

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



Happy 4th of July! No Armchair Investor classes except Sunday's online class.  
Thank you to all who have served to make our country stronger and safer.  
If you live in the Park Cities, TX area, join me at the Park Cities 4<sup>th</sup> of July parade  
put on by my Rotary club each year. *Wave at me in the judging booth!*

**CURRENT MARKET DIRECTION:**  
**UPTREND under PRESSURE**

**FOR THE WEEK**

The recent 3-week sell off was unpleasant (3.9% for the Nasdaq, -2.5% for S&P500), but nothing like recent drops:

- The March drops were:
  - 10.9% for the Nasdaq and 8.9% for the S&P500 in 3 weeks
- The January-February drops were worse:
  - 11.7% for the Nasdaq and 11.8% for the S&P500 in 2 weeks

**THIS IS NOT A TIME TO TAKE A VACATION FROM WATCHING YOUR INVESTMENTS DAILY!** Consider reducing (or exiting) any losing stock positions.

**LAST WEEK'S MARKET ACTION**

6/29/2018	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	-2.4%	-9.8%	+8.0%	Neither
S&P 500	-1.3%	S&P 500 Volume		Neither
NYSE	-1.1%	-5.7%	+4.0%	Neither
DJIA	-1.3%			Neither

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, DJIA and NYSE Composite.

The volatility in the market is rising. But I see it only as returning to normal range.

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**>>>>>AN IMPORTANT PRICE-VOLUME LESSON<<<<<**

**Six of the last seven days had price-volume action “consistent with” a Downtrend. You can see the price-volume action of the last 20 days near the end of the FULL newsletter. Download link below.**

There are two types of days that are consistent with a Downtrend. The first one is easy:

**1. A Distribution day is always consistent with a Downtrend.**

When price drops and volume rises, we know the institutions expect the price to fall – so they better sell at today’s higher price. The price down, volume up day is called a distribution day.

There is a second price-volume action that is consistent with a downtrend. We know that in the best downtrend, not every day will drop. There will be some rising days. If that rising day has higher volume we would call it an accumulation day which we expect see more often in an Uptrend.

But what if that rising day had lower volume? What would that tell us? Yes, there were some buyers, but the lower volume tells us many traders did NOT buy at the higher prices. Why? Because they did not believe the market or stock rise is really the direction of the market or stock. They expect the price to fall (so why would they buy at the higher price?) They just wait till the price drops to build their position.

The lower volume says, “I don’t believe the price rise and won’t participate.” Without wide-spread support for a rising price, the market will fall.

**2. A day when price rises without institutional support (volume in lower) is also consistent with a Downtrend.**

The lower volume day confirms the institutional traders do NOT believe the market has reversed and is rising.

**I know the fact that a rising day can be consistent with a Downtrend can bend your mind around. But think of it like this:**

If the institutions don’t trade at today’s market, they simply don’t agree with it and believe it will right itself in its true direction shortly.

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# FRIDAY

**Background:** Thursday was the sixth day in a row to have weak price-volume action consistent with a downtrend:

- Price fell on higher or large volume (distribution day) OR
- Price rose on lighter volume (institutions are NOT supporting the rise)

**Friday** was a “day of rest” – price action was flat. It also confirmed the Nasdaq’s and S&P500's bounces off their 50-day moving average line – a pleasant show of support. The key question today is:

**WILL THE 50-DAY LINE CONTINUE TO BE SUPPORT?**

DAILY MARKET ACTION						
6/29/18	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	7,510.31	+0.1%	-0.2%	+2.6%	Neither	+6.5%
S&P500	2,718.37	+0.1%	NYSE Volume		Neither	+2.8%
NYSE	12,504.25	+0.2%	+3.9%	+0.3%	Minor accumulation	-0.04%
DJIA	24,271.41	+0.2%			Minor accumulation	-0.01%

Market ends the week quietly.

**Consider taking some profit if significant distribution is showing up for your individual stocks.** If you are an ETF trend-following investor, you have lost some of your prior gains. Remember, trend-following with go up and down with the market. And it never gets in at the exact bottom and out at the exact top. I don't know how to do that. I just get closer than most! That includes riding some ups and downs.

