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Strike with precision

The Tokyo Session Playbook

How disciplined traders read, trap, and trade the world's quietest — and most
predictable — FX session.



SENPAITRADES · TOKYO SESSION KATANA TRADERS

Why the Tokyo session

Most traders lose money fighting the loudest hours — chasing the London and New York expansion after the move has already left. The Tokyo session rewards the opposite temperament: patience, structure, and one clean cut.

The Asian session is quiet by reputation, but that quiet is the point. Ranges are tighter, liquidity is thinner, and price tends to **build the box that London later breaks**. If you can map that box and respect your risk, the Tokyo session becomes one of the most readable windows of the trading day.

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Who this is for

- ◆ Traders who can't sit at the London/NY open
- ◆ Anyone trading JPY pairs (USD/JPY, GBP/JPY)
- ◆ People who want fewer, cleaner setups
- ◆ Community leaders teaching a repeatable routine

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What you'll take away

- ◆ The exact hours that matter, in your timezone
- ◆ The levels that define the session
- ◆ Three concrete, rules-based setups
- ◆ A risk model and a pre-session checklist

Risk disclaimer. This playbook is educational content, not financial advice or a solicitation to trade. Trading foreign exchange carries a substantial risk of loss and is not suitable for everyone. Past performance and example setups do not guarantee future results. Never risk money you cannot afford to lose, and seek independent advice where appropriate. You alone are responsible for your trading decisions.

What actually happens at the Tokyo open

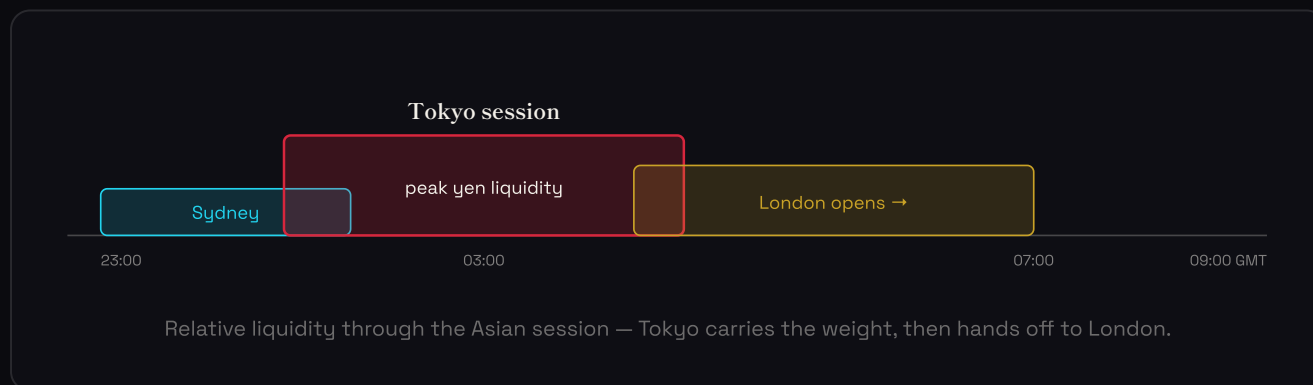
When Tokyo desks come online, yen liquidity returns to the market and the first real direction of the Asian day is set. Volatility is lower than London, but it is not random — it is *accumulative*. Price coils.

Character of the session

- ◆ **Tighter ranges.** Smaller average true range than London/NY.
- ◆ **Mean-reverting.** Edges of the range get faded more often than they break — until they don't.
- ◆ **JPY-led.** The yen and its crosses carry the volume and the cleanest structure.
- ◆ **Range builder.** The high/low printed here become London's trigger levels.

What moves it

- ◆ **Bank of Japan** policy, statements and interventions.
- ◆ **The Tokyo fix** (≈09:55 JST) — institutional flow can spike JPY pairs.
- ◆ **Japanese & Chinese data** — CPI, trade balance, PMIs (China drives AUD/NZD).
- ◆ **Carry sentiment** — risk-on/off shifts hit JPY first.



