



# Macro Ops

## The Trifecta Report

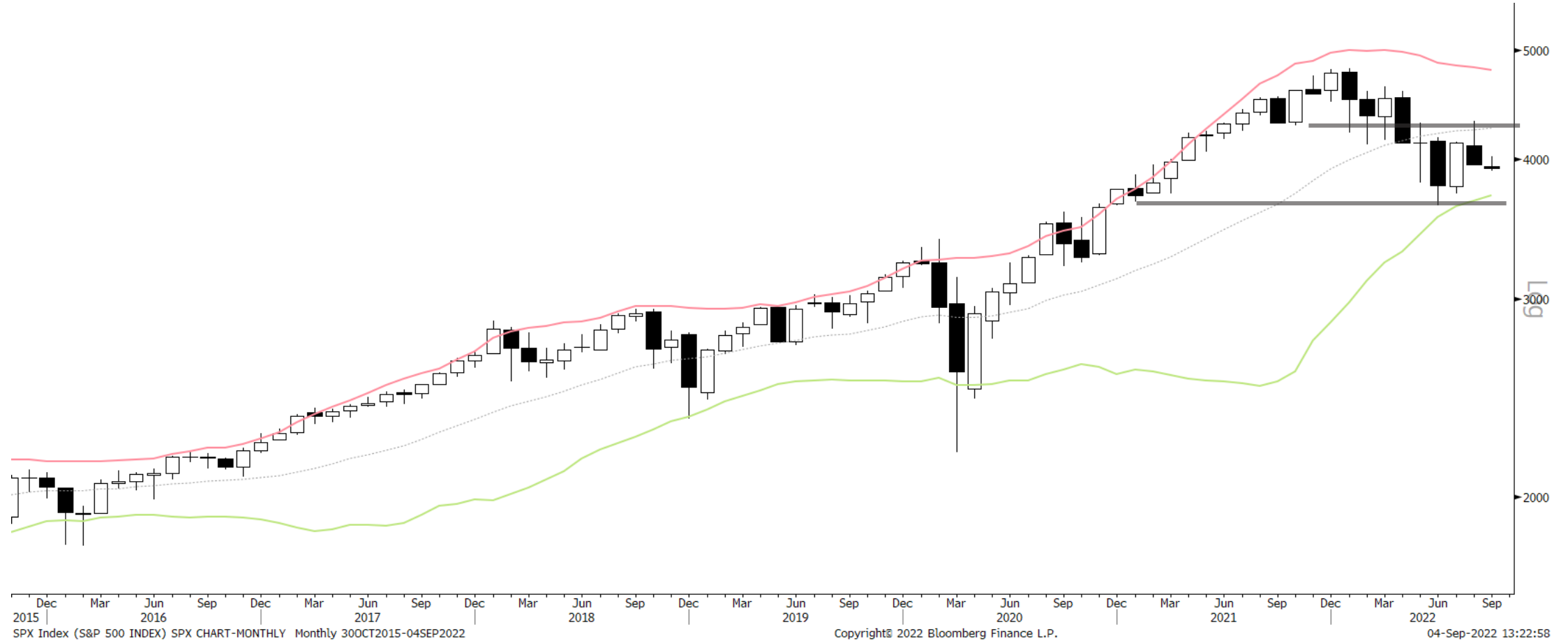
*The best trades are the ones in which you have all three things going for you: fundamentals, technical, and market tone. ~ Michael Marcus*

# Weekly Summary

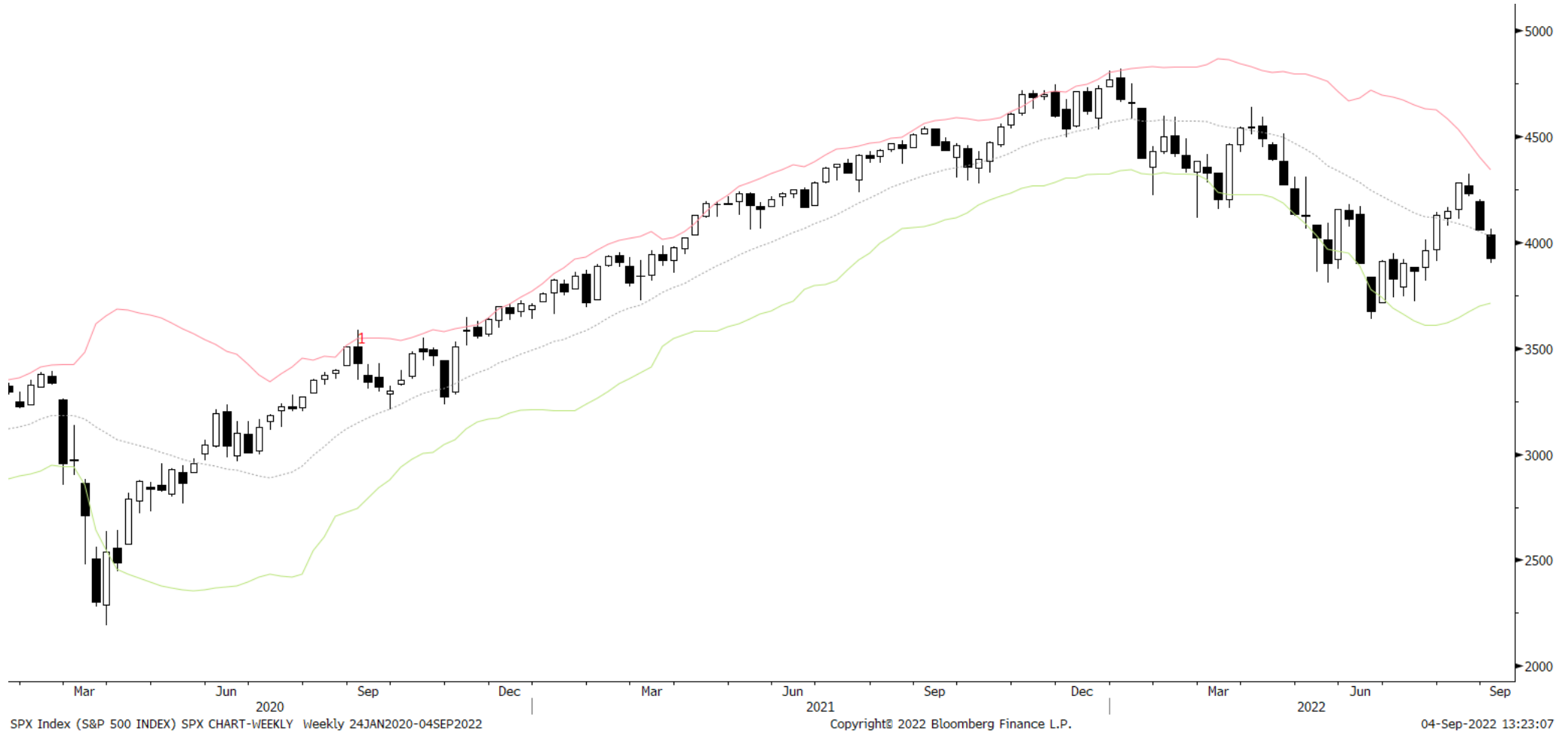


S&P 500	UST 10yr Bonds	Gold	EURUSD
<p>➤ <b>Summary:</b> <u>Odds strongly favor the SPX currently being in the early stages of a cyclical bear market.</u> But the early stages of bear markets often have a lot of back and forth, chop and vol, and sideways action. Sentiment and positioning are one sided but market leads (SOX/SPY, Cyc/Def, LQD/IEF, etc...) still point lower. And the big one, <u>yields</u>, have not been working in the bull's favor (though that could change this week on the back of further risk-off). August went out on its lows which suggest we should see more short-term weakness. But this is against the backdrop of an oversold market, so &lt;shrugs&gt;. <b>Keep playing defense and focus on cash preservation and using rips to net out risk exposure.</b></p>	<p>➤ <b>Summary:</b> Bears are in clear control but the chart they may be putting in a double bottom. However, any rally is likely to be short-lived because of the overwhelming selling pressure. We may still take a crack at getting long this week if the chart holds up. But we'll keep size small as the bulls need to prove they can defend this level first.</p>	<p>➤ <b>Summary:</b> Gold is in a larger sideways range. Positioning, sentiment, breadth, and technicals are at bearish extremes. We think precious metals are gearing up for another leg higher near the end of this year. But PMs need to see bonds confirm a bottom first (<u>yields a ceiling</u>). <u>Gold is at the lower bound of its 2yr range.</u> This has been a good spot to buy over the last couple of years and play for reversion back towards the middle of the range.</p>	<p>➤ <b>Summary:</b> EURUSD is in a sell climax and sell climaxes last longer than most expect. The measured move on the trade-weighted US dollar is 115.00. It looks like DXY should get there. We will look for technical spots to add to our USDCNH long.</p>

# 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

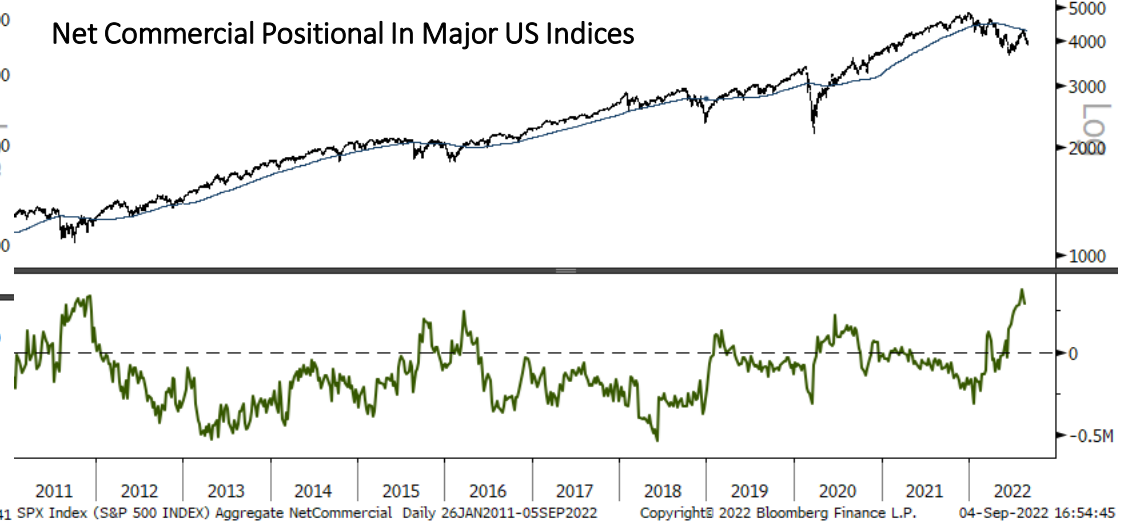
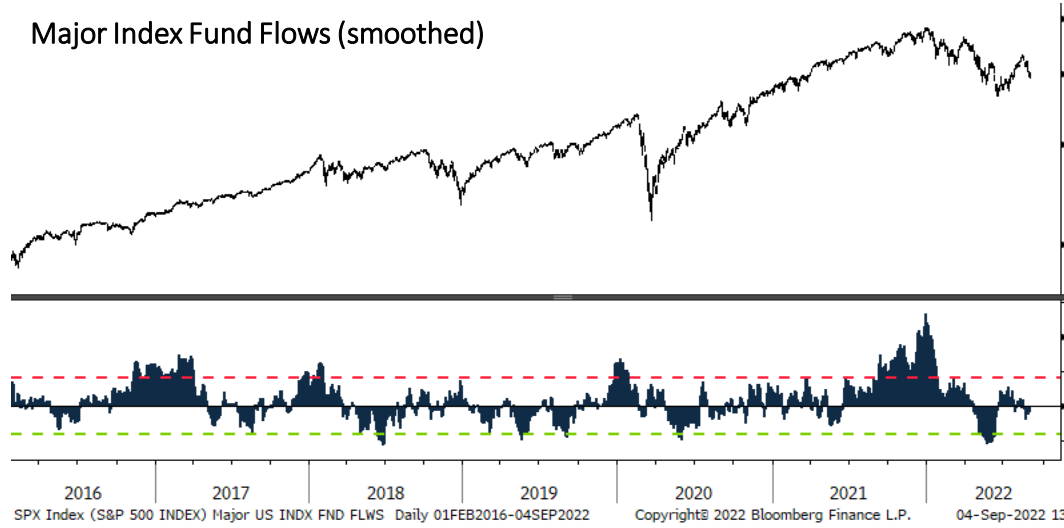
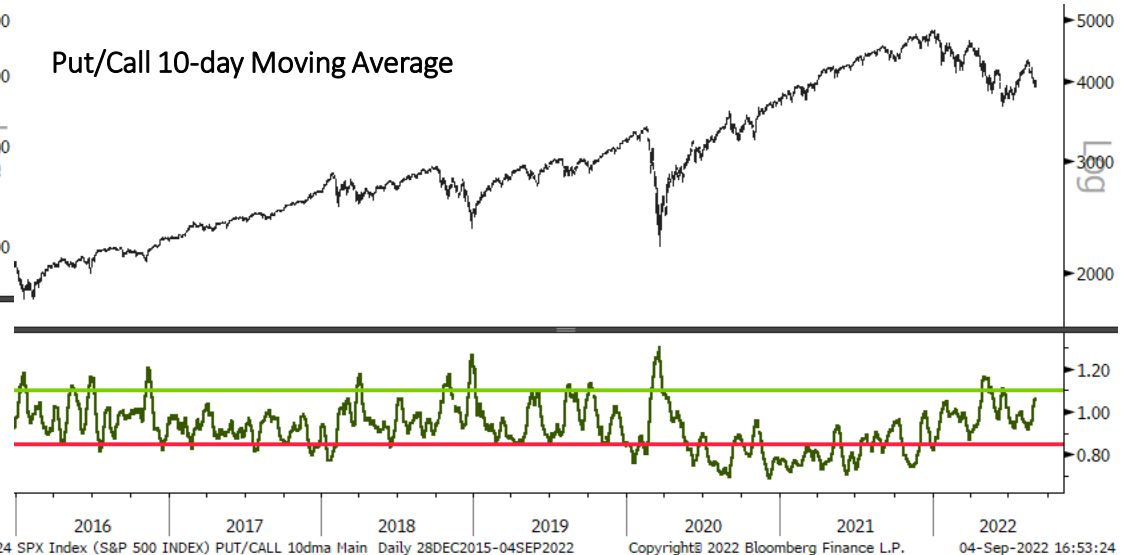


