

## **ARMCHAIR INVESTOR** **TREND-FOLLOWING STRATEGY\***

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



**THURSDAY:** On second thought, yesterday's 0.25% rise in interest rates by the Federal Reserve didn't seem too bad. The market rebounded Thursday.

- The **Nasdaq and S&P500 ROSE 0.4%**.
- The Nasdaq volume was higher to make a minor accumulation day. (see note below)
- The NYSE volume (which is used for the S&P500) was lower.

**NOTE:** IBD called the Nasdaq's price-volume action on Thursday a "stalling distribution day" since its price closed in the bottom half of the day's price range. But I looked a little deeper – adding up the up volume versus the down volume during the day and found that more of that volume was spent in upward movements than down. I did not call Thursday a stalling distribution day – but rather a minor accumulation day. The difference is not too significant – 7 distribution days by IBDs count and 6 by the Armchair Investor.

I continue to wonder about Trump's planned lower taxes rates for next year. If the market believes it will happen, we might see a lot of profit taking (selling) after the new year. This run might not last more than 2 or 3 weeks. [And of course, it might end tomorrow.]

**The Nasdaq distribution count is 6** distribution days.

The S&P500 distribution count is 3 distribution days, still nothing to get scared about. Attention is still focused on the Nasdaq's higher count.

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# MARKET DIAGNOSIS: "UPTREND"

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

- I continue to hold my full QQQ position.
- Watch this column nightly for updates

## TODAY'S MARKET ACTION

12/15/16	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg	Accumulation or Distribution Day?	Current Trend: UPTREND Began 6/30/2016
Nasdaq	5456.85	+0.4%	+5.6%	+1.1%	Minor accumulation	+12.8%
S&P500	2262.02	+0.4%	NYSE Volume		Neither	+7.7%
NYSE	11,131.89	+0.3%	-5.1%	+6.2%	Neither	+6.1%
DJIA	19,852.12	+0.3%			Neither	+10.8%

An **ACCUMULATION** day points at heavy buying by institutional money managers - the mutual funds, pension funds, banks, etc.

A **DISTRIBUTION** day points at heavy selling by institutional money managers.

See additional notes on accumulation and distribution at the end of the FULL newsletter

A **Major ACCUMULATION Day**: Price RISES 1.0% or more with higher Volume than the day before

A **Minor accumulation Day**: Price RISES 0.2% but less than 1% and Volume is strong (either higher than the day before or is well-above average volume)

A **Major DISTRIBUTION Day**: Price FALLS 1.0% or more and higher Volume than the day before.

A **Minor distribution Day**: Price FALLS 0.2% but less than 1% and Volume is strong (either higher than the day before or is well-above average volume)

**Distribution indicates institutions are selling their stock. The standard mathematical requirements for distribution days are shown above.**

And there are additional types of distribution days that show substantial selling such as happened on Monday June 27, 2016, when the market fell 2.4%, closed near the bottom of the day's price range but had lighter volume. The volume was still a strong 31% above average. In total, the day was heavy selling and labeled distribution (6/27/2016 was the second day of the market's heavy selling response to England's vote to leave the European Union.)

**CURRENT TREND: There are two trends (UPTREND and DOWNTREND). But because most tops are rounded and happen over a couple of weeks or more, we find it useful to modify the Uptrend into "Uptrend under PRESSURE" when the distribution count gets uncomfortably high.**

For more detailed explanation of Accumulation and Distribution days, please jump to the end of the FULL newsletter which can be downloaded at [www.ArmchairInvestor.com](http://www.ArmchairInvestor.com).

## MARKET ACTION 2016 YEAR-TO-DATE

12/15/16	2015 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	5007.41	5456.85	+9.0%
S&P 500	2043.94	2262.02	+10.7%
NYSE Comp	10143.42	11131.89	+9.7%
DJIA	17423.03	19852.12	+13.9%

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." "Buy and Hold" is never recommended by the Armchair Investor.

## ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS FOR CURRENT UPTREND

### *Uptrend ETFs*

12/15/16	Opening Price on 7/1/2015	Today's Price	ETF % Change Today	PROFIT /LOSS from 6/30/2016 Signal: "Market in Uptrend"
QQQ (1x)	107.49	120.40	+0.16%	+12.0%
QLD (2x)	71.14	88.47	+0.3%	+24.4%
TQQQ (3x)	96.15	132.48	+0.6%	+37.8%

If you had purchased the QQQ ETF the morning after the last "Market in UPTREND" signal on 6/30/2016, your investment would be up 10.1%. If you had purchased the TQQQ, you would be up 32.8%.

