

TRADER REPORT

Weekly Trading Strategies



GCRU Trading



BIG PIC

Financial markets appear to be regaining their footing after a period of intense volatility triggered by the conflict involving Iran. In recent weeks, geopolitical tensions surrounding attacks on Iranian targets and retaliatory strikes across the Gulf region created significant uncertainty in global markets, particularly in energy and commodities.

At one point, the situation threatened to disrupt a critical artery of the global economy. The Strait of Hormuz — through which roughly 20% of the world's oil supply moves daily — faced severe disruption as regional hostilities escalated. Energy infrastructure across the Gulf was also affected, with attacks on refineries, pipelines, and export terminals raising fears of a prolonged supply shock.

Not surprisingly, oil prices surged during the height of the crisis, with Crude Oil jumping sharply to \$120 a barrel amid fears that shipping lanes and production facilities could be disrupted.

However, over the past trading sessions, those fears have begun to ease. Reports suggesting that the

IN THIS ISSUE

TENSIONS FROM WAR WITH IRAN DISSIPATE, GIVING FINANCIAL MARKETS AND COMMODITIES A BREATHER

PRECIOUS METALS & INDUSTRIAL METALS BOUNCE UP WITH STRENGTH

ENERGY COOLS OFF BUT REMAINS WELL ABOVE PREVIOUS RESISTANCE CONFIRMING STRUCTURAL SHIFTS IN ENERGY MARKETS

U.S. DOLLAR INDEX REMAINS BELOW INTERMEDIATE RESISTANCE



OMAR AYALES

conflict could de-escalate have helped calm markets, triggering a pullback in oil prices and a rebound in global equities and commodities.

In other words, markets are doing what they often do after geopolitical shocks: reassessing the probability of worst-case outcomes.

For traders and investors, this “breathing period” has important implications across multiple sectors.

Precious Metals & Industrial Metals Rebound

The most immediate response to easing geopolitical stress has been visible in the metals complex.

Both precious metals and industrial metals have bounced from recent pullbacks, suggesting that the broader structural bull trend remains intact — even if volatility has temporarily increased.

Gold and silver, which had softened as the U.S. dollar stabilized and traders reduced risk exposure, have started to recover. The bounce reflects a combination of factors: ongoing geopolitical uncertainty, continued central bank demand, and structural supply constraints that have supported the metals market over the past several years.

Major financial institutions continue to highlight the longer-term bullish case for metals. Analysts across the board expect gold and silver to remain structurally supported by policy risks, global debt dynamics, and persistent demand for safe-haven assets.

Industrial metals have also shown resilience. Copper, in particular, remains near historically strong levels despite the recent turbulence. The metal continues to benefit from long-term demand drivers, including electrification, infrastructure investment, and the rapid growth of energy-intensive technologies such as artificial intelligence and data centers.

Despite short-term volatility, expect supply deficits in key metals markets over the coming years.

From a market-structure perspective, this rebound suggests that investors are still positioning for a broader cycle in real assets.

Energy Cools Off but Structural Strength Remains

The energy sector is experiencing a different dynamic.

Crude oil prices surged sharply during the initial phase of the Iran conflict as traders priced in the possibility of supply disruptions across the Gulf. The region remains one of the most critical hubs for global oil production and shipping. But as tensions have temporarily eased, oil prices have cooled off from their recent highs.

This cooling should not be interpreted as a collapse in the energy trade. Instead, it appears to reflect the removal of a short-term geopolitical risk premium. Importantly, crude oil remains well above the levels that previously acted as resistance earlier in the cycle.

That technical shift matters.

When an asset breaks above long-standing resistance and then holds those levels during volatility, it often confirms a structural change in the market. In this case, the energy market appears to be transitioning from a prolonged bear phase into a more balanced environment where supply discipline and geopolitical risk both support prices.

Even major oil companies have remained relatively stable during the recent turmoil, with investors focusing more on long-term supply dynamics than on short-term price spikes.

