

## **ARMCHAIR INVESTOR** **TREND-FOLLOWING STRATEGY\***

(\*For that part of your portfolio which is invested in a **market-tracking ETF** like the **QQQ**.)



### **Emergency note to those who hold NVDA -**

**Please open the full newsletter at [www.ArmchairInvestor.com](http://www.ArmchairInvestor.com)**

**Go to the "ADDITIONAL COMMENTS" section near the last page.**

**WEDNESDAY:** Even though the volume rose Wednesday, it is still 30% or more for the major indexes.... In typical holiday style.

- The Nasdaq was **DOWN 0.9%** with volume **UP 8%** for a minor distribution day.
- The **S&P500** was **DOWN 0.8%** with volume **UP 21%** for a minor distribution day.
- Volume was more than 30% below average on Wednesday.
- **AS USUAL:** The **Dow Jones Industrial Average** stayed under the notable **20,000 level**. You don't think 20,000 is a BIG psychological level? Note that the DJIA has boiled very close to 20,00 without going over it even for a single moment for the last seen trading days. That daunting number (20,000) appears to have the power to repel any attempt to climb above it. And we will get there. Any bets on when?

Although the DJIA is not considered a market direction leading indicator, it is the index that gets the most attention in the media. Breaking (and closing) above the 20,000 level could encourage investors to keep it rising.

**The Nasdaq distribution count is 7** distribution days. (IBD says 8 – see 12/15 note). The S&P500 distribution count is 3 distribution days, still nothing to get scared about. Attention is still focused on the Nasdaq's higher count.

I don't expect much activity until after the first of the new year (perhaps some last-minute window dressing by fund managers) but will watch, just in case.

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## MARKET DIAGNOSIS: "UPTREND"

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**What to do now:** Time to hold the QQQ and add individual stocks if that is part of your investing strategy.

- I continue to hold my full QQQ position.
- Watch this column nightly for updates

### TODAY'S MARKET ACTION

| 12/28/16 | Index Close | Index % Change | Volume % Change | Volume vs 50-day Avg | Accumulation or Distribution Day? | Current Trend: UPTREND Began 6/30/2016 |
|----------|-------------|----------------|-----------------|----------------------|-----------------------------------|--|
| Nasdaq   | 5438.56     | -0.9%          | +8.1%           | -30.0%               | Minor distribution                | +12.4%                                 |
| S&P500   | 2249.95     | -0.8%          | NYSE Volume     |                      | Minor distribution                | +7.2%                                  |
| NYSE     | 11,058.88   | -0.8%          | +21.3%          | -37.6%               | Minor distribution                | +5.4%                                  |
| DJIA     | 19,834.23   | -0.6%          |                 |                      | Minor distribution                | +10.7%                                 |

An **ACCUMULATION** day points at heavy buying by institutional money managers - the mutual funds, pension funds, banks, etc.

A **DISTRIBUTION** day points at heavy selling by institutional money managers.

See additional notes on accumulation and distribution at the end of the FULL newsletter

A **Major ACCUMULATION Day**: Price RISES 1.0% or more with higher Volume than the day before

A **Minor accumulation Day**: Price RISES 0.2% but less than 1% and Volume is strong (either higher than the day before or is well-above average volume)

A **Major DISTRIBUTION Day**: Price FALLS 1.0% or more and higher Volume than the day before.

A **Minor distribution Day**: Price FALLS 0.2% but less than 1% and Volume is strong (either higher than the day before or is well-above average volume)

**Distribution indicates institutions are selling their stock. The standard mathematical requirements for distribution days are shown above.**

And there are additional types of distribution days that show substantial selling such as happened on Monday June 27, 2016, when the market fell 2.4%, closed near the bottom of the day's price range but had lighter volume. The volume was still a strong 31% above average. In total, the day was heavy selling and labeled distribution (6/27/2016 was the second day of the market's heavy selling response to England's vote to leave the European Union.)

**CURRENT TREND:** There are two trends (UPTREND and DOWNTREND). But because most tops are rounded and happen over a couple of weeks or more, we find it useful to modify the Uptrend into "Uptrend under PRESSURE" when the distribution count gets uncomfortably high.

