

AMCHAIR INVESTOR^(sm) MARKET'S MESSAGE
NEWSLETTER
 A TREND-FOLLOWING STRATEGY

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CURRENT MARKET DIRECTION: UPTREND.

Armchair Investor Trend-following Investment Position:	I hold the QQQ
Total Armchair Investor 2020 Returns See trades on page 2	24.2% year-to-date Only 4 trades (see page 2)

THE MARKET'S MESSAGE The Nasdaq and S&P500 rose but not enough to re-enter their prior upward channels. But more disturbing was S&P500's lower volume which showed a lack of upward support.

>>>> **Monday: Look for:** Powerful uptrend days - both major indexes rising back into their up channels with higher volume (see the channels on pages 18 and 19). The current short term weakness does NOT mean this Uptrend is over. But caution advised!

CHARLOTTE'S ELBOW – A SPECIAL NOTE to BUY & HOLD READERS:
 “CONGRATULATIONS! You just broke even for this year!” FYI: *The readers following the Armchair Investor strategy just made 24% year-to-date! Join us!*

DAILY MARKET ACTION						
5/15/20	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	<u>YOUR GAIN</u> from Buying the index on 4/3 (New Uptrend)
Nasdaq	9014.56	+0.8%	+7.3%	+4.4%	Minor accumulation	+20.6%
S&P500	2863.70	+0.4%	NYSE Volume		Neither	+13.9%
DJIA	23685.42	+0.3%	-4.5%	-15.3%	Neither	+11.3%

- Uncertainty about the strength of this market shows up in the weakening 37% percent of stocks with “A” or “B” accumulation rating. *See table on page 2.*
- The Nasdaq continues to outperform other indexes with many its fast-growing internet stocks including same great cloud-based stocks!

See page 2 (below) for My Plan for Tomorrow, Armchair Investor Returns and Accumulation/Distribution Counts (*signs of institutional buying and selling.*)

See page 3 for Market Action Nasdaq Over the Last 20-days

See page 4 for Market Factors, Counts & Ratings

See page 5 for Signs of Market Strength & Weakness

MY PLAN FOR NEXT TRADING DAY: HOLD the QQQ. I also hold my full positions in a few strong individual stocks and have my 8% stops in place.

I “keep it simple” following William O’Neil’s suggestion and usually hold only 5 individual stocks and the QQQ (for tracking the market’s health). Sometimes I hold a position in the double Q’s (QLD) or triple Q’s (TQQQ), but I won’t usually mention this more aggressive position in this newsletter. They can be a wild (risky) ride!

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS All Trades In 2020						
Market Direction Signal Change	Direction	Action	# Days	Price	% GAIN Each Trend (See note)	Armchair Investor GAIN In 2020
12/31/19	Uptrend	Hold the QQQ	55	\$212.61	+4.3%	+4.3%
2/24/20	Uptrend under Pressure	Sold QQQ at Open Wait in CASH	3	\$221.84	+0.0%	+4.3%
2/27/20	Downtrend	Bot PSQ at Open	38	\$24.65	+5.6%	+10.2%
4/6/20	Uptrend	Sold PSQ at Open Wait in CASH	2	\$26.03	+0.0%	+10.2%
4/8/20	Uptrend	Bot QQQ at open	38	\$198.08	+12.7%	+24.2%
5/15/20	End of Day 136			\$223.27		
TOTAL % Growth in 2020 :						+24.2%

A BEARISH SELLING PATTERN EMERGES IN THE ACCUMULATION/DISTRIBUTION TABLE:

- **Two weeks ago:** 46% of stocks had “A” or “B” ratings (buyers jumping in).
- **Today:** 38% of all stocks have an “A” or “B” ratings which means **two weeks of selling (profit taking.)**

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS							
		A	B	C	D	E	As + Bs
4 weeks ago	4/17	5%	26%	22%	27%	19%	31%
3 weeks ago	4/24	6%	28%	23%	27%	16%	34%
2 weeks ago	5/1	9%	37%	24%	21%	9%	46%
1 week ago	5/8	8%	36%	24%	22%	9%	44%
Today	5/15	7%	31%	25%	25%	12%	38%
	# stocks in each rating:	415	1925	1557	1557	751	