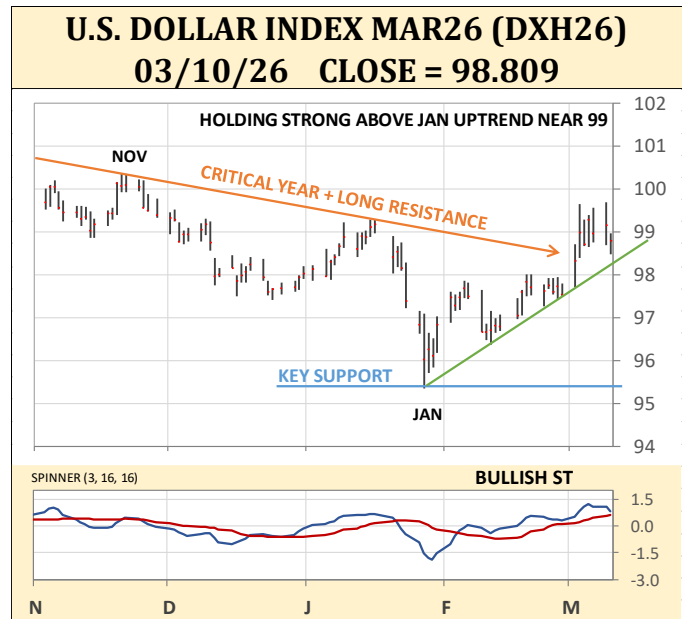
In practical terms, this suggests that energy equities may continue to behave differently from the broader commodity complex.

U.S. Dollar Index Remains Below Intermediate Resistance

Another critical factor influencing markets right now is the U.S. dollar.

The U.S. Dollar Index has attempted several rebounds during recent weeks but continues to struggle below key intermediate resistance levels. That matters because the dollar remains one of the most important macro drivers for commodity prices.

When the dollar strengthens significantly, commodities often come under pressure because they are priced globally in U.S. currency. A stronger dollar effectively raises the cost of commodities for international buyers.



Conversely, when the dollar remains contained or weakens, it can provide a tailwind for commodities and global currencies.

“Bull markets climb a wall of worry.” – Old Broker Saying

For now, the dollar appears stuck in a transitional phase. While geopolitical stress can sometimes drive short-term demand for the U.S. currency, the broader trend remains uncertain. For traders, this creates an environment where cross-market signals become especially important.

The Big Picture for Traders

Taken together, recent developments suggest that markets are entering a period of recalibration after a sharp geopolitical shock.

The easing of immediate war fears has allowed financial markets to stabilize. Precious metals and industrial metals are rebounding. Energy prices are cooling but remain structurally strong. And the U.S. dollar continues to hover below key resistance levels.

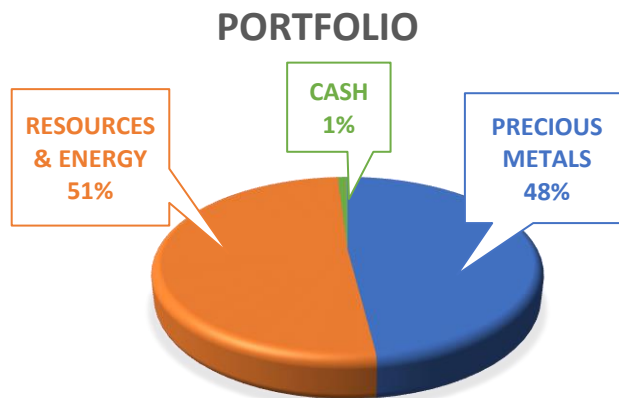
KEY PRICES			
Name/Symbol	Mar 10,26 Price	Change	Mar 03,26 Price
Gold (GCJ26)	5242.10	118.40	5123.70
Silver (SIK26)	89.59	6.12	83.47
HUI (HUI)	883.46	-15.22	898.69
Copper (HGK26)	5.95	0.13	5.83
Crude Oil (CLJ26)	83.45	8.89	74.56
S&P500	6781.52	-35.11	6816.63
U.S.Dollar (DXH26)	98.81	-0.20	99.01
30 Year T-Bond (ZBM26)	116.09	-1.19	117.28
10 Year T-Note Yield	4.136	0.08	4.056
13-week Treasury Bill	3.595	0.000	3.595

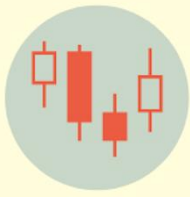
CHART INDEX

- Precious Metals6
- Gold & Silver Miners 7
- Junior Miners 8
- Resources & Energy 9
- Trader Sheet 15

In other words, the broader commodity landscape remains intact — even as short-term volatility reminds investors that geopolitical risk can reshape markets very quickly.