**TREND FOLLOWING IS A VALUABLE TOOL TO ADD TO YOUR PORTFOLIO.**

**But please remember, the TQQQ fall 3 times the QQQ when the market is dropping.**

The ETF QQQ is designed to move WITH the largest 100 stocks on the Nasdaq. QLD is designed to double the price move of the QQQ. The TQQQ is a more volatile Visit Proshares.com for more information.

The "Profit" calculation is based on buying the ETF at the opening price the morning AFTER the signal (as you would have if you followed the ARMCHAIR INVESTOR TREND-FOLLOWING strategy).

## LAST Week's Market Action

Week Ending 12/9/16	Index % Change	Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	+3.6%	-1.8%	+2%	Neither
S&P 500	+3.1%	-5.5%	+8%	Neither
NYSE Comp	+3.3%			Neither
DJIA	+3.1%			Neither

The "TYPES OF WEEK" are:

ACCUMULATION WEEK Price RISES 1+% and Volume RISES 1+%

DISTRIBUTION WEEK Price FALLS 1+% and Volume RISES 1+%

Another type of DISTRIBUTION(\*): WEEK Price FALLS 1+% & Volume is 15+% above average.

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

## PROGRESS IN ACCUMULATOIN / DISTRIBUTION RATINGS

*for Stocks Over \$5*

		A	B	C	D	E	Total
4 weeks ago		A	B	C	D	E	Total
3 weeks ago	11/16	18%	35%	17%	18%	12%	6263
2 weeks ago	11/23	21%	36%	17%	15%	11%	6294
1 week ago	12/1	17%	37%	18%	17%	11%	6299
Today	12/8	22%	37%	18%	16%	7%	6321
	12/15	20%	38%	18%	16%	8%	

The As and Bs of the week with the highest TOTAL of As and Bs are outlined in a heavy solid line.  
 The As and Bs of the week with the lowest TOTAL of As and Bs are outlined in a dotted line.  
 The highest lowest totals of As plus Bs are highlighted in yellow.

Note: The Accumulation/Distribution ratings are calculated overnight & reported one day delayed. "2 weeks ago" is 10 market days ago; "4 weeks ago" is 20. The ratings which are higher than two weeks prior are colored light GREEN. Those lower are PINK

## HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?

Below are the highs as of 12/05/2016. I will use these highs until the market has risen above those by at least 5%. Only the Nasdaq and S&P500 are considered "market direction indicators."  
 Recently, the market has found the S&P500 8/15/2016 highs to be resistance (a barrier to rising higher).

	Nasdaq	S&P500	NYSE	DJIA
<b>Date of Index High</b>	All-time High (11/29/2016)	All-time High (11/25/2016)	All-time High (5/21/2015)	All-Time High (12/5/2016)
<b>All-time High</b>	5403.86	2213.35	11254.87	19273.85
<b>Current Price</b>	5456.85	2262.02	11131.89	19852.12
<b>% Off All-Time High</b>	+0.98%	+2.2%	-1.1%	+3.0%
<b>\$ off the All-Time High Price</b>	+\$52.99	+\$48.67	-\$122.98	+\$578.27



**Both indexes are significantly below their all-time highs. Both indexes tumbled down a steep slope, closing lower 9 days in a row, then recovered nicely over the last 2 days.**

**Those highs now appear to be the prices to beat. The “How Close are the Indexes to All-Time Highs?” table (prior page) has been updated to refer to these all-time highs including new highs this year for the Nasdaq, S&P500 and DJIA. The NYSE is still below its 2015 high.**

The above charts are from **StockCharts.com**, a valuable site for investors with **many free tools**. On the **daily charts**: The **price 50-day and 200-day moving averages** are shown. If you don't see the 200-day price moving average, it is too low (or high) to show. But stay tuned – it will appear on these charts when the market direction changes. Also, the **volume 50-day moving average** is shown. On the **weekly charts**: The **price 10-week & 40-week moving averages** and the **10-week volume moving average** is shown.

