



Macro Ops

The Trifecta Report

The best trades are the ones in which you have all three things going for you: fundamentals, technical, and market tone. ~ Michael Marcus

Weekly Summary



S&P 500

➤ **Summary:** Sentiment and positioning are at bearish extremes. We've seen consecutive breadth thrusts in the past week. Plus, we have a constructive short-term tape. However, liquidity continues to deteriorate, and yields need time to show they're at a ceiling, in order for stocks to put in a durable bottom. Practically speaking, this means we've likely put in a short-term bottom and should see a few weeks (at least) of upside. But, we remain in a larger sideways volatile regime which will last until liquidity bottoms out. Something we don't expect to happen until later this year.

UST 10yr Bonds

➤ **Summary:** Bonds are deeply oversold but are showing some early signs of reversion. We need to see if they can hold current levels. Indicators are neutral so no directional conviction at the moment.

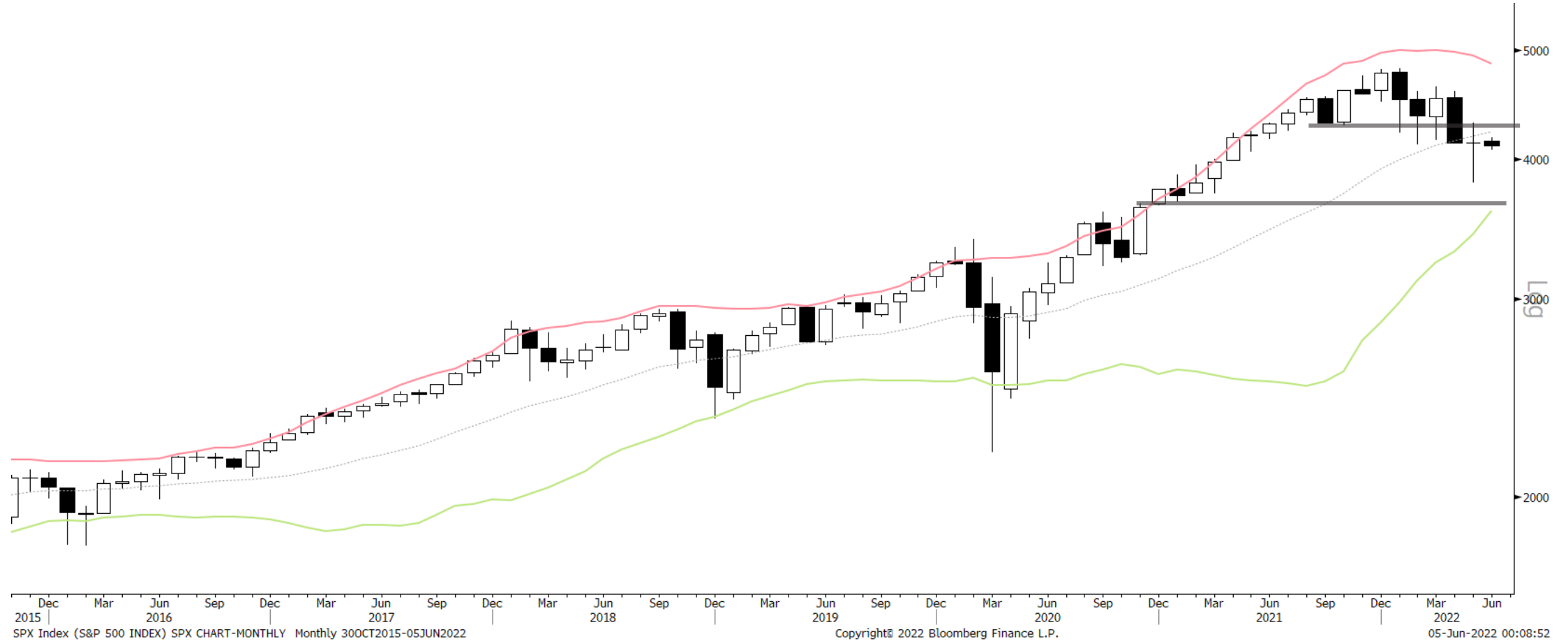
Gold

➤ **Summary:** Gold is in a larger range. Positioning and sentiment have been taken down. Seasonality is weak-to-neutral until mid-July when it turns more positive. It's in a broad sideways volatile range so the play is to buy bottoms and sell tops until there's a breakout.

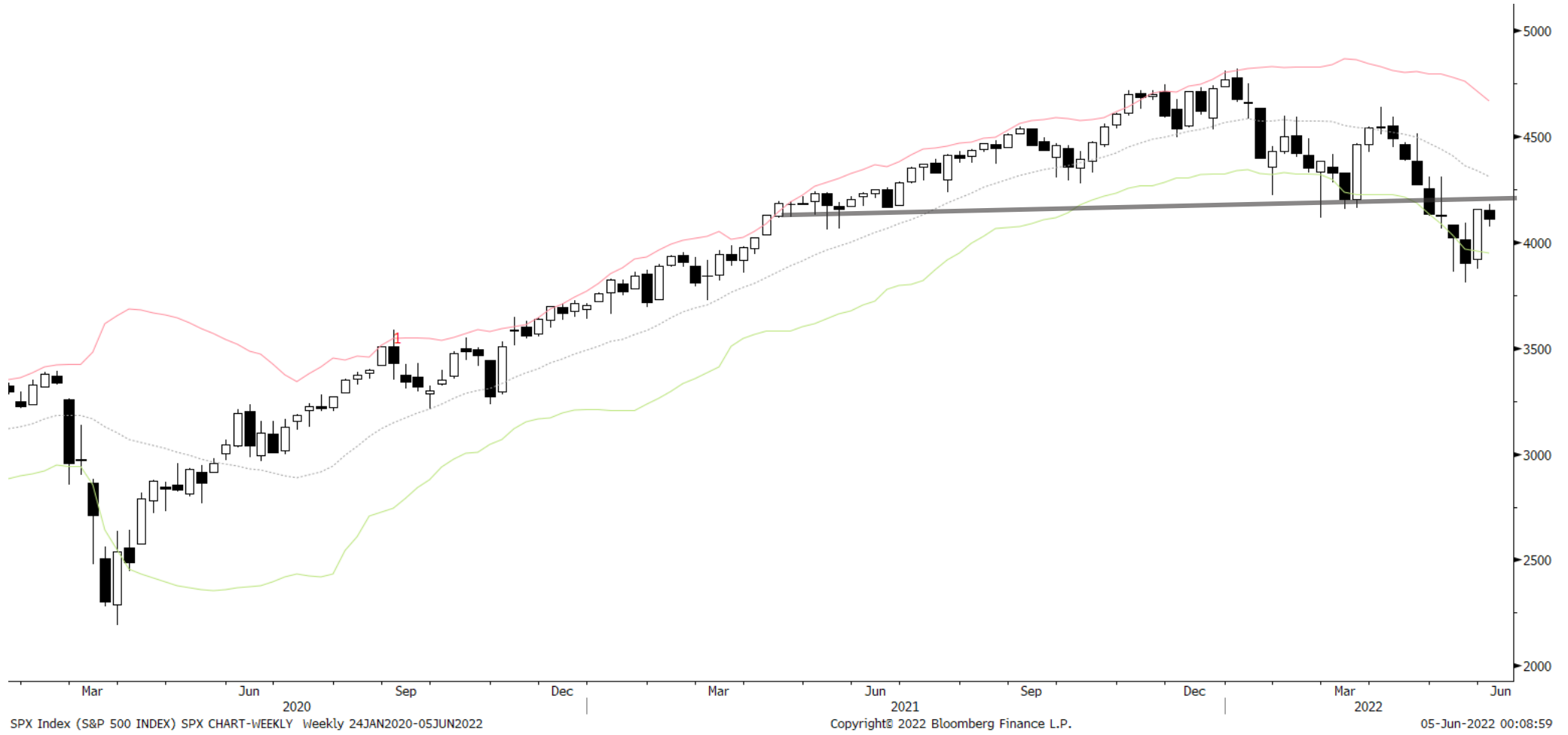
EURUSD

➤ **Summary:** EURUSD has found support at a significant technical level on a historical and monthly timeframe. Yield differentials are moving in the euro's favor, as well as relative growth expectations and economic surprises. The tape needs a bit more work to confirm that there's a major trend change afoot, but we can start probing for trades to the long side in small size here.

S&P 500 Monthly








S&P 500 Weekly

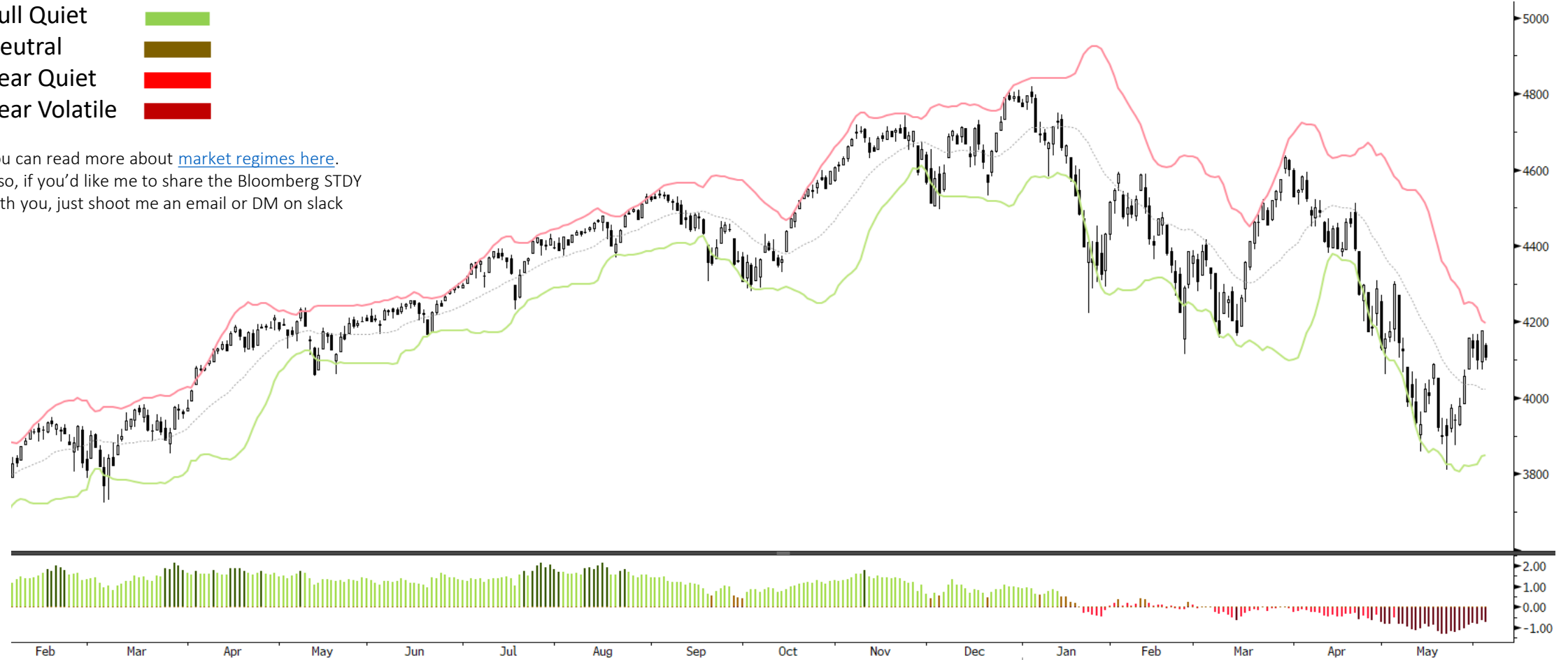


S&P 500 Daily

SQN Market Regime

- Bull Volatile 
- Bull Quiet 
- Neutral 
- Bear Quiet 
- Bear Volatile 

You can read more about [market regimes here](#).
Also, if you'd like me to share the Bloomberg STDY with you, just shoot me an email or DM on slack