ACCUMULATION/DISTRIBUTION RATINGS: stocks over \$5 on Nasdaq and NYSE:

A = Stocks being heavily bought	D = Stocks being moderately sold
B = Stocks being moderately bought	E = Stocks begin heavily sold
C = Stocks with neutral buying	

MARKET FACTORS, COUNTS & RATINGS		5/15/2020	
Type of Day for <u>Nasdaq Index</u> Accumulation, Distribution or Neither		Minor accumulation	
I track the <u>Nasdaq's</u> price-volume because it usually leads the market direction.			
Market Direction Uptrend, Under Pressure, Downtrend		Uptrend	
<u>Nasdaq Accumulation & Distribution Days (last 20 days)</u> Only accumulation and distribution days since the last market direction change are in this count.		Accumulation Days 7	Distribution Days 2
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 7	Down Days 3
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		1.9	
This indicator looks at the HEALTH of leading stocks (high RS rating) with strong financials (high EPS rating) 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	B-
		S&P 500	C-
		DJIA	D-
Are Major Indexes Above or Below Moving Averages? "At" is within 1% above or below the moving average.		50-Day Above	200-Day Above
Nasdaq		Above	Above
S&P 500		Above	Below
NYSE		Above	Below
DJIA		Above	Below

BONUS FOOTNOTE: I looked up how many stocks met my most general purchase guidelines:

- **Big enough in price** \geq \$15 and **volume** \geq \$7.5 million avg/day
- **With strong composite ratings** \geq 90 on both indexes.

Here are the results: Almost **twice as many top rated stocks were on the Nasdaq** even though it has fewer stocks listed.

- Stocks listed on the Nasdaq = 94 out of 794 listed stocks = 12%
- Stocks listed on the NYSE = 49 out of 973 listed stocks = 5%

I will buy a good stock no matter where it is listed. But it's nice to know which pond has more **big fish!**

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	4/20/20	8560.73	-1.0%	-13.7%	12	—	UPTREND
19	4/21/20	8263.23	-3.5%	-6.0%	13	—	UPTREND
18	4/22/20	8495.38	+2.8%	-20.9%	14	—	DOWNTREND
17	4/23/20	8494.75	-0.01%	+26.2%	15	—	—
16	4/24/20	8634.52	+1.7%	-3.0%	16	—	DOWNTREND
15	4/27/20	8730.16	+1.1%	+1.6%	17	Major Accumulation	UPTREND
14	4/28/20	8607.73	-1.4%	+0.7%	18	Major Distribution	DOWNTREND
13	4/29/20	8914.71	+3.6%	+16.3%	19	Major Accumulation	UPTREND
12	4/30/20	8889.55	-0.3%	-4.1%	20	—	UPTREND
11	5/1/20	8604.95	-3.2%	-9.9%	21	—	UPTREND
10	5/4/20	8710.72	+1.2%	-9.5%	22	—	DOWNTREND
9	5/5/20	8809.12	+1.1%	+13.1%	23	Major Accumulation	UPTREND
8	5/6/20	8854.39	+0.5%	-7.9%	24	—	DOWNTREND
7	5/7/20	8979.66	+1.4%	+3.4%	25	Major Accumulation	UPTREND
6	5/8/20	9121.32	+1.6%	+1.8%	26	Major Accumulation	UPTREND
5	5/11/20	9192.34	+0.8%	+3.6%	27	Minor accumulation	UPTREND
4	5/12/20	9002.55	-2.1%	+9.9%	28	Major Distribution	DOWNTREND
3	5/13/20	8863.17	-1.6%	-1.6%	29	—	UPTREND
2	5/14/20	8943.72	+0.9%	-7.0%	30	—	DOWNTREND
1	5/15/20	9014.56	+0.8%	+7.3%	31	Minor accumulation	UPTREND

“Consistent with” Uptrend or Downtrend: On a rising day with lower volume (see 4/13 for example), the lower volume says the market isn’t supportive of the rise in price. Thus, the right-most column labeled the day “DOWNTREND” which means the Nasdaq’s price-volume action was consistent with a market Downtrend.

