

Peace – Here are thoughts on trading Gold futures (MGC) and MNQ with the
“MFB – One Chart – 1 min indicator”

The recommended times for trading:

NY session – **10:00am to 12pm EST**

Asia session – **9pm to 10:30pm EST**

The indicator works with usual **key level response trading**, and the 9am to 10am EST high/low is a “Shared Reference” for MNQ and MGC.

The **9:00–10:00 ET range works as a shared reference** because both MGC and MNQ are simultaneously influenced by the same overlapping participation window.

The high and low of that hour represent the first contested boundaries of the U.S. session — making them natural levels for sweeps, reversals, and continuation signals throughout your Q3 (Distribution) trading window.

And a more complete “Trading Time Windows” list -----

Trading Time Windows

- For MNQ -

EST

9:30–10:00 Opening volatility / establish structure

10:00–11:00 ★ Prime trading window

11:00–11:30 (if valid trade setup)

3 – 4 pm (2nd Power Hour)

Asia session – **9pm to 10:30pm EST**

- For MGC –

8:20–9:30 ★ Primary Gold trading window

Asia session – **9pm to 10:30pm EST**

MGC Value Condition at 8:20 AM Open:

Price Location	Condition	Approach
Above Prev Day VAH + holds	Bullish	Look for CISD longs at VAH retest or VWAP

Price Location	Condition	Approach
Below Prev Day VAL + holds	Bearish	Look for CISD shorts at VAL bounce
Inside Prev Day VA	Balanced	Wait for VAH or VAL test — no mid-value trades
Above VAH but overnight VA is inside Prev Day VA	Caution	Overnight didn't confirm. Watch for failed breakout back inside
Outside value + Overnight VAH/VAL also outside	Strong conviction	Overnight participants already accepted the new price. Higher probability expansion

“Beyond-value setups carry higher conviction and cleaner R:R. When price is outside value and your indicator confirms structure in the same direction, the market is in imbalance and momentum is your ally. Inside value, you are fighting rotation with no clear momentum driver.” (STB)

For trade support – **CISD on the 15 min chart:**

What CISD is actually doing:

A 15-minute CISD (Change in State of Delivery) is price structurally committing to a direction on a meaningful timeframe. Its not a wick, not a spike — its a candle closing beyond a level, which means the market is

accepting value there. That's why it works as confirmation rather than anticipation – Peace –

(Next is courtesy “Smarttrader AI”)

Trading the 15-Minute CISD at Key Levels

The Core Idea

The 15m CISD is only as good as the level it's sitting on. The signal is the trigger. The key level is the reason.

The Setup — 4 Requirements

#	Requirement	Detail
1	Key Level Present	Price must be at VAH, VAL, POC, Overnight VAH/VAL, Asia High/Low, or 9-10 AM Range High/Low
2	Value Condition Confirmed	Outside value = trade it. Inside value = only trade at VAH or VAL boundary. Never mid-value.
3	9/20 EMA Aligned	Bullish CISD = 9 EMA above 20 EMA at candle close. Bearish CISD = 9 EMA below 20 EMA.
4	1m Entry Confirmation	Wait for the HTF/LTF alert — same direction 1m signal at the 15m close. This is your precision entry.

The Trade Plan — Step by Step

STEP 1 — PRE-SESSION

Mark your key levels (prev day VAH/VAL/POC,

overnight VAH/VAL, Asia high/low)

Classify condition: Bullish / Balanced / Bearish

STEP 2 — WAIT

Do nothing until price reaches a key level.

Not near it. AT it.

STEP 3 — QUALIFY THE CISD

✓ Is this a meaningful key level?

✓ Is EMA aligned with the signal direction?

✓ Is value condition supporting this direction?

All three yes = proceed to Step 4.

Any no = pass the trade.

STEP 4 — ENTRY

Enter on the 1m confirmation signal

at the 15m candle close.

Not before. Not anticipated. On the close.

STEP 5 — MANAGE

Stop: One tick beyond signal candle high/low

OR nearest FVG invalidation

Target: 1:1 minimum (indicator guide)

Trail: Move stop to next FVG if price

moves in your favor

Exit rule: FVG invalidated = thesis gone,

exit immediately.

