

ARMCHAIR INVESTOR^(sm) MORNING
MARKET NEWSLETTER
A TREND-FOLLOWING STRATEGY



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**There are still seats available for MarketSmith workshop this Saturday afternoon.
Call 214-995-6702 for details**

The market is in UPTREND

THURSDAY: When the market starts the day with a large drop, we are all concerned. But what is more important than the opening? The rest of the day leading up to the message in the close.

On Thursday, the Nasdaq opened FLAT.

- Within 30 minutes it had given up a 1/2%.
- Within 90 minutes it was down 1.0%
- By the end of the day, it was flat again.

And that is why I rarely trade the charts until near the end of the day. If the institutional investors believe the market (or a stock) will rise in the near future, they want to scare you out so they can buy it at today's "low" price.

DON'T FALL FOR ORCHESTRATED OPENING PRICE MOVES.
They seldom reveal the true market sentiment.

Yes, I absolutely keep my stops in - a lower opening can be the start of a larger drop. But I usually stay away from the market as it opens. It's called amateur hours for a reason. Expect misleading indicators more often than not.

YOU ARE LUNCH FOR THE BIG MONEY IN THE MARKET
And they are always hungry

The S&P500 continues to lag the Nasdaq as shown in the difference in distribution day counts:

- Nadsaq: 2 distribution days in the last 20 trading days
- S&P500: 4 distribution days in the last 20 trading days

Note: Investor's Business Daily counts distribution days covers a longer period - the last 25 days (5 weeks) and, therefore frequently has a higher d-day count. The difference between the two counts reveals valuable information. In today's market, the difference reveals the recent rise in the market.

DAILY MARKET ACTION						
5/24/18	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 4/10/2018 UPTREND SIGNAL
Nasdaq	7,424.43	-0.0%	+0.9%	-4.9%	Neither	+5.2%
S&P500	2,727.76	-0.2%	NYSE Volume		Neither	+3.2%
NYSE	12,696.69	-0.3%	-2.0%	-5.3%	Neither	+1.5%
DJIA	24,811.76	-0.3%			Neither	+2.2%

Good news: The indexes remain above their April highs

Bad news: Lower than average volume shows a lack of commitment; a hesitancy for institutional money to play this market.

See why I exited LNG before the close Thursday in the full newsletter.

DARTS TIME: The sum of the "A" and "B" rated stocks (by Accumulation/ Distribution rating) is an exciting 47%. It's almost darts time! E.g. you could throw darts at a list of stocks and have almost a 50% chance of hitting a stock that is being bought by institutional investors. When they buy, the stocks' prices usually go up. I'm still looking for the volume!

NASDAQ NEAR ALL-TIME HIGH: The Nasdaq is less than 2% below its all-time high on March 13 of this year. The laggard S&P500 has more work to do to top its prior high (a 5% rise required). **Watch for market action around these prior highs. DOES THE MARKET HAVE THE OPTIMISM TO GO TO NEW HIGHS?**

LOTS OF GREEN ON "MARKET FACTORS, COUNTS AND RATINGS" TABLE: Yeah! See this table in the FULL newsletter (link at top of this newsletter).

The Nasdaq and S&P500 recently made their second "higher high" and "higher low." This is how a stock or market climbs out of a dip!

Download the full Armchair Investor newsletter to see the RISING support lines I have drawn in the daily and weekly charts of the Nasdaq and S&P500. Impressive. Now we need continued buying to push the Accumulation/ Distribution ratings back up to the B or A level to show broadening buying.

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The Market is in UPTREND

And..... We still need Volume!

Markets usually take off vigorously at the beginning of a new Uptrend in price AND volume but this one has NOT, yet. Without volume there is an underlying weakness to the market.

Some individual stocks have caught the Uptrend fever. They have price AND volume. I am buying full positions (through pyramiding in), of top stocks with strong breakouts.

ARMCHAIR INVESTOR TREND-FOLLOWING ACTION

:With the market diagnosis as “Uptrend”, you have one Trend-following action:

- Hold an Uptrend ETF such as the QQQ, QLD and TQQQ.

REMEMBER:

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

THE ARMCHAIR INVESTOR strategy is SIMPLE and FAST to execute:

- **Be in the market when it is going up.**
- Be out or (or short) the market when it is going down.
- Protect yourself with an 8% stop.

>>>Download the FULL ARMCHAIR INVESTOR NEWSLETTER at:

www.ArmchairInvestor.com

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No advice is ever given in this newsletter. It is provided for your education only.

