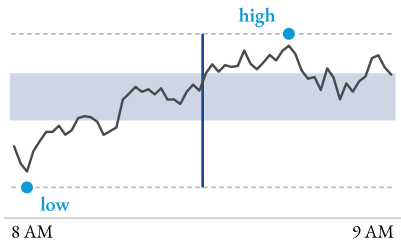
Only the last version works on silver too. A bearish marubozu after a rally also did better on gold (+12; silver +1; both +6).

Six Ways a Candle Moves Inside

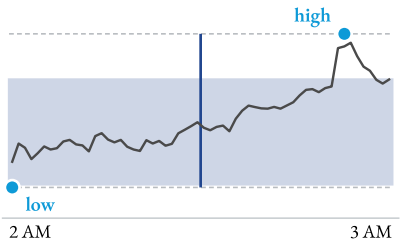
Every 1-hour pattern candle's one-minute path, scaled to its own range, falls into one of six shapes (found on 2010-2021 data only). Below, one real gold candle for each shape: the shaded band is the body (open to close), the line is how price got there, and the dots mark where the high and the low were set. The shape changes what comes next: averaged over gold and silver, a bearish marubozu after a rally that does its falling late in the hour (a late drop) turned the market about 8 times in 100 more often than ordinary candles.



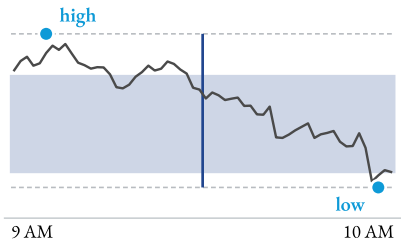
Dip and recover
Low mid-hour, then back to the open



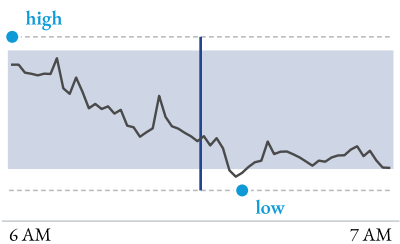
Early push, then drift
Low early, a quick push, then it drifts



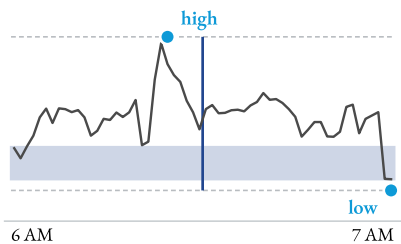
Late push
Quiet at first, climbs late in the hour



Late drop
Holds up early, falls late in the hour



Early drop, then drift
High early, a quick fall, then it drifts



Rally and fade
High mid-hour, then fades to close low

Two candles can print the same open, high, low and close and still get there in different orders. The order is what you can see live; the finished candle hides it.