Know the clock, own the move

Session hours

SESSION	GMT / UTC	JST
Sydney	21:00–06:00	06:00–15:00
Tokyo	00:00–09:00	09:00–18:00
Tokyo fix	≈00:55	≈09:55
London opens	08:00	17:00

Convert to **your** timezone once and write it on the wall.
The live clock at senpai trades.com does it for you.

The pairs that wake up

PAIR	WHY IT MOVES
USD/JPY	The session's anchor — fix & BOJ flow
GBP/JPY	Volatility play; respects the range, runs on breaks
EUR/JPY	Cleaner ranges, smoother trends
AUD/USD	China/commodity & data sensitive
AUD/JPY	The risk-on/off barometer

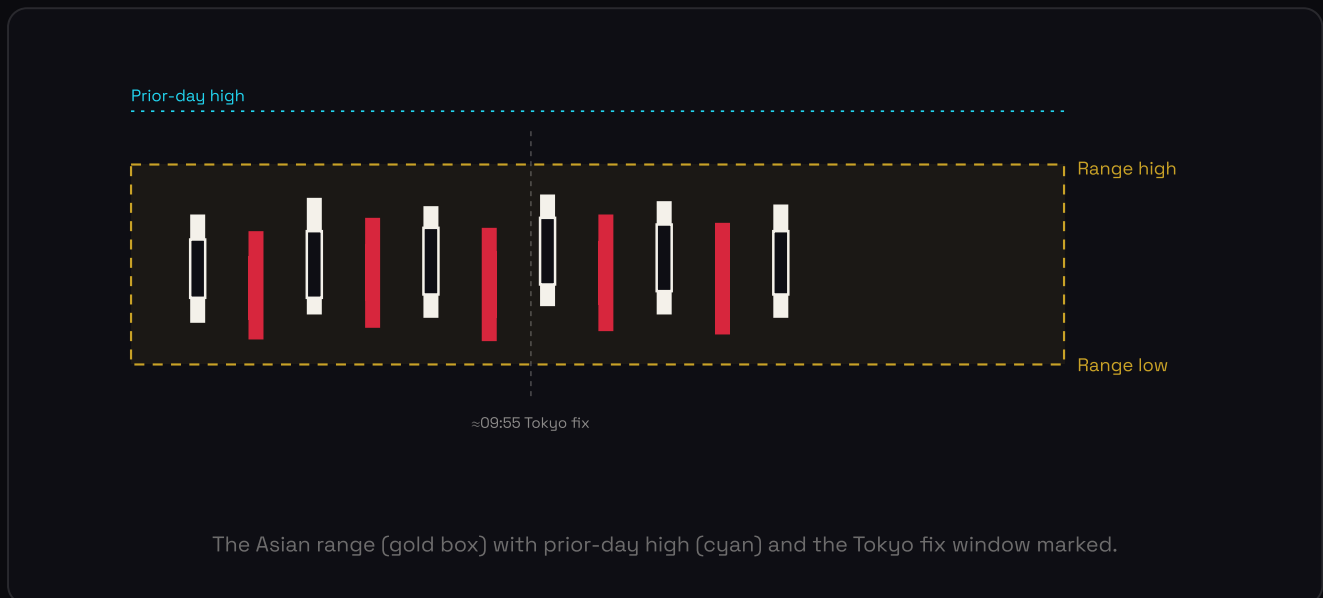
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The one idea that ties it together

Tokyo **builds a box**. The high and low of the Asian range are the most important levels of your morning. Trade *inside* the box with the fade, or trade the *break* of the box into London — but always know where the box is before you click.

Mark the box before the move

Three levels frame every Tokyo trade. Draw them first; everything else is reaction.



1 · The Asian range

High and low of the Tokyo hours. The single most useful structure of the session.

2 · Prior-day high / low

Magnets and barriers. Confluence with the range edge makes a level worth trading.