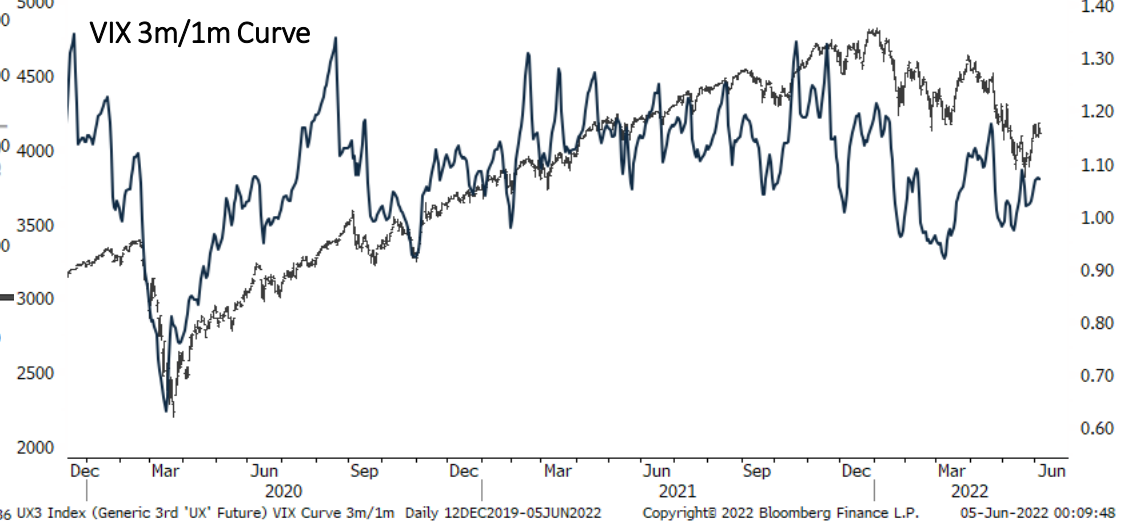
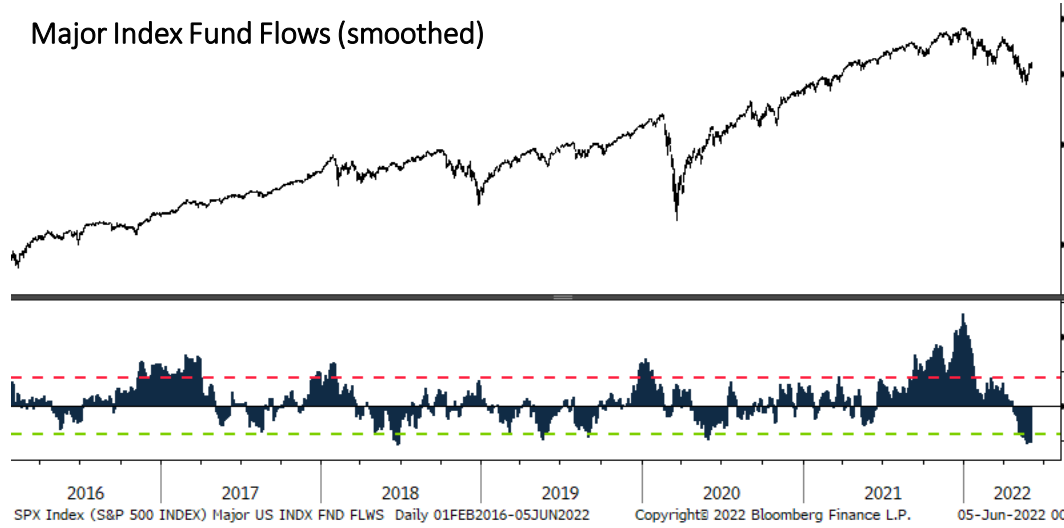
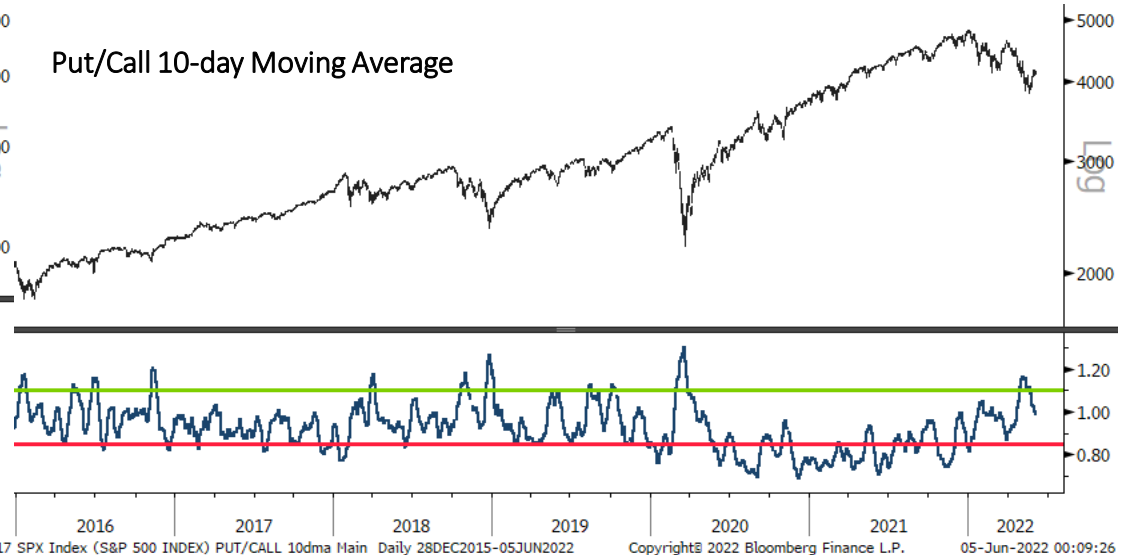


SPX Index (S&P 500 INDEX) SPX CHART-DAILY Daily 02FEB2021-05JUN2022

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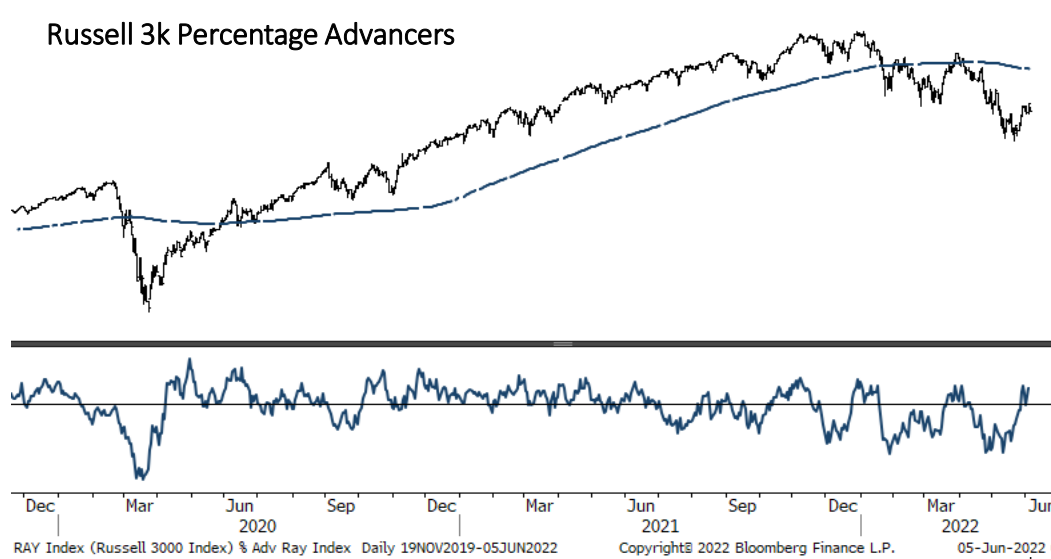
Sentiment & Positioning



