

10/8/2021 DOWNTREND Indexes hold above low. Is NEW Uptrend coming Monday?

ARMCHAIR INVESTOR Newsletter: THE MARKET'S MESSAGE

A TREND-FOLLOWING STRATEGY

MARKET'S MESSAGE: Indexes appear "READY TO RALLY." ... Monday?

Armchair Investor Trend-following Investment Position:	Waiting in <u>CASH</u>
Armchair Investor 2021 Returns: See trades on page 2	>>> +8.7% year-to-date

FRIDAY: Indexes stall under 50-day moving average lines.

NOTE: You may want to save the next 3 pages of today's newsletter.

New Uptrends usually begin on day 4 of an "attempted rally" or later.

In a Downtrend (like the one we are in now,) an attempted rally (AR) starts when a **major index closes higher than the day before (as happened on last Tuesday.)**

But do not get excited about a single rising day. No Downtrend (correction) drops every day. As it falls, even the worst Downtrend will have an occasional higher close. (This is why I don't mention day 1 of an AR in this newsletter.)

The 4th day of an AR gets my attention – it can signal a new Uptrend! A new Uptrend starts on a day when both the price and volume of a major index are higher than the day before.

Sadly, Friday did NOT meet the Uptrend criteria. It failed to signal a new uptrend – both price and volume were lower than the day before. So we wait for Monday. (There is a lot of waiting during a Downtrend.)

(Note: F-T days have occurred as late as 15 trading days after the first day of the attempted rally. The later, the weaker the signal.)

Monday will be day 5 of this attempted rally. It could signal a new Uptrend. If the markets are rising on Monday, I will watch them carefully to see how they approach the end of the day.

- If a Follow-through Day is probable, I will send out an email to all who have registered on the www.armchairinvestor.com page. (Click on the FREE NEWSLETTER link to receive notice that the newsletter has been loaded on the ArmchairInvestor.com page.)

- I may buy a partial or full position in one or more stocks toward the end of the follow-through day if the price-volume action of the Nasdaq and S&P500 are strong enough.
- No, I do not try to beat the market and jump into stocks that are rising in a Downtrend without the likelihood of Follow-through Day. (The drop in a Downtrend can go one for months!)

What is the price-volume signal for a new Uptrend?

I am looking for a day that shows the *money is flowing back into the market "with vigor!"*

A Follow-through day ends when one or both major indexes rise 1.3% or more, with higher volume than the day before.

- If a Follow-Through day seems to be forming, I may buy a partial position in one or more stocks near the close of the day.
 - A note on Monday: Since volume only grows during the day, we could meet that criterion well before the market closes. Once the volume rises above the day before, it can never close lower.
 - If higher volume is met mid-day, I will focus on the price of the Nasdaq and/or S&P500. Is it holding at +1.3% or higher?

These aspects would make a F-T day stronger:

- **A bigger index rise:** A 2+% rise or more would warm my heart!
- **Both indexes (Nasdaq and S&P500) have F-T days** (it only takes one index to signal a new Uptrend but BOTH is stronger.) Note: A F-T day for the DJIA would be good news, but alone, it has not recently been successful in correctly signaling a new uptrend.
- **Much higher volume:** A higher volume than the day before is all that's required for a F-T day. But after Friday's low volume, a higher volume on Monday would be *easy to achieve and could still be below-average*. And there have been F-T days with below-average volume that have worked to signal a new Uptrend but the signal is not as strong. I would buy my first stock position carefully.
- **In summary – "MORE IS BETTER"** Bigger rises, both major indexes, higher volume.

IN PREPARATION FOR THE NEXT UPTREND (Yes! There is one coming – could be Monday, could be next month or ????):

- **Watch for the stocks that are breaking out without the F-T day.** I will not jump into them before the F-T day, but I will put them on my “F-T Watch List.”
- **Watch any stocks you still own.** If they are not holding up, you may want to exit half or all of those positions.

>>>> What should you do in preparation for the next Uptrend? Yes! I *guarantee there will be one.* (I just don't know when.)

First, continue to **monitor any stocks you still own.** Consider selling any stocks that are failing.

Second, **build your watch list** of “top stocks ready to buy” - stocks with great ratings that are holding up well.

Third, if the price-volume action on any day looks like it is setting up for a new Uptrend, **select at least one strong CANSLIM stock to buy near the end of a NEW UPTREND DAY.** (This choice can change during the day and during the week.)

Fourth, **if the market is leaning strongly toward a new Uptrend near the end of the day, consider buying at least a partial position in one or more strong stocks before the market closes.** (Yes, I know some of you actually have jobs! And won't be able to do this step until the next day. But with the higher number of people working from home right now, more of you will have the opportunity!)

>>>Do you receive my daily notices when this newsletter is posted? It's free – just go to www.armchairinvestor.com and click on the “FREE NEWSLETTER” button. Fill in the form and you will receive an email when the newsletter is available.

DAILY MARKET ACTION					
10/8/21	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?
Nasdaq	14,579.54	-0.5%	-9.6%	-15.4%	Neither
NYSE Volume used for S&P500 and DJIA					
S&P500	4,391.34	-0.2%	-14.2%	-15.2%	Neither
DJIA	34,746.25	-0.0%			Neither

> MY ARMCHAIR INVESTING POSITION FRIDAY: >>Waiting in CASH, looking for FOLLOW-THROUGH DAY to signal new UPTREND. Will it be Monday? Be ready to buy best 1-3 stocks near end of day if it is F-T day.