Current Signs of Market Strength

- There has been **ONLY TWO DISTRIBUTION DAYS** in the last 20 trading days while there have been **SEVEN ACCUMULATION DAYS** for the Nasdaq! (The April 28 distribution day is no longer considered relevant since the Nasdaq has shown strength by rising more than 5% above it.)
- The ratio of Leader stocks rising versus falling stocks rose to a solid 1.9. This rating is the fastest rating (only a 10 day count) and is frequently first to hint at a change in market direction strength.
- >>>>The **Nasdaq volume is holding** at well above pre-Corona Crash levels). When indexes are rising (as they are now), this higher volume translates to upward strength.
- **The market continues in the new Uptrend** which was signaled by the strong 4/2/2020 Accumulation day (a rising day with higher volume)
- **Many stocks with strong financial and chart ratings are showing strong growth.**
 - **MarketSmith** has an extraordinary, detailed stock screener to identify stock with strong financials, etc. and near buy points.
 - If you don't have MarketSmith, **try the new IBD Stock Screener under the RESEARCH tab.** It is rich with search criteria options.
- **The Investors.com Sector Leader list lists 6 strong leader stocks** for you to research. See the full Sector Leader list on Investors.com under the **STOCK LISTS** tab.

Current Signs of Market Weakness

- **The S&P500 remains beneath its 200-day moving average line with 3 distribution days!**
- **Both the Nasdaq and the S&P500 are at the bottom of their recent 5-week upward channel.**
- **38% of stocks have strong "A" or "B" accumulation/distribution ratings** compared to 50% As and Bs just over two weeks ago.
 - You can find some of the best stocks in the Market Pulse box in Investor's Business Daily's "Big Picture" column (produced daily on Investors.com.)
- The market feels like the "Wild West" – unpredictable and highly volatile (although volatility is finally settling down a bit.) **Avoid the "showdown" by exiting any losing stocks.**
- >>>> **SEE more signs of weakness on page 9**

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS FOR THE CURRENT TREND : Uptrend began on 4/2/2020				
5/15/20	Opening Price on 4/3/2020*	TODAY's Closing Price	ETF % Change Today	Gain or Loss Since 4/2/2020 Uptrend Signal
QQQ (1x)	\$185.50	\$223.27	+0.6%	+20.4%
QLD (2x)	\$84.89	\$120.96	+1.3%	+42.5%
TQQQ (3x)	\$43.86	\$72.89	+1.7%	+66.2%

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.

DO YOU MAKE THESE INVESTING MISTAKES?

- Do you miss buying a great stock at the price you knew was right?
- Do you sell too early and watch it continue to rise without you?
- Or do you hold on too long and lose the gains you had?

Learn how to analyze your stocks for effective buy and sell signals.

CLICK HERE: to [Visit an Armchair Investor weekly ONLINE class](#)

OR --- **ARE YOU JUST TOO BUSY AND WISH THERE WERE A FAST WAY TO CAPTURE THESE GREAT MARKET GAINS?**

Then the **5-MINUTE INVESTOR** is for you ! Join me for a quick way to use the market's signals to earn above market returns:

- Be **IN** the market when it's going up.
- Be **OUT** of the market when it's going down.
- Learn how!

Join me online for an Armchair Investor class given 4 times a week online. Click on the link below for the complete schedule

[Visit an Armchair Investor Online Class](#)

ARE YOU A BUY-HOLD” INVESTOR? Please reconsider! Learn how to “Earn the rises and avoid the drops”

The following table is included as a reference but carries little valuable information. Its start as of 12/31/2019 is arbitrary. The real trends are seen by identifying trend bottoms and tops.

MARKET ACTION 2020 YEAR-TO-DATE			
5/15/20	2019 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	8972.61	9014.56	+0.5%
S&P 500	3230.78	2863.70	-11.4%
DJIA	28538.44	23685.42	-17.0%

PLEASE REMEMBER: BUY & HOLD IS NOT A STRONG INVESTING STRATEGY.

