

ARMCHAIR INVESTOR **TREND-FOLLOWING STRATEGY***

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



On Wednesday, 3/15, the AAI **DALLAS/FT WORTH** Chapter will present:
“THE PERFECT INVESTMENT STRATEGY FOR 2017”

Michael Turner *Founder and Chief Trading Strategist, Turner Capital.*

Open the following link to AAI (American Association of Individual Investors) web site for more details about the speaker and his talk: [The Perfect Investment Strategy for 2017](http://www.aai.com/chapters/info?ChapterID=11)

Or copy this link to learn more about the speaker and his presentation
<http://www.aai.com/chapters/info?ChapterID=11>

MONDAY: A pleasant end to the week! A nice rising day on higher volume for the Nasdaq and FLAT volume for the S&P500.

- The Nasdaq was UP 0.24% with volume DOWN 9.6%
- The S&P500 was UP 0.04% with volume DOWN 10.1%.
- The distribution count remains a moderate 4 for both indexes

The market was quiet Monday waiting for the expected Fed interest rate increase.

The UPTREND remains intact!

AM I CONCERNED ABOUT THE CURRENT MINOR PULLBACK?

“No!” The major indexes (the S&P500 and the Nasdaq) are showing support - they didn't even dip to their 50-day moving averages before starting back up. Since the minor pullback of both major indexes:

- The Nasdaq bounced off its 20-day moving average and has risen for 4 days in a row.
- The S&P500 bounced off its 20-day moving average and has risen for three days in a row.

Remember: The market will go up and the market will go down.

Note the pullbacks off recent highs, are gentle (not crashing down) and do not have high volume on the down days as shown by their strong Accumulation/Distribution ratings which remain high at B+.

A NOTE ABOUT THE ETF'S MENTIONED IN EARLIER EMAIL:

This newsletter started over a decade ago tracking the market direction and encouraged readers to consider investing in a broad market index.

Every night, I track the performance of these three uptrend ETFs:

- QQQ - designed to mimic the moves of the Nasdaq 100 (the 100 largest stocks in the Nasdaq index). OR
- QLD – designed to double the ups and downs of the QQQ OR
- TQQQ – designed to triple the ups and downs of the QQQ

There is also a set of inverse ETFs that rise when the market is falling. You will see those indexes when the market is in a Downtrend (correction.)

When a Downtrend turns into an Uptrend with a Follow-through day signal, I track investing in the three uptrend ETFs. You can see that tracking table in tonight's full newsletter. The results from the 6/30/2016 Uptrend signal through last Friday are:

- QQQ +21.7%
- QLD +46.9%
- TQQQ +76.7%

I certainly wish I had more invested in the double and triple ETF. My lesson: Trust the market direction and low Distribution count. (Although, please note: Not every trend runs as long and as steady as this current 8 month trend.)

ETF investing can also be a great place to learn how the market trends work.

WATCH FOR THE ARMCHAIR INVESTOR WORKSHOP ON MARKET DIRECTION AND TREND-FOLLOWING, COMING SOON TO DALLAS.

“REMEMBER”:
**THE MARKET CONTINUES IN THE DIRECTION IS IT GOING UNTIL
 IT DOESN'T.**

MARKET DIAGNOSIS: “UPTREND”

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

- I hold my full QQQ position and individual stocks.

**You can always download the FULL ARMCHAIR INVESTOR
 NEWSLETTER at**

ArmchairInvestor.com

Click on the **Free Newsletter** tab and then ...

Click on the **Armchair Investor Current Newsletter** tab

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TODAY'S MARKET ACTION

3/13/17	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg	Accumulation or Distribution Day?	Current Trend: UPTREND Began 6/30/2016
Nasdaq	5875.78	+0.24%	-9.6%	-10.7%	Neither	+21.5%
S&P500	2373.55	+0.04%	NYSE Volume		Neither	+13.1%
NYSE	11,519.44	+0.16%	-10.1%	-12.8%	Neither	+9.8%
DJIA	20,881.75	-0.10%			Neither	+16.5%

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.