Quick Decision Filter

Price at key level?

|

YES

|

Outside value area?

|

YES ————— NO (inside value)

|

|

EMA aligned? Only trade if AT

|

VAH or VAL edge

YES

|

1m confirmation?

|

YES

|

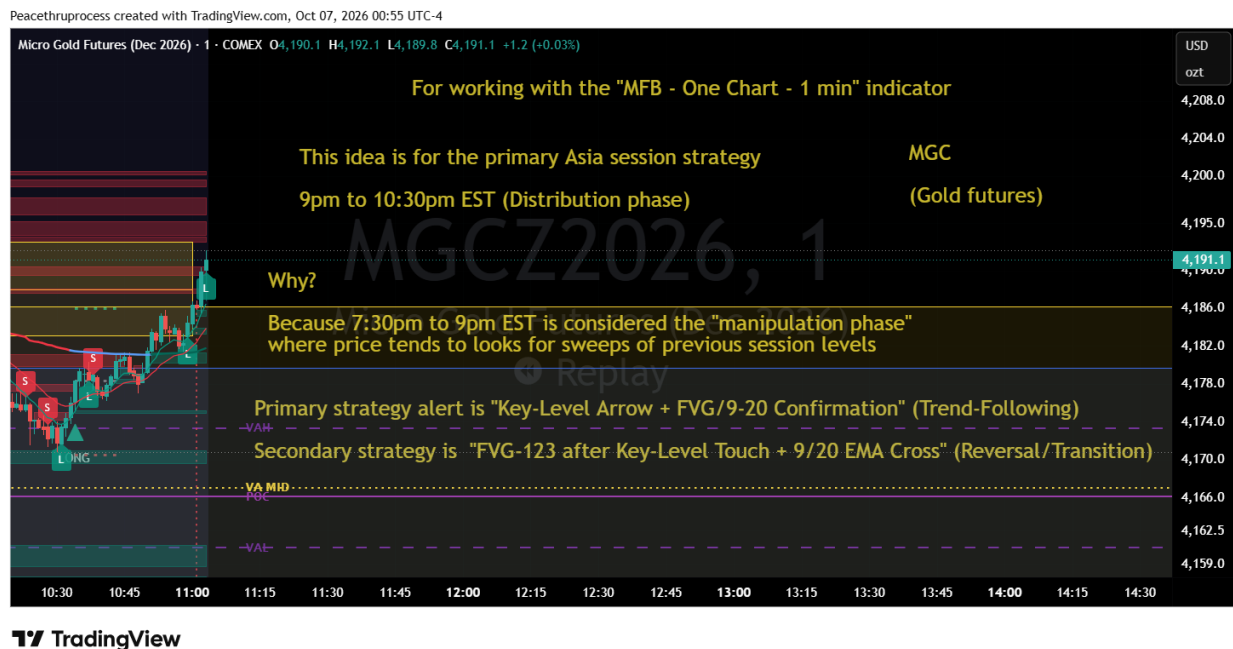
ENTER 

⚠ The One Rule That Filters Most Bad Trades

If you can't name the key level the CISD is sitting on before you enter — don't enter.

The signal without the level is just noise. The level without the signal is just a line. Together, they're a trade.

That's it. Nothing added, nothing extra. That's the 15m CISD distilled from everything we built today.



Summary Table — Quick Reference

Session	Bullish Read	Balanced Read	Bearish Read
MNQ 9:30–10:00	Open above prev VA, holds	Open inside prev VA	Open below prev VA, holds
MNQ 10:00–11:00	Holding above VAH, pullbacks to VAH	Churning between VA-Mid & boundaries	Holding below VAL, bounces rejected
MNQ 11:00–11:30	AM target not hit, continuation	Bell curve profile, no clear draw	P-profile at highs, distribution
MNQ 3:00–4:00 PM	VAH reclaimed after lunch accumulation	Inside value, no new draw	AM bear trend with continuation
MNQ Asia	Above prev day VAH	Inside prev day VA	Below prev day VAL
MGC 8:20–9:30	Above VAH, EMA bullish	Inside VA	Below VAL, EMA bearish
MGC Asia	Higher highs vs prev close	Tight range, coiled	Lower lows vs prev close