Imagine the difference in returns if you could just wait in cash as the market falls and get back in as it starts back up! It isn't necessary to get out at the top or in at the bottom. But stepping out of the market somewhere *near the top* and getting back in *near the bottom* has had a HUGE IMPACT on my portfolio.

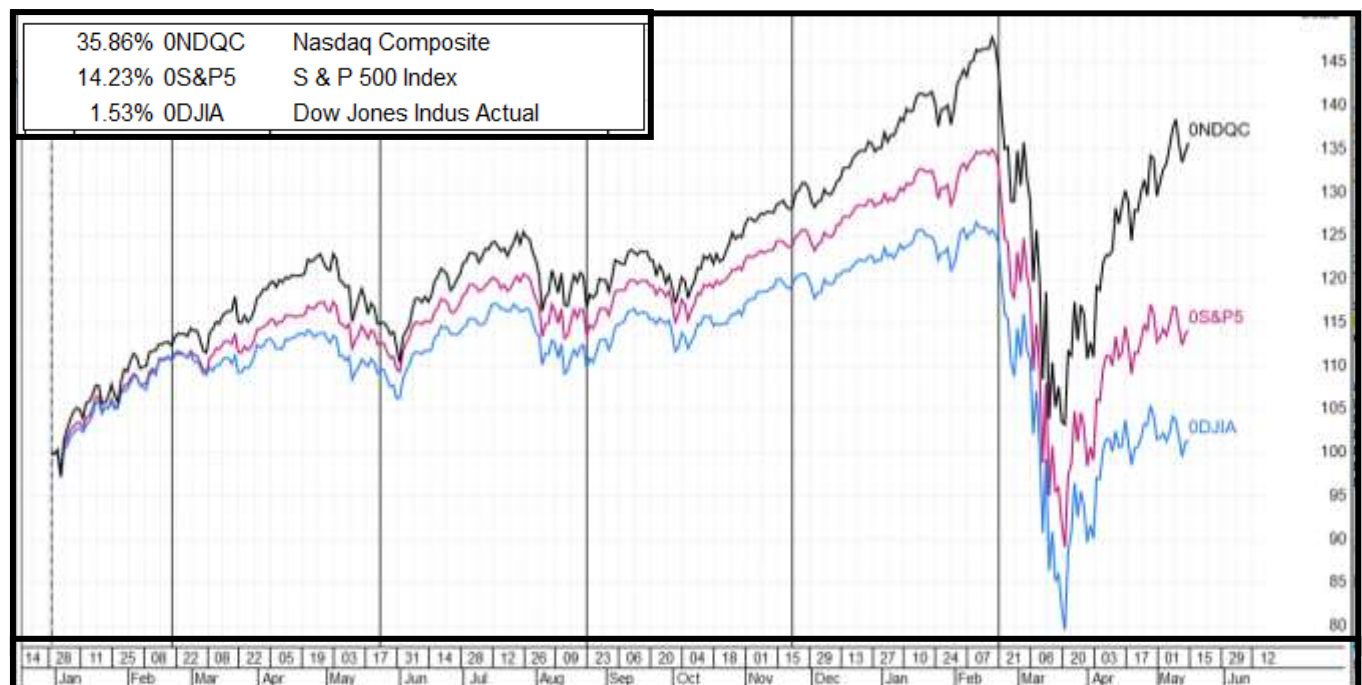
It can take YEARS to complete a market Downtrend (correction) then recover back to where you were.

An EXAMPLE OF WHY BUY-AND-HOLD” COSTS YOU BIG BUCKS.

- From the beginning of 2019, the Nasdaq outperformed the S&P and DJIA.
- But, “WOW!” Look at the Nasdaq’s gain since the beginning of 2020
- Where do you want your money invested?

Welcome to the New Market Reality-The Nasdaq gallops away!

Here is a comparison of the Nasdaq, S&P500 and Dow Jones Ind. Avg since beginning of 2019. The Nasdaq lead was happening back then.



MARKET/CHART READING LESSON:

The MarketSmith Relative Strength Line – My favorite!

