

Mark Crisp Weekly Momentum Newsletter:

<http://www.stressfreetrading.com>

Jan/ Feb 2006

Mark Crisp

The Stress Free Momentum stock Trader

27th February 2006

<http://www.stressfreetrading.com>

Well, another week and "after all is said and done more is said than done."

This is how the stock markets feel right now. Basically we are treading water. Have been doing so since December. BUT that's great. Because it has to do something soon. Let the leading stocks show you where it wants to go....NOT some guru.

Which stocks am I stalking right now?

NTRI
GOOG
OXPS
TIE
HANS

Take your pick from those leading, high priced, liquid stocks.

Keep well.

Mark Crisp here

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13th February 2006:

Well, we can safely say the markets are taking a breather at the very least. Look at all the leading stocks:

HANS
GOOG
NTRI
TIE
ISRG
AAPL

They are now in well established trading ranges. Will they break-out to the upside again or is the game over for them? Only time will tell.

Do not try to do too much. Human nature makes us want to take a winning method and tinker with it until it breaks. Momentum trading works. Full stop. What takes work and effort is the

discipline , patience and money management to treat trading like a business. I wonder how many times people "break" or "bend" their trading rules? Or even worse go off and trade another method because the current one is flat? A sure way to lose.

The markets go in cycles. Usually about 4 month cycles. The key is NOT to lose during corrections/ bear markets and make as much as you can in bull markets. That's all.

Momentum Stocks:

HANS
JOYG
OXPS

Until next week. Keep well. Trade safe.

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6th February 2006:

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Hi there momentum stock fans. How you all doing? First off, lets' get the small talk of the markets and some individual stocks out of the way before I go into the psychology if successful trading a little bit.

Markets:

Well, I down loaded my weekly NASDAQ chart Friday night and see we had another, fairly large, week down again. So, without a doubt the markets are chopping "to and fro." They can't seem to decide what to do next. What odds on another sharp weekly reversal this week? But this brings me to my next point.

I only follow the "averages" simply to see what kind of environment we are in. I let the individual stocks tell me what to do. In a bull market you will find momentum stocks go up higher and faster, In a bear market you can find momentum stocks going up..but they will simply not have the "power moves" that a bull market gives. BUT, I find the best markets are sideways markets!

Why? Because in a bull market most stocks go up and trying to tell which ones are the real momentum stocks as opposed to the "chaff" is tricky. There's nothing worse than getting into stock A only to find an identical stock "B" is the one the market has fallen in love with. In a sideways market you have the best of both worlds. The momentum stocks that do comply are usually the only stocks that have some nice upward power behind them. Identifying them isn't that difficult.

The only stocks I either in or stalking now are:

HANS
TIE
NTRI
OXPS

Why do most traders find trading stocks so stressful? Now, I am not the ruling "body" on this but here is my opinion:

The more you watch something. The more you follow every minute detail of anything. Be it a sports game, a business, a stock a child or a boiling kettle the more caught up in every "twist and turn" you become which only adds anxiety. You start to lose your long term objective and become really myopic in your outlook. You can't see the "woods for the trees"

If you ever watch a big sports event. A football game. If you think about it, does your screaming and cheering, jeering at every successful/failed pass, throw, kick, touch down, ref. decision have ANY effect AT ALL on the end result? NO. One individual "wishing" his team/player on" adds to the "excitement" but has no bearing at all on what happens.

Well, it's the same in the stock market. Say in October 2003 you bought TASR at about \$30 after running it through M.S.T.S.. Say then you went to out Mongolia helping Buddhist Monks for 6 months. Came back and then checked your quote machine and found TASR was now at \$330 (split adjusted) WOW.....no effort. No checking. No anxiety your stock flew to the moon. You exit and buy a new car with your profits. Tell your friends all about how good a "trader" you are :-)

But say you never did go to out Mongolia. Say you stayed out home every day logging in several times checking up on TASR movements. Do you honestly believe you would have stuck in there until \$330? The number of times I have heard of people cashing out with a small 20%+ profit in the "hope" of getting back in. Trying to do too much actually has detrimental effects on your stock trading. I see it all the time. People read too much into the price action and do things when "sitting tight" would have been much more profitable.

Whilst you can't buy a Momentum stock and leave it for 6 months you get the idea? The theory still holds true. Don't worry about what the stock is going to do. It's going to do it anyway. Simply have your exit strategy in place and follow it.

Don't check up on prices during the day. Why waste your time and add to the "excitement". Try to take this away from your trading. Emotional trading is no way to success- long term. Don't go onto chat boards and see what everyone else is doing..or even worse ask for advice. Why? "if you have to ask..you simply should not be trading."

I have no uploaded all my data for the week. Ran my momentum scans. place my stops with my brokers. Now, I will not check up or do anything until next weekend. I could easily go away for a week now and not even consider my stocks or the market. Isn't this what stock trading is supposed to be about? Passive income.

Until next week.

A quick mid-week update:

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Well ,after taking small profits in HANS we are out. Leave it alone for now. Same with NTRI and GOOG. Let the stock tell you what it wants to do next.

Go OXPS. I hope you loaded up on this beauty? When everything lines up...it's like taking candy from a kid.

TIE is the only other stocks I see worth following right now. I am waiting to see if it wants to "play"

Have a great weekend

Mark Crisp
23rd January 2006

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Not a nice week for the stock markets last week at all. As I keep preaching I have no idea what the future holds, nor do I want to waste my time trying to predict it. It's still holding up and I am still in stocks like HANS and OXPS...JUST about. We are out of GOOG...with great profits I might add.