For more detailed explanation of Accumulation and Distribution days, please jump to the end of the FULL newsletter which can be downloaded at [www.ArmchairInvestor.com](http://www.ArmchairInvestor.com).

## ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS FOR CURRENT UPTREND

### *Uptrend ETFs*

| 12/28/16  | Opening Price<br>on 7/1/2015 | Today's Price | ETF % Change<br>Today | PROFIT/LOSS from<br>6/30/2016 Signal:<br>"Market in UPTrend" |
|-----------|------------------------------|---------------|-----------------------|--|
| QQQ (1x)  | 107.49                       | 119.88        | -0.78%                | +11.5%   |
| QLD (2x)  | 71.14                        | 88.17         | -1.58%                | +23.9%   |
| TQQQ (3x) | 96.15                        | 131.76        | -2.27%                | +37.0%   |

If you had purchased the QQQ ETF the morning after the last "Market in UPTREND" signal on 6/30/2016, your investment would be up 10.1%. If you had purchased the TQQQ, you would be up 32.8%.

**TREND FOLLOWING IS A VALUABLE TOOL TO ADD TO YOUR PORTFOLIO.  
But please remember, the TQQQ fall 3 times the QQQ when the market is dropping.**

The ETF QQQ is designed to move WITH the largest 100 stocks on the Nasdaq. QLD is designed to double the price move of the QQQ. The TQQQ is a more volatile Visit Proshares.com for more information.

The "Profit" calculation is based on buying the ETF at the opening price the morning AFTER the signal (as you would have if you followed the ARMCHAIR INVESTOR TREND-FOLLOWING strategy.

## HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?

Below are the highs as of 12/05/2016. I will use these highs until the market has risen above those by at least 5%.

|                                       | Nasdaq                      | S&P500                      | NYSE                         | DJIA                       |
|---------------------------------------|-----------------------------|-----------------------------|------------------------------|----------------------------|
| <b>Date of Index High</b>             | Recent High<br>(11/29/2016) | Recent High<br>(11/25/2016) | All-time High<br>(5/21/2015) | Recent High<br>(12/5/2016) |
| <b>All-time High</b>                  | 5403.86                     | 2213.35                     | 11254.87                     | 19273.85                   |
| <b>Current Price</b>                  | 5438.56                     | 2249.95                     | 11058.88                     | 19834.23                   |
| <b>% Off All-Time High</b>            | +0.6%                       | +1.7%                       | -1.7%                        | +2.9%                      |
| <b>\$ off the All-Time High Price</b> | +\$34.70                    | +\$36.60                    | -\$195.99                    | +\$560.38                  |

Note: The Nasdaq, S&P500 and DJIA closed above their prior all-time highs. This upward progression continues, I will raise the reference "all-time highs."

## LAST Week's Market Action

| Week Ending<br>12/23/16 | Index % Change | Volume %<br>Change | Volume Above/<br>Below 10-week<br>Avg | Type of Week |
|-------------------------|----------------|--------------------|---------------------------------------|--------------|
| Nasdaq                  | +0.5%          | -39.3%             | -18%                                  | Neither      |
| S&P 500                 | +0.3%          | S&P 500 Volume     |                                       | Neither      |
| NYSE Comp               | +0.03%         | -34.0%             | -46%                                  | Neither      |
| DJIA                    | +0.5%          |                    |                                       | Neither      |

The "TYPES OF WEEK" are:

ACCUMULATION WEEK Price RISES 1+% and Volume RISES 1+%

DISTRIBUTION WEEK Price FALLS 1+% and Volume RISES 1+%

Another type of DISTRIBUTION(\*): WEEK Price FALLS 1+% & Volume is 15+% above average.

The NYSE volume is used for the S&P500 and NYSE Composite.

