



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

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

Information is from sources believed reliable but accuracy cannot be guaranteed. Readers using this information are solely responsible for their actions and invest at own risk. Past performance is no guarantee of future results. Principals/employees/associates of *INSIDE TRACK Trading* may have positions in recommended contracts. No part of this publication may be reproduced or re-transmitted w/out the editor's written consent. All *Tech Tips?* & the term *Tech Tips?* are trademarks of *INSIDE TRACK Trading*. Trade recommendations are derived from a program designed to choose only the perceived highest probability/lowest risk trades and are not intended to imply the only possible action to corresponding technical analysis. They are geared to traders that have learned to treat trading as a business and focus their energy & capital in the most prudent areas. Daily & weekly trends are based on a proprietary pattern that is a lagging indicator. Futures trading involves substantial risk. Copyright 2005 & 2006 *ITTC*

POB 2252 NAPERVILLE IL 60567 630-637-0967(vc) 630-585-5701(fx) INSIIDE@aol.com www.insidetrack.com

06/03/06 SYSTEM TRADE(S) UPDATE: Stock Indices edged higher but are now in no-man's-land. Bonds & Notes are still on track for a 3--5-week advance into mid-June. Traders should be holding July Note 106 call options w/avg. gains of about \$150/option. The Dollar could not validate its May 15--19th cycle low and is poised for a spike to new lows. Precious Metals could see a low around mid-June. Grains & Energy markets are turning higher and could see 1-2 weeks of additional advances.

Coffee finally bounced. Traders should have exited ½ of short Coffee positions w/avg. open gains of \$4,100/contract and the other ½ w/avg. gains of \$4,800/contract. Traders should be holding short July Sugar positions w/avg. open gains of about \$2,850/contract. Hog positions were entered & exited w/avg. losses of \$650/contract. Cattle positions are being held w/avg. open gains of \$1,150/contract. www.insidetrack.com

05/27/06 SYSTEM TRADE(S) UPDATE: Stock Indices rallied further from support. This places them at a crucial decision point. Bonds & Notes are slowly fulfilling analysis for 3--5-week advance into mid-June. More upside is possible. Traders realized avg. losses of \$250/option in USM 109 calls, \$100/option in TYM 106 calls & avg. gains of \$300/option in TYM 105 calls. July Note 106 calls are being held w/small gains. The Dollar is trying to validate its May 15--19th cycle low. Precious

Metals could see a low before mid-June. Grains & Energy markets are consolidating. Coffee continued lower. Traders should be holding ½ of short Coffee positions w/avg. open gains of \$5,500/contract & short July Sugar positions w/avg. open gains of \$2,100/contract. Hog positions were entered & exited w/avg. losses of \$700/contract. Cattle positions are being held w/avg. open gains of \$550/contract.

05/20/06 SYSTEM TRADE(S) UPDATE: Stock Indices reached initial support & bounced. Bonds & Notes are on track for 3--5-week advance into mid-June. Traders should be long June Bond 109 calls, June Note 105 & 106 calls & July Note 106 calls. The Dollar & Currencies reversed during their May 15--19th cycle. Precious Metals fulfilled Major upside objectives & reversed lower. Grains are declining. Energy markets are signaling a new

wave down. Coffee should decline below 100.00/KCN. Traders should be holding ½ of short Coffee positions w/avg. open gains of \$4,600/contract. The other ½ should have been exited w/avg. gains of \$4,800/contract. Traders should be holding short July Sugar positions w/avg. open gains of about \$1,450/contract. Cattle & Hogs could rally further. www.insidetrack.com

05/13/06 SYSTEM TRADE(S) UPDATE: Stock Indices have initially signaled a reversal lower, following the lead of the Nasdaq 100. Bonds & Notes could see a 3--5-week advance into mid-June. Traders should be holding June Bond 109 calls & June Note 106 calls. The Dollar & Currencies have fulfilled expectations leading into May

15--19th. Precious Metals have fulfilled Major upside objectives and are poised for a significant top. Grains are moving higher but need to confirm recent surges. Energy markets are poised to enter a significant correction. Coffee should decline below 100.00/KCN. Traders should be holding short Coffee positions w/avg.

open gains of \$3,500/contract. Sugar is expected to break out of consolidation in the next 1-2 weeks. Traders

should have sold July Sugar and be holding these short positions w/avg. open gains of about \$150/contract.