For traders, the key lesson is discipline: watch the trend, respect key support and resistance levels, and remain aware that macro events can rapidly change market sentiment. The current pause in volatility may simply be the market preparing for its next move.





OPEN POSITIONS

PRECIOUS METALS: The golden trifecta is bouncing up, showing support at key levels. A new rebound may have started. Watch for key resistance levels at recent highs in gold, silver, and the HUI Index at \$5,500, \$120, and 950. All three must break above these levels to confirm renewed strength that could fuel higher highs.



Gold Price:

- Holding strong above \$5,000, well above bullish support at \$4,750. Must now rise above the recent peak at \$5,500 to show signs of renewed strength.
- Has stronger intermediate support above the Dec 2024 uptrend near \$4,000.
- Leading indicator: bouncing up from the zero line, showing upside potential.
- Position: Have a full position. Hold.



Silver Price:

- Bouncing up from bullish support at the Nov uptrend near \$78. Must break above \$100 to show signs of renewed strength.
- Must break above \$120 to trigger a clear breakout.
- Leading indicator: holding above zero and the red line = bullish.
- Position: Overweight. Hold.

GOLD BUGS INDEX (HUI)
03/10/26 CLOSE = 882.2



GOLD & SILVER MINERS Also bouncing up with strength, holding above key support levels, specifically the Nov uptrend as shown on the chart of the HUI Index. The index must now rise above the recent peak near 950 to show renewed strength that could open the door to higher levels. Notice the leading indicator on the chart is bottoming at an extreme low level, suggesting the lows are in or near and that a rebound rise, at the very least, is now likely.

AGNICO EAGLE MINES LIMITED (AEM)
03/10/26 CLOSE = 226.89



Agnico Eagle Mines (AEM)

- Showing signs of support above the bullish uptrend near \$190. A new rebound rise appears to be underway. A break above the recent peak at \$250 could unleash a stronger rise.
- Leading indicator: at an extreme low level and quickly bottoming.
- Position: Have a full position. Hold. If you're looking to buy or increase exposure, buy at mkt.

ALAMOS GOLD INC. (AGI)
03/10/26 CLOSE = 50.56



Alamos Gold (AGI)

- Rebounding and holding strong near the highs. Must now rise above the recent peak at \$55 to show renewed strength.
- Leading indicator: unwinding.
- Position: Have a full position. Hold. If you're looking to buy, wait for a deeper pullback, weakness, or dip.

WHEATON PRECIOUS METALS CORP. (WPM)

03/10/26 CLOSE = 150.9



Wheaton Precious Metals (WPM)

- Bouncing up above bullish support at the Oct uptrend near \$135. Could now rebound to the recent highs at the top side of the upchannel near \$170.
- Leading indicator: basing at the lows.
- Position: Have a full position. Hold. If looking to buy, wait for a dip below \$140.

JUNIOR MINERS: holding above key support levels but have not looked as strong as senior mines. Keep them for now. I will be looking to unload some during strength.

AMPLIFY JUNIOR SILVER MINERS ETF (SILJ)

03/10/26 CLOSE = 35.44



Amplify Junior Silver Miners ETF (SILJ)

- Bounced up after dipping below the bullish Nov uptrend, showing support remains strong at this ST uptrend. SILJ could now rise to the top side of the Nov up channel near \$45.
- Leading indicator: bottoming at extreme low.
- Position: Overweight. Sell some at or above \$40. Keep a full position. If you are not in, wait for weakness to buy.

AVINO SILVER & GOLD MINES LTD. (ASM)

03/10/26 CLOSE = 8.235



Avino Silver & Gold Mines (ASM)

- Bouncing up after piercing through the Nov uptrend at \$8. If ASM holds above this level, it could rise to the \$10 level ST.
- Leading indicator: under pressure but bottoming near extreme lows.
- Position: Overweight. Hold. Some may have sold more on last week's strength. I am waiting for a stronger rebound to unload more.

HELIOSTAR METALS LTD (HSTXF)

03/10/26 CLOSE = 1.9



Heliostar Metals (HSTXF)

- Showing signs of support above the uptrend since Aug 2025. HSTXF is forming a H&S top with a neckline at \$1.80 and a downside target at \$1.10. This means HSTXF must rise above \$2.20 to void the pattern; otherwise, a break below support could extend weakness.
- Leading indicator: under pressure near extreme lows.
- Position: Have a small position after buying last week. If not in, buy some at mkt.