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MARKET ACTION 2018 YEAR-TO-DATE

5/24/18	2017 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	6903.39	7424.43	+7.5%
S&P 500	2673.61	2727.76	+2.0%
NYSE Comp	12,808.84	12,696.69	-0.9%
DJIA	24,719.22	24,811.76	+0.4%

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."

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS

		A	B	C	D	E
4 weeks ago	4/26	8%	32%	24%	24%	11%
3 weeks ago	5/3	8%	32%	25%	24%	11%
2 weeks ago	5/10	10%	35%	24%	22%	10%
1 week ago	5/17	10%	37%	24%	20%	9%
Today	5/24	5%	40%	25%	21%	9%

Stocks with an A or B rating are under accumulation (being bought.)

Stocks with a D or E rating are under distribution (being sold).

"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. Lower ratings are PINK.

HOW CLOSE ARE THE INDEXES TO ALL-TIME HIGHS?

5/24/2018	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High	3/13/2018	1/26/2018	1/26/2018	1/26/2018
All-time High	7537.27	2872.87	13637.02	26616.71
Current Price	7424.43	2727.76	12696.69	24811.76
Below (-) or Above (+) Recent High (%)	-1.5%	-5.1%	-6.9%	-6.8%
Below (-) or Above (+) Recent High (#)	-112.84	-145.11	-940.33	-1804.95

LAST WEEK'S MARKET ACTION				
5/18/18	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	-0.7%	+3.7%	-3.0%	Minor distribution
S&P 500	-0.5%	S&P 500 Volume		Neither
NYSE	-0.3%	-4.6%	+3.0%	Neither
DJIA	-0.5%			Neither
<p>The "TYPES OF WEEK" are:</p> <p>ACCUMULATION WEEK PRICE RISES 0.2% or more and VOLUME RISES</p> <p>DISTRIBUTION WEEK PRICE FALLS 0.2% or more and VOLUME RISES</p> <p>Another type of DISTRIBUTION(*): WEEK PRICE FALLS 0.2% or more & VOLUME is 15% or more above average even without an increase in volume.</p> <p>The NYSE volume is used for the S&P500 and NYSE Composite.</p>				

Uptrend ETFs	Armchair Investor Trend-following Returns for Current Uptrend			
5/24/18	Opening Price on 4/12/2018	Today's Price	ETF % Change Today	GAIN OR LOSS SINCE 4/10/2018 UPTREND SIGNAL
QQQ (1x)	160.2	169.55	-0.0%	+5.8%
QLD (2x)	76.02	84.53	-0.1%	+11.2%
TQQQ (3x)	142.6	55.43	-0.1%	-61.1%
<p>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 QQ. The TQQQ is a more volatile Visit Proshares.com for more information.</p>				

MARKET FACTORS, COUNTS & RATINGS		5/24/2018	
Type of DAY for <u>Nasdaq</u> Accumulation, Distribution or Neither		Neither	
Market Direction Uptrend, Under Pressure, Downtrend, or Attempted Uptrend		UPTREND	
All Nasdaq Accumulation & Distribution Days Nasdaq 20-day count S&P500 20-day count		Accumulation Days 2 2	Distribution Days 2 4
I follow the Nasdaq more closely because it usually leads an Uptrend into Downtrend. If the S&P500 is showing market reversal leadership (more distribution), it will be included here.			
Count of Up Days and Down Days Nasdaq last 10-days price movement only		Up Days 3	Down Days 3
Days that do not move at least 0.2% are not included in the Up/Down count which does not, therefore, add up to 10 days.			
Leaders Up/Down with High Volume Nasdaq 10-day ratio		1.5	
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			
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 S&P 500 DJIA	D+ D D-
Are Major Indexes Above or Below Moving Averages? "At" is within 1% above or below the moving average.		50-Day 200-Day	50-Day 200-Day
Nasdaq		Above	Above
S&P 500		Above	Above
NYSE		At	Above
DJIA		Above	Above

Nasdaq Daily chart, 3 months

The Nasdaq continues to HOLD ABOVE the April high.
Notice the recent rising lows as show by the lower blue line.



Nasdaq Weekly chart, 1 year

The Nasdaq weekly HELD above 10-week m.a.s.
Notice the three higher lows over the last five weeks.



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

S&P500 Daily chart, 3 months

The S&P500 is holding at its 4/20 high.
Notice the recent rising lows as show by the lower blue line.



S&P500 Weekly chart, 1 year

S&P500 weekly rallies to above its 10-week moving average last Friday.
Notice the higher lows over the last five weeks.



