

# PMEX UPDATE

<div>SELL</div> <div>  <b>CRUDE10-MA26</b>                      60.42 <span>1.79%</span>                      Expiry 19/Feb/26                      Remaining 27 Days                 </div> <div>Entry 60.12 - 60</div> <div>Stoploss 60.47</div> <div>Take Profit 59.6 - 59.35</div>	<div>SELL</div> <div>  <b>NGAS1K-FE26</b>                      4.9910 <span>-1.07%</span>                      Expiry 27/Jan/26                      Remaining 4 Days                 </div> <div>Entry 5.377 - 5.221</div> <div>Stoploss 5.41</div> <div>Take Profit 5.063 - 4.916</div>	<div>BUY</div> <div>  <b>GO10Z-FE26</b>                      4,930.91 <span>0.36%</span>                      Expiry 28/Jan/26                      Remaining 5 Days                 </div> <div>Entry 4871 - 4880</div> <div>Stoploss 4853.57</div> <div>Take Profit 4891 - 4899</div>	<div>BUY</div> <div>  <b>SL10-MA26</b>                      98.96 <span>2.68%</span>                      Expiry 25/Feb/26                      Remaining 33 Days                 </div> <div>Entry 96.32 - 96.86</div> <div>Stoploss 95.62</div> <div>Take Profit 97.74 - 98.23</div>
<div>BUY</div> <div>  <b>PLATINUM5-AP26</b>                      2,717.95 <span>5.47%</span>                      Expiry 27/Mar/26                      Remaining 63 Days                 </div> <div>Entry 2684 - 2694</div> <div>Stoploss 2659.39</div> <div>Take Profit 2710 - 2730</div>	<div>BUY</div> <div>  <b>COPPER-MA26</b>                      5.8525 <span>1.27%</span>                      Expiry 25/Feb/26                      Remaining 33 Days                 </div> <div>Entry 5.8616 - 5.8661</div> <div>Stoploss 5.83</div> <div>Take Profit 5.895 - 5.9106</div>	<div>SELL</div> <div>  <b>ICOTTON-MA26</b>                      63.80 <span>-0.13%</span>                      Expiry 19/Feb/26                      Remaining 27 Days                 </div> <div>Entry 64.2 - 64.05</div> <div>Stoploss 64.32</div> <div>Take Profit 63.87 - 63.66</div>	<div>SELL</div> <div>  <b>DJ-MA26</b>                      49,454 <span>-0.21%</span>                      Expiry 19/Mar/26                      Remaining 55 Days                 </div> <div>Entry 49589 - 49471</div> <div>Stoploss 49699.66</div> <div>Take Profit 49295 - 49135</div>
<div>BUY</div> <div>  <b>SP500-MA26</b>                      6,936 <span>-0.13%</span>                      Expiry 19/Mar/26                      Remaining 55 Days                 </div> <div>Entry 6926 - 6935</div> <div>Stoploss 6910.31</div> <div>Take Profit 6948 - 6968</div>	<div>BUY</div> <div>  <b>NSDQ100-MA26</b>                      25,623 <span>-0.14%</span>                      Expiry 19/Mar/26                      Remaining 55 Days                 </div> <div>Entry 25543 - 25613</div> <div>Stoploss 25465.57</div> <div>Take Profit 25761 - 25842</div>	<div>SELL</div> <div>  <b>GOLDUSDJPY-FE26</b>                      158.12 <span>-0.17%</span>                      Expiry 28/Jan/26                      Remaining 5 Days                 </div> <div>Entry 158.68 - 158.52</div> <div>Stoploss 158.91</div> <div>Take Profit 158.32 - 158.01</div>	<div>BUY</div> <div>  <b>GOLDEURUSD-FE26</b>                      1.1738 <span>-0.10%</span>                      Expiry 28/Jan/26                      Remaining 5 Days                 </div> <div>Entry 1.1702 - 1.1712</div> <div>Stoploss 1.168</div> <div>Take Profit 1.1724 - 1.1734</div>

