



*RE*viewing the previous week & *LAY*ing the groundwork for the week ahead

System Trade Updates Taken from Corresponding Issues of Weekly Re-Lay...

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02/17/01 SYSTEM TRADE(S) UPDATE: Stock indices fulfilled downside objectives and traders should be out of all positions. Traders should have been short from 2639/NQH (1/25) & 2686 (1/29) and covered at 2266

w/gains of \$7,400 & \$8,400/contract & also offset long SPG 1325 puts at 1299.00/SPH w/gains of \$4,750--\$5,000/option. www.insidetrack.com

02/10/01 SYSTEM TRADE(S) UPDATE: Stock indices are attacking their downside objectives and could reverse higher by 2/13. Traders should be short from 2639/NQH (1/25) & 2686 (1/29) with open gains of \$7,200 & \$8,100/contract while also long SPG 1325 puts w/gains of \$2,500/option. Bonds are capable of spiking higher and reversing lower in the coming week. The Dollar & Euro are confirming their 'c' wave moves while Yen

traders could have entered puts and be holding with open gains of about \$1,200/option. Traders should be holding Gold & Silver calls w/losses of about \$300/option & short Silver futures w/gains of \$1,300/ contract. Traders should have exited SK 500 calls with losses of about \$250-\$350/option and be short March Sugar w/average open gains of \$150/contract.

02/03/01 SYSTEM TRADE(S) UPDATE: Stock indices completed their initial rebound and traders should be short from 2639/NQH (1/25) & 2686 (1/29) with open gains of \$3,000 & \$3,950/contract while also long SPG 1325 puts w/gains of \$900--\$1,000/option. 2/06--07 = possible bottom. Bond traders should have bought and later liquidated USH 103 & 104 call options w/gains of

about \$900 & \$1,400/option. Traders should be holding Gold & Silver calls w/mixed results & short Silver futures w/small gains. Traders should be long SK 500 calls around break-even and short March Sugar positions with average open losses of about \$250/contract. New trades are possible (already setting up) in Stock Indices, Bonds, the Yen, Dollar & Euro in the coming week.

01/27/01 SYSTEM TRADE(S) UPDATE: Stock indices triggered a reversal signal in the Nasdaq 100 on 1/25, exiting longs with gains of \$2,800/ contract and entering shorts near present levels. Traders should have also exited SPG 1400 call options around break-even. Bond traders should have bought USH 103 & 102 puts at 33-35 & 19-21 ticks and exited on 1/25 w/gains of about \$300--\$500/option. Traders should be holding Gold &

Silver calls w/mixed results. Traders should be buying SK 500 calls and be holding short positions in March Sugar between break-even and profits of \$300/contract. Friday's massive (7.9) quake in India, moderate quake in Ohio and corresponding quakes in Greece, Japan & Mexico reinforced cycles calling for a sharp increase of earth disturbances in 2001 with January providing the 1st of 4 vulnerable periods.

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01/20/01 SYSTEM TRADE(S) UPDATE: Stock indices triggered a second buy signal in the Nasdaq 100 on 1/16 and again rallied into Friday. Traders should have entered NQH futures at 2495 on 1/16 & be holding these positions with open gains of \$3,800/contract. Traders should have taken profits on their original NQH positions (2315--2340) on 1/17 at 2569 w/gains of \$4,600--\$5,000/contract, also taken profits on SPF 1325 calls on

1/17 w/gains of about \$1,000--\$1,500/option & be holding SPG 1400 call options around break-even. Bond traders should have bought USH 103 & 102 puts at 33-35 & 19-21 ticks and be holding w/small gains. Traders should be holding Gold & Silver calls w/mixed results. Traders should have exited Soybean short positions at 474.0/SH w/gains of \$2,100--\$2,200/contract & entered Sugar shorts at current levels. www.insidetrack.com

