

# LIQUIDITY: BUYSIDE & SELLSIDE



# Liquidity

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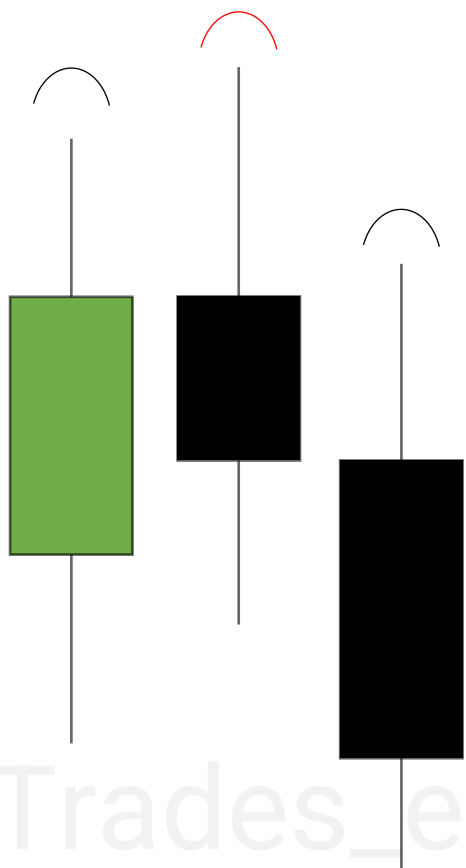
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Session Highs & Lows

