

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

Join me at the Fort Worth Investor's Business Daily Meetup on  
**Thursday, 9/19 6:45 – 8:45.** [Click here for details and to Register!](#)

**CURRENT MARKET DIRECTION: UPTREND**

<b>Current Armchair Investor action:</b>	<b>Hold QQQ</b>
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**The market ended flat Wednesday after Federal Reserve rate announcement.**

>>>>Be on daily watch for distribution day warning signs in your individual stocks!  
 Riding a winner up is great fun. Holding on for the ride down can cause *crying*.....Avoid it.

**Current Signs of Market Strength:**

- Both major indexes are **holding above their 50-day m.a. lines**. The market is up almost 5% since the last Uptrend signal on 8/13/2019!
- The **stocks "under accumulation"** (being heavily bought) **rose from 1/3 to over 1/2** of all stocks in **last 4 weeks!** (See "Progress in Accumulation/Distribution" table later in this newsletter). That means it **is easy to find stocks being scooped up by institutional investors**. *You want those!*
- **S&P500 is poised to break through to news high – just 1% from that goal.**

**Current Signs of Market Weakness:**

- The last 9 days had NO accumulation or distribution days. They either had insignificant price moves, or volume contracted. I have never seen 9 days w/o directional strength before.
  - See the **MARKET ACTION OVER THE LAST 20 DAYS TABLE** on page 5
- The indexes are holding under (but near) their recent, all-time highs.

**MY PLAN FOR THURSDAY: Hold the QQQ and...**

I'm still looking for a strong accumulation day (when indexes rise with higher volume) to buy the TQQQ (triple QQQ). Until I see more market strength, I hold only the QQQ ETF to capture the market direction.

I am buying starter positions (50% of intended position) in the best stocks from my watch list as they breakout, then immediately putting 8% stops on each new purchase – just in case!

DAILY MARKET ACTION						
9/18/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
Nasdaq	8,177.39	-0.1%	+9.7%	+0.2%	Neither	+4.6%
S&P500	3,005.70	+0.0%	NYSE Volume		Neither	+4.8%
DJIA	27,147.08	+0.1%	-6.3%	-3.0%	Neither	+4.9%

## ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS Current Uptrend

9/18/19	Opening Price on 8/14/2019*	TODAY's Closing Price	ETF % Change Today	Gain or Loss Since 8/13/19 Uptrend Signal
QQQ (1x)	185.31	192.52	-0.0%	+3.9%
QLD (2x)	93.62	100.31	-0.1%	+7.1%
TQQQ (3x)	59.15	65.19	-0.1%	+10.2%

This table tracks the returns you would now have earned if you had followed the Armchair Investor plan and bought the ETFs listed above at the opening price on the morning after the new "Market in Uptrend" signal.

**Over 1/2 of all stock priced \$5 or more show accumulation!**

That should mean finding good stocks moving higher is easy

### PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS

		A	B	C	D	E	As + Bs
4 weeks ago	8/20	8%	31%	23%	25%	14%	38%
3 weeks ago	8/27	7%	28%	23%	27%	16%	34%
2 weeks ago	9/4	7%	30%	21%	27%	15%	37%
1 week ago	9/11	8%	40%	24%	19%	8%	48%
Today	9/18	11%	43%	22%	17%	6%	54%
	#	731	2817	1460	1111	407	

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 days ago. The ratings which are higher than two weeks prior are colored light GREEN. Lower ratings are PINK.

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

9/18/2019	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	8177.39	3006.73	13119.30	27147.08
Below (-) or Above (+) Recent High (%)	-1.9%	-0.7%	-3.8%	-0.9%

MARKET ACTION 2019 YEAR-TO-DATE			
9/18/19	2018 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	6635.38	8177.39	+23.2%
S&P 500	2506.85	3006.73	+19.9%
NYSE	11374.39	13,119.30	+15.3%
DJIA	23327.46	27,147.08	+16.4%

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				
9/13/19	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	+0.9%	+16.4%	-6.0%	Minor accumulation
S&P 500	+1.0%	S&P 500 Volume		Major Accumulation
DJIA	+1.6%	+44.4%	+21.0%	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.