Go to any chart on the Investors.com web page. You will see the bumpy line labeled RS for Relative Strength. This line moves up or down with each price bar showing if this stock or index rose more or less than the S&P500.

Look at the Nasdaq daily chart (0NDQC) and notice that the RS line has risen since the Oct 2019 low, indicating it has earned higher returns.

Go to the monthly chart and note that the S&P500 has consistently outperformed the S&P500. (not ever month but most). The S&P500 does have some great stocks. That rising RS line tells us that, over time, the Nasdaq as a whole has done better than the S&P500. But just like shopping for groceries, I will buy from the market that has the best fruit, on any given day.

The Nasdaq continues to outperform the S&P500. Watch the RS line on Investors.com charts. This important line shows you how a stock or index is performing compared to the S&P500. A rising line indicates that stock or index has risen faster than the S&P500 (measured in percentage change.)

Note: Do not confuse IBD's RS line with the RSI line some charting system use. The RS measures how a stock is moving compared to the S&P500. Rising faster gives a higher rating. *Investopedia.com states: The relative strength index (RSI) is a momentum indicator that measures the magnitude of recent price changes to evaluate "overbought" or "oversold" conditions in the price of a stock or other asset.*

The problem I have found with the RSI line is that some of the best, rising stocks can push an RSI line to the top of the rating (indicating overbought) just when I have a buy signal. As always, I tell you to use the indicators you find useful (profitable).

I am excited about the settling down in market volume. But I continue to be concerned about the sustained day-to-day price volatility. It is surely affected by the uncertainty of the upcoming earnings announcements. **BE SURE YOUR STOPS ARE IN PLACE.**

Every Day's Lesson: Whether you agree with your stock's daily results or not,...

- **YOUR JOB is to monitor its daily results and adjust your action accordingly.**
 - **Monday: Monitor.....and.....adjust.**
 - **Tuesday: Monitor.....and.....adjust.**
 - **Wednesday: Monitor.....and.....adjust.**
 - **Thursday: Monitor.....and.....adjust.**
 - **Friday: Monitor.....and.....adjust.**
 - **(repeat)**

KEY MARKET ANALYSIS CONCEPTS (5/15/2020 UPDATE):

THE GOOD NEWS: The market continues in the direction it is going until it doesn't. This market is in confirmed Uptrend.

THE BAD NEWS: The market showed a “lower HIGH” on Wednesday 5/13/2020 for the Nasdaq and 4/29/2020 for the S&P500 compared to the 2/19/2020 all-time highs for both indexes. The “lower high” formation is a classic market topping pattern.

MORE BAD NEWS: The Nasdaq's Accumulation/Distribution rating to started to drop over the last two weeks, indicating the institutional money is exiting the market.

AND MORE BAD NEWS: Four of the last 10 days' price-volume action is “consistent with” a Downtrend, an increase in the negative days.

UNDERSTANDING THE “CONSISTENT WITH” COLUMN in the “MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS” TABLE

If the Horse you are riding, dies. GET OFF!

When the market (or your stock) dies – whether that is in a year, a month or tomorrow, the Armchair Investor Strategy will NOT “stay the course” and we won't ride a falling market down. Instead, we will use our 20 years of market direction experience to identify optimum times to be in the market and times to be out of the market. (*not guaranties!*)

Using my day-to-day price-volume analysis, my students and I have consistently been able to make money by:

“Getting in near the bottom” and “Getting out near the top.”

The Armchair Investor strategy has allowed me to earn well-above-average returns since the 2000 top!

Could this new Uptrend still die? Yes, it will – tomorrow or... someday!

I'm sad to say I suspect that the worse of the pandemic's economic impact may not have hit yet. Will congress' bailout package be enough? Will it have a lasting effect? I don't know. And I expect the financial impact will be felt for years.

(continued next page)

Prepare yourself for a NEW ECONOMY!

I expect a major shift in how we do business: more online appointments, more working from home, reduced business travel (with reduced costs to businesses) We might actually see this lockdown period as **a slingshot into the a new, sleeker way of conducting business.** And each of those new trends will help some business (online meetings, internet providers, online schools, casual clothing, healthy ready-to-eat food....) I would like to hear your ideas”

Which industry groups and specific companies will thrive and which will dive in the after pandemic new economy???

