

ARMCHAIR INVESTOR^(sm) MORNING MARKET NEWSLETTER

A TREND-FOLLOWING STRATEGY

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Then click on [CURRENT NEWSLETTER](#).

CURRENT MARKET DIRECTION: UPTREND

Let's start with a groundbreaker:

Apple is the first company in the history of the stock market to hit \$1 trillion market capitalization (stock price times the number of shares outstanding). Where were you when you heard the news?

Thursday was the third up day in a row for the Nasdaq confirming Tuesday and Wednesday's accumulation days.:

- The Nasdaq rose another 0.5%, adding to Tuesday's bounce off of its 50-day moving average.
- The S&P500 held above the 2800 prior resistance level.

DAILY MARKET ACTION

8/2/18	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	7,802.69	+1.2%	-5.2%	+1.5%	Neither	+10.6%
S&P500	2,827.22	+0.5%	NYSE Volume		Neither	+6.9%
NYSE	12,898.06	-0.03%	-0.8%	+2.0%	Neither	+3.1%
DJIA	25,326.16	-0.03%			Neither	+4.3%

THE QUESTION for Wednesday, "Will the bounce continue to hold?"

- Will the S&P500 hold above 2800?
- Will the Nasdaq end above its 50-day moving average line?

Resistance became support for the S&P500

- In February, the S&P500 dived below 2800.
 - In March and again in June, the index rose 2800 but immediately fell back below (defining 2800 as resistance.)

 - In July, the index rose through the 2800 level to within 1% of January's all-time high (breaking that resistance level).
 - On Monday, the S&P500 fell back to 2800. The question for Tuesday was, "Break or Bounce?"
 - Would the S&P500 fall below 2800 or find support at that level and bounce back up?

 - On Tuesday, we got the answer, "The S&P500 bounced higher."
 - On Wednesday, the index showed strength, holding above 2800.
- **More leader stocks rose (five) than fell (four)**, a significant reversal compared to the last 3 days which had 8 rising leaders to 25 falling!

A NOTE FOR INVESTORS IN INDIVIDUAL STOCKS AND INDEXES:

The "**Support and Resistance**" analysis above is an important tool to use for evaluating the health of your individual stocks as well!

- The easiest support and resistance to see is at the **moving average lines**. When your individual stock gets close to an m.a., watch for the message in its price action: support, resistance or neither.
 - The Nasdaq demonstrated support at its 50-day moving average at the end of June and over its last three days.
- Support and resistance can also happen at specific price levels.
 - The S&P500 showed resistance at 2800 discussed above, then broke above that level, bouncing back above it several times in the last three weeks.

FOR YOUR INDIVIDUAL STOCKS: I believe the market is telling us that there are profits to take; that some stocks have gotten "too high."

Review each stock for distribution and other price failure such as failing below its 50-day moving average. Consider reducing your position in stocks showing price weakness or near earnings announcement dates, especially stocks with weak guidance. If your stocks are also showing positive (upside) reversals, give them some time to prove they are worthy of being in your portfolio.

If you own individual stocks, be sure you know each stock's earnings report date. Decide if you are willing to hold through the unknown reaction to a possible earnings surprise. If not consider reducing your investment (selling some of all of the stocks), or protect your portfolio with another plan such as

judicial use of options.

FOR YOUR TREND-FOLLOWING ETFs: Waiting one more day (as I explained Monday in this newsletter) was a good call.

- The market and trend-following ETFs rose Tuesday.
- Will Tuesday's

If I see a drop below the 50-day m.a. with heavy volume I will consider two options:

1. Reduce my trend-following ETFs by half,
2. Stepping out of the double or triple ETFs, or
3. Sell 100% of the QQQs and other trend-following ETFs

I can always buy back weak ETFs or stocks if they turn back up. But sleeping well at night is important!

No one ever went broke taking profits off the table!