UPTREND ETFs	ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS for Current Uptrend			
	Opening Price on 4/11/2018	Today's Price	ETF % Change Today	GAIN OR LOSS SINCE 4/10/2018 UPTREND SIGNAL
QQQ (1x)	160.20	171.65	+0.3%	+7.1%
QLD (2x)	76.06	86.46	+0.3%	+13.7%
TQQQ (3x)	47.53	57.11	+0.5%	+20.2%

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 QQ. The TQQQ is a more volatile Visit Proshares.com for more information.

## **HOW DO YOU EARN THOSE GREAT RETURNS SHOWN ABOVE?**

*You can do it in less than 5 minutes a day.* Follow the Armchair Investor Trend-following Strategy instructions below.

- When the Market direction moves into **UPTREND**:
  - Buy an **UPTREND ETF** (and sell any **DOWNTREND** ETF you own)
- When the Market direction moves into **DOWNTREND**:
  - Buy a **DOWNTREND ETF** (and sell any **UPTREND** ETF you own)
- Repeat!!

**Uptrend ETFs that follow the Nasdaq are QQQ, QLD and TQQQ**

Not all market turns result in a profit. But overall, historically, they have beaten the market by multiples.

Contact Charlotte for more details: [Editor@ArmchairInvestor.com](mailto:Editor@ArmchairInvestor.com)

To get a sense of the health of the market, look at the **MARKET FACTORS, COUNTS & RATINGS table** included each day in the FULL Armchair Investor newsletter. It looks at 7 key market direction factors and highlights the leaning of each:

- If the factor leans toward the **Uptrend**, that box will be green
- If the factor leans toward the **Downtrend**, that box will be orange or red

**TODAY THE MARKET LEANS TO THE YELLOW - UPTREND UNDER PRESSURE**

**The UPTREND is “UNDER PRESSURE”  
(UNCERTAIN HEALTH)**

Both **20-day distribution days** are moderate:

- The S&P500 has 4 distribution days. (IBD'S 25-day count is 5 d-days)
- The Nasdaq has 5 distribution days. (IBD'S 25-day count is 6 d-days)

**ALMOST NO GREEN ON “MARKET FACTORS, COUNTS AND RATINGS” TABLE!**

The two green boxes are the Nasdaq and S&P500 are above their 200-day moving averages. Yikes! That is not saying anything powerful!

See this table in the FULL newsletter (link at top of this newsletter).

[To open the FULL ARMCHAIR INVESTOR NEWSLETTER, click here](#)

Then click on [CURRENT NEWSLETTER](#).

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

**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.

**>>>>Why do most sites agree on the final price of indexes and stocks,  
but disagree on the volume?**

- FYI: The closing prices are easy – just look at the last trade before the clock strikes 4 p.m. in New York.
- But volume (number of shares traded) is the sum of every trade for the whole day. And different sites include different trading locations:
  - Volume may include only the trades on the major indexes (New York Stock Exchange and Nasdaq).
  - OR it may include the volume on the NYSE and Nasdaq stocks traded on other exchanges.
  - And then there is the cutoff time. Volume numbers dribble in for hours after the market closes and each charting system had to decide on a final cut off time.
  - Thus, the volume numbers different slightly (but sometimes significantly) between market sites.

**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

6/29/18	2017 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	6903.39	7510.31	+8.8%
S&P 500	2673.61	2718.37	+1.7%
NYSE Comp	12,808.84	12,504.25	-2.4%
DJIA	24,719.22	24,271.41	-1.8%

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."

## HOW CLOSE ARE THE INDEXES TO ALL-TIME HIGHS\*?

6/29/2018	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	6/20/2018	1/26/2018	1/26/2018	1/26/2018
All-time High	7808.60	2872.87	13637.02	26616.71
Current Price	7510.31	2718.37	12504.25	24271.41
Below (-) or Above (+) Recent High (%)	-3.8%	-5.4%	-8.3%	-8.8%
Below (-) or Above (+) Recent High (#)	-298.29	-154.50	-1132.77	-2345.30

If an index hits a new high within the week, its new high date is highlighted in **GREEN**.

\*New Highs are updated each Friday. If an index makes a new high during the week, you will see how it rows past that high during the week.

## PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS

		A	B	C	D	E
4 weeks ago	6/1	9%	36%	25%	21%	9%
3 weeks ago	6/8	11%	41%	22%	19%	7%
2 weeks ago	6/15	12%	40%	23%	18%	8%
1 week ago	6/22	11%	38%	22%	21%	9%
Today	6/29	9%	34%	23%	22%	12%

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.