WHAT HAPPENED LAST WEEK?

This weekly review is shown near the front of the Armchair Investor newsletter only on the weekend edition. It is always shown near the end of the newsletter for the rest of the week as a reference.

10/8/2021 WEEKLY REVIEW: The market held near recent highs.

- The Nasdaq's price was FLAT.
- The S&P500 and DJIA had notable price recoveries.
- Are they ready to start a new Uptrend?

LAST WEEK'S TOTAL MARKET ACTION			
10/8/21	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg
Nasdaq	+0.1%	-18.6%	-2.3%
NYSE Volume			
S&P 500	+0.8%	-6.8%	+3.0%
DJIA	+1.2%		

- Both major indexes showed weakness in their Accumulation/ Distribution ratings last week:
 - The Nasdaq, S&P500 and DJIA Accumulation/Distribution stayed at "E" (indicating heavy selling)

Note: The Acc/Dist rating is an IBD Proprietary feature that shows whether institutions are buying (A or B) or selling (D or E) the stock or market over the recent 13-week (1 quarter). It takes a period of buying to turn the rating up.

LAST WEEK'S DAILY MARKET ACTION						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOR THE WEEK
	10/4	10/5	10/6	10/7	10/8	
Nasdaq	-2.1%	+1.3%	+0.5%	+1.1%	-0.5%	+0.1%
Volume	-3.4%	-8.3%	+6.6%	-11.1%	-9.6%	
Type of Day	Neither	Neither	Minor accumulation	Neither	Neither	

HOW CAN YOU CAPTURE THE GREAT MARKET GAINS SHOWN IN THIS NEWSLETTER?

USE THE ARMCHAIR INVESTOR PLAN:

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

STEP 1: Ride a rising market - hold the QQQ (or SPY).

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 and 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. 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” 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** and return to **Uptrend – (STEP 1)**, or
 - Add more distribution days and **fall** into **Downtrend**(correction)
- Watch the market behavior carefully during Uptrend under Pressure. It can move back into Uptrend or fail quickly now.

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

Market in “Downtrend” – a time to capture your gains by selling your Uptrend

Exit your ETF position (QQQ, SPY, QLD or TQQQ) when the market diagnosis goes into Downtrend.

- **After exiting the Uptrend ETF, wait in cash** until the next Uptrend signal.
 - Although a few Downtrends are tradeable (like March 2020). Most Downtrends have been short term and not tradable. By the time you have confidence to short the market, it may already have finished its correction.

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

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS

All Trades In 2021

—		Direction	Action	Trend # Days	Closing Price	% GAIN In 2021	Value of \$100,000 Portfolio
Trade	12/31/20	Uptrend	Hold the QQQ	-28	\$313.74	-----	\$100,00
1	3/4/21	Uptrend under Pressure	Sold HALF the QQQ at open	1	\$308.78	-1.8%	\$98,086
2	3/5/21	Downtrend	Sold 2 nd HALF of QQQ, Wait in CASH	10	\$306.80		
3	3/15/21	Uptrend	Bot HALF QQQ at open	1	\$313.86	-----	\$99,263
	3/16/21		Bot HALF QQQ at open	3	\$321.09		
5	3/29/21	Uptrend under Pressure	Sold QQQ Wait in Cash	12	\$315.45	-1.4%	8\$98,628
6	4/1/21	Uptrend	Bot QQQ at open	15	\$323.07	-----	8\$98,628
7	5/11/21		Sold QQQ	42	\$319.70	-2.4%	\$97,642
			Bot SPY		\$413.10	----	\$97,642
8	5/13/21	Uptrend under Pressure	Sold HALF of SPY at 5/13 open	44	\$405.71	-4.6%	\$95,592
9	5/14/21	Uptrend	Bot Half position in SPY at open, holding full SPY position	45	Bot at 407.07	-----	\$95,752
10	6/10/21		Sold SPY at Open	63	\$422.96	-----	\$102,081
			Bot QQQ at Open		Bot \$337.19 EOD \$340.35	+3.0%	\$103,038
11	7/16/21		Sold QQQ Wait in Cash	88	\$354.05	+7.5%	\$107,500
12	7/22/21	UPTREND under Pressure	Bot Half QQQ position at open	93	\$361.77	-----	\$107,500
			End of Day QQQ		\$363.95	+7.7 %	\$107,740
	7/23/21		Holding Half QQQ		\$368.20	+8.4%	\$108,444
13	7/27/21	Uptrend	Bot 2 nd Half of QQQ at open	148	\$367.49	-----	\$108,444
		Uptrend under Pressure	Holding QQQ		\$368.49	+8.6%	\$108,618
14	10/6/21	DOWNTREND	Sell QQQ at Open Waiting in CASH	1	10/1 Open Price 368.50	+8.7%	\$108.650

NO CHANGE WHILE WAITING IN CASH

TOTAL Growth in 2021:

+8.7%

\$108,650

>>>>See the Armchair Investor 55.5% gain in 2020 below (and every trade to make that return) after today's data tables (about page 9)

