KIWI GOLD SIGNALS

Gold Levels Cheat Sheet

The four things we mark on XAUUSD before the session opens.

1. ORDER BLOCK

The last candle in one direction before price moved hard in the other. Before a big push up, the last down candle. Before a big drop, the last up candle. That candle is where the size went in.

Mark it: find the strong move first, then take the body and wick of the last opposite candle. No displacement leaving it means no order block, just a candle.

The first touch is the one that counts. Each return uses up more of the resting interest. By the third visit there is usually nothing left.

2. FAIR VALUE GAP

Three candles in a row where the first candle's wick and the third candle's wick do not overlap. Price moved through that area so fast that one side never got to trade there.

Size is the whole thing. Most gaps on a one minute gold chart are two or three pips of nothing. On our own data the useful ones start at about **ten pips**. Below that a gap is just a fast candle.

A gap on its own is a weak reason. It gets useful when it sits inside something else that already matters.

3. PDH AND PDL

Previous day high and previous day low. No setting to argue about and no version only you can see. Everyone looking at gold has the same two lines, and stops sit on both sides of them.

Sweep: price pushes through, takes the stops, comes straight back inside. The level held.
Break: price goes through and stays through. Now it is a floor instead of a ceiling.

You do not know which at the moment of the touch, which is why a stop belongs on the far side of the level rather than right at it.

4. SESSIONS, IN LOCAL TIME

Country	Asian	London	New York
United Kingdom	00:00-08:00	08:00-17:00	13:30-22:00
United States (ET)	19:00-03:00	03:00-12:00	08:30-17:00
Australia (AEST)	09:00-17:00	17:00-02:00	22:30-07:00
New Zealand	11:00-19:00	19:00-04:00	00:30-09:00
Singapore / Malaysia	07:00-15:00	15:00-00:00	20:30-05:00
India (IST)	04:30-12:30	12:30-21:30	18:00-02:30
UAE (GST)	03:00-11:00	11:00-20:00	16:30-01:00
South Africa (SAST)	01:00-09:00	09:00-18:00	14:30-23:00

The **London and New York overlap** carries more volume than the rest of the day put together. If you only have a few hours, watch that. There is also a one hour break each day when the server rolls the date over, usually 09:00 to 09:15 New Zealand time. Spreads widen badly right before it.

WHAT THE SPREAD AND COMMISSION TAKE

On gold a 1.00 lot position is 100 ounces, so every **0.01 of spread is one dollar per lot**. At two trades a day, 250 days a year, a 0.30 spread with $7.00 commission costs about **$18,500 a year**. On raw ECN pricing that same year is closer to **$7,500**.

Our own commission dropped from **$10.53 to $3.00 per lot** on the same trades and the same size when we moved the account across. Work out your own year at kiwigoldsignals.com/costs

Every closed trade, in pips

Free Telegram channel: t.me/kiwigoldsignals

Full record with dates: kiwigoldsignals.com/results

Live chart, every session: youtube.com/@kiwigoldsignals/live