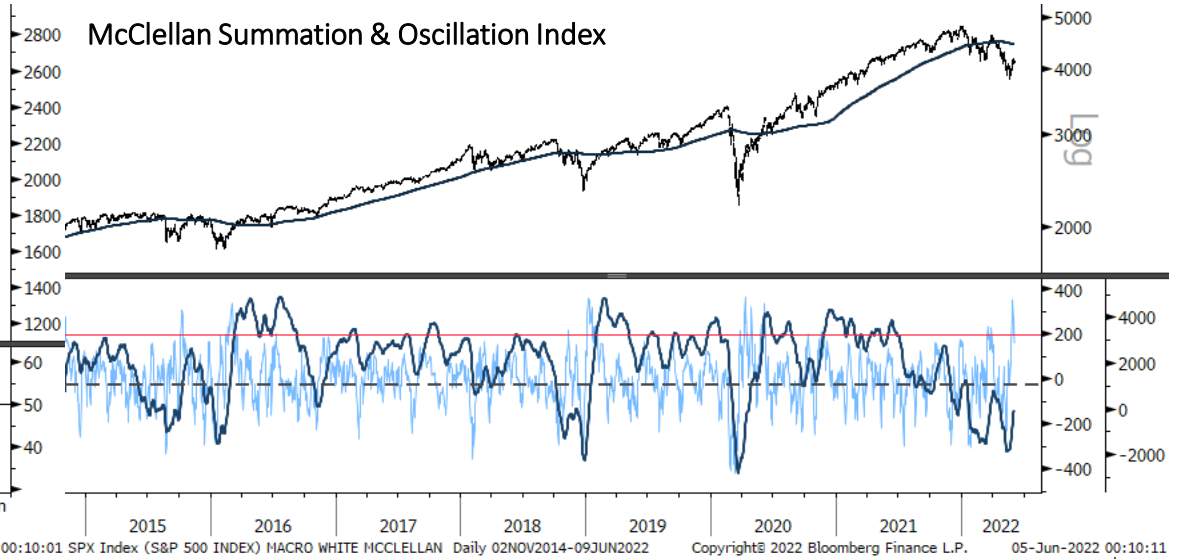
Breadth



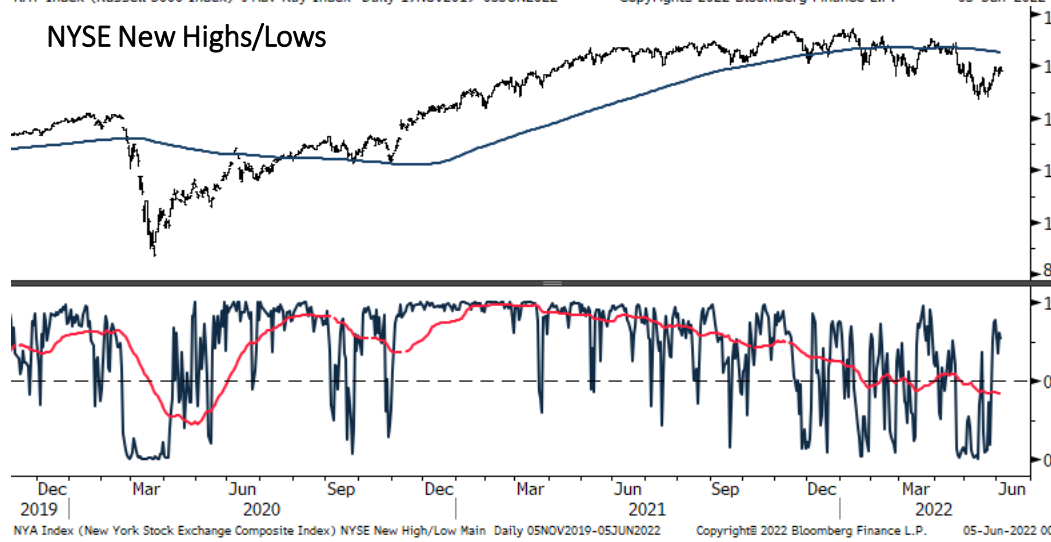
Russell 3k Percentage Advancers



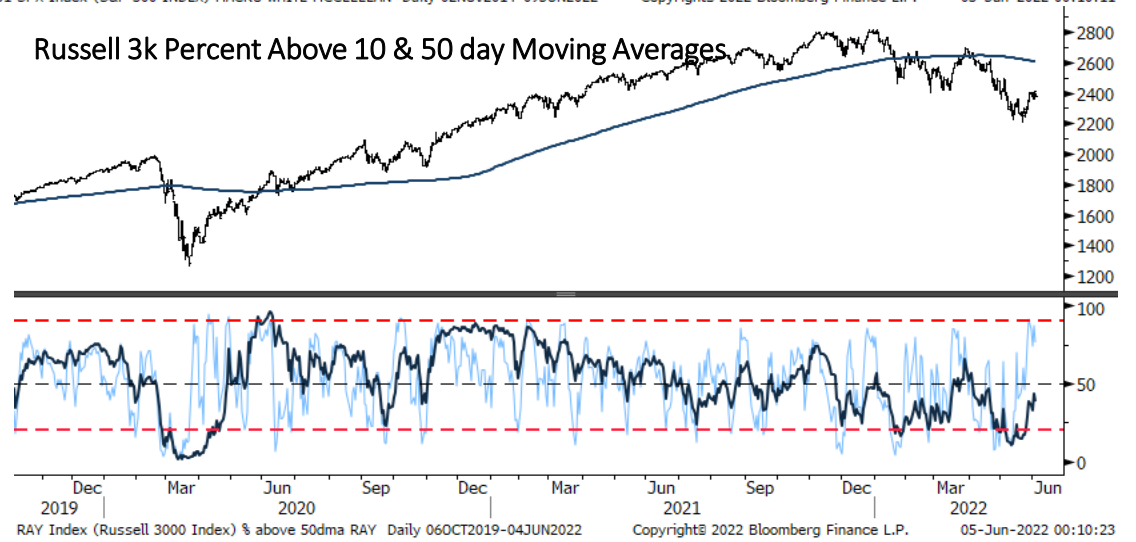
McClellan Summation & Oscillation Index



NYSE New High/Lows



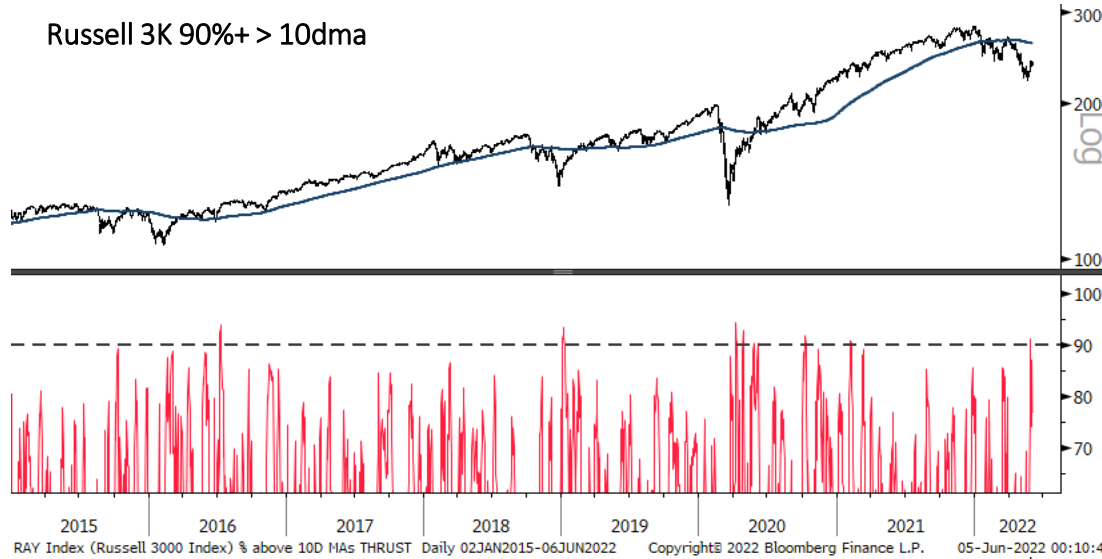
Russell 3k Percent Above 10 & 50 day Moving Averages