THANK YOU FOR YOUR COMMENTS and IDEAS SENT to
editor@ArmchairInvestor.com

MARKET FACTORS, COUNTS & RATINGS		10/8/2021	
Type of Day for <u>Nasdaq</u> Index		Neither	
Type of Day for <u>S&P508</u> Index		Neither	
I track the <u>Nasdaq's</u> price-volume because it usually leads the market direction.			
Market Direction		Downtrend	
Uptrend, Under Pressure, Downtrend			
<u>Nasdaq</u> Accumulation & Distribution Days (last <u>20</u> days)		Accumulation Days	Distribution Days
Only accumulation and distribution days <u>since the last market direction change</u> are in this count.		2	5
Count of Up Days and Down Days in last 10 days		Up Days	Down Days
		4	6
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		0.9	
Nasdaq 10-day ratio			
The above 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		Nasdaq	E
"A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution.		S&P 500	E
Accumulation = Institutions are BUYING, Distribution = Inst are SELLING		DJIA	E
Are Major Indexes Above or Below Moving Averages?		50-Day	200-Day
Nasdaq		Below	Above
"At" is within 1% above or below the moving average. S&P 500		Below	Above
DJIA		At	Above
NYSE		At	Above

MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS

#	Date	Closing Price	Index % Change	Volume % Change	Current Trend Day Count *	Type of Day: Accumulation, Distribution or Neither (—)	CONSISTENT WITH: UPTREND OR DOWNTREND?
20	9/13/21	15105.58	-0.1%	+2.9%	129	—	—
19	9/14/21	15037.76	-0.5%	-2.4%	130	—	UPTREND
18	9/15/21	15161.53	+0.8%	-2.6%	131	—	DOWNTREND
17	9/16/21	15181.92	+0.1%	-17.4%	132	—	—
16	9/17/21	15043.97	-0.9%	+69.8%	133	Minor distribution	DOWNTREND
15	9/20/21	14713.90	-2.2%	-22.8%	134	—	UPTREND
14	9/21/21	14746.40	+0.2%	-16.2%	135	—	DOWNTREND
13	9/22/21	14896.85	+1.0%	+4.6%	136	Major Accumulation	UPTREND
12	9/23/21	15052.24	+1.0%	-1.1%	137	—	DOWNTREND
11	9/24/21	15047.70	-0.03%	-5.3%	138	—	—
10	9/27/20	14969.97	-0.5%	+15.9%	139	Minor distribution	DOWNTREND
9	9/28/21	14546.68	-2.8%	+8.4%	140	Major Distribution	DOWNTREND
8	9/29/21	14512.44	-0.3%	+4.4%	141	Minor distribution	DOWNTREND
7	9/30/21	14448.58	-0.4%	+13.1%	1	Minor distribution	DOWNTREND
6	10/1/21	14566.70	+0.8%	-20.3%	2	—	DOWNTREND
5	10/4/21	14255.48	-2.1%	-3.4%	3	—	UPTREND
4	10/5/21	14433.83	+1.3%	-8.3%	4	—	DOWNTREND
3	10/6/21	14501.91	+0.5%	+6.6%	5	Minor accumulation	UPTREND
2	10/7/21	14654.11	+1.1%	-11.0%	6	—	DOWNTREND
1	10/8/21	14579.54	-0.5%	-9.6%	7	—	UPTREND

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS							
		A	B	C	D	E	As + Bs
4 weeks ago	9/13	7%	38%	26%	22%	7%	45%
3 weeks ago	9/17	7%	37%	26%	22%	8%	44%
2 weeks ago	9/24	6%	34%	27%	24%	9%	40%
1 week ago	10/1	5%	28%	25%	28%	15%	32%
Today	10/8	6%	33%	24%	25%	12%	40%
# stocks in each	Count:	488	2624	1868	1955	917	7852

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?				
10/8/2021	Nasdaq	S&P500	DJIA	NYSE
Date of Index All-time High*	9/7/2021	9/2/2021	8/16/2021	9/2/2021
All-time High	\$15,403.44	\$4,545.85	\$35,631.19	\$16,944.48
Closing Price	\$14,579.54	\$4,391.34	\$34,746.25	\$16,517.23
Below (-) or Above (+) Recent High (%)	-5.3%	-3.4%	-2.5%	-2.5%

JOIN ME AS MY GUEST! Chose a class to visit: 3 class each week
Monday 7 - 9 p.m., Tuesday 2 - 4 p.m. and Wednesday 10 a.m.- noon. (Central time)
Register for 2 weeks of FREE CLASSES by clicking on this link:

[ARMCHAIR INVESTOR MEETUPS](#)

But this week we are having an intensive 2-hour WORKSHOP on SELLING. You are invited to join us for \$49.

>>>> The Armchair Investor newsletter is produced every day the market is open, as it has for the last 20 years (I've missed less than 1 day a year (average) – traveling in jungles in South American, no internet when cruise ship parked behind mountains in Alaska, flying across the Atlantic before on-flight internet, a few days too sick, 1 day computer problem. Not a bad record!)

