

08/16/2019 UPTREND under PRESSURE, needs strong UP day to be in UPTREND!

Friday

Volume 18 #157

ARMCHAIR INVESTOR^(sm) MORNING MARKET NEWSLETTER

A TREND-FOLLOWING STRATEGY

If you live near **Fort Worth**, YOU ARE WELCOME to join us 8/22 (NEXT THURSDAY) for the **IBD Meetup** 6:45 p.m.– 8:45 p.m. [Click here to Register](#)

CURRENT MARKET DIRECTION: UPTREND under PRESSURE.

Current Armchair Investor actions:

I sold my QQQ when the Nasdaq fell 0.7% (intraday) on Thursday. I am in cash.

(Sorry I didn't update this box Thursday night)

Last week: Tuesday's Follow-through day brought us a new Uptrend diagnosis. We know that market direction signals are right about 3/4th of the time. That means that some of them fizzle out. The next day a Major Distribution day put the **Uptrend under Pressure** followed by two down days and Friday's rise with lethargic volume.

My market following account waits in cash.

Look at a Nasdaq and S&P500 charts to see weaknesses that have caused my **hesitation**: Neither index closed above its 50-day moving average line this week with supporting higher volume. The major indexes' Accumulation/Distribution ratings fell from a wearisome C+ to a weak D+. The best new Uptrends begin with obvious strength – which is obviously lacking in this market so far.

MY PLAN FOR MONDAY: STAY OUT OF THE MARKET TRACKING ETFs (QQQ, PSQ or their multiples) until we get a strong directional signal. Watch the market action closely:

- One strong accumulation day (a rise on higher volume) could signal a new **UPTREND** (followed by a QQQ purchase the next morning.)
- A few weak days could undercut the prior lows and put the market back into **DOWNTREND (CORRECTION)**.
- Since neither market leading index showed much strength in last week's rise, I would not be surprised if the market returns to Downtrend.

DAILY MARKET ACTION

8/16/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?
Nasdaq	7,895.99	+1.7%	-12.7%	-6.5%	Neither
S&P500	2,888.68	+1.4%	NYSE Volume		Neither
DJIA	25,886.01	+1.2%	-13.5%	+1.3%	Neither

An **accumulation Day**: Price RISES 0.2% or more with strong Volume (either higher than the day before or is well-above average volume). A **distribution Day**: Price FALLS 0.2% or more with strong Volume .

LAST WEEK'S MARKET ACTION

8/16/19	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	-0.8%	-7.2%	+7.0%	Neither
S&P 500	-1.0%	-9.7%	+10.0%	Neither
DJIA	-1.5%			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.

Notice the large drop in stocks with A or B ratings showing strong selling by institutional investors:

Over just three weeks. The As plus Bs fell from 54% three weeks ago, to 33% today (8/16)

If the Wall Street firms are getting back in, so should you.

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS

		A	B	C	D	E	As + Bs
4 weeks ago	7/19	11%	44%	23%	16%	6%	55%
3 weeks ago	7/26	11%	43%	24%	17%	6%	54%
2 weeks ago	8/2	8%	35%	25%	23%	9%	43%
1 week ago	8/9	8%	33%	24%	25%	11%	40%
Today	8/16	6%	26%	22%	28%	17%	33%
	#	412	1702	1422	1792	1109	

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

8/16/2019

Type of Day for <u>Nasdaq Index</u> Accumulation, Distribution or Neither		Neither	
I track the <u>Nasdaq's</u> price-volume because it usually leads the market direction .			
Market Direction Uptrend, Under Pressure, Downtrend		UPTREND under Pressure	
<u>Nasdaq</u> Accumulation & Distribution Days (last 20 days) Only accumulation and distribution days since the last market change (1/4/2019) are in this count.		Accumulation Days 4	Distribution Days 5
Count of Up Days and Down Days Nasdaq's last <u>10-days'</u> price movement		Up Days 5	Down Days 4
Only days that move at least + or - 0.2% are included in the Up/Down count which does not always, therefore, add up to 10 days.			
Rising/Falling Ratio of Leader Stocks with High Volume Nasdaq 10-day ratio		1.6	
This indicator looks at leading stocks (high RS) and is, thus, biased to the upside. Uptrend indicator: 1.5 or higher. Neutral: 1.0 to 1.49. Downtrend: less than 1.0			
Market Accumulation/Distribution Ratings "A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution. Accumulation = Institutions are BUYING, Distribution = Inst are SELLING		Nasdaq S&P 500 DJIA	D+ D+ D+
Are Major Indexes Above or Below Moving Averages? "At" is within 1% above or below the moving average.		50-Day Below Below Below Below	200-Day Above Above At Above
		Nasdaq	Below
		S&P 500	Below
		NYSE	Below
		DJIA	Below
			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 (—)	CONSISTENT WITH: UPTREND or Downtrend?
20	7/22/19	8204.14	+0.7%	-3.0%	30	—	DOWNTREND
19	7/23/19	8251.40	+0.6%	+0.17%	31	—	—
18	7/24/19	8321.50	+0.9%	+5.8%	32	Minor accumulation	UPTREND
17	7/25/19	8238.54	-1.0%	+3.4%	33	Major Distribution	DOWNTREND
16	7/26/19	8330.21	+1.1%	-3.2%	34	—	DOWNTREND
15	7/29/19	8293.33	-0.4%	-3.1%	35	—	UPTREND
14	7/30/19	8273.61	-0.2%	-8.9%	36	—	UPTREND
13	7/31/19	8175.42	-1.2%	+56.0%	37	Major Distribution	DOWNTREND
12	8/1/19	8111.12	-0.8%	+9.1%	38	Minor distribution	DOWNTREND
11	8/2/19	8004.07	-1.3%	-14.0%	39	—	UPTREND
10	8/5/19	7726.04	-3.8%	+15.6%	1	Major Distribution	DOWNTREND
9	8/6/19	7833.27	+1.4%	-22.4%	2	—	DOWNTREND
8	8/7/19	7862.82	+0.4%	+11.4%	3	Minor accumulation	UPTREND
7	8/8/19	8039.16	+2.2%	+8.0%	4	Major Accumulation	UPTREND
6	8/9/19	7959.14	-1.0%	-8.4%	5	—	UPTREND
5	8/12/19	7863.41	-1.2%	-15.0%	6	—	UPTREND
4	8/13/19	8016.36	+2.0%	+14.5%	1	Major Accumulation	UPTREND
3	8/14/19	7773.94	-3.0%	+16.1%	2	Major Distribution	DOWNTREND
2	8/15/19	7766.62	-0.09%	-18.6%	3	—	—
1	8/16/19	7895.99	+1.7%	-12.8%	4	—	DOWNTREND