SPX Index (S&P 500 INDEX) SPX CHART-DAILY Daily 02FEB2021-04SEP2022

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# Sentiment & Positioning



# Market Internals



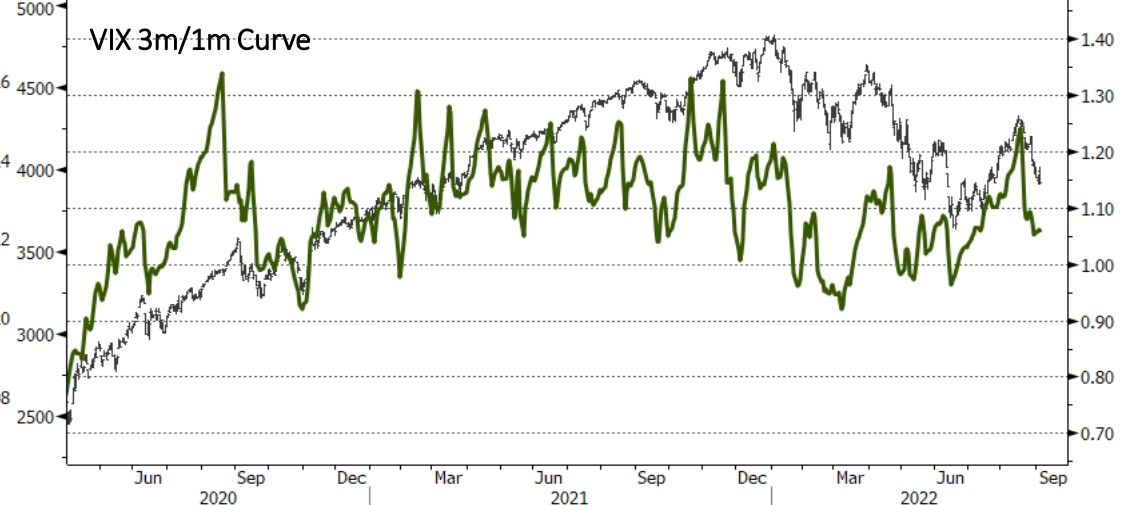
SPX Index (S&P 500 INDEX) Semis vs SPX Daily 01DEC2020-05SEP2022 Copyright© 2022 Bloomberg Finance L.P. 04-Sep-2022 17:13:18



SPX Index (S&P 500 INDEX) Cyclical v Defense XLI Daily 01DEC2020-05SEP2022 Copyright© 2022 Bloomberg Finance L.P. 04-Sep-2022 17:13:19

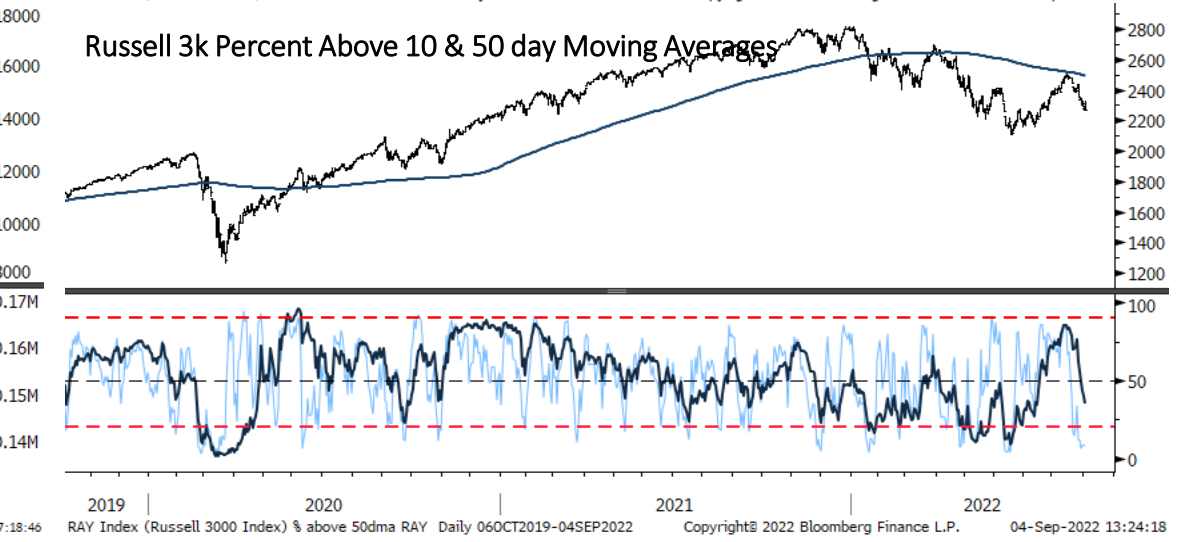
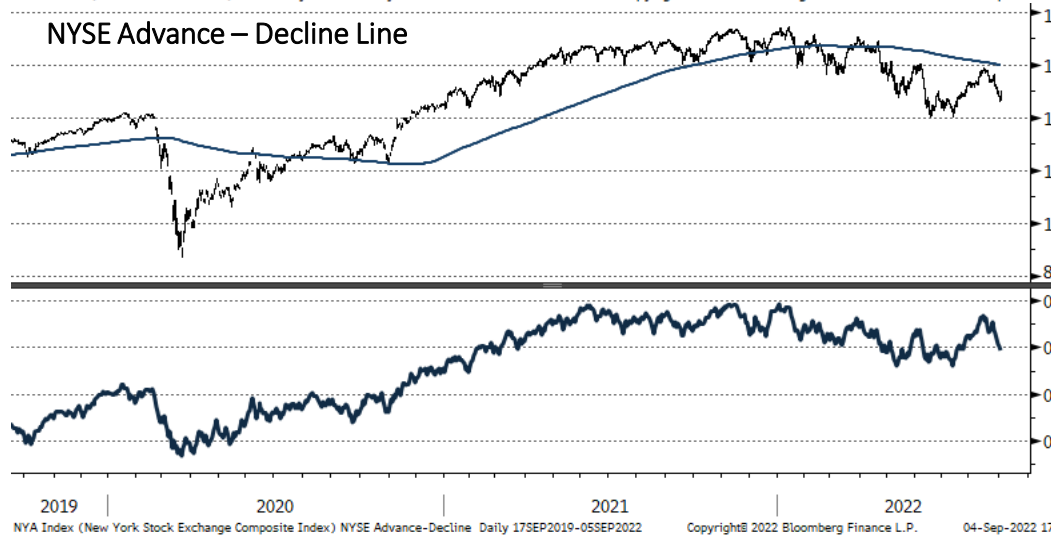
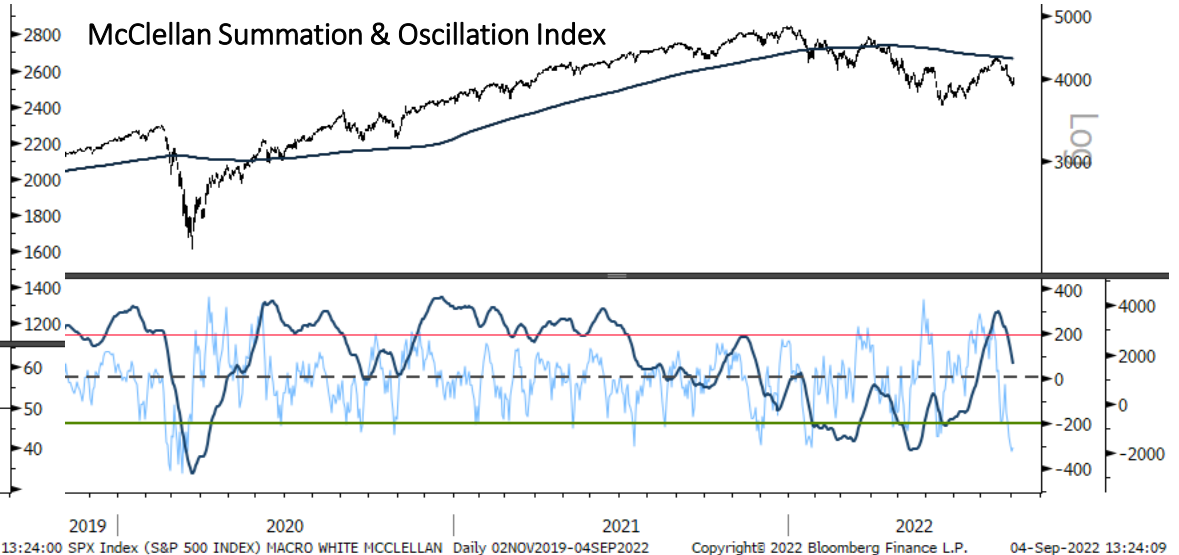
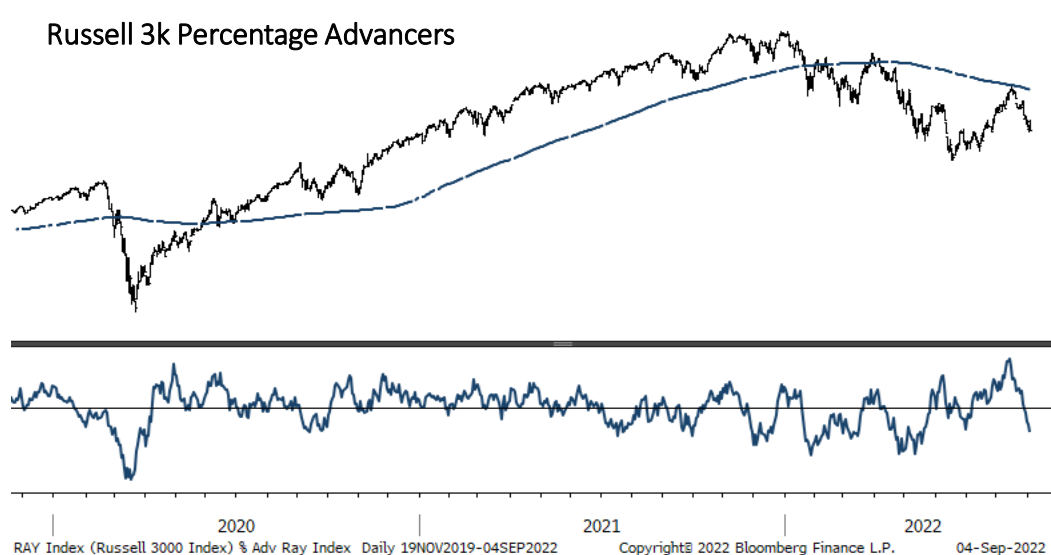


SPX Index (S&P 500 INDEX) LQD/IEF Daily 01DEC2020-05SEP2022 Copyright© 2022 Bloomberg Finance L.P. 04-Sep-2022 17:12:26