So Momentum stocks I am either in or watching are:

NTRI
GOOG
OXPS
HANS
TIE
MYOG

Now, if we go into a "correction" "Bear Market" what-ever you want to call it. I simply let my stops take care of my trade management. I'll let my buy stops simply lie in the market and I'll eventually remove them. My trailing stops on stocks I am currently in will either get hit and I'll be stopped out or they won't and I'll stay in. What else can I do?

Don't get stressed out on what the markets might or might not do. What's the point?

Good luck

Until next week.

16th January 2006

Well HANS is acting well. :-) A nice "pop" last Friday. I had a good feeling this stock would go my way. Same with OXPS. Everything looks great. So trail your stop far enough behind so as to not get stopped out on a shake up. Hope for bigger profits but lock in some profits. That's about all you can do. Sit and wait.

Momentum Trading is all about catching those stocks that can give us 300%+ moves in 6-12 months. Granted they don't come along often. (except in 1998- 2000) But it's these Monster Momentum moves I live for. SO selling out too early is poor trading. How can you snag a "5+ bagger" if you keep selling out with a small 20-30% profit?

The other Momentum stocks I am following:

NTRI
ISRG
GOOG
TIE

That's it. I only trade 2 or 3 stocks at any one time. I can't follow too many stocks. "Quality beats quantity"

Until next week.

Keep well

PS: I read Darvas's "How I Made \$2 Million in the Stock Market" again over the weekend. I am sure I can recite it word for word now...:-) But I love reading it and will continue to do so.

You have to get inside his mind set to really understand the way he made so much money.

Mark Crisp here

9th January 2006

The Stress Free Momentum Stock Trader:

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Well as I have said since October the markets have turned up. sure December was a tough "correction" but after last weeks blow out/ break out that's all it is now looking like. Don't waste your precious time listening to "gurus" who PRETEND they can actually predict the future of the stock market.... No-one can.

Stocks I really like the look of right now for nice gains are:

GOOG

HANS

TIE

OSPX

Don't trade more than 5 stocks at any one time.....focus on the very best is the way you can make fantastic yearly gains.

Until next week. Have a good one

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Do you like these stocks?

HANS

[http://stockcharts.com/def/servlet/SC.web?c=HANS,uu\[h,a\]dahlyyay\[dc\]\[pb!b\]\[vc60\]\[i\]&pref=G](http://stockcharts.com/def/servlet/SC.web?c=HANS,uu[h,a]dahlyyay[dc][pb!b][vc60][i]&pref=G)

TIE

[http://stockcharts.com/def/servlet/SC.web?c=TIE,uu\[h,a\]dahlyyay\[dc\]\[pb!b\]\[vc60\]\[i\]&pref=G](http://stockcharts.com/def/servlet/SC.web?c=TIE,uu[h,a]dahlyyay[dc][pb!b][vc60][i]&pref=G)

GOOG

[http://stockcharts.com/def/servlet/SC.web?c=GOOG,uu\[h,a\]dahlyyay\[dc\]\[pb!b\]\[vc60\]\[i\]&pref=G](http://stockcharts.com/def/servlet/SC.web?c=GOOG,uu[h,a]dahlyyay[dc][pb!b][vc60][i]&pref=G)

These are now the only three M.S.T.S. haspicked out. I have currently put a new buy order in on HANS. TIE and GOOG I am waiting. OH come on BULL MARKET :-)

Regards

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Hi

Mark Crisp here

The Stress Free Momentum Stock Trader
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3rd January 2006

First off, happy New Year. I wish you all the best in 2006.

What we all need this year is another great bull market. Just like in 2003. And in that bull market find just 2 or 3 great momentum trending stocks where we can make 100%+ gains from. Will we get it? I have no idea. Fundamentally it doesn't look great. Does it? But neither did 2003. One amazing thing about the stock market is it simply does as it wants to do not what we expect it to do. Wait and see how it pans out is all I can offer you for advice.

I keep going on about "focus". Learn to trade infrequently but focus on the VERY best stocks. I say this because EVERY other ADVISORY SERVICE...does the opposite. They feel compelled to throw out new stocks daily. That means if they offer just one new stock every day that is over 220 throughout the year. 220 trades! Are they crazy? I am vowing to make less than 12 trades this year. And in that 12 I want at least 3 that make me 100%+. Will I do it? Stay tuned.

I am 100% in cash right now. I got stopped out of HANS and right now although I am stalking a few stocks I see nothing new in the foreseeable future. Obviously this means the markets aren't acting great. I am sitting 100% in cash, safe, waiting. What a great system. That automatically kicks me into cash during corrections. People forget about this aspect of the trading system. Which to me is more important.

DO NOT LOSE MONEY

Is more important than MAKING MONEY.

Play great defence and let the offence take care of its-self.

Stocks I am stalking:

NTRI
ISRG
GOOG
TIE
HANS

You could have a go at shorting some of these high flyers. There is a "reverse Momentum Trading System" in my members' area. But only do this if you are familiar with shorting and trade lightly. Bear in mind....the gains from shorting are usually much shorter than going long. Is it worth the risk? You decide.

That's all folks.

Well, back work. I hope 2006 is a great year to everyone. Health and happiness and some wealth will be great :-)

Sincerely

Mark Crisp

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