Signs of Market Strength as of **Wednesday 10/1/2021**

This list is updated on Fridays (and Wednesdays *as time allows.*)

- The **Nasdaq is up 120%** since the **March 2020 Covid virus low** (that means the Nasdaq has more doubled in 15 months.)
- The **S&P500 is up 99%** since the **March 2020 Covid virus low**, reminding you that not all big winners are on the Nasdaq. Your job is to pick the best stocks at the right time wherever you find them.
- The Nasdaq and S&P500 have found **support at their 100-day moving average line.**

Current Signs of Market Weakness

- >>> The Nasdaq fell hard with 4 distribution days as of last Thursday putting the market diagnosis into **DOWNTREND**
- >>> **Wide-spread selling** was shown in the drop of stocks over \$5 that have an Accumulation rating of "A" or "B" to a weak **32% down from 49% just 4 weeks ago**,
- The lagging **DJIA is below its 100-day m.a. line (-0.3%).**
- The Nasdaq had **7 distribution days** versus only 1 accumulation day in the last 20 trading days.
- The S&P500 had **4 distribution days** versus 2 accumulation days in the last 20 trading days.

I am looking forward to the LIVE Dallas and Ft Worth Armchair Investor and IBD Meetups, but not yet!

At the end of 2020. Charlotte wrote:

Since 2003, I have had the honor of presenting the ARMCHAIR INVESTOR weekly classes and the monthly INVESTOR'S BUSINESS DAILY Meetups in Dallas and in Fort Worth.

A special “Thanks!” to all of you who support us, showing up early to set up the rooms, greet guests and the necessary food tasters at our Christmas parties (but not this year.) I look forward to enlisting your help when we start back with LIVE Meetups!

I especially thank you to:

- **Fred Richards** for his amazing market insights and presentations to the group. He is in the process of moving to a new home in the area and I expect to have him join us in the future.
- **Ron Shaw** for tirelessly greeting guests (one of the most organized, happy guys I know) and handing out the printed copies of the class notes.
- **Nick Pollard** for setting up so many great restaurant meeting rooms. (RIP)
- **And all the others** who greeted first time guests, substituted for Ron, found meeting space or stepped in at the last minute to find extension cords, extra tables and chairs, etc. etc. etc.
- The good news, with Wi-Fi, I plan on continuing the Online Meetups!
- It takes a village! Thank you.

Join the next combined Dallas and Fort Worth Investor's Business Daily's ONLINE Meetup 6:30 – 8:30 p.m. usually on the fourth or last Wednesday of each month.

Register below. This is a combined ONLINE Meetup:

- Register for the [Dallas IBD Meetup](#)
- Register for the [Fort Worth IBD Meetup](#)

THE 2020 COVID MARKET earned 55%. The Armchair Investor strategy caught an outstanding 55.5% gain in 2020. (See all trades in 2020 on the next page). After such an extraordinary rise, a slowdown in 2021 was not a surprise. This year's market also added an unusual number of tight swings in market direction. Since we are conservative and willing to step to cash when the market shows weakness, the 2021 Armchair Investor strategy is flat today. The Armchair investor strategy has put together a 55% gain since the beginning of 2020.

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	Value of \$100,000 Portfolio	
Trade	12/31/19	Uptrend	Hold the QQQ	55	\$212.61	+4.3%	+4.3%	\$100,000
1	2/24/20	Uptrend under Pressure	Sold QQQ at Open Wait in CASH	3	\$221.84	0%	+4.3%	\$104,341
2	2/27/20	Downtrend	Bot PSQ at Open	38	\$24.65	+5.6%	+10.2%	\$110,183
3	4/6/20	Attempted Uptrend	Sold PSQ at Open Wait in CASH	2	\$26.03	0%	+10.2%	\$110,183
4	4/8/20	Uptrend	Bot QQQ at Open	155	\$198.08	+39.1%	+53.3%	\$153,270
5	9/9/20	Uptrend under Pressure	Sold QQQ at Open Wait in CASH	9	\$275.54	0%	+53.3%	\$153,270
6	9/18/20	Downtrend	Bot PSQ at Open	13	\$17.01	-4.1%	+47.0%	\$146,963
7	10/1/20	Attempted Uptrend	Sold PSQ at Open Wait in CASH	1	\$16.31	0%	+47.0%	\$146,963
8	10/2/20	Uptrend	Bot QQQ at Open	27	\$276.01	-1.1%	+45.4%	\$145,381
9	10/29/20	Downtrend	Sold QQQ at Open Wait in CASH	27	\$273.04	0%	+45.4%	\$145,381
10	11/5/20	Uptrend	Bot QQQ at Open	7	\$293.41	0%	+45.4%	\$145,381
11	11/13/20	Uptrend under Pressure	Sold QQQ at Open Wait in CASH	4	\$290.01	-1.2%	+43.6%	\$143,613
12	11/17/20	Uptrend	Bot QQQ at Open	--	\$293.40	+0%	+45.4%	\$143.613
	12/31/20	Uptrend	Hold the QQQ	44	\$313.74	+6.9%	+55.5%	\$155,460
TOTAL. Growth in 2020:						+55.5%	\$155,460	