VIZSLA SILVER CORP. (VZLA)

03/10/26 CLOSE = 4.12



Vizsla Silver Corp (VZLA)

- Continues to hold and bounce up from critical support at \$4. Must now break above \$4.50 to show signs of renewed strength that could push VZLA to recent highs.
- Leading indicator: bullish bounce but still struggling with the zero line.
- Position: Overweight. Hold. Waiting for a stronger rebound to sell some, ideally above \$5.50.

COPPER MAY 2026 (HGK26)

03/10/26 CLOSE = 5.952

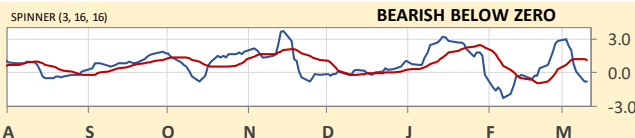
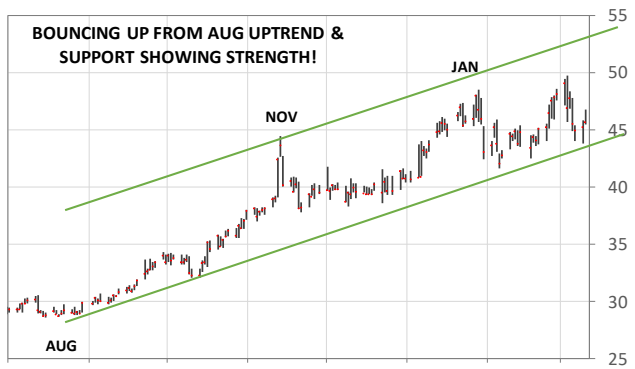


BASIC METALS

COPPER: Holding near the highs, above the mid-channel line near \$5.70. It is re-testing the old highs near \$6. A break above this level and it is off to the races. Copper could then rise to the top side of the Apr upchannel near \$6.50. The leading indicator remains under pressure below the zero line. Copper producers have taken a hit but appear ready to bounce. Keep your positions.

ALTIUS MINERALS CORPORATION (ALS.TO)

03/10/26 CLOSE = 45.76

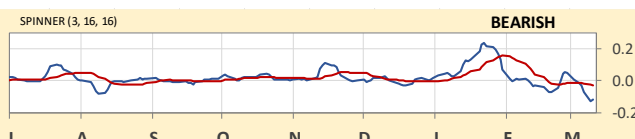


Altius Minerals Corp (ALS.TO)

- Bouncing up from the Aug uptrend and support levels, showing strength. If it holds above \$44, it could rise to the upper channel near \$55.
- Leading indicator: broke below zero = bearish.
- Position: Overweight. Hold.

CAMINO MINERALS CORP (COR.VN)

03/10/26 CLOSE = 0.7

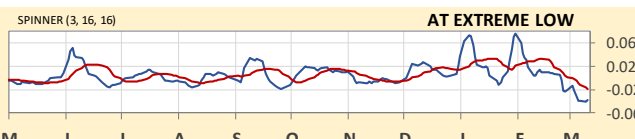


Camino Minerals Corp (COR.VN)

- Bouncing up with strength after piercing the mid-channel line at \$0.65. Must now break above \$0.85 to unleash upside potential that could push COR to the top of the Sept upchannel near \$1.10 initially.
- Leading indicator: approaching an extreme low.
- Position: Overweight after buying more last week. Hold. Buy on weakness if not in or looking to buy more.

COPPERNICO METALS INC (CPPMF)

03/10/26 CLOSE = 0.28



Coppernico Metals (CPPMF)

- Fell to new lows for the move = bearish. Price action suggests ongoing weakness. Watch the \$0.25 level closely. If CPPMF holds above support, it could rebound toward the Jan highs.
- Leading indicator: bottoming at an extreme low.
- Position: Overweight. Hold.

IVANHOE MINES LTD. (IVN.TO)
03/10/26 CLOSE = 13.61



Ivanhoe Mines (IVN.TO)

- Testing key support at the Jul uptrend near \$13. Must now break above \$15 to confirm support at \$13 and open the door to a rise toward the 2026 peak near \$20.
- Leading indicator: remains under pressure.
- Position: Overweight. Hold. Waiting for a rebound to sell some.

