



AMD Session Model

AMD | ADVANCED | Timeframes: 15M, 5M (context: 1H)

STATUS: LEARNING

Not backtested: a concept or discipline framework. Treat it as unproven.

Past results do not guarantee future results. Educational use only.

What it is

The AMD (Power of Three) model describes a session as three phases: a quiet accumulation range, a manipulation move that sweeps one side of that range, and a distribution move in the opposite direction. This strategy trades the distribution after the manipulation closes back inside the range.

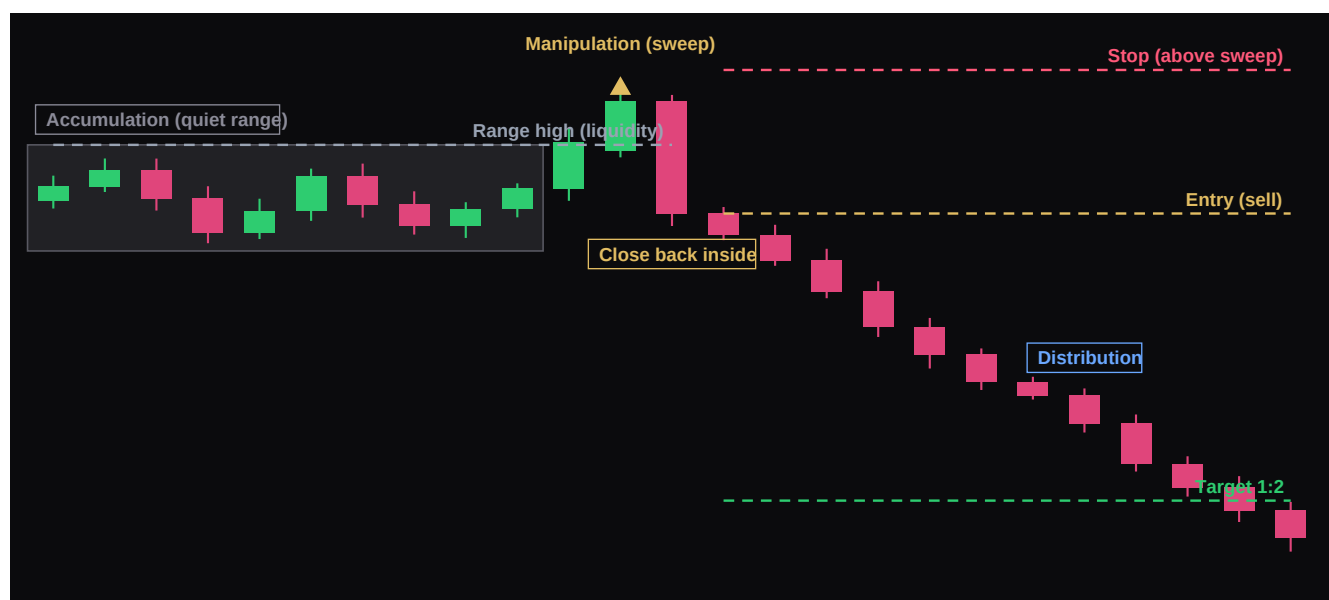
In simple words

First the market is quiet and moves sideways. Then it makes a false move beyond one side to trick traders. Then it goes the other way for real. We wait for the false move to fail, then trade the real one with the stop above the false move.

Why it may work

Quiet ranges build resting orders on both sides. A sweep of one side can trigger those orders and clear the way for the opposite move. Whether a given day follows this pattern is uncertain, so the model must be tested and skipped when it does not appear.

Example chart



A quiet range (accumulation), a spike above its high (manipulation) that closes back inside, then a move down (distribution).
(Illustrative diagram drawn by Bahari Academy. It is not real market data and not a prediction.)

Best market conditions

- A clear, tight range (often in the Asian session)
- A sweep of one side during a more active session (London or New York)
- A candle closing back inside the range
- A structure shift after the sweep

When NOT to trade it

- No clear range formed
- Price closes beyond the range and holds
- The sweep is enormous so the stop is too wide
- High-impact news at the open

Timeframes

Entry: 15M, 5M. Context: 1H. Mark the range on the 1H chart; trade the sweep and the reversal on the 15M or 5M chart.

Step-by-step setup

1. Mark the high and low of the quiet range
2. Wait for a sweep of one side in an active session
3. Wait for a close back inside the range
4. Look for a structure shift in the opposite direction
5. Enter on the pullback; stop beyond the swept extreme
6. Target the other side of the range or beyond

Entry rules

- The sweep closed back inside the range
- A structure shift confirms the new direction
- Enter on the first pullback with a reaction candle

Stop loss

Beyond the extreme of the manipulation move. A new extreme invalidates the idea.

Take profit

The opposite side of the range, then the next liquidity; a fixed 2R is the minimum.

Risk / reward

At least 1:2. Ranges are often wide enough for 1:3, but verify on your market.

Confirmation

- A strong candle closing back inside the range
- A lower-timeframe change of character
- The session window matches your market's active hours

Invalidation

- A close beyond the manipulation extreme
- Price holds outside the range for several candles

Common mistakes

- Forcing AMD on every day
- Entering during the sweep
- Using the wrong time zone for sessions
- Skipping the structure shift

How this strategy performed in our own backtests

Not backtested: this is a concept or discipline framework that our rule engine cannot express yet. Learn it, practise it in challenges, and treat it as unproven.

Quiz

1. In AMD, manipulation is:

- A) A false move beyond one side of the range
- B) The quiet range
- C) The final trend
- D) News

Answer: A. It takes liquidity beyond one side before the real move.

2. The distribution phase typically moves:

- A) Opposite to the manipulation
- B) In the manipulation direction
- C) Randomly
- D) Nowhere

Answer: A. The real move goes against the false one.

3. A sensible attitude to AMD is:

- A) It happens every day
- B) It is a model to test and skip when absent
- C) It guarantees profit
- D) It replaces risk management

Answer: B. Many days do not follow it.

Practical challenge

Look for a range, a sweep and the move that follows in an intraday challenge. Open Challenges on bahari-academy.netlify.app to practise with the future candles hidden.

Important

Trading involves risk, and you can lose money, including all of the capital you risk. This lesson is for education only and is not financial advice. Nothing here guarantees profit, and backtested results do not guarantee future results.