EARNINGS SEASON can be dangerous for investors. Earnings will start to be reported in significant numbers this week. Beware that stock prices can react to the initial earnings reports (either up or down) and then, with additional research into the numbers behind the reported numbers, can suddenly adjust up or down.

Consider:

- If your stock is showing weakness before its earnings report day, you may want to take some profits and lessen your exposure.
- Beware; the step above can disappoint you if the stock takes off on better-than-expected earnings.
- I would rather be safe than sorry.

YOU ARE INVITED TO BE MY GUEST AT ONE OF THE ARMCHAIR INVESTOR WEEKLY CLASSES.

We have 4 classes given each week in Dallas, Addison and ONLINE:

- [Monday night 7 – 9 p.m.](#)
- [Tuesday afternoon 3:30 – 5:30 p.m.](#)
- [Wednesday morning 10:00 a.m. to noon](#)
- [Sunday afternoon 3 – 5 p.m. ONLINE *](#)

PLEASE REGISTER for your visit at [Armchair Investor classes](#) OR CALL 214-995-6702. Seating is strictly limited to no more than 3 guests to ensure the paid subscribers receive full value.

Monday and Tuesday classes are given at the Barnes and Noble bookstore 5959 Royal Lane (at Preston) at in the café.

Wednesday classes are given at the Barnes and Noble bookstore 5301 Beltline Rd, Addison in the café.

TREND-FOLLOWING STRATEGY

Hold your TREND-FOLLOWING ETFs

TREND ETFs	ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS for Current Uptrend			
	8/2/18	Opening Price on 4/11/2018	Today's Price	ETF % Change Today
QQQ (1x)	160.20	179.54	+1.4%	+12.1%
QLD (2x)	76.06	94.25	+2.7%	+23.9%
TQQQ (3x)	47.53	64.75	+4.0%	+36.2%

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.

You could have earned the above returns 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!!

Are You a Trend Trader? Hold your trend-following ETF (such as QQQ, QLD, TQQQ) You have just recovered 72% of the recent drop!

Remember: It is hard for the big money (funds, banks and money managers) to hide their actions. But if you follow this newsletter, you will also learn to interpret their stealth moves and take appropriate action like holding during the recent 3-week dip so you immediately capture the recovery gains as we did last week.

Do you invest in Individual Stocks? Always consider taking some profit if significant distribution is showing up for your **individual stocks**. However, many individual stocks are rising with gusto! Look at all the lists in the Investor's Business Daily newspaper for stocks breaking out with high volume. **They are there!**

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.

Questions Contact Charlotte at 214-995-6702

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

MARKET IN UPTREND

Some individual stocks have caught the Uptrend fever. They have price AND volume. I am buying full positions 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.**

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

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

8/2/2018	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	7/25/2018	1/26/2018	1/26/2018	1/26/2018
All-time High	7933.31	2872.87	13637.02	26616.71
Current Price	7802.69	2827.22	12898.06	25326.16
Below (-) or Above (+) Recent High (%)	-1.6%	-1.6%	-5.4%	-4.8%
Below (-) or Above (+) Recent High (#)	-130.62	-45.65	-738.96	-1290.55

*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	7/5	9%	35%	22%	23%	11%
3 weeks ago	7/12	10%	37%	24%	19%	10%
2 weeks ago	7/19	10%	39%	24%	19%	8%
1 week ago	7/26	10%	41%	23%	19%	7%
Today	8/2	8%	39%	24%	20%	8%

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.

LAST WEEK'S MARKET ACTION

7/27/2018	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	-1.1%	+11.2%	+4.0%	Major Distribution
S&P 500	+0.6%	+10.1%	+4.0%	Minor accumulation
NYSE	+1.0%			Major Accumulation
DJIA	+1.6%			Major Accumulation

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.

Nasdaq Daily chart, 4 months

The Nasdaq finds support at 50-day moving average line.



Nasdaq Weekly chart, 1 year (updated each Friday)

The Nasdaq hit an all-time week high this week, closing 2.5% below that high.



