

-GCRU-

Weekly Trading Strategies



Achieves gains by trading commodities, currencies and stocks

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IN ITS 22nd YEAR - Nº 1027

INFLATION EXPECTATIONS PUSHING U.S. DOLLAR UP & ASSET VALUES DOWN

IT'S ALL ABOUT 'REAL RATES' FOR GOLD

IT'S 'BUY TIME'

he expectation of higher inflation for longer continues to grow. The narrative for higher inflation and interest rates for longer is getting louder. It's the talk of the week in financial media.

It's putting downside pressure on asset values across the board as the reality of lower returns seeps in. Higher treasury yields are also fueling strength into the U.S. dollar index, somewhat of a repeat of what we lived through last year.

Precious metals, industrial metals, energy, the averages... they're all falling as the U.S. dollar rises to a new high for the move, above 104, and looking set for more. As shown last week, the U.S. dollar rebound has lots of upside potential. A rise to its next resistance at 109 ST is now likely.

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"The way to make big money is to be right at exactly the right time". **-Edwin Lefevre**



A continued rise in the U.S. dollar would mean continued downside pain for asset values and currencies. It could push gold below \$1800 and keep a lid on crude oil and energy prices across the board. It's likely to push equities overall lower.

But is it sustainable?

We've argued in previous issues that strong global demand, particularly as many countries still re-open post Covid-19 lockdowns, (i.e., China), are likely to keep supply limited, which in turn will likely keep prices higher on assets across the board.

The trend for growing demand looks set to continue while the trend for supply growth seems to be either moderating or declining given global supply disruptions from geo-political turmoil and the ongoing process of de-globalization.

We've been timing our positioning with care. We had strong exposure to precious metals and resources at the start of the year but reduced that over the past month to about half, protecting profits as we anticipated a technical bounce up in the U.S. dollar index. The bounce up will likely extend further, allowing us to take advantage of great opportunities over the next month or so.

Many have suggested that a higher rate environment is not necessarily bullish for gold. However, the concern is not necessarily accurate as gold can and will move with interest rates at any given time. Gold moved with interest rates, for example, from 1970 through 2000. Gold then moved opposite to interest rates after 2000 and through 2022, when interest rates broke out from a secular bear market. Since then, gold and interest rates have been moving together.

What really gets gold going is when the expectation of 'real rates' remains under 2%. By 'real rate' of interest I mean the U.S. 90 day T-Bill rate less the annual rate of inflation, using the U.S. CPI.

This next chart is from the late 1960s to the present. It shows the price of gold in a mega uptrend and the 'real 1500 interest rate'. Notice clearly that when the real rate has been above 2%, it has put downside pressure on gold; conversely, when the rate has been below 2%, or lower, it has been a bullish catalyst for gold.

The current environment could become gold's perfect storm. If inflation and its expectations continue to rise given global supply dynamics while monetary policy normalizes and rate hikes ebb, stagflation could breakout, meaning higher inflation and higher unemployment. This means we could continue to have negative or low real rates, which is a bullish tailwind for gold.

We're already taking advantage of great opportunities. Below you'll see lots

1500 1000 **GOLD** 700 **PRICE** 500 300 200 100 **HIGH REAL NEGATIVE & LOW** RATES = BAD **REAL INTEREST** 60 **FOR GOLD** RATES = BULLISH **FOR GOLD** 35 6 2006 4 2 RECORD LOW 0 -1 -2 -4 2008 -6 **REAL T-BILL RATE** 1981 90 DAY T-BILL RATE -8 MINUS ANNUAL INFLATION (CPI) 2022 67 00 10

NEGATIVE REAL YIELDS DRIVE GOLD

of buy orders triggered. We'll continue picking up positions at great prices as the dollar rebound gains momentum. Timing the U.S. dollar move will allow us to accurately time our trades.



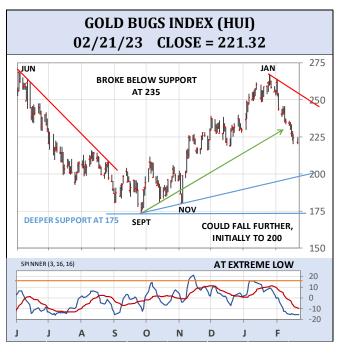
OPEN POSITIONS

PRECIOUS METALS: Under Pressure

Gold continues to pull back from the recent 'A' rise peak as its 'B' decline continues to develop. Gold is approaching a support level just below \$1840. The leading indicator below, however, continues to look for a bottom near an extreme low showing weakness remains. The chart is telling us more weakness is likely,

particularly if gold sinks and stays below \$1825. It's also telling us the worst might be over. Remember the average 'B' decline for gold over the past 20+ years has been an approximate 8%, which from the recent highs would land gold at nearly \$1800, just below where it trades today. We're currently overweight gold but would buy more on a dip below \$1800.