# MARKET FACTORS, COUNTS & RATINGS

6/29/2018

<p><b>Type of DAY for <u>Nasdaq</u></b> Accumulation, Distribution or Neither</p>		<p><b>Neither</b></p>	
<p><b>Market Direction</b> Uptrend, Under Pressure, Downtrend, or Attempted Uptrend</p>		<p><b>UPTREND under PRESSURE</b></p>	
<p><b>All Nasdaq Accumulation &amp; Distribution Days</b> Nasdaq <b>20-day</b> count</p>		<p><b>Accumulation Days</b> 4</p>	<p><b>Distribution Days</b> 6</p>
<p>I follow the Nasdaq more closely because it usually leads the change in trends. If the S&amp;P500 is showing market reversal leadership (more distribution), it will be included here.</p>			
<p><b>Count of Up Days and Down Days</b> Nasdaq last 10-days price movement only</p>		<p><b>Up Days</b> 3</p>	<p><b>Down Days</b> 5</p>
<p>Days that do not move at least + or - 0.2% are not included in the Up/Down count which does not always, therefore, add up to 10 days.</p>			
<p><b>Leaders Up/Down with High Volume</b> Nasdaq 10-day ratio</p>		<p><b>0.7</b></p>	
<p>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</p>			
<p><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</p>		<p><b>Nasdaq</b></p>	<p><b>C</b></p>
		<p><b>S&amp;P 500</b></p>	<p><b>C</b></p>
		<p><b>DJIA</b></p>	<p><b>C</b></p>
<p><b>Are Major Indexes Above or Below Moving Averages?</b></p>		<p><b>50-Day</b></p>	<p><b>200-Day</b></p>
<p>Nasdaq</p>		<p><b>Above</b></p>	<p><b>Above</b></p>
<p>S&amp;P 500</p>		<p><b>At</b></p>	<p><b>Above</b></p>
<p>NYSE</p>		<p><b>At</b></p>	<p><b>At</b></p>
<p>DJIA</p>		<p><b>Below</b></p>	<p><b>At</b></p>
<p>"At" is within 1% above or below the moving average.</p>			

## Nasdaq Daily chart, 4 months

After serious 5% drop in five days, the Nasdaq finds **SUPPORT** at its 50-day moving average line. Volume is only average. **WILL THE BOUNCE HOLD???**



## Nasdaq Weekly chart, 1 year (updated each Friday)

The Nasdaq drops for second week in a row. Then found support at its 20-week moving average. Will the bounce hold????



These charts are from [StockCharts.com](http://StockCharts.com), a valuable site for investors with many free tools.

## S&P500 Daily chart, 4 months

The S&P500 dips below 50-day moving average, then rise to close just below it. WILL IT HOLD?



## S&P500 Weekly chart, 1 year (Updated every Friday)

S&P500 weekly ends week below 10-week moving average. Is this a "regular" pullback or the start of a new Downtrend? Stay tuned!



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?
<b>THE COLOR OF THE "CURRENT TREND DAY COUNT" tells you the current market direction: Red = Downtrend, Yellow = Uptrend under Pressure, Green = Uptrend</b>							
20	6/4/18	7606.46	+0.7%	-2.8%	39	—	DOWNTREND
19	6/5/18	7637.86	+0.4%	-3.9%	40	—	DOWNTREND
18	6/6/18	7689.24	+0.7%	+7.4%	41	Minor accumulation day	UPTREND
17	6/7/18	7635.07	-0.7%	+6.0%	42	Minor distribution day	DOWNTREND
16	6/8/18	7645.51	+0.14%	-16.3%	43	—	—
15	6/11/18	7659.93	+0.19%	-0.9%	44	—	—
14	6/12/18	7703.79	+0.6%	+6.8%	45	Minor accumulation day	UPTREND
13	6/13/18	7695.70	-0.11%	+7.4%	46	—	—
12	6/14/18	7761.04	+0.9%	+2.1%	47	Minor accumulation day	UPTREND
11	6/15/18	7746.38	-0.19%	+33.1%	48	—	—
10	6/18/18	7747.03	+0.01%	-12.4%	49	—	—
9	6/19/17	7725.59	-0.3%	+6.5%	50	Minor distribution day	DOWNTREND
8	6/20/18	7781.51	+0.7%	+6.3%	51	Minor accumulation day	UPTREND
7	6/21/18	7712.95	-0.7%	+2.1%	52	Minor distribution day	DOWNTREND
6	6/22/18	7692.82	-0.3%	+42.6%	53	Minor distribution day	DOWNTREND
5	6/25/18	7532.01	-2.1%	-28.6%***	54	Major Distribution	DOWNTREND
4	6/26/18	7561.63	+0.4%	-15.5%	55	—	DOWNTREND
3	6/27/18	7445.09	-1.50%	+14.6%	56	Major Distribution	DOWNTREND
2	6/28/18	7503.68	+0.8%	-4.8%	57	—	DOWNTREND
1	6/29/18	7510.31	+0.09%	-0.2%	58	—	—

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

\*\* The oldest distribution day is no longer relevant – the market has risen 5% or more above it.

