

## AMCHAIR INVESTOR - THE MARKET'S MESSAGE

### NEWSLETTER

A TREND-FOLLOWING STRATEGY

Join us this afternoon: [Online Armchair Investor Wednesday 2:30-4:30](#)

^^^ Click on the link above to register ^^ ^

**CURRENT MARKET DIRECTION: UPTREND.**

<b>Armchair Investor</b> Trend-following Investment Position:	<b>I hold the QQQ</b>
<b>Armchair Investor 2020 Returns</b> See trades on page 2	<b>38.4% year-to-date</b> Only 4 trades! (see page 2)

**THE MARKET'S MESSAGE** With only 2 distribution days in the last 20 trading day, the Nasdaq closed above 10,000 for the third time in 2 weeks. The first 10,000 day proceeded a severe 5.3% fall the next day. Monday/Tuesday's scaling of the 10,000 peak looks more "sustainable." [I would not be surprised by a short sell-off.]

**STOP now** and look at the volume on a daily Nasdaq chart! Wow! Where is all that volume coming from? Is it trading the same money multiple times each day? Is it new money flooding into the market? Is money leaving the NYSE "oldie" stocks and flowing to the hot Nasdaq stocks including the many fast-growing, cloud-based companies bringing new productivity levels? I'm really asking, "Is it sustainable?"

At one level, volume is volume and the source doesn't matter. Or does it?

*[More tomorrow – stay tuned. Do you have ideas? Call/send your ideas to me! Thank you. 214-995-6702]*

The first 10,000 day proceeded a severe 5.3% fall the next day. This second scaling of the 10,000 peak looks more "sustainable." The rise was slower and showed more commitment with the day's close just "pennies" off yesterday's high. Remember:

**The market continues in the direction it is going.... until it doesn't!**

DAILY MARKET ACTION						
6/23/20	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	10131.37	+0.7%	+27.8%	+32.7%	Minor accumulation	+35.5%
S&P500	3131.29	+0.4%	NYSE Volume		Minor accumulation	+24.5%
DJIA	26156.10	+0.5%	+0.5%	-18.5%	Minor accumulation	+22.9%

If you invest in individual stocks, it is time to go shopping. Join us Monday, Tuesday or Wednesday for an [online Armchair Investor class](#) << click on this link to register. You can also suggest a few stocks reviewed in the class!

**ARE YOU A “BUY & HOLD” INVESTOR? Please reconsider!** Learn how to “Earn the rises and... avoid the dips!” at an Armchair Investor class. Join me Tuesday afternoon or Wednesday morning this week for an online class. [Register as my guest \( FINAL FREE WEEK! \)](#)

Learn my strategy that has earned 37.2% already this year!

It’s all about knowing when to buy, when to hold and when to sell.

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 <b>QQQ</b>	55	\$212.61	+4.3%	<b>+4.3%</b>
2/24/20	Uptrend under Pressure	<b>Sold</b> <b>QQQ</b> at Open Wait in <b>CASH</b>	3	\$221.84	+0.0%	<b>+4.3%</b>
2/27/20	Downtrend	<b>Bot</b> <b>PSQ</b> at Open	38	\$24.65	+5.6%	<b>+10.2%</b>
4/6/20	Uptrend	<b>Sold</b> <b>PSQ</b> at Open Wait in <b>CASH</b>	2	\$26.03	+0.0%	<b>+10.2%</b>
4/8/20	Uptrend	<b>Bot</b> <b>QQQ</b> at open	77	\$198.08	+25.6%	<b>+38.4%</b>
<b>6/23/20</b>	End of Day			\$248.84		
<b>TOTAL % Growth in 2020 :</b>						<b>+38.4%</b>

See the market’s strength in **8 accumulation (heavy buying) days** in the last 20 with **only 2 distribution (heavy selling) days**. Wow! See page 5.

**Remember: The market continues in the direction it is going until..... it doesn’t! (Market is in an Uptrend)**

### Table of Contents (Highlights)

See page 2 for Armchair Investor Returns

See page 3 for Tomorrow’s Market Action, Accumulation/Distribution Counts

See page 4 for Market Factors, Counts & Ratings

See page 5 for Market Action (Nasdaq) Over the Last 20-days

See page 7 for Current Signs of Market Strength & Weakness

See pages 14 & 15 for The Armchair Investor Investing Plan

**MY PLAN FOR TOMORROW:** HOLD the QQQ. I also hold positions in a few strong individual stocks and have my 8% stops in place. I will sell earlier than 8% but that is my loss limit. Watch for stocks breaking out powerfully from well-formed bases and with strong ratings! >>>>Then I will check on my stops – are they still active? When do they expire?

