



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 Market Prep

Just a quick note as I'm working on a larger piece going out later this week, and there's not much that's immediately actionable right now. The market is oversold and bearish sentiment is peaking, plus bonds have steadied (for now at least). The conditions are set for a bear market rally though that doesn't mean we'll get one. It remains a tough environment so we just gotta keep doing what we've been doing; holding cash, netting out risk, and being tactically nimble.

BTCUSD and ETHUSD are interesting options to play a rally, if one materializes. They've held up well these past few weeks despite broader risk-off. A breakout above their recent consolidation zones would give us a good technical inflection point to enter.

Precious metals might be in the process of confirming a larger bear trap. Managed money net speculative positioning is hitting bearish extremes that historically coincide or shortly precede major bottoms (see chart on next slide). We're going to add to our positioning here by buying some miners (we already own DOTM calls on AG). And we'll take another swing at getting long gold / silver futures on pullback reversals, as long as bonds stay relatively bid.

We're also looking at DOTM calls on Comstock Resources (CRK) again. The chart is in another major compression regime. Insiders have been buying these past few months.

I've got a note coming out tomorrow laying out a new short-term hedging strategy we're going to be running in the months ahead. So keep on the lookout for that.

Your Macro Operator,

Alex

Weekly Market Prep



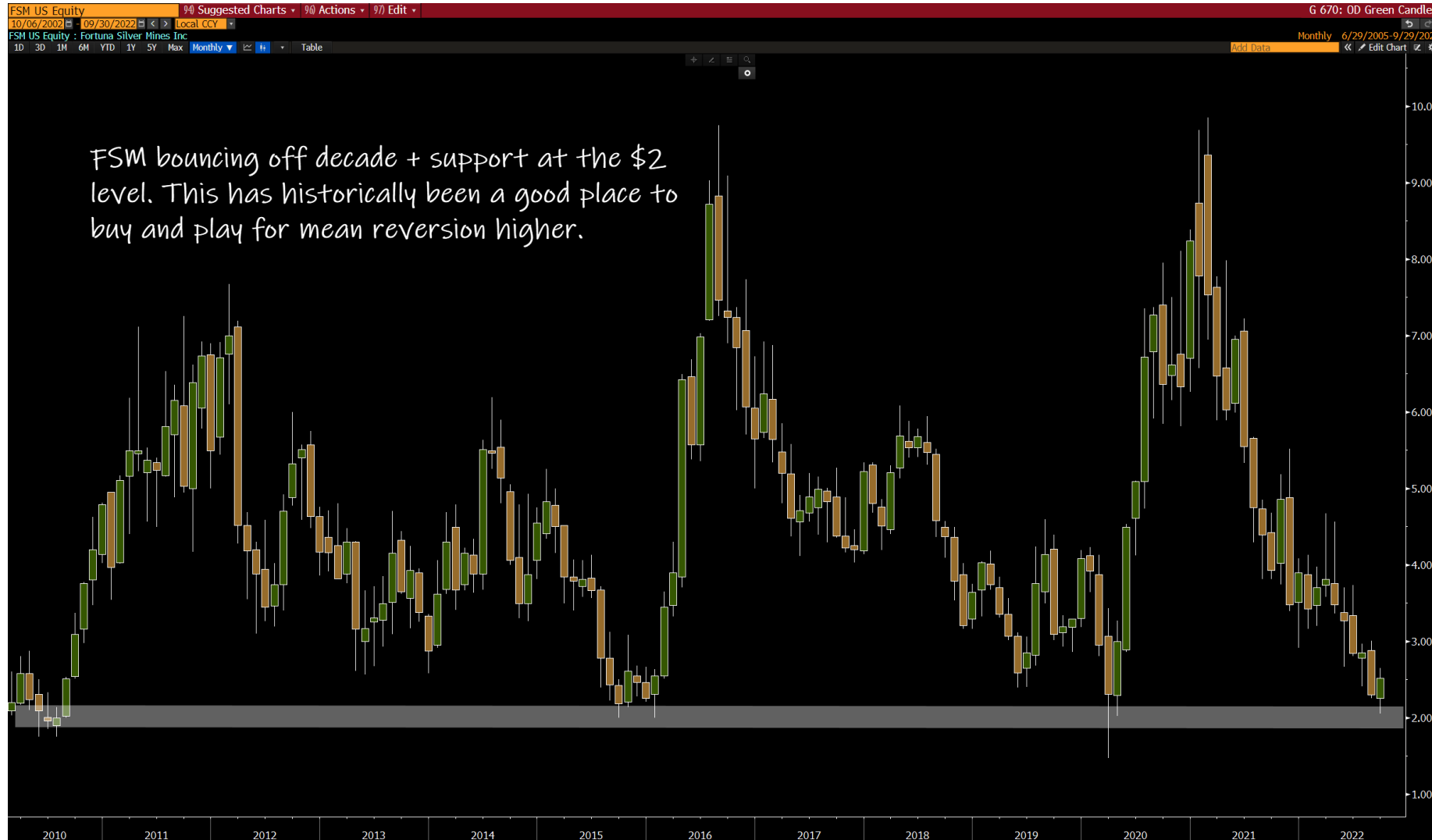


Macro Ops

Trade Setups

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

FSM - monthly



SGML - monthly



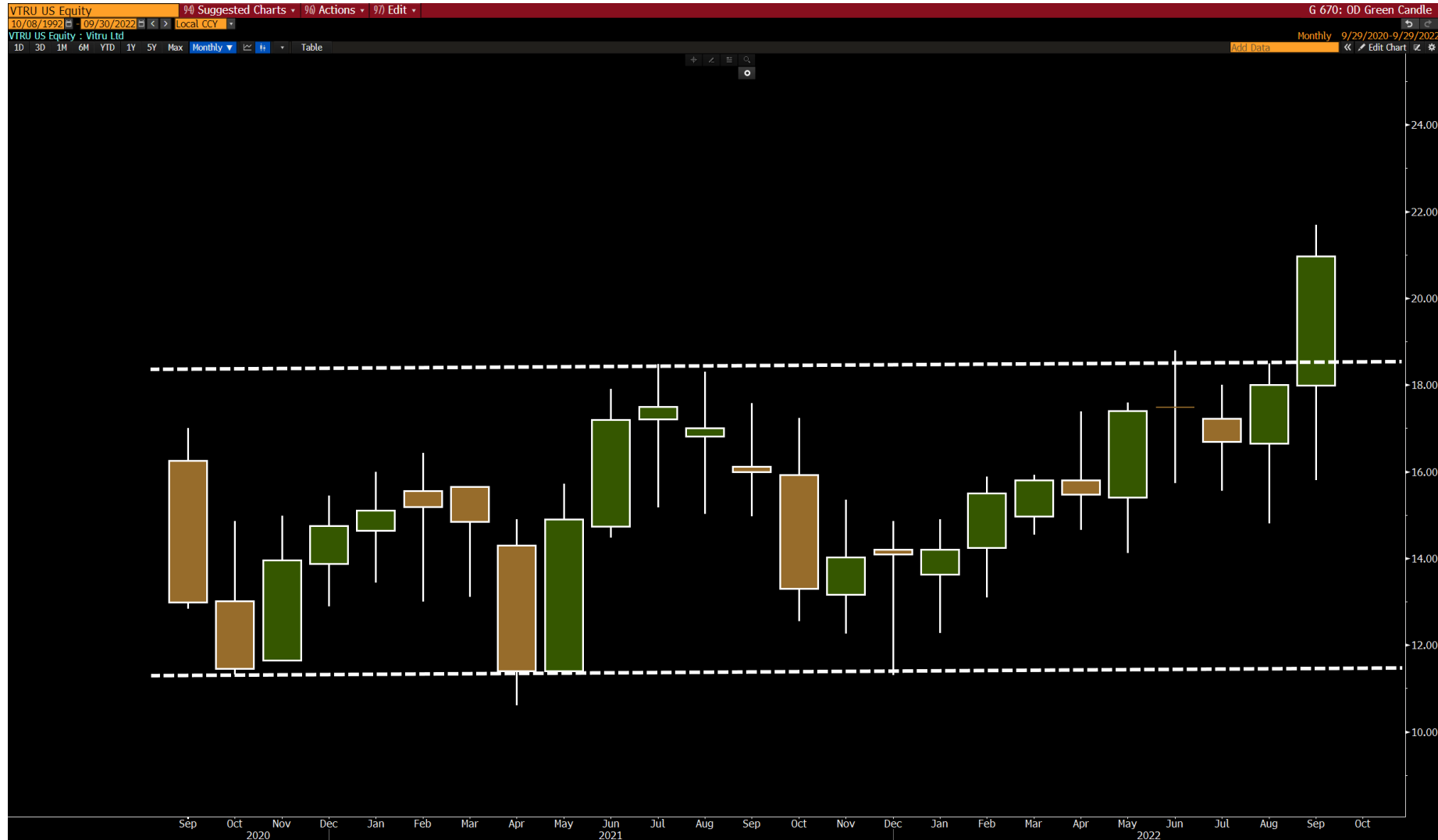
INSW - monthly



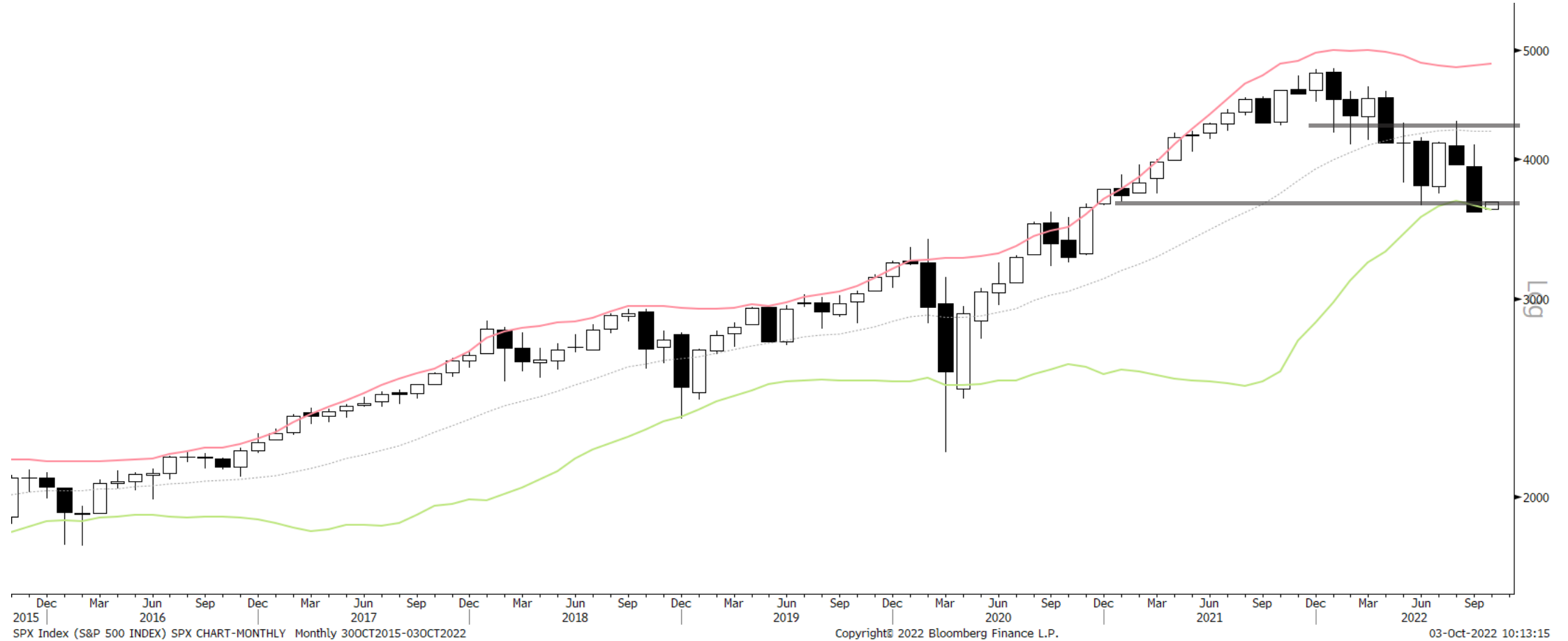
CRK - monthly



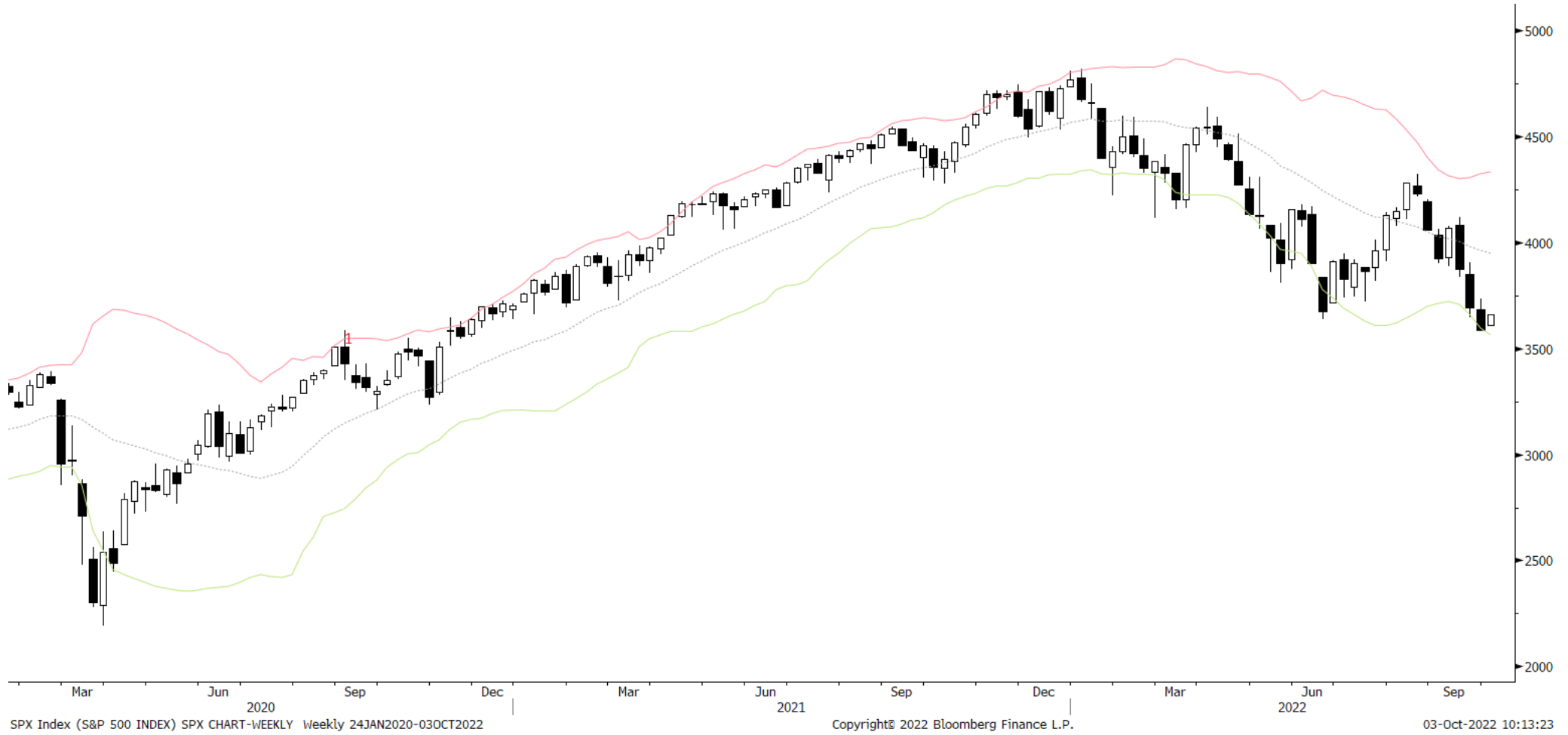
VTRU - monthly



S&P 500 Monthly



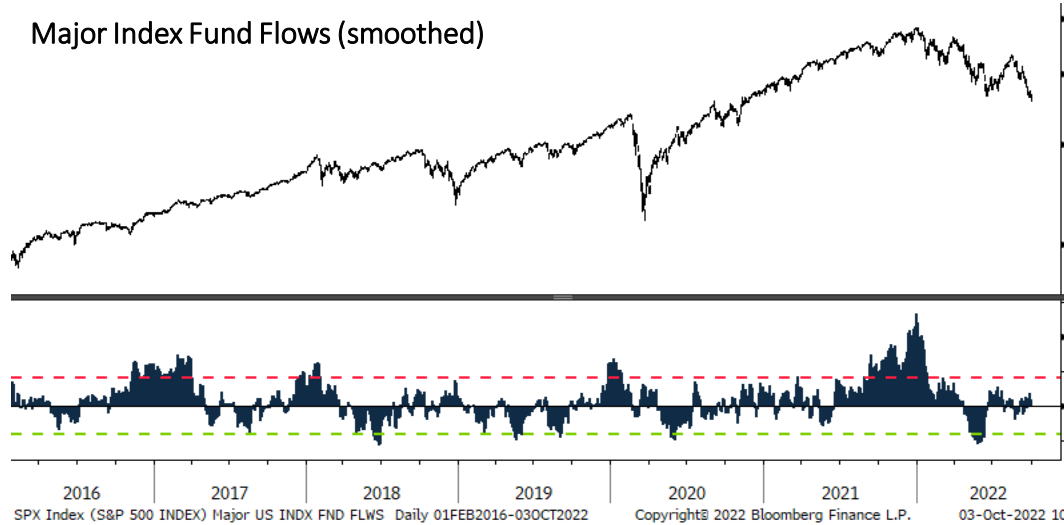
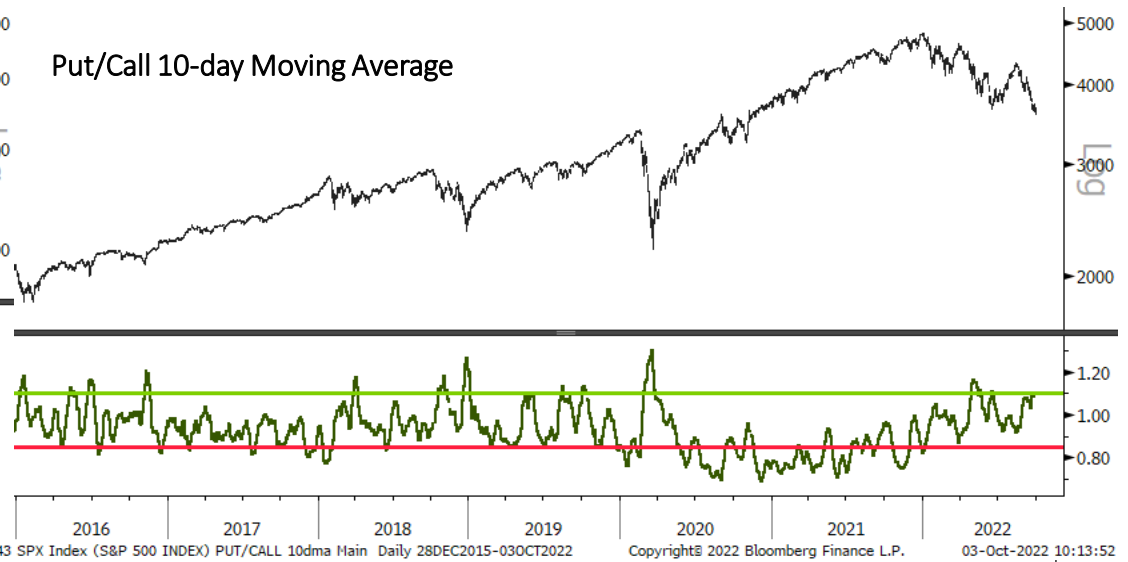
S&P 500 Weekly



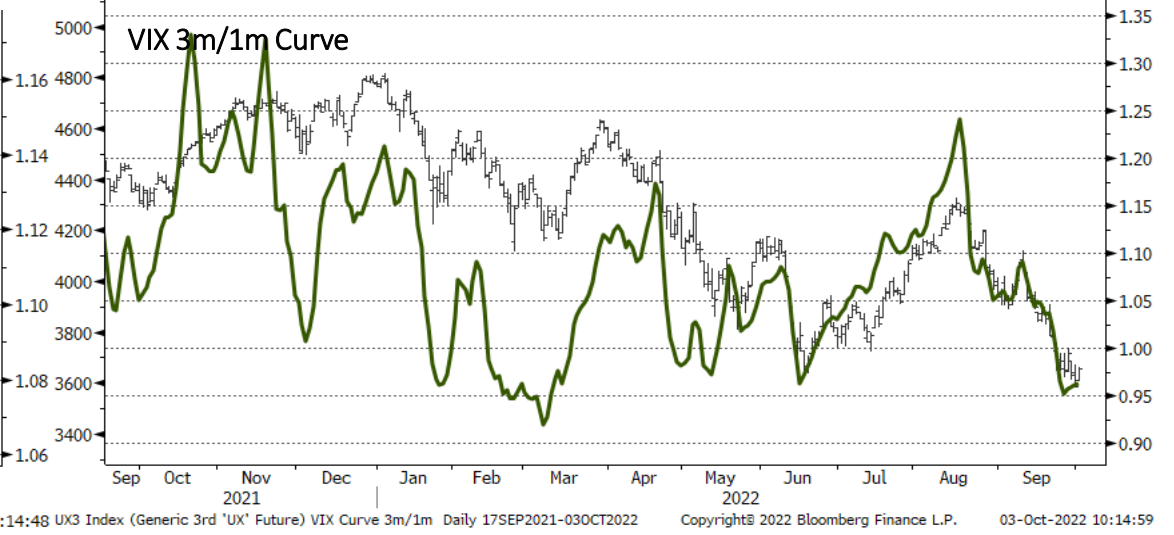
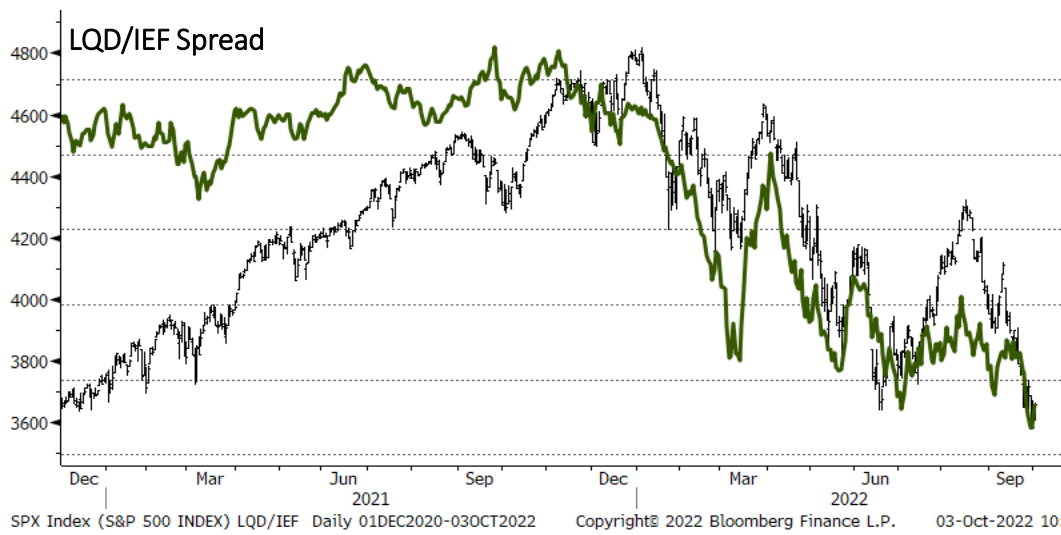
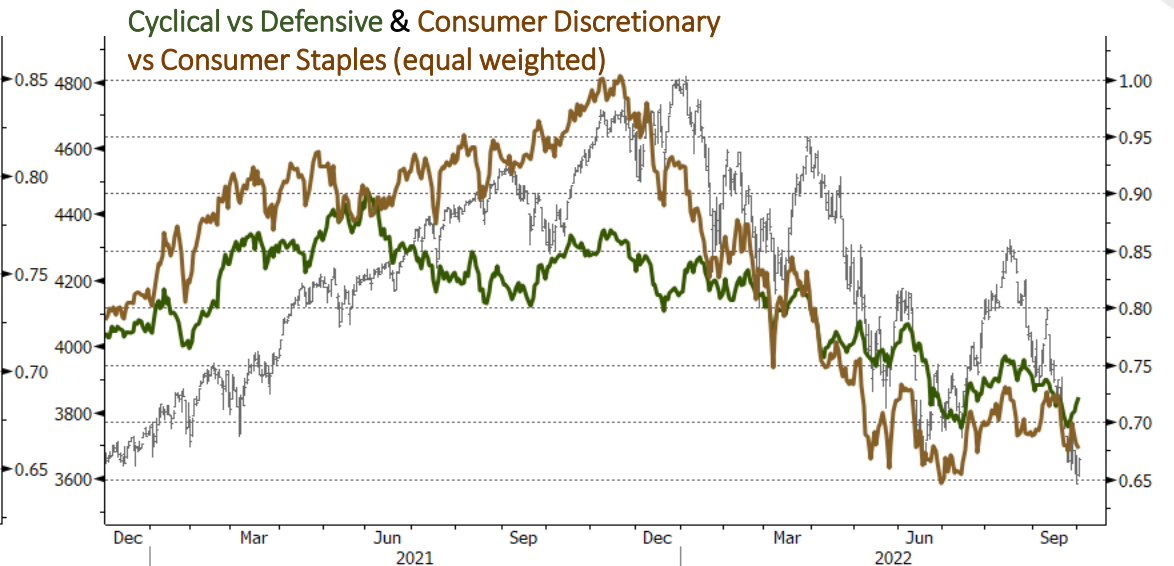
S&P 500 Daily



