

ARMCHAIR INVESTOR^(sm) MORNING MARKET NEWSLETTER

A TREND-FOLLOWING STRATEGY

Click on this link to register for the [Dallas Investor's Business Daily Meetup, Wednesday October 23](#) at the Microsoft store at NorthPark Mall 6:30 – 8:30 p.m. Halloween treats but no tricks!....

[Fort Worth Investor's Business Daily Meetup, Thurs Oct 24](#) at Ol' South Pancake House, 1509 S University Dr., FW 6:45 – 8: 45 p.m. Halloween Treats included.

CURRENT MARKET DIRECTION: UPTREND under PRESSURE

Armchair Investor Trend-following Investment Action:

I am in **CASH** (sold the QQQ)

Nasdaq and S&P500 show strength with second accumulation day in a row!

- Both major indexes are at or above their 50-day moving average lines.
- Both indexes had 2 Accumulation days last week (quite positive!)
- Nasdaq volume was above average; the S&P500 volume slightly below.

I continue to wait in CASH in my trend-following account. No QQQ for me while we are stuck in this extended sideways channel. I look for the major indexes to rise above their 50-day moving average lines with above average volume.

Current Signs of Market Strength:

- Nasdaq and S&P500 have two accumulation days – higher price with higher volume. Friday's was a Major Accumulation day (the indexes rose more than 1%)

Current Signs of Market Weakness:

- Thursday's accumulation days were only 0.6% rises with below-average volume.
- The S&P500 had **7 distribution days** (days of broad market selling) in 3 weeks. The Nasdaq had **6 d-days** in the same time frame. **THAT'S A LOT OF SELLING!**
 - Beware of **ADDITIONAL DISTRIBUTION DAYS** with other signs of weakness to **TURN THE UPTREND** under pressure **INTO A DOWNTREND!**
 - FYI: "Correction" is just a softer word for Downtrend! Down is down!

MY PLAN FOR MONDAY: My market-following account WAITS IN CASH.

- I am looking for one more accumulation day that keeps the indexes above their 50-day m.a. lines with above-average volume to **BUY THE QQQ!**
- I look for leader stocks to show strong breakouts to buy in an Uptrend!
- Until the market shows me a bit more strength, **I wait in CASH!**

SEE "DAILY MARKET ACTION" TABLE ON FOLLOWING PAGE.

Armchair Investor Mantra:

- Be in the market when it is going up
- Be out of the market when it is going down

See more definitions and explanations of terms in each Weekend Armchair Investor newsletter starting on 10/4/2019 edition found in the Archives on the www.ArmchairInvestor.com site.

DAILY MARKET ACTION						
10/11/19	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	8,057.04	+1.3%	+23.3%	+7.0%	Major Accumulation	+3.1%
S&P500	2,970.27	+1.1%	NYSE Volume		Neither	+3.7%
DJIA	26,816.59	+1.2%	-1.3%	-11.0%	Neither	+3.8%

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% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
A **Major Distribution Day**: Price FALLS 1.0% or more with higher Volume than the day before.
A **minor distribution Day**: Price FALLS 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
If the day's price/volume action does not meet the accumulation or distribution definitions above, it is a "**Neither**" day.

LAST WEEK'S MARKET ACTION				
10/11/19	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	+0.9%	-11.6%	+0.9%	Neither
S&P 500	+0.6%	S&P 500 Volume		Neither
DJIA	+0.9%	-11.3%	-16.0%	Neither

See Notes in Daily Market Action table above. Use those rules for weekly action as well.

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS

The market's growing weakness shows as money flows out of the market:
the percent of A and B stocks dropped from 54% to 36% in just 3 weeks.

		A	B	C	D	E	As + Bs
4 weeks ago	9/13	11%	43%	22%	17%	7%	54%
3 weeks ago	9/20	10%	43%	23%	17%	6%	53%
2 weeks ago	9/27	9%	39%	25%	20%	7%	48%
1 week ago	10/4	6%	33%	26%	25%	10%	39%
Today	10/11	6%	33%	26%	25%	11%	38%
	#	377	2105	1686	1589	700	

Stocks with an A or B rating are under accumulation (being bought.)
Stocks with a D or E rating are under distribution (being sold).

