

# Lesson 5: Sessions, Volatility, and Timing

## Overview

- Learn when to trade and how volatility changes stop and target size.

## Key Concepts

- London and NY overlap is highest liquidity.
- Asia is often range-bound.
- ATR helps scale stops and targets.

## Framework

- Pick a session window.
- Measure volatility with ATR.
- Wait for a clean trigger.
- Exit before liquidity fades.

## Checklist

- Session window selected.
- ATR checked.
- News window clear.
- Target aligns with volatility.