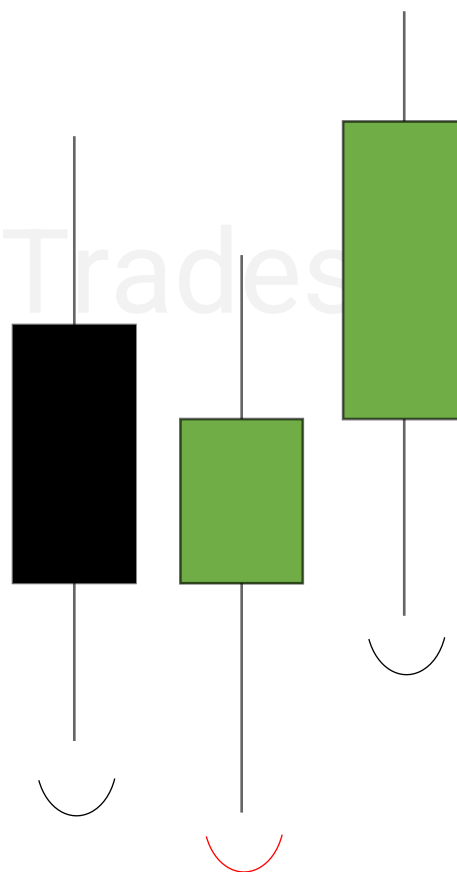


## Swing Highs & Lows



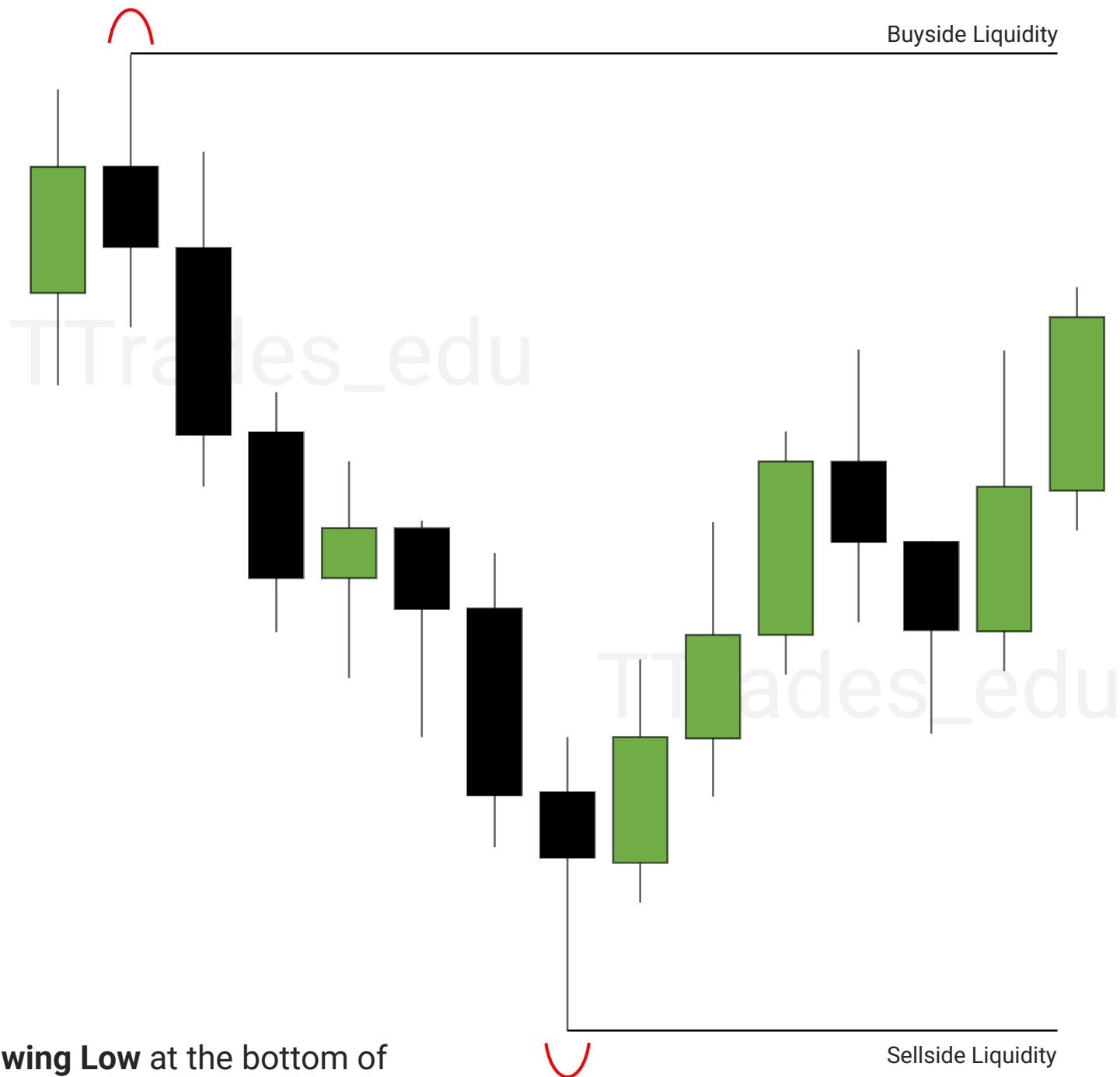
A **Swing High** is formed when there is a high with a lower high to the left and right.

A **Swing Low** is formed when there is a low with a higher low to the left and right.



## Buyside & Sellside

A **Swing High** at the top of the range will have stop losses from short positions (buy stops). This is called **buy-side liquidity**.

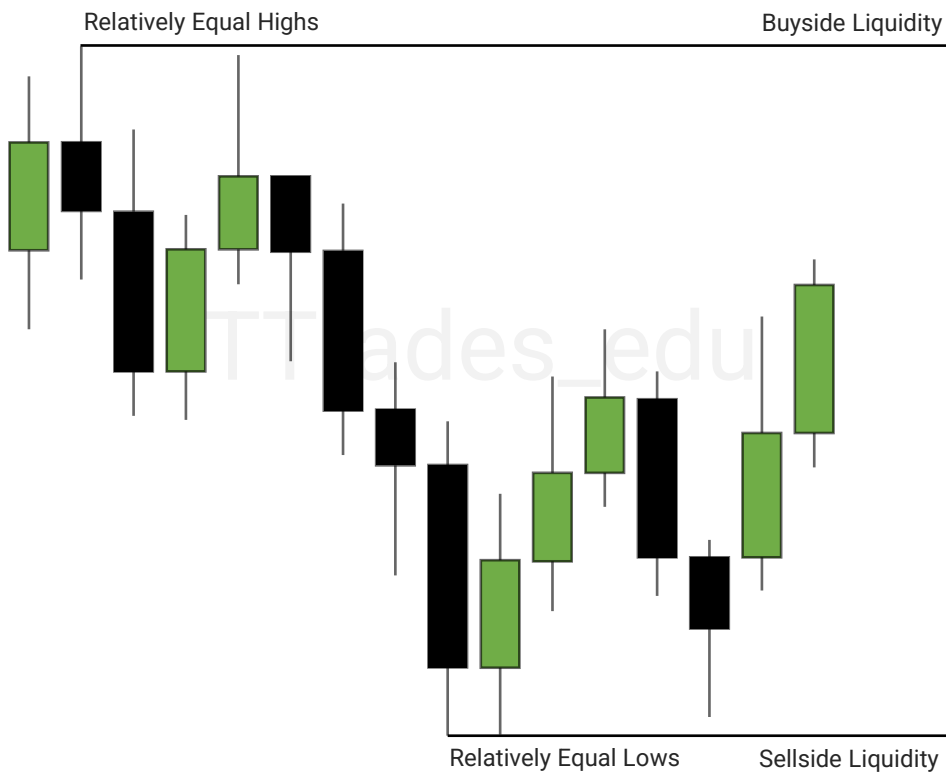


A **Swing Low** at the bottom of the range will have stop losses from long positions (sell stops). This is called **sell-side liquidity**.