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS FOR CURRENT UPTREND

Uptrend ETFs

3/13/17	Opening Price on 7/1/2016	Today's Price	ETF % Change Today	PROFIT/LOSS from 6/30/2016 Signal: "Market in UPTrend"
QQQ (1x)	107.49	131.59	+0.2%	+22.4%
QLD (2x)	71.14	105.72	+0.3%	+48.6%
TQQQ (3x)	48.08	86.40	+0.6%	+79.7%

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).

PROGRESS IN ACCUMULATION / DISTRIBUTION RATINGS

for Stocks Over \$5

		A	B	C	D	E	Total
4 weeks ago	2/10	16%	47%	20%	12%	4%	6375
3 weeks ago	2/17	20%	46%	18%	12%	4%	6380
2 weeks ago	2/27	18%	47%	18%	12%	4%	6379
1 week ago	3/6	16%	46%	19%	14%	5%	6375
Today	3/13	13%	40%	21%	17%	8%	
	#	846	2568	1367	1090	490	6361

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

The As and Bs of the week with the lowest TOTAL of As and Bs are outlined in a heavy 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

LAST Week's Market Action

Week Ending 3/10/17	Index % Change	Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	-0.15%	-11.6%	+8%	Neither
S&P 500	-0.4%	-8.4%	+10%	Neither
NYSE Comp	-0.8%			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.

HOW CLOSE ARE THE INDICES TO 2016 HIGHS?

3/13/17	Nasdaq	S&P500	NYSE	DJIA
Date of Index High	All-time High (12/27/2016)	All-time High (12/13/2016)	All-time High (12/13/2015)	All-Time High (12/20/2016)
All-time High	5512.37	2277.53	11256.07	19987.63
Current Price	5875.78	2373.55	11519.44	20881.75
Below (-) or Above (+) Recent High (%)	+6.6%	+4.2%	+2.3%	+4.5%
Below (-) or Above (+) Recent High (\$)	+\$363.41	+\$96.02	+\$263.37	+\$894.12



The above charts are from StockCharts.com, a valuable site for investors with **many free tools**.

On the **daily charts**: The **price 20-day, 50-day and 200-day moving averages** are shown. If you don't see the 200-day price moving average, it is too far away from the price bars 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.

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.

So much **GREEN** in the MARKET FACTORS, COUNTS & RATINGS table should make you happy!

MARKET FACTORS, COUNTS & RATINGS		3/13/2017	
Type of DAY for Nasdaq Major (1%/1%) Accumulation, Distribution or Neither		Neither	
Market Direction Uptrend, Under Pressure, Downtrend, or Attempted Uptrend		UPTREND	
MAJOR Accumulation / Distribution Momentum 20-day count of NASDAQ Major (1%/1%) Accumulation & Distribution days		Major Accumulation Days 1	Major Distribution Days 0
IBD Distribution Day Count including ALL Major & Minor D-days. 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.		4	
Count of Up Days and Down Days (10-days on the Nasdaq) The Nasdaq moved less than 0.2% on 3/9/2017 and thus is not counted in the Up/Down days count. The count, therefore, does not add up to 10 days.		Up Days 5	Down Days 4
Leaders Up/Down with High Volume (10-day ratio) 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		1.6	
Market Accumulation/Distribution Ratings "A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution. Accumulation = Institutions are BUYING, Distribution = Inst are SELLING		Nasdaq B+	S&P 500 B+
		DJIA B+	
Are Major Indexes Above or Below Moving Averages? "At" is within 1% above or below the moving average.		50-Day	200-Day
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

MONDAY : A quiet day waiting for Wednesday's confirmation of the expected interest rate increase.