<b>MARKET FACTORS, COUNTS &amp; RATINGS</b>		<b>9/18/2019</b>	
<b>Type of Day for <u>Nasdaq Index</u></b> Accumulation, Distribution or Neither		<b>Neither</b>	
I track the <u>Nasdaq's</u> price-volume because it usually leads the market direction.			
<b>Market Direction</b> Uptrend, Under Pressure, Downtrend		<b>UPTREND</b>	
<b><u>Nasdaq Accumulation &amp; Distribution Days (last 20 days)</u></b> Only accumulation and distribution days <u>since the last market direction change</u> are in this count.		<b>Accumulation Days</b> <b>2</b>	<b>Distribution Days</b> <b>4</b>
<b>Count of Up Days and Down Days</b> Nasdaq's last <u>10-days'</u> price movement		<b>Up Days</b> <b>5</b>	<b>Down Days</b> <b>1</b>
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.			
<b>Rising/Falling Ratio of Leader Stocks with High Volume</b> Nasdaq 10-day ratio		<b>1.4</b>	
This indicator looks at the health of leading stocks (high RS) with strong financials 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>C+</b>	<b>S&amp;P 500</b> <b>C-</b>
		<b>DJIA</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>
Nasdaq		<b>Above</b>	<b>Above</b>
S&P 500		<b>Above</b>	<b>Above</b>
NYSE		<b>Above</b>	<b>Above</b>
DJIA		<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?
20	8/21/19	8020.21	+0.9%	-2.9%	7	—	DOWNTREND
19	8/22/19	7991.39	-0.3%	+5.4%	8	Minor distribution	DOWNTREND
18	8/23/19	7751.77	-3.0%	+23.8%	9	Major Distribution	DOWNTREND
17	8/26/19	7853.73	+1.3%	-23.3%	10	—	DOWNTREND
16	8/27/19	7826.95	-0.3%	+12.6%	11	Minor distribution	DOWNTREND
15	8/28/19	7856.88	+0.4%	-14.5%	12	—	DOWNTREND
14	8/29/19	7973.40	+1.5%	+4.1%	13	Major Accumulation	UPTREND
13	8/30/19	7962.88	-0.13%	-15.1%	14	—	—
12	9/3/19	7874.16	-1.1%	+34.2%	15	Major Distribution	DOWNTREND
11	9/4/19	7976.88	+1.3%	-3.3%	16	—	DOWNTREND
10	9/5/19	8116.83	+1.8%	+2.7%	17	Major Accumulation	UPTREND
9	9/6/19	8103.07	-0.17%	-12.14%	18	—	—
8	9/9/19	8087.44	-0.19%	+17.5%	19	—	—
7	9/10/19	8084.16	-0.04%	+0.8%	20	—	—
6	9/11/19	8169.68	+1.1%	-2.0%	21	—	DOWNTREND
5	9/12/19	8194.47	+0.3%	-4.4%	22	—	DOWNTREND
4	9/13/19	8176.71	+0.2%	-11.4%	23	—	DOWNTREND
3	9/16/19	8153.54	-0.3%	-7.1%	24	—	UPTREND
2	9/17/19	8186.02	+0.4%	+0.1%	25	—	—
1	9/18/19	8177.39	-0.1%	+9.7%	26	—	—

"CURRENT TREND" COLUMN COLORS: Green = Uptrend.  
 Yellow = Uptrend under Pressure (e.g. showing weakness)  
 Red = Downtrend (also called correction)..

## Nasdaq Daily 4 month chart, (updated Wednesday)

Index holds above its 50-day moving average line – a show of strength!



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

Index closes above its 10-week moving average line – a show of strength!



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

## S&P500 Daily 4 month chart, (updated Wednesday)

Index holds above its 50-day moving average line – a show of strength!