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

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?
THE COLOR OF THE "CURRENT TREND DAY COUNT" tells you the current market direction: Red = Downtrend, Yellow = Uptrend under Pressure, Green = Uptrend							
20	4/27/18	7119.80	+0.06%	-2.3%	14	—	—
19	4/30/18	7066.27	-0.8%	-4.3%	15	—	UPTREND
18	5/1/18	7130.70	+0.9%	-3.3%	16	—	DOWNTREND
17	5/2/18	7100.90	-0.4%	+11.8%	17	Minor distribution day	DOWNTREND
16	5/3/18	7088.15	-0.18%	+9.5%	18	—	—
15	5/4/18	7209.62	+1.7%	-12.7%	19	—	DOWNTREND
14	5/7/18	7265.21	+0.8%	-5.2%	20	—	DOWNTREND
13	5/8/18	7266.90	+0.03%	+5.5%	21	—	—
12	5/9/18	7339.91	+1.0%	+8.8%	22	Major Accumulation day	UPTREND
11	5/10/18	7404.97	+0.9%	-1.4%	23	—	DOWNTREND
10	5/11/18	7402.88	+0.03%	-6.6%	24	—	—
9	5/14/18	7411.43	+0.12%	-1.9%	25	—	—
8	5/15/18	7351.63	-0.8%	+0.9%	26	Minor distribution day	DOWNTREND
7	5/16/18	7398.30	+0.6%	-0.9%	27	—	DOWNTREND
6	5/17/18	7382.47	-0.2%	-6.7%	28	—	UPTREND
5	5/18/18	7354.34	-0.4%	+0.1%	29	—	—
4	5/21/18	7394.04	+0.5%	-0.7%	30	—	DOWNTREND
3	5/22/18	7378.46	-0.2%	-0.5%	31	—	UPTREND
2	5/23/18	7425.96	+0.6%	+4.2%	32	Minor accumulation day	UPTREND
1	5/24/18	7424.43	-0.02%	+0.9%	33	—	—

The CURRENT TREND column colors: **Green:** Uptrend. **Yellow:** Uptrend under Pressure. **Red:** Downtrend.

FOR INVESTORS IN INDIVIDUAL STOCKS

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

THURSDAY Prior notes that are still relevant:

Even though the percent of stocks with A and B accumulation/distribution ratings is up, it can still be hard to find a good stock breaking out of a strong base. Here are two Investor's Business Daily articles that could help (you will have to be a subscriber to Investors.com to read the full articles – well worth the investment!):

- The Wednesday night **BIG PICTURE** pointed out: oil and gas leaders are riding a smooth advance. IBD 50 name **Viper Energy** ([VNOM](#)), **Leaderboard stock** **Marathon Oil** ([MRO](#)) and **Continental Resources** ([CLR](#)) present a compelling case that the run in energy stocks still has legs.”
- Wednesday morning's **STOCK MARKET TODAY** column lists: five stocks that are, “consolidating in or around buy zones **Apple** ([AAPL](#)), **Nvidia** ([NVDA](#)), **Splunk** ([SPLK](#)), **Charles Schwab** ([SCHW](#)) and **Microsoft** ([MSFT](#)) are all stocks that consolidating in or around buy zones during this span.

There are several stocks breaking out of good bases or in buy zones. **Using Investors.com's MarketSmith is the fastest way I know to find these stocks.** Each week, the MarketSmith team puts all their screens together (the IBD 50, Week in Review, Top Big Cap stock, plus dozens more) and create one list of top stocks – **the MarketSmith250**. This is the list the O'Neil portfolio managers are sent home with each weekend. Now you and I can get that same list to study.

From that list, are other automated lists in MarketSmith such as:

- “stocks breaking out today”,
- “stocks near buy points”, and
- “recent breakouts”.

These lists are updated in real time during the week! I am always excited to see the stock breaking out today list! It is my first, go to list! If interested, you can take a low cost trial of MarketSmith and get live coaching on how to use it. After hours, their videos about how to use MS are excellent!

Learn how to find top stocks breaking out with strong ratings in the MARKETSMITH WORKSHOP this Saturday afternoon. See note at the top of this newsletter.

If you take a MarketSmith trial, please mention the Dallas and Fort Worth Meetup leader as your source. This helps us get occasional guest speakers from IBD!

This newsletter is NOT designed to recommend stocks to watch or buy. But occasionally I get in the mood to talk about a few stocks that are breaking out or near breakout points. Today I draw your attention to:

- **Cheniere Energy (LNG)** which operates the Sabine Pass LNG receiving terminal. Its ratings are acceptable considering that Oil & Gas companies fluctuate between good years and bad years – it's just part of the business. IBD's EPS calculation would like to see steady growing earnings and has no way to account for the faster swings of this industry group. What you can do is look for recent return to profitability with more expected which fits LNG to a tee.
- **THURSDAY 5/24 WARNING: LNG closed down 1.9% to the lowest close since it broke out 2 ½ weeks ago. I still don't know what is going on to keep it lock in tight range but Thursday's action is enough. I'm OUT!**
- **LNG** broke out on last **Friday** with a 6% pop in price and volume of 125% above average. Price held at that attractive level on.

