

Date: **26 July 2019**

**BONDS:**

SLXX	UK Corp Bonds
IGLT	UK Gilts
INXG	UK Index Linked Gilts
IMA744	UK Strategic Bonds
IBTM	Lehman 7-10 yr Bond

**WORLD STOCKMARKETS:**

AW01	All World Index
GSPC	S&P 500
IWM	IWM R2000
N100	Europe 100
CAC	France CAC
DAX	Germany DAX
CS1	Spain IBEX
HSI	Hong Kong
NIK	Nikkei 225
FXI	China
AG01	Emerging Markets
AW07	Asia Pacific (ex) Japan
UKX	FTSE 100
MCX	FTSE 250
SMX	FTSE Small Cap

**COMMODITIES:**

AGCP	All Commodities
PHGP	Gold
PHSP	Silver
WT\$SP	Oil

**SECTORS:**

IMA065	Technology
XLF	Financial
IWDP	Property
IYR	US Real Estate

**LONG TERM WEEKLY MOMENTUM**

Now	-1	-2	-3	-4	-5	-6	-7	-8	-9	-10	-11	-12	-13
-----	----	----	----	----	----	----	----	----	----	-----	-----	-----	-----

↑	↑	↑	↑	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑
↑	↑	↑	↑	↑	↑	↑	↑	↑	↓	↑	↓	↓	↓	↓
↓	↓	↓	↓	↓	↑	↑	↑	↑	↑	↑	↓	↓	↓	↓
↑	↑	↑	↑	↑	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑
↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↓	↓	↓	↓

Now	-1	-2	-3	-4	-5	-6	-7	-8	-9	-10	-11	-12	-13
-----	----	----	----	----	----	----	----	----	----	-----	-----	-----	-----

↑	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑
↑	↓	↑	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑	↑	↑
↑	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑	↑
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑
↑	↑	↑	↑	↑	↑	↑	↓	↓	↑	↓	↑	↑	↑	↑
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑
↑	↓	↓	↑	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑
↑	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑
↑	↑	↑	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑
↑	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑

Now	-1	-2	-3	-4	-5	-6	-7	-8	-9	-10	-11	-12	-13
-----	----	----	----	----	----	----	----	----	----	-----	-----	-----	-----

↑	↑	↑	↑	↑	↑	↓	↓	↑	↑	↑	↑	↑	↑	↑
↑	↑	↑	↑	↑	↑	↑	↑	↑	↓	↓	↓	↓	↓	↓
↑	↑	↑	↑	↑	↑	↑	↑	↓	↓	↓	↓	↓	↓	↓
↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑	↑	↑

Now	-1	-2	-3	-4	-5	-6	-7	-8	-9	-10	-11	-12	-13
-----	----	----	----	----	----	----	----	----	----	-----	-----	-----	-----

↑	↑	↑	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑	↑	↑
↑	↑	↑	↑	↓	↓	↓	↓	↓	↑	↑	↑	↑	↑	↑
↑	↑	↑	↑	↓	↑	↓	↓	↓	↑	↑	↑	↑	↑	↑
↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	↑	↑	↑	↑	↑

**LEGEND**

Weekly Time Periods

↑	Momentum is Positive and accelerating.
↑	Momentum is Negative but slowing.

↓	Momentum is Positive but slowing.
↓	Momentum is Negative and accelerating.

↑	Momentum has this week turned Positive
↓	Momentum has this week turned Negative

Weekly Timescales

"Now" means this week

"-1" means last week

"-2" means 2 weeks ago

"-3" means 3 weeks ago

"-4" means 4 weeks ago

"-5" means 5 weeks ago