The rest of this newsletter is an in-depth look at today's market meant for those who enjoy exploring the market forces in more detail and manage individual stocks.

<b>MARKET FACTORS, COUNTS &amp; RATINGS</b>		12/15/2016	
<b>Type of DAY for <u>Nasdaq</u></b> Major (1%/1%) Accumulation, Distribution or Neither		<b>Minor accumulation</b>	
<b>Market Direction</b> Uptrend, Under Pressure, Downtrend, or Attempted Uptrend		<b>UPTREND</b>	
<b><u>MAJOR</u> Accumulation / Distribution Momentum</b> 20-day count of <b>NASDAQ</b> Major (1%/1%) Acc & Dist days		<b>Major Accumulation Days</b> 1	<b>Major Distribution Days</b> 3
<b>IBD Distribution Day Count including ALL Major &amp; Minor D-days.</b>		6	
This count is the larger of S&P500 or Nasdaq distribution count for the last 25 trading day (but only since the last market Uptrend signal). The IBD Big Picture does not list accumulation days.			
<b>Count of Up Days and Down Days</b> (10-days on the Nasdaq)		<b>Up Days</b> 8	<b>Down Days</b> 2
<b>Leaders Up/Down with High Volume</b> (10-day ratio)		2.2	
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-	<b>S&amp;P 500</b> C
		<b>DJIA</b> 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> Above	Above
		<b>S&amp;P 500</b> Above	Above
		<b>NYSE</b> Above	Above
		<b>DJIA</b> Above	Above

## **MARKET DIRECTION ADDITIONAL COMMENTS**

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

**THURSDAY :** 7 leading stocks were UP with higher volume on Thursday while only 1 was DOWN on higher volume. Some of the stocks with strong ratings that have been climbing continue up!

### **NEW INDUSTRY GROUP LEADERS:**

This week in the Fort Worth IBD Meetup and in the weekly Armchair Investor classes, we looked at the shift in the 197 IBD Industry Groups over the last 6 weeks. (This list is shown daily in the Investor's Business Daily Market Page, link at the bottom of the daily Big Picture). Ten of the top 20 industry groups are in the banking/finance area and all have catapulted from 20s, 30s, 40s or 50s to the top 20 in just the last 6 weeks. This list is a great place to find industry groups that are really on the move up.

**I liked what David Saito-Chung said in Investors.com's Big Picture Tuesday night:**

Back to the tech sector, IBM is joining the likes of **Apple** ([AAPL](#)), **Intel** ([INTC](#)), **Qualcomm** ([QCOM](#)) and other big-cap techs that are either approaching valid buy points in long bottoming base patterns or are still in buy range after recently breaking out. Late on Tuesday, IBM announced a plan to add as many as 25,000 U.S. jobs in the next four years.

Such news reaffirms the recent positive data on U.S. employment, consumer sentiment and activity in both the manufacturing and service sectors.

Apple, posting its fifth gain in six sessions and finishing the day up 1.7% at 115.19, is now within just several points from completing a new cup base on a long bottoming base pattern.

**One place to look for rising stocks is in the "STOCKS ON THE MOVE" article in Investor's Business Daily's weekly newspaper (or daily on [www.investors.com](http://www.investors.com)). Plus, review the daily Sector Leaders list which has included ESNT and WAL consistently for the last month.**

**My comments below are not meant to point to the "best" stocks out there. But I took the opportunity to follow three good stocks from the Stocks on the Move column.**