## MARKET ACTION 2016 YEAR-TO-DATE

| 12/28/16  | 2015 Closing Price | Current Price | Index % Change Year-to-Date |
|-----------|--------------------|---------------|-----------------------------|
| Nasdaq    | 5007.41            | 5438.56       | +8.6%                       |
| S&P 500   | 2043.94            | 2249.95       | +10.1%                      |
| NYSE Comp | 10143.42           | 11058.88      | +9.0%                       |
| DJIA      | 17423.03           | 19834.23      | +13.8%                      |

This yearly table is included for your reference. These returns have little relevance to trend-following returns since trend-followers do not hold during "Downtrends" and may lighten their holdings during "Uptrends under Pressure." "Buy and Hold" is never recommended by the Armchair Investor.

## PROGRESS IN ACCUMULATION / DISTRIBUTION RATINGS

NOTE ADDITION TO DAILY Nasdaq and S&P500 charts:

You may now see three moving averages on the daily index charts: The 20-day, 50-day and 200-day moving averages of the closing prices. In a less volatile or flatter market, the new 20-day m.a. sometimes reveals additional insights about the market.

Remember, the shorter 20-day m.a. will always FOLLOW THE PRICES MOST CLOSELY. The longest 200-day m.a. will be the most FLAT line. The 50-day m.a. is somewhere in between – flatter than the 20-day m.a. but follows the price movement closer than the 200-day m.a.

| Today | # | 1115 | 2486 | 1167 | 1045 | 511 | 6324 |
|-------|---|------|------|------|------|-----|------|
|-------|---|------|------|------|------|-----|------|

The as and Bs of the week with the highest TOTAL of As and Bs are outlined in a heavy solid line.

The As and Bs of the week with the lowest TOTAL of As and Bs are outlined in a red line.

The highest lowest totals of As plus Bs are highlighted in yellow.

Note: The Accumulation/Distribution ratings are calculated overnight & reported one day delayed. "2 weeks ago" is 10 market days ago; "4 weeks ago" is 20. The ratings which are higher than two weeks prior are colored light GREEN. Those lower are PINK

## HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?

Below are the highs as of 12/05/2016. I will use these highs until the market has risen above those by at least 5%.

|                                | Nasdaq                   | S&P500                   | NYSE                      | DJIA                    |
|--------------------------------|--------------------------|--------------------------|---------------------------|-------------------------|
| Date of Index High             | Recent High (11/29/2016) | Recent High (11/25/2016) | All-time High (5/21/2015) | Recent High (12/5/2016) |
| All-time High                  | 5403.86                  | 2213.35                  | 11254.87                  | 19273.85                |
| Current Price                  | 5471.43                  | 2265.27                  | 11142.57                  | 19943.34                |
| % Off All-Time High            | +1.25%                   | +2.3%                    | -1.0%                     | +3.5%                   |
| \$ off the All-Time High Price | +\$67.57                 | +\$51.92                 | -\$112.30                 | +\$669.49               |



The above charts are from **StockCharts.com**, a valuable site for investors with **many free tools**. On the **daily charts**: The **price 50-day and 200-day moving averages** are shown. If you don't see the 200-day price moving average, it is too low (or high) to show. But stay tuned – it will appear on these charts when the market direction changes. Also, the **volume 50-day moving average** is shown.

On the **weekly charts**: The **price 10-week & 40-week moving averages** and the **10-week volume moving average** is shown.

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 The rest of this newsletter is an in-depth look at today's market meant for those who enjoy exploring the market forces in more detail and manage individual stocks.