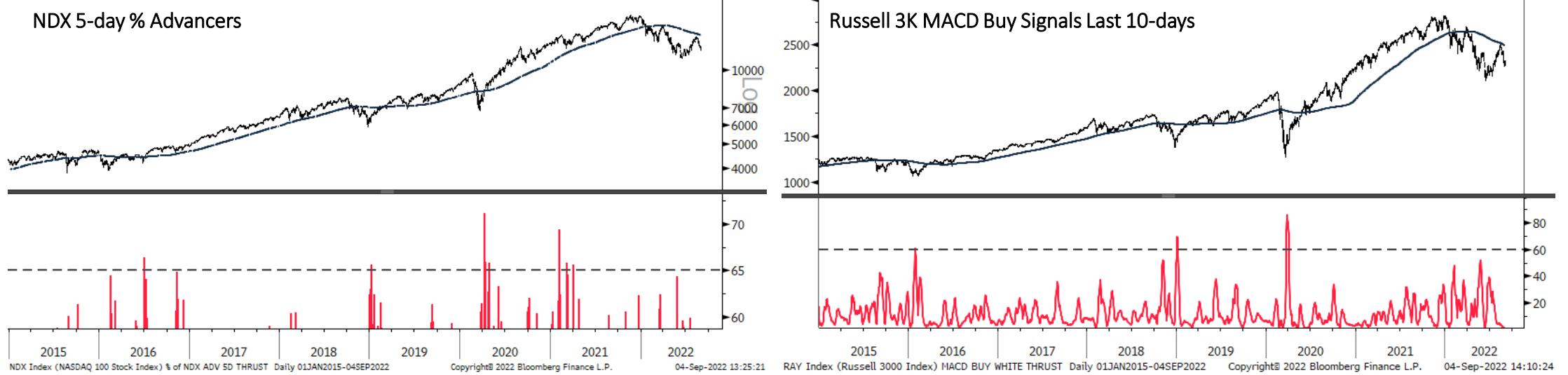
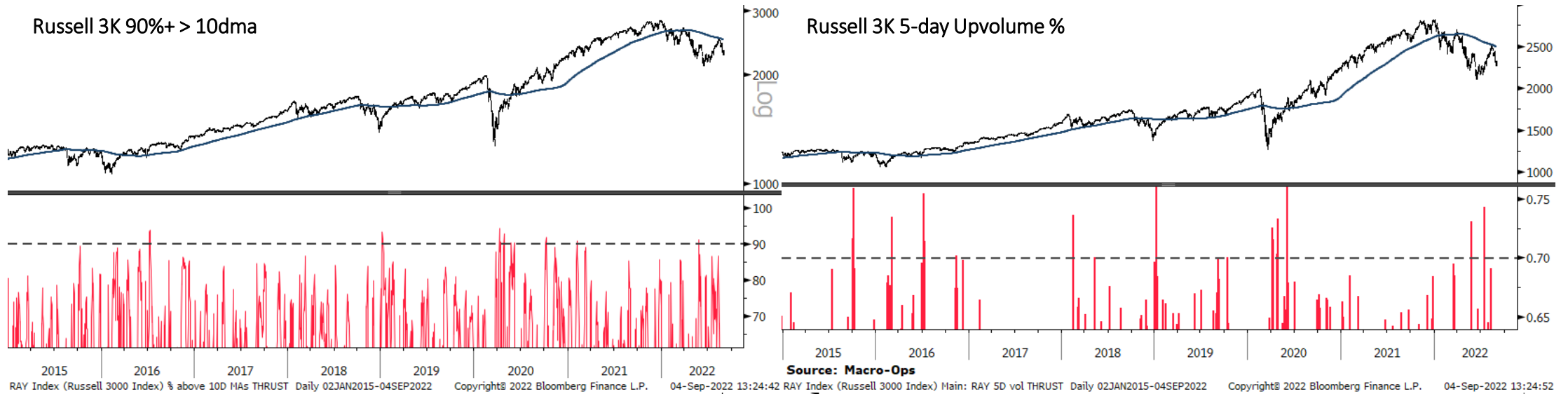
UX3 Index (Generic 3rd 'UX' Future) VIX Curve 3m/1m Daily 01APR2020-05SEP2022 Copyright© 2022 Bloomberg Finance L.P. 04-Sep-2022 17:08:01

# Breadth

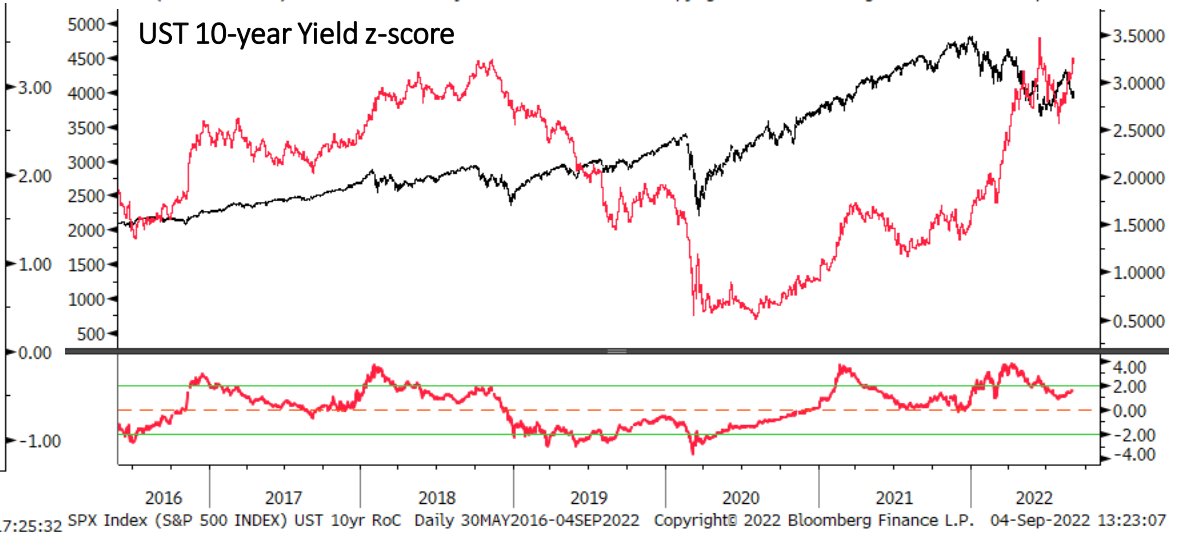
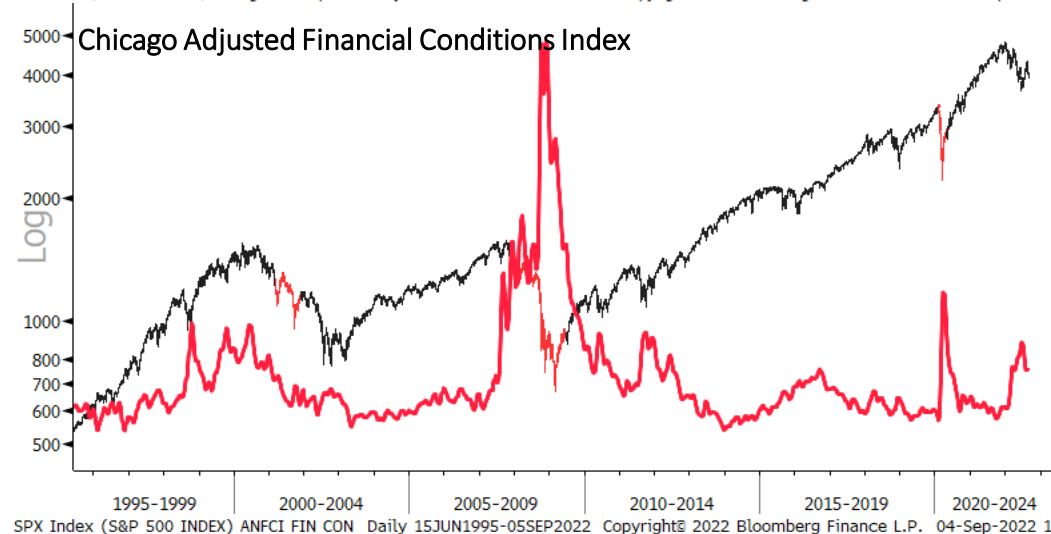
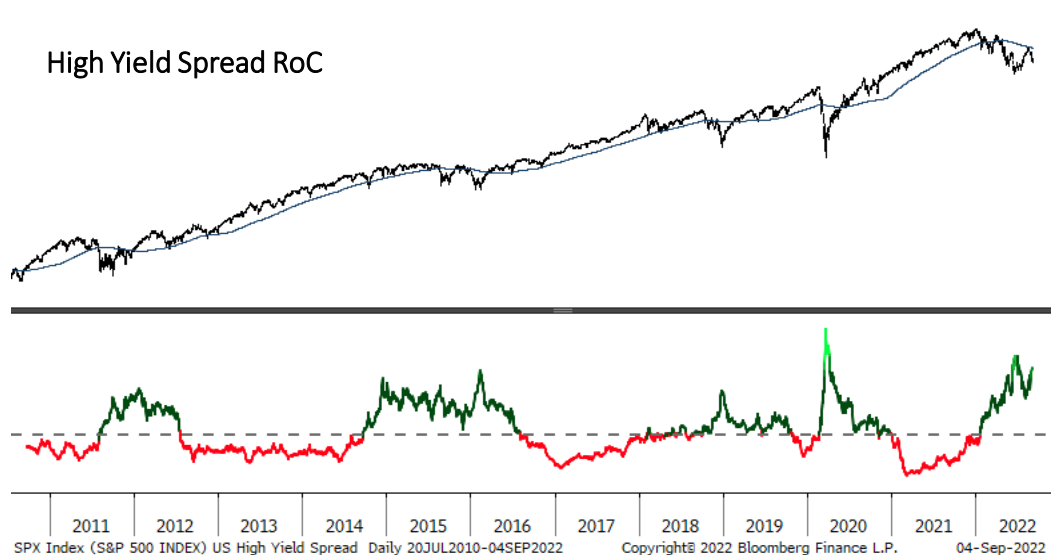




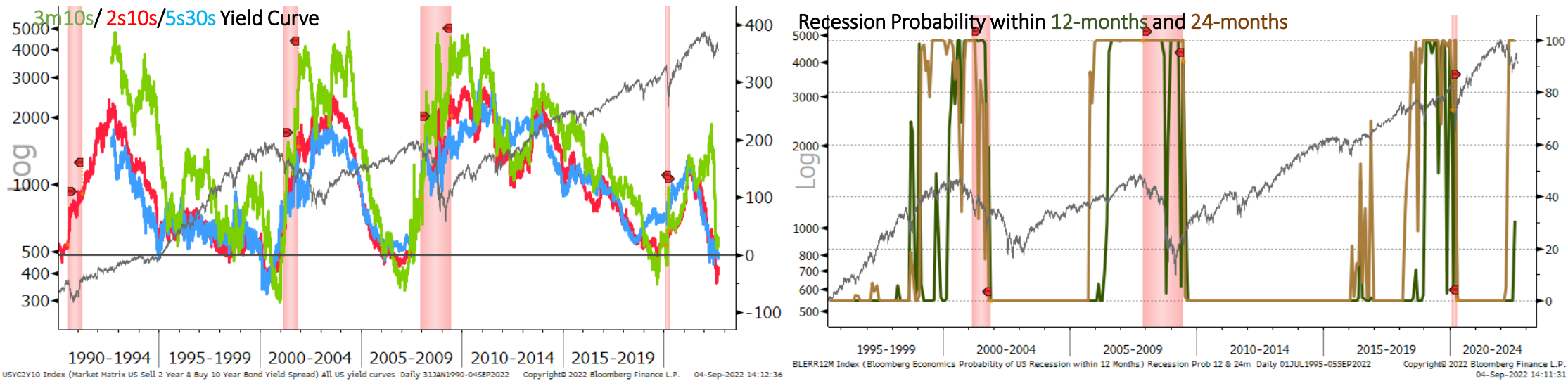
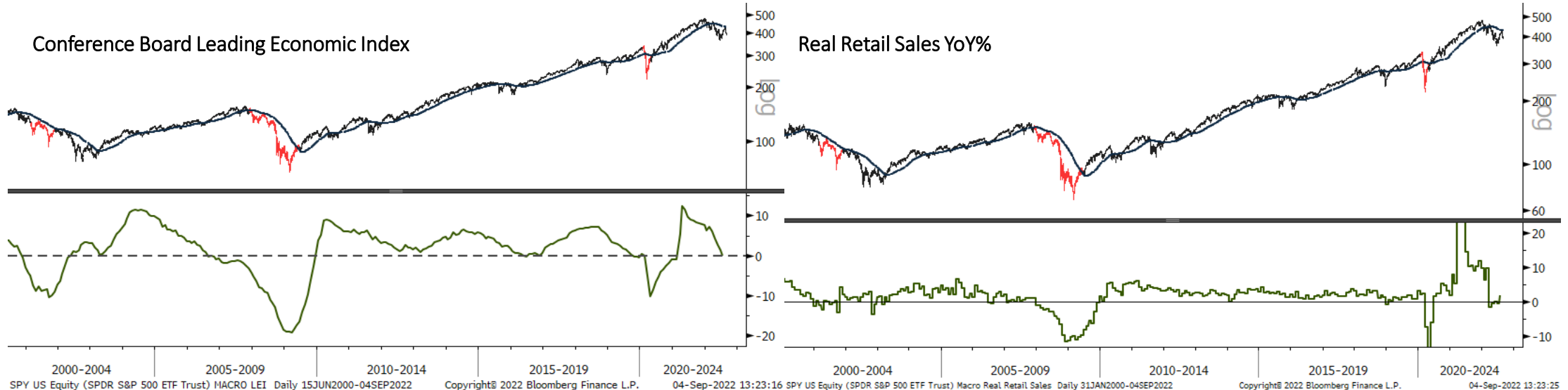
# Breadth Thrust