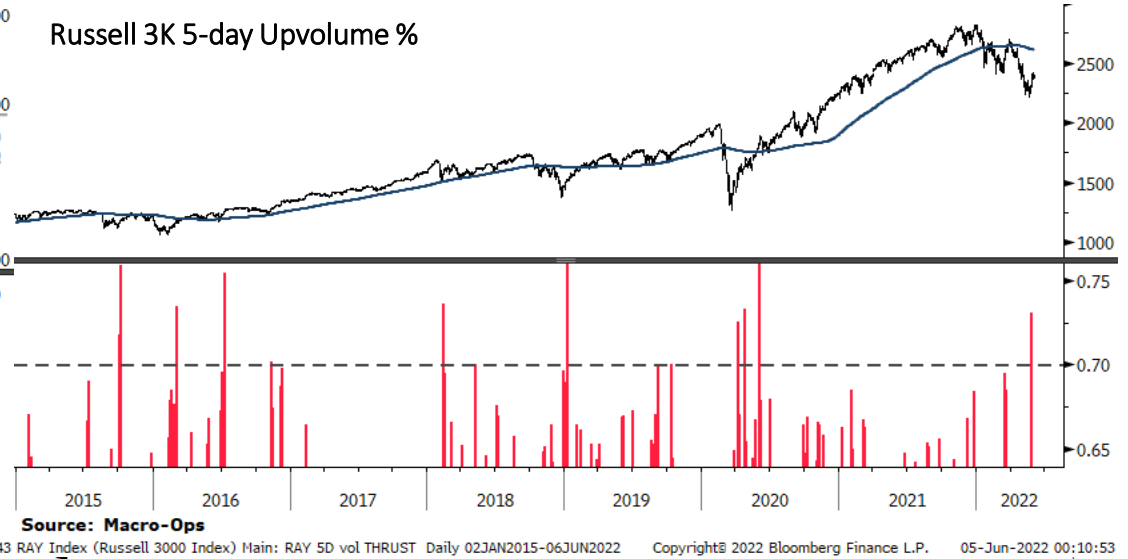
Breadth Thrust



Russell 3K 90%+ > 10dma



Russell 3K 5-day Upvolume %



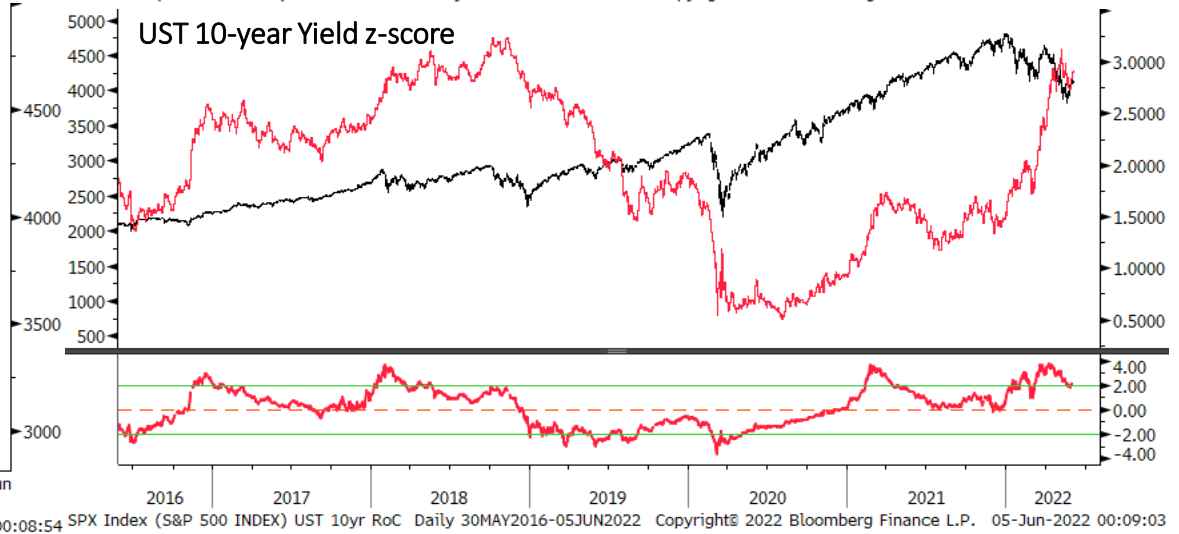
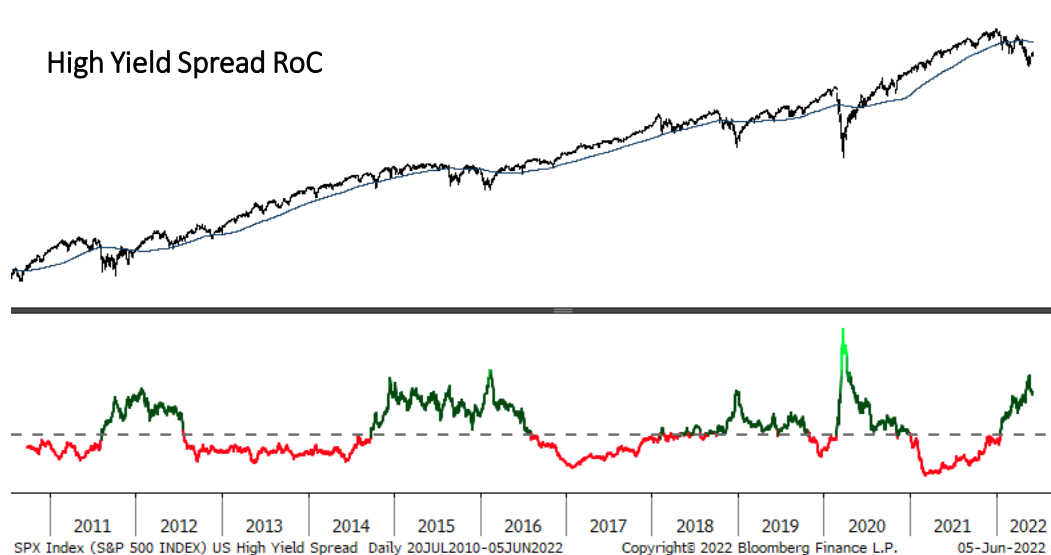
NDX 5-day % Advancers



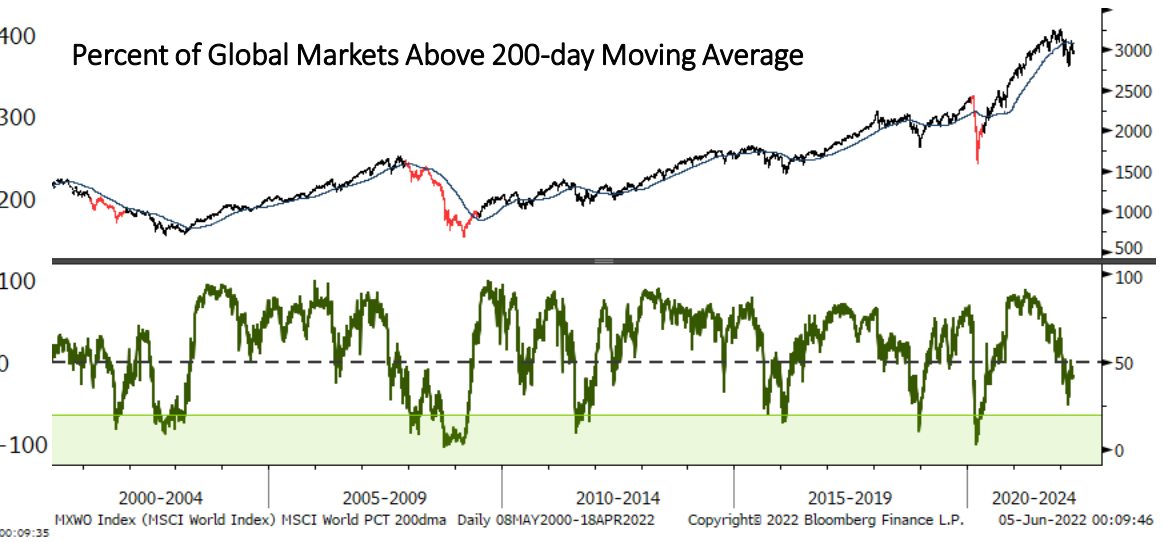
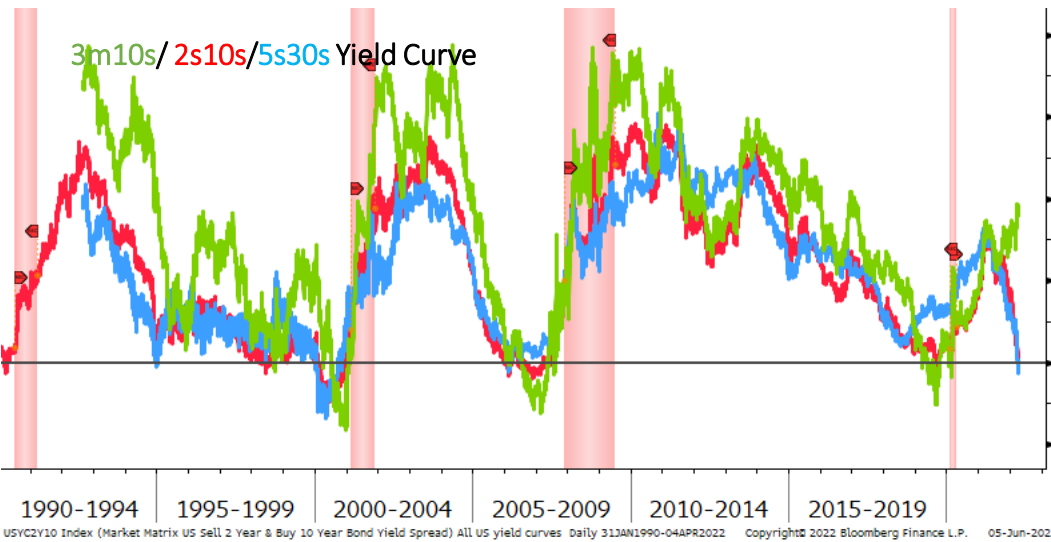
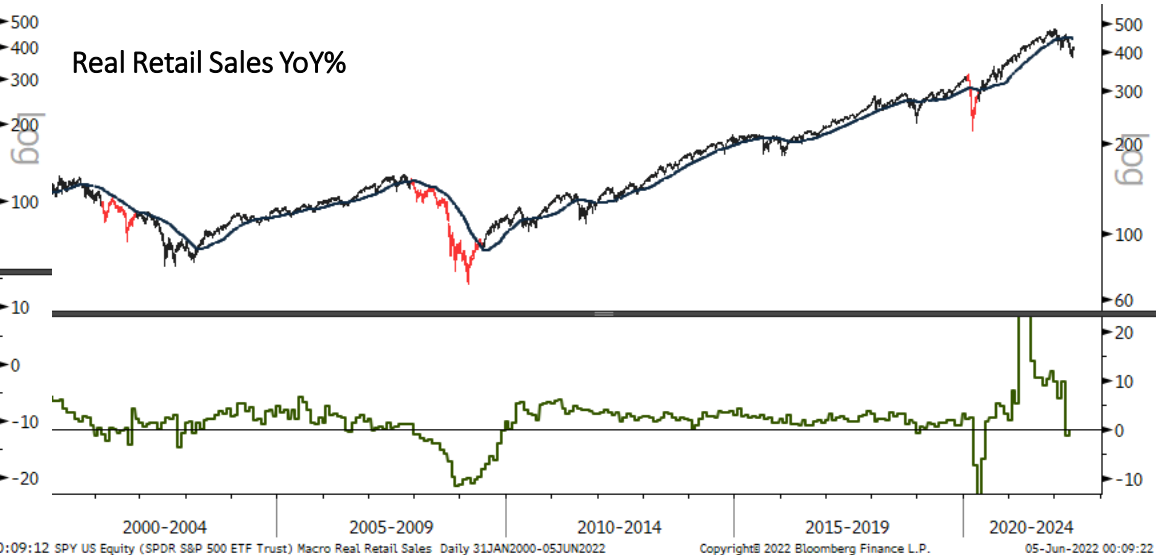
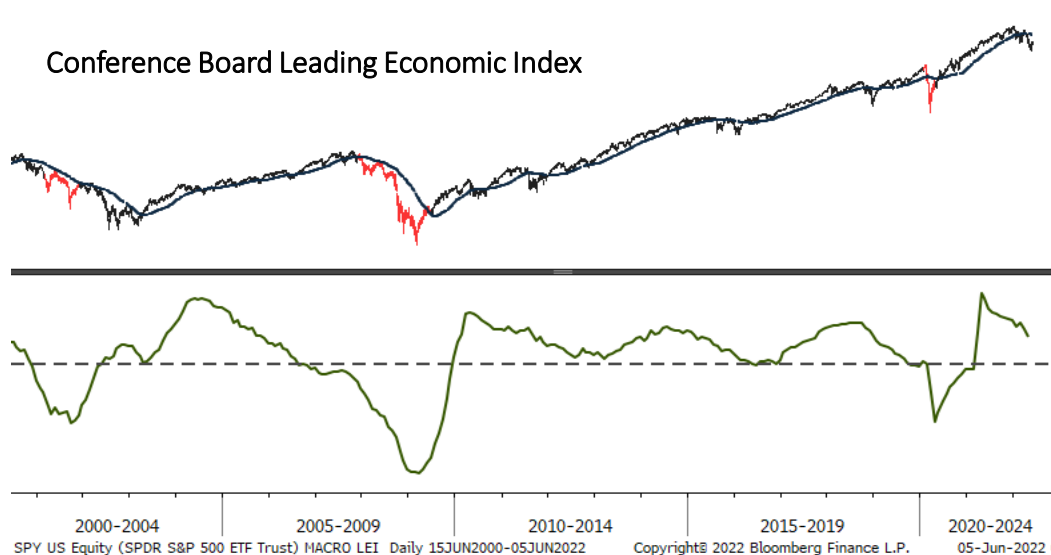
Russell 3K MACD Buy Signals Last 10-days