THE NASDAQ UPWARD AND DOWNWARD CHANNELS

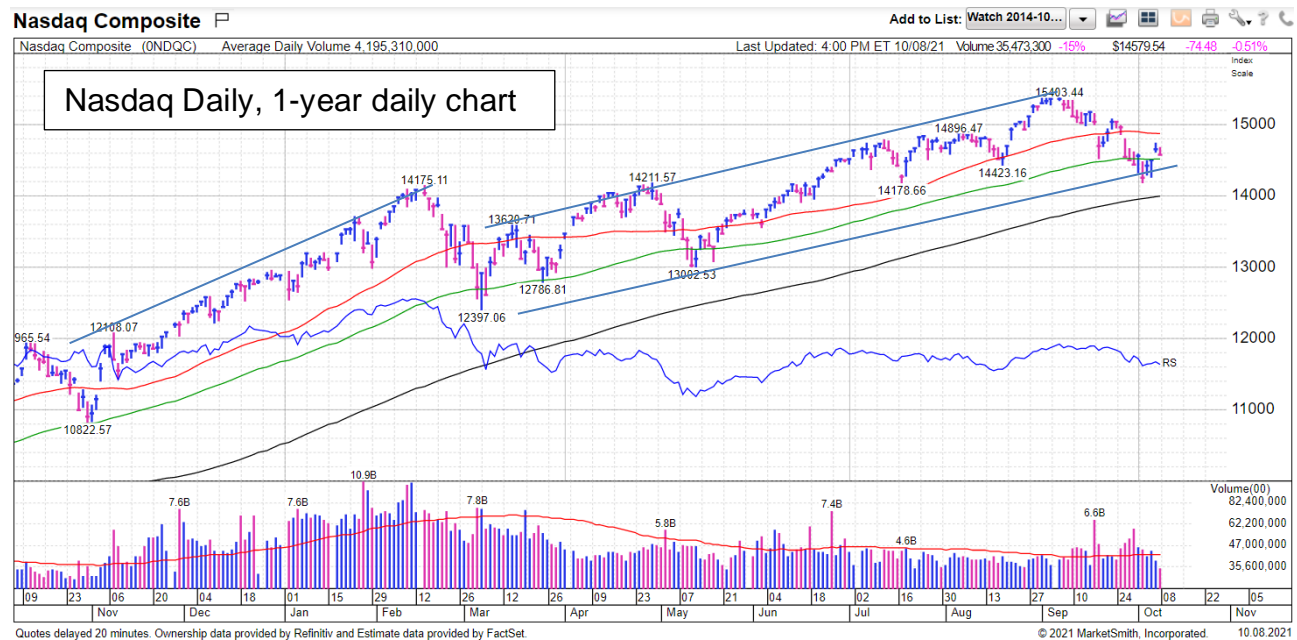
One of the features I like about **Investors.com's MarketSmith charts** is that I can draw in my own channel lines.

Did you know annotations stay on the MarketSmith charts! Bravo to the designers. My notations will stay on the MarketSmith charts for years! I can go back and visit how I saw the market in 2000, 2008, 2015-16, etc.

That is one of MarketSmith's many truly unique and valuable features! I don't have to figure out what happened in those past periods again. My annotations are there! Vertical red lines identify distribution days (down days with higher volume indicating serious selling.)

>>>> I HIGHLY RECOMMEND IBD's MarketSmith for your investing CHARTS! Note the excellent annotations and markups I have added on the chart below.

All MarketSmith charts include a bumpy blue horizontal line that compares how the price of this financial instrument (stock, ETF, etc.) rises and falls compared to the S&P500. With this valuable tool, you can see if the financial (I'll call them "stocks" for the rest of this article) instrument you are exploring is outperforming or underperforming the S&P500.



MarketSmith is my favorite charting system, available ONLY on INVESTORS.COM.

When the RS line is rising,... the stock/index price is rising faster than the S&P500 and you are making more money invested in this stock than if you were invested in the S&P500.

And if the RS line is falling, you are making less money than if you were invested in the S&P500.

Thus, an investment in the S&P500 or the Nasdaq would have earned the same return. (RS course, you can't invest in the Nasdaq, but you can get close using the QQQ (Nasdaq100).