# MARKET FACTORS, COUNTS & RATINGS

12/28/2016

|  |  |                                     |                                     |
|--|--|-------------------------------------|-------------------------------------|
| <b>Type of DAY for <u>Nasdaq</u></b><br>Major (1%/1%) Accumulation, Distribution or Neither  |  | <b>Minor distribution</b>           |                                     |
| <b>Market Direction</b><br>Uptrend, Under Pressure, Downtrend, or Attempted Uptrend  |  | <b>UPTREND</b>                      |                                     |
| <b><u>MAJOR</u> Accumulation / Distribution Momentum</b><br>20-day count of <b>NASDAQ</b> Major (1%/1%) Acc & Dist days  |  | <b>Major Accumulation Days</b><br>1 | <b>Major Distribution Days</b><br>3 |
| <b>IBD Distribution Day Count including ALL Major &amp; Minor D-days.</b><br>This count is the larger of S&P500 or Nasdaq distribution count for the last 25 trading day (but only since the last market Uptrend signal). The IBD Big Picture does not list accumulation days. |  | <b>7</b>                            |                                     |
| <b>Count of Up Days and Down Days</b><br>(10-days on the Nasdaq)   |  | <b>Up Days</b><br>5                 | <b>Down Days</b><br>5               |
| <b>Leaders Up/Down with High Volume</b><br>(10-day ratio)  |  | <b>1.7</b>                          |                                     |
| This indicator looks at leading stocks (high RS) and is, thus, biased to the upside. Uptrend indicator: 1.5 or higher. Neutral: 1.0 to 1.49. Downtrend: less than 1.0  |  |                                     |                                     |
| <b>Market Accumulation/Distribution Ratings</b><br>"A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution.<br>Accumulation = Institutions are BUYING, Distribution = Inst are SELLING                          |  | <b>Nasdaq</b><br>B-                 | <b>S&amp;P 500</b><br>C-            |
|  |  | <b>DJIA</b><br>B                    |                                     |
| <b>Are Major Indexes Above or Below Moving Averages?</b><br>"At" is within 1% above or below the moving average.   |  | <b>50-Day</b>                       | <b>200-Day</b>                      |
| Nasdaq   |  | Above                               | Above                               |
| S&P 500  |  | Above                               | Above                               |
| NYSE   |  | Above                               | Above                               |
| DJIA   |  | Above                               | Above                               |

## **MARKET DIRECTION ADDITIONAL COMMENTS**

*More detailed comments on market direction and technical analysis for individual stocks*

**WEDNESDAY :** My CLIMAX TOP discussion yesterday seems to have been right on point. One rating agency downgraded NVDA's expected earnings and price came tumbling down 6.9% Tuesday on the highest volume I can remember for Nvidia, 247% above average.

### **FROM TUESDAY'S NEWSLETTER WARNING NVDA HOLDERS TO TAKE PROTECTIVE ACTION.**

NVDA does not have all the climax top criteria, but look at what is pointing to "irrational exuberance":

1. NVDA has been rising for an amazing 3 quarters (since it broke out of the last base) at what is usually an "**unsustainable**" rate of growth.
2. And then 3 weeks ago, NVDA **shot up at a new, much steeper slope.**
3. NVDA **broke above its upward channel.**
4. On that day, NVDA had the **highest volume day** since it broke out of the last cup (perhaps ever!).
5. NVDA had the **largest number of up days in a row** having risen for the last 10 days in a row – longer than any rising period since 2010 (I didn't find a longer period in 2010, I just stopped looking)
6. NVDA's **price is now more than 100% above its 200-day moving average.**

**WARNING: IF YOU DON'T KNOW HOW TO SPOT A CLIMAX TOP, YOU ARE LIKELY TO THINK YOU ARE JUST BRILLIANT TO HAVE BOUGHT NVDA AND THAT IT WILL GO ON FOREVER ("Just look at how strong it is.") AND PAY OFF YOUR RETIREMENT AND YOUR GRANDKIDS' COLLEGE FUND.**

And, **you were brilliant** to have bought NVDA before or during this run. **Are you smart enough to put those earnings in your pocket?**

**HERE'S THE PROBLEM:** (I'll stop shouting now) This price growth rate is **unsustainable** and a **classic case of irrational exuberance** called a **CLIMAX TOP**.

Imagine a bright, big balloon that is blown up to one or two breaths away from popping. It looks sooooo pretty but one bit of bad news, one slight downgrade, one hint of a rumor of disappointing sales or earnings, and that balloon can pop, slinging the price hard down. It can happen in two or 3 days, but it rarely in a single day or overnight.