Liquidity



Macro



Bonds: 10-year Futures Monthly



Bonds: 10-year Futures Weekly

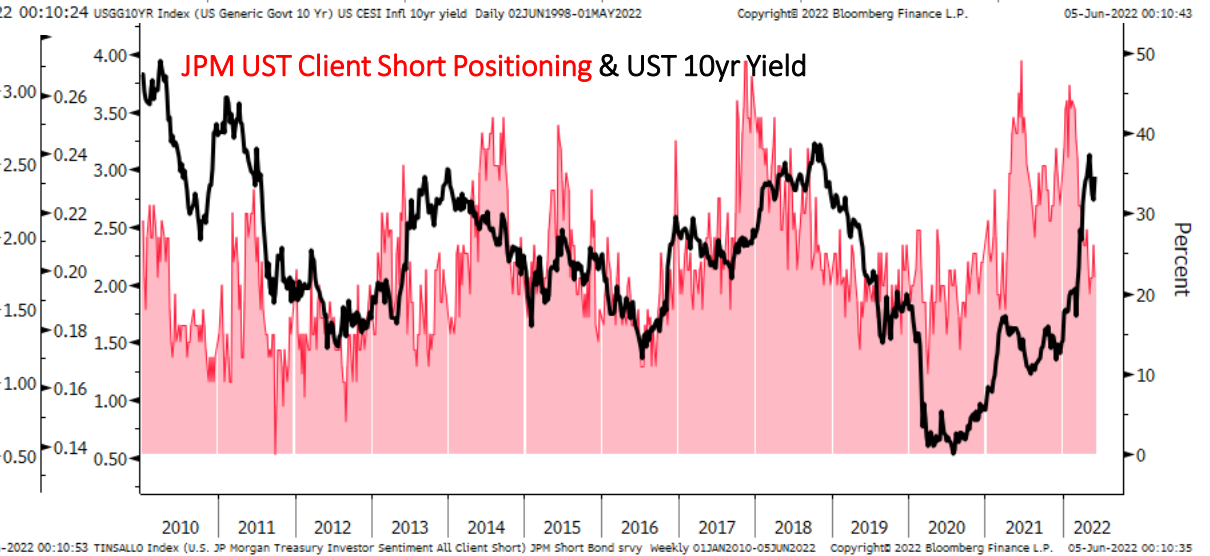
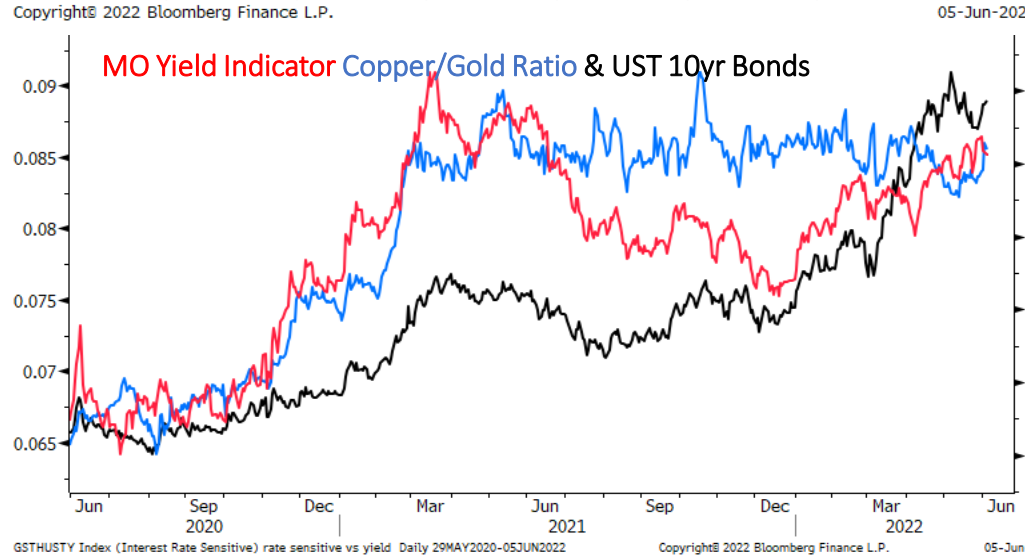
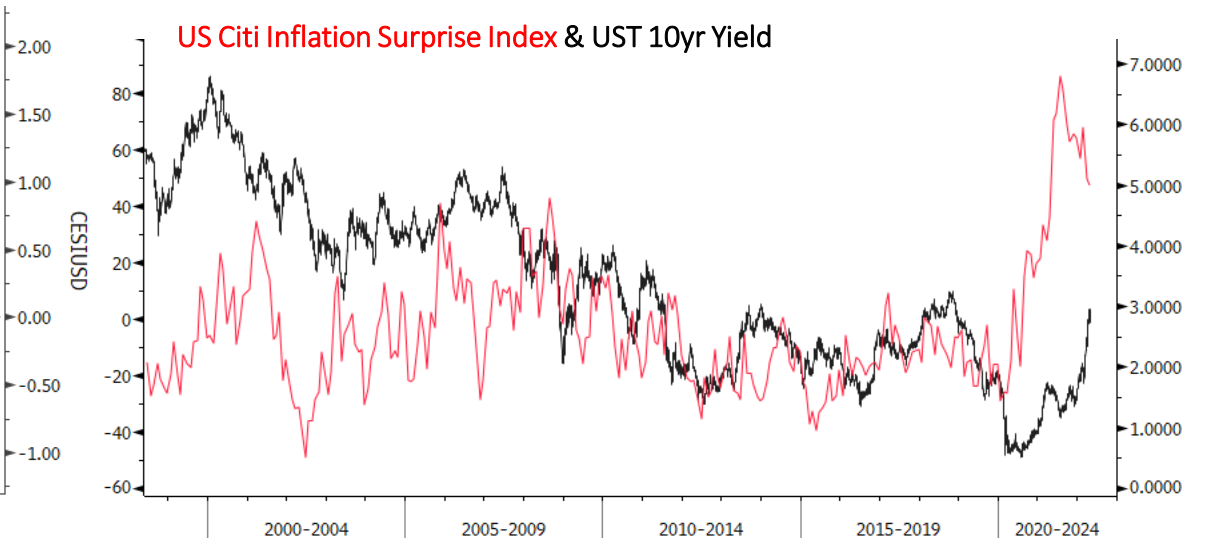
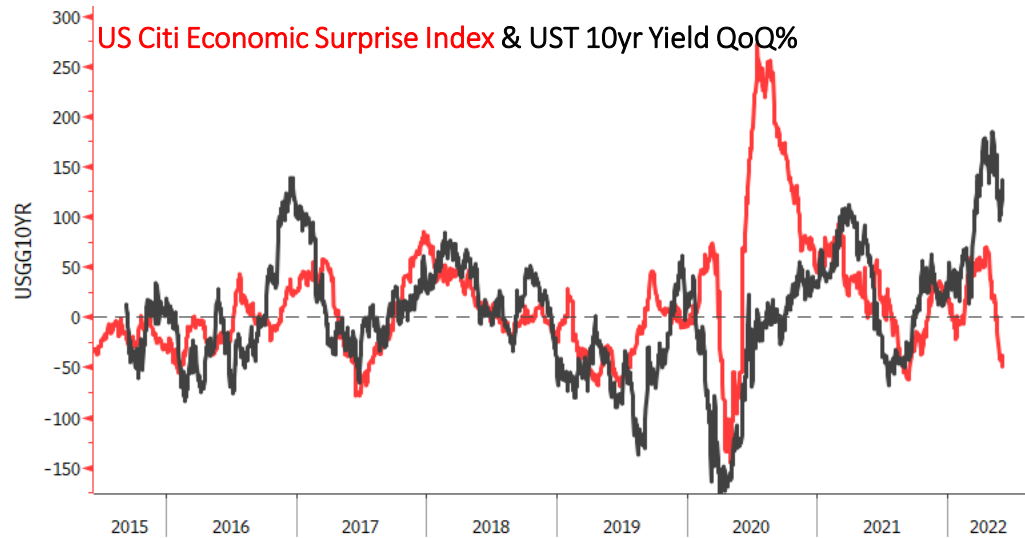


Bonds: 10-year Futures Daily





Bond/Yield Indicators



Gold Monthly



Gold Weekly



Gold Daily



GC1 Comdty (Generic 1st 'GC' Future) GOLD - DAILY Daily 02JUL2021-05JUN2022

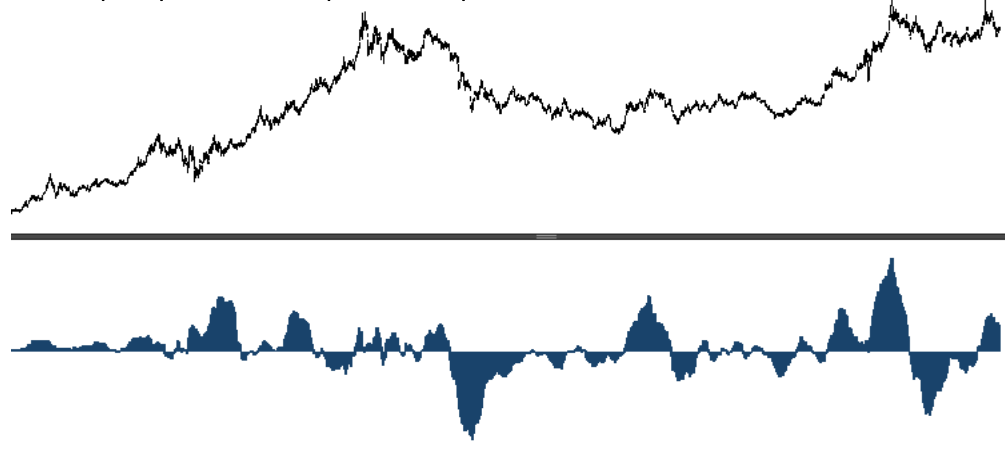
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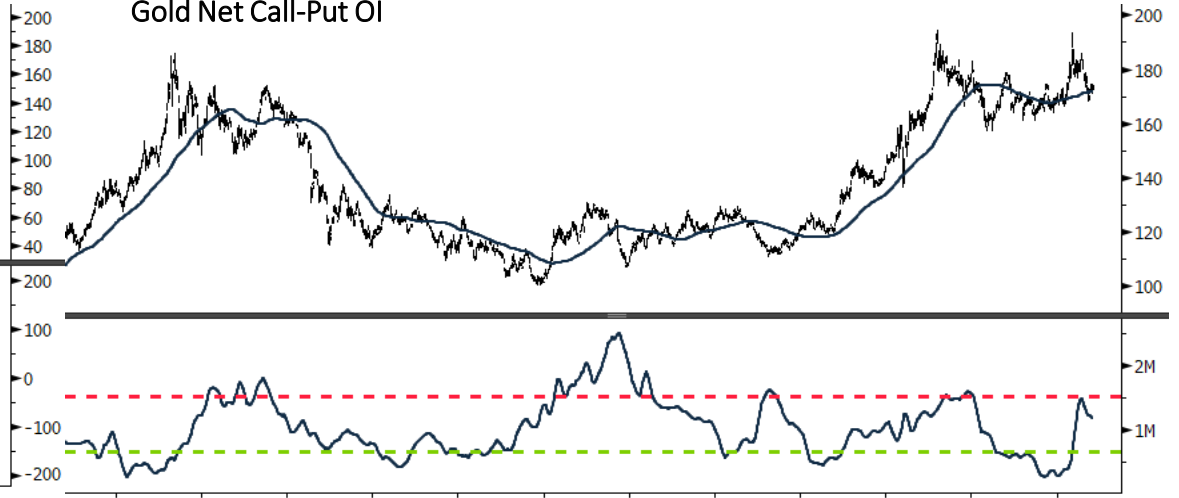
Gold Indicators