# Liquidity



# US Recession



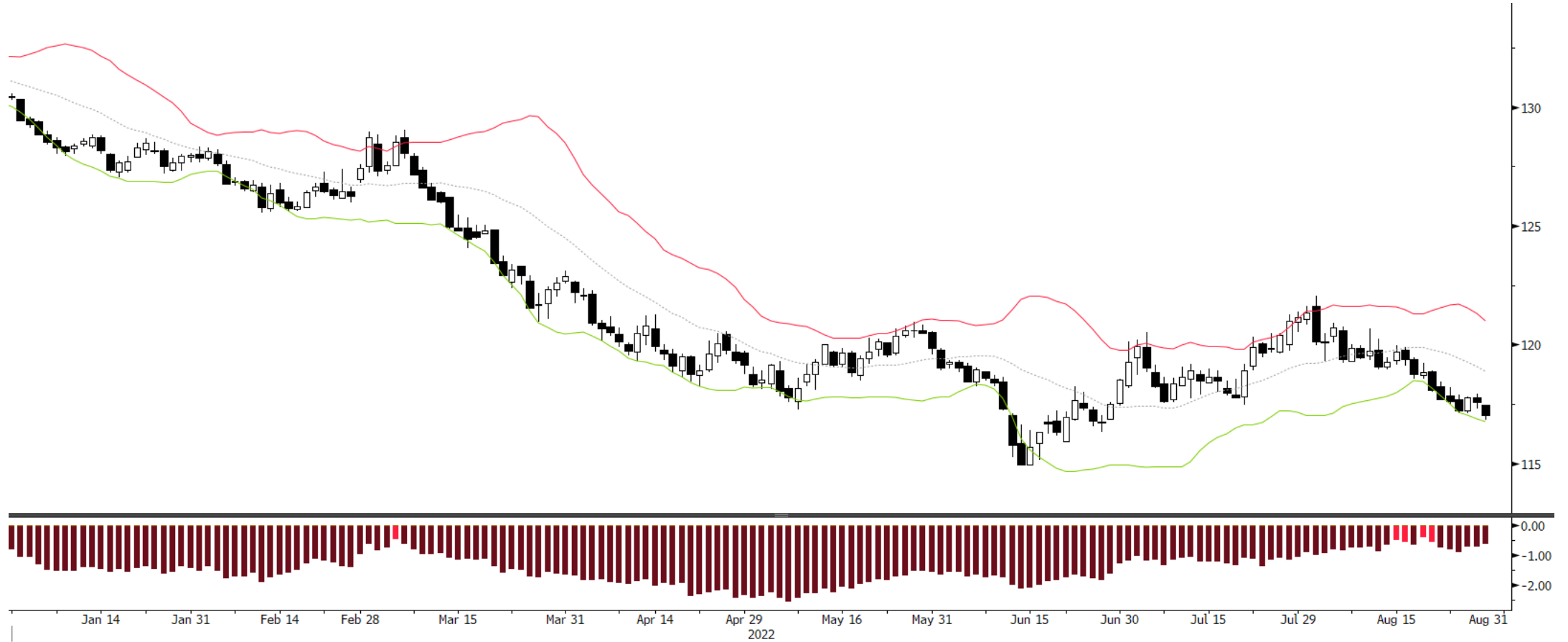
# Bonds: 10-year Futures Monthly



# Bonds: 10-year Futures Weekly



# Bonds: 10-year Futures Daily



TY1 Comdty (Generic 1st 'TY' Future) Bonds 10yr - DAILY Daily 31DEC2021-29AUG2022

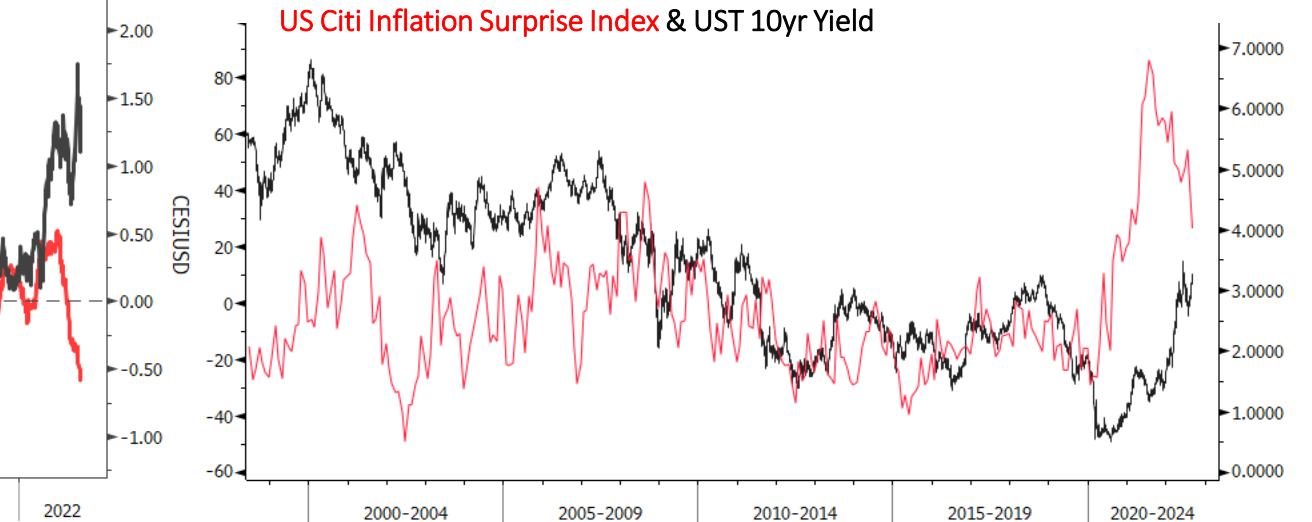
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# Bond/Yield Indicators



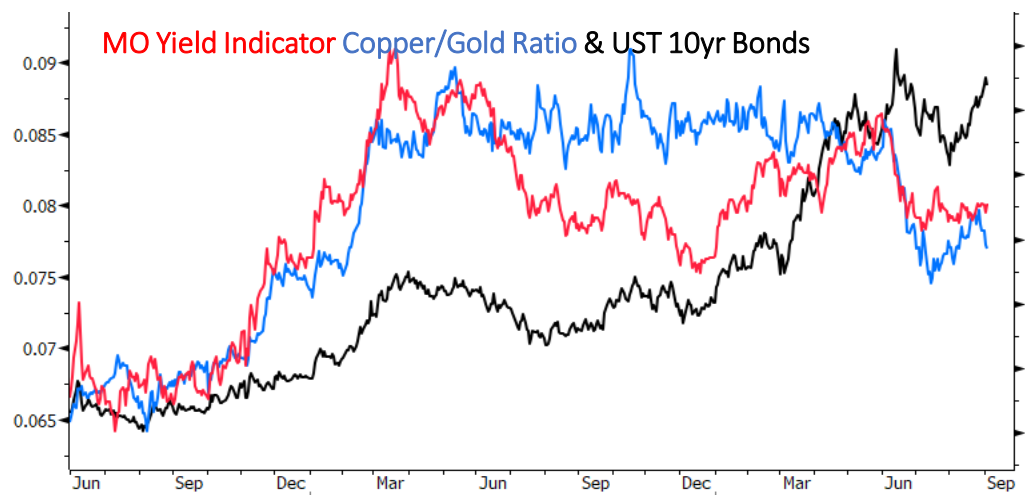
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04-Sep-2022 13:24:19 USGG10YR Index (US Generic Govt 10 Yr) US CESI Inf. 10yr yield Daily 02JUN1998-04SEP2022

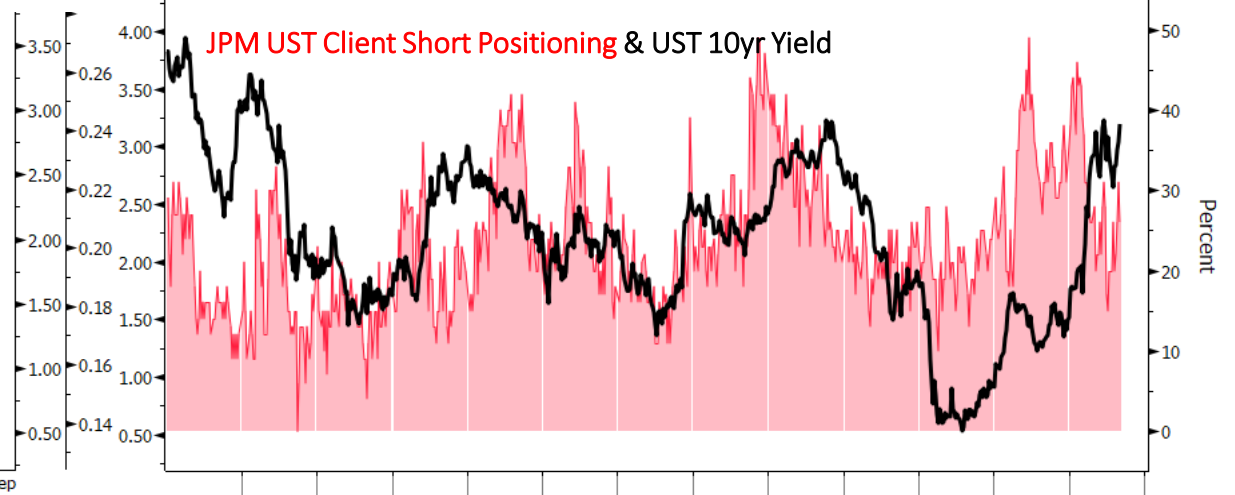
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GSTHUSTY Index (Interest Rate Sensitive) rate sensitive vs yield Daily 29MAY2020-04SEP2022

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04-Sep-2022 13:25:02 TINSALLO Index (U.S. JP Morgan Treasury Investor Sentiment All Client Short) JPM Short Bond srvy Weekly 01JAN2010-04SEP2022

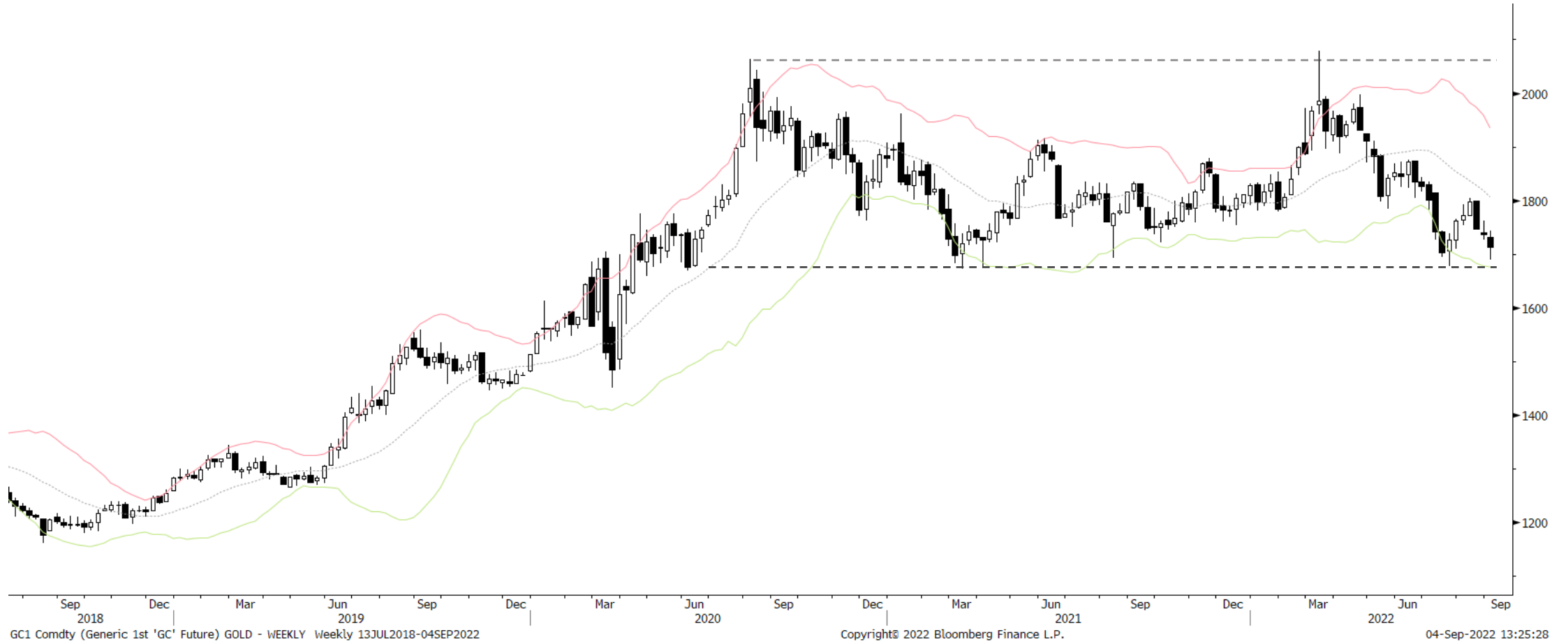
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# Gold Monthly