05/06/06 SYSTEM TRADE(S) UPDATE: Stock Indices have not been able to signal a reversal lower. Traders should have exited May SP 1275 put options w/avg. losses of \$700/option. Bonds & Notes could see a 3--5-week advance. Traders should have entered June Bond 109 calls & June Note 106 calls. The Dollar & Euro remain on track. Traders should have exited ½ of May Euro 1.2400 calls w/avg. gains of \$2,100/option and exited ½ w/avg. gains of \$3,000/option while exiting ½ of May Yen

.8600 calls w/avg. gains of \$1,800/option & ½ w/avg. gains of \$3,700/option to complete this 'campaign'. Precious Metals are diverging. Grains are mixed. Traders should have sold & covered July Wheat w/avg. losses of \$150/contract. Energy markets are reversing lower. Coffee should decline into mid-May. Traders should have sold Coffee and be holding short positions w/avg. open gains of \$1,700/contract.

04/29/06 SYSTEM TRADE(S) UPDATE: Stock Indices consolidated but are poised for a new wave down. Traders should have entered May SP 1275 put options. Bonds & Notes are trying to begin an advance that *could* extend into June. Traders should have entered June Bond 109 calls. The Dollar & Euro did enter accelerated moves, right on schedule. Traders should have exited ½ of May Euro 1.2400 calls w/avg. gains of \$2,100/option and exited ½ w/avg. gains of \$3,000/option (1,200%

gain). Traders should have exited ½ May Yen .8600 calls w/avg. gains of about \$1,800/option & be holding ½ w/avg. open gains of about \$2,775/option. Precious Metals are surging into what is expected to be a blow-off top. Grains are mixed. Traders should have exited long July Wheat positions w/avg. losses of \$175/contract. Energy markets are showing mixed signs. Cattle is bottoming while Hogs could set a 2-4 week top soon.

04/22/06 SYSTEM TRADE(S) UPDATE: Stock Indices rebounded & are poised for a new wave down. Traders should have exited short NQM & ESM positions w/avg. losses of \$500 & \$700/contract, respectively. Bonds & Notes are trying to begin an advance that *could* extend into June. The Dollar & Euro confirmed projections for an additional 2-4 week Dollar decline/Euro advance. These moves could/ should accelerate in the coming week. Traders should be holding long May Euro 1.2400

calls and long May Yen .8600 calls w/avg. open gains of about \$675/option & \$550/option. Precious Metals are surging into crucial, longer-term cycles in April. A blow-off top is likely. Grains are mixed. Traders should be long July Wheat. Energy markets could peak in the coming week. Coffee is bouncing. Traders should have exited short May Coffee positions w/avg. gains of about \$450/contract. www.insidetrack.com

04/15/06 SYSTEM TRADE(S) UPDATE: The markets are in a period of heightened risk and could still be in for more surprises. Stock Indices are giving gradual signs of a reversal lower. Traders should be short the NQM up to 1738. Bonds & Notes are expected to begin a multi-week bounce in the coming days. The Dollar & Euro have been giving mixed signs but are still expected to see an additional 2-4 week Dollar decline/Euro advance.

Precious Metals are surging into crucial, longer-term cycles in April. Grains are mixed. Traders should be buying July Wheat. Energy markets could peak in the coming week(s). Coffee is confirming analysis for additional declines. Traders should have sold May Coffee on Monday and be holding these short positions w/avg. open gains of about \$1,700/contract.

PAST PERFORMANCE IS NO GUARANTEE OF FUTURE RESULTS. COMMODITY TRADING INVOLVES SUBSTANTIAL RISK.

HYPOTHETICAL PERFORMANCE RESULTS HAVE MANY INHERENT LIMITATIONS, SOME OF WHICH ARE DESCRIBED BELOW. NO REPRESENTATION IS BEING MADE THAT ANY ACCOUNT WILL OR IS LIKELY TO ACHIEVE PROFITS OR LOSSES SIMILAR TO THOSE SHOWN. IN FACT, THERE ARE FREQUENTLY SHARP DIFFERENCES BETWEEN HYPOTHETICAL PERFORMANCE RESULTS AND THE ACTUAL RESULTS SUBSEQUENTLY ACHIEVED BY ANY PARTICULAR TRADING PROGRAM. ONE OF THE LIMITATIONS OF HYPOTHETICAL PERFORMANCE RESULTS IS THEY ARE GENERALLY PREPARED WITH THE BENEFIT OF HINDSIGHT. IN ADDITION, HYPOTHETICAL TRADING DOES NOT INVOLVE FINANCIAL RISK AND NO HYPOTHETICAL TRADING RECORD CAN COMPLETELY ACCOUNT FOR THE IMPACT OF FINANCIAL RISK IN ACTUAL TRADING. FOR EXAMPLE, THE ABILITY TO WITHSTAND LOSSES OR TO ADHERE TO A PARTICULAR TRADING PROGRAM IN SPITE OF TRADING LOSSES ARE MATERIAL POINTS WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS. THERE ARE NUMEROUS OTHER FACTORS RELATED TO THE MARKETS IN GENERAL OR TO THE IMPLEMENTATION OF ANY SPECIFIC TRADING PROGRAM WHICH CANNOT BE FULLY ACCOUNTED FOR IN THE PREPARATION OF HYPOTHETICAL PERFORMANCE RESULTS AND ALL OF WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS.

