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.
7. On 7/26, AM risk was cut too slowly which resulted in a bloodshed and inability to put on enough good risk post lunch. Gotta cut out that AM weak sharpe.

7.27.2017

Ytd markets had –am and +pm, very bad.

Roll futs to aug expiry.

Cut risk in the stocks in the morning. The issue keeps coming up, you need to cut risk in the am to be able to effective trade the PM. If it is not done the AM loss is too big to make back in most cases.

**Misc:**

1. Due to people’s willingness to overtrade AM, markets tend to be volatile throughout the open. The pm selling that was witnessed during 2015-6 was mostly positions being cut out which resulted in crashes. Nowadays crashes are less rare as these have been mostly driven out of the market.
2. Implementation of a monthly maximum loss is important to limit losses in crash months. Use 6% to follow Elder’s simple rule. This rule can save you if you run into a big consecutive losses. Usually you shouldn't lose more than 6% in a month; in the case that you do, it is very likely you are in a big adjustment and it is wise to stop playing. This way you will capture all the strong months and stop playing on the weak ones.
3. Taking advantage of the pm period in turn. When previous pm was -, the whole afternoon is tradable. Put on position and trade. When previous pm was + and ytd general trend was + (no V), can trade on fast entries and exit. Accumulation+distribution trading in a pm environment.
4. Position fully diversified to emulate index movements. Disregard AM movements and focus on pm opportunities.

7.27

AM follows what the market did ytd, rather weak.

Did not get risk

Cut risk at the end of the market.

Can’t get out of trading positions due to low openings and going straight down afterwards. Trade pm with futs only. For stocks prefer am up to trade at the close. For a big am down, try not to go In for the rebound, because next day you will lose it.

7.28

纽约回来的还会聊一聊电影。

深圳本地的，包括深圳大学，就是钱串子脑袋。

其他在深圳生活久的人也是。

有借钱的，要红包的，有哭穷的，情况颇多。

这些人的特点是假的地点，假的照片，朋友圈里的各种乱七八糟的赚钱信息很多，各种二维码，群。

如果是因为钱建立起来的，就会边际效用递减。人不会感恩，牵扯了钱的关系也就不纯粹了。所以要避免和人产生金钱关系，金钱依赖。

很多东西都是一步步设计好的圈套。设立新的微信，手机号，各种套路。撒娇，哭穷。红包不少收，觉得心安理得。过生日那个时间点也是套路。看看相对投资和回报是否对等。精神，钱，各方面。

如何试探？

1. 抛红包，看态度如何
2. 看是否会不断涉及钱或者借钱
3. 拒绝给钱，看看态度转变。
4. 看收完钱以后的行为。
5. 给了很多钱以后，还是哭穷。
6. 试试发展关系，看看底线在哪。
7. 看套路的最终目的是想让你做什么。所做必有所图。
8. 一段时间清算一下input output. Monetary/time/psy. Examine returns vs. input. See if there is any actual progress including all kinds of returns. Stagnant/negative – cut. 3 week is tops for this kind of thing.
9. Focus on actions, not words.
10. Objectively look at own emotions. If it is correct you would know it is correct. Nothing is worth fixing.

Manipulation attempts seen:

1. 发裸照
2. 哭
3. Nagging
4. Pull and push

Never give what they want.

Never give benefit of the doubt.

Occam’s razor.