**You can use the RS (relative strength) line to show you how an individual stock reacted to the day's news.**

- **Dave and Busters, PLAY**, had a huge earnings report Tuesday: EPS delighted investors with a 108% increase. The result was a gap up 19% on Wednesday, breaking out of a first stage base. On Wednesday, PLAY fell – but look at its RS line – the day's movement is just sideways (flat) showing it simply fell with the market's reaction to the Fed rate increase. **In fact, all three of these stocks did that exact same reaction to the Fed rate increase Wednesday – flat RS line for the day. You might have to look quite close, but the little flat day's relative price movement is there. Be sure to look at the RS line to see how each your stocks is faring compared to the market!**
- **Patrick Industries, PATK**, continues to rise with a 99 composite. Note PATK's Average Daily Volume is light at 112k but it's Average Dollar Volume is over my minimum at \$8.3 million per day. **TUESDAY UPDATE:** A 1.4% drop with volume 76% above average is a major distribution day. That's the second D-day since the breakout on 11/29. Not enough to get me to sell (if I own it), but I am concerned and watching closely.
- **Foot Locker, FT**, Has a 97 Composite Rating, a 90 EPS and 78 RS. FT just broke out of a very long (62 week) base. Its real breakout (not the one shown on MarketSmith that ended that day back below the handle's pivot price) but the real handle that started on 11/25 with a high price of 74.74. and broke out on 12/5 (the first day to close above the prior pivot) with volume 79% above average.  
FT's quarterly EPS numbers are not spectacular. But this is one of the solid stocks with an EARNINGS STABILITY rating of 4.  
FYI: 1 is the best **Earnings Stability rating** with the most consistent earnings history. FT's earnings are not spectacular – just incredibly consistent – always rising. How nice!

If you take apart the last base (which is 62 weeks long – almost too long to be even considered a base), and just look at the growth from the bottom of the base, you will see a nice run up with a flat base inside the long cup. If you had looked at that 12-week flat base as a more aggressive entry, you would have wanted higher volume when it finally broke out (to comfort you and offset the early, inside the base, higher risk buy pattern.). **Your wish as granted!** Volume on the early breakout day was 90 % above average.



Now where to buy? If price drops back into the 5% buy zone, (max buy price 77.04), and shows positive upside volume, it will create another buy opportunity (if still a strong CAN SLIM stock).

**TUESDAY UPDATE:** Second distribution day in a row. Hmmmm. But price stopped right at the 5% buy zone showing support. Watch closely.

Good luck!

**Remember:**

**The market continues in the direction it's going until it doesn't.**

**MARKET DIAGNOSIS: "UPTREND"**

**What to do now:**

1. 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. **Sell any stock that is showing a concentration of distribution days**
3. If you **need cash** for a hot new breakout, consider selling a stock that was a strong buy but hasn't taken off. It might be languishing near the buy point or it might have already round tripped – risen from a good buy point and bombed back or below the buy price.

## EXPLANATION OF TERMS FOR THE

## MARKET ACTION OVER THE LAST 20 DAYS

*Four weeks of price and volume action reveal much about the direction of the market and the strength of that movement.*

		Price		Volume	
<b>Healthy <u>Uptrend</u> Price-Volume Movement</b>	Strong Action	Up	↑	↑	Up
	Weaker Action	Down	↓	↓	Down
<b>Healthy <u>Downtrend</u> Price-Volume- Movement</b>	Strong Action	Down	↓	↑	Up
	Weaker Action	Up	↑	↓	Down

The chart below identifies the **market direction** indicated by the Nasdaq's price and volume action for the last 20 days at two levels of significance.

### ACCUMULATION/DISTRIBUTION COLUMN - TELLS YOU WHERE THE BIG MONEY IS GOING

The listing includes: the date, Nasdaq closing price and percent change of the Nasdaq price and volume.

- The next column identifies days that were **Major Accumulation** (serious UPTREND indicator) or **Major Distribution** (serious Downtrend indicator) using the 1% minimum rise or fall with higher volume.
- **Minor accumulation** and **minor distribution days** are also identified – days that moved 0.2% or more but less than 1%.

### "CONSISTENT WITH" – THE SUBTLE, BUT TELLING MOVES

The last column is a UPTREND /Downtrend indicator.

Think of a healthy Uptrend. It will have many days where the index rises with increased volume. But even in the most robust Uptrend, \* not every day will be up. In any Uptrend, there will be some down days. If they have higher volume, then the day becomes a distribution day but if the volume is lighter (as frequently happens in an Uptrend), then the down day is NOT a distribution day. In fact, a drop on lighter 4747.62 volume says they market is NOT selling off heavily – good news and consistent with the Uptrend.

Using the Healthy UPTREND/Downtrend price and volume movement listed above.

- For example, if the Nasdaq closing price rose 0.7% and the volume rose 2% (up and up), that movement is "consistent with" the price-volume action of a Healthy UPTREND.
- If the price drops 0.5% and the volume rises 1.2% (down and up), that movement is "consistent with" the price-volume action of a Healthy Downtrend as indicated in the table above.
- Any index change less than + or – 0.3% or volume change less than + or – 1% has no "consistent with" notation. Price and volume movements that small is not strong enough to tell us about the market movement.