System Trade Updates from Weekly Re-Lay (Page 2)...

04/08/06 SYSTEM TRADE(S) UPDATE: The markets are in a 2-3 week period of heightened risk, based on a myriad of factors, and could be in for a surprise. Stock Indices still need confirmation before they will validate analysis for an important top. Traders should be short the NQM up to 1738. Bonds & Notes have signaled greater weakness than I originally anticipated, reinforcing the potential for an overall drop into June. The Dollar & Euro have been

giving mixed signs but are starting to signal a 2-4 week Dollar decline/Euro advance. Precious Metals are surging into crucial, longer-term cycles in April. Grains are mixed with Soybeans heading lower while Corn and Wheat rally. Energy markets could rally into late-April. Cattle & Hogs are poised to rebound while Cotton & Coffee could again decline.

04/01/06 SYSTEM TRADE(S) UPDATE: The markets are in a 3-4 week period of heightened risk, based on a myriad of factors, and could be in for a surprise. Stock Indices are starting to signal a reversal lower but need confirmation. Traders should be selling the NQM up to 1738. Bonds & Notes have fulfilled downside targets - in price and time. The Dollar & Euro have been giving mixed signs but

could soon signal a 2-4 week Dollar decline/Euro advance. Precious Metals are surging into crucial, longer-term cycles in April. Grains are mixed with Soybeans still heading lower. Energy markets could rally further in the coming weeks. Cotton, Lumber, Cattle, Hogs & Coffee are expected to see rebounds in the coming weeks. www.insidetrack.com

03/25/06 SYSTEM TRADE(S) UPDATE: The markets are entering a 3-4 week period of heightened risk, based on a myriad of factors, and could be in for a surprise. It doesn't help that N. California has been hit with a small swarm of earthquakes (off the coast) as we approach the 100-year anniversary of the April 18, 1906 SF earthquake. Stock Indices are poised for a reversal lower while Bonds & Notes are trying to signal a low.

The Dollar could be ready to re-enter its uptrend. Traders should have entered and exited Dollar short positions w/avg. losses of about \$550/contract. Precious Metals are all poised for a top in the coming weeks. Grains are heading lower while Oil markets could rally in the coming weeks. Cotton, Lumber, Cattle, Hogs & Coffee are expected to see rebounds in the coming weeks. www.insidetrack.com

03/18/06 SYSTEM TRADE(S) UPDATE: Stock Indices are entering the 3-week period that is most likely to produce a multi-month peak. Traders should have exited short Nasdaq 100 positions w/avg. gains of about \$450/contract. Bonds & Notes rallied to their weekly LHRs but could still see a drop to new lows. An intermediate bottom is likely in the next 1-2 weeks. The Dollar reversed back down while the Euro & Yen reversed

higher, after each had reacted to levels of 'do-or-die'. Gold & Silver are at critical decision points regarding cycles in late-April/early-May. Grains reinforced analysis that new declines were imminent. Oil markets consolidated and remain at decisive points with regard to their 1-4 week trends. Cotton, Lumber & Coffee are extending their declines but expected to set lows in 1-3 weeks.

03/11/06 SYSTEM TRADE(S) UPDATE: Stock Indices are at a decisive point for the 1-4 week AND 2-3 month trends. Traders should be holding short Nasdaq 100 positions w/avg. open gains of about \$1,100/contract. Bonds & Notes traded lower and fulfilled longer-term analysis for new multi-month lows. An intermediate low is likely in

the next 2-3 weeks. The Dollar has rallied back to recent highs while the Euro & Yen pulled back. All are at levels of 'do-or-die'. Gold & Silver reversed lower and could now see declines into late-April/early-May. Grains showed signs of a top but need to add corroborating reversals lower in the coming week. Oil markets consolidated and are at equally decisive points with

regard to their 1-4 week trends. Cotton & Lumber could be setting 2-4 week lows.

