

XAU/USD · Gold spot · COMMODITY

\$4,421.12 ▲ +53.40 (+1.2%)

from today's open · snapshot Aug 12, 2026 · 11:32 ET

REGIME · DAILY

Thin Ice

FRAGILE

All numbers below are from **Aug 12, 2026 · 11:32 ET**. Prices and engine data may have changed since this snapshot. This sheet describes conditions at one moment — it is not a forecast.

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THE READ

XAU/USD rose 1.2%. Daily regime: Thin Ice (shorter timeframes are calmer). Over the Wilder-smoothed lookback on the daily timeframe (Wilder period 14 (~27–28 bars effective memory)), upward directional movement has been greater than downward (+DI 29.6 vs -DI 9.2). R3 at 4,514.15 aligns with $+1\sigma$ (0.33% apart). Short-TF ADX near 51 while weekly 25 still below trend-confirmation zone. RSI 70.0 is mid-band in bull trend (current) mode; MACD is above signal with histogram pressure building. Hurst 0.52 — no clear persistence either way; Over the Wilder-smoothed lookback on the daily timeframe (Wilder period 14 (~27–28 bars effective memory)), ADX is 32.0 — trend strength is elevated; use +DI vs -DI for direction. Daily trend tag is “trend established” — Wilder-smoothed ADX is 32.0 and structure agrees across timeframes. This describes conditions at the snapshot — not a forecast of direction.

PLAYBOOK

- Continuation: hold 4,383.32 and accept above 4,423.41 – 4,434.79 toward 4,476.40 – 4,488.41 — the Wilder-smoothed read still favors upward movement; wait for follow-through at the level.
- Pullback case: retest 4,383.32 after a 0.7σ session — extensions need a floor to continue.
- Trap: trading the label instead of the level — 4,423.41 – 4,434.79 and 4,383.32 define the next decision, not the regime name.

Descriptive if/then scenarios only — not a buy or sell recommendation.

STRUCTURE

- R1 near 4,423.41 – 4,434.79 (Swing · prior-day high) — first hurdle above spot.
- S1 near 4,383.32 — first support if price slips; R2 / highs near 4,476.40 – 4,488.41.
- S2 near 4,356.49 – 4,363.38 if S1 fails.

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PRICE MAP — WHAT TO WATCH ON THE CHART

Daily candles to the snapshot date. Chart overlays the nearest 3 supports and 3 resistances; the S/R section below lists up to 4 per side. Top strip lists those chart levels; Y-axis shows short tags only (R1, S1, $\pm\sigma$). Blue line = snapshot price.

XAU/USD · DAILY · SNAPSHOT 2026-08-12 Level values in top strip · axis tags only (R1, S1, $\pm\sigma$)

SMA 50 — 4,125.17	R1 — 4,423.41 – 4,434.79	S1 — 4,383.32	+1 σ — 4,499.64	-1 σ — 4,350.66
SMA 100 — 4,342.78	R2 — 4,476.40 – 4,488...	S2 — 4,356.49 – 4,363....	+2 σ — 4,576.03	-2 σ — 4,278.03
SMA 200 — 4,509.10	R3 — 4,514.15	S3 — 4,326.71	+3 σ — 4,653.71	-3 σ — 4,206.62



DAILY Σ PRICE BAND

Typical one-day up/down range from 252 days of daily log returns — same formula as the live app.

-3 σ	-2 σ	-1 σ	SPOT	+1 σ	+2 σ	+3 σ
\$4,206.62	\$4,278.03	\$4,350.66	\$4,421.12	\$4,499.64	\$4,576.03	\$4,653.71
-4.9%	-3.2%	-1.6%	-	+1.8%	+3.5%	+5.3%

252-day historical daily vol at snapshot: $1\sigma \approx 1.68\%$ ($\pm \$78.52$ on this close). 252 trading days of daily log returns $\rightarrow \mu$ and $\sigma \rightarrow \text{spot} \times \exp(\mu \pm k\sigma)$. Same engine formula as Call for Action. Historical close-to-close vol — not ATR or options implied vol.

SUPPORT & RESISTANCE

Prices where the move has paused before. Resistance sits above price; support sits below.