<b>MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS</b> <i>(For a full explanation of the terms in this table see end of this newsletter)</i>							
#	Date	Close	Index % Change	Volume % Change	Current Trend Day Count	Type of Day Accumulation, Distribution or Neither (—)	<b>CONSISTENTWITH:</b> UPTREND or Downtrend?
<b>MARKET IN UPTREND</b>							
20	11/17/16	5333.97	+0.7%	+3.3%	99	Minor accumulation Day	UPTREND
19	11/18/16	5321.51	-0.23%	-12.6%	100	—	UPTREND
18	11/21/16	5368.86	+0.9%	-4.6%	101	—	DOWNTREND
17	11/22/16	5386.35	+0.3%	+7.0%	102	Minor accumulation Day	UPTREND
16	11/23/16	5380.68	-0.11%	-13.7%	103	—	—
15	11/25/16	5398.92	+0.3%	-47.9%	104	—	DOWNTREND
14	11/28/16	5368.81	-0.6%	+89.1%	105	Minor distribution Day	DOWNTREND
13	11/29/16	5379.92	+0.2%	+10.7%	106	Stalling distribution Day	DOWNTREND
12	11/30/16	5323.68	-1.1%	+13.1%	107	Major Distribution Day	DOWNTREND
11	12/1/16	5251.11	-1.4%	+11.9%	108	Major Distribution Day	DOWNTREND
10	12/2/16	5255.65	+0.1%	-17.5%	109	—	—
9	12/5/16	5308.89	+1.0%	-3.5%	110	—	DOWNTREND
8	12/6/16	5333.00	+0.5%	+10.4%	111	Minor accumulation Day	UPTREND
7	12/7/16	5393.76	+1.1%	+8.1%	112	Major Accumulation Day Market back in UPTREND	UPTREND
6	12/8/16	5417.36	+0.4%	-7.9%	113	Minor accumulation Day	UPTREND
5	12/9/16	5444.50	+0.5%	-15.6%	114	—	DOWNTREND
4	12/12/16	5412.54	-0.6%	-5.8%	115	—	UPTREND
3	12/13/16	5463.83	+1.0%	+7.2%	116	Major Accumulation Day	UPTREND
2	12/14/16	5436.67	-0.5%	-5.9%	117	—	UPTREND
1	12/15/16	5456.85	+0.4%	+5.6%	118	Minor accumulation Day	UPTREND

# ACCUMULATION / DISTRIBUTION RATINGS FOR MAJOR INDICES

*with Prior Trends for Reference*

	# of Days in Trend	Trend Details	Nasdaq	S&P 500	DJIA
1/26/16	1	Tue - A Follow-Through day = NEW UPTREND	E	E	E
2/5/16	9	Fri - UPTREND under PRESSURE 1	D-	D-	D+
2/8/16	1	Mon - Distribution = NEW DOWNTREND	D-	D-	D
2/16/16	6	Tue - DOWNTREND Attempted Rally 3	E	E	D-
2/17/16	1	Wed - A Follow-Through day = NEW UPTREND	E	D-	D+
6/24/16	91	Fri - UPTREND under PRESSURE 1	D	C	C-
6/27/16	1	Mon - Distribution = NEW DOWNTREND	E	E	E
6/29/16	3	Wed - DOWNTREND Attempted Rally 2	E	D-	D-
6/30/16	1	Thu - A Follow-Through day = NEW UPTREND	D-	C	C
8/26/16	40	Fri - UPTREND under PRESSURE 3	C-	B-	C
9/2/16	45	Fri - UPTREND under PRESSURE 8	D+	C+	C-
9/6/16	46	Tues - UPTREND	C	B-	C-
9/8/16	48	Thu - UPTREND	C-	C+	C-
9/9/16	49	Fri - UPTREND under PRESSURE 1	D-	C-	D-
9/16/16	54	Fri - UPTREND under PRESSURE 6	C	D	D-
9/23/16	59	Fri - UPTREND	B-	C-	D
10/10/16	70	Mon - UPTREND	B-	C+	C
10/11/16	71	Tues - UPTREND under PRESSURE 1	C-	C+	C+
11/8/16	90	Tue - UPTREND under PRESSURE 21	E	D	C-
11/9/16	91	Wed - UPTREND	D+	C	C+
11/23/16	103	Wed - UPTREND	D	C	B
11/25/16	104	Fri - UPTREND	D	C	B
11/28/16	105	Mon - UPTREND	D	C	B
11/29/16	106	Tue - UPTREND	D	C+	B
11/30/16	107	Wed - UPTREND	D	C-	B
12/1/16	108	Thu - UPTREND under PRESSURE	E	D+	B+
12/2/16	109	Fri - UPTREND under PRESSURE	E	D+	B+
12/5/16	110	Mon - UPTREND under PRESSURE	E	D	B+
12/6/16	111	Tue - UPTREND under PRESSURE	D	D	B+
12/7/16	112	Wed - UPTREND	D+	C	B+
12/8/16	113	Thu - UPTREND	C-	C+	A-
12/9/16	114	Fri - UPTREND	C	C+	A-
12/12/16	115	Mon - UPTREND	C	C+	A-
12/13/16	116	Tue - UPTREND	C	C+	A-
12/14/16	117	Wed - UPTREND	B-	D+	B
12/15/16	118	Thu - UPTREND	B-	C	B+