03/04/06 SYSTEM TRADE(S) UPDATE: Stock Indices are showing signs of an impending correction. Traders should have exited long SP positions w/avg. gains of about \$1,100/contract and have entered Nasdaq 100 short positions and be holding them w/avg. open gains of about \$350/contract. Bonds & Notes traded lower and fulfilled short-term analysis for new correction lows. The Dollar is beginning to reverse lower while the Euro reverses higher. Traders saw Euro call options expire

w/avg. losses of about \$300/option. Gold & Silver rallied further. Traders should have exited Gold puts w/losses of about \$150/option. Oil markets continued higher while Nat. Gas is setting a low. Traders should have exited long May Wheat positions w/avg. gains of \$450/contract, entered & exited Cotton longs w/avg. losses of \$625/contract and exited Lumber short positions w/avg. gains of \$2,800/contract.

02/25/06 SYSTEM TRADE(S) UPDATE: Stock Indices continue to rally but could see another 2-4 week peak in the coming week. Traders should be long the March e-mini SP futures w/avg. open gains of about \$1,450/contract. Bonds & Notes traded sideways to lower and could see a spike low and reversal higher in the coming week. The Dollar has held up but is still vulnerable to a reversal lower. Traders should be holding Euro call options w/avg. open losses of about \$300/option. Gold &

Silver rebounded. Traders should be holding Gold puts w/losses and have exited Silver puts w/avg. losses of \$200/option. Energy markets reversed higher. Traders should have exited May Soybeans near break-even & be long May Wheat w/avg. open gains of \$800/contract, holding ½ of Lumber short positions w/avg. gains of \$2,800/contract (the other ½ were exited w/avg. gains of \$2,400/contract) and entering Cotton longs.

02/18/06 SYSTEM TRADE(S) UPDATE: Stock Indices are expected to see more swing trading in the coming weeks. Traders should be long the March e-mini SP futures w/avg. open gains of about \$1,250/contract. Bonds & Notes set new lows but then bounced. Traders should have sold & then covered Bond futures w/avg. losses of about \$350/contract. The Dollar should reverse lower and the Euro & Yen reverse higher in the coming week. Traders should be holding Euro call options w/avg. open losses of

about \$250/option. Gold & Silver consolidated. Traders should be holding Gold & Silver puts near break-even. Energy markets set new lows. Traders should be long May Soybeans & May Wheat w/avg. open gains of \$1,250/contract & \$800/contract, respectively and holding ½ of Lumber short positions w/avg. gains of \$2,800/contract (the other ½ were exited w/avg. gains of \$2,400/contract). www.insiidetrack.com

02/11/06 SYSTEM TRADE(S) UPDATE: Stock Indices dropped further and are now at a decisive level with regard to analysis for a rally into late-March. Bonds & Notes sold off again and could be signaling a new decline (into March 3rd). The Dollar has rallied as far as it should IF a new decline is going to take hold. The Yen gave two neutral signals to its weekly uptrend, identifying the coming week as the most likely for a reversal higher. Traders should be holding Euro call options w/avg. open

losses of about \$200/option. Gold & Silver retreated. Traders should have entered Gold & Silver puts and be holding them w/avg. open gains of \$250 & \$200/option. Energy markets declined further. Traders should have exited Cotton longs w/avg. losses of \$300/contract & exited ½ of Lumber short positions w/avg. gains of \$2,400/contract. The other ½ are being held w/avg. open gains of about \$2,400/contract.

PAST PERFORMANCE IS NO GUARANTEE OF FUTURE RESULTS. COMMODITY TRADING INVOLVES SUBSTANTIAL RISK.

