

THE ENDURA DAILY CYCLES

Day Types + Session Sequences

ENDURA CHEAT SHEET ADD-ON

Revisionaries

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Start Here

How to read this book

Every trading day splits into three sessions by clock time: Asia, London, and New York. This book asks one question: once you know what Asia and London did today, what does that tell you about New York, before New York opens? All figures describe what already happened; nothing here is advice or an entry/exit suggestion.

The three sessions (New York time)

Session	New York time	UTC (winter)	London time (winter)
Asia	18:00–01:00 (+1)	23:00–06:00	23:00–06:00
London	01:00–09:00	06:00–14:00	06:00–14:00
New York	09:00–16:50	14:00–21:50	14:00–21:50

Clocks follow US daylight saving (times above are winter). The 16:50–17:59 New York window around each broker's daily reset is excluded from every session (spreads spike there).

Four day types

Every session gets one label, from how far it moved vs. this instrument's own last 250 sessions and how much of the move sat in the wick vs. the body:

Day type	What it means
Impulsive	Range as big as or bigger than at least 75% of its last 250 same sessions (the busiest quarter); not wick-shaped.
Consolidation	Range as big as or bigger than at most 25% of its last 250 same sessions (the quietest quarter); not wick-shaped.
Manipulation	Long wick, small body: the closing move is under a quarter (25%) of the session's range. Checked first; overrides Impulsive or Consolidation.
Normal	Everything else: a range in the middle half of sizes (between the quietest and busiest quarters) and a closing move of at least a quarter of the range.

Last 250 days: the latest 250 trading days in the data: the market now.

The Four Day Types

One real session of each type, picked as a clear case of its rule. The box runs from the session's low to its high; the line is price minute by minute. On the right: the session's range, the dashed **typical** range (the middle of its last 250 sessions), and the solid closing move (open to close). The dots underneath are those 250 sessions by size; the dark line is this one. All four broker feeds gave these sessions the same label.

How a session gets its label

1. Shape. Is the closing move (open to close) under a quarter of the range?

Yes: **Manipulation**
price went both ways; size does not matter

No: go to step 2

2. Size. Compare the range with this market's last 250 sessions of the same kind.

Busiest quarter
Impulsive

Middle half
Normal

Quietest quarter
Consolidation

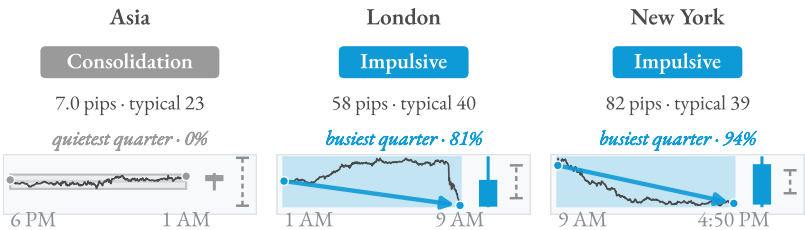
Busiest quarter: the range is as big as or bigger than at least 75% of those 250 sessions; quietest quarter: at most 25%. Normal is what is left: a middle-sized session that is not wick-shaped. Each of the next four pages shows one real session and walks through the two checks.

Last 250 days: the latest 250 trading days in the data: the market now. **Typical:** the middle value; half were bigger, half smaller.

KEY FINDING 1

Busy Follows Busy, Quiet Follows Quiet

After an Impulsive London, New York was Impulsive on **35.9%** of days, against 21.7% on any day: 14.2 more days in every 100 (likely 13.3 to 15.1 more, n=31,227). After a Consolidation London, New York was Consolidation on **28.7%** of days, against 16.4% on any day: 12.3 more days in every 100 (likely 11.6 to 13.1 more, n=22,939). Quiet follows quiet, busy follows busy. Asia's size carries too, a little less: 12.8 more Impulsive days in every 100 after an Impulsive Asia (34.5%), 10.3 more Consolidation days after a Consolidation Asia (26.7%).



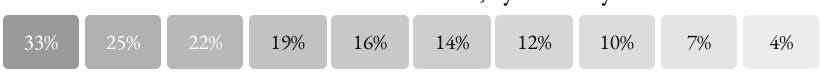
EURUSD · Fri 5 Jun 2026 · New York time. A busy London, then a busy New York. The most recent EURUSD day where all four feeds agree London and New York were both Impulsive.