\*\*\* June 25 had lower volume than the day before but it was still substantial (14% above average) and therefore counts to make Monday a Major Distribution day.

**Distribution days drop off the 20-day count for 2 reasons. The Index or stock:**

- (1) **TIMES OUT:** the distribution day is 21 days old or older
- (2) **CLIMBS OUT:** The index rises 5% or more above the close of the distribution day

## **FOR INVESTORS IN INDIVIDUAL STOCKS**

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

### **FRIDAY**

**THE GOOD NEWS:** Both the Nasdaq and the S&P500 have found support on the 50-day moving averages.

**THE QUESTION:** Will it hold? The prior support in April was at the 200-day moving average lines. The 50-day is better! With our current almost 2 and a half year non-volatile rise, I wonder if there isn't some steam to let off. But then I look at the growing economy and am encouraged. I fall back on one of my favorite sayings:

**THE MARKET CONTINUES IN THE DIRECTION IT IS GOING, UNTIL IT DOES'T.**

You might ask me which direction is the market going right now? That's easy: look at the top of this newsletter (and all the yellow bands) to know that the market direction is:

**Uptrend under Pressure**

And that is still Uptrend.

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***Are you are local to Dallas-Fort Worth area? I invite you to attend one of my weekly classes which look at market direction then focuses on finding, holding and selling Individual stocks for maximum return.***

Every day at [www.investors.com](http://www.investors.com), Investor's Business Daily has great ideas (for subscribers). Here are two daily articles not to be missed: **Please do NOT buy these stocks just because they are highlighted. You must do your own research and see a buy signals like a base breakout or add-on buy signal.**

On the INVESTORS.COM website, click on the RESEARCH tab, then look for:

**IBD STOCKS OF THE DAY** – read the IBD articles (link provided through your subscription)

- Friday 6/29:
- Thursday 6/28: Accenture ([ACN](#))
- Wednesday 6/27 EOG Resources, ([EOG](#)) the “Apple of Oil”
- Tuesday 6/26 USANA, [USNA](#)
- Monday 6/25 Monday’s stock shows how a winner can turn around in one day and lose it all. Unless you own Chinese Autohome, not of interest!

**INVESTING ACTION PLAN** (a wide reaching discussion of stocks set to move the next day)

I have a new investing mantra I hope you’ll use as a reminder of how to manage your portfolio:

**Buy the BEST**  
**Watch the NEST**  
**Visit the REST**

1. **Buy the BEST** – self-explanatory: Do not compromise your stock picking or your signal to buy.
2. **Watch the NEST** – Once I own a stock, my relationship to it completely changes. It’s “my” stock now. Take care of your chicks. Feed them as they grow (even add more). But if you discover your cute cuddly chick is weak or fighting you, it may be time to pass them on to a new caretaker.
3. **Visit the REST** – What about all those other stocks you identified as “almost” ready buy? A secret I don’t talk about: I have two watch lists. One I look at daily with stocks very near buy points or waiting for EPS announcement. And a second weekly list of stocks that are getting close to a buy signal.

**Prior Notes that are Still Relevant:**

The key to this volatile market is to only buy the top stocks that match your investing criteria. Track each stock’s performance carefully – every day if possible.

***If you take a MarketSmith trial, please mention the Dallas and Fort Worth Meetup leader (Charlotte Hudgin) as your source. This helps us get occasional guest speakers from IBD and access to MarketSmith! Thank you.***

**I AM WAITING TO BUY 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 under PRESSURE.**

**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 ARMCHAIR CLASSES WEEK OF 7/2 – 7/4**

**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

**Sundays** 3:00 – 5:00 p.m. ONLINE! This is a new class and you are welcome to visit it. (see below)

- **Guest attendance** is limited to ensure paid 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  
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.

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 – 0.2% 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.