HYPOTHETICAL PERFORMANCE RESULTS HAVE MANY INHERENT LIMITATIONS, SOME OF WHICH ARE DESCRIBED BELOW. NO REPRESENTATION IS BEING MADE THAT ANY ACCOUNT WILL OR IS LIKELY TO ACHIEVE PROFITS OR LOSSES SIMILAR TO THOSE SHOWN. IN FACT, THERE ARE FREQUENTLY SHARP DIFFERENCES BETWEEN HYPOTHETICAL PERFORMANCE RESULTS AND THE ACTUAL RESULTS SUBSEQUENTLY ACHIEVED BY ANY PARTICULAR TRADING PROGRAM. ONE OF THE LIMITATIONS OF HYPOTHETICAL PERFORMANCE RESULTS IS THEY ARE GENERALLY PREPARED WITH THE BENEFIT OF HINDSIGHT. IN ADDITION, HYPOTHETICAL TRADING DOES NOT INVOLVE FINANCIAL RISK AND NO HYPOTHETICAL TRADING RECORD CAN COMPLETELY ACCOUNT FOR THE IMPACT OF FINANCIAL RISK IN ACTUAL TRADING. FOR EXAMPLE, THE ABILITY TO WITHSTAND LOSSES OR TO ADHERE TO A PARTICULAR TRADING PROGRAM IN SPITE OF TRADING LOSSES ARE MATERIAL POINTS WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS. THERE ARE NUMEROUS OTHER FACTORS RELATED TO THE MARKETS IN GENERAL OR TO THE IMPLEMENTATION OF ANY SPECIFIC TRADING PROGRAM WHICH CANNOT BE FULLY ACCOUNTED FOR IN THE PREPARATION OF HYPOTHETICAL PERFORMANCE RESULTS AND ALL OF WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS.

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

02/04/06 SYSTEM TRADE(S) UPDATE: Stock Indices remain in daily downtrends and are on track for the 'second pullback into mid-Feb'. Bonds & Notes spiked down into their Feb. 3/6th cycle low and reversed higher. Bonds could now test a critical resistance level. The Dollar tested and held its weekly LHR while the Euro tested and held its weekly HLS. The Yen did reach its next support. Reversals are likely in the coming week. Traders should be entering Euro call

options. Gold & Silver rallied into cycle highs and initially stalled. The action of the coming week should be revealing. Energy markets pulled back but could now see another rally. Traders should have entered short Lumber positions & be holding w/avg. open gains of about \$400/contract and have entered long Cotton positions and be holding w/avg. open gains of about \$600/contract. www.insidetrack.com

01/28/06 SYSTEM TRADE(S) UPDATE: Stock Indices remain below their Jan. 12/13th cycle high. The daily trends are the focus in the coming days. Bonds & Notes began to break out of their recent congestion. Traders should have entered & exited Bond calls w/avg. losses of about \$200/option. The Dollar dropped and then bounced while the Euro & Yen did the opposite. Traders should have exited Dollar longs w/avg. gains of about \$250/contract, exited Euro calls w/avg. losses of about

\$150/option and entered & exited Yen long positions w/avg. losses of about \$950/contract. Gold & Silver rallied into cycle highs. Traders should have exited Copper put options w/avg. losses of about \$350/option. Crude Oil reached its target and pulled back. Traders should have exited long Unleaded Gas futures positions w/avg. gains of about \$700/contract. Lumber & B. Pound could trigger new trades.

01/21/06 SYSTEM TRADE(S) UPDATE: Stock Indices remain below their Jan. 12/13th cycle high. 1--4 week traders should have entered & exited long positions w/avg. losses of about \$550/contract. Bonds & Notes remain at an important decision point. The Dollar is poised to continue its decline into late-February while the Euro & Yen advance. Traders should have sold the Dollar Index (and bought Euro call options) and be holding these w/avg. open gains of about \$300/contract. Gold & Silver

spiked to new highs before pulling back. Traders should have entered and exited Silver long positions w/avg. losses of about \$1,200/contract and entered Copper put options & be holding w/avg. open gains of about \$200/option. Crude Oil and all the energy markets could see a top in the coming week. Traders should have entered long Unleaded Gas positions and be holding w/avg. open gains of about \$3,250/contract.

01/14/06 SYSTEM TRADE(S) UPDATE: Stock Indices continue to validate their late-Dec./early-Jan. cycle low and analysis for a subsequent 2-3 month advance. A couple of days of consolidation could precede a new breakout higher. Bonds & Notes are at an important decision point and could signal that a low is already intact. The Dollar is poised to continue its decline into

late-February while the Euro & Yen advance. Gold & Silver have the potential to continue this advance into late-January. Crude Oil and all the energy markets could see a rally into late-January. Natural Gas is approaching its monthly HLS, where a low is likely. Coffee & Cotton remain strong while Cattle is close to a top. Sugar is also nearing the time when a top is most likely.