## **HOW DO YOU PROTECT YOURSELF?**

1. Be sure to put in a **stop loss** (NOT a stop limit) order to get out if the price does dump whether you are looking or not. (Note: A stop does **not** guarantee your exit price. It just gets you in line to sell as fast as possible when the stop price is triggered.)
2. **Put on alerts** to send to your phone so you will know when the price first starts to fall.
3. Track NVDA's price-volume action nightly, looking for **distribution days** and other signs of a "**change in personality.**"
4. Consider **selling a portion** of your stock now to **lock in gains**.
5. Use option strategies such as **buying puts to protect your gains**. This will cost you something. We call it "insurance."

**If you sold right now, you would have a nice story to tell your friends and family.**

**AND HERE IS THE FRUSTRATING PART:** This rise could go on for days, weeks or months.

**NONE OF THESE NOTES ARE RECOMMENDATIONS.  
THIS TIRADE HAS STRICTLY \ BEEN AN  
EDUCATIONAL, ACADEMIC DISCUSSION.**

**PLEASE TAKE THESE IDEAS, RESEARCH THEM  
(especially on Investors.com) AND MAKE YOUR OWN  
DECISIONS.**

**I don't participate in your earnings(sigh!) and I don't  
participate in your losses.**

**Remember:  
The market AND YOUR STOCKS continue in the direction they**



are going until they don't.

## **MARKET DIAGNOSIS: "UPTREND"**

### **What to do now:**

1. **WATCH YOUR INVESTMENTS CLOSELY:** Do a quick **review of each stock you own every night**. Look for strength and weakness signals in the price-volume action, especially watching for distribution (signs of institutional selling)
2. **DON'T LOSE YOUR GAINS:** **Sell any stock that is showing a concentration of distribution days**
3. If you **need cash** for a hot new breakout, consider selling a stock that was a strong buy but hasn't taken off. It might be languishing near the buy point or it might have already round tripped – risen from a good buy point and bombed back or below the buy price.

## EXPLANATION OF TERMS FOR THE

### MARKET ACTION OVER THE LAST 20 DAYS

*Four weeks of price and volume action reveal much about the direction of the market and the strength of that movement.*

|   |               | Price |   | Volume |      |
|---|---------------|-------|---|--------|------|
| Healthy <b>Uptrend</b><br>Price-Volume<br>Movement    | Strong Action | Up    | ↑ | ↑      | Up   |
|   | Weaker Action | Down  | ↓ | ↓      | Down |
| Healthy <b>Downtrend</b><br>Price-Volume-<br>Movement | Strong Action | Down  | ↓ | ↑      | Up   |
|   | Weaker Action | Up    | ↑ | ↓      | Down |

The chart below identifies the **market direction** indicated by the Nasdaq's price and volume action for the last 20 days at two levels of significance.

#### ACCUMULATION/DISTRIBUTION COLUMN - TELLS YOU WHERE THE BIG MONEY IS GOING

The listing includes: the date, Nasdaq closing price and percent change of the Nasdaq price and volume.

- The next column identifies days that were **Major Accumulation** (serious UPTREND indicator) or **Major Distribution** (serious Downtrend indicator) using the 1% minimum rise or fall with higher volume.
- **Minor accumulation** and **minor distribution days** are also identified – days that moved 0.2% or more but less than 1%.

#### "CONSISTENT WITH" – THE SUBTLE, BUT TELLING MOVES

The last column is a UPTREND /Downtrend indicator.

Think of a healthy Uptrend. It will have many days where the index rises with increased volume. But even in the most robust Uptrend, \* not every day will be up. In any Uptrend, there will be some down days. If they have higher volume, then the day becomes a distribution day but if the volume is lighter (as frequently happens in an Uptrend), then the down day is NOT a distribution day. In fact, a drop on lighter 4747.62 volume says they market is NOT selling off heavily – good news and consistent with the Uptrend.

Using the Healthy UPTREND/Downtrend price and volume movement listed above.

- For example, if the Nasdaq closing price rose 0.7% and the volume rose 2% (up and up), that movement is "consistent with" the price-volume action of a Healthy UPTREND.
- If the price drops 0.5% and the volume rises 1.2% (down and up), that movement is "consistent with" the price-volume action of a Healthy Downtrend as indicated in the table above.
- Any index change less than + or – 0.3% or volume change less than + or – 1% has no "consistent with" notation. Price and volume movements that small is not strong enough to tell us about the market movement.

## MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS

*(For a full explanation of the terms in this table see end of this newsletter)*

| #                        | Date     | Close   | Index % Change | Volume % Change | Current Trend Day Count | Type of Day Accumulation, Distribution or Neither (—)    | <b>CONSISTENT WITH:<br/>UPTREND or DOWNTREND?</b> |
|--------------------------|----------|---------|----------------|-----------------|-------------------------|--|---|
| <b>MARKET IN UPTREND</b> |          |         |                |                 |                         |  |   |
| 20                       | 11/30/16 | 5323.68 | -1.1%          | +13.1%          | 107                     | Major Distribution Day                                   | DOWNTREND   |
| 19                       | 12/1/16  | 5251.11 | -1.4%          | +11.9%          | 108                     | Major Distribution Day                                   | DOWNTREND   |
| 18                       | 12/2/16  | 5255.65 | +0.1%          | -17.5%          | 109                     | —  | —   |
| 17                       | 12/5/16  | 5308.89 | +1.0%          | -3.5%           | 110                     | —  | DOWNTREND   |
| 16                       | 12/6/16  | 5333.00 | +0.5%          | +10.4%          | 111                     | Minor accumulation Day                                   | UPTREND   |
| 15                       | 12/7/16  | 5393.76 | +1.1%          | +8.1%           | 112                     | <b>Major Accumulation Day<br/>Market back in UPTREND</b> | UPTREND   |
| 14                       | 12/8/16  | 5417.36 | +0.4%          | -7.9%           | 113                     | Minor accumulation Day                                   | UPTREND   |
| 13                       | 12/9/16  | 5444.50 | +0.5%          | -15.6%          | 114                     | —  | DOWNTREND   |
| 12                       | 12/12/16 | 5412.54 | -0.6%          | -5.8%           | 115                     | —  | UPTREND   |
| 11                       | 12/13/16 | 5463.83 | +1.0%          | +7.2%           | 116                     | Major Accumulation Day                                   | UPTREND   |
| 10                       | 12/14/16 | 5436.67 | -0.5%          | -5.9%           | 117                     | —  | UPTREND   |
| 9                        | 12/15/16 | 5456.85 | +0.4%          | +5.6%           | 118                     | Minor accumulation Day                                   | UPTREND   |
| 8                        | 12/16/16 | 5437.16 | -0.4%          | +35.2%          | 119                     | Minor distribution Day                                   | DOWNTREND   |
| 7                        | 12/19/16 | 5457.44 | +0.4%          | -40.6%          | 120                     | —  | DOWNTREND   |
| 6                        | 12/20/16 | 5483.94 | +0.5%          | -0.8%           | 121                     | Minor accumulation Day                                   | UPTREND   |
| 5                        | 12/21/16 | 5471.43 | -0.23%         | -11.1%          | 122                     | —  | UPTREND   |
| 4                        | 12/22/16 | 5447.42 | -0.4%          | +5.8%           | 123                     | Minor distribution Day                                   | DOWNTREND   |
| 3                        | 12/23/16 | 5462.69 | +0.3%          | -27.3%          | 124                     | —  | DOWNTREND   |
| 2                        | 12/27/16 | 5487.44 | +0.5%          | +6.7%           | 125                     | Minor accumulation Day                                   | UPTREND   |
| 1                        | 12/28/16 | 5438.56 | -0.9%          | +8.1%           | 126                     | Minor distribution Day                                   | DOWNTREND   |