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?

10/11/2019	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	8057.04	2970.27	12926.92	26816.59
Below (-) or Above (+) Recent High (%)	-3.4%	-1.9%	-5.2%	-2.1%

*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.

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS Gains Locked on 10/2 in as Market Uptrend Faded			
10/2/2019 Gains locked in	ETF purchased on the Opening Price on 8/14/2019*	EXITED THE ETFS ON 10/2/2019	Gain locked in Since 8/13/19 Uptrend Signal
QQQ (1x)	185.31	187.03	+0.9%
QLD (2x)	93.62	96.74	+3.3%
TQQQ (3x)	59.15	61.63	+4.2%

This table tracks the returns you would now have 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 and sold when the market direction changed to Downtrend, or if you sold when a stop was met. These stops were set on 9/30 and were hit on 10/2/19 which closed even lower. .

I Love Locking in GAINS – e.g. selling my market tracking ETF stocks for gains as I just did this week.

The primary purpose of the Armchair Investor newsletter is to let you, the reader, **make money using the trend of the market.**

By knowing the best (most reliable) market change signals, you, too, can:

- Get in the market near the bottom of a new bull market
- Exit the market near the top, and therefore,
- Capture more of the gains,
- Avoid more of the losses and, therefore,
- Earn higher returns than the “buy-and-hold” strategy recommended by many brokers and money managers!

Knowing when to get out of a market that has topped allows you to keep most of the gains. Do you really want to let your gains fade away as the market falls – sometimes for years?

Most downtrends (also called corrections) fall faster than the uptrend. I frequently wait out a mini-Downtrend in cash. But, I am not willing to sit in a sick, falling market and loss my hard earned gains. I will give you signals in this newsletter for the current market conditions:

- **Uptrends** (get in a market-tracking ETF such as the QQQ) and
- **Wait safely in cash** after taking an Uptrend profit
- **Downtrends** (usually waiting in cash unless the Downtrend is strong).

MARKET FACTORS, COUNTS & RATINGS

10/11/2019

Type of Day for <u>Nasdaq Index</u> Accumulation, Distribution or Neither		Major Accumulation	
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 <u>20 days</u>) Only accumulation and distribution days <u>since the last market direction change</u> are in this count.		Accumulation Days	Distribution Days
		2	6
FYI: IBD uses 25 days for their distribution count. I've found the last 20 days to be most relevant. Thus, we don't always match.			
Count of Up Days and Down Days Nasdaq's last <u>10-days'</u> price movement		Up Days	Down Days
		6	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		1.3	
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			
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	D+
		S&P 500	D+
		DJIA	D
The 9/25/19 market accumulation ratings shown (9/26 not received on data feed)			
Are Major Indexes Above or Below Moving Averages? "At" is within 1% above or below the moving average.		50-Day	200-Day
		At	Above
		Above	Above
		At	Above
		Above	Above