Gold (GLD) Fund Flows (smoothed)



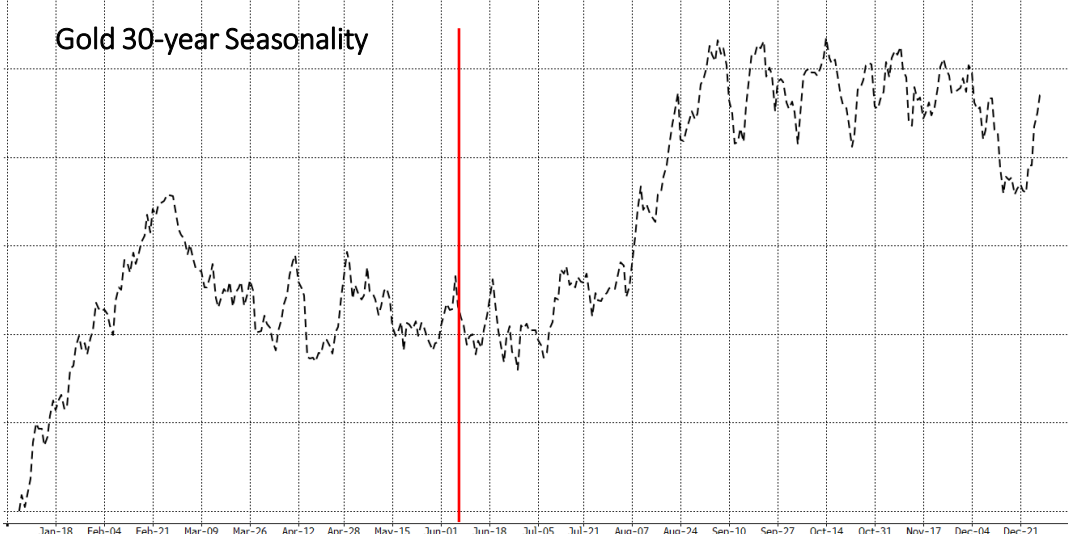
GLD US Equity (SPDR Gold Shares) Gold (GLD) Fund Flows z Daily 08SEP2005-05JUN2022 Copyright© 2022 Bloomberg Finance L.P. 05-Jun-2022 00:09:03

Gold Net Call-Put OI



GLD US Equity (SPDR Gold Shares) Call/Put Open Intrst GLD Daily 29MAY2010-05JUN2022 Copyright© 2022 Bloomberg Finance L.P. 05-Jun-2022 00:11:33

Gold 30-year Seasonality



Gold Miners % > 200-day moving average



GDM Index (NYSE Arca Gold Miners Index) Breadth % abv200dma Gold Daily 05DEC2005-05JUN2022 Copyright© 2022 Bloomberg Finance L.P. 05-Jun-2022 00:08:54

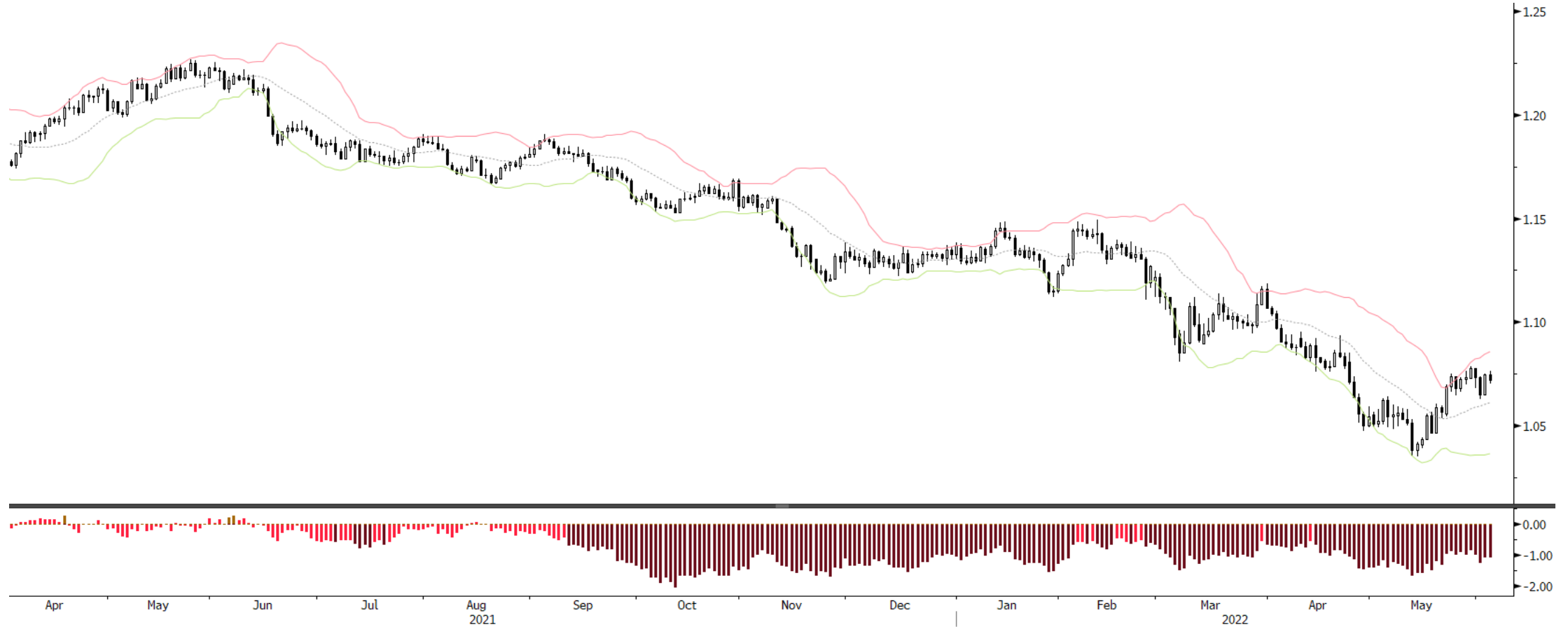
EURUSD Monthly



EURUSD Weekly

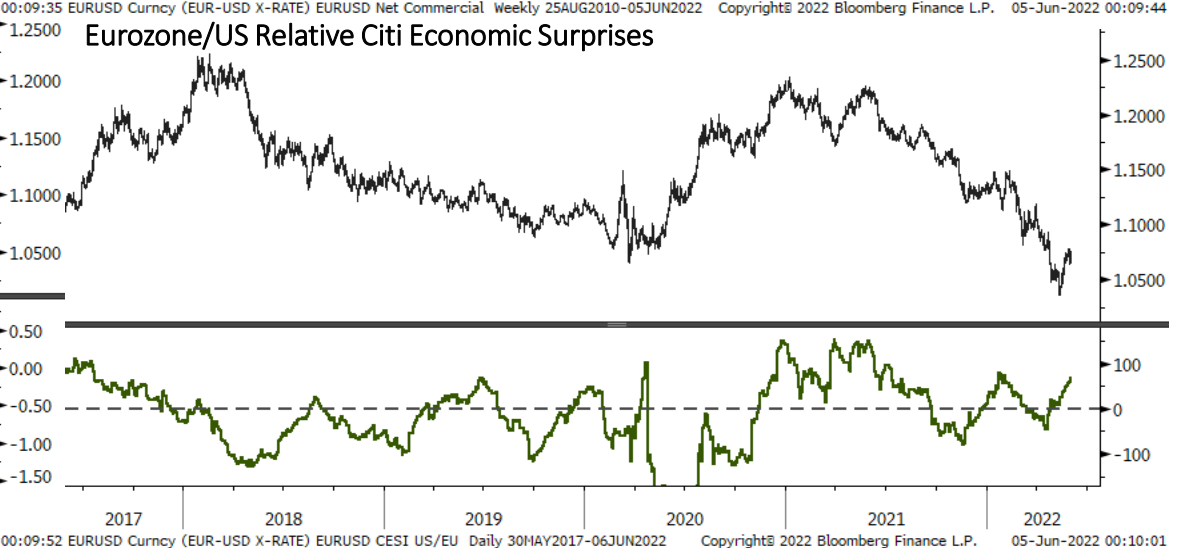
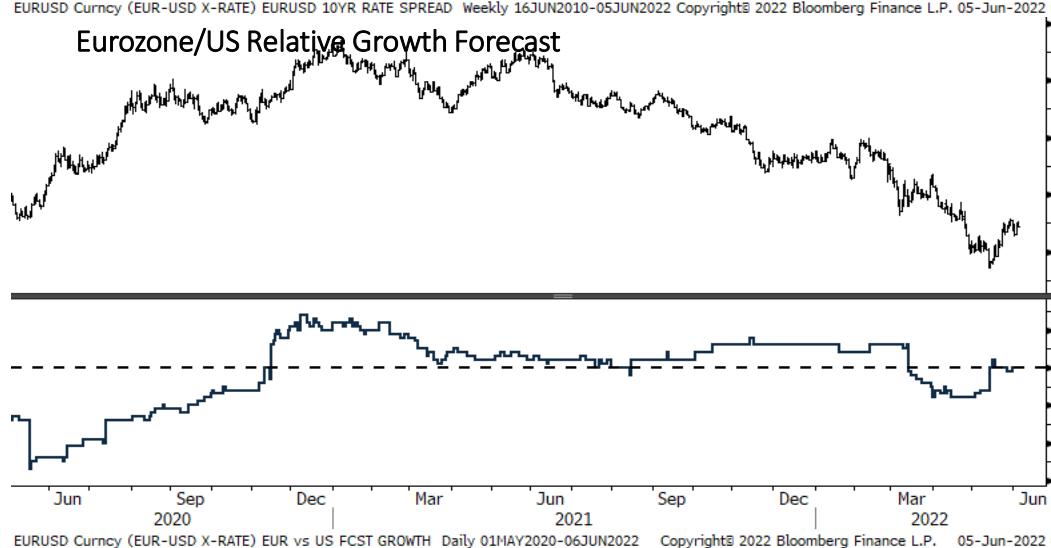
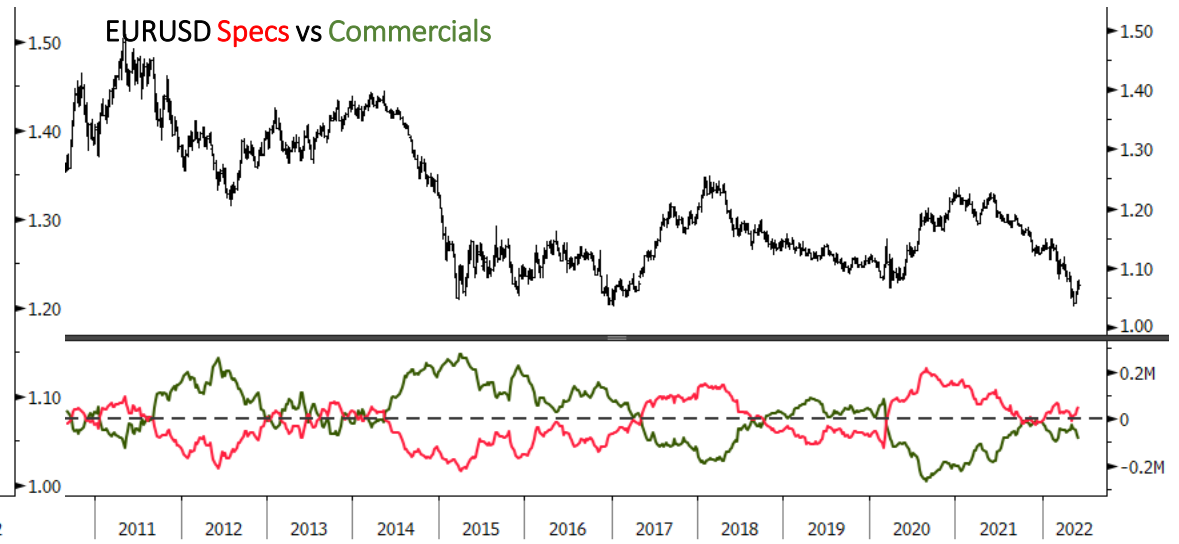