# Types Of Liquidity

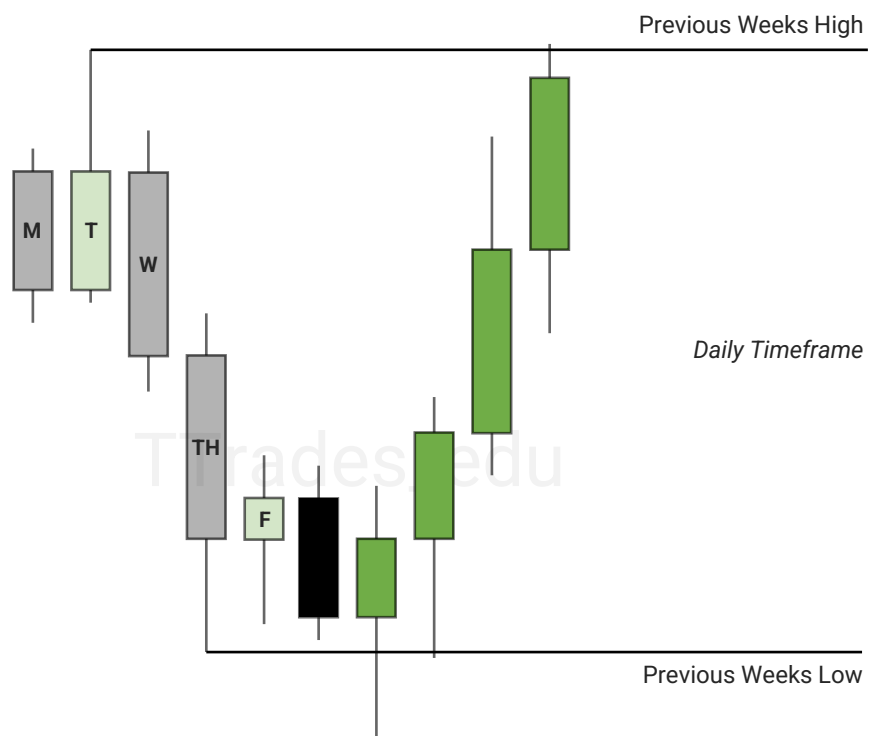


**Old Highs & Lows** are previous highs and lows.

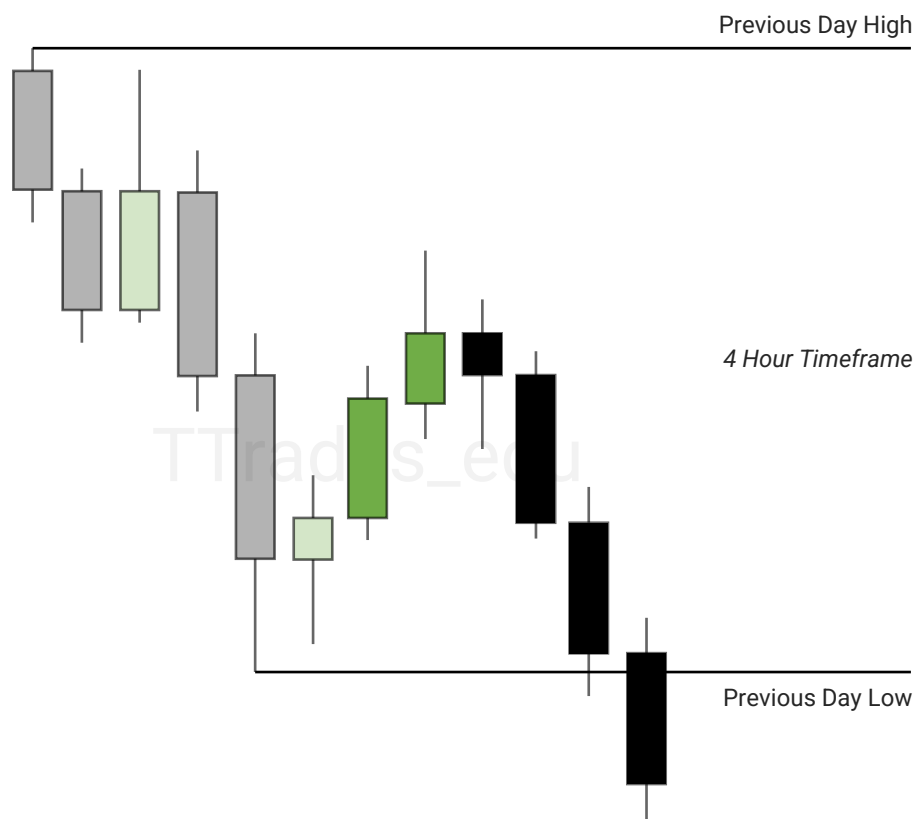


**Equal Highs & Lows** are when price reaches the same price level multiple times. Appearing to be support and resistance.