WILL HISTORY REPEAT ITSELF? In the financial crisis of 2007, it took the market 2 1/2 years to recover the 56% drop. Worse yet was the reaction to the dot.com 90's market over-inflation that crashed in March of 2000 and took 19 years for the market to “break even.”

WHAT CAN WE (INDIVIDUAL INVESTORS) DO NOW? ONE lesson I have learned from every greatest investor I have studied:

HUMAN NATURE DOESN'T CHANGE.

That is why the cups and handles, double bottoms, etc. continue to work. HUMAN NATURE DOESN'T CHANGE. Human's nature is to survive and we are, therefore, fear and greed driven. And that is what cups and handles, double bottoms, etc. are all about.

Stick with the Armchair Investor non-emotional, fact-based analysis to ride the market as it rises and exit as it falls. I have never been ashamed of exiting a failing market or stock..... or of riding a winner up, no matter what “they” say.

A SIMILAR TIME IN HISTORY I've been looking for past examples and see a close one in 1998: a 33% drop during the “dotcom” rally in 1998, Everyone was sure 1998 was the top and got out. When it turned around, they all jumped in again. (continued next page)

When the 2000 crash occurred, their brokers told them to stay in because, “...It always comes back! Just look at 1998. When this market fails, I will just say, “GET OUT.”

HOW MIGHT THE MARKET BREAK DOWN INTO A NEW DOWNTREND?

What would have to happen for this new Uptrend to collapse back into a Downtrend? Two patterns usually signal the Uptrend is nearing an end:

- One of the major indexes falls and undercuts its recent low. This action would require about a 20% drop. In this market, that drop would probably take a few weeks and we would probably see the distribution days add up even before the undercut.
- The concentration of distribution days (down days on higher volume) would have to get serious enough to reveal heavy selling. Read this newsletter daily. It will alert you with a warning one page one when either or both of the major indexes start to rack up distribution days.

See **20 DAILY MARKET ACTION** table for daily price-action details below (page 11).

BONUS CHART READING LESSONS:

Look at a Nasdaq or S&P500 daily chart as it crashed off the February all-time highs. (Charts are at the end of this newsletter.)

Notice the DOWN-TRENDING pattern of:

- frequent higher volume DOWN days (serious selling) and
- frequent lower volume UP days (lack of commitment to the upward move).

NOW NOTICE A SHIFT IN the PRICE-VOLUME PATTERN AS THE MARKET SLOWED DOWN AND THEN STARTED RISING:

- More consecutive rising days with higher volume (Nasdaq)
- A fresh upward move of 4 rising days in a row (Nasdaq)
- Those moves in the last week bring hope that this Uptrend is gathering steam AND it brings a concern that irrational exuberance may be driving this Uptrend.
- EITHER WAY – I am happy to ride this Uptrend until it dies... next week, next month or next year. STAY TUNED!

This “change in personality” is common when a Downtrend becomes an Uptrend.

DISTRIBUTION DAYS:

>>> Scan across the volume over the last four weeks on a daily chart below. You will see almost all the tall volume bars (sticking up above their neighbors) are ... RED, showing higher volume on down days. Thus, the “E” distribution ratings on the Nasdaq, S&P500, NYSE and DJIA.

HOW TO SEE DISTRIBUTION ON 2-COLOR CHARTS!

Distribution action is easiest to see when you are on a chart with two color volume lines, usually red for falling price days and green (or blue) for rising days. The fastest way to get a sense of the accumulation/distribution going on in a stock or index is to swing your eyes across the volume bars – noting the color of the highest bars - the red volume bar indicates the price dropped that day. The taller bar indicates the volume was higher.

REMEMBER:

THE MARKET CONTINUES IN THE DIRECTION IT IS GOING,

.....UNTIL IT DOESN'T !

With the Coronavirus spreading, it could be a... long,... cold... spring!