# ACCUMULATION / DISTRIBUTION RATINGS FOR MAJOR INDICES

*with Prior Trends for Reference*

|          | # of Days<br>in Trend | Trend Details                            | Nasdaq | S&P 500 | DJIA |
|----------|-----------------------|--|--------|---------|------|
| 1/26/16  | 1                     | Tue - A Follow-Through day = NEW UPTREND | E      | E       | E    |
| 2/5/16   | 9                     | Fri - UPTREND under PRESSURE 1           | D-     | D-      | D+   |
| 2/8/16   | 1                     | Mon - Distribution = NEW DOWNTREND       | D-     | D-      | D    |
| 2/16/16  | 6                     | Tue - DOWNTREND Attempted Rally 3        | E      | E       | D-   |
| 2/17/16  | 1                     | Wed - A Follow-Through day = NEW UPTREND | E      | D-      | D+   |
| 6/24/16  | 91                    | Fri - UPTREND under PRESSURE 1           | D      | C       | C-   |
| 6/27/16  | 1                     | Mon - Distribution = NEW DOWNTREND       | E      | E       | E    |
| 6/29/16  | 3                     | Wed - DOWNTREND Attempted Rally 2        | E      | D-      | D-   |
| 6/30/16  | 1                     | Thu - A Follow-Through day = NEW UPTREND | D-     | C       | C    |
| 8/26/16  | 40                    | Fri - UPTREND under PRESSURE 3           | C-     | B-      | C    |
| 9/2/16   | 45                    | Fri - UPTREND under PRESSURE 8           | D+     | C+      | C-   |
| 9/6/16   | 46                    | Tues - UPTREND                           | C      | B-      | C-   |
| 9/8/16   | 48                    | Thu - UPTREND                            | C-     | C+      | C-   |
| 9/9/16   | 49                    | Fri - UPTREND under PRESSURE 1           | D-     | C-      | D-   |
| 9/16/16  | 54                    | Fri - UPTREND under PRESSURE 6           | C      | D       | D-   |
| 9/23/16  | 59                    | Fri - UPTREND                            | B-     | C-      | D    |
| 10/10/16 | 70                    | Mon - UPTREND                            | B-     | C+      | C    |
| 10/11/16 | 71                    | Tues - UPTREND under PRESSURE 1          | C-     | C+      | C+   |
| 11/8/16  | 90                    | Tue - UPTREND under PRESSURE 21          | E      | D       | C-   |
| 11/9/16  | 91                    | Wed - UPTREND                            | D+     | C       | C+   |
| 11/30/16 | 107                   | Wed - UPTREND                            | D      | C-      | B    |
| 12/1/16  | 108                   | Thu - UPTREND under PRESSURE             | E      | D+      | B+   |
| 12/6/16  | 111                   | Tue - UPTREND under PRESSURE             | D      | D       | B+   |
| 12/7/16  | 112                   | Wed - UPTREND                            | D+     | C       | B+   |
| 12/8/16  | 113                   | Thu - UPTREND                            | C-     | C+      | A-   |
| 12/13/16 | 116                   | Tue - UPTREND                            | C      | C+      | A-   |
| 12/14/16 | 117                   | Wed - UPTREND                            | B-     | D+      | B    |
| 12/15/16 | 118                   | Thu - UPTREND                            | B-     | C       | B+   |
| 12/16/16 | 119                   | Fri - UPTREND                            | B-     | C-      | B+   |
| 12/19/16 | 120                   | Mon - UPTREND                            | B-     | C-      | B    |
| 12/20/16 | 121                   | Tue - UPTREND                            | C+     | C-      | B    |
| 12/21/16 | 122                   | Wed - UPTREND                            | B-     | C-      | B    |
| 12/22/16 | 123                   | Thu - UPTREND                            | B-     | C-      | B    |
| 12/23/16 | 124                   | Fri - UPTREND                            | B-     | C-      | B    |
| 12/27/16 | 125                   | Tue - UPTREND                            | B-     | C-      | B    |
| 12/28/16 | 126                   | Wed - UPTREND                            | B-     | C-      | B    |

## ARMCHAIR INVESTOR WEEKLY CLASS SCHEDULE

**Join us for the ARMCHAIR INVESTOR classes.**

**Be my guest** (FREE) if you have not visited in the last six months (guest seating limited).

The next ARMCHAIR INVESTOR classes are shifted due to the Monday New Year's holiday:

**Tuesday 1/3** 4:00 – 6:00 p.m. Barnes & Noble at Royal & Preston (northeast corner), Dallas

**Tuesday 1/3** 7:00 – 9:00 p.m. Barnes & Noble at Royal & Preston (northeast corner), Dallas

**Wednesday 1/4** 10:00 am – noon, Barnes & Noble, on Beltline just east of Montfort, Addison

**NOTE:** The Armchair Investor classes are on vacation two weeks each quarter.

- Guest attendance is limited to ensure class members get their full value. -
- Be sure to call to confirm we are having a class and to reserve your spot.