01/07/06 SYSTEM TRADE(S) UPDATE: Stock Indices completed their projected 3-5 week decline by bottoming on Jan. 3rd and then quickly rallying to new highs. A 2-3 month advance is expected. Bonds & Notes have not reversed their weekly trends up, so the potential for a final decline remains intact. The Dollar reversed its weekly trend to down, corroborating the wave and cycle outlook. The Euro is poised to rally to 1.2600/EC while the Yen just reversed its weekly trend up. Gold & Silver

rallied to monthly resistance but have the potential to continue this advance into late-January. Crude Oil rallied to its initial wave objective and could rally as high as 65.90/CLH. Natural Gas further reinforced its 6--9 month outlook (for a decline into September 2006) but could see a bottom at any time. Coffee further confirmed strength while Cotton reversed its weekly trend to up.
www.insiidetrack.com

12/31/05 SYSTEM TRADE(S) UPDATE: Stock Indices have fulfilled ongoing analysis for a 3-5 week drop into late-Dec. and are capable of extending this decline another 1-2 weeks. Bonds & Notes rallied far enough to push their weekly downtrends to the extreme (without reversing them up). This sets the stage for a new 3-5 week decline. Traders realized avg. losses of about \$300/option in Jan. 111 puts. The Dollar gave two neutral signals to its weekly uptrend but then reversed

higher. This could trigger a rally to new highs (if the daily 21 MACs confirm). Traders should have exited JYF 86.00 call options w/avg. gains of about \$650/option. Gold & Silver hit support and bounced. Traders should have realized avg. losses of about \$300/option in SIF 775.0 put options. Crude Oil & Natural Gas are poised for new rallies. Coffee confirmed strength while Cotton has the potential to do the same.

12/17/05 SYSTEM TRADE(S) UPDATE: Stock Indices continued to consolidate with the DJIA & NQH remaining below their 11/28 & 12/02 peaks. A drop into late-Dec. is possible. Bonds & Notes rebounded w/out setting new lows so an intermediate low could wait until early January. Traders should be holding Jan. 111 put options w/avg. open losses of about \$250/option. The Dollar reinforced that a correction is taking hold, just as the Euro & Yen reinforced their rebounds. Traders should be

holding JYF 86.00 call options w/avg. open gains of about \$1,600/ option. Gold & Silver immediately reversed lower from their preliminary major upside objectives. Traders should be holding SIF 775.0 put options w/avg. open losses of \$300/option. Crude Oil & Natural Gas reversed lower after attaining upside price targets. Coffee gave a weekly 2 Close Reversal higher, signaling a secondary low.

12/10/05 SYSTEM TRADE(S) UPDATE: Stock Indices retested their highs but did not follow through. This increases the chance for a 3-5 week correction (lower). Bonds & Notes consolidated but remain likely to see a drop to new lows. An intermediate bottom could take hold as early as Dec. 19th. Traders should be holding Jan. 111 put options. The Dollar gave added signs that a correction is taking hold, just as the Euro reinforced its potential for a rebound. The Yen has the potential for a

1-3 month rebound from recent lows. Traders should be holding JYF 86.00 call options. Gold & Silver surged beyond intermediate targets and have nearly reached their preliminary major upside objectives. Traders should be holding SIF 775.0 put options. Crude Oil & Natural Gas saw quick spike highs and then fell back to end the week. Cattle is poised for a 2-3 week decline while Coffee could set a secondary low.

PAST PERFORMANCE IS NO GUARANTEE OF FUTURE RESULTS. COMMODITY TRADING INVOLVES SUBSTANTIAL RISK.