Sentiment & Positioning

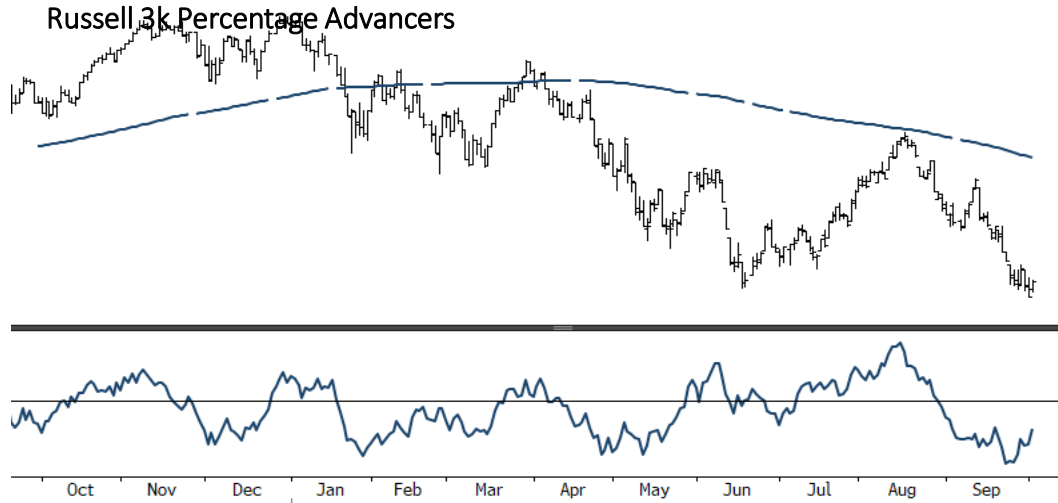


Market Internals

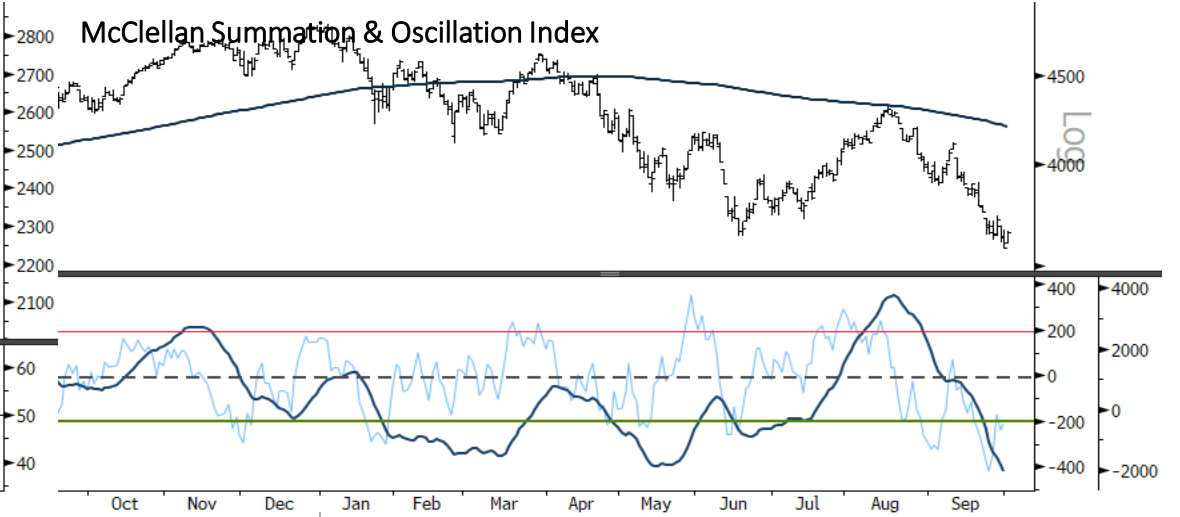




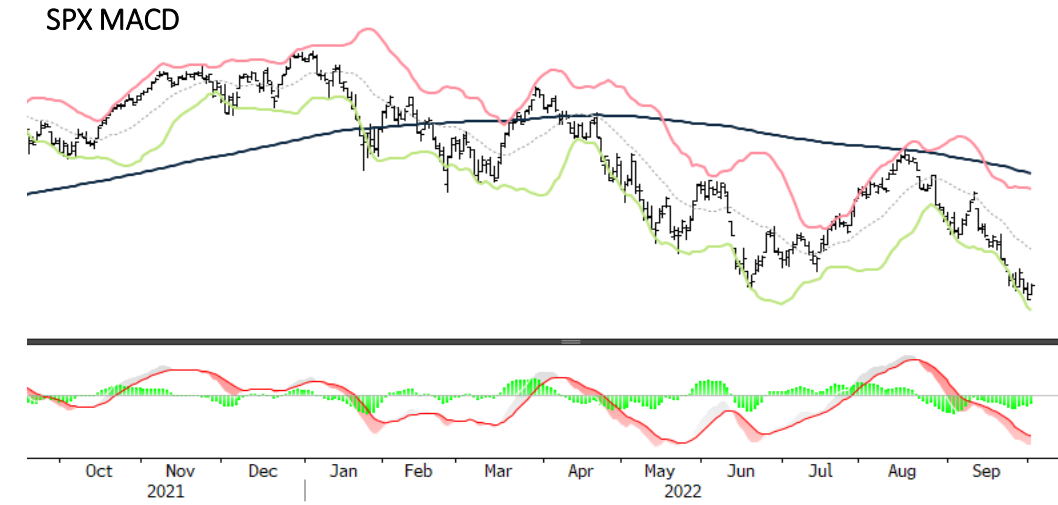
Short-term Breadth



RAY Index (Russell 3000 Index) % Adv Ray Index Daily 18SEP2021-03OCT2022 Copyright© 2022 Bloomberg Finance L.P.



SPX Index (S&P 500 INDEX) MACRO WHITE MCCLELLAN Daily 18SEP2021-03OCT2022 Copyright© 2022 Bloomberg Finance L.P.

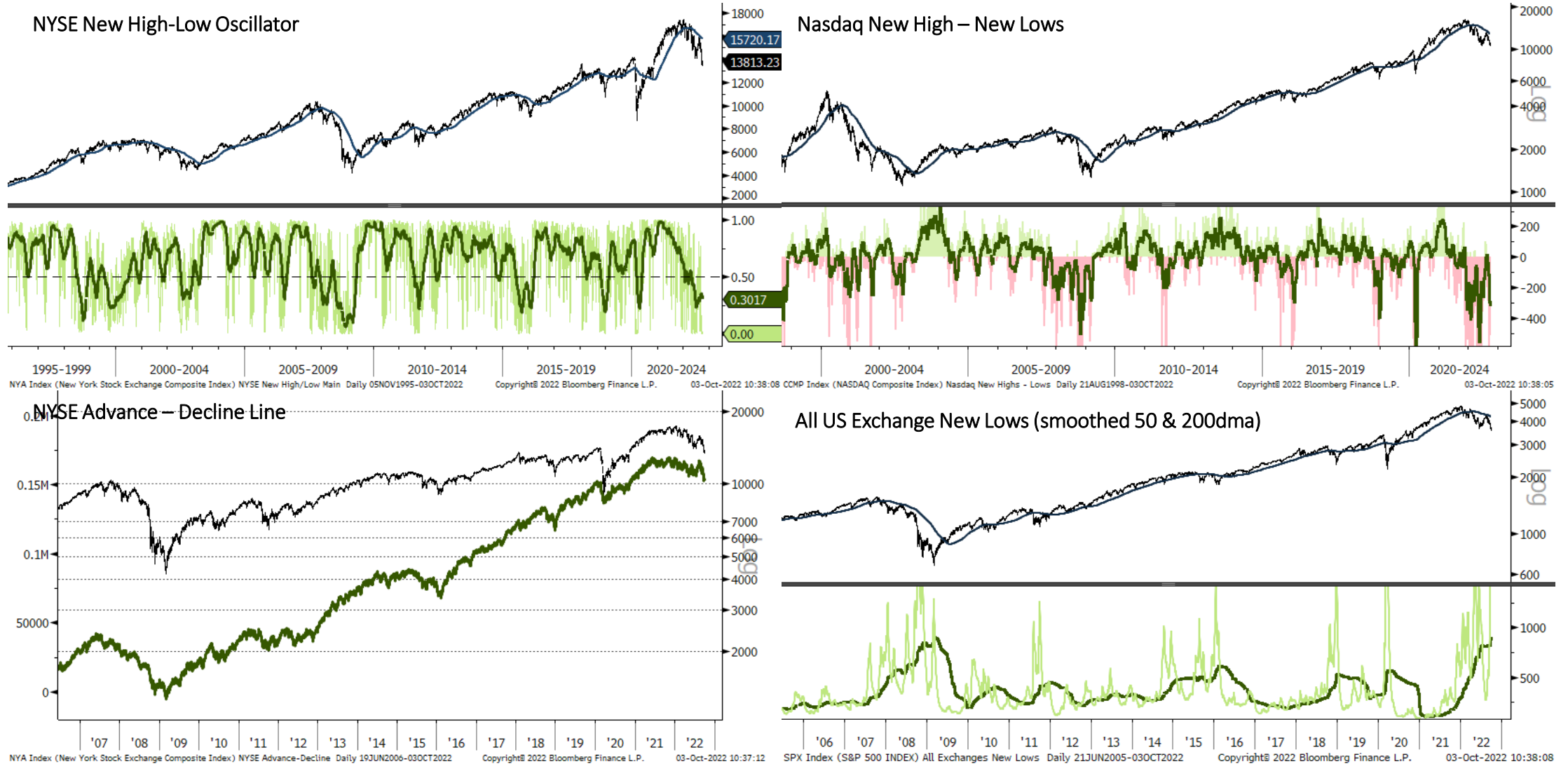


SPX Index (S&P 500 INDEX) SPX MACD Chart Daily 18SEP2021-03OCT2022 Copyright© 2022 Bloomberg Finance L.P.



RAY Index (Russell 3000 Index) % above 50dma RAY Daily 18SEP2021-03OCT2022 Copyright© 2022 Bloomberg Finance L.P.