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

S&P500 Daily chart, 4 months

The S&P500 find support at 2800



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

S&P500 weekly ends week higher after falling off for last 3 days.



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

MARKET FACTORS, COUNTS & RATINGS		8/2/2018	
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		Accumulation Days 5	Distribution Days 3
I follow the Nasdaq more closely because it usually leads the change in trends. 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 5	Down Days 3
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.			
Leaders Up/Down with High Volume Nasdaq 10-day ratio		1.0	
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	B- B- B-
Are Major Indexes Above or Below Moving Averages? "At" is within 1% above or below the moving average.		50-Day 200-Day	200-Day 50-Day
Nasdaq		Above	Above
S&P 500		Above	Above
NYSE		Above	Above
DJIA		Above	Above

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 (—)	<u>CONSISTENT WITH:</u> 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	7/6/18	7688.39	+1.3%	-3.0%	62	—	DOWNTREND
19	7/9/18	7756.20	+0.9%	+6.2%	63	Minor accumulation day <i>Market back in Uptrend</i>	UPTREND
18	7/10/18	7759.20	+0.04%	-6.2%	64	—	—
17	7/11/18	7716.61	-0.6%	+3.2%	65	Minor distribution day	DOWNTREND
16	7/12/18	7823.92	+1.4%	+9.4%	66	Major Accumulation day	UPTREND
15	7/13/18	7825.98	+0.03%	-10.7%	67	—	—
14	7/16/18	7805.72	-0.3%	+0.4%	68	—	—
13	7/17/18	7855.12	+0.6%	+0.9%	69	Minor accumulation day	UPTREND
12	7/18/18	7854.44	+0.01%	+7.7%	70	—	—
11	7/19/18	7825.30	-0.4%	-0.5%	71	—	DOWNTREND
10	7/20/18	7820.20	-0.07%	-13.1%	72	—	—
9	7/23/18	7841.87	+0.3%	-8.4%	73	—	DOWNTREND
8	7/24/18	7840.77	-0.01%	+22.5%	74	Stalling distribution day **	DOWNTREND
7	7/25/18	7932.24	+1.2%	-6.2%	75	—	DOWNTREND
6	7/26/18	7852.18	-1.0%	+19.4%	76	Minor distribution day	DOWNTREND
5	7/27/18	7737.42	-1.5%	-2.4%	77	UPTREND under PRESSURE	UPTREND
4	7/30/18	7630.00	-1.39%	-2.6%	78	—	UPTREND
3	7/31/18	7671.79	+0.6%	+1.7%	79	Minor accumulation day	UPTREND
2	8/1/18	7707.29	+0.5%	+1.8%	80	Minor accumulation day	UPTREND
1	8/2/18	7802.69	+1.2%	-5.2%	81	Market returns to UPTREND	DOWNTREND

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

** 7/24 is a **Stalling Distribution** day – a day near the top of a rise, on significantly higher volume than the day before when price starts the day off with a rise then give most or all of the rise back.

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

MARKET RETURNS TO UPTREND THURSDAY

I HAVE ONE SERIOUS IDEA TODAY:

COUNT YOUR STOCKS DISTRIBUTION DAYS EACH NIGHT.

And, by the way, please remember – your stocks' price and volume are sending you a message. Is it a message of strength or weakness?

PRIOR NOTES THAT ARE STILL RELEVANT:

Amazon was the big loser on Friday even though it closed UP 0.5% on strong earnings reports and a dozen analysts raised their price targets substantially. I use "loser" because Amazon opened UP 3.5% after earnings and gave almost all of it back by 1:00 p.m. (NYC).

Some quotes to guide you:

Why the Facebook, Netflix Stock Collapse Could Signal A Big Market Change By [MICHAEL LARKIN](#) IBD 7/28/2018

Some of the best performing stocks of recent times have been breaking down, a hint that the market may be gearing up for a rotation. **Facebook** ([FB](#)), **Netflix** ([NFLX](#)), **Twitter** ([TWTR](#)) and **Intel** ([INTC](#)) have all flashed signs their bullish outperformance may be over. There are fears that their disappointing results could mean the huge revenue and profit growth of recent times may not be sustainable.