Silver fell to a new low since the peak in Jan this year. It's testing the \$21 handle and could now fall back to the Sept uptrend just below \$20. Keep in mind, silver's deeper support is at \$18, the Sept/Oct low area. Silver will remain bullish longer term by holding above this deeper support level. The leading indicator below the silver chart is bouncing up from an extreme low area. It's telling us weakness remains, but it may have bottomed already. We're currently holding a full position since protecting profits in late Jan. Wait for a decline below \$21 to buy new positions.

Gold miners are finally showing signs of deeper weakness. The HUI Index (a gold miner index) broke below the Sept uptrend & support near 235 confirming resistance below the Jan downtrend and opening the door to a continued decline, possibly to the Sept uptrend near 200. The leading indicator below is at an extreme low showing weakness. This leg down in gold shares could be full of wild price swings. Take advantage of current weakness to build up exposure to the miners. Last week we bought some Hecla Mining (HL) as it fell below \$5.25. We're also getting ready to buy a full position in Agnico Eagle (AEM) as it pierced below \$50; still waiting for Silvercorp Metals (SVM) to show more weakness, among others as you'll see below.

Agnico Eagle Mines (AEM) broke below the Sept uptrend at \$50 showing weakness. The leading indicator below is at an extreme low showing weakness remains. AEM could now edge lower, to possibly the Nov lows at \$40. Interestingly, AEM published great financials for the





quarter and the overall year in 2022. AEM is paying a dividend yield that is equal to the yield on a 30 year U.S. treasury. This is exactly the type of situation I am looking to buy. Buy at mkt and then buy more below \$42.50.

Alamos Gold (AGI) continued to pull back from the peak in Jan. It's testing the Sept uptrend and support near \$10.30. If AGI now holds above/near this support level, it could then rise and break above the Jan downtrend near \$10.75. A breakout would be very bullish, opening the door to a continued longer term upmove. On the downside, if AGI fails to break above the \$10.75 resistance level and falls clearly below the Sept uptrend, currently near \$10.30, it could then fall further, to possibly \$9.50, its next support level near the Dec lows. The leading indicator below is starting to move up from an extreme low, but overall remains bearish. Wait for a decline below \$10, and lower, to buy more. We're holding a small position since started buying in Dec; We're waiting for more weakness to load up. If you are not in, consider buying some at mkt and continue buying on weakness.

Hecla Mining (HL) fell even more, reaching key support at \$5. It's now holding, but if the leading indicator below is of any indication, we could see a break below this support. This could push HL to the lower \$4 level. HL's decline was exacerbated by news related to HL making an offer to acquire ATAC resources, a gold/copper exploration company with properties in the Yukon, near HL's Keno Hill. The addition would allow HL to continue expanding their gold production in an area HL knows very well. The drop triggered our reentry and we bought some at the lows near \$5.



We'll be ready to buy more on a continued decline, ideally below \$5. HL's weakness in the current environment is providing a great opportunity to pick up some at great prices. If you're not yet in, start buying.

Silvercorp Metals (SVM) is testing the Sept uptrend & support. It slipped below \$3 but not enough to allow me to buy more. Notice the leading indicator below, however, is resisting below the red and zero lines showing weakness with increased downside risk. The chart suggests SVM could now break below the Sept uptrend and fall to its next support near \$2.60. Wait for a clean drop below \$3 to buy more. We're currently holding a reduced position, waiting to increase exposure during weakness.

Current exposure to precious metals ticked up a bit with the purchase of HL. However, we're looking to increase exposure a lot more. Get ready for some action; we're entering the most volatile leg of gold's ongoing 'B' decline and the one that could allow for great opportunities.