EURUSD Daily

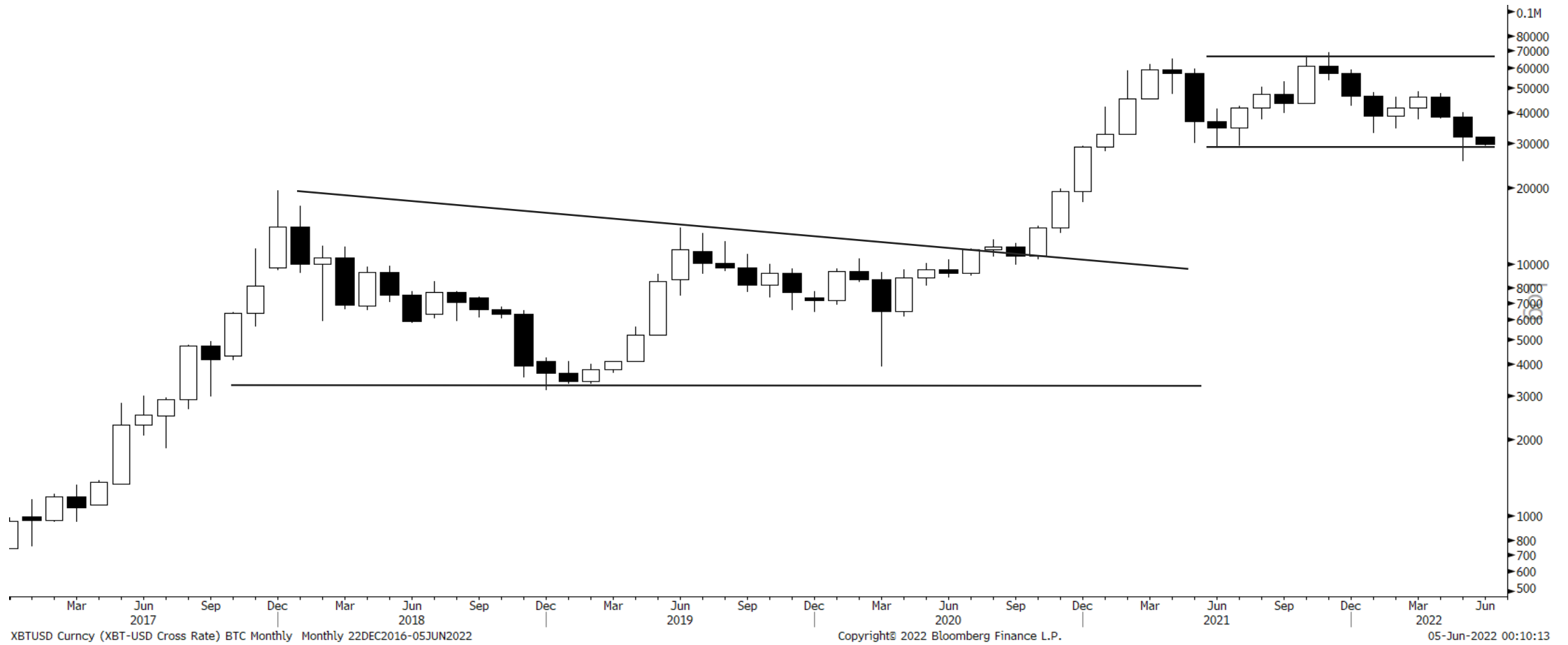




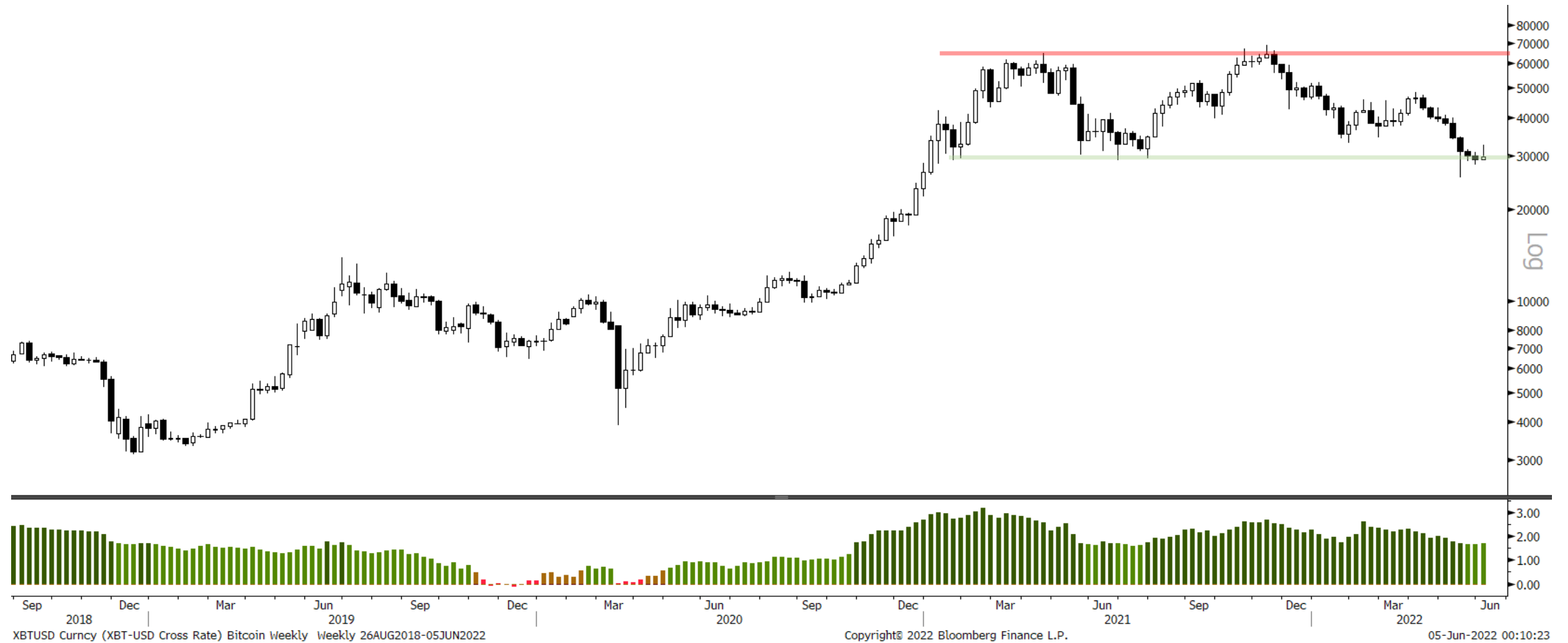
EURUSD Indicators



Bitcoin Monthly



Bitcoin Weekly



Bitcoin Daily

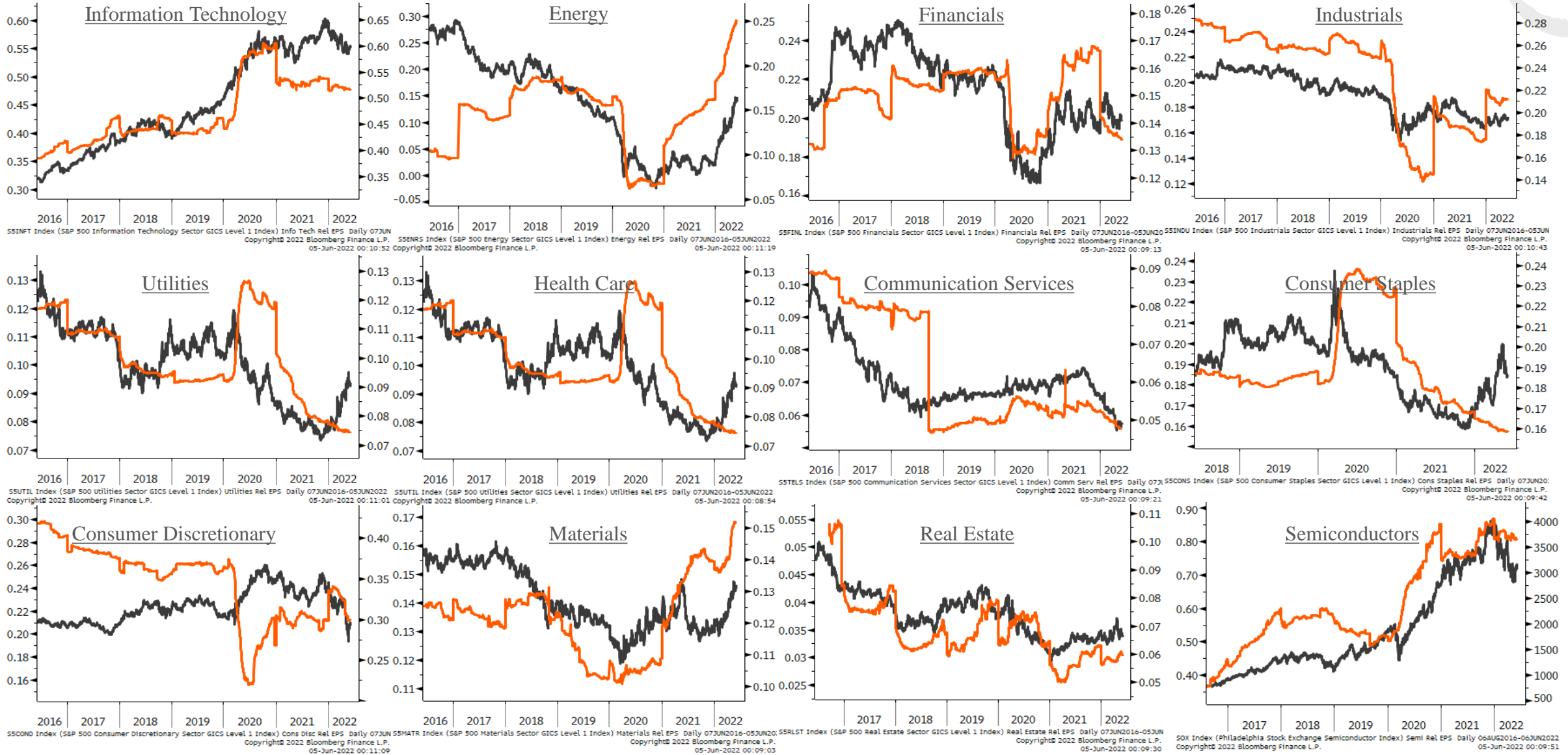
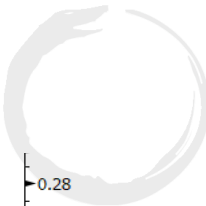


XBTUSD Curncy (XBT-USD Cross Rate) bitcoin Daily Daily 27JUN2021-05JUN2022

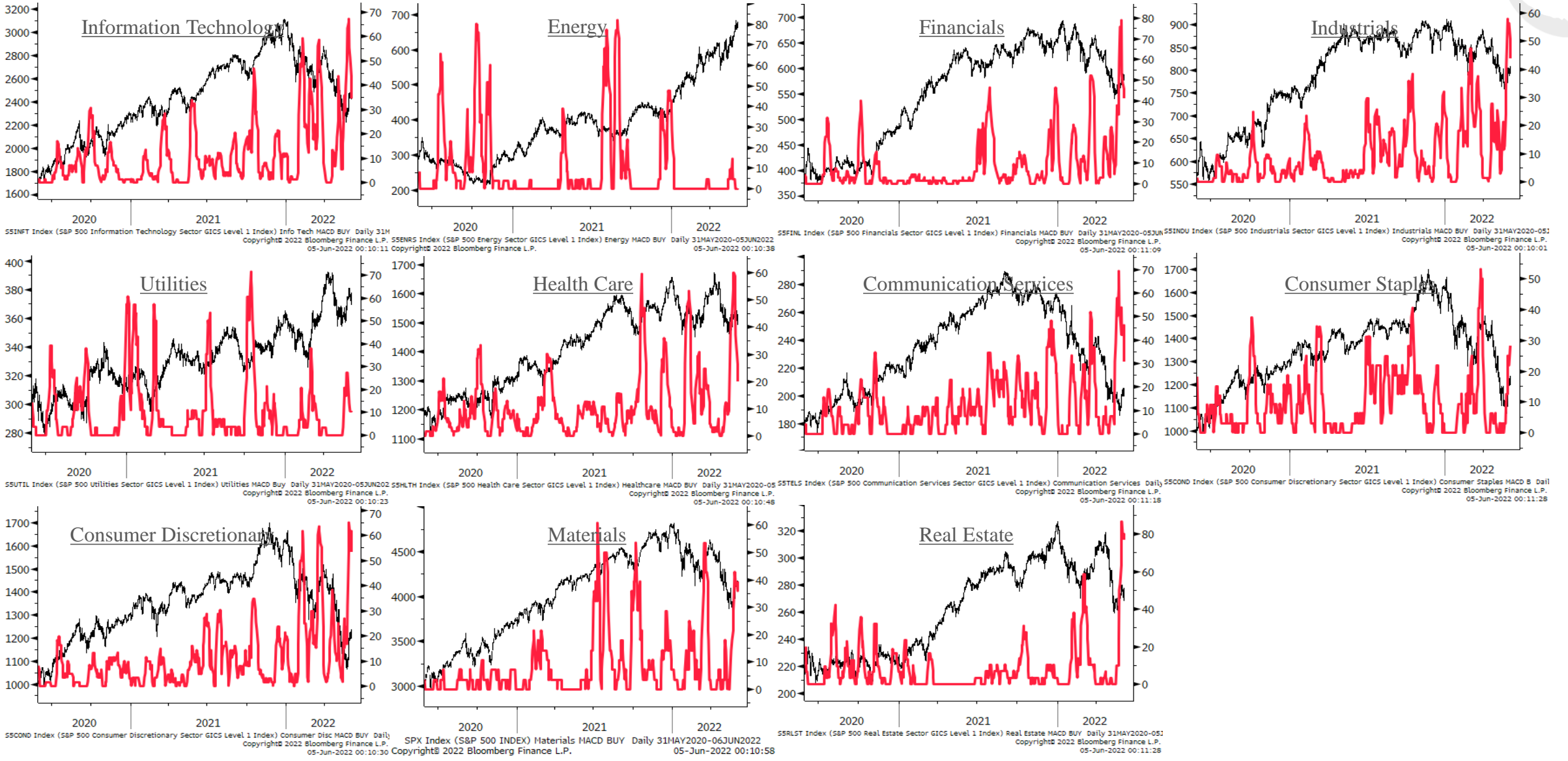
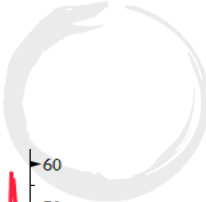
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Sector Relative to SPX Price & Forward EPS Performance (Price in Grey, F/EPS in Orange)



Sector % MACD Buy Signals



The Macro Ops Portfolio

PDF: <https://tinyurl.com/mo-portfolio>

2022 YTD Return **23.20%**
 Total Notional Exposure **50.99%**
 Equity Exposure **36.75%**
 Futures Exposure **14.24%**
 Current Cash Value (%) **55.46%**
 Total Capital At-Risk (%) **15.44%**
 Total Drawdown Risk (%) **12.78%**

2021 Final Return **6.39%**
 2020 Final Return **66.40%**

Futures, Bonds & FX

Ticker	Contracts	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Crude Oil Futures	CLZ2023	3	\$267,240	14.24%	-1.07%	1.13%	\$75.31	\$89.08	\$82.00	\$70.50	18.28%	2.86	14.24%	-1.07%	1.13%

Equities

Strategic

Ticker	Shares	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Desert Control	DSRT	10,026	\$31,082.11	1.66%	1.67%	1.66%	\$3.13	\$3.10	\$0.00	\$0.00	-0.96%	-0.01	20.87%	8.41%	6.82%
EPAM Systems	EPAM	291	\$96,655.53	5.15%	1.07%	0.81%	\$349.00	\$332.34	\$280.00	\$280.00	-4.77%	-0.24			
Micron	MU	1,679	\$117,448.54	6.26%	0.51%	0.35%	\$71.65	\$69.94	\$66.00	\$66.00	-2.39%	-0.30			
Leonardo, Inc.	LDO	7,529	\$84,088.62	4.48%	0.53%	0.67%	\$10.82	\$11.17	\$9.50	\$9.50	3.23%	0.26			
Block, Inc.	SQ	753	\$62,581.82	3.33%	4.63%	3.33%	\$115.48	\$83.10	\$0.00	\$0.00	-28.04%	-0.28			