>>>>But be sure to watch each stock in your portfolio for additional distribution days to signal an exit point. See selling rules chapter of “How to Make Money in Stocks” by William O’Neil, founder of Investor’s Business Daily.

Reminder: I do not make recommendations - just ideas to consider.

CALL ME IF YOU ARE STUCK! Charlotte – 214-995-6702

I'm just hanging around the house!

THE ARMCHAIR INVESTOR TREND-FOLLOWING STRATEGY

A Simple and Powerful Tool to Increase Your Returns

Armchair Investor Mantra:

- **Be IN the market when it is going up**
- **Be OUT of the market when it is going down**
- **Protect your portfolio with 8% stops.**

The primary purpose of this Armchair Investor newsletter is to let you, the reader, earn bigger returns riding the trend of the market.

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

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

Why a “Buy-and-Hold” strategy doesn’t work well:

When the market has topped and starts to fall, do you really want to let your profits fade away as the market falls – sometimes for years? Of course not! Selling your uptrend position allows you to capture your gains and store them safely away in cash. What is the right time to exit? This newsletter will show you the market’s signal.

Most downtrends (also called corrections) fall faster than the uptrends rise.

I am not willing to sit in a sick, falling market and lose my hard earned gains!

Cash is a safer position!

Here are the three signals I will give you in this newsletter for the three market conditions:

- **Uptrends:** When the market rises into an Uptrend, buy and hold the QQQ, a stock that rises with the general market.
- **Uptrend showing Weakness:** As a market Uptrend starts to fall, you will receive the signal to exit the QQQ and safely wait in cash.
- **Downtrends:** If the market continues down, you will receive a signal to buy the PSQ, a stock that rises while the market falls.

FINALLY – For individual stocks: Use these market signals to help you when buying individual stocks. You increase your likelihood of a successful stock purchase if you only buy stocks when the market is in an Uptrend. Lesson: Don’t fight the market trend!

**HOW CAN YOU CAPTURE THOSE
GREAT MARKET GAINS SHOWN ABOVE?
USE THE ARMCHAIR INVESTOR PLAN:
*It's as easy as 1- 2- 3!***

STEP 1: Ride a rising market - hold the QQQ .

STEP 2: Protect your investments during a weakening Uptrend

STEP 3: Go to cash or PSQ in a falling market.

This newsletter will identify the market direction, (step 1, step 2 or step 3) and explain what you can do to grow and protect your portfolio.

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

Find the market direction diagnosis every night in this newsletter.

- In the Uptrend, buy the QQQ the next morning if you don't yet have that position. This newsletter will alert you to the Uptrend signal! *The QQQ follows the ups and downs of the Nasdaq100, allowing you to grab the rises of an 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, 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 starts to show significant weakness (read this newsletter nightly!

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

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

“Uptrend under Pressure” is a Warning Message and means:

- The market is showing significant distribution (selling pressure.)
Investors should:
 - **Be concerned about the strength of this Uptrend.**
During an Uptrend under Pressure, this newsletter may move into CASH position to avoid possible losses.
 - **Check on the health of your investments each night!** Many investors do not buy new stock positions during this period due to higher failure rates.
- **From STEP 2, “Uptrend under Pressure,”** the market diagnosis will go one of two ways:
 - **Rise** with price and volume strength, and return to **Uptrend – (STEP 1)**, or
 - Continue to add more distribution days and **fall** into a **Downtrend (correction)**
- This is a time to pay attention to the market behavior.

STEP 3: When the market diagnosis goes to “Downtrend”

Capture much of the gains from the Uptrend by selling your Uptrend ETF position (QQQ, QLD or TQQQ) when the market diagnosis goes into Downtrend to capture much of the 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.

The Uptrend has been years long and strong. The market is due for a long dive. I will invest in the PSQ (inverse QQQ) ETF which makes profits as the market falls!

NOTE: Not every market direction signal ends with a positive return. But overall, this Market Tracking Strategy has outperformed the market when traded according to these signals.

BONUS: 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).

WHAT HAPPENED IN LAST WEEK'S MARKET:

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Visit an ARMCHAIR INVESTOR CLASS

We have 3 live classes given each week in Dallas. These classes will be given ONLINE until we are cleared to meet in person. Visit any class this week and next as my guest (2 free visits!).

