





PMEX UPDATE


SELL	
	CRUDE10-FE26
56.24	0.43%
Expiry	19/Jan/26
Remaining	31 Days
Entry	56.65 - 56.52
Stoploss	57.12
Take Profit	56.15 - 55.95


SELL	
	NGAS1K-JA26
3.9230	0.38%
Expiry	26/Dec/25
Remaining	7 Days
Entry	3.884 - 3.876
Stoploss	3.93
Take Profit	3.843 - 3.789


SELL	
	GO10Z-FE26
4,356.20	-0.19%
Expiry	28/Jan/26
Remaining	40 Days
Entry	4368 - 4365
Stoploss	4383.25
Take Profit	4350 - 4341


BUY	
	SL10-MA26
65.85	0.96%
Expiry	25/Feb/26
Remaining	68 Days
Entry	65.379 - 65.614
Stoploss	65.23
Take Profit	66.28 - 66.632


BUY	
	PLATINUM5-JA26
1,968.30	0.38%
Expiry	29/Dec/25
Remaining	10 Days
Entry	1948 - 1952
Stoploss	1943.06
Take Profit	1962 - 1968


BUY	
	COPPER-MA26
5.4930	1.02%
Expiry	25/Feb/26
Remaining	68 Days
Entry	5.5108 - 5.5162
Stoploss	5.47
Take Profit	5.5423 - 5.5545


SELL	
	ICOTTON-MA26
63.76	0.39%
Expiry	19/Feb/26
Remaining	62 Days
Entry	63.93 - 63.8
Stoploss	64.12
Take Profit	63.62 - 63.51

SELL	
	DJ-MA26
48,309	-0.02%
Expiry	19/Mar/26
Remaining	90 Days
Entry	48489 - 48422
Stoploss	48585.93
Take Profit	48307 - 48232

BUY	
	SP500-MA26
6,843	0.18%
Expiry	19/Mar/26
Remaining	90 Days
Entry	6866 - 6870
Stoploss	6850.84
Take Profit	6880 - 6890

BUY	
	NSDQ100-MA26
25,345	0.33%
Expiry	19/Mar/26
Remaining	90 Days
Entry	25387 - 25406
Stoploss	25315.60
Take Profit	25458 - 25492

BUY	
	GOLDUSDJPY-JA25
157.32	1.17%
Expiry	29/Dec/25
Remaining	10 Days
Entry	157.01 - 157.08
Stoploss	156.77
Take Profit	157.25 - 157.51

SELL	
	GOLDEURUSD-JA26
1.1712	-0.10%
Expiry	29/Dec/25
Remaining	10 Days
Entry	1.1718 - 1.1712
Stoploss	1.174
Take Profit	1.1695 - 1.1687

Major Headlines

Oil Markets Stay Under Pressure as Supply Fears Eclipse Geopolitics

Crude oil markets are closing the week on a weaker footing as structural supply concerns continue to dominate price action, even as geopolitical risks briefly resurface. Brent crude is trading near 59.69 dollars a barrel and West Texas Intermediate around 55.90 dollars, leaving both benchmarks down more than 2 percent on the week and extending a year to date decline of roughly 20 percent. The price behavior underscores a market that remains focused on balance sheet realities rather than episodic political headlines. [see more...](#)

Gold: Momentum Fades Below Resistance Despite Fed Cut Expectations

On reviewing the movements of the gold futures on different time chart patterns, I find that the long awaited interest rate hike by the Bank of Japan this morning over shadows the US interest rate cuts bets following benign inflation as this data spurred bets on more interest rate cuts by the Federal Reserve, resulted in a bouncing move by gold futures to test a fresh high at \$4409.45 on Thursday followed by a sharp selloff. On Friday, gold futures, after opening at \$4366.75 [see more...](#)

U.S. stock futures rise on soft CPI print; Oracle, Nike in spotlight

U.S. stock index futures rose Friday, adding to the previous session's gains after softer-than-expected November inflation data raised hopes of more Federal Reserve rate cuts in the new year. At 05:55 ET (10:55 GMT), Dow Jones Futures rose 40 points, or 0.1%, S&P 500 Futures gained 18 points, or 0.3%, and Nasdaq 100 Futures climbed 100 points, or 0.4%. The main Wall Street indices closed higher Thursday, snapping four-day losing streaks, after a cool consumer inflation reading gave investors hope that the Federal Reserve will lower [see more...](#)

USD/JPY rallies to near 157.00 as Yen plunges after BoJ's policy outcome

In the policy meeting, the BoJ raised interest rates by 25 basis points (bps) to 0.75%, as expected, the highest level seen in three decades. The BoJ was expected to do so as recent comments from officials, including Governor Kazuo Ueda, signaled that they are confident about inflation remaining sustainably close to the central bank's 2% target. The Japanese Yen has come under extreme pressure, even as the BoJ has kept the door open for further interest rate hikes. [see more...](#)

EUR/USD drifts lower, US Dollar picks up in calm trading

EUR/USD extends losses for the fourth consecutive day on Friday, trading at 1.1715 at the time of writing, and on track to close the week slightly lower after having rallied nearly 2% over the previous three weeks. The Euro (EUR) extended losses on Thursday after the European Central Bank (ECB) left interest rates unchanged, as widely expected, and ECB President Christine Lagarde refused to commit to any particular rate path. Lagarde affirmed that the decision was taken unanimously and there was no discussion to change interest rates, suggesting that market speculation about a rate [see more...](#)

US Dollar Index extends gains above 98.50 ahead of UoM Survey data

The US Dollar Index (DXY), which measures the value of the US Dollar (USD) against six major currencies, is extending gains for the third successive session and trading around 98.60 during the European hours on Friday. Traders will likely observe the University of Michigan Consumer Sentiment Index for December later in the day. The upside of the US Dollar could be limited amid rising expectations of US Federal Reserve (Fed) rate cuts following the unexpectedly cooled US Consumer [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
BoJ Interest Rate Decision	19/12/2025	8:00 AM	JPY	High volatility		0.75%	0.50%
Core PCE Price Index (MoM) (Oct)	19/12/2025	6:30 PM	USD	High volatility			0.20%
Core PCE Price Index (YoY) (Oct)	19/12/2025	6:30 PM	USD	High volatility			2.80%
Existing Home Sales (Nov)	19/12/2025	8:00 PM	USD	High volatility		4.15M	4.10M

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.

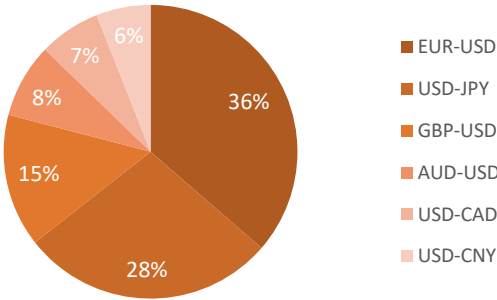
Forex Turnover by Counterparty



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: 282.10
- 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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