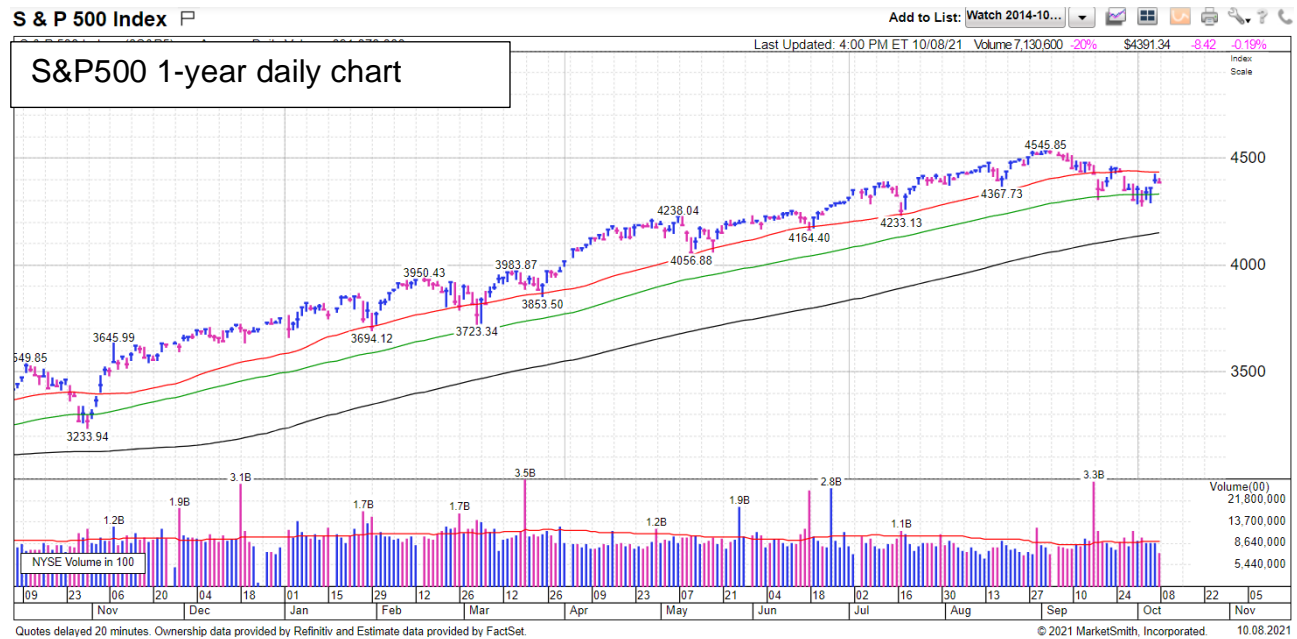
NOTICE: There are times when the S&P500 under-performs or equals the Nasdaq and, occassionally, shorter periods when the S&P500 out-performs the Nasdaq.

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

Imagine the difference in returns in the chart above if you had just sold your market ETF waited in cash as the market falls and get back in as it starts back up!

- It isn't necessary to get in at the bottom or out at the top!

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.



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

- Over 2020, a “buy and hold” strategy has earned 16.2% for the S&P500. “Buy and hold” worked better for the Nasdaq earning 43.6%.
But wait....
- **If you invested with the Armchair Investor strategy, you were UP 55.5% for 2020.** Twelve trades for an extra 11.9%! That is the total the market makes in some years.
- Where do you want your money invested? Here's where many answer: “**The Armchair Investor strategy!**”

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?**
- **Do you hold on too long and lose the gains you just had?**
- **Or are you just starting out** and want a simple, proven method that has outperformed the market in just 5 minutes a day?
- Either way, we have an ARMCHAIR INVESTOR class for you!

PICK THE ARMCHAIR INVESTOR ONLINE CLASS THAT'S RIGHT FOR YOU:

Be sure to register for you classes – occasionally they change.

No Tuesday class this week. Register by clicking the BLUE LINK at the bottom of this page.

SUNDAY'S 5-Minute Investor with Market Analysis.

This 1-hour class about Market Direction is foundational – If you get the market direction wrong, you are much more likely to lose money. Attended by beginners and experts alike. FREE to all (at the moment). Once you learn this strategy, it's yours for life!

3 TIMES A WEEK Armchair Investor Workshops

Learn how to buy the best stocks at the right time. And then, learn how to track them to identify the right time to take your profits to the bank!

Choose the BEST CLASS for you: Join us on **MONDAY** 7 – 9 P.M. **Tuesday** 2:30 – 4:30 p.m. or **Wednesday** (10 a.m. – noon) for an [online Armchair Investor class](#)

<<. Are you new to the Armchair Investor classes? **Visit for 2 weeks FREE as my guest!** Call or text me at 214-995-6702 to let me know you are coming.

[Click here to register for 2 weeks of FREE Armchair Investor Online Classes](#)

VISIT THE ARMCHAIR INVESTOR ONLINE CLASS THAT IS RIGHT FOR YOU:

<<. Are you new to the Armchair Investor classes? **Visit for 2 weeks FREE as my guest!** Please call or text me at 214-995-6702 to let me know you are coming. Here is why you should visit.

SUNDAY: Learn to be a 5-Minute Investor!

This strategy has earned over 55% last year – following my 9 trades.

The weekly 1-hour class about Market Direction is foundational – if you get the market direction wrong, you are much more likely to lose money. Attended by beginners and experts alike. Open to all (at the moment). We meet every-other Sunday with some adjustments around holiday weekend, and other commitments.

Join us by clicking here: [online Armchair Investor class.](#)

MONDAY, TUESDAY or WEDNESDAY Armchair Investor Stock analysis 2-HOUR CLASS

This class is given 3 times each week. Choose the BEST TIME for you: Join us on MONDAY 7 – 9 P.M. Tuesday 2:30 – 4:30 p.m. or Wednesday (10 a.m. – noon) for an [online Armchair Investor class](#) Be sure to check for the date you wish to visit. The class meets 11 weeks each quarter (2 weeks off for research and fun).