01/13/01 SYSTEM TRADE(S) UPDATE: A massive 7.6 earthquake struck Central America today - in near perfect alignment with the continual mid-January & mid-July earthquake cycle (see January 2001 *INSIIDE Track*) - and also in line with the recurring full moon earthquake cycle explained in the 'Earth in Transition' Report. Stock indices dipped on Monday, triggered a buy signal on 1/10 and then rallied into Friday. Traders should be holding

long S+P call options w/open gains of about \$1,500/option and long mini-NDH contracts w/open gains of about \$4,000/contract. Bonds have nearly completed their projected decline to 102-19 and should rebound. The Euro, Yen & Dollar are vacillating near their extremes. Gold & Silver are slightly diverging. Traders should be short Soybeans w/gains of about \$1,700/contract. Crude is at an important decision point.

01/06/01 SYSTEM TRADE(S) UPDATE: Stock indices added some signs of a developing low but dropped sharply on 1/05, stopping out call options with losses averaging \$1,250/option. Bonds spiked up to critical resistance at 106-20/USH and could consolidate/decline into late-January. The Euro & Dollar have the potential to signal a correction in the coming days if they do not close beyond

recent extremes (below 108.04/DXH/above 96.01/ECH). The Yen is testing monthly support. Gold & Silver still need confirmation to signal a low. Traders should be short Soybeans w/gains of about \$1,000/contract. Crude is at an important juncture that should determine the fate of the next 3-6 weeks. www.insidetrack.com

12/30/00 SYSTEM TRADE(S) UPDATE: Stock indices reversed 2 of 3 daily trends to up, adding credibility to the idea that they could rebound into mid-January. Bonds are pulling back from their strongest resistance and objective for this rally. The Euro & Dollar added to gains. Traders should have exited Dollar shorts w/gains of

about \$5,300/contract & have exited Euro longs with about \$8,000/contract gains. The Yen could signal an important low in this time frame. Gold & Silver still need confirmation to signal a low. Traders should be short Soybeans w/gains of about \$300--\$400/contract. Crude is bouncing but still focused on cycles in early January.

12/23/00 SYSTEM TRADE(S) UPDATE: Stock indices declined into a very consistent (ND) cycle low. They have the potential to bounce into January IF they reverse their daily trends up. Bonds are attacking their strongest resistance and objective for this rally. The Euro & Dollar added to gains. Traders should have exited ½ of Dollar shorts w/gains of about \$4,000/contract & be holding the other ½ with similar gains... and have exited ½ of Euro

longs with almost \$6,000/contract gains and be holding the remaining ½ with slightly larger gains. The Yen could set an important low next week. Gold & Silver have the potential to confirm a low in the coming week. Traders should be short Soybeans w/small losses. Crude continues lower & is focused on cycles in early January. www.insidetrack.com

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System Trade Updates from Weekly Re-Lay (Page 3)...

12/16/00 SYSTEM TRADE(S) UPDATE: Stock indices fulfilled cycles by topping on 12/08--11. Bonds rallied to monthly resistance at 104-31/USH. Both are at critical junctures. The Euro & Dollar completed weekly 2 Close Reversal Combos in line with last week's analysis. Traders should be short the Dollar from 114.67/DXH w/open gains of

over 2,000/contract & long the Euro from an average of 87.82/ECH w/average open gains of \$2,650/contract. The Yen remains in a downtrend. Gold & Silver pulled back with Silver testing important support & Gold holding above support. Traders should be short Soybeans w/ small gains. Crude held support & is poised to rebound.

12/09/00 SYSTEM TRADE(S) UPDATE: Stock indices did not gap lower on 12/04, so traders were triggered long SPZ 1350 call options around 11.00 points. These calls should have been exited on 12/06 around 22.00 points for a gain of 100% or \$2,500/option. Bonds could not close below 101-28/USH and instead triggered a new rally. The Euro reversed its weekly trend up while the

Dollar reversed its weekly trend down. The Yen remains in a downtrend. Gold & Silver could see a quick spike lower and reversal higher this week. Soybeans closed above near-term resistance but need confirmation. Crude has just tested a very synergistic level of support at 27.80--27.96/CLF.