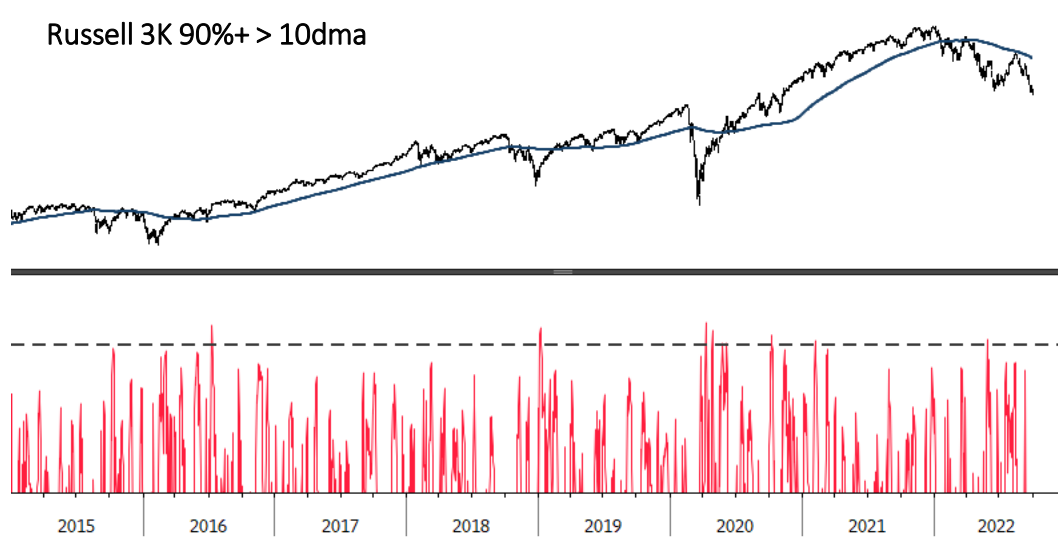
Long-term Breadth



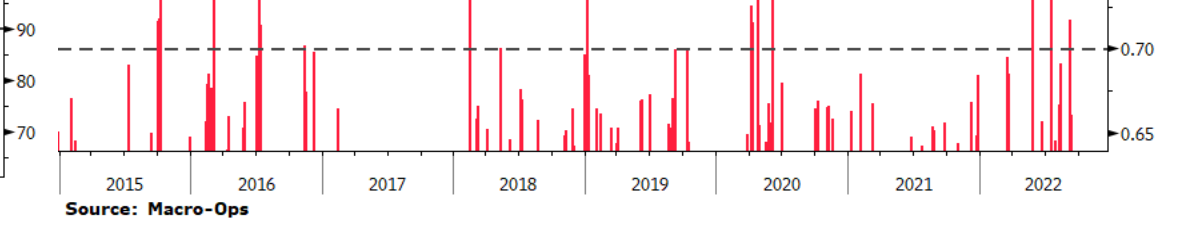
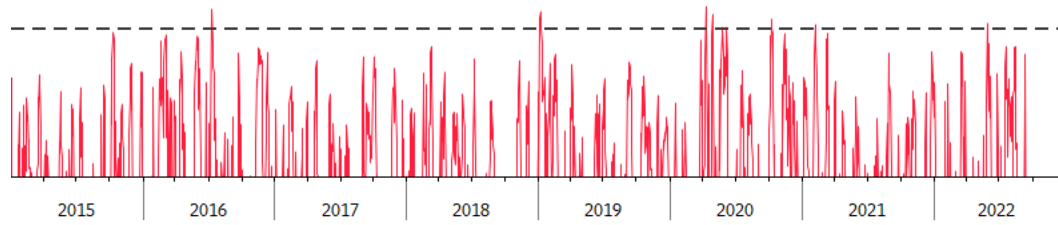
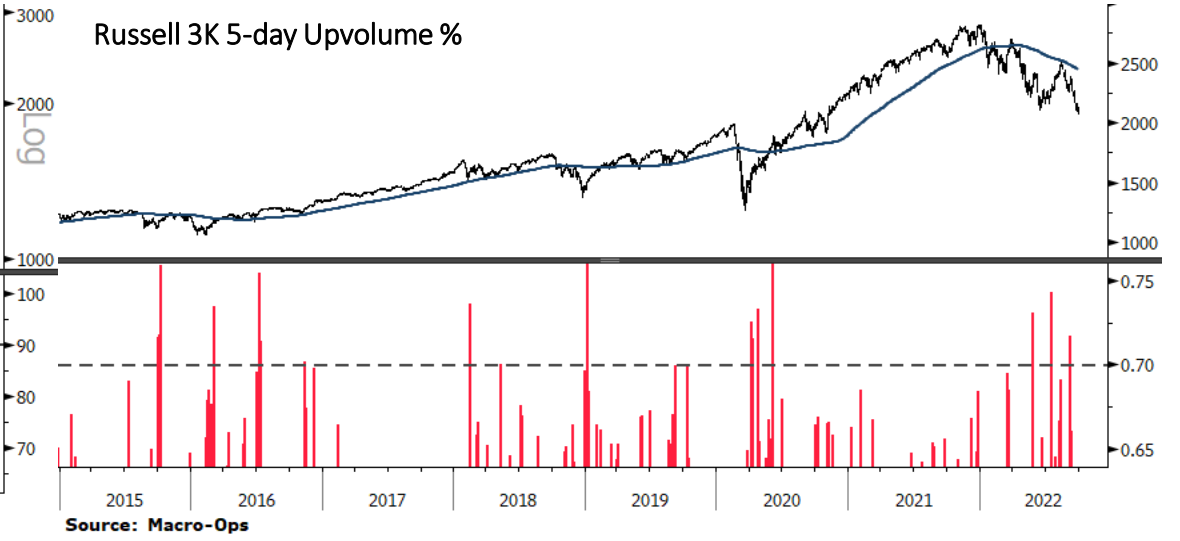


Breadth Thrust

Russell 3K 90%+ > 10dma



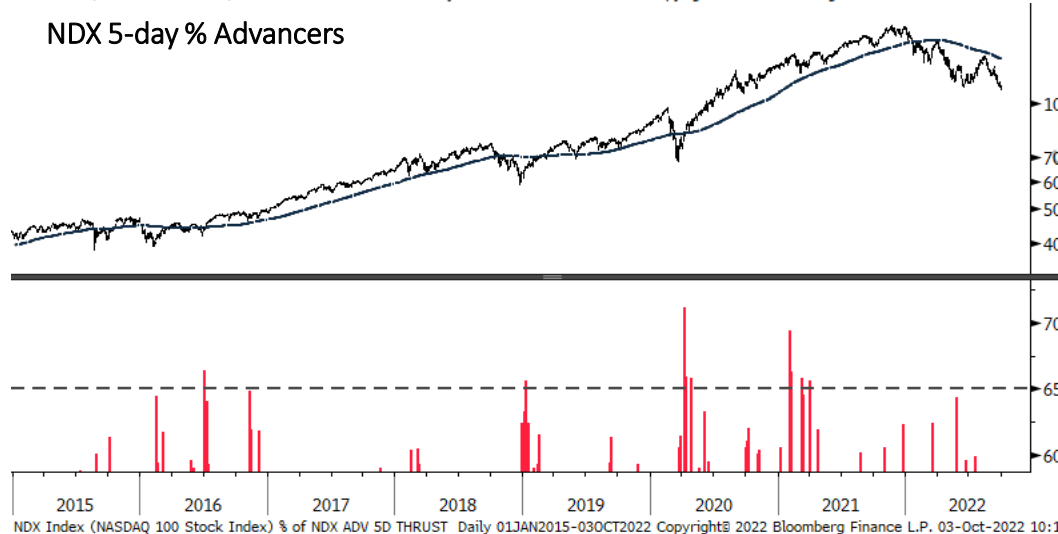
Russell 3K 5-day Upvolume %



RAY Index (Russell 3000 Index) % above 10D MAs THRUST Daily 02JAN2015-03OCT2022 Copyright© 2022 Bloomberg Finance L.P. 03-Oct-2022 10:13:10

Source: Macro-Ops RAY Index (Russell 3000 Index) Main: RAY 5D vol THRUST Daily 02JAN2015-03OCT2022 Copyright© 2022 Bloomberg Finance L.P. 03-Oct-2022 10:13:10

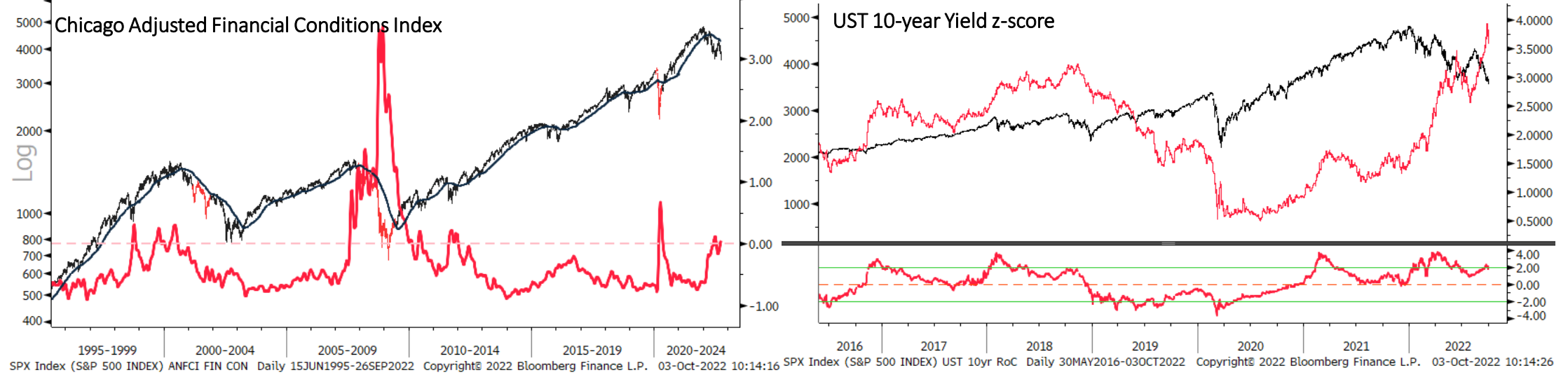
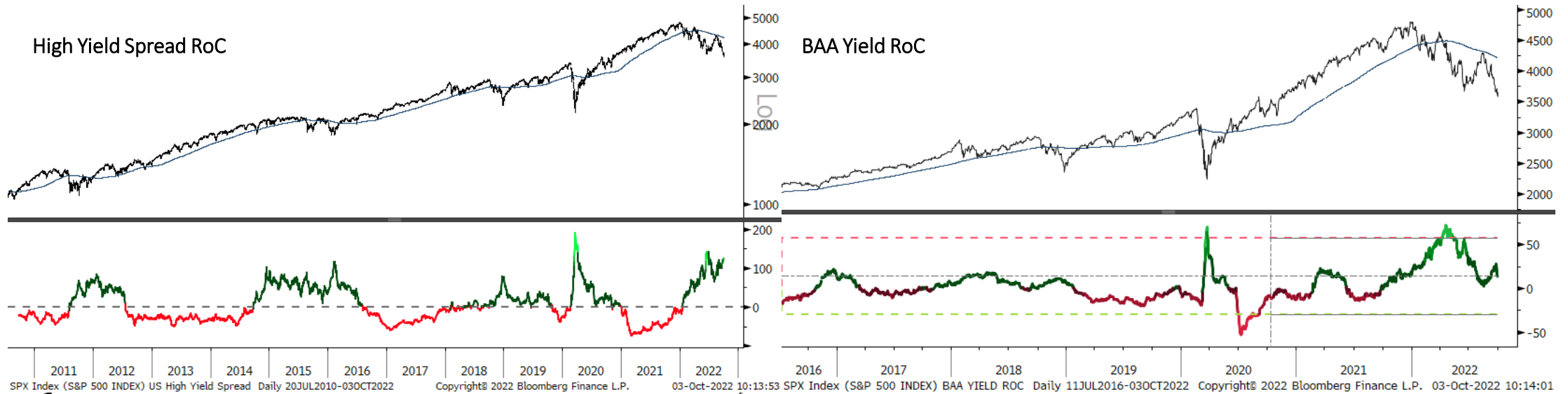
NDX 5-day % Advancers



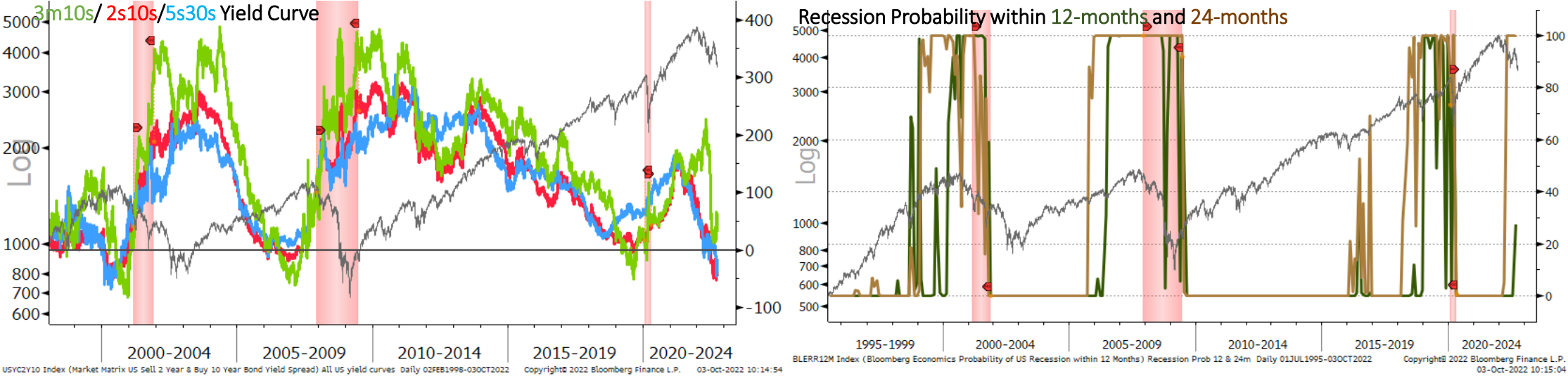
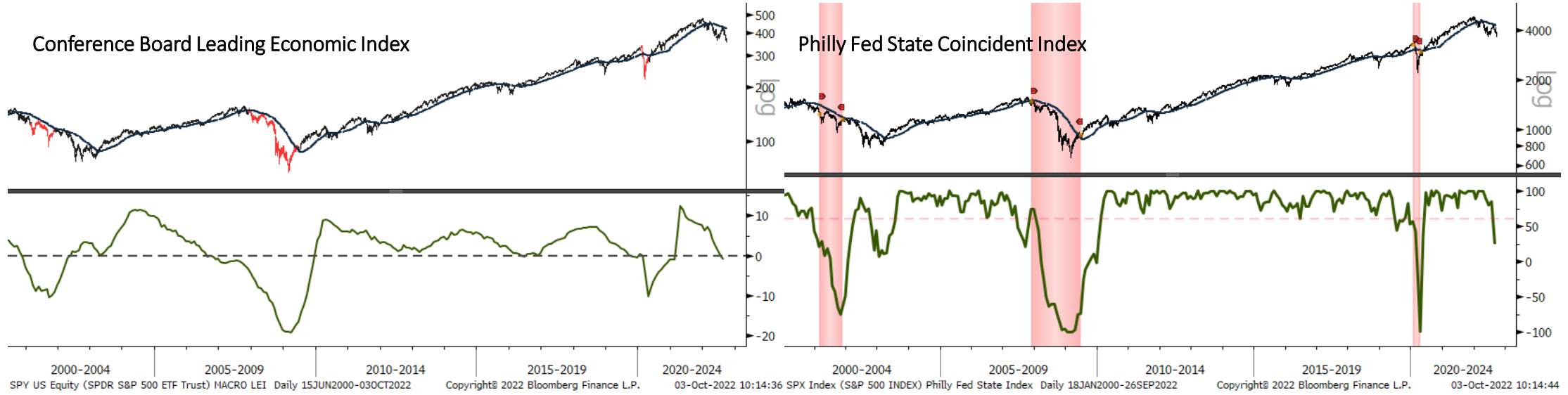
NDX Index (NASDAQ 100 Stock Index) % of NDX ADV 5D THRUST Daily 01JAN2015-03OCT2022 Copyright© 2022 Bloomberg Finance L.P. 03-Oct-2022 10:13:39