Register at the [Armchair Investor Meetup class site](#) to join the class you are interested in. Click on one of the links below to register.

- [Introduction to 5-minute investing Sundays 7 – 8:15 p.m.](#)
- [Monday nights 7 – 9 p.m.](#)
- [Tuesday afternoons 2:30 – 4:30 p.m.](#)
- [Wednesday mornings 10:00 a.m. to noon](#)
- Classes meet ONLINE (during this “stay at home” time).
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Pre-REGISTRATION REQUIRED FOR YOUR FREE VISIT

Just Call or Text me: 214-995-6702

CALL EARLY: Guest Seating is limited.

Last week ended almost FLAT -0.3% for the Nasdaq1, -0.2% for the S&P500 and DJIA.

LAST WEEK'S MARKET ACTION			
5/15/20	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg
Nasdaq	-1.2%	+11.6%	+4.0%
S&P 500	-2.3%	S&P 500 Volume	
DJIA	-2.7%	+24.7%	-5.0%

A DAY-TO-DAY LOOK AT LAST WEEK:

During the week, the Nasdaq had 5 Rising days: 3 Major Accumulation days and 2 up days with lighter volume day!

Last week in Review (final numbers)						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOR THE WEEK
	5/11	5/12	5/13	5/14	5/15	
Nasdaq	+0.8%	-2.1%	-1.6%	+0.9%	+0.8%	-1.2%
Volume	-0.9%	+9.9%	-1.5%	-7.0%	+7.3%	
Type of day	Neither	Major Distribution	Neither	Neither	Minor accumulation	

A Major Accumulation Day: Price RISES at least 1.0% or more with higher Volume than prior day.
A Major Distribution Day: Price FALLS at least 1.0% or more with higher Volume than the day before.
A minor accumulation Day: Price RISES at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
A minor distribution Day: Price FALLS at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
A "Neither" day: The day's price/volume action does not meet the accumulation or distribution criteria

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?				
5/15/2020	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	2/19/2020	2/19/2020	1/17/2020	2/12/2020
All-time High	9838.37	3393.52	14183.26	29568.27
Closing Price	9014.56	2863.7	10947.32	23685.42
Below (-) or Above (+) Recent High (%)	-8.4%	-15.6%	-22.8%	-19.9%

*New Highs are daily intraday prices and are noted in **green for a week, even if the price drops lower.**

NASDAQ Daily 4 month chart, (updated Friday 5/15/2020)
Index slips below upward-channel. Was 5/12 a "lower top?"



NASDAQ Weekly 1 year chart, (updated Friday 5/15/2020)
Indexes hold above 10- & 40-week ma lines.



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

S&P500 Daily 4 month chart, (updated Friday 5/15/2020)
Index slips below upward-channel. Was 4/29 a "lower high?"



S&P500 Weekly 1 year chart, (updated Friday 5/15/2020)
Volume settles down to new 4 week average, still above pre-downtrend average line.



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

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

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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

But call me if you want a faster answer –

Charlotte Hudgin, 214-995-6702

See additional definitions on the following pages....

**EXAMPLE of the DAILY MARKET ACTION table
with 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%
<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% 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.</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>						

EXAMPLE and DEFINITIONS used in this newsletter:

DAILY MARKET ACTION						
10/25/19	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	8,243.12	+0.70%	+1.2%	-2.1%	Neither	+5.3%
S&P500	3,022.55	+0.41%	NYSE Volume		Neither	+5.3%
DJIA	26,958.06	+0.57%	-9.2%	-1.5%	Neither	+4.3%
<p>A Major Accumulation Day: Price RISES at least 1.0% or more with higher Volume than prior day.</p> <p>A minor accumulation Day: Price RISES at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).</p> <p>A Major Distribution Day: Price FALLS at least 1.0% or more with higher Volume than the day before.</p> <p>A minor distribution Day: Price FALLS at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).</p> <p>If the day's price/volume action does not meet the accumulation or distribution definitions above, it is a "Neither" day.</p>						
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