**When to sell:** Tracking the day-to-day price-volume action of your holdings (focusing especially but not exclusively on distribution days) will warn you when a stock is flashing an exit signal. You won't get out at the top, but you will get closer than most. Wait for a preponderance of warning signs (as explained in my weekly Armchair Investor classes and in *How to Make Money in Stock's* chapter on "Selling for a Profit!")

**IS THIS MARKET STILL IN A STRONG UPTREND? YES!!!**

**>>> 61% of all stocks have an A or B accumulation rating showing heavy buying by Wall Street.** I do not see any immediate signs of this Uptrend dying but I know it will eventually die. Hold your winning stocks and add strong, rising stocks right now! (I hold no more than 6 stocks: a trend-following QQQ and up to 5 strong individual stocks.)

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS							
		A	B	C	D	E	As + Bs
4 weeks ago	5/26	10%	39%	24%	21%	7%	48%
3 weeks ago	6/2	12%	47%	22%	15%	4%	59%
2 weeks ago	6/9	22%	51%	17%	8%	2%	73%
1 week ago	6/16	12%	48%	24%	13%	3%	60%
Today	6/23	13%	48%	23%	14%	3%	61%
	# stocks in each rating:	808	3078	1436	873	183	

The count of stocks with A or B ratings is a VERY STRONG 60%. There are many stocks being heavily bought. Why? Institutional investors would not buy this broadly unless they believed the market was going to continue (at least for the immediate future) to rise! **Get on this rocket! .....until it dies!**

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS FOR THE CURRENT TREND: Uptrend began on 4/2/2020				
6/23/20	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	\$248.84	+0.9%	+34.1%
QLD (2x)	\$84.89	\$149.73	+1.6%	+76.4%
TQQQ (3x)	\$43.86	\$99.80	+2.6%	+127.5%

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.

<b>MARKET FACTORS, COUNTS &amp; RATINGS</b>		<b>6/23/2020</b>	
<b>Type of Day for <u>Nasdaq Index</u></b> Accumulation, Distribution or Neither		<b>Minor accumulation</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>8</b>	<b>Distribution Days</b> <b>2</b>
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. When the index moves 5% above a distribution day, it (4/28) is taken OUT of the count - no longer relevant.			
<b>Count of Up Days and Down Days</b> Nasdaq's last <u>10-days'</u> price movement		<b>Up Days</b> <b>7</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>1.6</b>	
<b>This indicator looks at the HEALTH of leading stocks (high RS rating) with strong financials (high EPS rating)</b> <b>Uptrend indicator: 1.5 or higher. Neutral: 1.0 to 1.49. Downtrend: less than 1.0</b>			
<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>B+</b>	<b>S&amp;P 500</b> <b>B</b>
		<b>DJIA</b> <b>B</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>Below</b>
DJIA		<b>Above</b>	<b>At</b>

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

(For a full explanation of the terms used 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	5/28/20	9299.32	-0.4%	-9.6%	39	—	UPTREND
19	5/29/20	9489.87	+1.3%	+15.6%	40	Major Accumulation	UPTREND
17	6/1/20	9552.05	+0.7%	-16.6%	41	—	DOWNTREND
16	6/2/20	9608.38	+0.6%	+2.5%	42	Minor accumulation	UPTREND
15	6/3/20	9682.91	+0.8%	+17.8%	43	Minor accumulation	UPTREND
14	6/4/20	9615.81	-0.7%	+30.9%	44	Minor distribution	DOWNTREND
13	6/5/20	9814.08	+2.1%	+5.5%	45	Major Accumulation	UPTREND
12	6/8/20	9924.74	+1.1%	-3.7%*	46	Major Accumulation	UPTREND
11	6/9/20	9953.75	+0.3%	-17.3%	47	—	DOWNTREND
10	6/10/20	10020.35	+0.7%	-2.1%	48	—	DOWNTREND
9	6/11/20	9492.73	-5.3%	+5.9%	49	Major Distribution	DOWNTREND
8	6/12/20	9588.81	+1.0%	-20.5%	50	—	DOWNTREND
7	6/15/20	9726.02	+1.4%	+0.1%	51	—	—
6	6/16/20	9895.87	+1.7%	+4.1%	52	Major Accumulation	UPTREND
5	6/17/20	9910.53	+0.15%	-13.1%	53	—	—
4	6/18/20	9943.05	+0.3%	+0.7%	54	Minor accumulation	UPTREND
3	6/19/20	9946.12	+0.03%	+52.3%	55	—	—
2	6/22/20	10056.48	+1.1%	-27.4%	56	—	—
1	6/23/20	10131.37	+0.7%	+27.8%	57	Minor accumulation	UPTREND

**Boxed data** points to strong market action over multiple days (price, volume or both).

Note: the volumes on 6/5 and 6/8 were very high – 64% and 52% above average. Thus, Monday's volume is still considered very positive, creating a Major Accumulation day.