RAY Index (Russell 3000 Index) MACD BUY WHITE THRUST Daily 01JAN2015-03OCT2022 Copyright© 2022 Bloomberg Finance L.P. 03-Oct-2022 10:13:30

Liquidity



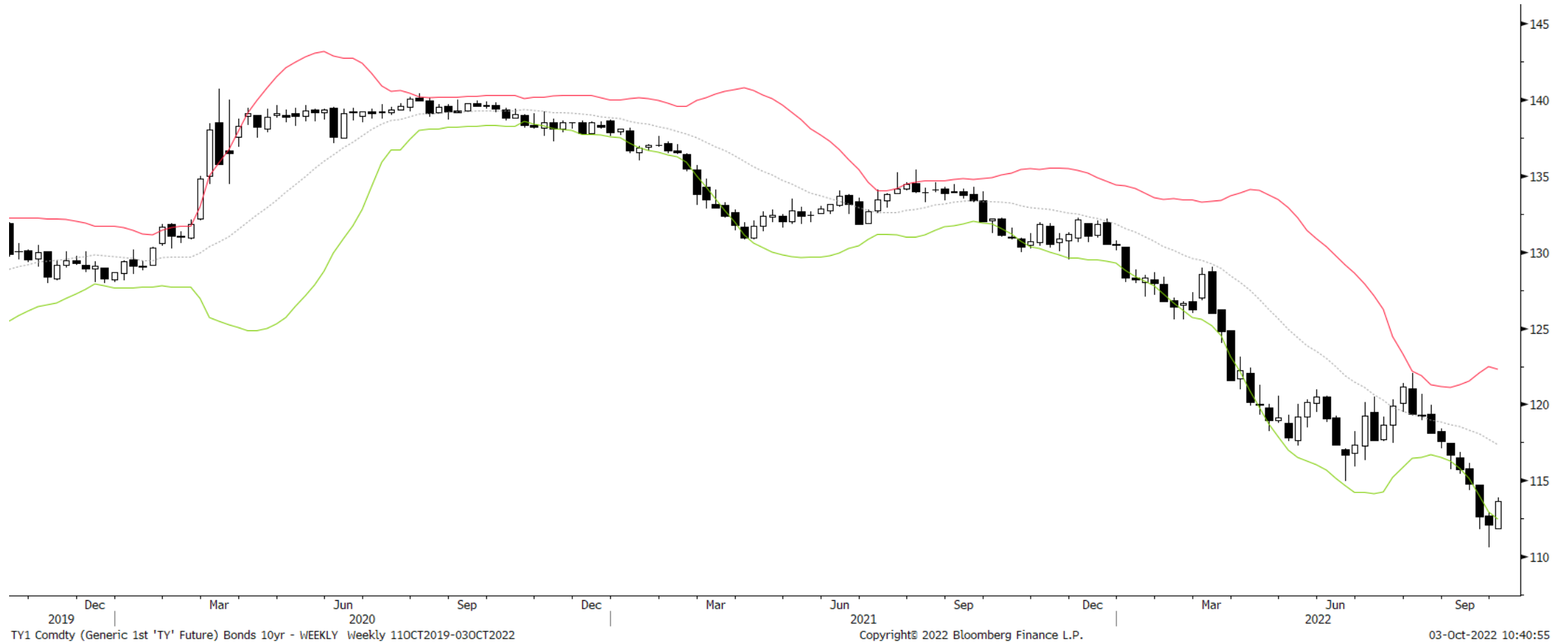
US Recession



Bonds: 10-year Futures Monthly



Bonds: 10-year Futures Weekly



Bonds: 10-year Futures Daily



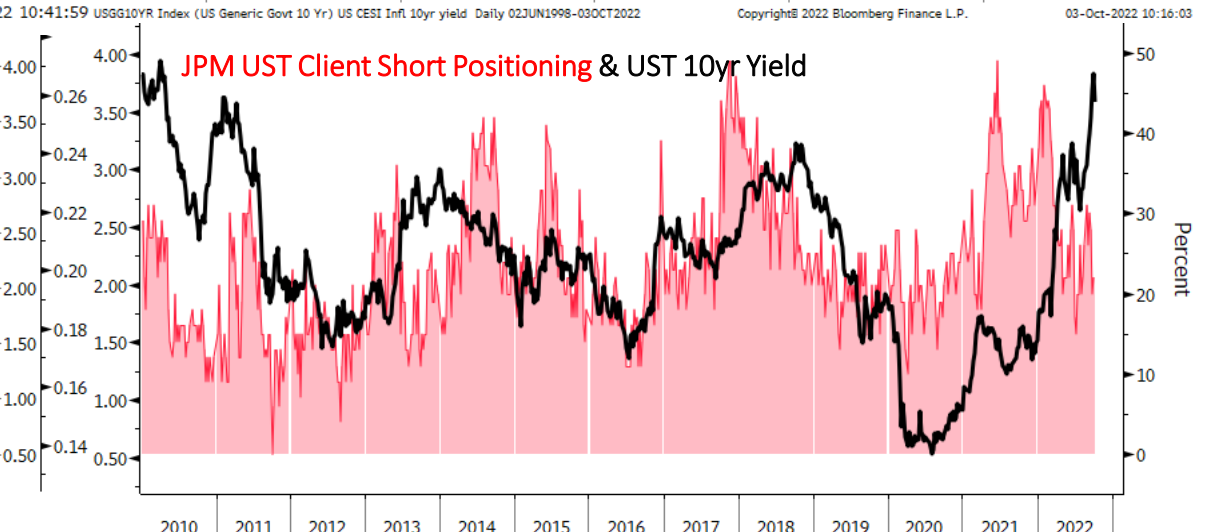
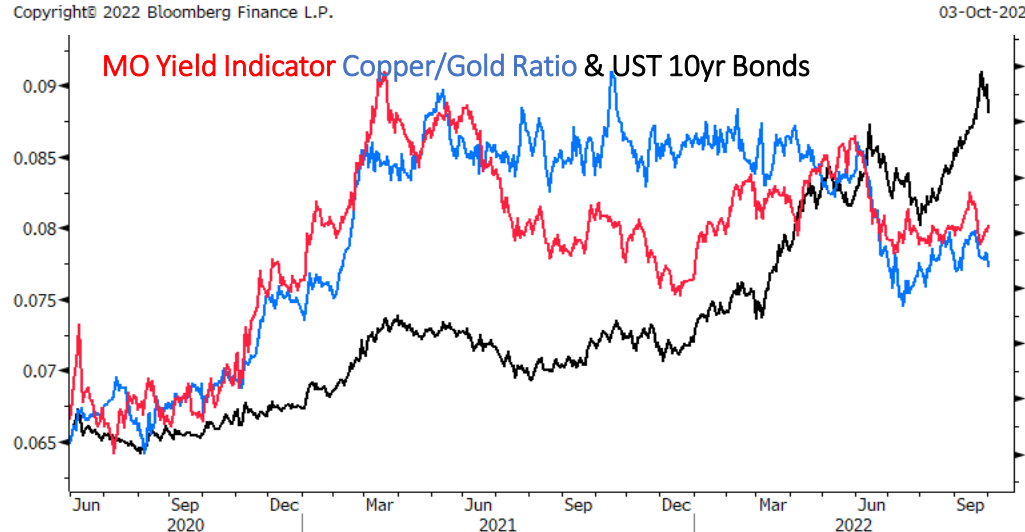
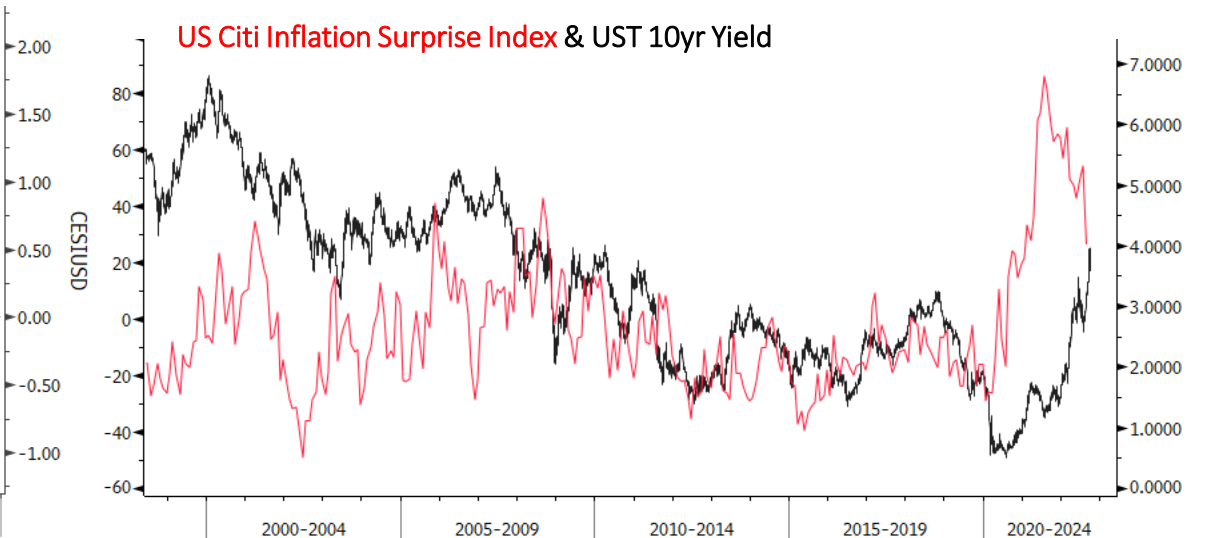
TY1 Comdty (Generic 1st 'TY' Future) Bonds 10yr - DAILY Daily 31DEC2021-03OCT2022

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Bond/Yield Indicators



Gold Monthly



Gold Weekly



Gold Daily



GC1 Comdty (Generic 1st 'GC' Future) GOLD - DAILY Daily 02DEC2021-03OCT2022

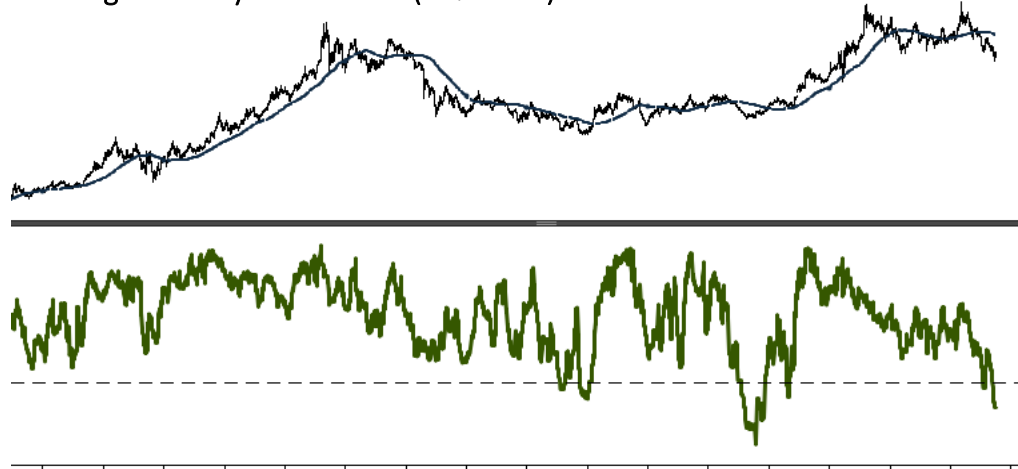
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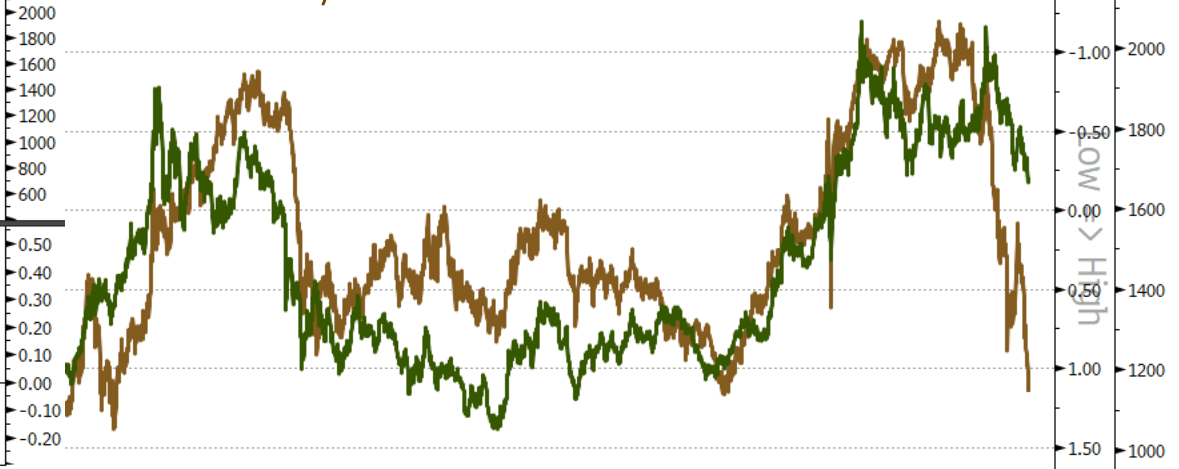
Gold Indicators

