

XAUUSD Gold Levels Cheat Sheet

The Money Door 45° level method on one page · by Venkatesh M, Chief Trainer, Money Door FX Academy

1. The Money Door 45° Formula

$$\text{Level} = (\sqrt{\text{OPEN}} \pm k)^2 \quad k = 0.125, 0.250, 0.375 \dots 2.000$$

OPEN = the gold price at **3:30 AM IST** (the first 1-hour candle of the day on an OANDA XAUUSD chart). Take its square root, add or subtract k, and square it again. Every 0.25 step is an angle: 0.25 = 45°, 0.50 = 90°, 0.75 = 135°, 1.00 = 180°.

2. Today's Levels · Fri 30 Oct 2026

OPEN 4,024.035 · $\sqrt{\text{OPEN}} \approx 63.4353$ (OANDA XAUUSD, 3:30 AM IST)

+1.000 180°	4,151.906
+0.875	4,135.812
+0.750 135°	4,119.750
+0.625	4,103.720
+0.500 90°	4,087.720
+0.375	4,071.752
+0.250 45°	4,055.815
+0.125	4,039.909
OPEN (3:30 AM IST)	4,024.035
-0.125	4,008.192
-0.250 45°	3,992.380
-0.375	3,976.599
-0.500 90°	3,960.850
-0.625	3,945.132
-0.750 135°	3,929.445
-0.875	3,913.789
-1.000 180°	3,898.164

3. How to Read the Levels

- **+0.250 (45°)** above the open = key resistance.
• **-0.250 (45°)** below = key support.
- Price between the two 45° levels = **neutral zone**. Expect range trading.
- Nearest level above price = **breakout level**.
Nearest level below = **breakdown level**.
- **PC (Point of Continuation)**: a 1-hour candle closes beyond a level in the trend direction. Next two levels are the targets.
- **PR (Point of Reversal)**: price rejects a level and closes back inside. Opposite levels become targets.
- A touch is not a signal. **No confirmation = no trade**.

4. Session Times (IST)

Day open (levels set)	3:30 AM
London open (summer / winter)	12:30 / 1:30 PM
New York open (summer / winter)	6:00 / 7:00 PM
Gold most active	6:00 - 9:30 PM

5. Risk Rules Before Every Trade

- Risk **1% or less** of your account per trade.
- Stop-loss goes beyond the next opposite level, never "mental".
- Stop for the day after **2 losing trades** or -2%.
- No new entries 15 minutes before and after **red (high-impact) USD news**.

Gold lot size

0.01 lot = about \$1 per \$1 move in gold.
Lot = Risk \$ ÷ (Stop distance in \$ × 100)
Example: \$3,000 account, 1% = \$30 risk, stop \$10 away → $30 \div (10 \times 100) = 0.03$ lot

Want to learn PR & PC properly? Book a **free 1-hour consultation** with our Chief Trainer: WhatsApp **+91 95009 30700** · wa.me/919500930700

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