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

Index closes above its 10-week moving average line – a show of strength!



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



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

### THE ARMCHAIR INVESTOR PLAN:

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

**GREAT NEWS: The market moved back to STEP 1: Uptrend on 9/5/2019 with broad positive price/volume action!**

The market is now in Step 1, a signal to buy and hold the QQQ. Stay tuned nightly for the next step.....

#### **STEP 1: In an Uptrend, hold the QQQ, a Nasdaq100 ETF.**

Find the market direction diagnosis every night in this newsletter. At the Uptrend signal, buy the QQQ the next morning if you don't have that position, yet. The QQQ follows the ups and downs of the Nasdaq100, allowing you to grab the rises of this Uptrend. With some additional positive action, you may decide to switch to the double QQQ ETF (QLD) or triple QQQ (TQQQ). I do not recommend these moves for the first time investor.

**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. Exit when the market moves into Downtrend.

**Although not every Uptrend signal generates a positive return, most do.**

**History shows you will earn the highest returns if you act fast to buy the QQQ when the market signals a clear Uptrend (as happened on Thursday 9/5)** Enjoy your ETF investment as it increases with the rise of the market.

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

**“Uptrend under Pressure”** means the

- The market is showing enough distribution days – down days on higher volume – **to be concerned and cautious. Be sure to check on your investments each night!**
- From **“Uptrend under Pressure”** the market diagnosis could:
  - Rise, showing strength, and return to a healthy Uptrend – **STEP 1**, or
  - Could have more distribution days and fall into a **Downtrend (correction)**



**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).

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[WWW.ARMCHAIRINVESTOR.COM](http://WWW.ARMCHAIRINVESTOR.COM)

Then click on **CURRENT NEWSLETTER** tab

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](mailto:Editor@ArmchairInvestor.com)

**EXAMPLE and DEFINITIONS used in this newsletter:**

<b>DAILY MARKET ACTION</b>						
8/30/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
Nasdaq	7,962.88	-0.1%	-15.0%	-30.6%	Neither	+0.9%
S&P500	2,925.35	+0.1%	NYSE Volume		Neither	+2.2%
DJIA	26,403.28	+0.16%	-5.1%	-13.3%	Neither	+2.2%
<p>A <b>Major Accumulation Day</b>: Price RISES 1.0% or more with higher Volume than the day before.            A <b>minor accumulation Day</b>: Price RISES 0.2% or more with strong Volume (either higher than the day before or is well-above average volume).            A <b>Major Distribution Day</b>: Price FALLS 1.0% or more with higher Volume than the day before.            A <b>minor distribution Day</b>: Price FALLS 0.2% or more with strong Volume (either higher than the day before or is well-above average volume).</p>						
<p>** The <b>Recent Trend Gains/Losses</b> column calculates how far each index has moved from the recent trend change assuming you purchased the index (in an Uptrend) or sold the index (in a Downtrend) at the opening price on the day after the signal. Although not every year outperforms the common "buy and hold" strategy, using these signals has significantly OUTPERFORMED the buy-and-hold strategy in total since 1/1/2000.</p>						
<p><b><u>Why are my Final Volumes Sometimes Different than Yours?</u></b>            Why do the volume numbers on this table not always match other sources such as Investors.com, Nasdaq exchange, other charting sites? The 4:00 close of the market immediately shows an accurate final price. But the volume figures continue to trickle in for hours. At some time, the accumulation of volume numbers has to be cut off. Also, some sources include the volume of stocks listed on one exchange but traded on another (e.g. Apple stock listed on Nasdaq but also traded on other exchanges.) And some sources do not.</p>						

## **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**

We have 4 classes given each week in Dallas, Addison and ONLINE:.  
Visit a class as my guest

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

**PRIOR REGISTRATION REQUIRED FOR YOUR FREE VISIT**

**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.

Register at the same [Armchair Investor classes](#) OR CALL 214-995-6702