

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



[To open the FULL ARMCHAIR INVESTOR NEWSLETTER, click here](#)  
 Then click on [CURRENT NEWSLETTER](#).

**The market is in UPTREND**

**Interested in a 10%, 19% or 30% return in 2 months?**

Those returns are what you would have earned if you followed the signals of this newsletter and made just one purchase after the new Uptrend signal on 4/10/2018.

The Armchair Investor newsletter was created 17 years ago to help my stock market students understand the importance of market direction. Soon I realized that the market direction signals could be used to “earn” the Uptrends by:

- Buying the QQQ when the market went into Uptrend and
- Selling the QQQ (waiting in cash) when the market was Downtrend.

Every ARMCHAIR INVESTOR student starts the training by tracking the market through the QQQ every week in class. This strategy is still the foundation of all of my personal investing and of my weekly teaching.

**THE RETURNS of the ARMCHAIR INVESTOR  
 STRATEGY**

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
6/13/18				
QQQ (1x)	160.20	175.82	+0.0%	+9.8%
QLD (2x)	76.06	90.69	-0.1%	+19.2%
TQQQ (3x)	47.53	61.55	+0.0%	+29.5%

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.

**WEDNESDAY:** The Federal Reserve Open Market Committee raised interest rates a 1/4% Wednesday, as expected.

- The market remains in healthy Uptrend.

### **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.

DAILY MARKET ACTION						
6/13/18	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	7,695.70	-0.1%	+7.4%	+4.5%	Neither	+9.1%
S&P500	2,775.70	-0.4%	NYSE Volume		Minor distribution	+5.0%
NYSE	12,785.46	-0.5%	+10.8%	+11.2%	Minor distribution	+2.2%
DJIA	25,203.95	-0.5%			Minor distribution	+3.8%

Both 20-day distribution days are moderate:

- The S&P500 has 4 distribution days
- The Nasdaq has 4 distribution days

**LOTS OF GREEN** ON “MARKET FACTORS, COUNTS AND RATINGS” TABLE: Yeah! 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 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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## PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS

		A	B	C	D	E
4 weeks ago	5/15	9%	37%	20%	20%	9%
3 weeks ago	5/22	11%	37%	24%	19%	9%
2 weeks ago	5/30	11%	35%	23%	22%	10%
1 week ago	6/6	11%	39%	23%	20%	7%
Today	6/13	12%	41%	22%	18%	7%

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?

6/13/2018	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High	6/7/2018	1/26/2018	1/26/2018	1/26/2018
All-time High	7697.41	2872.87	13637.02	26616.71
Current Price	7695.70	2775.70	12785.46	25203.95
Below (-) or Above (+) Recent High (%)	-0.0%	-3.4%	-6.2%	-5.3%
Below (-) or Above (+) Recent High (#)	-1.71	-97.17	-851.56	-1412.76

## MARKET ACTION 2018 YEAR-TO-DATE

6/13/18	2017 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	6903.39	7695.70	+11.5%
S&P 500	2673.61	2775.70	+3.8%
NYSE Comp	12,808.84	12,785.46	-0.18%
DJIA	24,719.22	25,203.95	+2.0%

This yearly table is included for your reference. These returns have little relevance to trend-following returns since trend-followers do not hold during "Downtrends" and may lighten their holdings during "Uptrends under Pressure."

## LAST WEEK'S MARKET ACTION

6/8/2018	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	+1.2%	+20.0%	+6.0%	Major Accumulation
S&P 500	+1.6%	+14.0%	+4.0%	Major Accumulation
NYSE	+1.7%			Major Accumulation
DJIA	+2.8%			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 and NYSE Composite.

## Nasdaq Daily chart, 4 months

The Nasdaq in sideways channel for 2 WEEKS.  
 Notice the recent rising lows as show by the lower blue line.

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

The Nasdaq weekly rallies above its 10-week m.a. line  
 Only 1.5% below all-time March 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 in sideways channel for 2 WEEKS (after recovering from 5/29 dip!)  
 Notice the recent rising lows as show by the lower blue line.