Armchair Investor thoughts: Facebook's 19% drop after its earnings only slightly missed market expectations. Price dropped below its 50-day and 200-day moving averages. Ouch! Remember: a stock's price is larger based on expectation of future growth in earnings (not past performance).

Facebook took a beating after reporting disappointing earnings and a loss in users.

WHAT HAPPENED?

- FB missed revenues by less than 0.1%.
- Earnings exceeded estimates by 0.1%.

How can such small misses cause a 20% drop in price? Expectations about the future. The regulatory environment (especially in Europe) has tightened, probably permanently. How will those restrictions affect FB and many other companies? Those FB guys are pretty savvy. But 42% price gains are rarely sustainable, (Do the math – **Since price target projections are partially based on earnings growth expectations**, FB would soon have to **start recruiting users on Mars.**)

Lesson #1: Beware of irrational exuberance We should have known **FB's price gains were unsustainable:** FB's price grew 46% in the last 17 weeks. Why was the term "irrational exuberance" and "unsustainable" not thrown around in recent discussion of FB? No one likes a party pooper!

When a stock plummets, everyone chimes in with opinions about why and how we "should have known." But when its price is rising, we just like to think, "How smart I am!"

Facebook is an extraordinary company that could have avoided this one big day loss by being honest with its investors and given guidance on the losses in revenues and users. But that is new territory for Zuckerberg. And the market slapped him around for not being forthright.

Who do you think bought back your shares yesterday at a 19% discount? (Hint: Large brokers and money managers love a discount).

Remember Lesson #2: Avoid Over-Diversification – Even though excessive diversification would have helped you on Thursday, it hurts your returns most of the time.

I usually own a max of 5 stocks (occasionally up to 7). Do these low numbers represent "conservative" diversification? Many brokers want you do have 20 or more stocks in your portfolio. The high number protects them. If one stock dropped 19% as FB did Thursday, your 20 stock portfolios would have lost only 0.5% from that one stock.

And the reverse happens when you have a big winner – the winnings are watered down as well. I find 5 diversified stocks a good middle ground – I still get nice impact from gains while protection from too much exposure

to losses in one stock (and using well-placed stops.)

In William O'Neil's work, he says, 'If you could buy the best seven stocks, why would you want to water down your returns by buying the next 10 or 20?'

Conclusion: Over-diversification (more than 7 stocks) tends to:

- **Reduce your returns and**
- **Takes more time to manage.**

You can find many high performing stocks by reviewing the IBD 50 stocks shown in the weekend Investor's Business Daily newspaper and on the investors.com web site. I am a visual analyst and prefer using the newspaper. It has more complete, key data with charts for each of the 50 stocks than my broker.

One source of stocks that are showing strong upward moves is the **Weekly Winners and Losers** list of the ten IBD 50 stocks with biggest weekly upward price movement. This list does show the ten IBD50 stocks with the biggest losses but I am not interested in those stocks until the market goes into a Downtrend.

Will the market continue to new highs? My guess, "YES!"

REMEMBER: THE MARKET CONTINUES IN THE DIRECTION IT IS GOING, UNTIL IT DOESN'T.

MARKET IN UPTREND

Every day at www.investors.com, Investor's Business Daily has great ideas (for subscribers). Besides the IBD50 list, I always look at the:

IBD STOCK OF THE DAY – Read the full IBD "Stock of the Day" articles (through your IBD subscription)

Note: Friday, 7/13 ended our following of the IBD "Stocks of the Week."

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**

- **Buy the BEST** – self-explanatory: Do not compromise your stock picking or your signal to buy.
- **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.
- **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.

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 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.

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:

- **WATCH YOUR INVESTMENTS CLOSELY:** Add positions in top stocks at buy or add-on points. Sell stalling and falling stocks quickly. 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. 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

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.