7.24

Calm market. Not much tradable.

7.26

Ytd trade pnl was -1000.

Stocks had a hard time to rebound mostly due to index.

Stocks that were weak on Monday were even weaker on Tuesday.

This means that you need to look at the index distribution more importantly than the single stocks. Only participate when index distribution is correct and choose stocks that were consistent with the index. Avoid idiosyncratic risk where index was rising and ss is falling.

Search for better stocks doing rebound. Ammax requirement, f10 requirement, index cooperation, relative strength needs to be there. Baoli property had a weak open, rebound did not happen. Needs to be either equal or stronger than the market.

1. Drink more water
2. 3 kiwi a day
3. Apple
4. Pear
5. Orange
6. Broccoli+boiled chicken

**Some notes on active trading**

1. Trade long based on –pmcoY
2. With +pmcoY, play very conservatively/don't trade
3. Pre-10 is the tentative AM, cut position during confusiong/hope
4. Disregard rest of AM.
5. Trade 3-5-10 lot intraday intraday pm trading.
6. When opportunites are good, increase to double leverage. (Today was up to 50 lots), about 4.5m which was double lev, this was ok as long as risk was cut towards the end.