## ARMCHAIR INVESTOR WEEKLY CLASS SCHEDULE

Join us for the **ARMCHAIR INVESTOR** classes.

**Be my guest** (FREE) if you have not visited in the last six months (guest seating limited).

The regular **2016** ARMCHAIR INVESTOR class schedule (subject to change) is:

**Mondays** 4:00 – 6:00 p.m. at the Barnes & Noble at Royal & Preston (northeast corner), Dallas

**Mondays** 7:00 – 9:00 p.m. at the Barnes & Noble at Royal & Preston (northeast corner), Dallas

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

**NOTE:** The Armchair Investor classes are on vacation two weeks each quarter.

- Guest attendance is limited to ensure class members get their full value. -
- Be sure to call to confirm we are having a class and to reserve your spot.

Call me at 214-995-6702 to schedule your FREE visit (new visitors only) to an ARMCHAIR INVESTOR class.

TO REGISTER FOR THE INTENSIVE ARMCHAIR INVESTOR WORKSHOPS OR TO VISIT A 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.

Armchair Investor, P.O. Box 671146, Dallas, TX 75367, USA

Additional notes follow:

## EXAMPLE OF ACCUMULATION AND DISTRIBUTION WITH EXPANDED EXPLANATION OF TERMS:

Today's Market Action with explanation						
2/5/16	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg	Accumulation or Distribution Day?	Current Trend: DOWNTREND Began 1/4/2015
Nasdaq	4363.14	-3.2%	+13.8%	+21.8%	Major Distribution	+11.3%
S&P500	1879.92	-1.9%	NYSE Volume		Neither	+6.6%
NYSE	9,390.33	-1.5%	-5.3%	+15.0%	Neither	+6.2%
DJIA	16,204.62	-1.3%			Neither	+5.5%

A **Major Accumulation Day**: Price RISES 1.0% or more and higher Volume than the day before  
A **Minor accumulation Day**: Price RISES 0.2% or more and Volume is strong (either higher volume or is well-above average volume)

A **Major Distribution Day**: Price FALLS 1.0% or more and higher Volume than the day before.  
A **Minor distribution Day**: Price FALLS 0.2% or more, Volume is strong (either higher volume or is well-above average volume)

A **Stalling minor distribution Day**: Only in an up-trending index or stock, price is FLAT or DOWN slightly compared to the day before, closing in the bottom half of the day's range and volume is heavier or about equal to the day before or strong compared to the past market. It's the price closing low in the day's range after an uptrend that is the key for this designation. Price close to flat and higher or consistent volume indicates the big money (institutions: mutual funds, banks, etc.) are gently selling, trying to sneak out so you won't notice.

\*\* The "CURRENT TREND" column calculates how far each index has moved in the current trend assuming you purchased the index (which is not buyable) at the opening price on the day after the trend change signal.

- **When this column is GREEN, the index has moved in the direction of the market trend.**
- **HOWEVER, when this column is RED, the index change has fallen into negative territory (which could be a rise during a Downtrend)**

An **ACCUMULATION** day points at heavy buying by institutional money managers - the mutual funds, pension funds, banks, etc.  
A **DISTRIBUTION** day points at heavy selling by institutional money managers.