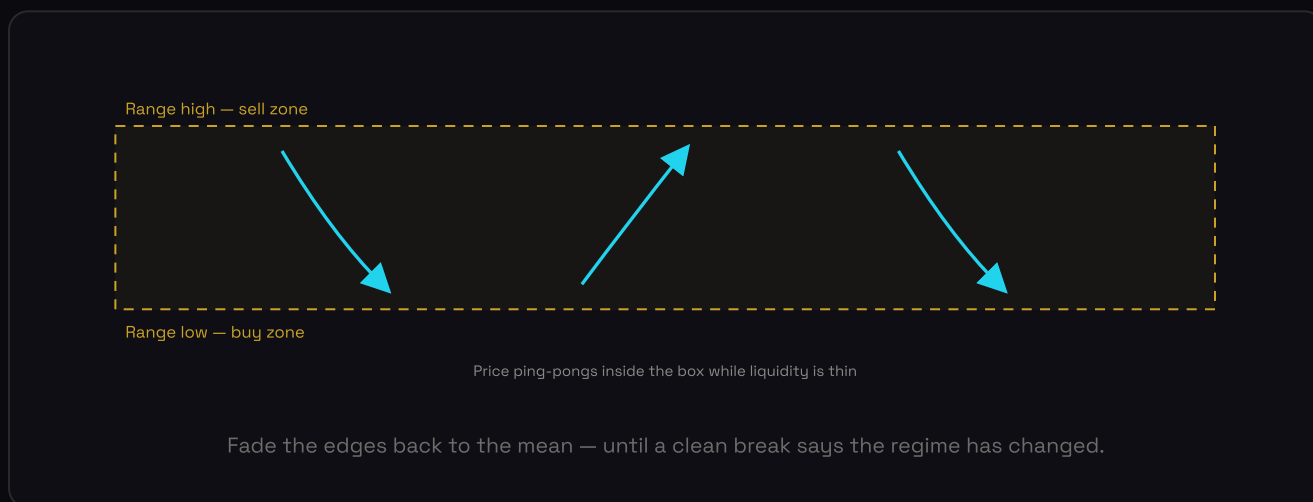
3 · The Tokyo fix (≈09:55 JST)

Institutional flow can spike JPY pairs around the fix. Expect noise; don't confuse it for direction.

The Asian Range Fade

The bread-and-butter Tokyo trade. While the box holds, fade its edges back toward the middle.

<p>BIAS</p> <p>Mean reversion</p>	<p>BEST PAIRS</p> <p>EUR/JPY · USD/JPY</p>	<p>TYPICAL R:R</p> <p>1 : 1.5</p>
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Rules

- 1 Wait for a defined range ($\geq 3-4$ candles holding a high & low).
- 2 Enter on a rejection wick at the edge — not on touch alone.
- 3 Stop just beyond the range edge (+ small buffer for the fix).
- 4 Target the mid-range or opposite edge; bank partials at the mean.

WORKS WHEN

Quiet pre-London hours, no high-impact news, clear horizontal range.