Managed Money Net Position (as % of OI)



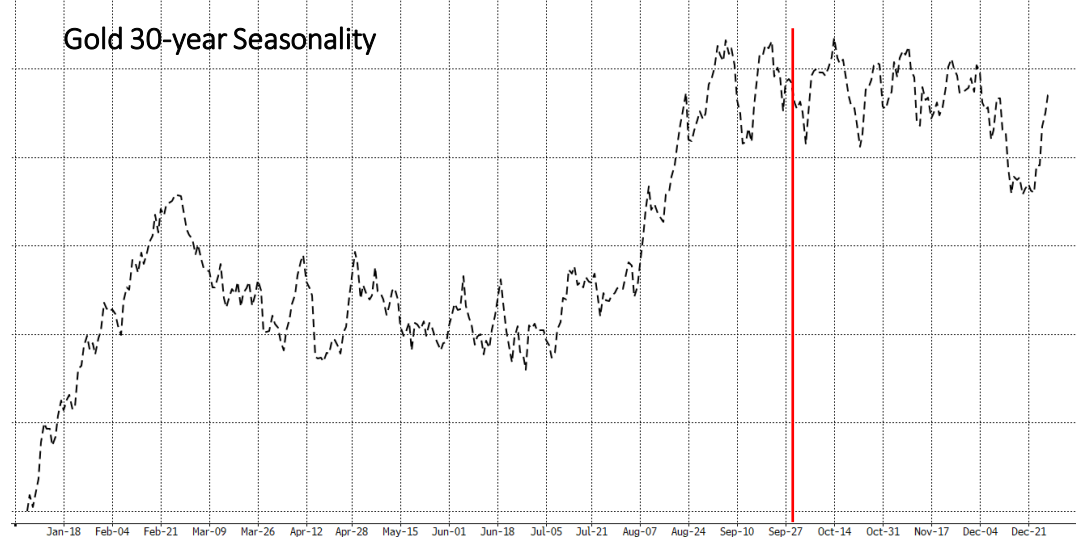
GC1 Comdty (Generic 1st 'GC' Future) GLD Net Pos Pct of OI Daily 26JUN2006-03OCT2022
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Gold & Real 10yr Yield



XAU Curncy (Gold Spot \$/Oz) Gold & Real 10yr Yield Daily 01JUL2010-19SEP2022
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Gold 30-year Seasonality



Jan-18 Feb-04 Feb-21 Mar-09 Mar-26 Apr-12 Apr-28 May-15 Jun-01 Jun-18 Jul-05 Jul-21 Aug-07 Aug-24 Sep-10 Sep-27 Oct-14 Oct-31 Nov-17 Dec-04 Dec-21

Gold Miners % > 200-day moving average



GDM Index (NYSE Arca Gold Miners Index) Breadth % abv200dma Gold Daily 05DEC2005-03OCT2022
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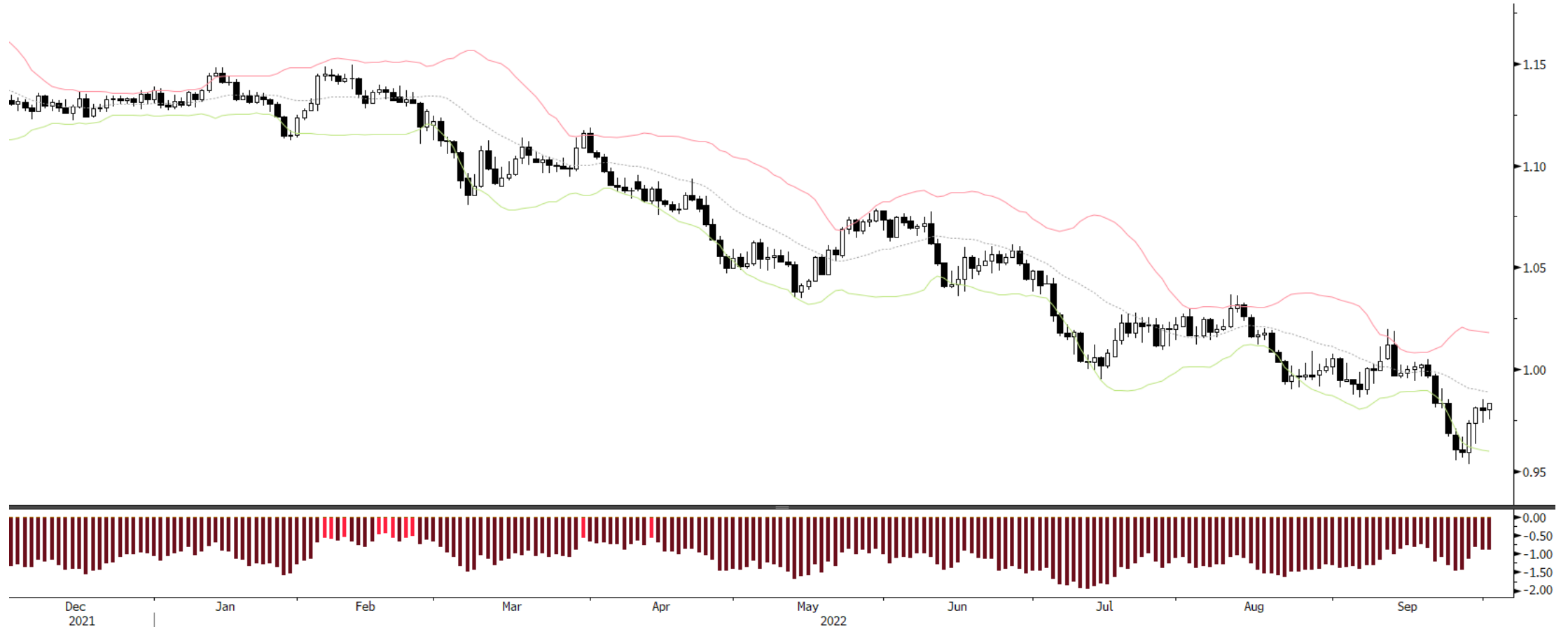
EURUSD Monthly



EURUSD Weekly



EURUSD Daily



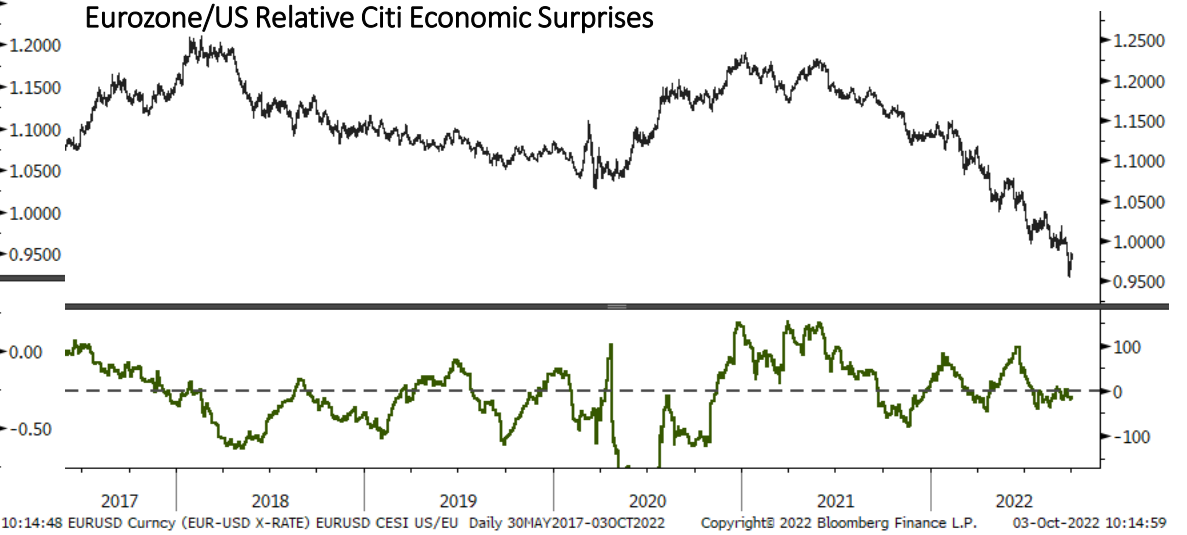
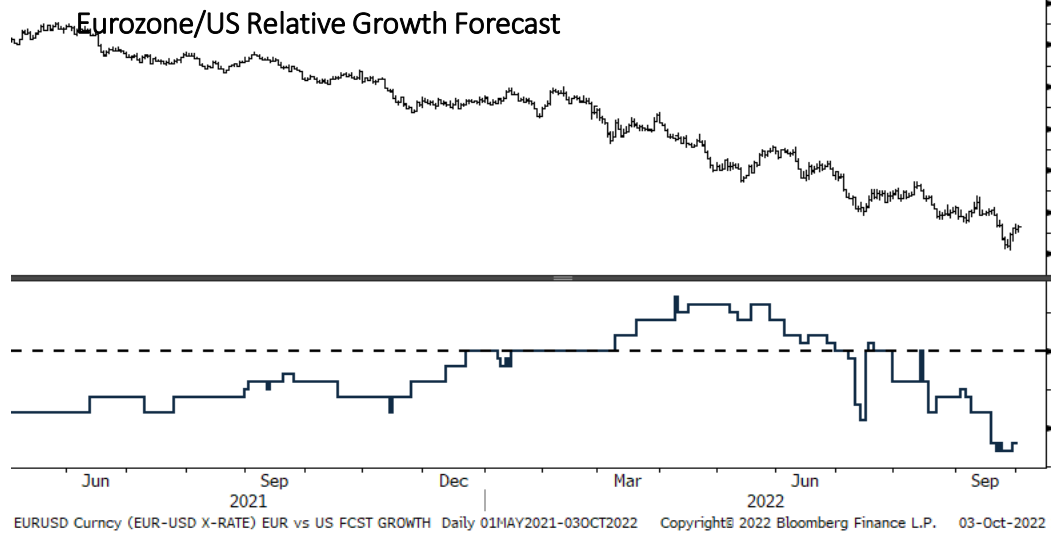
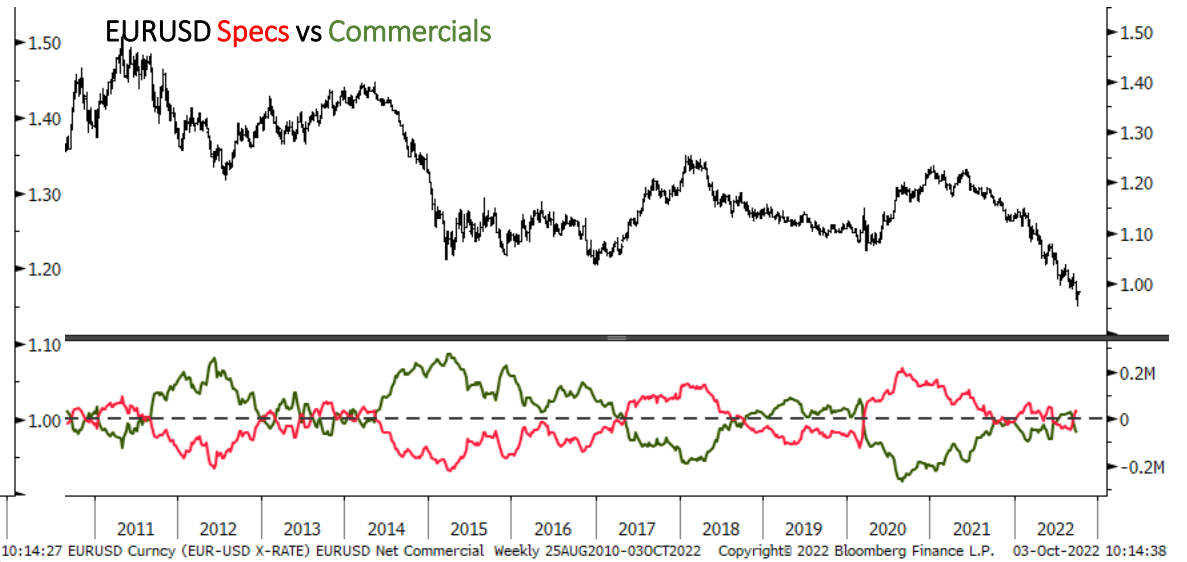
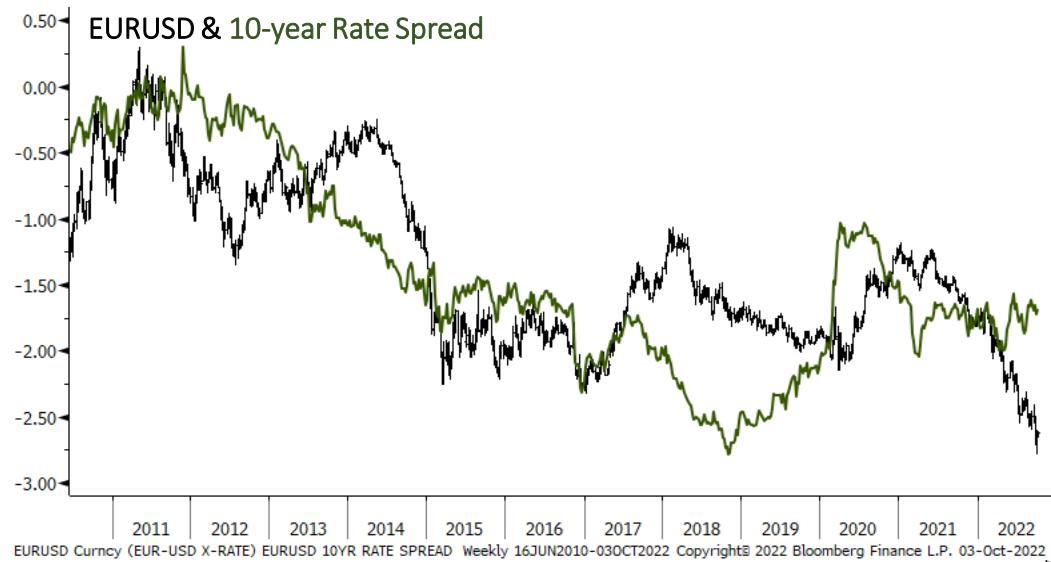
EURUSD Currency (EUR-USD X-RATE) EURUSD - DAILY Daily 02DEC2021-03OCT2022