# Gold Weekly



# Gold Daily



GC1 Comdty (Generic 1st 'GC' Future) GOLD - DAILY Daily 02DEC2021-29AUG2022

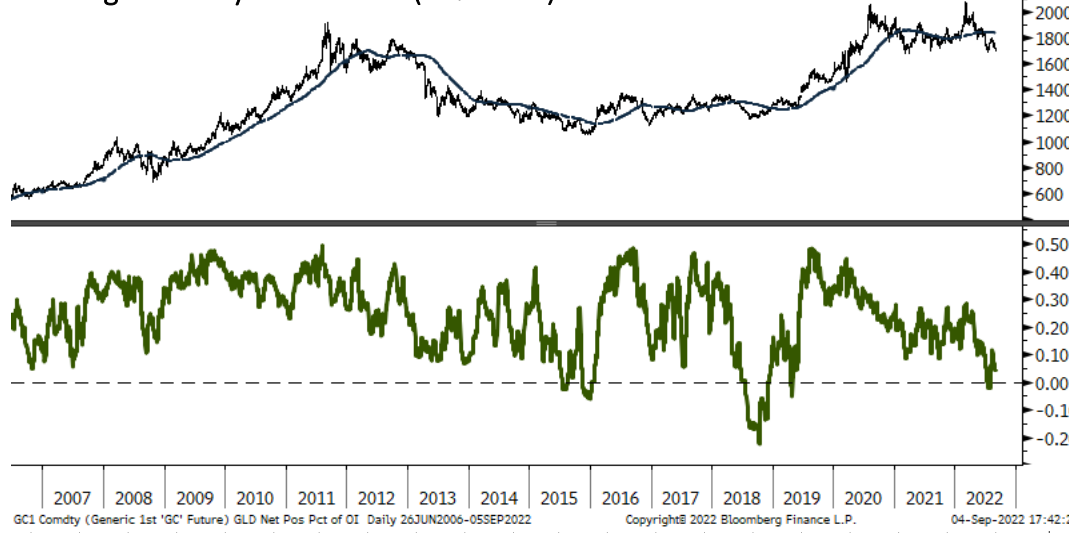
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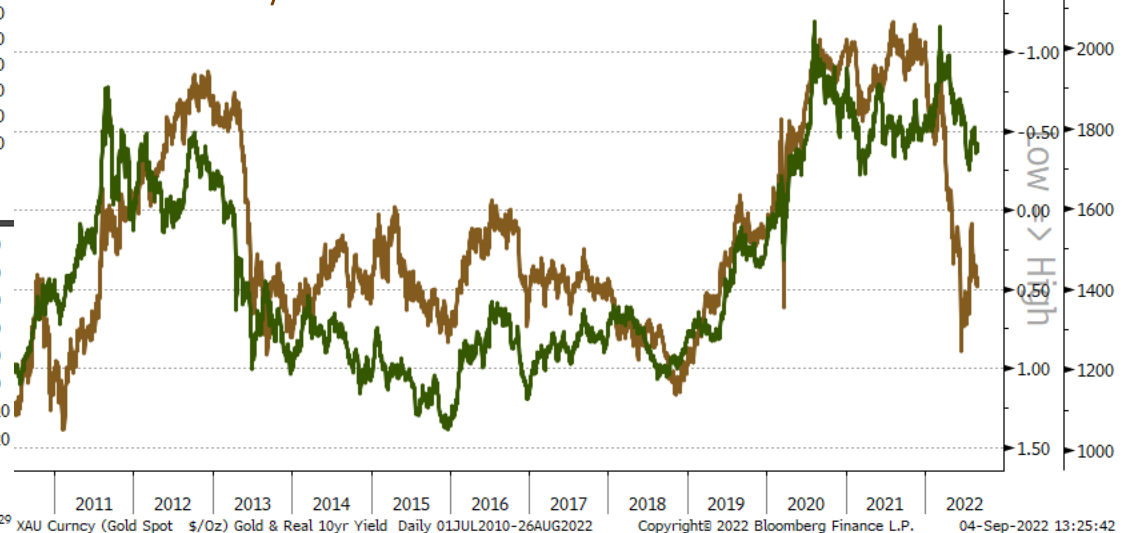


# Gold Indicators

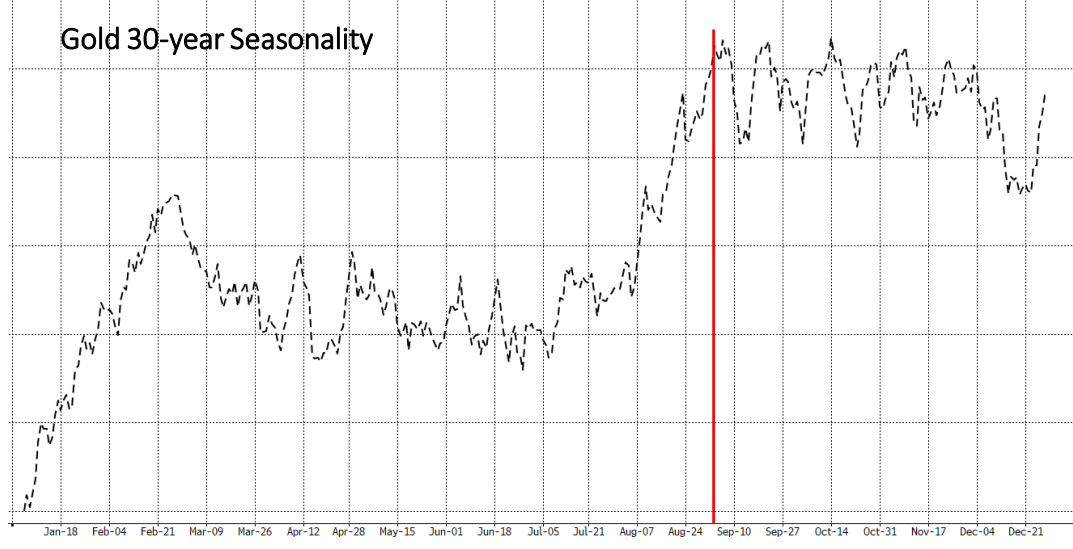
### Managed Money Net Position (as % of OI)



### Gold & Real 10yr Yield



### Gold 30-year Seasonality



### Gold Miners % > 200-day moving average



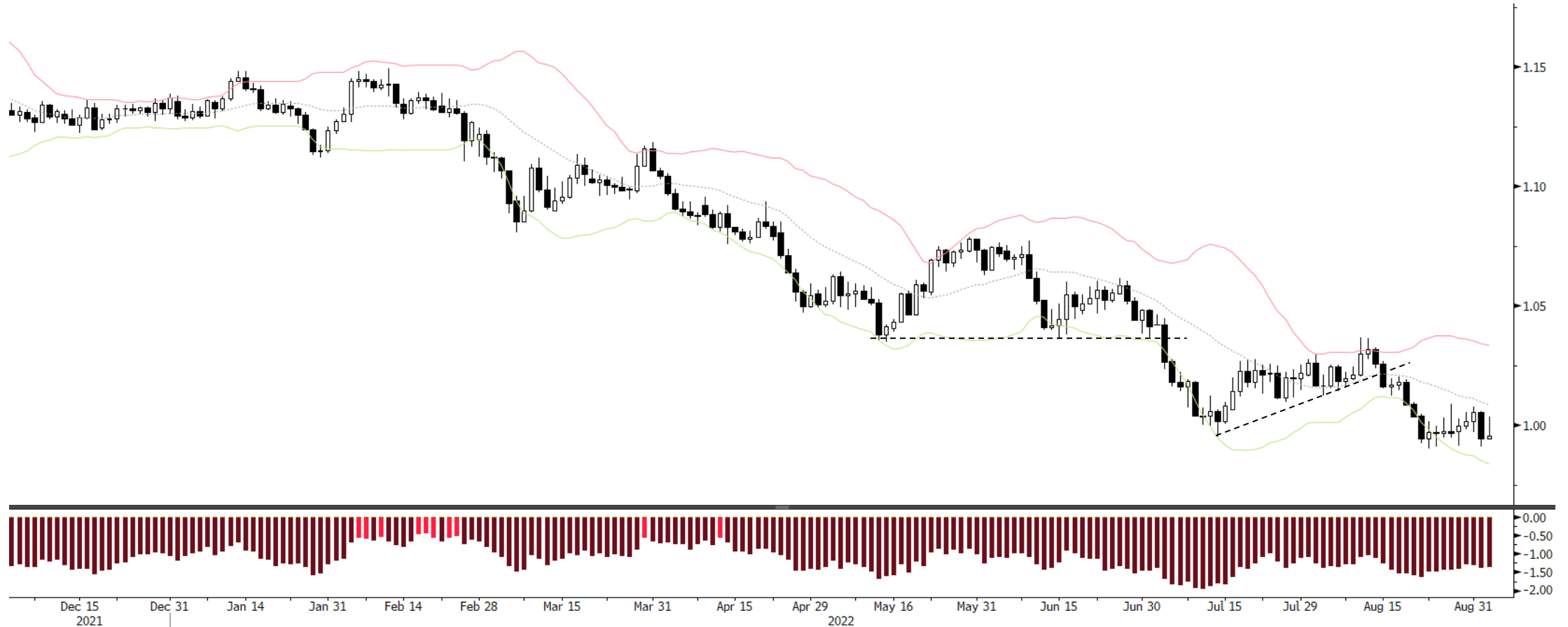
# EURUSD Monthly



# EURUSD Weekly



# EURUSD Daily



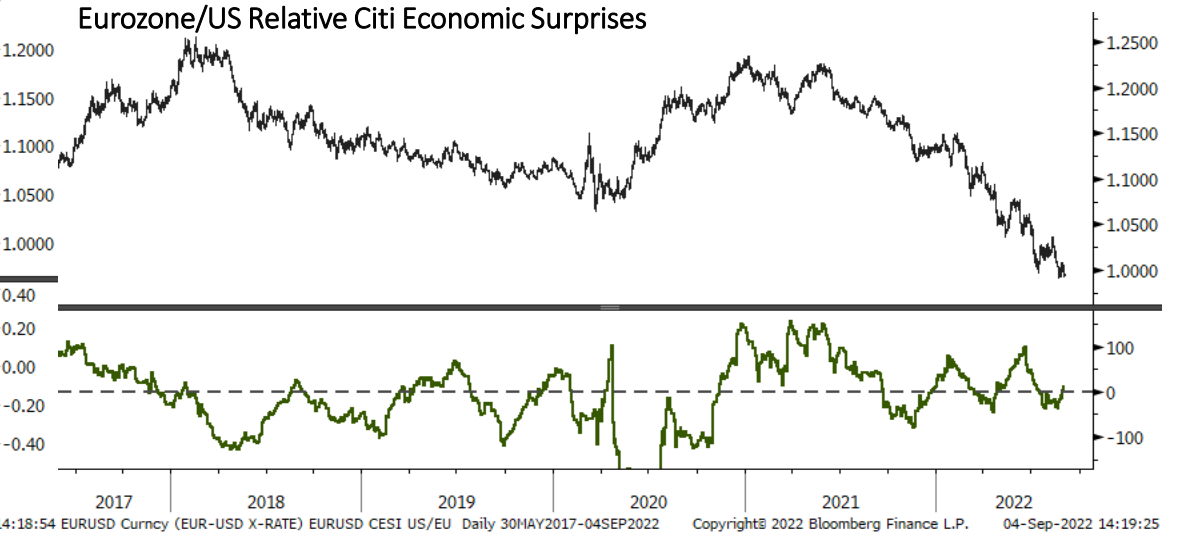
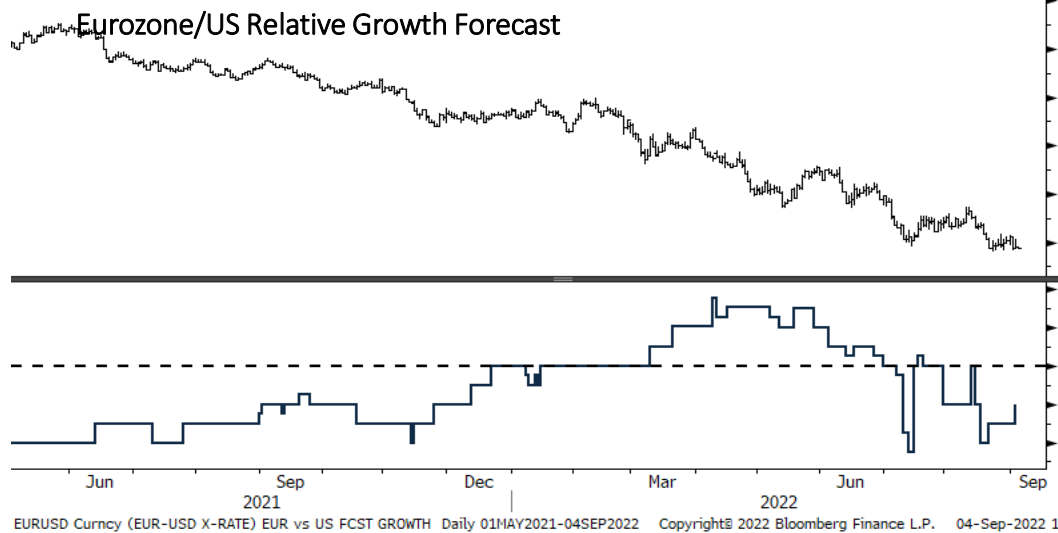
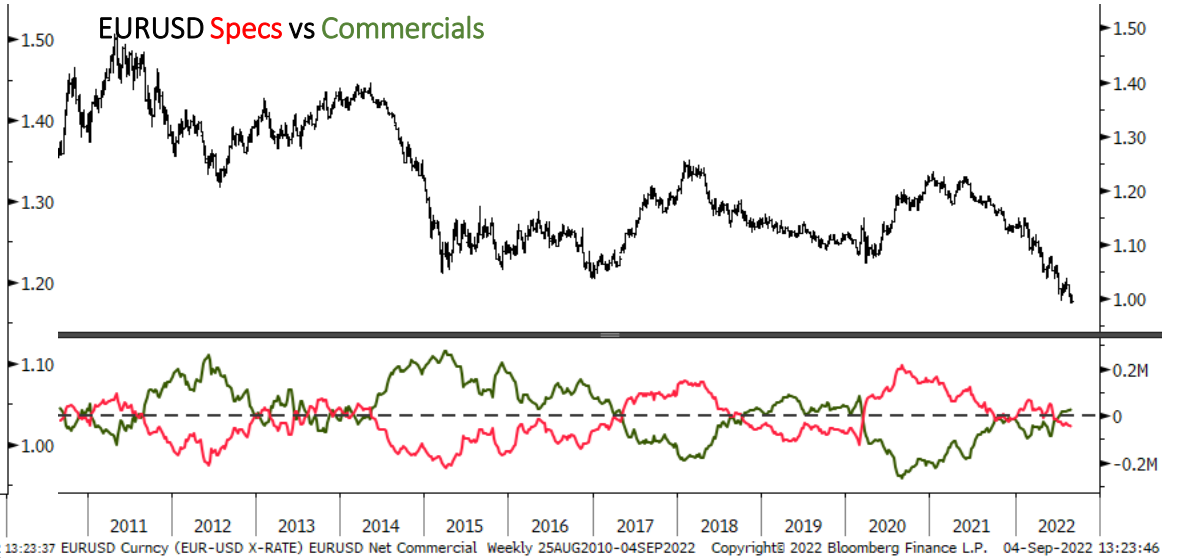
EURUSD Currency (EUR-USD X-RATE) EURUSD - DAILY Daily 02DEC2021-04SEP2022