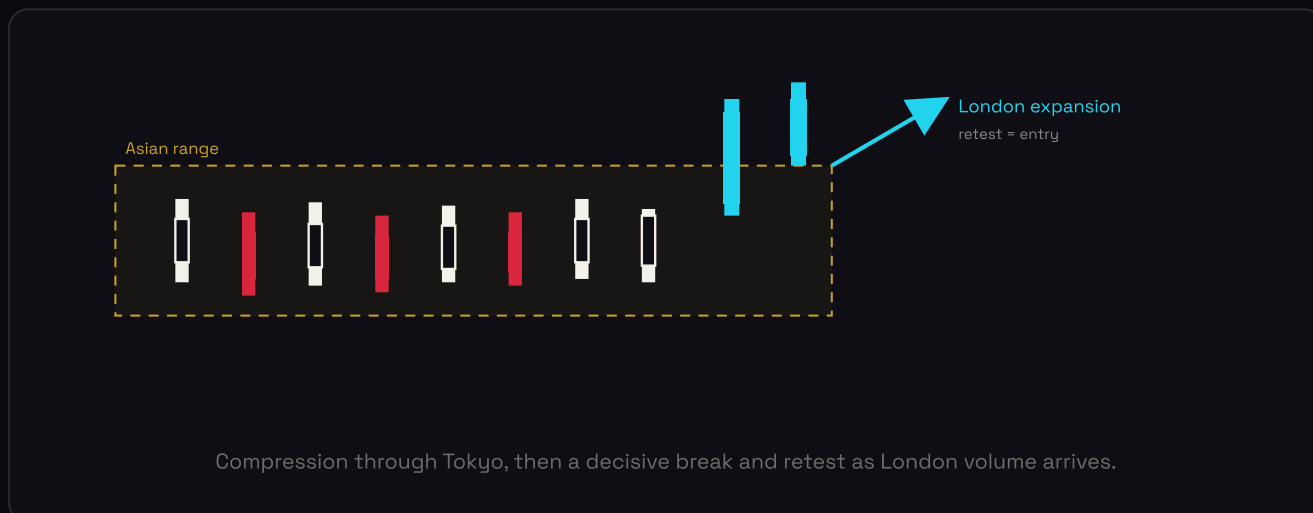
FAILS WHEN

News/fix-driven expansion, or late session as London nears — edges break instead of holding.

The Range Breakout into London

The session's biggest opportunity: the box that Tokyo built becomes the launchpad London ignites.

BIAS	BEST PAIRS	TYPICAL R:R
Momentum	GBP/JPY · USD/JPY	1 : 2.5+



Rules

- 1 Mark the range high & low in the last hour of Tokyo.
- 2 Wait for a candle to **close** beyond the edge (no wick-only fakeouts).
- 3 Enter the retest of the broken edge as new support/resistance.
- 4 Stop back inside the range; target 1-2x the range height.

WORKS WHEN

A tight Asian range into the London open, ideally with a news catalyst.

FAILS WHEN

Wide, messy range or a false break that snaps straight back inside — wait for the close & retest.

JPY momentum & the risk model

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Setup 3 · JPY news/fix momentum

Around the Tokyo fix or a BOJ/data release, JPY pairs can trend hard. This is an **advanced**, optional play — only with a plan.

- ◆ Trade *with* the impulse only after the initial spike settles into a one-direction pullback.
- ◆ Smaller size — spreads widen and slippage is real in the first seconds.
- ◆ No plan, no trade. If you're guessing, you're the liquidity.

The risk model — non-negotiable

- ◆ **Risk a fixed %** per trade (most pros: 0.5–1%).
- ◆ **Define the stop first**, then size to it — never the reverse.
- ◆ **Cap daily loss** (e.g. 2–3%). Hit it? Close the laptop.
- ◆ **Mind the spread** at session open on crosses like GBP/JPY.

Position-size formula

Size = (Account × Risk%) ÷ (Stop in pips × Pip value)

Example: \$10,000 account, risk 1% = \$100.
Stop 20 pips on USD/JPY (≈\$9.13/pip per lot) →
≈ \$100 ÷ (20 × 9.13) ≈ **0.55 lots**.

Pip values vary by pair, lot size and account currency — always confirm with your broker's calculator before sizing. Examples are illustrative, not recommendations.

The pre-session ritual

Discipline is a checklist you actually run. Print this. Use it every session.

Before — set the board

- ◆ Mark prior-day high/low and the developing Asian range.
- ◆ Check the calendar: BOJ, JP/CN data, the fix.
- ◆ Note spread on your pair; avoid the first chaotic minute.
- ◆ Write your one-line plan: "If X, I do Y."

During — wait, then cut

- ◆ Only trade the levels you pre-marked.
- ◆ Confirm with a wick/close — no anticipation entries.
- ◆ Size to your stop; set it before you're filled.
- ◆ One clean trade beats five anxious ones.

After — sharpen the blade

- ◆ Screenshot every entry and exit.
- ◆ Did you follow the plan? (Yes/No matters more than win/loss.)
- ◆ Log R multiple, not dollars.
- ◆ One lesson per session. Compound the habit.

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This is one morning in the dojo.

The playbook is the map. The edge comes from running it every session — with live signals, mentorship, and a room full of disciplined traders calling the same levels.

Enter the dojo → senpai.trades.com

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