## Previous Day & Week



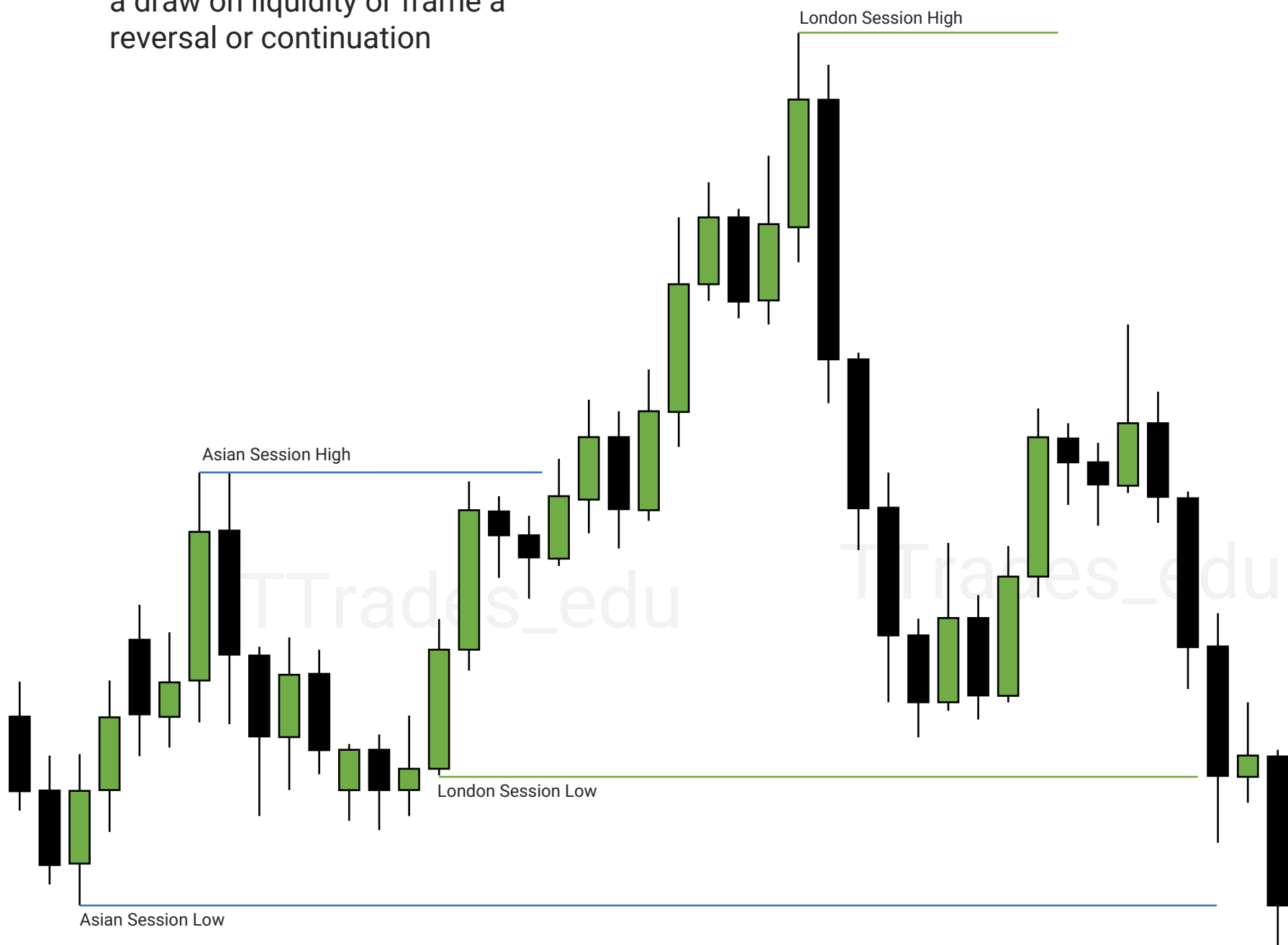
**Previous Week High & Low** are liquidity levels that can be used as a draw on liquidity or frame a reversal or continuation.



**Previous Day High & Low** are liquidity levels that can be used as a draw on liquidity or frame a reversal or continuation.

## Session Highs & Lows

**Session Highs & Lows** are liquidity levels that can be used as a draw on liquidity or frame a reversal or continuation



# Resources

[Liquidity Video](#)

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