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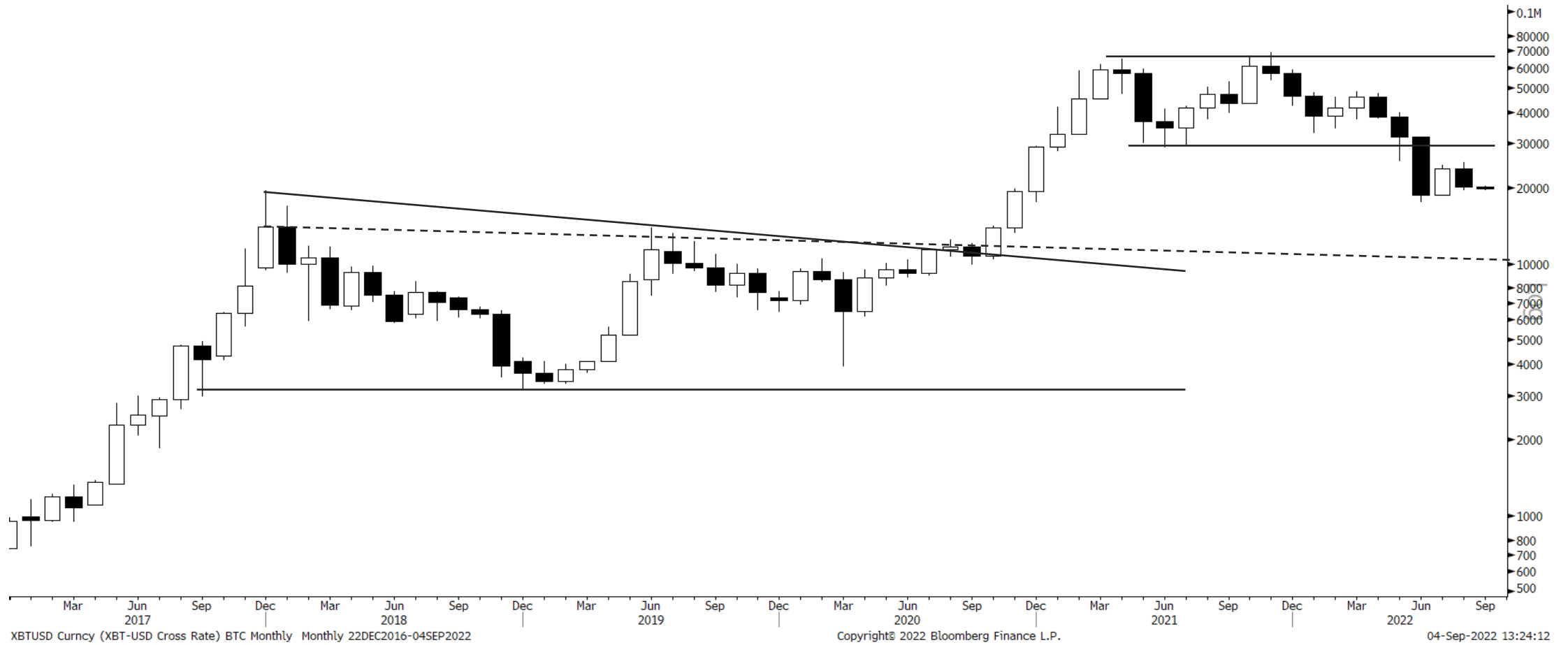
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# EURUSD Indicators

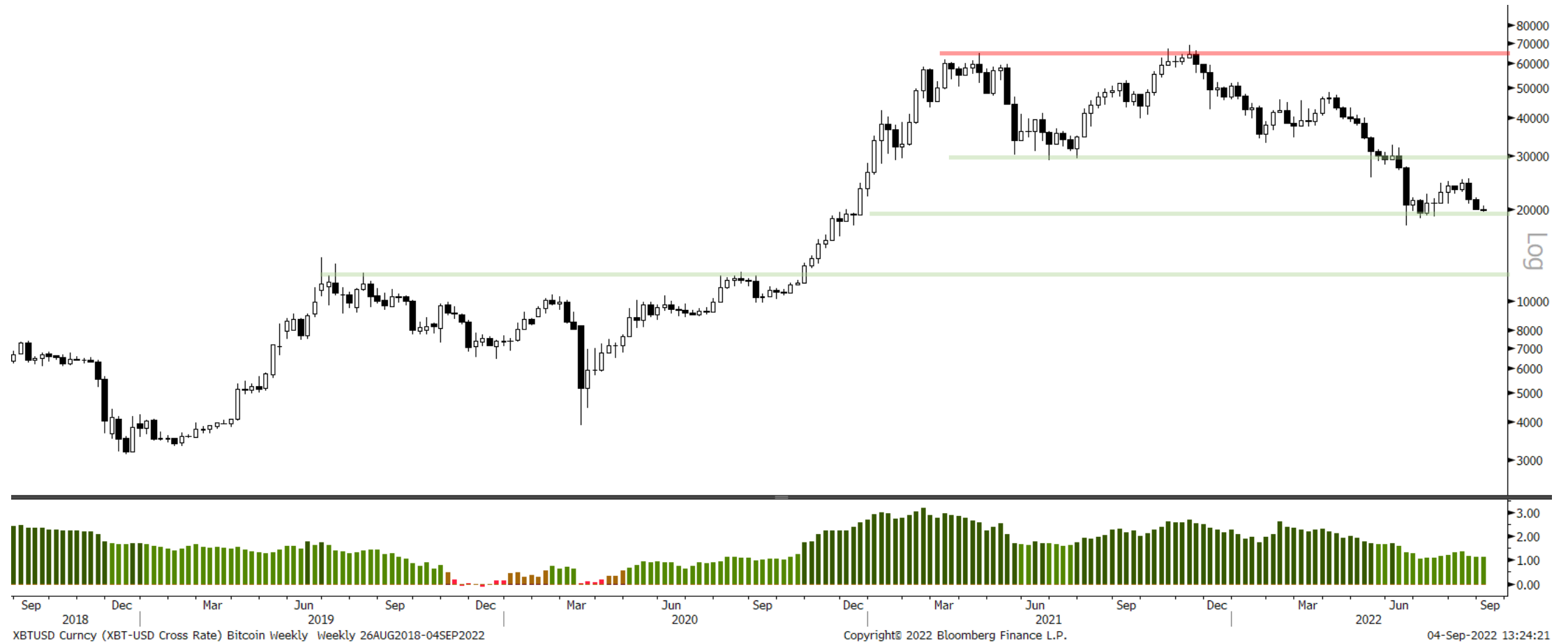


# Bitcoin Monthly





# Bitcoin Weekly



# Bitcoin Daily

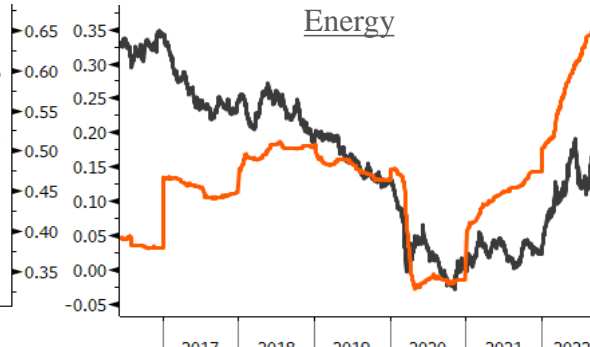
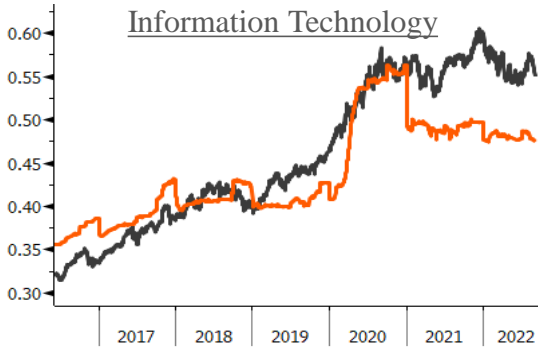
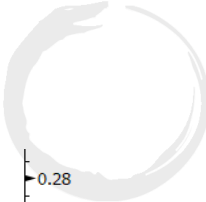


XBTUSD Curncy (XBT-USD Cross Rate) bitcoin Daily Daily 27DEC2021-04SEP2022

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

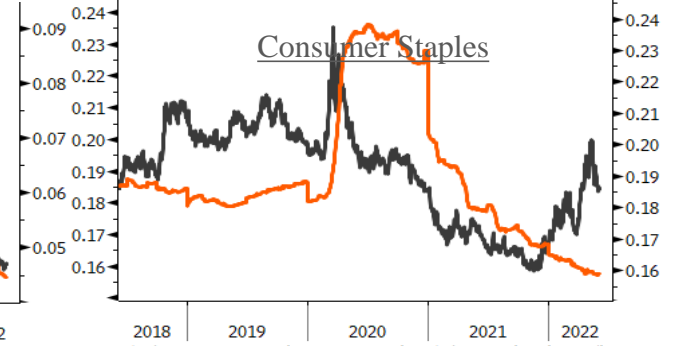


SSIINT Index (S&P 500 Information Technology Sector GICS Level 1 Index) Info Tech Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:25:02 Copyright © 2022 Bloomberg Finance L.P.

SSENR5 Index (S&P 500 Energy Sector GICS Level 1 Index) Energy Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:25:02 Copyright © 2022 Bloomberg Finance L.P.

SSFINL Index (S&P 500 Financials Sector GICS Level 1 Index) Financials Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:23:14

SSIINDU Index (S&P 500 Industrials Sector GICS Level 1 Index) Industrials Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:24:46

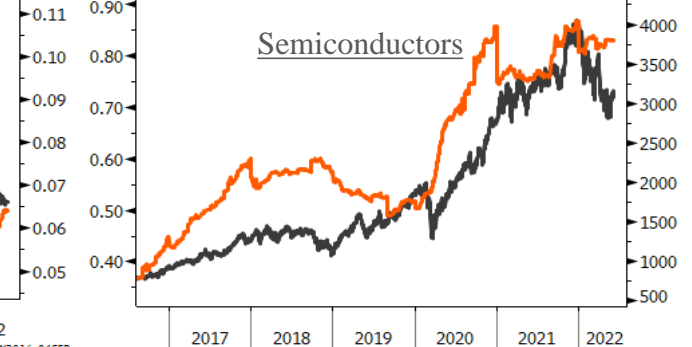
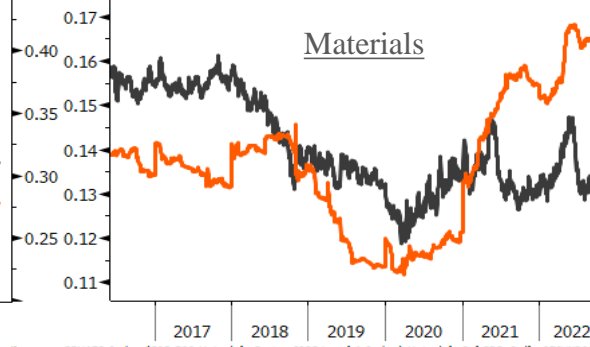
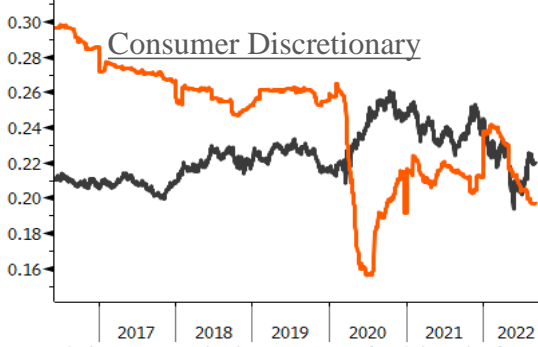


SSUTIL Index (S&P 500 Utilities Sector GICS Level 1 Index) Utilities Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:25:10 Copyright © 2022 Bloomberg Finance L.P.