RESOURCES: Mixed

Copper is bouncing up from the Oct uptrend & support level near \$3.90 confirming support above the uptrend, and opening the door to a continued upmove. If copper now rises above the \$4.40 level, it could then rise to the March 2022 highs near \$5. Notice the leading indicator below is breaking out from the red line, showing momentum picking up steam. We've been waiting for more weakness to increase exposure to resources overall.



However, weakness has not yet been as deep as anticipated in copper companies.

Altius Minerals (ALS.TO) is bouncing up after reaching a new low since the Jan peak. It's creating a new Sept uptrend with support at \$21. ALS will remain very strong above this uptrend. However, keep in mind ALS has deeper support at the Jul uptrend near \$19. The leading indicator below is below the zero and red line, but uptrending, showing momentum picking up steam. Buy more on a dip below \$21.

We're also waiting for weakness to develop in others that we're holding within the, Awaiting Breakout Department. Among those are Cleveland Cliffs (CLF). It's looking good well above an uptrend since Nov, currently near \$18. CLF's leading indicator is bouncing up from a low area too, suggesting momentum could be picking up steam. The chart is showing increased upside potential. Buy some at mkt and more below \$19.

I also like Freeport McMoRan (FCX). It too has been pulling back from the recent highs below \$48. More recently, FCX has been showing signs of support near \$40, well above

the Sept uptrend & support near \$38. The leading indicator remains under pressure below zero and the red lines. The chart suggests FCX remains strong above \$38 overall, but we could still see weakness that pushes FCX below \$40. Buy below \$40.

Uranium and Natural gas have both pulled back considerably. Together they represent about a quarter of the total portfolio and have been dragging performance down. Of the two, uranium producers are holding up better, above stronger support levels. Moreover, uranium producers are pulling back after a bullish rise while natural gas producers are confirming weakness by breaking support.

Natural gas producers are falling below extreme low levels, particularly considering global energy supply remains restrained and supply chains likely in shock.



NexGen Energy (NXE) continued to show ongoing resistance near the Sept highs. NXE has been struggling to surpass this level and it now fell to the (adj) Oct uptrend. NXE could now decline to possibly the Dec lows near \$4. Keep your positions, and take advantage of weakness to buy more.

Uranium Royalty Corp (URC.V) is also pulling back, breaking to new lows since peaking earlier this month. URC remains above the Jul uptrend & support near \$3, but its leading indicator below suggests more weakness is still likely. URC could now test the \$3 level and if it holds, it could then resume its secular up-move. Keep your positions and take advantage of any weakness to buy more.

Ur Energy (URG) took a dive after failing to surpass resistance at \$1.50. The decline pierced the Jul uptrend near \$1.20, and heading towards the \$1 level. The leading indicator is bearish, suggesting weakness ST remains. Keep in mind, although URG was already showing weakness below the Nov downtrend, the sudden drop was more likely due to a press release regarding the pricing of a public offering of shares and warrants. The price is \$1.50, capping to a degree the market's expectation of URG's upside potential. Keep in mind, however, the new public offering is about 15% of current market cap only. URG will receive net proceeds of about \$40 million that will be used to ramp up production at Lost Creek site. Given the circumstance, the decline is understandable. The longer term positives outweigh the shorter term negative reflected in today's price valuation. Keep your positions.



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Pioneer Natural Resource Company (PXD) broke below the Dec 2021 uptrend & support level showing weakness. It's holding above \$200, a deeper support level. However, the leading indicator below is bearish, resisting below the zero line. The chart suggests PXD will remain weak ST. On the upside, if PXD holds above \$200, it could then rebound to re-test first resistance near \$230. Keep your positions for now.

Antero Resources (AR) is breaking below Jul low & support level showing weakness. It continues to resist below the Nov downtrend. Its leading indicator below is bearish below a yearlong downtrend suggesting more weakness remains likely ST. To show signs of a reversal, AR must rise above the Nov downtrend at \$27, confirmed by a breakout above \$34. Keep your positions for now.

Resources overall represents 29% of total portfolio, most of which is in uranium and natural gas producers.

EMERGING MARKETS: Holding

India Shares (INDY) are holding up above the Jun 2022 lows near \$40, but it's now resisting at the Dec downtrend and falling suggesting the decline is not over yet. On the upside, a close above \$43, will show renewed strength. The leading indicator below is breaking above zero and the red lines, showing momentum picking up steam. Buy more at mkt.