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

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



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

<b>MARKET FACTORS, COUNTS &amp; RATINGS</b>		6/13/2018	
<b>Type of DAY for <u>Nasdaq</u></b> Accumulation, Distribution or Neither		<b>Neither</b>	
<b>Market Direction</b> Uptrend, Under Pressure, Downtrend, or Attempted Uptrend		<b>UPTREND</b>	
<b>All Nasdaq Accumulation &amp; Distribution Days</b> Nasdaq <b>20-day</b> count		<b>Accumulation Days</b> <b>3</b>	<b>Distribution Days</b> <b>3</b>
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.			
<b>Count of Up Days and Down Days</b> Nasdaq last 10-days price movement only		<b>Up Days</b> <b>5</b>	<b>Down Days</b> <b>2</b>
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.			
<b>Leaders Up/Down with High Volume</b> Nasdaq 10-day ratio		<b>1.6</b>	
This indicator looks at leading stocks (high RS) and is, thus, biased to the upside. Uptrend indicator: 1.5 or higher. Neutral: 1.0 to 1.49. Downtrend: less than 1.0			
<b>Market Accumulation/Distribution Ratings</b> "A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution. Accumulation = Institutions are BUYING, Distribution = Inst are SELLING		<b>Nasdaq</b> <b>S&amp;P 500</b> <b>DJIA</b>	<b>C+</b> <b>C-</b> <b>C-</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>200-Day</b>
<b>Nasdaq</b>		<b>Above</b>	<b>Above</b>
<b>S&amp;P 500</b>		<b>Above</b>	<b>Above</b>
<b>NYSE</b>		<b>Above</b>	<b>Above</b>
<b>DJIA</b>		<b>Above</b>	<b>Above</b>

## MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS

*(For a full explanation of the terms in this table see end of this newsletter)*

#	Date	Close	Index % Change	Volume % Change	Current Trend Day Count	Type of Day: Accumulation, Distribution or Neither (—)	CONSISTENT WITH: UPTREND or Downtrend?
<b>THE COLOR OF THE "CURRENT TREND DAY COUNT" tells you the current market direction: Red = Downtrend, Yellow = Uptrend under Pressure, Green = Uptrend</b>							
20	5/16/18	7398.30	+0.6%	-0.9%	27	—	DOWNTREND
19	5/17/18	7382.47	-0.2%	-6.7%	28	—	UPTREND
18	5/18/18	7354.34	-0.4%	+0.1%	29	—	—
17	5/21/18	7394.04	+0.5%	-0.7%	30	—	DOWNTREND
16	5/22/18	7378.46	-0.2%	-0.5%	31	—	UPTREND
15	5/23/18	7425.96	+0.6%	+4.2%	32	Minor accumulation day	UPTREND
14	5/24/18	7424.43	-0.02%	+0.9%	33	—	—
13	5/25/18	7433.86	+0.13%	-12.8%	34	—	—
12	5/29/18	7396.59	-0.5%	+16.5%	35	Minor distribution day	DOWNTREND
11	5/30/18	7462.45	+0.9%	-3.2%	36	—	DOWNTREND
10	5/31/18	7442.12	-0.3%	+20.0%	37	Minor distribution day	DOWNTREND
9	6/1/18	7554.33	+1.5%	-12.2%	38	—	DOWNTREND
8	6/4/18	7606.46	+0.7%	-2.8%	39	—	DOWNTREND
7	6/5/18	7637.86	+0.4%	-3.9%	40	—	DOWNTREND
6	6/6/18	7689.24	+0.7%	+7.4%	41	Minor accumulation day	UPTREND
5	6/7/18	7635.07	-0.7%	+6.0%	42	Minor distribution day	DOWNTREND
4	6/8/18	7645.51	+0.14%	-16.3%	43	—	—
3	6/11/18	7659.93	+0.19%	-0.9%	44	—	—
2	6/12/18	7703.79	+0.6%	+6.8%	45	Minor accumulation day	UPTREND
1	6/13/18	7695.70	-0.11%	+7.4%	46	—	—

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*

**WEDNESDAY** You will find more information on investing in individual stocks on the weekend newsletter!

**HERE ARE TWO GOOD PLACES TO FIND INVESTING IDEAS** (well worth the whole price of a basic subscription to Investors.com☺)

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

1. **IBD STOCK OF THE DAY** (IQ, EPAM and BOFI recently!)
2. **INVESTING ACTION PLAN** (a wide reaching discussion of stocks set to move the next day)

I encourage you to read about **PayPal** in IBD's Wednesday [Stock of the Day](#) column (a subscriber only feature.)

- YES, PYPL dropped 2.3% on Thursday but that is not uncommon as a stock gets close to breaking out as some weak holders, sell just happy to break even.
- Thursday's volume was below average and almost unchanged from Wednesday.
- **I'm looking for is a powerful breakout** past the prior high of 86.32 with volume at least 40% above average.

IBD's recent [Stocks of the Day](#): Grubhub and BOFI.

I have a new investing mantra I hope you'll like:

**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.

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!):

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 (Charlotte Hudgin) as your source. This helps us get occasional guest speakers from IBD and access to MarketSmith! Thank you.***

**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

**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.