Did you see the three stocks that had HUGE VOLUME on Friday:

- **ULTA** was UP 4.6% with volume 578% above average (a multiple common after their quarterly earnings.) Pair the big volume with Friday's 4.6% price rise, and it's easy to conclude the market thinks ULTA is doing great!
- **WLDN** (Willdan Group) was UP 19.4% with volume 514% above average. This 99 composite rating (IBD) has not been on my radar but sure is now. WLDN broke out of a healthy 3rd stage flat base on Friday and is still in the buy range. After the prior two big earnings quarters, the stock rose 32% and 31% in the following three weeks – an impressive multiple-rocket stock designation.
- **FIZZ** (National Beverage) was up 7.6% with volume 283% above average on the day after earnings. On Thursday's earning announcement, FIZ rose 10.3% on a volume 380% above average. Wow!

But wait! Marketsmith labels this most recent base a 4th stage. Isn't that too old – too long-in-the-tooth? Not if you calculate the average dollar volume at the end of the 3rd stage base (April 2016 breakout) of about \$5million per day. A stock won't hit my radar until it has at least \$7.5 million average daily dollar volume. That minimum was hit between the MS 3rd and 4th stage bases. **So this is a new stock to the big boys of the market. And they like it.**

- **MY CONCLUSION: I am comfortable with the likely continuation of this Uptrend.**

ENJOY THE SMOOTH RIDE WHILE IT LASTS!

HOW DOES THE MARKET CHANGE FROM UPTREND TO DOWNTREND?

The market diagnosis always goes from a happy, rising Uptrend to a warning of “Uptrend under Pressure” for at least 1 day (frequently more than a week) before either going into Downtrend or back into Uptrend. This short limbo period is why it is important to watch the market each night. When (not if) the market goes into Downtrend, you should know about it and take correct protective action (which I will discuss in this column when the time is appropriate).

Last Friday (3/3) was a quiet day, but at the end of Friday, the market was UP again for the 6th week in a row. Are you rising this wave??

YOU ARE NOT SMARTER THAN THE MARKET

But I hope you are smart enough to take advantage of the current **Uptrend**. I continue to invest in great stocks breaking out of strong bases. And the QQQ ETF.

REMEMBER THESE IMPORTANT INVESTING RULES:

#1 Investing Rule

PROTECT YOUR PORTFOLIO WITH AN 8% STOP

And, yes. You may have chosen a tighter 7% or 6% stop. The most important aspect of this first rule is:

CHOOSE YOUR STOP & LIVE BY IT – NO EXCUSES!

And you don't have to wait for your stock to fall to the stop. A concentration of distribution is a good reason to get out wherever it happens!

#2 Investing Rule:

TRADE IN THE DIRECTION OF THE CURRENT MARKET

And remember:

THE MARKET AND STOCKS CONTINUE IN THE DIRECTION THEY ARE GOING..... UNTIL THEY DON'T.

=====

Uptrending markets usually climb a “wall of worry.” The more worry, the better the climb. Consider these perspectives:

- If you heard a lot of worrying news and believed the market was ready to fail, you would sell much of your stock at today's "high prices." If the market continues to rise after you sold, you would eventually reinvest in the market to participate in the uptrend. You would have missed the profit between your leaving the market and getting back in it.
- **The lesson:** Follow the market strength signals, not the dramatic reporting on the news.

Don't be one of the inexperienced investors convinced to sell in an uptrending market.

