07:00 MODEL

MNQ · 19 October 2026

1 minute · long · entry 07:36 · exit 08:09



Chart as marked at the time of the trade.

WHAT HAPPENED

Buy side and sell side were marked before the open. The 07:00 print happened close to the buy side, but the open went down and the sell side was taken first.

THE NUMBERS

Entry	**29,671.00**	07:36
Stop	**29,664.25**	6.75 points, under the RB wick
Exit	**29,769.00**	buy side, on TP at 08:09
07:00 key opening	**29,752.00**	opened without a wick · not mitigated
Time in trade	**33 minutes**	07:36 → 08:09

RISK

6.75

points · 29,671.00 to 29,664.25

RESULT

14.52R

98.00 points · buy side · filled 08:09

THE TRADE, STEP BY STEP

1. **Both sides marked beforehand**

   Buy side and sell side were already on the chart before 07:00.

2. **07:00 opened down**

   The 07:00 happened close to the buy side, but price opened downwards and went for the sell side first.

3. **The sell side sat on the RL IRD**

   Inside the Range Low the order runs IRD, EQ, ERD from top to bottom, so the IRD is the upper edge. That sell side was taken once more, going a little deeper into the RL for a reversal.

4. **Sweep, SMT, rejection block**

   The sell side was taken — not deep, but enough. There was 30M SMT against ES. On the 1 minute it created a rejection block. Liquidity swept, SMT, the RB, and then you take your entry.

5. **Stop under the RB wick**

   The stop was based on the wick of the rejection block; the SL goes just under it. That came to 6.75 points.

6. **The Key Opening High was not mitigated**

   Price went down straight from the 07:00 open, so the Key Opening High had not been mitigated. That could already be a first take profit. In this case 07:00 opened without a wick, so the 07:00 key opening is the target. If the 07:00 does have an upper wick and the candle still closes bearish and that wick is untouched, that is the target — but that is often only a few points.

7. **Price went for the buy side**

   Price went for the buy side and it was taken. Exit on TP at 08:09.