KEY PRICES					
Name/Symbol	Feb 21,23 Price Change		Feb 14,23 Price		
Gold (GCJ23)	1842.50	-22.90	1865.40		
Silver (SIH23)	21.89	0.02	21.87		
HUI (HUI)	221.32	-12.37	233.69		
Copper (HGH23)	4.23	0.15	4.08		
Crude Oil (CLG23)	76.36	-2.70	79.06		
S&P500	3997.34	-138.79	4136.13		
U.S.Dollar (DXH23)	104.11	0.99	103.12		
30 Year T-Bond (ZBH23)	124.09	-2.88	126.97		
10 Year T-Note Yield	3.955	0.194	3.761		
13-week Treasury Bill	4.688	0.028	4.660		

Good luck and good trading,

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		TR	ADER SHEET			
Symbol	Trade Update &/or Current Position	Status B=Buy S=Sell O=Out H=Hold	Long or Short	Last Closing Price	Stops	Targets
	PF	RECIOUS M	IETALS PORTFOLIO (20%)			
GOLD (GCJ23)	Overweight. Reached new low for the move, but holding at ST support near \$1840. Could still fall further, possibly below \$1800. Buy more below \$1800.	Н, В	\$1900 (Sept-21-20), \$1880 (Dec-23-20); \$1775 (Feb-17-21), \$1865 (May-25-21). Sold some at \$1900 for small gain. Bot: \$1795 (Jul-8-21) AVG: \$1840.	1842.50	Holding for now	ST: \$2000 & MT: \$3000
PHYS	Alternative to trading gold in commodity markets.	Н, В	\$15.20 (Sept-21-20), \$15.15 (Dec-23-20), \$14.23 (Feb-17-21), \$14.90 (May-25-21), Sold some at \$15.20 for small gain. Bot \$14.25 (Jul-8-21) AVG: \$14.80.	14.14	2dc below \$11.20	-
SILVER (SIH23)	Holding a full position. Fell to new lows since the recent peak in Jan. Could now fall to the Sept uptrend near \$20. Buy more below \$21	Н, В	Bot: \$15.80 (Jul-17-19), \$16.50 (Aug-7-19), \$16.80 (Nov-8-19), \$12 (Mar-18-20), \$15.20 (May-6-20). Sold half at \$18 for 17% gain (Jun-22); Sold more at \$26 for a 70% gain (Aug-4-20). Bot: \$23 (Sept 23-20), \$25.50 (Dec-22-20). Sold some at \$24.25 (Mar-31-21) for average 14% gain. Bot: \$27.50 (May-21-21), \$23.95 (Oct-29-21). Sold half at \$19.20 for 17% loss. Bot: \$20.25 (Oct-5-22). Sold some at \$24 (Jan-23) for 11% gain. AVG: \$21.70.	21.890	Hold	ST: \$30, MT: \$50
PSLV	Alternative to trading silver in commodity markets.	Н, В	Bot: 5.50 (Jul-17-2019), 6.25 (Aug-7-19), 6.19 (Nov-8-19), 4.65 (Mar-18-20) (AVG: 5.65). Sold half for 17% gain. Sold more at 9.50 for 70% gain (Aug-4-20). 8.20 (Sept-23-20), 8.87 (Dec-22-20). Sols some at \$8.75 (Mar-31-21) for average 14% gain. Bot 9.99 (May-21-21), 8.35 (Oct-29-21). Sold half at 6.40 for 17% loss. 6.95 (Oct-5-22). Sold some at 8.20 for 11% gain AVG:\$ 7.50	7.49	2dc below \$5.25	-
SVM	Holding a reduced position. Showing signs of support at the Sept uptrend. Buy at mkt (especially if you didn't buy on a dip below \$3 last week).	Н, В	\$2.65 (Nov-9-12), \$2.85 (Nov-23-22). Sold half at \$3.50 (Jan-23) for a 27% gain. AVG: \$2.75	3.030	2dc below \$2.50.	\$3.80
AGI	Holding small position. Looks good near support at \$10.30 but must rise above resistance at \$10.75 to show signs of renewed strength. Buy some below \$10.	Н, В	\$9.50 (Dec-16-22).	10.180	2dc below \$8	\$12
HL	Holding a full position after buying more below \$5.25. If you didn't buy, buy at mkt. Then buy more below \$5.	В	\$5.90 (Dec-22-20), \$5.90 (Jan-7-21), \$5.45 (Jan-20-21). Sold half at \$9 for 56% gain (Jun-9-21), \$7 (Jul-8-21), \$5.80 (Oct-29-21), \$4.50 (May-18-22). Sold half at \$4 for 30% loss. \$4.85 (Nov-10-12). Sold half at \$6.20 for 17%+ gain (Feb-1-23). Bot: \$5 (Feb-16-23). AVG: \$5.15.	5.07	-	ST: \$9.50 & MT: \$12
AEM	Out. Buy at mkt. More on a continued decline to \$40.	О, В	Out.	46.50	Out.	Out.
		CASH &	& TREASURIES (48%)			
U.S. DOLLAR (DXH23)	The U.S. Dollar index reached a new high since breaking out from a bullish downside wedge pattern. The leading indicator below is also bullish and on the rise, suggesting more upside is likely. Remember the downside wedge target is at the Sept downtrend near 109. We can expect the dollar to continue rising until then. If the dollar then breaks above 109, it'll show renewed strength with continued upside potential. If the dollar resists below this level, it could then resume the decline that began last Sept. We're taking advantage of dollar strength to pick up developing opportunities in key markets. Keep cash pile in dollars.	Н	-	104.11	-	-