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SSSTELS Index (S&P 500 Communication Services Sector GICS Level 1 Index) Comm Serv Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:23:22

SSCONS Index (S&P 500 Consumer Staples Sector GICS Level 1 Index) Cons Staples Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:23:38



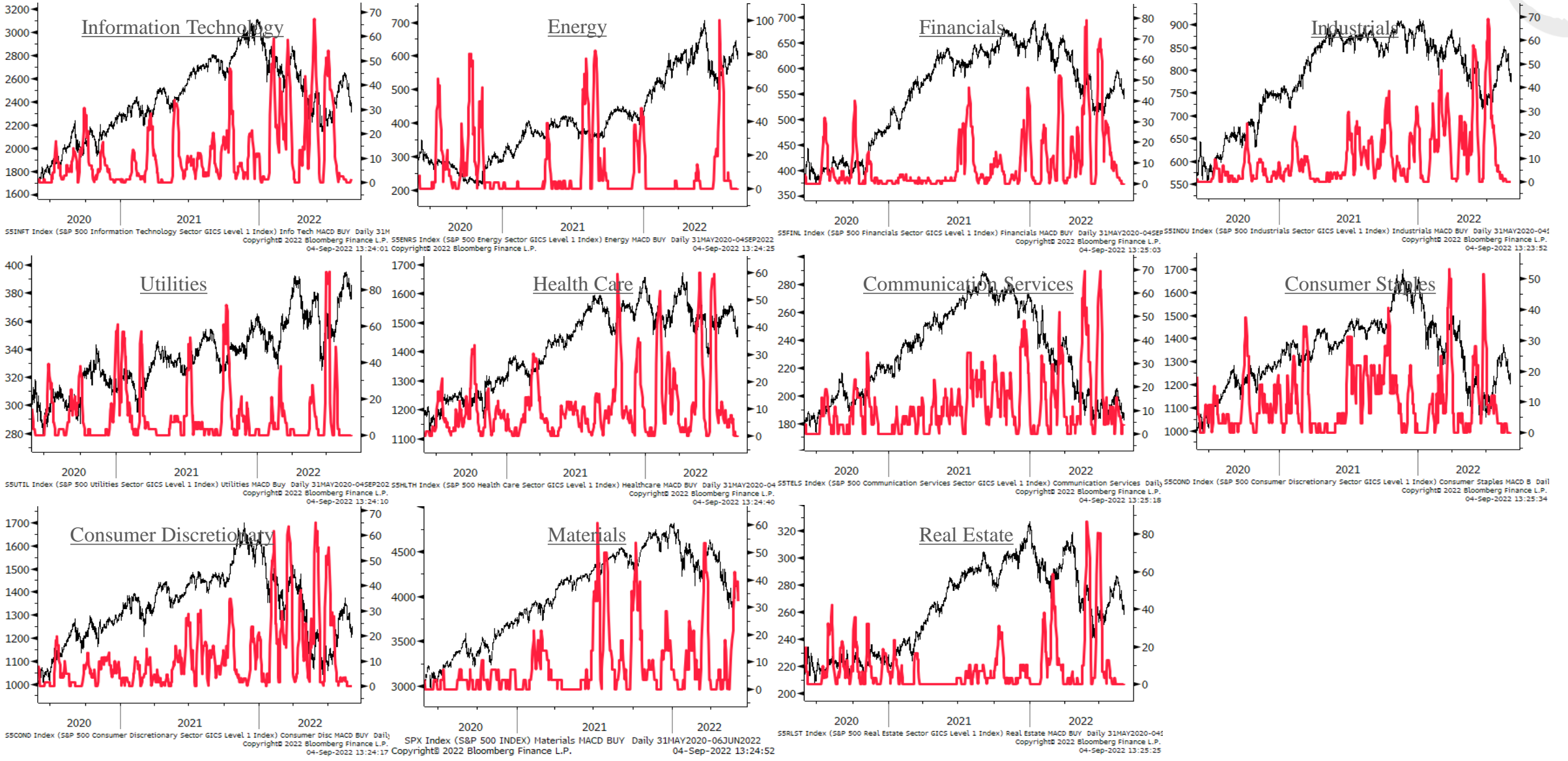
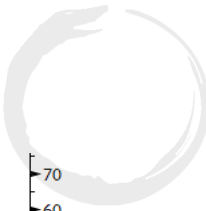
SSCOND Index (S&P 500 Consumer Discretionary Sector GICS Level 1 Index) Cons Disc Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:25:23

SSMATR Index (S&P 500 Materials Sector GICS Level 1 Index) Materials Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:23:07

SSRLST Index (S&P 500 Real Estate Sector GICS Level 1 Index) Real Estate Rel EPS Daily 07JUN2016-04SEP2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:23:30

SOX Index (Philadelphia Stock Exchange Semiconductor Index) Semi Rel EPS Daily 06AUG2016-06JUN2022 Copyright © 2022 Bloomberg Finance L.P. 04-Sep-2022 13:23:46

# Sector % MACD Buy Signals





# Macro Ops

## Trade Setups

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



# Summary:

There are few good typical swing trading setups currently in the futures/FX space. Charts across the board are fairly messy and disjointed. The areas of the market that continue to show good relative strength in equities are all in the real asset space (oil & gas, uranium, some mining names, etc...). So this is where we're focusing our efforts.

Since we're very likely in the early stages of what will be a long drawn out and volatile (both up and down) bear market. We're going to continue to focus primarily on defense (not losing money). And we're just going to play technical strength for short-term runs (a few days to a few weeks), preferably in sectors that we're bullish on over the long-term, like the above mentioned real asset spaces.