NGEX MINERALS LTD. (NGXXF)
03/10/26 CLOSE = 20.06



NGEX Minerals (NGXXF)

- Bouncing up from the Apr uptrend, showing signs of strength. Must now break back above \$22 to re-confirm support at \$19 and open the door to higher highs.
- Leading indicator: fell to an extreme low level.
- Position: Overweight. Hold.

SPROTT JUNIOR COPPER MINERS ETF (COPJ)
03/10/26 CLOSE = 43.59



Sprott Junior Copper Miners (COPJ)

- Recent bounce exposes strong support above the Apr uptrend near \$40. Could now rise to the top side of the upchannel near \$50.
- Leading indicator: fell to extreme lows and is bottoming.
- Position: Have a full position. Hold. Buy some on a dip below \$41.

LIGHT CRUDE OIL APR 2026 (CLJ26)

03/10/26 CLOSE = 83.45



ENERGY

CRUDE OIL: Broke above the key resistance zone during the U.S./Israeli-led attacks on Iran. Energy companies rallied strongly. Over the past day, however, as expectations grow that the attacks may be closer to ending than escalating, crude oil and natural gas are pulling back, along with energy companies. Crude oil is now trading within the resistance zone. A break below \$75 could push crude oil toward the Jan uptrend near \$68. A break above \$85 and it is off to the races. The leading indicator is at extreme levels, showing strength. We will be looking to increase exposure.

CONOCOPHILLIPS (COP)

03/10/26 CLOSE = 114.17



ConocoPhillips (COP)

- Pulling back from the recent peak at \$120. Support sits near the previous resistance at \$110. If COP holds, it could resume its rise. If support breaks, it could fall to \$100 or lower.
- Leading indicator: uptrending.
- Position: Overweight. Hold. If not in, wait for weakness to buy.

CHEVRON CORP (CVX)

03/10/26 CLOSE = 186.28



Chevron Corp (CVX)

- Consolidating near the highs between \$180 and \$190. A break in either direction could open the door for the next intermediate move.
- Leading indicator: under pressure near zero.
- Position: Have a full position. Hold. Waiting for weakness to buy more.

EXXON MOBIL CORPORATION (XOM)

03/10/26 CLOSE = 148.12



Exxon Mobil Corp (XOM)

- Consolidating near the highs between \$145 and \$155. A break above \$155 would signal a new leg higher. A break below support, however, could mark the start of a pullback.
- Leading indicator: under pressure near zero.
- Position: Out. Buy some on a dip below \$150. Buy more on a decline to \$120.

INPLAY OIL CORP (IPOOF)

03/10/26 CLOSE = 11.9



InPlay Oil Corp (IPOOF)

- Bullish rise to new highs just below \$13. Remains bullish above the May uptrend near \$10. Must rise to new highs to confirm upside potential.
- Leading indicator: bullish above zero.
- Position: Holding a full position. Hold. Buy on a dip below \$11.

YPF SOCIEDAD ANÓNIMA (YPF)

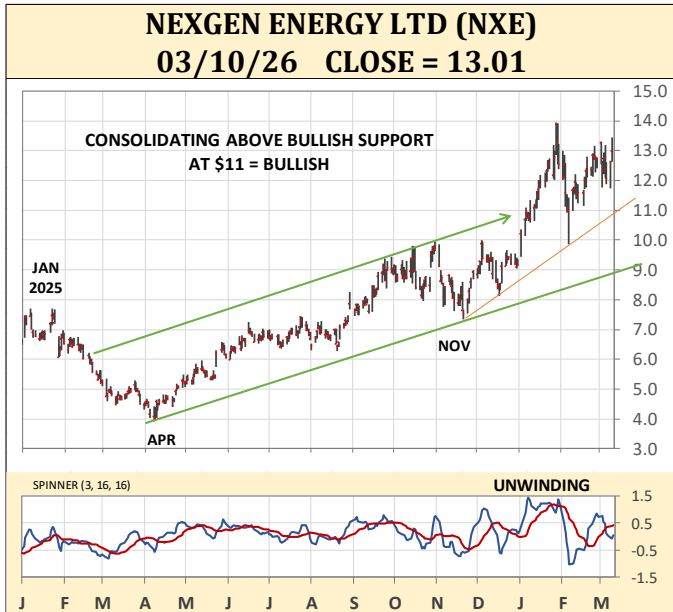
03/10/26 CLOSE = 36.67



YPF, S.A. (YPF)

- Coiling above the Oct uptrend just above \$35. A break above \$40, a critical resistance, and it is off to the races.
- Leading indicator: rising from a low area and breaking above the zero line.
- Position: Out. Buy on a dip to \$35 or lower.

