

**ARMCHAIR INVESTOR<sup>(sm)</sup> MORNING**  
**MARKET NEWSLETTER**  
A TREND-FOLLOWING STRATEGY



**ATTN: Dall/Fort Worth readers.** Join me next Saturday (3/10) 8:30 a.m. to noon for a **FREE IBD Trading Summit at the Dallas Marriott Los Colinas**, 223 Las Colinas Blvd, Irving, TX. **No charge** and well worth the time. Register at [www.investors.com](http://www.investors.com) , 800-831-2525 or just show up.

***I go to the Summit every year and always take home valuable new ideas.***

--- Charlotte Hudgin, IBD Meetup leader

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**MARKET DIAGNOSIS: UPTREND under PRESSURE**

**WEDNESDAY:** If you are one of us who is much more comfortable in a solid Uptrend than in the uncertainty of an “Uptrend under Pressure,” you have something to celebrate today – the first accumulation day since the market went into uptrend (the follow-through day) on February 14 of this year! One accumulation day doesn’t change the market diagnosis – it’s still Uptrend under Pressure. But an accumulation day gives me hope of more to follow.

As a reminder, an accumulation day occurs when a stock or an index rises with higher volume than the day before. An accumulation day is a sign of institutional buying.

A Follow-through day signals the likely change of a Downtrend (also called correction) to a confirmed Uptrend and is about 75% accurate. After a F-T day occurs, I watch for the market to send confirming signals such as a market full of accumulation days as the big money jumps in.

A new Uptrend without confirmation is much less likely to continue.

The current uptrend sent confused signals – many light volume up days and heavy volume down days. Yet the price continued to rise.

Since the Valentine's Day Follow-through:

- The Nasdaq has risen 2.7%
- The S&P500 has risen 0.5%

Don't get me wrong! Up is good and shows there have been opportunities to make some money in the last 3 weeks. But this market is nothing like many past Uptrends with their galloping leaders. The short Downtrend in early February simply did not have enough selling to take much money out of the market. It is the money sitting on the sidelines at the start of a new Uptrend that rushes into the market and pushes it higher.

I expect another, longer correction to pull more money out of the market this year. But I will not try to guess when. I don't need to guess. The market will tell me. Until then, I will continue to ride this pony in the direction it is going. And right now, it is going Up!

As I explained in an earlier newsletter:

I grow more and more concerned about volume! Look at the recent volume on an S&P500 or Nasdaq daily chart. Notice:

- When the indexes dropped, their volume rose – distribution days.
- Then the indexes rose over the last two market days with lower volume. The lower volume meant the up days were not accumulation days. In fact, the price rise on lower volume was
- “consistent with” a Downtrend!

Another hint of the market weakness is the very low Accumulation/Distribution ratings of the major indexes that are just a few percentages off all-time highs: Nasdaq D-, S&P500 E. Those lowest ratings only happen when there has been a lot of selling across the stocks in the indexes. (This does not mean there aren't some great stocks with heavy accumulation. But they sure are harder to find!)

Additional signs of weakness: Notice the Nasdaq and S&P500's 20-day moving average price lines have fallen below their 50-day m.a. - a sign of how fast the reversal occurred. Right now, the 50-day m.a. and the 200-day m.a. are headed for a collision.

## Be sure your stops are in.

Look at any of the major daily index charts (Nasdaq, S&P500, DJIA) and you will see a lot more volume on the way down to the 2/9 low than on the way up. **To use a Trumpism: "Not good!"**

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### Daily Market Action

3/7/18	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Current Trend Gains: UPTREND 2/14/2018
Nasdaq	7,396.65	+0.3%	+3.0%	-5.8%	Minor accumulation	+2.7%
S&P500	2,726.80	-0.1%	NYSE Volume		Neither	+0.5%
NYSE	12,707.01	-0.1%	-0.1%	-8.1%	Neither	-0.9%
DJIA	24,801.36	-0.3%			Neither	-1.0%

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 e or is well-above average volume)

**Current Trend Gains** show the gains in these indexes if you bought each at the opening price on the day after the recent trend changed.

### **Do you still own individual stocks?**

- Watch any stocks you still own. Sometimes, they take off (congratulations) in a new Uptrend. But sometimes, they languish as the sectors rotate elsewhere. Is it time to sell those tired stocks?