How often New York was Impulsive, by how busy London was



London's quietest tenth — busiest tenth

How often New York was Consolidation, by how busy London was



London's quietest tenth — busiest tenth

All 33 markets, 2006–2026. London's range ranked against its own last 250 sessions, split into ten equal steps. On any day New York is Impulsive 21.7% and Consolidation 16.4% of the time.

FOR YOUR TRADING

Use it After a busy London, plan for a busy New York; after a quiet one, a smaller one. Use it the way you use ATR: how far to aim and where to put a stop, not which way to trade.

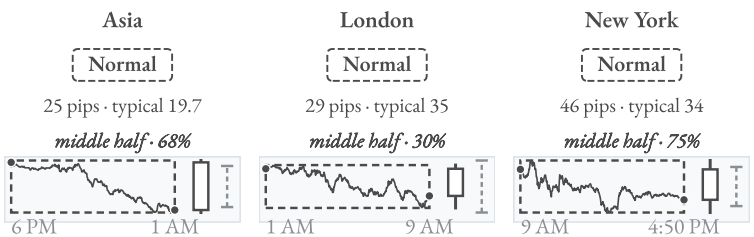
Don't read this as: a busy London tells you which way New York will go (Key Finding 2).

Last 250 days: the latest 250 trading days in the data: the market now.

The 16 Sequences

Normal → Normal

Asia Normal, then London Normal



EURUSD · Wed 23 Sep 2026 · New York time. The most recent EURUSD day where all four feeds agree on Asia and London; New York was Normal that day (OANDA). One day shows the shape, not the odds.

HOW OFTEN

13.1% of days (n=18,389)

WHAT NEW YORK WAS, VS ANY DAY (bar = the gap; centre = no gap)

Impulsive	17.6% vs 21.7%
Consolidation	16.0% vs 16.4%
Manipulation	26.8% vs 27.3%
Normal	39.5% vs 34.6%

NEW YORK CLOSES THE SAME WAY AS LONDON

NY continues	48.9% vs 49.5%

NEW YORK'S RANGE (vs its median over its last 250 sessions)

NY range	0.95x its usual size

FOR YOUR TRADING

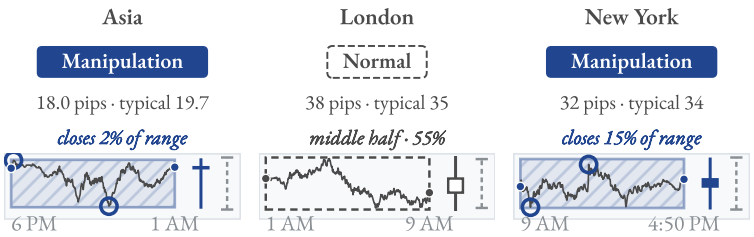
Not an edge New York's size is close to usual after this pair (0.95x).

Not an edge Direction: New York continues London 48.9% of the time, a coin flip.

Impulsive / Consolidation: the top / bottom quarter by size of its own last 250 sessions; **Manipulation:** closes under a quarter of its range from its open; **Normal:** the rest.

Manipulation → Normal

Asia Manipulation, then London Normal



EURUSD · Thu 24 Sep 2026 · New York time. The most recent EURUSD day where all four feeds agree on Asia and London; New York was Manipulation that day (OANDA). One day shows the shape, not the odds.

HOW OFTEN

9.8% of days (n=13,698)

WHAT NEW YORK WAS, VS ANY DAY (bar = the gap; centre = no gap)

Impulsive	18.3% vs 21.7%
Consolidation	16.7% vs 16.4%
Manipulation	26.5% vs 27.3%
Normal	38.4% vs 34.6%

NEW YORK CLOSES THE SAME WAY AS LONDON

NY continues	49.1% vs 49.5%

NEW YORK'S RANGE (vs its median over its last 250 sessions)

NY range	0.96x its usual size

Consolidation and Manipulation labels vary most between brokers (Key Finding 5): a softer read.

FOR YOUR TRADING

Not an edge New York's size is close to usual after this pair (0.96x).

Not an edge Direction: New York continues London 49.1% of the time, a coin flip.

Impulsive / Consolidation: the top / bottom quarter by size of its own last 250 sessions; **Manipulation:** closes under a quarter of its range from its open; **Normal:** the rest.

New York in Pips

How far New York typically travels, in pips, after each kind of London session: by currency first (every pair with that currency, a pair under both of its currencies), then market by market. GBPNZD is not among the 33 markets, so GBP and NZD pool six pairs.