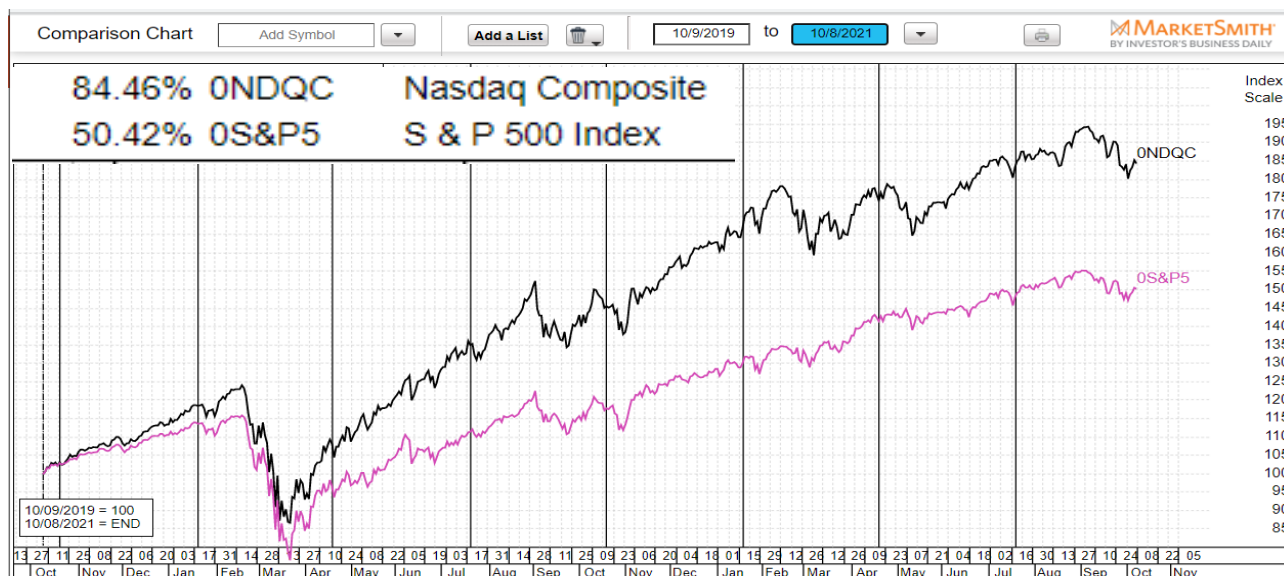
To join us for a class, click here: [online Armchair Investor class](#)

Once you register online – the link to your online meeting will be revealed on the Armchair Investor Meetup site.

When you register for an online Armchair Investor class, suggest a few stocks review in the class! Please choose profitable growing stocks. *If you own a stock and are considering SELLING THAT STOCK, please note “SELL?” after the ticker.*

COMPARISON of Nasdaq and S&P500 2-YEAR Returns

The chart below shows the last 2-YEAR returns (in percent growth) of the **Nasdaq and the S&P500**. These results are why I focus on the Nasdaq and QQQ for my trend-following strategy: For the long-term the Nasdaq has always outperformed the S&P500. **Where should you go shopping for a winning bundle of stocks?** The answer for me? Nasdaq (QQQ) for long-term hold to grab most of the market! And, yes! I will buy a top stock wherever I find it!



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

Imagine the difference in returns in the chart above if you had just sold your market ETF ted in cash as the market falls and get back in as it starts back up!

- It isn't necessary to get in at the bottom or out at the top!
- 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 HOW “BUY-AND-HOLD” COSTS YOU BIG BUCKS.

- Over 2020, a “buy and hold” strategy has earned 8% for the S&P500. “Buy and hold” worked better for the Nasdaq earning 43.6%.
But wait....
- **If you invested with the Armchair Investor strategy, you were UP 55.5% for 2020.** Twelve trades for an extra 11.9%! That is the total the market makes in some years.
- Where do you want your money invested? Here's where many answers: **“The Armchair Investor strategy! It's fast and beats many other methods**

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.**
 - **Next week: (repeat)**

KEY MARKET CONCEPTS USED IN THIS NEWSLETTER



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. (No guaranties!) (PS I love horses. They are amazing companions.)

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!

MARKET ACTION 2021 YEAR-TO-DATE			
10/8/21	2020 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	12888.28	14,579.54	+13.1%
S&P 500	3756.07	4,391.34	+16.9%
DJIA	30606.38	34,746.25	+13.5%

Note that the Nasdaq popped higher

“Knowledge is Power”

THE LESSON: Riches await the patient investor.

The start of 2021 was volatile for the **Nasdaq**: A rising month and a half, taking it all and more back in the next month, rising to the prior high over the next 2 months, giving back most of it in the next 2 weeks. The reward for your patience was the 2-month rise of 13.1% ending up . The half year results: +14.1%.

Meanwhile, the slow but steadily rising **S&P500** beat the Nasdaq to rise +16.3%.

The Lesson: Both indexes had admirable half year returns!

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 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.

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."

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 waiting for your call!

BONUS CHART-READING HISTORY LESSONS:

Look at a Nasdaq or S&P500 daily chart as it crashed off the February 2020 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. T

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. (MarketSmith and other IBD charts have this 2-color feature!

REMEMBER:

**THE MARKET CONTINUES IN THE DIRECTION IT IS GOING,
... UNTIL IT DOESN'T!**

>>>>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.

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 end 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!**

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.

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. 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 p.m.](#)
- [Monday nights 7 – 9 p.m.](#)
- [Tuesday afternoons 2:30 – 4:30 p.m.](#)
- [Wednesday mornings 10:00 a.m. to noon](#)
- All 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 LAST WEEK?