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) **DON'T LOSE YOUR GAINS:** Sell any stock that is showing a concentration of distribution days
2. **BUY THE BEST STOCKS AS THEY BREAK OUT OF STRONG BASES.** If weary of this rising market (I don't call it extended because I don't see warning signs yet), buy in three moves (**pyramiding in**):
 - a. Buy 50% of your intended position as the stock has a good break out (volume at least 40% above average)
 - i. Buy another 30% as the stock rises 1 ½ to 2% above the buy price.
 - ii. Buy the final 20% as the stock rises another 1 ½ to 2% but avoid buying a stock that is more than 5% past the ideal buy price.
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 Uptrend Price-Volume Movement	Strong Action	Up	↑	↑	Up
	Weaker Action	Down	↓	↓	Down
Healthy Downtrend Price-Volume- 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 (—)	CONSISTENT WITH: UPTREND or Downtrend?
MARKET IN UPTREND							
20	2/13/17	5763.96	+0.5%	-3.4%	157	—	DOWNTREND
19	2/14/17	57872.57	+0.3%	+5.3%	158	Minor accumulation Day	UPTREND
18	2/15/17	5819.44	+0.6%	+10.1%	159	Minor accumulation Day	UPTREND
17	2/16/17	5814.90	-0.08	-6.7%	160	—	—
16	2/17/17	5838.58	+0.4%	-4.3%	161	—	DOWNTREND
15	2/21/17	5865.41	+0.5%	+4.9%	162	Minor accumulation Day	UPTREND
14	2/22/17	5860.63	-0.09	-9.9%	163	—	—
13	2/23/17	5835.51	-0.4%	-0.17%	164	—	—
12	2/24/17	5845.31	+0.17%	-10.5%	165	—	—
11	2/27/17	5861.06	+0.3%	+10.2%	166	Minor accumulation Day	UPTREND
10	2/28/17	5825.44	-0.6%	+21.2%	167	Minor distribution day	DOWNTREND
9	3/1/17	5902.63	+1.3%	+2.0%	168	Major accumulation Day	UPTREND
8	3/2/17	5861.22	-0.7%	-15.2%	169	—	UPTREND
7	3/3/17	5870.75	+0.16%	-9.2%	170	—	—
6	3/6/17	5849.17	-0.4%	-4.4%	171	—	UPTREND
5	3/7/17	5833.40	-0.3%	+1.7%	172	Minor distribution day	DOWNTREND
4	3/8/17	5837.55	+0.06%	-10.7%	173	—	—
3	3/9/17	5838.60	+0.02%	+4.3%	174	—	—
2	3/10/17	5861.73	+0.4%	-3.1%	175	—	DOWNTREND
1	3/13/17	5875.78	+0.24%	-9.6%	176	—	DOWNTREND

ACCUMULATION / DISTRIBUTION RATINGS FOR MAJOR INDICES

with Prior Trends for Reference

	# of Days in Trend	Trend Details	Nasdaq	S&P 500	DJIA
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
6/729/16	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 1	E	D+	B+
12/6/16	111	Tue – UPTREND under PRESSURE 4	D	D	B+
12/7/16	112	Wed – UPTREND	D+	C	B+
12/23/16	124	Fri – UPTREND	B-	C-	B
2/3/17	151	Fri – UPTREND	B+	B	B
2/27/17	166	Mon – UPTREND	A	A-	A-
2/28/17	167	Tue – UPTREND	A-	B+	B+
3/1/17	168	Wed – UPTREND	A-	B+	A-
3/2/17	169	Thu – UPTREND	B+	B+	A-
3/3/17	170	Fri – UPTREND	B+	B+	A-
3/6/7	171	Mon – UPTREND	B+	A-	A-
3/7/17	172	Tue – UPTREND	B+	A-	A-
3/8/17	173	Wed – UPTREND	B+	B+	B+
3/9/17	174	Thu – UPTREND	B+	B+	B+
3/10/17	175	Fri – UPTREND	B+	B+	B+
3/13/17	176	Mon – UPTREND	B+	B+	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 2017 ARMCHAIR INVESTOR classes schedule is:

Monday 7:00 – 9:00 p.m. Barnes & Noble at Royal & Preston (northwest corner), 5959 Royal Ln, Dallas 75230

Tuesdays 4:00 – 6:00 p.m. Barnes & Noble at Royal & Preston (northwest corner), 5959 Royal Ln, Dallas 75230

Wednesday 10:00 am – noon, Barnes & Noble, on Beltline just east of Montfort, 5301 Beltline Rd, Dallas 75254 (in Addison with Dallas mailing address).

No Armchair Investor weekly classes on 3/20, 21 and 22.

- **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 or text 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
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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
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.