“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.

## **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).

## **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 just had?

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

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

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**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](#)**

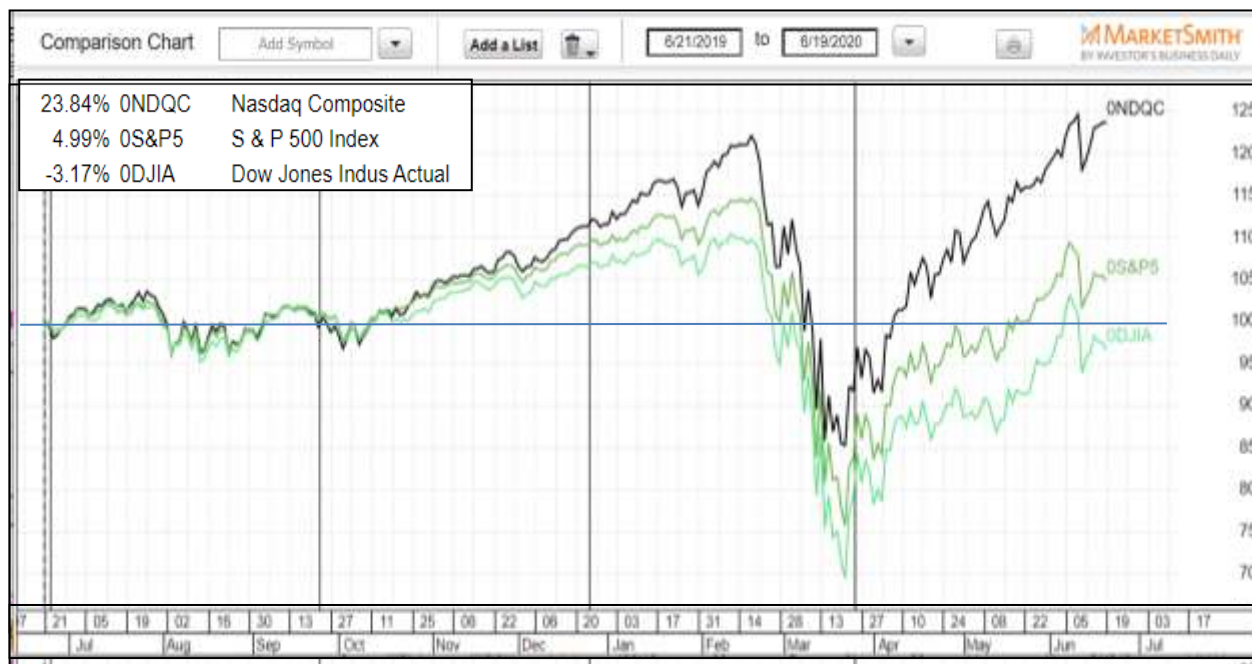
## Current Signs of Market Strength

- The Nasdaq index closed above **10,000** for the third time on Tuesday showing more commitment to the new high.
- **STOP now** and look at the volume on a daily Nasdaq chart! **Wow!** Where is all that volume coming from? Is it trading the same money multiple times? Or is it new money flooding into the market?
- The ratio of **Leader stocks RISING versus FALLING rose to a STRONG 1.6**. Any ratio between 1.0 and 1.5 indicates a weak uptrend OR a rotation away from exhausted, out of favor leader stocks as new leaders emerge. (With this rising market, I see the low ratio partially as a sign of leader rotation which means new stocks to buy!)
- **61%** of stocks have strong **“A” or “B” accumulation/distribution ratings**.  
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 Nasdaq hit a new all-time high. The S&P500 is 8.1% below its prior high (page 10) again showing there are more winners on the Nasdaq. Note: I am happy to go fishing after any winning stock that meets my purchase criteria.
- There are **8 ACCUMULATION DAYS** for the Nasdaq in the last 20 days but only 2 DISTRIBUTION DAYS!
- >>>>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 Nasdaq and S&P500 are above their 50- and 200-day moving average lines.**
- **Some 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 at [www.investors.com](http://www.investors.com)** under the **RESEARCH** tab. It is rich with search criteria options and is included with Basic IBD Daily subscription.
- The **Investors.com Sector Leader list** contains **strong leader stocks** for you to research. See full Sector Leader list on Investors.com under the **STOCK LISTS** tab.

## Current Signs of Market Weakness

- **The S&P500 continues to lag to Nasdaq**
- The market feels like the “Wild West” – unpredictable and highly volatile (although volatility is finally settling down.)
  - **Watch all your stocks DAILY**
  - **Avoid the “showdown” by exiting any losing stocks.**

The chart bellows shows the **1-year performance of the Nasdaq (+23.84%), the S&P500 (+4.99%) and the DJIA (-3.17%)** through 6/19. Which neighborhood should you go shopping in?