# Gold weekly

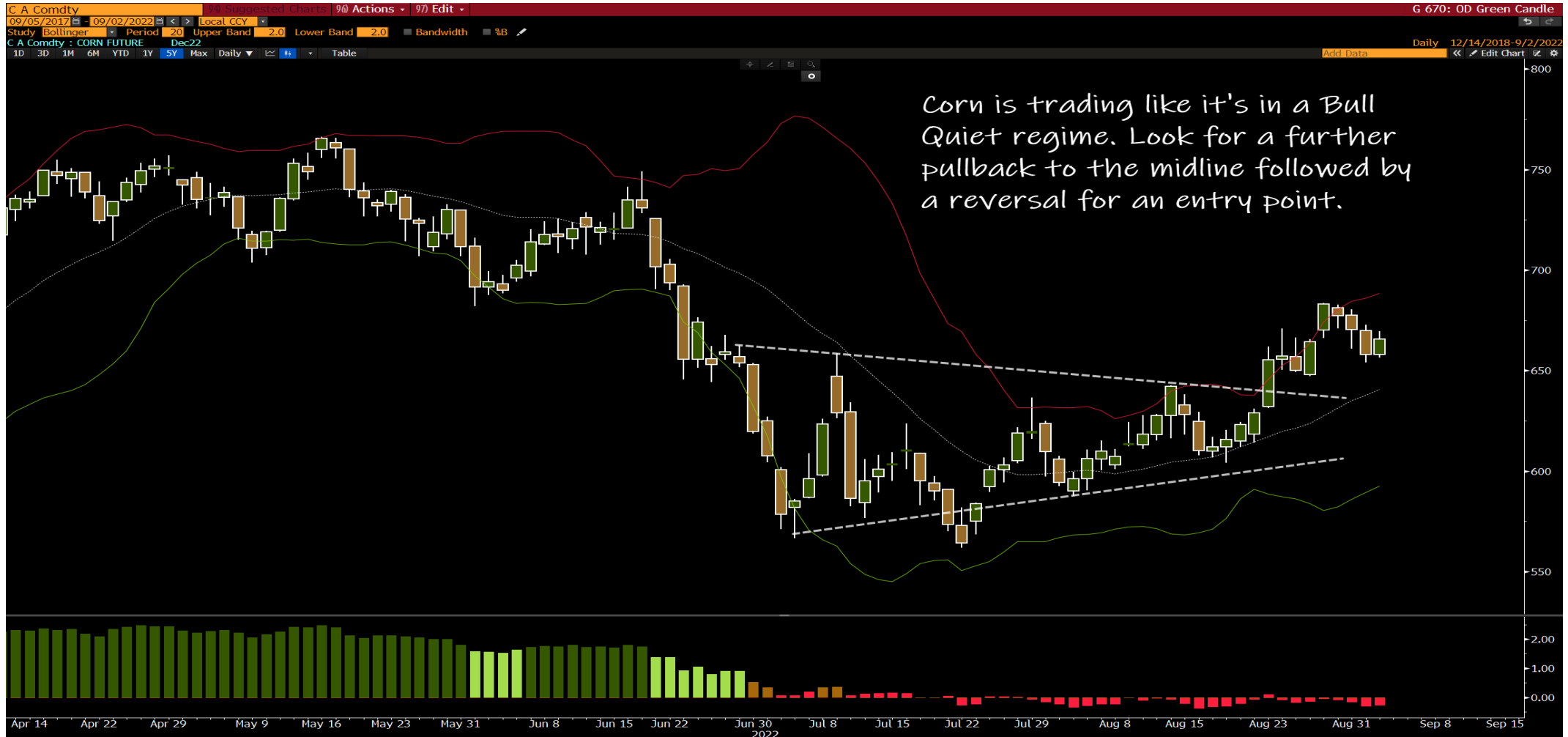


# 10yr Bonds daily





# Corn daily



# Wheat daily



# AUDJPY daily



# STNG monthly



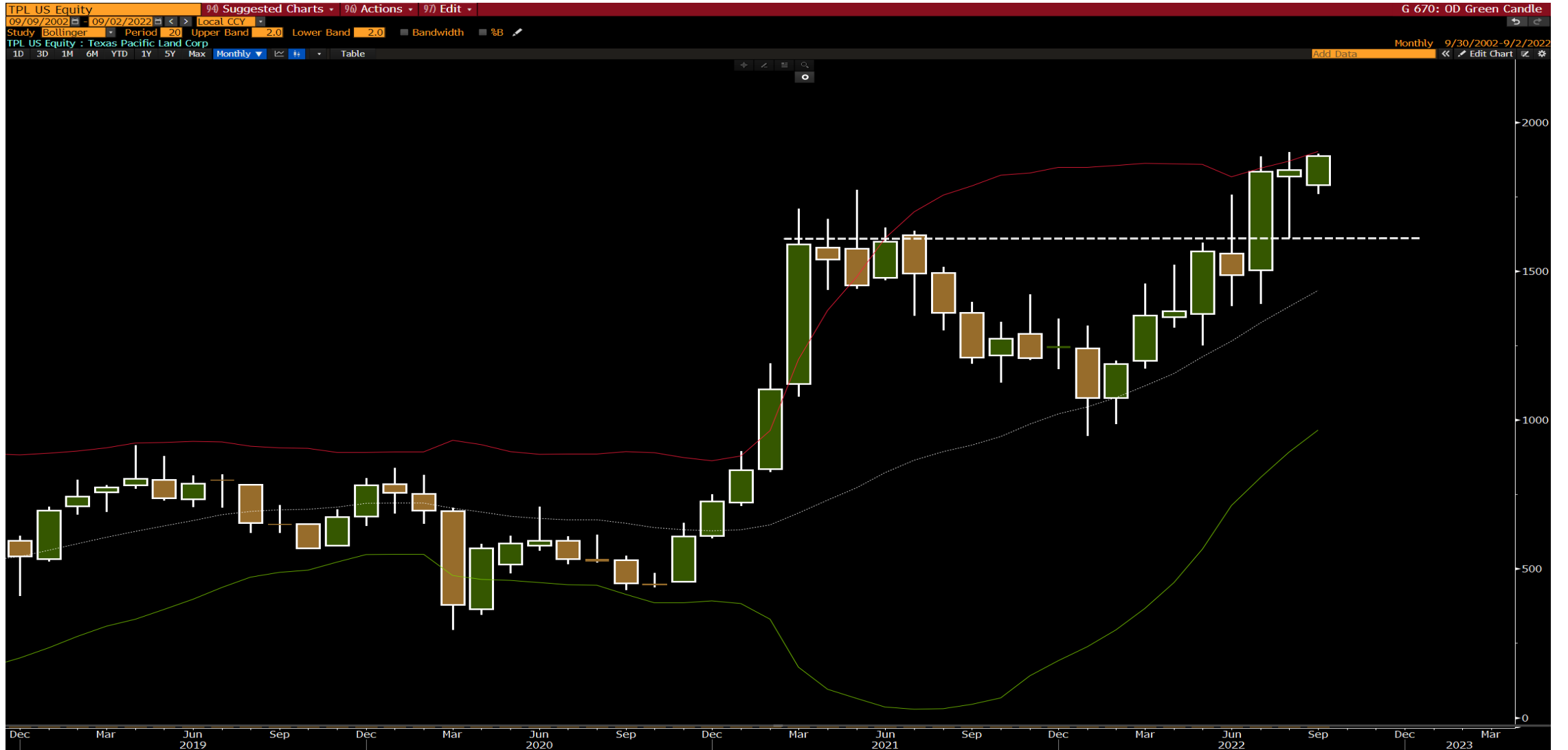
# STNG daily



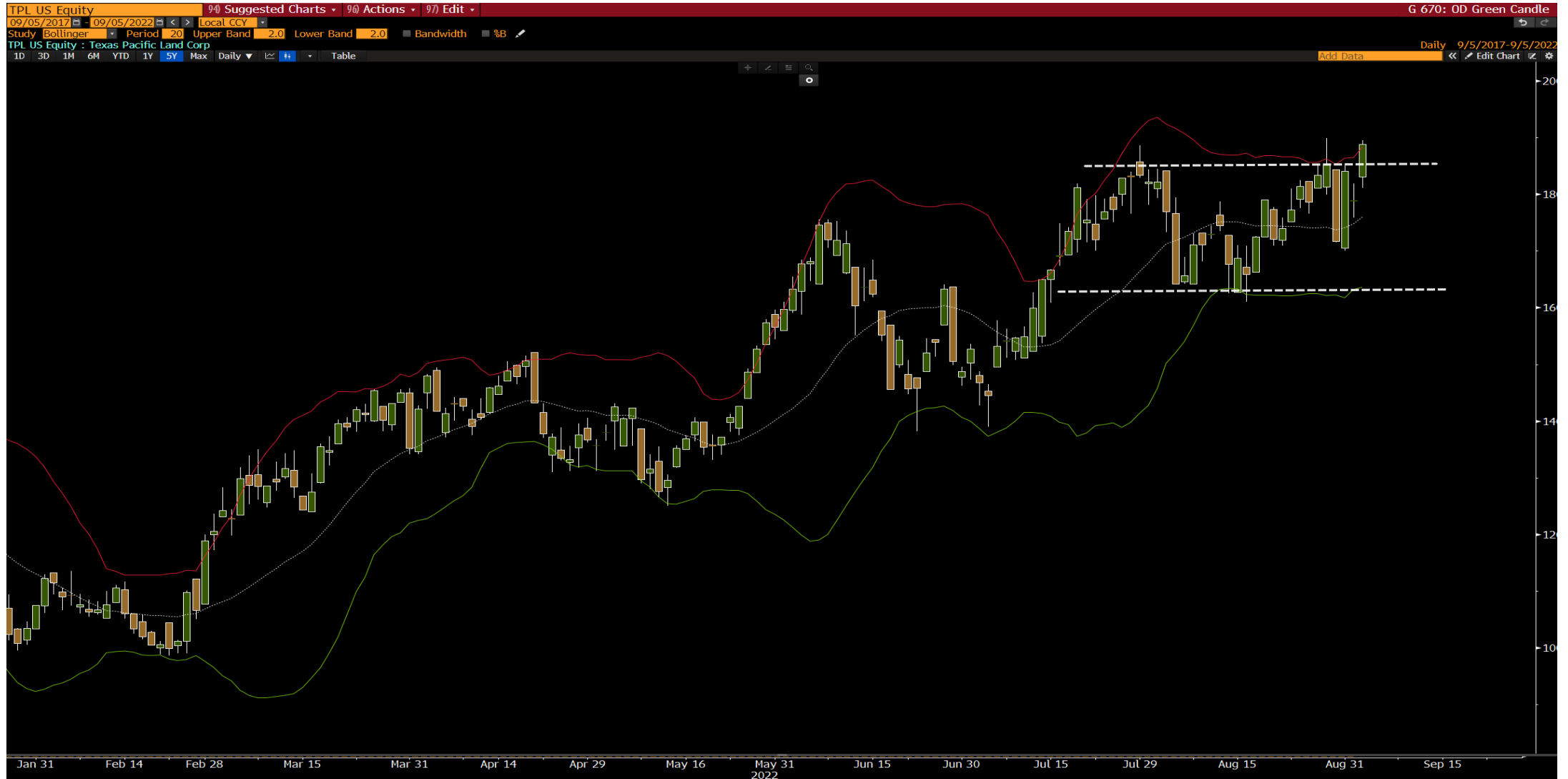
# BTU daily



# TPL monthly

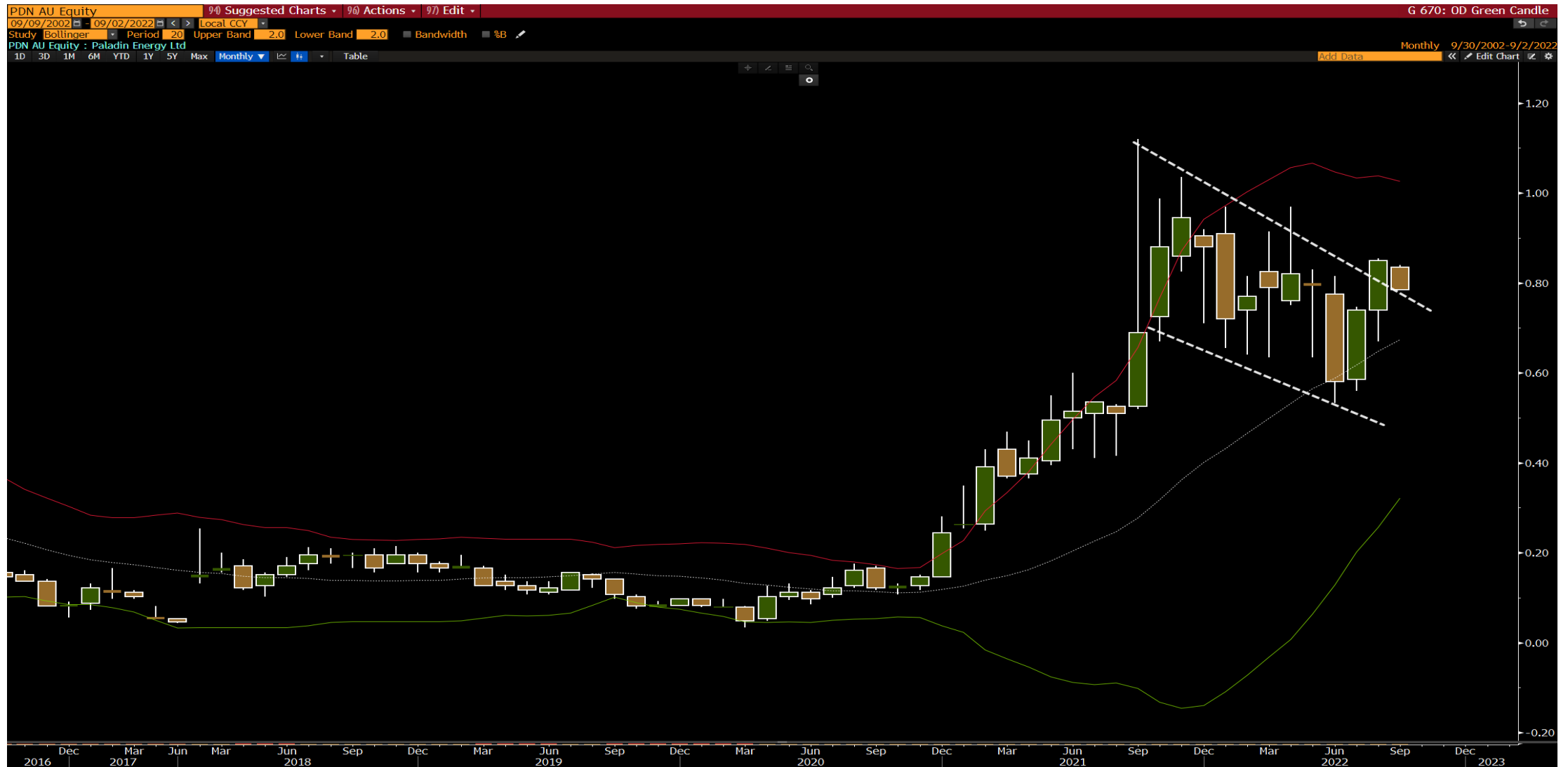


# TPL daily





# PDN:ASX monthly



# PDN:ASK daily



**The Macro Ops Portfolio**

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

2022 YTD Return **15.06%**  
 Total Notional Exposure **181.87%**  
 Equity Exposure **24.92%**  
 Futures Exposure **156.95%**  
 Current Cash Value (%) **74.11%**  
 Total Capital At-Risk (%) **33.18%**  
 Total Drawdown Risk (%) **23.28%**

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
US Dollar / Chinese Yuan (Second Leg)	USDCNH	184,262	\$1,273,250	73.72%	0.51%	1.46%	\$6.82	\$6.91	\$6.77	\$6.77	1.30%	1.85	156.95%	0.46%	3.15%
US Dollar / Chinese Yuan	USDCNH	208,050	\$1,437,627	83.23%	-0.05%	1.68%	\$6.77	\$6.91	\$6.77	\$6.68	2.13%	1.73			

**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	\$26,068.86	1.51%	1.82%	1.51%	\$3.13	\$2.60	\$0.00	\$0.00	-16.93%	-0.17	8.82%	8.00%	5.74%
Nerdy, Inc.	NRDY	7,148	\$21,087.82	1.22%	1.03%	1.22%	\$2.49	\$2.95	\$0.00	\$0.00	18.47%	0.18			
Clearpoint Neuro	CLPT	4,443	\$55,276.06	3.20%	0.12%	0.11%	\$12.46	\$12.44	\$12.00	\$9.40	-0.16%	-0.01			
Block, Inc.	SQ	753	\$49,952.49	2.89%	5.04%	2.89%	\$115.48	\$66.33	\$0.00	\$0.00	-42.56%	-0.43			

**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
Intrepid Potash	IPI	845	\$38,474.28	2.23%	0.51%	0.17%	\$52.45	\$45.53	\$42.00	\$42.00	-13.19%	-0.66	16.09%	12.66%	11.79%
Sprott Uranium	U.UN	3,779	\$46,670.99	2.70%	2.57%	2.70%	\$11.76	\$12.35	\$0.00	\$0.00	5.02%	0.05			
Centrus Energy	LEU	985	\$46,640.67	2.70%	2.57%	2.70%	\$45.13	\$47.35	\$0.00	\$0.00	4.92%	0.05			
Pantheon Resources	PANR	32,282	\$40,933.36	2.37%	3.10%	2.37%	\$1.66	\$1.27	\$0.00	\$0.00	-23.61%	-0.24			
Vista Energy	VIST	5,457	\$54,729.24	3.17%	3.09%	3.17%	\$9.78	\$10.03	\$0.00	\$0.00	2.56%	0.03			
Tidewater, Inc.	TDW	2,161	\$50,532.70	2.93%	0.81%	0.67%	\$24.50	\$23.38	\$18.00	\$19.20	-4.57%	-0.21			

**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
Cannabis ETF	MSOS	11,585	\$149,907.96	8.68%	1.03%	0.97%	\$13.03	\$12.94	11.5	11.5	-0.69%	-0.06	7.04%	4.18%	1.65%
Ethereum Short	ETHUSD	-57	-\$90,156.93	-5.22%	0.51%	0.54%	\$1,577.00	\$1,568.76	1730	1730	0.52%	0.05			
Clearpoint Neuro (Second Leg Add)	CLPT	4,948	\$61,558.58	3.56%	0.40%	0.13%	\$13.41	\$12.44	12	11.65	-7.23%	-0.55			

**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	\$328.00	0.02%	2.25%	0.02%	\$473.00	\$4.00	\$0.00	\$0.00	-99.15%	-0.99	0.97%	7.87%	0.97%
TSLA DEC 2022 \$350 PUTS	TSLA	9	\$4,228.37	0.24%	1.09%	0.24%	\$2,110.00	\$476.00	\$0.00	\$0.00	-77.44%	-0.77			
MO JAN 2023 \$70 CALLS	MO	299	\$1,495.00	0.09%	1.59%	0.09%	\$92.00	\$5.00	\$0.00	\$0.00	-94.57%	-0.95			
HAL JAN 2024 \$60 CALLS	HAL	67	\$9,311.03	0.54%	0.52%	0.54%	\$132.00	\$138.00	\$0.00	\$0.00	4.55%	0.05			
BHP Jan 2023 \$115 CALLS	BHP	55	\$1,375.00	0.08%	1.21%	0.08%	\$380.00	\$25.00	\$0.00	\$0.00	-93.42%	-0.93			
EWJ JAN 2023 \$90 CALLS	EWJ	173	\$0.00	0.00%	1.22%	0.00%	\$122.00	\$0.00	\$0.00	\$0.00	-100.00%	-1.00			

# 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](#))