This weekly review is shown near the front of the Armchair Investor newsletter only on the weekend edition. It is always shown near the end of the newsletter for the rest of the week as a reference.

10/8/2021 WEEKLY REVIEW: The market held near recent highs.

- The Nasdaq's price was FLAT.
- The S&P500 and DJIA had notable price recoveries.
- Are they ready to start a new Uptrend?

LAST WEEK'S TOTAL MARKET ACTION			
10/8/21	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg
Nasdaq	+0.1%	-18.6%	-2.3%
NYSE Volume			
S&P 500	+0.8%	-6.8%	+3.0%
DJIA	+1.2%		

- Both major indexes showed weakness in their Accumulation/ Distribution ratings last week:
 - The Nasdaq, S&P500 and DJIA Accumulation/Distribution stayed at "E" (indicating heavy selling)

Note: The Acc/Dist rating is an IBD Proprietary feature that shows whether institutions are buying (A or B) or selling (D or E) the stock or market over the recent 13-week (1 quarter). It takes a period of buying to turn the rating up.

LAST WEEK'S DAILY MARKET ACTION						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOR THE WEEK
	10/4	10/5	10/6	10/7	10/8	
Nasdaq	-2.1%	+1.3%	+0.5%	+1.1%	-0.5%	+0.1%
Volume	-3.4%	-8.3%	+6.6%	-11.1%	-9.6%	
Type of Day	Neither	Neither	Minor accumulation	Neither	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: Price/volume action does not meet accumulation or distribution criteria						

2021 THE MARKET HOLIDAY SCHEDULE

I'm updating my 2021 spreadsheet and calendars to note the days the market is closed and has an early close. I thought you might want to update also.

the 2021 holiday and early closure schedule for the NYSE and Nasdaq:

The Nasdaq Stock Market and New York Stock Exchange (NYSE) close for nine holidays each year and two "early closure" days (sometimes misnamed "half days"):

Here is the 2021 holiday closure schedule for the NYSE and Nasdaq:

- **New Year's Day:** **Friday, Jan. 1**
- **Martin Luther King Jr. Day:** **Monday, Jan. 18**
- **Presidents Day:** **Monday, Feb. 15**
- **Good Friday:** **Friday, April 2**
- **Memorial Day:** **Monday, May 31**
- **Independence Day:** **Monday, July 5** (July 4 falls on a Sunday)
- **Labor Day:** **Monday, Sept. 6**
- **Thanksgiving:** **Thursday, Nov. 25**
 - **Black Friday** **Friday, Nov 26** (early close at 1 p.m.)
 - **Day Before Christmas** **Thursday, Dec. 23** (early close at 1 p.m.)
- **Christmas:**
 - **Day Before Christmas** **Thursday, Dec. 23** (early close at 1 p.m.)
 - **Friday, Dec. 24** (12/25 falls on a Saturday)

On regular trading days, the main trading session runs the normal schedule of 9:30 a.m. to 4 p.m. (New York City time, i.e., Eastern time)

On early close trading days, the main trading session runs from 9:30 a.m. to 1 p.m. ET.

When a holiday falls on a Saturday, the NYSE and Nasdaq close on the Friday before. Holidays that land on a Sunday are observed on the following Monday.

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

WWW.ARMCHAIRINVESTOR.COM

The go down to the bottom of the page – click on **ARCHIVE**

The **Archive will be open** until we work out the new **subscription-only** access system.

To guarantee your continued access to this newsletter, sign up for a newsletter subscription or for the weekly classes (which include the newsletter)

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 your paper-trade until you are successful and can sleep well at night.

Call me to explore your investing questions!

Charlotte Hudgin, 214-995-6702

See additional definitions on the following pages....

Is this market “Climbing a Wall of Worry”

DO INVESTORS IN INDIVIDUAL STOCKS BEAT THE MARKET?

The research shows [Most investors didn't come close to beating the S&P 500](#) (as stated by CNBC.)

But what you should really be concerned about isIS THIS MARKET HEALTHY? My answer: Follow the accumulation and distribution days!

- A market with just a few **accumulation days** (or none) in the last 20 trading days is not showing broad market buying. Then look for **distribution days**. You can see the recent 4-week price-volume history of the Nasdaq on this newsletter's **MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS** table.
- Explanation: When an index rises 5% or more above the close of a distribution day, then that day is considered, “NO LONGER RELEVANT!” The market is hot-dogging higher and those distribution days are long gone from the rear-view mirror.
- A steadily rising market is more sustainable! Watch for additional distribution days.
- **The current up-channel is not quite as steep as last year's 5-month rising channel. That could mean that it won't last as long. Or that, because of the gentler rise, it will last longer.**

How long will the rise run? (You know my answer: The market will continue higher until..... it doesn't.)

The Armchair Investor Strategy earned **extraordinary returns for **2020** (see the table on prior page). And YOU could have earned this return shown below if you followed this nightly newsletter and made these 12 trades, all broadcast at the end of the day for your action the following morning. Read this newsletter and reap the rewards!**

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 8/13/2019 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%
			+5.1%	-12.0%		
DJIA	26,820.25	-0.3%			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.

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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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.

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