

# Lesson 1: FX Market Structure and Liquidity Map

## Overview

- Learn how FX pricing works, who moves price, and how sessions shape liquidity.

## Key Concepts

- FX is decentralized; liquidity and spreads change by session.
- Liquidity pools cluster near obvious highs, lows, and round numbers.
- London and New York overlap provide the strongest flow.

## Framework

- Define bias on H1 or H4.
- Mark prior day high/low and Asia range.
- Check news and pick the session window.
- Plan entries around liquidity sweeps and retests.

## Checklist

- Bias defined and levels marked.
- Session window selected.
- News and spread checked.
- Max loss rule set.