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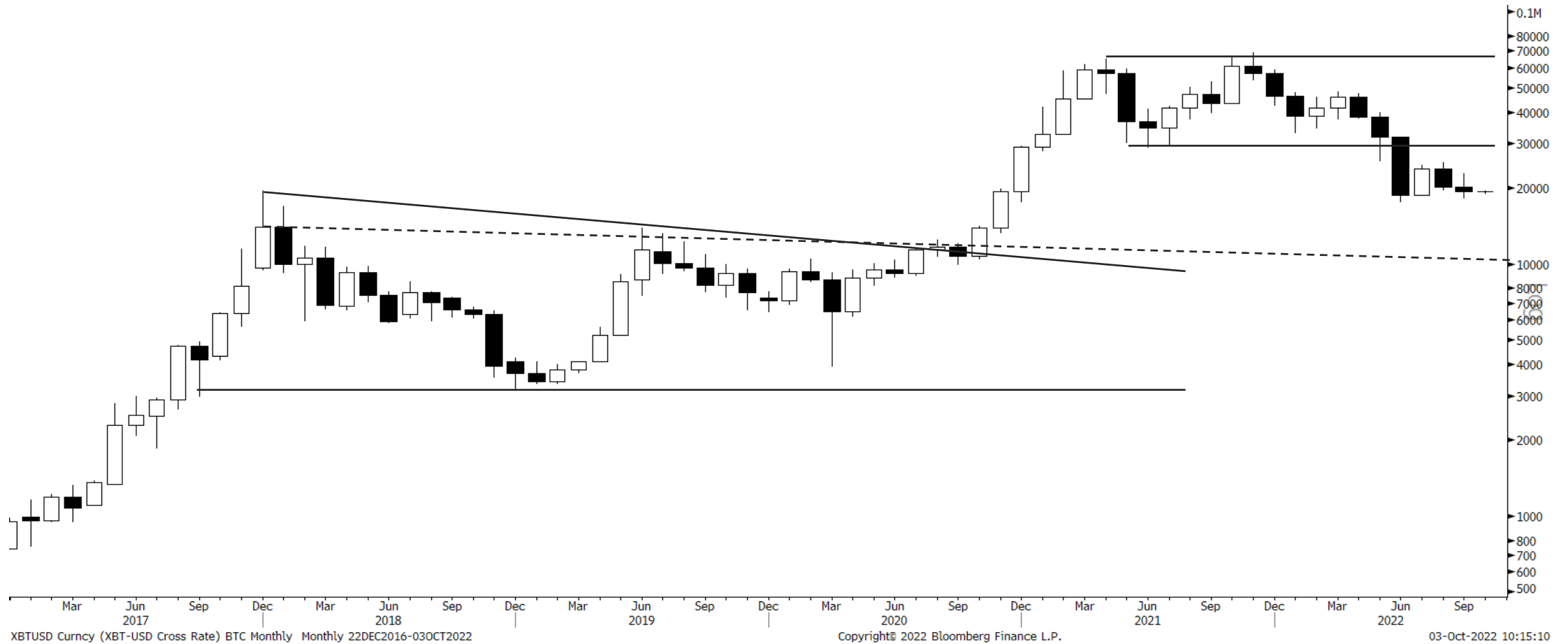
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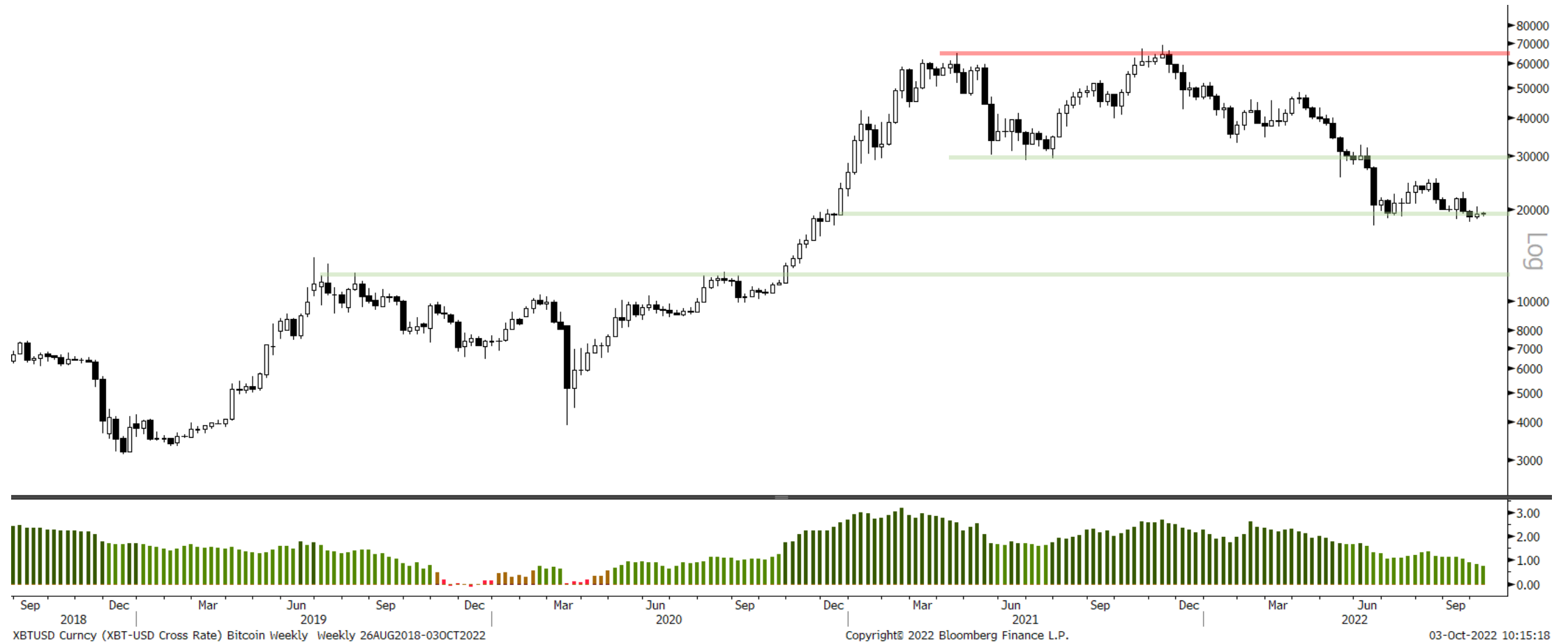
EURUSD Indicators