Monday and Tuesday: It is not unexpected that LNG's volume declined with some profit taking after the big rise on Friday.

Wednesday: This was the 4th day in a row that LNG closed almost unchanged, after the recent breakout. **THAT IS SUPPORT:** Someone is buying all offered at about 62.50.

Thursday: LNG fell 0.7% but its daily volume was the lightest since the breakout last Friday. There may have been a little profit taken, but it was not a distribution day since the volume was lighter than yesterday.

Friday: LNG rose 0.4% and is just 7 cents below the close of last Friday's breakout day. That tells me the breakout is holding nicely about 4% above the base's pivot (buy) point with only modest profit taking as expected when a stock hits a new high.

Monday: LNG rose 0.5% on higher volume for a minor accumulation day! Price ended the day at a new high close.

Tuesday & Wednesday: LNG continues to hang around the end-of-day price from when it broke out last week. A good breakout is commonly stalled (as LNG is) when there is some profit taking. The drying up of LNG's selling is visible in the declining volume over the last two weeks. This week's **below-average volume** is a hint that the selling may be near an end. LNG inched up Monday and Wednesday to all-time closing highs.

Thursday: LNG took **its FIRST minor distribution day** today dropping 0.6% on higher volume (but below average volume). My concern is that LNG has now **languished for 8 days** after its powerful breakout on 5/4 (UP 5.9% with volume of 125% above average). If you caught LNG as it broke out, my question is:

“Is it time to take at least some of your profit off the table?”

If you bought LNG at the end of the breakout day, you have a small loss. You may look at the 2 weeks of no gains and decide to **protect your holding with a stop at the lowest price since the 61.42 breakout**

Friday: LNG dipped and recovered right back into its tight closing range. The higher volume and 1% gain for the day was a **Major Accumulation day**. Perhaps the “selling at a new high” is about over and the buyers that have been holding it up will finally get a chance to bid the price higher.

Monday: It's frustrating to buy a good stock with a strong breakout that just doesn't move. Well LNG moved Monday, opening up 6%. Then gave back over half of that rise in the first 5 minutes. Was a big player trying to get the stock moving? Or did someone “fat finger” the wrong the wrong price? It's been over two weeks since LNG broke out and went sideways. It seems the institutions have had enough time to do some profit taking. **A POSSIBLE STRATEGY: the lowest price in the last two weeks (excluding Friday's option expiration swing) was 61.42. The cautious investor could put a sell stop ten cents below that price.**

Tuesday & Wednesday: **Bizjournals.com reported:** Cheniere made the Fortune 500 for the first time, coming in at No. 489. And the closing prices are still sticking together.

I AM STILL CAREFULLY BUYING INDIVIDUAL STOCKS which are breaking out of good bases with high volume on the breakout day. Volume is the factor which is hard to find right now but I can wait! With the current weakness in the market, I am buying smaller first bites. If you are having trouble finding enough good stocks to buy, consider adding the QQQ or another Uptrend-Index ETF. This is one place I put some of my money when I can't find the right stock at a buy point.

Remember:

CASH IS A POSITION.

The market diagnosis is UPTREND.

REMEMBER:

YOU ARE NOT SMARTER THAN THE MARKET

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

PROTECT YOUR PORTFOLIO WITH AN 8% STOP

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 days is always a reason for me to get out wherever it happens!

What to do now:

1. **WATCH YOUR INVESTMENTS CLOSELY:** Add positions in top stocks at buy or add-on points. Sell stalling and falling stocks quickly.
2. 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)
3. **DON'T LOSE YOUR GAINS:** Sell any stock that is showing a concentration of distribution days. I sell more quickly in a Downtrend

If this newsletter no longer suits your needs, you may unsubscribe here:

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ARMCHAIR INVESTOR WEEKLY CLASS SCHEDULE

NO DALLAS ARMCHAIR INVESTOR CLASSES THIS WEEK (5/14 – 16.)

Join us for the ARMCHAIR INVESTOR classes NEXT WEEK!

Be my guest (FREE) if you have not visited in the last six months (guest seating limited, please be sure to register through the Meetup site listed below or a text or call to Charlotte.

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
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 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 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 – 0.2% 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.