Nasdaq Daily chart, 4 months (updated Wednesday)

Nasdaq & S&P500 drop 3% on day 2 of new Uptrend – VERY DISAPPOINTING!



Nasdaq Weekly chart, 1 year (updated Tuesday)

The market went into a **new UPTREND** Tuesday 8/13 with a Follow-through day



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

S&P500 Daily chart, 4 months (updated Tuesday)

S&p500 & Nasdaq drop 3% on day 2 of new Uptrend – VERY DISAPPOINTING!



S&P500 Weekly chart, 1 year (updated Tuesday)

The market went into a **new UPTREND** Tuesday 8/13 with a Follow-through day



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MARKET ACTION 2019 YEAR-TO-DATE

8/16/19	2018 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	6635.38	7895.99	+19.0%
S&P 500	2506.85	2888.68	+15.2%
NYSE	11374.39	12,580.41	+10.6%
DJIA	23327.46	25,886.01	+11.0%

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."

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?

8/16/2019	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	7/26/2019	7/26/2019	1/26/2018	7/16/2019
All-time High	8339.64	3027.98	13637.02	27398.68
Current Price	7895.99	2888.68	12580.41	25886.01
Below (-) or Above (+) Recent High (%)	-5.3%	-4.6%	-7.7%	-5.5%

*New Highs are daily closing prices and 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.

HOW CAN YOU CAPTURE THOSE GREAT MARKET TRACKING GAINS SHOWN ABOVE?

It's as easy as 1- 2- 3!

THE ARMCHAIR INVESTOR PLAN:

ON 8/13/2019, THE MARKET MOVED INTO STEP 1: NEW UPTREND

STEP 1: In an Uptrend, buy the QQQ, a Nasdaq 100 ETF.

Find the market direction diagnosis every night in this newsletter. At the Uptrend signal, buy the QQQ (or one of the multiple Uptrend ETFs shown in a table above) the next morning.

Just in case protection: When you receive your confirmation of the purchase price, place an 8% STOP LOSS order to protect your portfolio from a sudden market reversal (executing this sale is rare – I almost always sell when the market goes into “under pressure or Downtrend – see Step 2 below). Your broker can help you set up this order.

This upward ride is the most exciting part of trend-following – Ride the escalator up, up, up as the market rises. Enjoy your ETF investment as it increases with the rise of the market.

Did you get your share of those extraordinary rises in this Uptrend!

ON 8/14/2019, THE MARKET MOVED INTO STEP 2: Uptrend under Pressure:

STEP 2: When the Uptrend slows down: “Uptrend under Pressure”

This week's new Uptrend had a deep Distribution day on Wednesday, the second day of a new Uptrend. You should be very wary of that serious reversal!

- After only 6 days of the Downtrend, the reversal to Uptrend on Tuesday (8/13) was exciting! A new Uptrend can provide substantial, quick gains.
- But the immediate 3% sell-off on the next day revealed a market that may be over-reacting to news and our President's tweets.
- When a market is over-reacting, it is unpredictable and, therefore too risky. Exiting the market with your trend-following dollars may be the safest place to be right now.

STEP 3: When the market diagnosis changes to Downtrend.

Selling your Uptrend ETF position (QQQ, QLD or TQQQ) will capture gains earned in Steps 1 & 2 above. Wait in cash. After exiting the Uptrend ETF, wait in cash until the next Uptrend signal.

Also: Watch this box for a signal to invest in an inverse ETF.

NOTE: Not every market direction signal ends with a positive return. But overall, the ETFs have outperformed the market when traded according to these guidelines. Plus the market direction signals will help you by indicating when it is most effective to consider adding individual stocks to your portfolio (with a strong uptrending market).

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!**

To get a deeper 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**

To schedule a class visit: Contact Charlotte Hudgin at 214-995-6702

One of the reasons I pay so much attention to the Investor's Business Daily strategies and books (*How to Make Money in Stocks series*) is that they work consistently. If you or someone you know is interested in stock market investing, I encourage them to start with:

- *How to Make Money in Stocks – Getting started* by Matt Galgani. Then they can move on to some of the more advanced books.

Visit an ARMCHAIR INVESTOR CLASS

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- [Monday nights 7 – 9 p.m.](#)
- [Tuesday afternoons 3:30 – 5:30 p.m.](#)
- [Wednesday mornings 10:00 a.m. to noon](#)

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CALL 214-995-6702.

Seating is limited to no more than 3 guests at each session to ensure the paid subscribers receive full value.

Monday and Tuesday classes are in north Dallas near Preston & Royal.

Wednesday classes are Addison.

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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 well at night.

Questions may be submitted to: Editor@ArmchairInvestor.com