HYPOTHETICAL PERFORMANCE RESULTS HAVE MANY INHERENT LIMITATIONS, SOME OF WHICH ARE DESCRIBED BELOW. NO REPRESENTATION IS BEING MADE THAT ANY ACCOUNT WILL OR IS LIKELY TO ACHIEVE PROFITS OR LOSSES SIMILAR TO THOSE SHOWN. IN FACT, THERE ARE FREQUENTLY SHARP DIFFERENCES BETWEEN HYPOTHETICAL PERFORMANCE RESULTS AND THE ACTUAL RESULTS SUBSEQUENTLY ACHIEVED BY ANY PARTICULAR TRADING PROGRAM. ONE OF THE LIMITATIONS OF HYPOTHETICAL PERFORMANCE RESULTS IS THEY ARE GENERALLY PREPARED WITH THE BENEFIT OF HINDSIGHT. IN ADDITION, HYPOTHETICAL TRADING DOES NOT INVOLVE FINANCIAL RISK AND NO HYPOTHETICAL TRADING RECORD CAN COMPLETELY ACCOUNT FOR THE IMPACT OF FINANCIAL RISK IN ACTUAL TRADING. FOR EXAMPLE, THE ABILITY TO WITHSTAND LOSSES OR TO ADHERE TO A PARTICULAR TRADING PROGRAM IN SPITE OF TRADING LOSSES ARE MATERIAL POINTS WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS. THERE ARE NUMEROUS OTHER FACTORS RELATED TO THE MARKETS IN GENERAL OR TO THE IMPLEMENTATION OF ANY SPECIFIC TRADING PROGRAM WHICH CANNOT BE FULLY ACCOUNTED FOR IN THE PREPARATION OF HYPOTHETICAL PERFORMANCE RESULTS AND ALL OF WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS.

System Trade Updates from Weekly Re-Lay (Page 4)...

12/03/05 SYSTEM TRADE(S) UPDATE: Stock Indices did see an additional high before a couple daily trends turned down. Monday's action is critical. Bonds & Notes rallied right to their upside objectives and immediately reversed lower. Traders should have entered Jan. 111 put options and be holding these w/avg. open gains of about \$100/option. The Dollar & Euro consolidated, while the Yen spiked down to major support during its intermediate

cycle lows. Traders should have entered JYF 86.00 call options. Gold & Silver surged into the final week of their projected advances into late-Nov./early-Dec. Traders should have entered SIF 775.0 put options. Crude Oil & Natural Gas saw quick spike lows before entering their anticipated rebounds. Coffee & Cattle could not confirm reversals & forced traders to exit positions w/avg. losses of \$1,200/contract in Coffee and \$600/contract in Cattle.

11/26/05 SYSTEM TRADE(S) UPDATE: Stock Indices continued to rally and could see an additional high in the coming week. Bonds & Notes consolidated but could also see at least one more spike high in the coming week. Traders should have exited Dec. 112 & 113 call options w/avg. overall gains of about \$500/option. The Dollar & Euro consolidated, allowing time for the Yen to drift lower leading into its cycle lows in the coming

weeks. Gold & Silver continued their projected advances into late-Nov./early-Dec and could see a final spike high before a 2-4 week correction takes hold. Crude Oil is trying to bounce but could see a high as soon as Nov. 28--30th. Coffee is showing signs of reversing higher while Cattle is attempting to reverse lower. New trades have been triggered in both. www.insidetrack.com

11/19/05 SYSTEM TRADE(S) UPDATE: Stock Indices continued to rebound and could still see an additional high in the coming week. Bonds & Notes also rallied and are expected to see at least one more spike high in the coming week. Traders should be holding Dec. 113 call options and Dec. 112 call options w/mixed results. The Dollar tested critical, long-term resistance and reversed lower while the Euro tested synergetic wave support and

reversed higher (leaving Nov. 7--11th as the lowest weekly close, for now). The Yen declined further but is expected to bottom in the next 2 weeks. Gold & Silver continued their projected advances into late-Nov./early-Dec and are still poised for new highs in the next 1-2 weeks. Crude Oil tested monthly support and is expected to rebound into month-end. Coffee is following the ideal scenario and retracing into Nov. 21st--25th.

11/12/05 SYSTEM TRADE(S) UPDATE: Stock Indices continued to rebound and could still see an additional high in the coming week. Traders should have exited the other ½ of SP put option positions w/avg. losses of about \$900/option. Bonds & Notes rebounded as part of an expected 1-3 week bounce. Traders should be holding Dec. 113 call options near break-even and Dec. 112 call options w/avg. open gains of about \$300/option. The Dollar rallied - while the Euro & Yen declined - into

cycles on Nov. 7--10th. Reversals are expected at any time. Gold & Silver resumed their projected advances into late-Nov./early-Dec. New highs are likely by then. Crude Oil spiked to a new low while Natural Gas pulled back but did not violate its Nov. 7th cycle low. A rally in all the energy markets is likely in the coming week(s). Coffee added corroboration to analysis for a major low in September. A rally into January is possible.