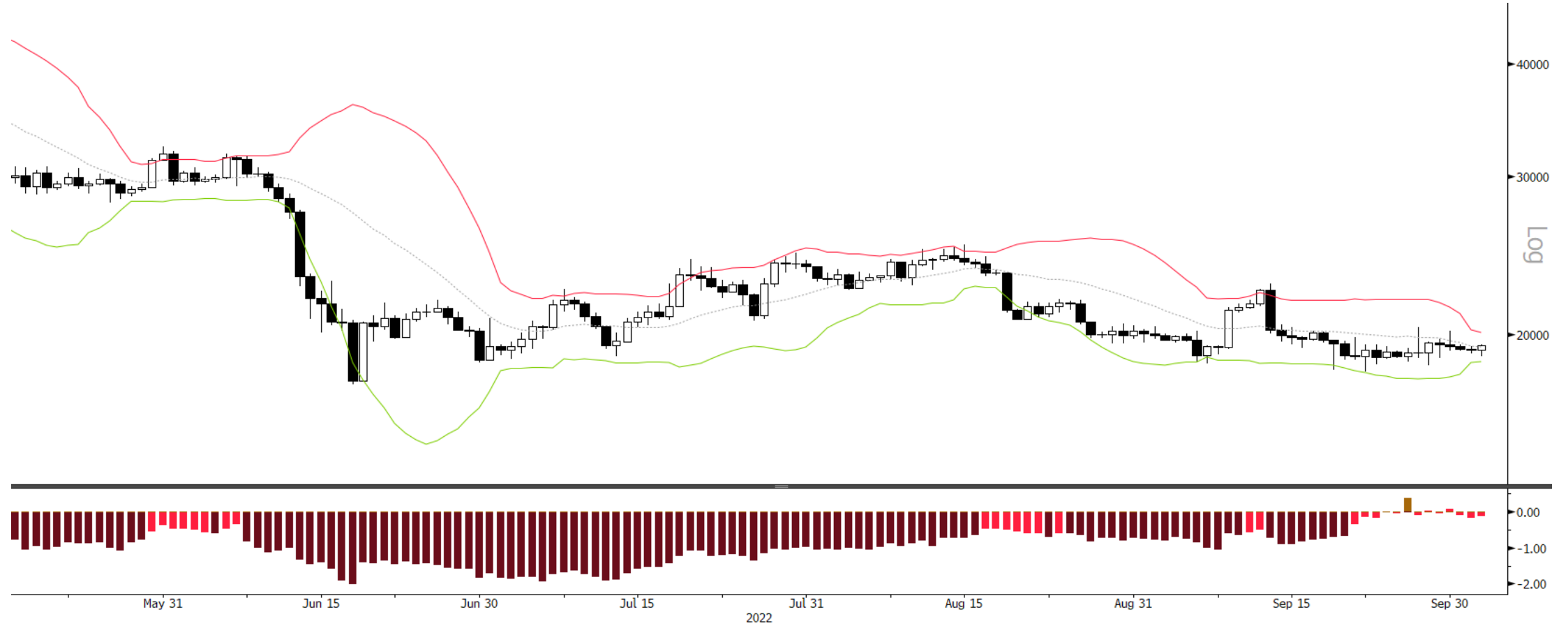
Bitcoin Monthly



Bitcoin Weekly



Bitcoin Daily

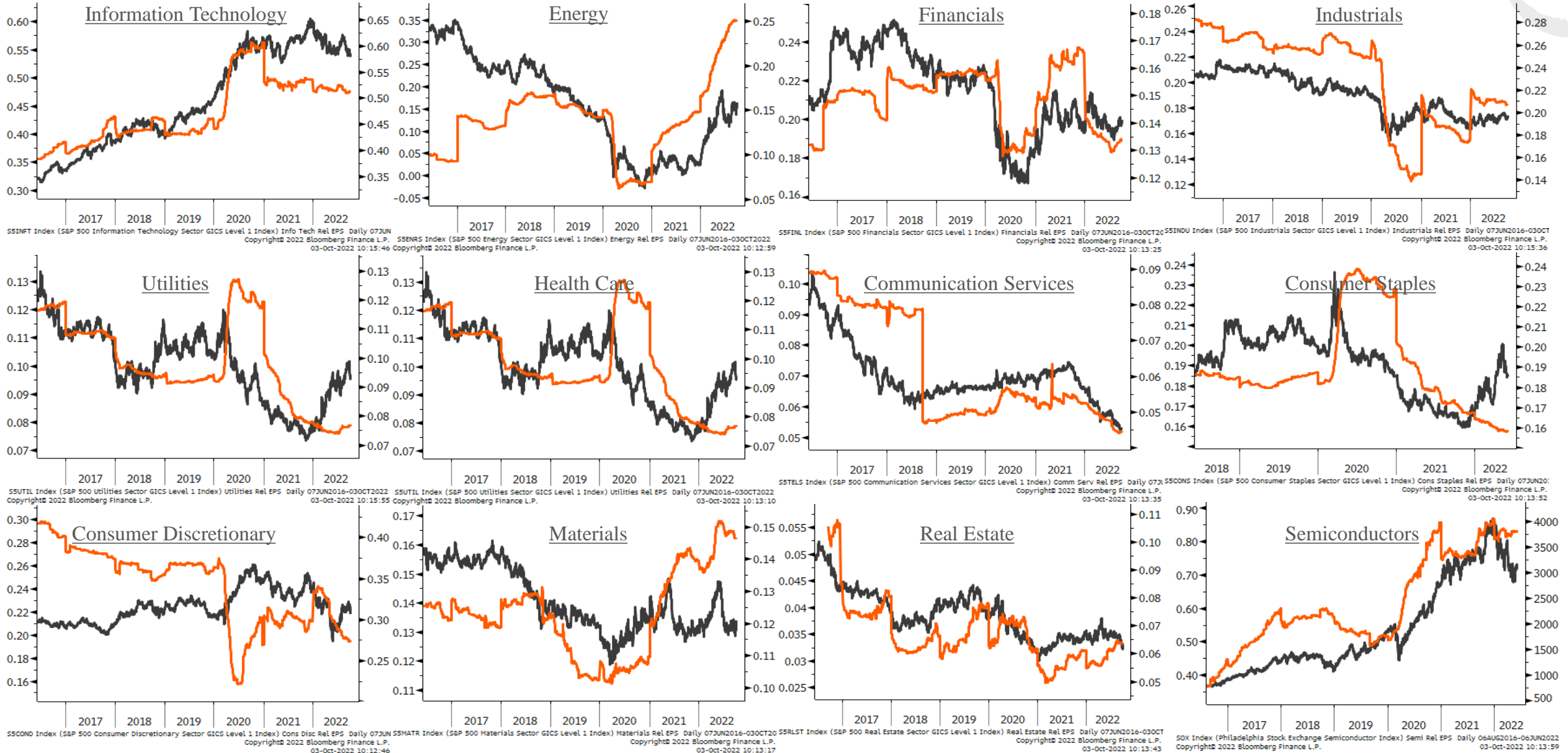
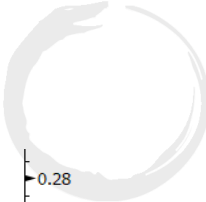


XBTUSD Currency (XBT-USD Cross Rate) bitcoin Daily Daily 17MAY2022-03OCT2022

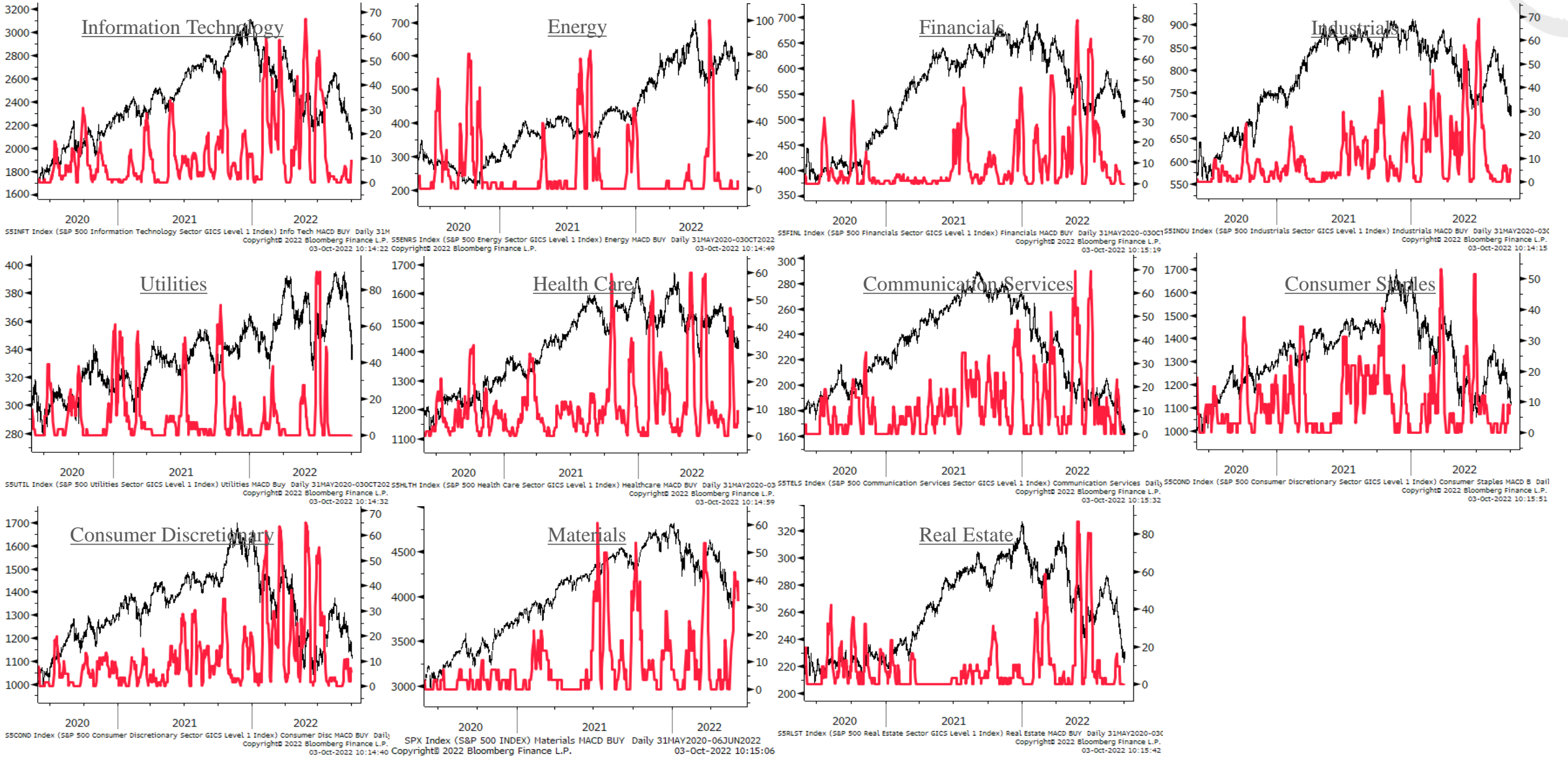
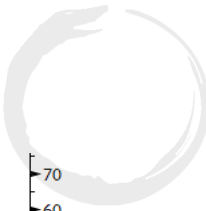
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Sector Relative to SPX Price & Forward EPS Performance (Price in Grey, F/EPS in Orange)



Sector % MACD Buy Signals



The Macro Ops Portfolio

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

| | |
|---------------------------|---------|
| 2022 YTD Return | 14.98% |
| Total Notional Exposure | 116.11% |
| Equity Exposure | 23.14% |
| Futures Exposure | 92.97% |
| Current Cash Value (%) | 71.79% |
| Total Capital At-Risk (%) | 39.39% |
| Total Drawdown Risk (%) | 31.06% |
| 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 | 46,065 | \$329,101 | 19.07% | -0.34% | 0.52% | \$6.82 | \$7.14 | \$6.95 | \$6.77 | 4.74% | 6.73 | 92.97% | 1.48% | 5.10% |
| Mini Dax Futures | FDXMZ2022 | -11 | -\$135,288 | -7.84% | 0.25% | 0.30% | \$12,268.00 | \$12,189.00 | \$12,656.00 | \$12,656.00 | 0.64% | 0.20 | | | |
| Mini Dax Futures (Third Leg) | FDXMZ2022 | -17 | -\$205,279 | -11.90% | 0.25% | 0.24% | \$12,178.00 | \$12,189.00 | \$12,438.00 | \$12,438.00 | -0.09% | -0.04 | | | |
| Mini Dax Futures (Second Leg) | FDXMZ2022 | -17 | -\$206,430 | -11.96% | 0.25% | 0.24% | \$12,180.00 | \$12,189.00 | \$12,438.00 | \$12,438.00 | -0.07% | -0.03 | | | |
| Wheat Futures | ZWZ2022 | 5 | \$232,750 | 13.49% | 0.64% | 1.81% | \$8.51 | \$9.31 | \$8.06 | \$8.06 | 9.45% | 1.81 | | | |
| Euro / Canadian Dollar | EURCAD | 910,493 | \$1,217,967 | 70.58% | 0.98% | 1.40% | \$1.33 | \$1.34 | \$1.31 | \$1.31 | 0.59% | 0.42 | | | |
| US Dollar / Chinese Yuan | USDCNH | 52,013 | \$371,588 | 21.53% | -0.56% | 0.59% | \$6.77 | \$7.14 | \$6.95 | \$6.68 | 5.59% | 4.54 | | | |

Equities

| | 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 |
|--------------------------|--------|--------|--------------|----------|-------------|---------|------------|---------------|-------------------|-------------------|-------------|--------------------|----------------|------------|---------------------|
| Strategic | | | | | | | | | | | | | 7.27% | 11.10% | 7.27% |
| Desert Control | DSRT | 10,026 | \$21,055.62 | 1.22% | 1.82% | 1.22% | \$3.13 | \$2.10 | \$0.00 | \$0.00 | -32.91% | -0.33 | | | |
| Nerdy, Inc. | NRDY | 7,148 | \$15,083.15 | 0.87% | 1.03% | 0.87% | \$2.49 | \$2.11 | \$0.00 | \$0.00 | -15.26% | -0.15 | | | |
| Clearpoint Neuro | CLPT | 4,443 | \$48,299.90 | 2.80% | 3.21% | 2.80% | \$12.46 | \$10.87 | \$0.00 | \$9.40 | -12.76% | -0.52 | | | |
| Block, Inc. | SQ | 753 | \$40,953.06 | 2.37% | 5.04% | 2.37% | \$115.48 | \$54.38 | \$0.00 | \$0.00 | -52.91% | -0.53 | | | |
| Thematic | | | | | | | | | | | | | 23.37% | 17.95% | 16.96% |
| Paladin Energy | PDN | 68,959 | \$45,512.82 | 2.64% | 2.52% | 2.64% | \$0.63 | \$0.66 | \$0.00 | \$0.00 | 4.76% | 0.05 | | | |
| Sprott Uranium | U.UN | 3,779 | \$47,456.60 | 2.75% | 2.58% | 2.75% | \$11.76 | \$12.56 | \$0.00 | \$0.00 | 6.79% | 0.07 | | | |
| Peabody Energy | BTU | 3,632 | \$94,437.60 | 5.47% | 0.69% | 1.33% | \$22.99 | \$26.00 | \$19.70 | \$18.20 | 13.09% | 0.63 | | | |
| Sprott Uranium | U.UN | 3,779 | \$47,456.60 | 2.75% | 2.58% | 2.75% | \$11.76 | \$12.56 | \$0.00 | \$0.00 | 6.79% | 0.07 | | | |
| Centrus Energy | LEU | 985 | \$31,855.53 | 1.85% | 2.58% | 1.85% | \$45.13 | \$32.34 | \$0.00 | \$0.00 | -28.34% | -0.28 | | | |
| Pantheon Resources | PANR | 32,282 | \$33,573.11 | 1.95% | 3.11% | 1.95% | \$1.66 | \$1.04 | \$0.00 | \$0.00 | -37.35% | -0.37 | | | |
| Vista Energy | VIST | 5,457 | \$54,292.72 | 3.15% | 3.09% | 3.15% | \$9.78 | \$9.95 | \$0.00 | \$0.00 | 1.74% | 0.02 | | | |
| Tidewater, Inc. | TDW | 2,161 | \$48,630.70 | 2.82% | 0.81% | 0.56% | \$24.50 | \$22.50 | \$18.00 | \$19.20 | -8.16% | -0.38 | | | |
| Tactical | | | | | | | | | | | | | | | |
| Ethereum | ETHUSD | -62 | -\$81,449.37 | -4.72% | 0.50% | 0.57% | \$1,338.30 | \$1,319.19 | 1477.5 | 1477.5 | 1.43% | 0.14 | | -4.72% | 0.50% |
| Shopify | SHOP | -1,749 | -\$47,833.33 | -2.77% | 1.01% | 0.95% | \$26.83 | \$27.35 | 36.75 | 36.75 | -1.94% | -0.05 | | | |
| Options | | | | | | | | | | | | | | | |
| 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 | 1.17% | 8.37% | 1.17% |
| TSLA DEC 2022 \$350 PUTS | TSLA | 9 | \$870.55 | 0.05% | 0.36% | 0.05% | \$703.33 | \$98.00 | \$0.00 | \$0.00 | -86.07% | -0.86 | | | |
| AG JAN 2024 \$20 CALLS | AG | 237 | \$10,885.89 | 0.63% | 0.96% | 0.63% | \$70.00 | \$46.00 | \$0.00 | \$0.00 | -34.29% | -0.34 | | | |
| 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 | \$3,373.56 | 0.20% | 0.52% | 0.20% | \$132.00 | \$50.00 | \$0.00 | \$0.00 | -62.12% | -0.62 | | | |
| 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 | | | |
| CCJ Oct 2022 \$19 PUTS | CCJ | 132 | \$1,848.00 | 0.11% | 0.25% | 0.11% | \$33.00 | \$14.00 | \$0.00 | \$0.00 | -57.58% | -0.58 | | | |
| 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](#))