ARKET 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	9/16/19	8153.54	-0.3%	-7.1%	24	—	UPTREND
19	9/17/19	8186.02	+0.4%	+0.1%	25	—	—
18	9/18/19	8177.39	-0.1%	+9.7%	26	—	—
17	9/19/19	8182.88	+0.04%	-12.6%	27	—	—
16	9/20/19	8117.61	-0.8%	+72.2%	28	Minor distribution	DOWNTREND
15	9/23/19	8112.46	-0.06%	-44.6%	29	—	—
14	9/24/19	7993.79	-1.5%	+19.3%	30	Major Distribution	DOWNTREND
13	9/25/19	8077.38	+1.1%	-22.1%	31	—	DOWNTREND
12	9/26/19	8030.66	-0.6%	-15.4%	32	—	UPTREND
11	9/27/19	7939.63	-2.2%	+8.5%	33	Major Distribution	DOWNTREND
10	9/30/19	7999.34	+0.8%	-11.7%	34	—	DOWNTREND
9	10/1/19	7908.68	-1.1%	+24.9%	35	Major Distribution	DOWNTREND
8	10/2/19	7785.25	-1.6%	+0.3%	36	Major Distribution	DOWNTREND
7	10/3/19	78227.27	+1.1%	-21.7%	37	—	DOWNTREND
6	10/4/19	7982.47	+1.4%	-18.3%	38	—	DOWNTREND
5	10/7/19	7956.29	-0.3%	-12.6%	39	—	UPTREND
4	10/8/19	7823.78	-1.7%	+9.1%	40	Major Distribution	DOWNTREND
3	10/9/19	7903.74	+1.0%	-27.1%	41	—	DOWNTREND
2	10/10/19	7950.78	+0.6%	+5.3%	42	Minor accumulation	UPTREND
1	10/11/19	8057.04	+1.3%	+23.3%	43	Major Accumulation	UPTREND

"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 Friday)

Nasdaq gaps above 50-day moving average line and holds! Show me MORE!



Nasdaq Weekly 1 year chart, (updated Friday)

Index bounces off its 10-week moving average line. Volume is below average – not a strong Uptrend signal, yet.



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

S&P500 Daily 4 month chart, (updated Friday)

S&P500 gaps above 50-day moving average line and holds! Show me MORE!



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

Index bounces off its 10-week moving average line. Volume is below average – not a strong Uptrend signal, yet.



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!

>>>>> On Tuesday 9/24, the market moved back to...

STEP 2: UPTREND UNDER PRESSURE.

In Step 2: Hold the QQQ and watch the market very carefully for further signs of distribution. In this condition, the market has a 50-50 chance of falling into Downtrend!

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 market is showing enough distribution– down days on higher volume – **for investors to be concerned and cautious. Be sure to check on your investments each night! Many investors do not buy new stock positions during this period due to higher failure rates.**
- 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.

After exiting the Uptrend ETF, wait in cash until the next Uptrend signal. More recent Downtrends have been short term and not tradable.

If the Downtrend is strong, this box will identify a signal to invest in an inverse ETF which makes you profits as the market falls!

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).

Access the FULL ARMCHAIR Investor newsletter each night in just 2 clicks:

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

Example of the DAILY MARKET ACTION table with full explanation of terms and signals:

THE DAILY MARKET ACTION						
9/27/19	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	7,939.63	-1.1%	+8.5%	-11.0%	Major Distribution	+1.7%
S&P500	2,961.79	-0.5%	NYSE Volume		minor distribution	+3.4%
DJIA	26,820.25	-0.3%	+5.1%	-12.0%	minor distribution	+3.8%

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% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
A **Major Distribution Day**: Price FALLS 1.0% or more with higher Volume than the day before.
A **minor distribution Day**: Price FALLS 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
If the day's price/volume action does not meet the accumulation or distribution definitions above, it is a **neither day**.

** The **Recent Trend Gains/Losses** 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.

Why are my Final Volumes Sometimes Different than Yours? Why do the volume numbers on this table not always match other web 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 and different sites use different cut-offs. 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. The most important rule is to consistently use only one source for volume.

EXAMPLE and DEFINITIONS used in this newsletter:

DAILY MARKET ACTION						
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 Major Accumulation Day: Price RISES 1.0% or more with higher Volume than the day before. A minor accumulation Day: Price RISES 0.2% or more with strong Volume (either higher than the day before or is well-above average volume). A Major Distribution Day: Price FALLS 1.0% or more with higher Volume than the day before. A minor distribution Day: Price FALLS 0.2% or more with strong Volume (either higher than the day before or is well-above average volume).</p>						
<p>** The Recent Trend Gains/Losses 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>Why are my Final Volumes Sometimes Different than Yours? Why do the volume numbers on this table not always match other web 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 and different sites use different cut-offs. 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. The most important rule is to consistently use only one source for volume.</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