

07/03/13  
AM

Wednesday

06:15:17

Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do?
- How well is it getting it done?

LastPrice	DailyVolu	ATR 2 mi
1600.75	309,389	1.1

06:30:48 AM -7.68 :1 NYSE -2.93 :1 NASD

Paper: GS and Solly Buy the open

06:31 Ben: SEP S&P opening range 1601-1600.50

Locals are short

Open ES 15min BAR: 1597.25-1604, Wondering why you went bullish Shadow with 22DEC/3ADV

6:55 STOCH short/long both showed short/ VOL to low/don't trust

07:00:25 AM -3.08 :1 NYSE -1.32 :1 NASD 1601.75 447,345 1.36

08:00:23 AM -2.65 :1 NYSE -1.06 :1 NASD 1602.25 636,569 1.47

Still SOH... GUT says Short, Charts say chop to UP. Indicators TICKS Breadth ADD Mixed to short.

09:15:37 AM -1.21 :1 NYSE -1.78 :1 NASD 1611.50 852,942 1.16

A little late on my hourly. Distracted day. Not a day to be trading.

In my CyberTrading U. lessons learned to stay away from markets with low volume: well today ES has low volume. I am expecting a sharp pull-back in ES at CC however not sure if I will try to trade it. Local light chop trade and they have been core short all day.

Market is and has been lifting basically all morning.

09:30:24 AM Light Chop trade, Put Boomerang stop in 11.50 to enter short. We will see if triggers and if so one tick over HIGH for STOP. 15EMA 4 Points from 50 SMA on 2MIN chart. Traders Audio reporting Light Local CHOP trade. I'm within 2 ticks of STOP execution. Reasoning is that I am seeing momentum coming out of the market. 1613.25 is a logical high for today's trade. I don't think people will want to take longs above 13.25.

09:34:53 AM My Stop Executed. Target is two ticks above yesterdays close. I should walk away but I will monitor the trade.

My target 1607.75. Will move stop to Break Even at 1609.

09:48:18 AM 1609 Touch and Moved Stop to Break Even. Not seeing any Elephant stomps since 8PM/PST.

09:50:40 AM T&Sales showing shorts coming into market. So want to just close my order. If I see momentum coming back into market just may move STOP down to lock in some profit. Problem is that with ATR .95 could easily trigger STOP. I so want a WIN today. Have to stick to the PLAN though. My target isn't even at the 50 % FIB line. Locals starting to buy...

Elephant Stomps/TINYS

ES 09-13		
Ask	1611.50	179
Bid	1611.25	523
Volume	853126	
8:01:01 AM	1602.75	625
7:29:28 AM	1604.00	500
7:00:54 AM	1601.25	624
6:38:38 AM	1601.50	769



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Hmmm could be getting ready for next push. Only 6 TICKS from Target... ARGE... T&S still looking good though. Momentum DAD line on 6MIN chart just joined in NEG good sign. :) I just may make it today. Not being PIGGISH, just want more than my usual few ticks into trade. Came within 3 ticks of trade. Hmmm Wonder if I should try a video journal. Well I did... Will upload and really embarrass myself.... LOL

10:06:31 AM -1.13 :1 NYSE 1.46 :1 NASD 1609.50 1,004.62 0.911

Locals covering short positions.

10:16:46 AM -1.13 :1 NYSE 1.46 :1 NASD 1610.00 1,029.81 0.945

Wow what a day. Now time to finish this JOURNAL. CHECK VIDEO. Email and POST.

Happy with results of trade. Locals were closing out Shorts at 9 and I did mine at 9.75. Wanted to see if my target would hit was close, but no cigar. Trade could have squeezed out 6 more ticks if done perfectly, also could have reversed right off entry and lost all together 8 ticks.

Forgot to explain the numbers in the colored blocks after TIME Stamps. That is the market Breadth calculated on Think or Swim for NYSE and NASDAQ using Think Script obtained from The Shadow Trader Website.

What I did well today:

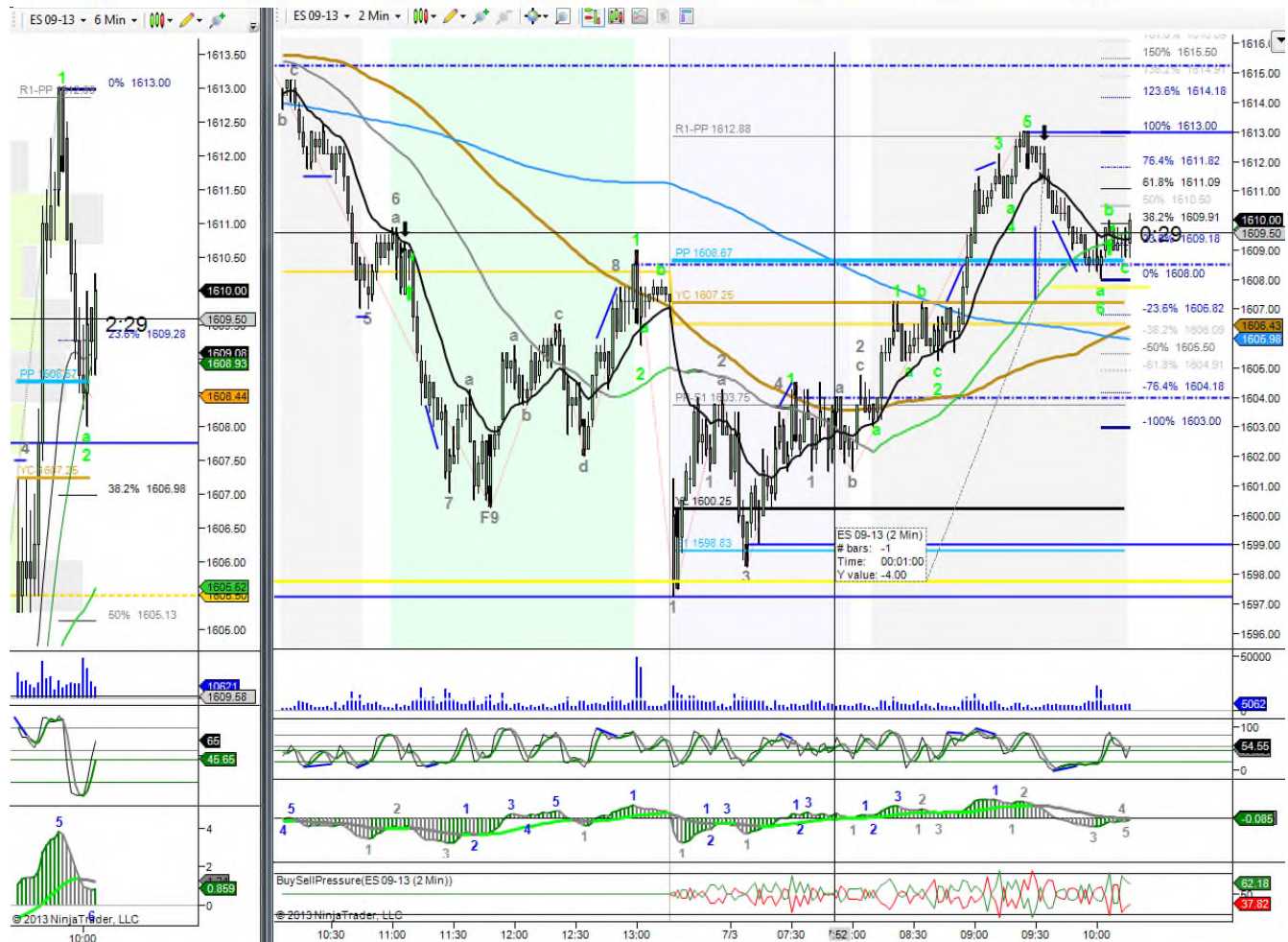
- I managed to not trade the chop and slop of the morning.
- I accurately identified my boomerang trade and entered it with a stop order vice pushing it early with market order increasing my chances of getting my stop hit, but at same time locking a few ticks more in trade. Have found that those few ticks can be very costly in the past.
- I immediately placed OCO stop loss and target on my one trade of the day, moving the stop loss to break even after profitable.

What could I have done better:

- Get out of my boomerang trade as soon as the 2min chart showed some momentum coming back into the market.
- When doing my video I could have turned off or down traders audio. Did not realize how little of my voice would get picked up. Next time will turn off. Or at least mute while I am talking.
- Better Place realistic OCO Stop and Target orders immediately after entering a trade. I placed targets but not stops today. Fear of getting CHOPPED UP. This is a bad habit of which I have to break.
- I could have used Automated Trade Management (ATM) for entry and limit risk immediately; however putting in OCO after trade entry worked just as well, but in the future

What will I do tomorrow to make things better:

- I will be sure to get enough sleep.
- Tomorrow is a non-trading day so I will be sure to BBQ and relax in prep for Friday.
- Today I will spend some more time learning my C# programming so that I will better understand the dynamics of my Ninja Trader Trading Platform.



Trade #	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 09-13	Sim101	Short	1	1611.5	1609.75	7/3/2013 9:33 AM	7/3/2013 10:04 AM	Close	83.48	83.48	4.02	12.5	162.5	79.02	0

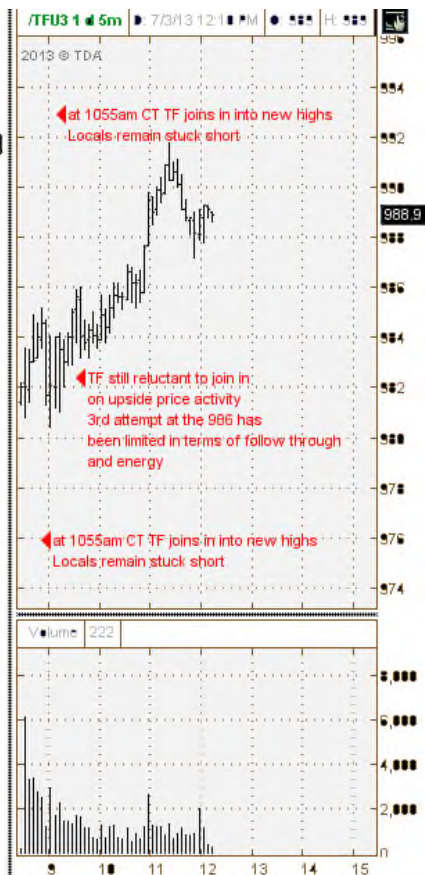


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Chart Courtesy of: Ben Lichtenstein [WWW.TradersAudio.COM](http://WWW.TradersAudio.COM)  
Screenshow MarketCast Think or Swim by TDAmeritrade



ES Opening	1604.00	DELTA
15 MIN Range = Hi		
Lo	1597.25	6.75
VAL High -	1618.00	
POC -	1616.25	
VAL Low -	1606.00	12.00

NOTE: Numbers are in thousands. Repeat for missed nums. Also \* in column for times I missed volume.

ES	Volume	Change
OPEN	309	
10	447	138
11	636	189
12	* 845	209
1	1004	159
01:15:00 PM	1029	25

SP_Pit	1601.00	DELTA
Opening Range =		
Sp Pit	1600.50	0.50
SP_Pit	1613.00	
Day High -		
Day Low -	1597.00	16.00
Closing Range		
High -	1609.30	
Low -	1609.00	0.30
Settle -	1609.10	
Net Change -	1.90	

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