RESISTANCE

4,423.41 – 4,434.79 Distance from Spot ~0%
Swing · prior-day high Level Strength **Strong**

SUPPORT

4,383.32 Distance from Spot ~0.85%↓
Swing Level Strength **Moderate**

4,476.40 - Distance from Spot ~1.4%↑
4,488.41 Level Strength **Weak**
Swing

4,356.49 - Distance from Spot ~1.4%↓
4,363.38 Level Strength **Strong**
Swing · prior-day low

4,514.15 Distance from Spot ~2.1%↑
Swing Level Strength **Weak**

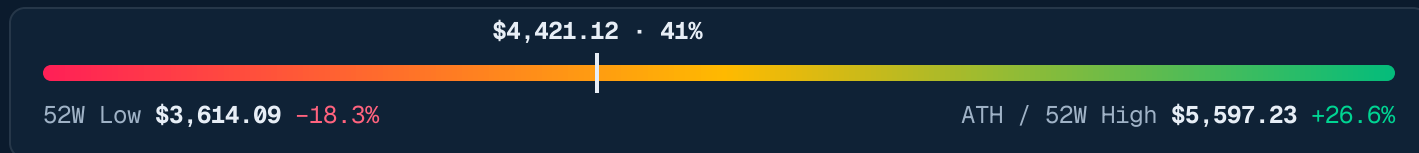
4,326.71 Distance from Spot ~2.1%↓
Swing Level Strength **Weak**

4,540.09 - Distance from Spot ~2.9%↑
4,558.72 Level Strength **Weak**
Swing

4,303.73 - Distance from Spot ~2.5%↓
4,317.12 Level Strength **Moderate**
Swing

52 - WEEK RANGE

Where today's price sits between the 12-month low and high.



REGIME — ALL TIMEFRAMES

The market “weather” on each timeframe — calm, expansion, fragile, or stressed. Timeframes can disagree.

15M

Clear Skies

CALM

1H

Clear Skies

CALM

4H

Clear Skies

CALM

1D

Thin Ice

FRAGILE

1W

Thin Ice

FRAGILE

MARKET STRUCTURE

Market structure on each timeframe — tags, bar color, and footer from the ordered ADX / Hurst / DI decision tree.

15M

trend

emerging

ADX 20.9 ·
downward >
upward (Wilder
period 14)

1H

no trend

ADX 17.5 ·
direction tied
(Wilder period
14)

4H

extreme trend

ADX 51.1 ·
upward >
downward
(Wilder period
14)

1D

trend

established

ADX 32.0 ·
upward >
downward
(Wilder period
14)

1W

trend

emerging

ADX 24.7 ·
direction tied
(Wilder period
14)

TREND PERSISTENCE (1D)

Daily Hurst persistence proxy, +DI/−DI (Wilder period 14 (~27–28 bars effective memory)), and ADX strength — same inputs as the structure engine.

SIGNAL	VALUE	READ
Hurst	0.52	Neutral band · persistence not fully confirmed
DI+ / DI−	29.6 / 9.2	Wilder-smoothed: upward movement > downward
ADX	32.0	Wilder-smoothed: trend strength elevated

MOMENTUM (1D)

Short-term speed of the move. RSI flags stretched conditions; MACD shows momentum building or fading.

SIGNAL	VALUE	READ
RSI(14)	70.0	Neutral · adaptive 40/80 band
MACD	67.87	Above signal · momentum firm
Signal / Hist	25.03 / 42.84	Buying pressure widening

MOVING AVERAGES (1D)

Where price sits versus its 50-, 100-, and 200-day averages. Above = longer-term strength; below = weakness.

MA	PRICE	VS SPOT
SMA 50	4,125.17	Above +7.2%
SMA 100	4,342.78	Above +1.8%
SMA 200	4,509.10	Below −2.0%

ADAPTIVE RSI BANDS

RANGE / REVERT

OB **70**

OS **30**

TRANSITION

OB **65**

OS **35**

BULL TREND (CURRENT) ★

OB **80**

OS **40**

BEAR TREND

OB **60**

OS **20**

Daily structure: bull trend → adaptive oversold/overbought at 40/80 (not fixed 70/30). RSI 70.0 reads neutral. Trend is active but Hurst is in the neutral band — use the adaptive band and treat RSI stretches with extra caution.

LEARN THE LANGUAGE

Learn how to read regime states →

Clear Skies through Full Storm — what each weather label means in practice.

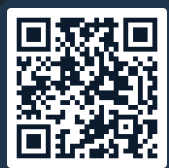
Understand Market Structure →

ADX, DI+/DI-, and Hurst — the cheat sheet behind the persistence table.

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