	TRADER SHEET CONTINUED					
Symbol	Trade Update &/or Current Position	Status B=Buy S=Sell O=Out H=Hold	Long or Short		Stops	Targets
	IND	USTRIAL N	METALS AND ENERGY (30%)			
ALS.TO & ATUSF.OTC	Holding reduced position. Buy more below \$21.	Н, В	Bot: \$16.75 (Jun-28-21), \$16 (Aug-18-21), \$16.15 (Oct-18-21). Sold half at \$21 to protect 30% gain. Bot: \$18.25 (May-12-22). Sold some near \$18.10 for 8% gain. Sold half at \$22 for 31% gain. AVG: CA\$16.75.	21.10	Keep through weakness	\$30 (ATUSF: \$28).
NXE	Holding full position. Fell, under pressure, near Oct uptrend & support. Keep your positions.	н	Bought: \$3.25 (Mar-10-21), \$3.77 (Apr-14-21). Sold half for 48% gain! Bot: \$3.85 (Jul-21-21), \$4.10 (Aug-25-21). Sold some at \$5.80 for 55% gain! Bot: \$4.90 (Nov-24-21). Sold some at \$5.65 for 33% gain (Mar-31-22). Bot: \$3.90 (May -12-22), \$3.95 (Oct-22). Sold some at \$4.60 to protect 15% gain. AVG: \$4.	4.19	Sell half on break below \$3.50.	ST: \$6 & MT: \$10.
URC.V & UROY	Overweight. Under pressure, fell to test Jul uptrend near \$3. Keep your positions.	н	\$3 (Aug-18-21), \$3.10 (Aug-26-21). Sold half at \$6.30 for 105% gain! Bot: \$5.75 (Oct-15-21), \$5.65 (Oct-29-21). Sold excess at CA\$6.50 for 48% gain! Bot: CA\$4.90 (Dec-3-21), \$3.62 (May-11-22). AVG: CA\$4.40.	3.16	2dc below \$3.	ST: \$7, MT: \$10 (UROY: ST: \$5.70 & MT: \$8).
URG	Overweight. Broke below Jul uptrend, could now test deeper support at \$1. Keep your positions.	н	Bot: \$1.90 (Nov-10-21), \$1.45 (Nov-30-21), \$1.30 (Dec-22-21), \$1.15 (May-11-22), \$1.18 (Oct-5-22). AVG: \$1.39.	1.06	2dc below \$1	ST \$2.10; MT: \$2.60
AR	Overweight. Showing weakness below Nov downtrend near \$26.50. Keep your positions.	Н	\$30.75 (Jul-13-22), \$35 (Aug-5-22), \$32.50 (Oct-5-22). Sold half at \$37 for a 14% gain. \$30.90 (Dec-7-12), \$28.25 (Jan-4-23), \$29 (Jan-25-23). AVG: \$31.	24.18	Holding during extreme weakness.	ST: \$35; MT: \$45
PXD	Holding a full position. Breaking below uptrend & support level showing weakness. Keep your positions during extreme weakness.	Н	\$220 (Dec-15-22), \$229 (Jan-11-23). AVG: \$224.	205.94	Keep during extreme weakness.	ST: \$270
CLF	Out. Buy some below \$19.	О, В	Out.	19.84	Out.	-
		EMERO	GING MARKETS (2%)			
INDY	Holding small position. Showing stronger signs of support and upside potential. Buy at mkt.	н	Bot: \$42.50 (Jan-25-23).	41.69	2dc below \$40	ST: \$46.50; MT: \$55