Currency	All days	New York range after London was				Last 250 days
		Impulsive	Consolidation	Manipulation	Normal	
USD	**41**	51 **+10.4**	34 **−6.3**	40 −1.1	41 0.0	35
EUR	**43**	55 **+11.9**	37 **−6.4**	43 +0.2	43 −0.1	36
GBP	**50**	62 **+12.1**	41 **−8.8**	48 −1.4	51 +1.0	43
JPY	**55**	71 **+15.7**	44 **−11.5**	54 −1.0	55 +0.4	47
AUD	**36**	46 **+9.9**	31 **−5.6**	36 −0.3	36 −0.3	33
NZD	**30**	38 **+7.1**	27 **−3.9**	30 0.0	30 −0.2	27
CAD	**40**	49 **+8.6**	34 **−5.8**	40 +0.1	40 −0.2	34
CHF	**29**	37 **+8.4**	25 **−4.3**	28 −0.8	29 +0.3	23

Median New York session range, 2023–2026, OANDA; "Last 250 days" is the same median over each market's latest 250 days. The small figure is the gap to the all-days range: **blue** or **red** when its likely range stays clear of zero, grey when it could be chance.

Every currency shows the same order: New York travels furthest after an Impulsive London and least after a Consolidation London. So do 32 of the 33 markets (not USOIL). Ranges drift: over the last 250 days most FX pairs ran quieter than their 2023–2026 median, while gold was 2.3x and silver 3.3x larger. Click a currency for its full matrix.

FOR YOUR TRADING

Use it Set New York targets from London's day type: across USD pairs New York ran 51 pips after an Impulsive London, 34 after a Consolidation one, 41 on any day.

Use it Size today's targets from the last 250 days.

Don't read this as: a bigger New York range means a trend day in London's direction.

Impulsive / Consolidation: the top / bottom quarter by size of its own last 250 sessions; **Manipulation:** closes under a quarter of its range from its open; **Normal:** the rest.

EURUSD

pips · 2023–2026

USD majors. Figures in pips. Over the last 250 trading days, New York's median range was 34 pips. Rows: London's day type, then each Asia before it. NY range: the median New York session for those days; shaded where New York's mix differs from all days by more than chance.

Asia → London	Days	NY range	vs all days	Impulsive	Consolidation	Manipulation	Normal	Same way
All days	967	41	baseline	17%	22%	25%	35%	50%
London Impulsive	169	51	**+10.4**	30%	9%	26%	36%	45%
after Asia Impulsive	62	53	**+12.0**	32%	8%	35%	24%	49%
after Asia Consolidation	*23*	*49*	*few days*	*17%*	*13%*	*4%*	*65%*	*52%*
after Asia Manipulation	34	61	**+20**	44%	3%	32%	21%	50%
after Asia Normal	50	43	+2.2	22%	12%	20%	46%	34%
London Consolidation	211	35	**−5.8**	9%	26%	31%	34%	57%
after Asia Impulsive	*18*	*37*	*few days*	*0%*	*6%*	*50%*	*44%*	*39%*
after Asia Consolidation	80	35	**−5.8**	9%	24%	28%	40%	59%
after Asia Manipulation	49	33	**−7.4**	12%	33%	31%	24%	53%
after Asia Normal	64	36	−4.3	11%	28%	30%	31%	64%
London Manipulation	222	41	−0.1	21%	27%	19%	32%	49%
after Asia Impulsive	45	50	**+9.8**	36%	20%	20%	24%	43%
after Asia Consolidation	54	33	**−7.6**	15%	41%	19%	26%	43%
after Asia Manipulation	37	33	−7.3	16%	27%	30%	27%	49%
after Asia Normal	86	42	+1.8	19%	23%	15%	43%	56%
London Normal	365	40	−0.9	15%	23%	25%	37%	48%
after Asia Impulsive	49	47	+6.7	22%	14%	29%	35%	33%
after Asia Consolidation	83	35	**−5.5**	8%	39%	24%	29%	52%
after Asia Manipulation	98	41	+0.2	18%	19%	27%	36%	50%
after Asia Normal	135	41	+0.7	13%	19%	24%	44%	49%

Day types, against the session's own last 250: **Impulsive** the top quarter by size, **Consolidation** the bottom quarter, **Manipulation** closes under a quarter of its range from its open, **Normal** the rest. Same way = how often New York closed in London's direction (days both moved). Grey italic: under 30 days. The gap is coloured only when its likely range stays clear of zero.