11/05/05 SYSTEM TRADE(S) UPDATE: Stock Indices rallied into SPZ weekly cycles and could see an additional spike high in the coming week. Traders should have exited part of SP put option positions w/avg. losses of about \$700/option and have entered SPZ put options. Bonds & Notes dropped to new lows, triggering aggressive traders to purchase call options. A 1-3 week bounce is expected. The Dollar reversed course and is rallying into

cycles on Nov. 7--10th. Traders were triggered in and out of Dollar short positions w/avg. losses of \$550/contract and in and out of Euro call options w/avg. losses of about \$250/option. Gold & Silver dropped to new recent lows. Traders should have exited SIZ 825 call options w/avg. losses of about \$200/option. Crude Oil is trying to rally while Natural Gas is declining into its Nov. 7th cycle low. Coffee could soon confirm a major low.

10/29/05 SYSTEM TRADE(S) UPDATE: Stock Indices saw increasing volatility that could lead to a spike high in the DJIA & SPZ, during the coming week. Traders should have exited ESZ short positions w/avg. gains of about \$1,400/ contract and have entered SPX put options. Bonds & Notes dropped to new lows but could see a rally into mid-Nov. The Dollar remains on course for a drop (with a corresponding Euro & Yen bounce) into Nov. 7--

10th. Gold & Silver have consolidated and should now begin new advances. Traders should have entered SIZ 825 call options on Monday. Crude Oil is poised for a quick rebound while Natural Gas should correct farther. Coffee could set a low in early November while Cotton could decline into mid-November before a bottom is most likely.

www.insiidetrack.com

10/22/05 SYSTEM TRADE(S) UPDATE: Stock Indices provided new sell signals and could extend this decline into month-end. Traders should be holding ESZ short positions w/avg. open gains of about \$2,250/contract. Bonds & Notes began to bounce and could stretch this rebound into early November. The Dollar rallied to a new high while the Euro & Yen dropped to new lows. A Dollar drop/Euro & Yen bounce into Nov. 7--11th is still possible. Gold & Silver tested month-opening support

levels and initially bounced. Traders should have exited 1/2 of Dec. Silver longs w/avg. gains of about \$2,050/contract and the other 1/2 w/avg. gains of about \$1,500/contract. Crude Oil & Natural Gas drifted lower but could now rally. Long positions in Wheat should have been exited w/avg. gains of about \$175/contract. Long positions in Cotton should have been exited w/avg. gains of about \$1,850/contract.

PAST PERFORMANCE IS NO GUARANTEE OF FUTURE RESULTS. COMMODITY TRADING INVOLVES SUBSTANTIAL RISK.

HYPOTHETICAL PERFORMANCE RESULTS HAVE MANY INHERENT LIMITATIONS, SOME OF WHICH ARE DESCRIBED BELOW. NO REPRESENTATION IS BEING MADE THAT ANY ACCOUNT WILL OR IS LIKELY TO ACHIEVE PROFITS OR LOSSES SIMILAR TO THOSE SHOWN. IN FACT, THERE ARE FREQUENTLY SHARP DIFFERENCES BETWEEN HYPOTHETICAL PERFORMANCE RESULTS AND THE ACTUAL RESULTS SUBSEQUENTLY ACHIEVED BY ANY PARTICULAR TRADING PROGRAM. ONE OF THE LIMITATIONS OF HYPOTHETICAL PERFORMANCE RESULTS IS THEY ARE GENERALLY PREPARED WITH THE BENEFIT OF HINDSIGHT. IN ADDITION, HYPOTHETICAL TRADING DOES NOT INVOLVE FINANCIAL RISK AND NO HYPOTHETICAL TRADING RECORD CAN COMPLETELY ACCOUNT FOR THE IMPACT OF FINANCIAL RISK IN ACTUAL TRADING. FOR EXAMPLE, THE ABILITY TO WITHSTAND LOSSES OR TO ADHERE TO A PARTICULAR TRADING PROGRAM IN SPITE OF TRADING LOSSES ARE MATERIAL POINTS WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS. THERE ARE NUMEROUS OTHER FACTORS RELATED TO THE MARKETS IN GENERAL OR TO THE IMPLEMENTATION OF ANY SPECIFIC TRADING PROGRAM WHICH CANNOT BE FULLY ACCOUNTED FOR IN THE PREPARATION OF HYPOTHETICAL PERFORMANCE RESULTS AND ALL OF WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS.

Copyright 2005 & 2006 *INSIIDE Track Trading Corporation*

www.insiidetrack.com

INSIIDE TRACK Trading POB 2252 NAPERVILLE IL 60567 630-637-0967 (vc) 630-585-5701(fx) *INSIIDE@aol.com*