URANIUM: Remains a critical element, especially during global uncertainty and geopolitical turmoil affecting the energy markets.



NexGen Energy (NXE)

- Holding near the highs. Remains bullish above the Nov uptrend near \$11. Must now rise above \$14 to show renewed strength.
- Leading indicator: unwinding.
- Position: Overweight. Hold. Wait for a pullback below \$11 to buy more.



Sprott Uranium Miners (URNM)

- Bouncing up from uptrend and support levels above the Nov uptrend near \$64. Could now rise to test the top side of the upchannel.
- Leading indicator: at an extreme low level.
- Position: Overweight. Hold.

Good luck and good trading,

Omar Ayales
Chief Strategist/GCRU
www.goldchartsrus.net
A division of Aden Research

TRADER SHEET

Symbol	Trade Update &/or Current Position	Status B=Buy S=Sell O=Out H=Hold	Long or Short	Annual Dividend Yield	Last Closing Price	Stops	Targets
PRECIOUS METALS (48%)							
GOLD (GCJ26)	Have a full position. Hold.	H		0.00%	5242.10	Hold.	Surpassed
PHYS	Alternative to trading gold in commodity markets.	H		0.00%	39.57	Hold.	Surpassed
SILVER (SIK26)	Overweight. Hold.	H		0.00%	89.592	Hold	Surpassed
PSLV	Alternative to trading silver in commodity markets.	H		0.00%	28.85	Hold.	Surpassed
GOLD & SILVER SHARES							
AEM	Have a full position. Hold. If you're looking to buy or increase exposure, buy at mkt.	H, B		1.30%	226.89	Hold.	Surpassed
AGI	Have a full position. Hold. If you are looking to buy, wait for a deeper pullback, weakness or dip.	H, B		0.34%	50.56	Hold.	Surpassed
WPM	Have a full position. Hold. If looking to buy, wait for a dip below \$140 to buy.	H, B		0.74%	150.90	Hold.	Surpassed
JUNIOR MINERS							
ASM	Overweight. Hold. Some may have sold more on last week's strength. I'm waiting for a stronger rebound to unload more.	H, S		0.00%	8.24	Hold	New: \$7.50
HSTXF	Have a small position after buying last week. If not in, buy some at mkt.	H, B	\$2.15 (Feb-25-25).		1.90	-	-
SILJ	Overweight. Sell some at or above \$40. Keep a full position. If you are not in, wait for weakness to buy.	H, S	Bot: \$21.85 (Sept-24-25), \$25.75 (Oct-15-25). AVG: \$23.		35.44	2dc below \$17	-
VZLA	Overweight. Hold. Waiting for stronger rebound to sell some, ideally above \$5.50.	H, S	\$1.20 (Mar-13-23), \$1.40 (Apr-24-23), \$1.15 (Mar-6-24); Sold some at \$1.85 for 48% gain. Sold more at \$1.70 for 36% gain. Bot: \$1.70 (Aug-14-24). Sold some at \$1.98 to protect a 40% profit (Feb-26-25). Bot: \$2.24 (Mar-21-25). Sold some at \$4.70 (Oct-8-25) to protect a 180% gain. AVG: \$1.68.	0.00%	4.12	Hold	\$3

RESOURCES & ENERGY (51%)