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12/02/00 SYSTEM TRADE(S) UPDATE: Stock indices did see a decline into 11/30 and now have the potential to see a sharp rebound if there are no surprise gaps lower on 12/04. Bonds also followed analysis and rallied into 11/30. If they close below 101-28/USH on 12/04, a sell off should follow. The Euro held above its 2DGR support

and rallied while the Dollar began a second decline. The Yen did set new lows but should reverse in the coming week. Gold & Silver could see a spike lower and reversal higher this week. Soybeans are poised to pull back while Crude is close to support.

11/25/00 SYSTEM TRADE(S) UPDATE: Stock indices saw the anticipated decline into 11/22--24 and have the potential to see a final decline into 11/30 if certain criteria are met. Bonds rallied to 101-21/ USZ in line with last week's analysis and are poised to spike up to 102-08/USZ this week. Traders were triggered out of Euro

longs w/ losses. The Dollar is poised for new highs & the Yen for new lows. Gold & Silver remain at the juncture of long-term cycles & should see a rally into year-end. Soybeans confirmed a weekly trend reversal up while Crude is attempting to set a top. www.insidetrack.com

11/18/00 SYSTEM TRADE(S) UPDATE: Stock indices dropped into 11/13, bounced into 11/15 & declined into 11/17. This fulfilled short-term cycles and projects a low in the coming week. Bonds triggered traders into and out of short positions w/losses of \$500/contract. Traders were triggered out of Yen calls w/losses of \$75--\$100,

into and out of Dollar shorts with losses of \$330/contract and into Euro longs and calls. Partial Silver call positions were initiated. Traders were triggered out of Soybean shorts with gains of \$300--\$350/ contract. Crude is entering important cycle.

11/11/00 SYSTEM TRADE(S) UPDATE: Stock indices & Bonds bounced to resistance and then sold off. Traders should have exited ECZ (Euro) call options at about break-even. Traders should be holding JYZ 9400--9500 call options (purchased at 92.39/JYZ) w/small gains. Partial Dec. Gold & Silver calls expired w/losses of

\$140-170/normal-sized position. Traders were triggered in and out of Crude Oil positions with losses of \$200-\$700/option or futures. Traders should have sold January Soybeans at 484--485.0 and be holding with open gains of \$600/contract.

11/04/00 SYSTEM TRADE(S) UPDATE: Stock indices triggered intermediate traders out of SPX 1380 put options at 18.00 points with gains of \$250--\$500/option. Bond longs (1/2-sized position) were entered and exited with losses of \$375/full-sized position. Traders should be have exited ECX calls w/losses of about \$340/option and

be holding ECZ (Euro) call options w/gains of about \$350/option. Traders should have purchased JYZ 9400--9500 call options at 92.39 & be holding w/gains of \$600-\$900/option. Partial Gold & Silver call positions remain open w/losses of \$200-400/option.

10/28/00 SYSTEM TRADE(S) UPDATE: Stock indices triggered intermediate traders out of SPX 1400-1420 call options on the morning of 10/24 with average gains of about \$4,700--\$6,200/option. At the same time, traders should have entered SPX 1380 puts at 16-17.00

pts and be holding with open gains of \$1,000--\$1,500/option. Traders should be holding Euro call options with small losses. Partial Gold & Silver call option positions remain intact while Silver futures positions were exited with losses of \$750/contract.

10/21/00 SYSTEM TRADE(S) UPDATE: Stock indices triggered intermediate traders into SPX 1400-1420 call options on the morning of 10/18 (prices of about 18-19 & 12-13 pts. respectively). These calls settled on 10/20 with gains of about \$4,000--\$5,000/option & trailing stops should be tightened. Bonds could not yet reverse

back down and traders were stopped out of put options on Friday's close with losses ranging from \$150-\$450/option. Traders should have been buying Euro call options that are being held with small losses. Partial Gold & Silver call option positions remain intact.

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