## Major Headlines

### Oil prices rise on Trump warning of "armada" headed to Iran

Oil prices rose in Asian trade on Friday after U.S. President Donald Trump flagged potential military action against major producer Iran, raising concerns over more supply disruptions in the Middle East. Despite logging some losses in earlier sessions, crude was headed for a fifth straight week of gains, amid expectations of improving demand and as markets priced in a greater risk premium on potential supply disruptions from heightened global geopolitical tensions. [see more...](#)

### Gold Pushes Higher as Price Action Itself Reinforces the Bullish Trend

Gold's rally has entered a phase where price behavior itself is shaping expectations, rather than reacting to external catalysts. COMEX gold futures ended the latest session near the intraday high, extending the sequence of higher highs that has defined the advance since the start of the year. This is not a marginal technical improvement but a confirmation that buyers remain in control into record territory, with momentum indicators reinforcing the move rather than diverging from it. [see more...](#)

### U.S. stock futures fall after Intel disappointment; volatile week nears end

U.S. stock index futures slipped lower Friday, ending a volatile week on a negative note after disappointing earnings from tech giant Intel. At 05:20 ET (10:20 GMT), Dow Jones Futures dropped 110 points, or 0.2%, S&P 500 Futures fell 15 points, or 0.2%, and Nasdaq 100 Futures slipped 90 points, or 0.4%. The main averages on Wall Street climbed in the prior session, buoyed by a reversal in President Donald Trump's threat [see more...](#)

### USD/JPY holds losses near 158.00 amid growing intervention rumours

The US Dollar is trading near the 158.00 level against the Japanese Yen at the time of writing, after pulling back from session highs above 159.20. Yen crosses whipsawed without an apparent fundamental reason, following the press release of the Bank of Japan's Governor Kazuho Ueda earlier on Friday, which triggered speculation of a "rate check." This process consists of calls from Tokyo authorities to the country's major commercial banks requesting Yen quotes, a move that often anticipates an immediate intervention in foreign exchange markets. [see more...](#)

### EUR/USD hesitates below weekly highs following mixed PMI data

EUR/USD posts moderate losses, trading near 1.1740 at the time of writing on Friday, but holding most of the previous day's gains and on track for its strongest weekly performance since June. Eurozone's flash Purchasing Managers' Index (PMI) has failed to provide any significant support to the Euro (EUR), but the pair remains near multi-week highs, as US President Trump's obsession with Greenland keeps weighing [see more...](#)

### Forex Today: BoJ keeps policy rate unchanged, Gold rises toward \$5,000

The BoJ left its policy settings unchanged following the first policy meeting of the year, as widely expected. While speaking in the post-meeting press conference, BoJ Governor Kazuo Ueda said that he will not comment on foreign exchange levels but noted that a weak Japanese Yen could inflation imports costs and be passed on to domestic prices. Ueda further added that it will take quite a while until they see the impact of rate hikes on real economy and prices. USD/JPY edges higher following the BoJ event and trades in positive territory above 159.00. [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
S&P Global Services PMI (Jan)	23/1/2026	7:45 PM	USD	High volatility		52.9	52.5
S&P Global Manufacturing PMI (Jan)	23/1/2026	7:45 PM	USD	High volatility		51.9	51.8

# FOREX MARKETS' STATISTICS

Forex Market Hours



Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

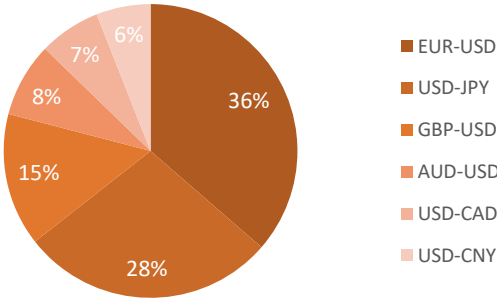
Forex Turnover by Counterparty



Markets' Share in Total Forex Turnover



Most Traded Currency Pairs



Sources: ACPL Research, Forexmarkethours, Dailyfx, Ig

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## DISCLOSURE

Following exchange rates are used to convert investment and profit values:

- USD/PKR: 280.10
- JPY/PKR: 1.97

To arrive at our Target Price, Abbasi & Company (Private) Limited uses following methods:

- Technical Analysis
- Fundamental Analysis

Furthermore, profit and returns are inclusive of all expenses including PMEX Fee, ACPL Fee & Sales Tax

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