### **BE SURE YOU HAVE ACTIVE STOPS ON EVERYTHING YOU OWN**

#### *REMEMBER:*

**THE MARKET CONTINUES IN THE DIRECTION IT'S GOING UNTIL IT DOESN'T.**

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**The Uptrend ETFs are still positive since the last change in market direction from Downtrend to Uptrend on February 14 (see table below).**

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?				
3/7/2018	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High	1/26/2018	1/26/2018	1/26/2018	1/9/2018
All-time High	7505.77	2872.87	13637.02	26616.71
Current Price	7396.65	2726.80	12707.01	24801.36
Below (-) or Above (+) Recent High (%)	-1.5%	-5.1%	-6.8%	-6.8%
Below (-) or Above (+) Recent High (#)	-109.12	-146.07	-930.01	-1815.35

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS "A" stocks at a very low 8%							
		A	B	C	D	E	Total
4 weeks ago	2/6	6%	26%	21%	28%	19%	6473
3 weeks ago	2/13	5%	31%	24%	26%	14%	6478
2 weeks ago	2/21	8%	33%	23%	24%	12%	6505
1 week ago	2/28	8%	32%	22%	25%	12%	6507
Today	3/7	8%	32%	22%	24%	13%	
	#	539	2099	1435	1581	859	6513

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.

Uptrend ETFs	Armchair Investor Trend-following Returns for Current Uptrend			
3/7/18	Opening Price on 2/15/2018	Today's Price	ETF % Change Today	PROFIT/LOSS from 2/15/18 Signal: "Market in Uptrend"
QQQ (1x)	\$164.14	\$168.93	+0.2%	+2.9%
QLD (2x)	\$80.57	\$85.08	+0.5%	+5.6%
TQQQ (3x)	\$158.00	\$170.89	+0.6%	+8.2%

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.

MARKET ACTION 2018 YEAR-TO-DATE				
3/7/18	2017 Closing Price	Current Price	Index % Change Year-to-Date	Year-to-Date
Nasdaq	6903.39	7396.65	+7.1%	
S&P 500	2673.61	2726.80	+2.0%	
NYSE Comp	12,808.84	12,707.01	-0.8%	
DJIA	24,719.22	24,801.36	+0.3%	

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."

LAST WEEK'S MARKET ACTION				
3/2/2018	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	-1.1%	+45.9%	+14.0%	Major Distribution
S&P 500	-2.0%	S&P 500 Volume		Major Distribution
NYSE	-2.5%	+38.2%	+19.0%	Major Distribution
DJIA	-3.0%			Major Distribution

The "TYPES OF WEEK" are:

**ACCUMULATION WEEK** Price RISES 0.2% or more and Volume RISES

**DISTRIBUTION WEEK** Price FALLS 0.2% or more and Volume RISES

Another type of DISTRIBUTION(\*): WEEK Price FALLS 0.2% or more & Volume is 15% or more above average even without an increase in volume.

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



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.

<b>MARKET FACTORS, COUNTS &amp; RATINGS</b>		<b>3/7/2018</b>	
<b>Type of DAY for <u>Nasdaq</u></b> Accumulation, Distribution or Neither		<b>Minor accumulation</b>	
<b>Market Direction</b> Uptrend, Under Pressure, Downtrend, or Attempted Uptrend		<b>UPTREND under PRESSURE</b>	
<b><u>ALL Nasdaq Accumulation &amp; Distribution Days</u></b> 20-day count of <b>NASDAQ</b> Accumulation & Distribution days		<b>Accumulation Days</b> <b>3</b>	<b>Distribution Days</b> <b>5</b>
This field is designed to count ONLY Major Distribution days of 1% drop or more. In more volatile markets, this field will have larger counts.			
<b>Count of Up Days and Down Days</b> (10-days on the Nasdaq)		<b>Up Days</b> <b>6</b>	<b>Down Days</b> <b>3</b>
The Nasdaq moved an insignificant amount (less than 0.2% ) on 7/28, 8/2, 8/4 & 8/8. Those days are not included in the Up/Down count which does not, therefore, add up to 10 days.			
<b>Leaders Up/Down with High Volume</b> 10-day ratio		<b>1.5</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> "A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution. Accumulation = Institutions are BUYING, Distribution = Inst are SELLING		<b>Nasdaq</b> <b>D</b>	<b>S&amp;P 500</b> <b>E</b>
		<b>DJIA</b> <b>E</b>	
<b>Are Major Indexes Above or Below Moving Averages?</b> "At" is within 1% above or below the moving average.		<b>50-Day</b>	<b>200-Day</b>
		<b>Nasdaq</b> <b>Above</b>	<b>Above</b>
		<b>S&amp;P 500</b> <b>At</b>	<b>Above</b>
		<b>NYSE</b> <b>Below</b>	<b>Above</b>
		<b>DJIA</b> <b>Below</b>	<b>Above</b>

