



Macro Ops

Swing Trade Setups

See the signal, like the signal, follow the signal... ~ Commodities Corp Saying



Summary:

Chop wood and carry water is our mantra when it comes to executing on our futures swing trading strategy. We're staying primarily focused on Ags. Looking for long set ups and sticking to markets in Bull Quiet regimes that show repeated sell setup failures within a strong uptrend.

The key with this strategy is patience and waiting for the market to come to you. Setting buy and sell stops to let the market pull you into a trade. Placing these buy/sell stops at meaningful technical inflection points (ie, at the bottom of a sideways neutral regime or right above a breakout level above resistance, etc...)

We are now basically long the entire Ag complex. So... we'll be playing our stops tight in order to keep our open risk down.



Current Positions and Active Setups

• Current Positions:

- Long WTI Oil
- Long Wheat
- Long Corn (5-day MA trail stop for half profits)
- Long Cotton
- Long DXY (5-day MA trail stop for half profits)
- Long Soybean Oil (5-day MA trail stop for half profits)
- Long Natural Gas (5-day MA trail stop for half profits)

• Active Setups/On Watch:

- Buy Stop above today's high on NQ
- Bonds (ZN) on watch for a 3-wave push bottom
- Waiting for a midline reversal in GC & SI
- HG still on watch for a break above key level
- Waiting for a midline reversal in SB
- Buy Stop on USDCNH above today's high

WTI Dec 23'



Wheat Dec 22'



Corn July 22'



Cotton July 22'



DXY



Soybean Oil



Natty Dec 22'



Nasdaq



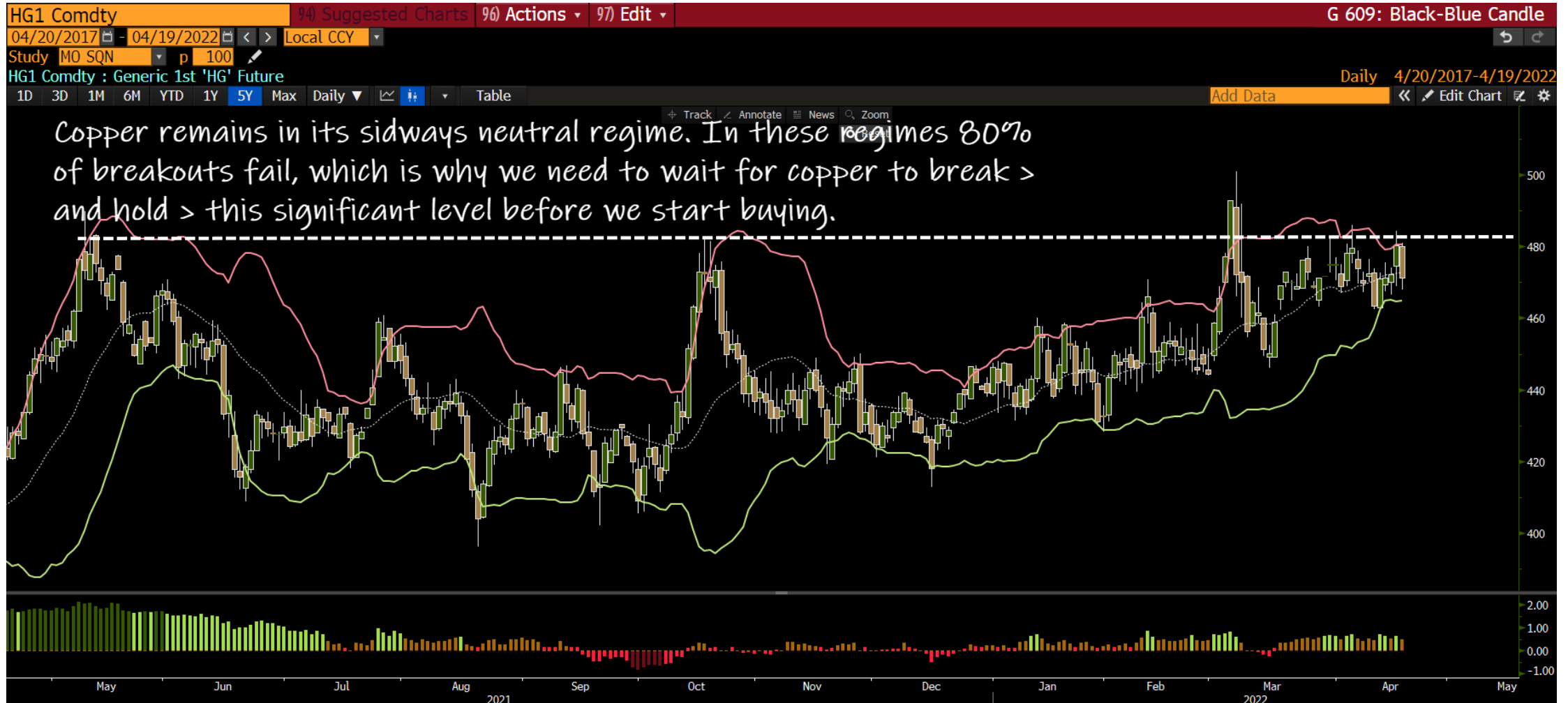
10yr Note Futures



Gold



Copper



Sugar



USDCNH



Appendix

- Trifecta Lens & SQN Methodology & Case Study ([link here](#))
 - TL Score Theory ([link here](#))
 - TL & SQN Dashboard ([link here](#))
 - Trend Fragility Dashboard ([link here](#))
- Nervous & Numb Case Study (coming soon)
- Volatility & Failed Volatility Breakouts (VBO/FVBO) ([link here](#))
- Hierarchy of Technicals ([link here](#))
- Currency Framework ([link here](#))
- Precious Metals Framework ([link here](#))
- How to Read Market Sentiment ([link here](#))
- Equity Supply & Demand Equation ([link here](#))
- 50 Cent Conditional Tail Hedge Strategy ([link here](#))