**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.
- Just 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 2020, a “buy and hold” strategy has earned 10.8% for the Nasdaq. Okay return! But wait....
- If you invested with the Armchair Investor strategy, you are UP 36%. (see page 2 for details)
- Where do you want your money invested?
- FYI In 2020, if you invested in the S&P500 or DJIA, you're down::
  - S&P500 has loss 4.1%
  - DJIA has lost 9.3%



## **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 CONCEPTS APPLIED TO TODAY**

**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:** none! With the Uptrend sooooo strong, I have nothing to complain about except the annoying Wall Street fear mongers who want to scare you out of your stocks because they want to buy at today's low prices before they get even higher!

### **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! See page 2

<b>HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?</b>				
6/23/2020	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	6/23/2020	2/19/2020	1/17/2020	2/12/2020
All-time High	10221.85	3393.52	14183.26	29568.27
Closing Price	10131.37	3131.29	12077.75	26156.1
Below (-) or Above (+) Recent High (%)	-0.9%	-7.7%	-14.8%	-11.5%
<p>*New Highs are daily intraday prices and are noted in <b>green</b> for a week, even if the price drops lower. The highest closing price in history of the index is <b>shown in green</b> for that day.</p>				

**Could this new Uptrend still die? Yes, it will – tomorrow (unlikely) or... someday (guaranteed)!**

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 of where the big gains will occur!**

**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.

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## **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.

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**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).



## **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!**

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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. I occasionally take off for a class (or a week of them) for my own education or fun. If that is the case, those days will not be available for registration on Meetup.

- [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).
- Online classes and consultations available by appointment – **Call me for a FREE introduction!**

**Newsletter readers get a FREE class visit:**

Monday evening, Tuesday afternoon or Wednesday morning online.  
Register on Meetup.com or call or text me to set up your visit.

**Pre-REGISTRATION REQUIRED FOR YOUR FREE VISIT**

Just Call or Text me: 214-995-6702

**CALL EARLY: Guest Seating is limited.**

## WHAT HAPPENED IN LAST WEEK'S MARKET:

(Yes, this page is a duplicate of prior page. And that one will disappear in Monday's newsletter but this one will stay all week as a reference.

NOTE: This is where you will find the prior week's daily and weekly results (as a reference) Monday through Friday.

The market surprised many of us with a powerful 4 rising days with only 1 down day, totaling 3.4% rise and hitting a new all-time high.

### A SUMMARY LOOK AT LAST WEEK:

All major indexes had excellent rises last week with strong volume.

LAST WEEK'S MARKET ACTION			
6/5/20	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg
Nasdaq	+3.4%	+41.9%	+33.0%
S&P 500	+4.9%	S&P 500	Volume
DJIA	+6.8%	+22.7%	+17.0%

### A DAY-TO-DAY LOOK AT LAST WEEK:

During the week, the Nasdaq had 4 Rising days totaling a strong: 3.4% rise with 3 accumulation days, 1 distribution day and 1 up day with lighter volume!

Last week in Review (final daily numbers)						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOR THE WEEK
	6/15	6/16	6/17	6/18	6/19	
Nasdaq	+1.4%	+1.8%	+0.15%	+0.3%	+0.03%	+3.7%
Volume	+0.1%	+4.1%	-13.1%	+0.7%	+52.3%	
	Neither	Major Accumulation	Neither	Minor accumulation	Neither	

**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

**NASDAQ Daily 4 month chart, (updated Friday 6/19/2020)  
Index end week in up-channel.**



**NASDAQ Weekly 1 year chart, (updated Friday 6/19/2020)  
Index end week breaking below up-channel then rising back into the channel.**



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

**S&P500 Daily 4 month chart, ( updated Friday 6/19/2020)  
Index fades, nearing low of up-channel.**



**S&P500 Weekly 1 year chart, (updated Friday 6/19/2020)  
Index ends week breaking below up-channel**



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

[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)

**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%

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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:**

<b>DAILY MARKET ACTION</b>						
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 <b>Major Accumulation Day</b>: Price RISES at least 1.0% or more with higher Volume than prior day.</p> <p>A <b>minor accumulation Day</b>: 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 <b>Major Distribution Day</b>: Price FALLS at least 1.0% or more with higher Volume than the day before.</p> <p>A <b>minor distribution Day</b>: 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 <b>"Neither" day</b>.</p>						
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**CALL EARLY: Seating is limited to no more than 3 guests at each session to ensure the paid subscribers receive full value.**