	AWAITING BREAKOUT DEPARTMENT				
Symbol	Trade Update &/or Current Position	Status B=Buy S=Sell O=Out H=Hold	SECTOR	Last Closing Price	
BTG	Buy some near \$3.	О, В	PRECIOUS METALS	3.27	
VZLA	Buy some at \$1.20 or lower.	О, В	PRECIOUS METALS	1.23	
IVN.TO (IVPAF.OTC)	Out. Wait for a pull back below \$11.50 to buy.	О, В	COPPER // RESOURCES	12.28	
FCX	Out. Buy below \$40.	О, В	COPPER // RESOURCES	42.66	
EIDO	Out. Rolling over as it resists below the May downtrend. Could now fall back to the Jul uptrend below \$22. Buy some below \$22.	О, В	EMERGING MARKETS	23.07	
EWW	Out. Has been among the strongest emerging markets. Remains near the recent highs. Will continue to wait for a pull back below \$55 to buy.	0	EMERGING MARKETS	57.43	

Trading Strategy

GCRU Trading is all about achieving profits by trading stocks, commodities and bonds. We have a diversified approach using companies with great fundamentals offering great value compared to the broader market. Trades are driven mainly by technical analysis but stocks are picked based on their fundamentals, momentum and their overall strength in their sector. All recommended companies are great assets, and even though we trade short and intermediate trends, they are worthwhile keeping longer term if you're building a longer-term portfolio.

We also believe in an approach that allows us to average in and average out. This is important because averaging in near a low, and averaging out near a peak gives us great profit advantages.

Our portfolio is designed for you to follow it down to the penny, but you can also use it as a reference or guide. Or you can just use the individual trades we're constantly coming up with.

The track record we keep takes into account all of the trades executed. It doesn't take into account performance on cash, dividends nor does it contemplate associated fees or expenses.

For trading purposes, we consider a full position to be one that is 4% of our total portfolio. We tend to buy partial positions (consisting of 2% of total portfolio) and at any given moment we could be overweight, meaning owning more than a full position.

On the trader sheets found in the final pages of each issue, you'll see a reference to our positioning, be it overweight, full, reduced or small. I also include next to each portfolio section, the percentage allocated to that particular sub portfolio.

Transparency, communication and discipline are keys to successful trading. If you have any questions or concerns, please feel free to email me at oayales@adenforecast.com.

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Note: U should NOT feel our recommended prices are set in concrete. If mkts suddenly feel hot or cold to U, or dramatic news occurs, U can buy or sell, or stop at slightly higher or slightly lower prices. It also hinges on your experience level. Some people can use our prices as guides & know when they can take bigger risks.

Spinner: Spinner is an in-house momentum indicator (not always shown on charts). Momentum indicators use the rate of change in price to determine predominant energy flows. Spinner trading signals are generated when the faster timing line crosses above or below the slower confirming line.

ABBREVIATIONS			
	1-day close (the share price must close		
	above or below the indicated price level,		
1dc	before our recommendation is activated)		
2dc	2-day close (consecutive)		
bot	bought		
CAD\$	Canadian dollar		
H&S	head & shoulder		
LOC	line on close		
LT	long term		
MT	medium term		
NL	neckline		
PF	portfolio		
PO	price objective		
Recom	recommended		
RH&S	reverse head & shoulder		
RS	relative strength		
ST	short term		
Sym/tri	symmetrical triangle		
Tgt	target		
Unch	unchanged		
Vol	volume		
Wk	week		
Ystdy	yesterday		
С	close		

Upside crosses in the lower range of positive territory offer the most reliable signals for longs; downside crosses in the top range of negative territory for shorts. Avoid trading against the timing line, i.e., buying/selling if the timing line is in corrective mode (against direction of trade) unless the confirming line is positioning for a new 'confirming cycle'. It's important to always be aware of location, direction & cycling phase of the confirming line. Spinner signals are more effective in trending mkts than in trading ranges where indicators such as Stochastic & Williams %R should be used.

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