Thematic

Ticker	Shares	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Tidewater, Inc.	TDW	2,115	\$57,087.34	3.04%	0.50%	0.88%	\$23.68	\$26.99	\$19.20	\$19.20	13.98%	0.74	17.27%	1.49%	1.74%
Vista Energy	VIST	14,876	\$133,434.45	7.11%	0.75%	0.48%	\$9.31	\$8.97	\$8.36	\$8.36	-3.65%	-0.36			
Pantheon Resources	PANR	100,446	\$133,593.26	7.12%	0.23%	0.38%	\$1.30	\$1.33	\$1.26	\$0.88	2.15%	0.07			

Tactical

Ticker	Shares	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Ethereum	ETHUSD	-26	-\$46,580.82	-2.48%	-1.25%	0.33%	\$2,930.00	\$1,791.57	\$2,027.00	\$3,120.00	38.85%	5.99	-1.39%	-0.16%	1.40%
Ethereum	ETHUSD	-34	-\$61,229.71	-3.26%	0.10%	0.43%	\$1,973.00	\$1,791.57	\$2,027.00	\$2,110.00	9.20%	1.32			
Pantheon Resources (Second Leg Tactical)	PANR	25798	\$34,311.81	1.83%	0.25%	0.10%	\$1.44	\$1.33	\$1.26	\$1.26	-7.70%	-0.61			
Block, Inc. (Second Leg Tactical)	SQ	571	\$47,449.39	2.53%	0.75%	0.55%	\$89.50	\$83.10	\$65.00	\$65.00	-7.15%	-0.26			

Options

Ticker	Contracts	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current (Mid) Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
MU Jan 2023 \$125 CALLS	MU	82	\$4,510.00	0.24%	2.07%	0.24%	\$473.00	\$55.00	\$0.00	\$0.00	-88.37%	-0.88	1.68%	6.77%	1.68%
TSLA DEC 2022 \$350 PUTS	TSLA	9	\$16,922.35	0.90%	1.00%	0.90%	\$2,110.00	\$1,905.00	\$0.00	\$0.00	-9.72%	-0.10			
MO JAN 2023 \$70 CALLS	MO	299	\$8,372.00	0.45%	1.47%	0.45%	\$92.00	\$28.00	\$0.00	\$0.00	-69.57%	-0.70			
BHP Jan 2023 \$115 CALLS	BHP	55	\$1,375.00	0.07%	1.11%	0.07%	\$380.00	\$25.00	\$0.00	\$0.00	-93.42%	-0.93			
EWJ JAN 2023 \$90 CALLS	EWJ	173	\$346.00	0.02%	1.12%	0.02%	\$122.00	\$2.00	\$0.00	\$0.00	-98.36%	-0.98			

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](#))