## 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?
<b>MARKET IN UPTREND</b>							
20	2/7/2018	7051.98	-0.9%	-25.6%	3	—	UPTREND
19	2/8/2018	6777.16	-3.9%	+14.3%	4	Major Distribution day	DOWNTREND
18	2/9/2018	6874.49	+1.4%	+17.4%	5	Major Accumulation day	UPTREND
17	2/12/2018	6981.96	+1.6%	-29.3%	6	—	—
16	2/13/2018	7013.51	+0.5%	-19.6%	7	—	DOWNTREND
15	2/14/2018	7143.62	+1.9%	+22.0%	1	Major Accumulation day	UPTREND
14	2/15/2018	7256.43	+1.6%	-4.0%	2	—	DOWNTREND
13	2/16/2018	7239.47	+0.2%	-4.7%	3	—	DOWNTREND
12	2/20/18	7234.31	-0.1%	-5.2%	4	—	—
11	2/21/18	7218.23	-0.2%	+1.2%	5	Minor distribution day	DOWNTREND
10	2/22/18	7210.09	-0.1%	-1.0%	6	—	—
9	2/23/18	7337.39	+1.8%	-1.9%	7	—	DOWNTREND
8	2/26/18	7421.46	+1.2%	-1.3%	8	—	DOWNTREND
7	2/27/18	7330.35	-1.2%	+14.8%	9	Major Distribution day	DOWNTREND
6	2/28/18	7273.01	-0.8%	+10.1%	10	Minor distribution day	DOWNTREND
5	3/1/18	7180.56	-1.3%	+5.9%	11	Major Distribution day	DOWNTREND
4	3/2/18	7257.87	+1.1%	-8.4%	12	—	DOWNTREND
3	3/5/18	7330.70	+1.0%	-11.9%	13	—	DOWNTREND
2	3/6/18	7370.78	+0.6%	-5.8%	14	—	DOWNTREND
1	3/7/18	7396.65	+0.3%	+3.0%	15	Minor accumulation day	UPTREND

The Current Trend column colors: Green: Uptrend. Yellow: Uptrend under Pressure. Red: Downtrend.



## **ADDITIONAL COMMENTS FOR INVESTORS IN INDIVIDUAL STOCKS**

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

**WEDNESDAY :** **FINALLY! An accumulation day!** Even if it is a minor accumulation day, I will take it as encouraging news. I continue to look for individual stocks that are strong enough to buy now. I am still pyramiding in:

- First purchase at the buy signal for 50% of intended position
- Second purchase when price rises 1 or 2% with confirming volume
- Third and final purchase with another rising price and volume day.

There are few stocks with high ratings that are near breakout or add-on buy points. Buy carefully – this is not a market to compromise your standards.

### **Yesterday's notes that are still relevant:**

#### **Some protective strategies include:**

1. Put in a stop loss order to automatically sell your stock if it dips too much.
2. Sell stocks without an 8% buffer (gain) before earnings are reported.
3. Buy a protective put if near earnings date or if the stock starts to show weakness (distribution, etc.).

Please talk to your broker if you are not clear on which of these strategies is right for you. Each can be tricky to implement and yield a nasty surprise if not set up correctly.

**YOU ARE NOT SMARTER THAN THE MARKET**

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

I am still looking for stocks to buy or signs to add to existing positions.

**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!

Remember:

**The market AND YOUR STOCKS continue in the direction they are going until they don't.**

## **MARKET DIAGNOSIS: "UPTREND" under PRESSURE**

**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**. I sell more quickly in a Downtrend

# 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).

Please register on the Meetup site so I will have a handout for you (25 pages of articles and [Link to registering for the Armchair Investor Meetup- CLICK HERE](#))

**The 2018 ARMCHAIR INVESTOR classes schedule.**

**Pre-register please! Schedules change! See phone number below:**

**Mondays** 6:00 – 8:00 p.m. Barnes & Noble at Royal & Preston (northeast corner), Dallas

**Tuesdays** 3:30 – 5:30 p.m. Barnes & Noble at Royal & Preston (northeast corner), Dallas

**Wednesdays** 10:00 am – noon, Barnes & Noble, on Beltline just east of Montfort, Addison

- **Guest attendance is limited to ensure class members get their full value. -**
- **Be sure to call to confirm we are having a class (we are occasionally on vacation) and have an open chair.**

**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](mailto:Editor@ArmchairInvestor.com)

Some of your questions will be used in future newsletters.

Additional notes follow:

## 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> Price-Volume Movement	Strong Action	Up	↑	↑	Up
	Weaker Action	Down	↓	↓	Down
Healthy <b>Downtrend</b> 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 an 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.

## 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
Index	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.