

100x Free Learning Series

LIQUIDITY & PRICE DELIVERY

How The Markets Actually Move

Liquidity, price delivery, imbalances, inversions, and the role of time.

BOOK A CALL

This document will give you the map. A call gives you the plan.

Stop guessing your way through it. Book a call with the 100x team and we will show you exactly where you are, what is costing you, and what to do next.

100xtrading.org

Most beginner traders believe price moves randomly.

In reality, price moves with purpose.

KEY DRIVERS OF FUTURES MOVEMENT

From liquidity, to liquidity

Rebalancing ranges, imbalances and inefficiencies

Economic news and macro-economic influence (CPI, NFP, FOMC, war)

Institutional positioning and order flow

Session opens or key times (Asia / London / New York)

*Markets are constantly seeking liquidity. This is what drives expansions and reversals. Familiarising yourself with these factors will give you a better idea of **where price is headed and why**.*

*For example, high-impact news often creates volatility to **engineer liquidity before a directional move**.*

*Inside 100x, traders are taught that price is not unpredictable, it is **engineered to move between areas of liquidity**. The focus is on being able to read the **structure and identify liquidity** accurately so you can understand where price seeks to go.*

*Understanding that the markets move in a **structured, repeatable and (almost) predictable way** is crucial to being able to position yourself on the correct side of the market.*

WHAT IS LIQUIDITY

Liquidity refers to areas in the market where orders are concentrated. Think of liquidity as "resting money".

These are typically found:

Above equal highs

Below equal lows

Above or below swing highs and lows

Around obvious support and resistance

Trading session highs or lows

This is where stop losses and breakout orders sit.

*The market uses these areas to **facilitate large institutional orders**.*

*Because of this, **price is constantly seeking these areas of liquidity**. Our job is to ride the wave as it heads there.*

HOW PRICE DELIVERS

Price does not just move up and down randomly. It follows a process:

Accumulation (consolidation / range)

Manipulation (liquidity sweep)

Distribution (real directional move)

This is why you often see:

False breakouts

Sudden reversals

Sharp moves after taking highs or lows

These are not random, they are part of how the market operates.

IMBALANCES AND DISPLACEMENT

*When price moves aggressively in one direction, it often leaves behind **imbalances** (inefficiencies, also known as fair value gaps).*

These areas are important because:

Price may return to them

Price may seek to rebalance these areas
They can represent levels of support or resistance
They represent strong institutional activity
They represent strong directional volume

*This is a key part of understanding **where price is likely to move or react next.***

INVERSIONS AND MARKET CONTEXT

*In certain conditions, areas that previously acted as support or resistance can **invert** (imbalances / IFVG).*

These inversion points become relevant when:

*Liquidity has already been taken
Market structure begins to shift
Price returns into a key area*

*This is where traders begin to look for **refined opportunities**, rather than entering randomly.*

THE ROLE OF TIME

Not all times in the market are equal.

The majority of meaningful moves occur during:

*Asia session (open)
London session
New York session*

This is when liquidity is highest and institutions are active.

Trading outside of these times often leads to choppy, less favourable conditions and low probability setups.

Time is not optional, it is a core part of execution.

ENTRY IS NOT RANDOM

At this stage, traders often ask: "Where exactly do I enter?"

The mistake is trying to reduce trading to a simple trigger.

Entries are not based on a single pattern, they are based on:

Alignment with liquidity
Positioning within imbalance
Timing within key sessions

We use our knowledge to build entry models. Entry models are individual and can vary from strategy to strategy. A defined entry model is one which requires certain confluences to happen in the market before you are eligible to enter a trade. A solid entry model provides confidence and system.

*This is what traders within the mentorship use to form a structured approach within the financial markets.
We help to build your entry model, rules, criteria and conditions.*

CORE PRINCIPLE

Price is not moving randomly. It is moving:

From liquidity → to liquidity

Within specific time windows

Based on institutional participation

Most traders lose because they try to predict direction without understanding this process.

*Inside 100x, the focus is on **reading liquidity and timing**, not guessing.*

If you understand this properly, the market will start to look very different.

Take The Next Step

Reading liquidity, imbalance and time on a live chart is a skill, not a fact you memorise. It develops in a fraction of the time when someone experienced is reviewing your charts with you.

You can keep piecing this together on your own for the next two years, or you can get it structured properly by traders who do this every day. That decision is the difference between most traders and the ones who make it work.

Book your call with the 100x team now.

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