Call me at 214-995-6702 to schedule your FREE visit (new visitors only) to an ARMCHAIR INVESTOR class.

TO REGISTER FOR THE COMPREHENSIVE, SINGLE SUBJECT  
ARMCHAIR INVESTOR WORKSHOPS  
OR TO VISIT AN ARMCHAIR INVESTOR CLASS:

**CALL OR TEXT** CHARLOTTE HUDGIN AT 214-995-6702

Wishing you "Many Happy Returns,"

Charlotte Hudgin, 214-995-6702, Editor, the Armchair Investor

### **DISCLAIMER, "Buyer Beware" WARNING:**

This newsletter shares the ideas I use in my investing. It is not investing advice but should be taken as education only. Your investment decisions are your responsibility as are the results. If you are not comfortable with or do not understand a strategy completely, I recommend that you paper-trade until you are successful and can sleep at night.

Questions may be submitted to [Editor@ArmchairInvestor.com](mailto:Editor@ArmchairInvestor.com)

Some of your questions will be used in future newsletters.

Armchair Investor, P.O. Box 671146, Dallas, TX 75367, USA

Additional notes follow:

## EXAMPLE OF ACCUMULATION AND DISTRIBUTION WITH EXPANDED EXPLANATION OF TERMS:

| Today's Market Action with explanation |             |                |                 |                      |                                   |   |
|--|-------------|----------------|-----------------|----------------------|-----------------------------------|---|
| 2/5/16                                 | Index Close | Index % Change | Volume % Change | Volume vs 50-day Avg | Accumulation or Distribution Day? | Current Trend: DOWNTREND Began 1/4/2015 |
| Nasdaq                                 | 4363.14     | -3.2%          | +13.8%          | +21.8%               | Major Distribution                | +11.3%                                  |
| S&P500                                 | 1879.92     | -1.9%          | NYSE Volume     |                      | Neither                           | +6.6%                                   |
| NYSE                                   | 9,390.33    | -1.5%          | -5.3%           | +15.0%               | Neither                           | +6.2%                                   |
| DJIA                                   | 16,204.62   | -1.3%          |                 |                      | Neither                           | +5.5%                                   |

A **Major Accumulation Day**: Price RISES 1.0% or more and higher Volume than the day before  
A **Minor accumulation Day**: Price RISES 0.2% or more and Volume is strong (either higher volume or is well-above average volume)

A **Major Distribution Day**: Price FALLS 1.0% or more and higher Volume than the day before.  
A **Minor distribution Day**: Price FALLS 0.2% or more, Volume is strong (either higher volume or is well-above average volume)

A **Stalling minor distribution Day**: Only in an up-trending index or stock, price is FLAT or DOWN slightly compared to the day before, closing in the bottom half of the day's range and volume is heavier or about equal to the day before or strong compared to the past market. It's the price closing low in the day's range after an uptrend that is the key for this designation. Price close to flat and higher or consistent volume indicates the big money (institutions: mutual funds, banks, etc.) are gently selling, trying to sneak out so you won't notice.

\*\* The "CURRENT TREND" column calculates how far each index has moved in the current trend assuming you purchased the index (which is not buyable) at the opening price on the day after the trend change signal.

- **When this column is GREEN, the index has moved in the direction of the market trend.**
- **HOWEVER, when this column is RED, the index change has fallen into negative territory (which could be a rise during a Downtrend)**

An **ACCUMULATION** day points at heavy buying by institutional money managers - the mutual funds, pension funds, banks, etc.  
A **DISTRIBUTION** day points at heavy selling by institutional money managers.