BASE METALS

ALS.TO & ATUSF.OTC	Overweight. Hold.	H	\$26.50 (May-14-25), \$26.80 (May-28-25), \$38.75 (Dec-8-25). AVG: \$30.	0.00%	45.76	-	-
COR.VN	Overweight after buying more last week. Hold. Buy on weakness if not in or looking to buy more.	H, B	Bot: \$0.50 (Nov-12-25), \$0.44 (Nov-26-25); \$0.86 (Feb-25-26). AVG: \$0.60.		0.70	2dc below \$0.20	-
CPPMF	Overweight. Hold.	H	Bot: \$0.17 (Nov-12-25), \$0.278 (Jan-8-26), \$0.31 (Feb-25-26), \$0.28 (Mar-5-26). AVG: \$0.26.		0.28	-	-
IVN.TO (IVPAF)	Overweight. Hold. Waiting for rebound to sell some.	H, S	Bot: \$10.90 (Feb-24-23), \$11 (May-11-23). Sold half at \$12.55 for 15% gain. Bot: \$11.80 (Aug-24-23), \$10.80 (Nov-15-23). Sold some at \$14.25 for 27% gain (Jan-24-24). Sold more at \$19 for 70% gain! (May-1-24). Bot: \$17.90 (Jun-7-24), \$15.45 (Aug-14-24), \$15.78 (Feb-19-25), \$14.25 (May-7-25). Sold some at \$14.25 for breakeven (Oct-22-25). AVG: \$14.25.	0.00%	13.61	Hold.	\$22.50
NGXXF	Overweight. Hold.	H	\$8.35 (Apr-16-25), \$10.95 (Jun-13-25), \$17.75 (Oct-10-25), \$21 (Feb-2-26). AVG: \$14.50.	0.00%	20.06	Hold.	-
COPJ	Have a full position. Hold. Buy some on a dip below \$41.	H, B	Bot: \$36 (Oct-29-25), \$36 (Nov-12-25). AVG: \$36.		43.59	-	-

ENERGY

COP	Overweight. Hold. If not in, wait for weakness to buy.	H, B	Bot: \$88.25 (Oct-15-25), \$87.25 (Oct-29-25). AVG: \$87.75.		114.17	-	-
CVX	Have a full position. Hold. Waiting for weakness to buy more.	H, B	Bot: \$152 (Oct-15-25), \$155.25 (Oct-29-25). AVG: \$153.65.		186.28	-	-
IPOOF	Holding a full position. Hold. Buy on a dip below \$11.	H, B	Bot: \$9.50 (Nov-12-25), \$8.85 (Dec-16-25); AVG: \$9.15.		11.90	-	-
NXE	Overweight. Hold. Wait for a pullback below \$11 to buy more.	H, B	\$6.80 (Jan-8-25), \$6.15 (Jan-27-25), \$4.80 (Mar-3-25), \$5.50 (May-7-25). Sold some at \$8.25 (Oct-17-25) for a 42% gain. AVG: \$5.80.	0.00%	13.01	Hold.	\$9 & \$12
URNM	Overweight. Hold.	H	Bot: \$65 (Oct-15-25), \$55 (Nov-6-25), \$68.90 (Feb-12-26). AVG: \$63.30.		68.67	-	-
YPF	Out. Buy on a dip to \$35 or lower.	O, B	-	0.00%	36.67	-	-
XOM	Out. Buy some on a dip below \$150. Buy more on a decline to \$120.	O, B	-	3.44%	148.12	-	-

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.

Quoting *GCRU* is permitted provided *GCRU* name, website address & subscription price are given.

All charts in *GCRU* are daily prices.

Subscribers can obtain free online chart updates for all gold shares in *GCRU* via: www.bigcharts.com. To view Canadian stks please use CA as prefix (i.e., to view Agni Eagle (Toronto) you must use CA: AEM).

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. 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.

ABBREVIATIONS	
	1-day close (the share price must close above or below the indicated price level, before our recommendation is activated)
1dc	
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
C	close

- DISCLAIMER -

Due to the electronic nature of e-mails, there is a risk that the information contained in this message has been modified. Consequently *Gold (& mkts) Charts R Us* can accept no responsibility or liability as to the completeness or accuracy of the information. Whilst efforts are made to safeguard messages and attachments, *Gold (& mkts) Charts R Us* cannot guarantee that messages or attachments are virus free, do not contain malicious code or are compatible with your electronic systems and does not accept liability in respect of viruses, malicious code or any related problems that you may experience. Information in *Gold (& mkts) Charts R Us* is for general information only & is not intended to be relied upon by individual readers in making specific investment decisions. Appropriate independent advice should be obtained before making any such decisions. *Gold (& mkts) Charts R Us* do not guarantee or assure that readers will make money or accept liability for any loss suffered by readers as a result of any such decision. Futures and share trading involve risk and is not for all investors. Past performance is NOT indicative of future results. Trading involves risk and should be pursued with risk capital only!