

12/07/2008 07:04

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Security Name	Close	Above 40wk MA?	MA trend up?	12wk High?	90% of C	40wk MA	MA as % of C	Parabolic	Parabolic as % of C
COCOA LIFFE Continuous	1618	Above MA	MA trend up	Not 12wk High	1456.2	1266.375	78%	1443.8074	89%
COFFEE ROBUSTA LIFFE Continu	2380	Above MA	MA trend up	Not 12wk High	2142	2225.75	94%	2090.3799	88%
CORN PIT Continuous	680	Above MA	MA trend up	Not 12wk High	612	526.8937	77%	640.1358	94%
LEAN HOGS PIT Continuous	74.975	Above MA	MA trend up	Not 12wk High	67.4775	62.9625	84%	Above	Above
LIVE CATTLE PIT Continuous	101.2	Above MA	MA trend up	Not 12wk High	91.08	93.5394	92%	93.9508	93%
OATS PIT Continuous	437	Above MA	MA trend up	Not 12wk High	393.3	351.8062	81%	378.9441	87%
SOY MEAL PIT Continuous	453.9	Above MA	MA trend up	Not 12wk High	408.51	340.62	75%	337.2354	74%
SOYBEAN OIL PIT Continuous	64.48	Above MA	MA trend up	Not 12wk High	58.032	55.0625	85%	54.9902	85%
SOYBEANS PIT Continuous	1630.5	Above MA	MA trend up	Not 12wk High	1467.45	1288.1937	79%	1235.7583	76%
SUGAR NO5 Continuous	387.9	Above MA	MA trend up	Not 12wk High	349.11	332.8775	86%	322.3813	83%
WHEAT PIT Continuous	819	Not above MA	MA trend not up	Not 12wk High	737.1	897.2313	Above	765.3646	93%
BRENT CRUDE Continuous	14203	Above MA	MA trend up	Not 12wk High	12782.7	10596.3496	75%	13200	93%
ICE WTI CRUDE OIL Continuous	14165	Above MA	MA trend up	Not 12wk High	12748.5	10729.3252	76%	13197	93%
NATURAL GAS PIT Continuous	11.904	Above MA	MA trend up	Not 12wk High	10.7136	9.4445	79%	Above	Above
COPPER miNY Continuous	3.7365	Above MA	MA trend up	Not 12wk High	3.3628	3.5469	95%	3.5252	94%
MINI GOLD E-CBOT Continuous	959.2	Above MA	MA trend up	Is 12wk High	863.28	878.805	92%	850.138	89%
PLATINUM PIT Continuous	2000.9	Above MA	MA trend up	Not 12wk High	1800.81	1618.395	81%	Above	Above
SILVER 5000 OZ E-CBOT Continuc	18.231	Above MA	MA trend up	Not 12wk High	16.4079	16.5317	91%	Above	Above
CAC 40 INDICE	4100.6401	Not above MA	MA trend not up	Not 12wk High	3690.576	5066.0874	Above	Above	Above
Dow Jones INDU AVERAGE NDX	11100.5	Not above MA	MA trend not up	Not 12wk High	9990.45	12652.6924	Above	Above	Above
FTSE 100 INDEX	5261.6001	Not above MA	MA trend not up	Not 12wk High	4735.44	6055.2275	Above	Above	Above
FTSE JSE SA ALL SHR	27735.6	Not above MA	MA trend not up	Not 12wk High	24962.04	30025.625	Above	Above	Above
HANG SENG INDEX	22184.5	Not above MA	MA trend not up	Not 12wk High	19966.05	25389.8203	Above	Above	Above
NASDAQ 100 INDEX	1810.88	Not above MA	MA trend not up	Not 12wk High	1629.792	1938.3525	Above	Above	Above
NIKKEI 225 INDEX	13039.7	Not above MA	MA trend not up	Not 12wk High	11735.73	14270.7871	Above	Above	Above
RUSSELL 2000 IND	674.95	Not above MA	MA trend not up	Not 12wk High	607.455	728.7888	Above	Above	Above
S&P 500 NDX	1239.49	Not above MA	MA trend not up	Not 12wk High	1115.541	1391.1746	Above	Above	Above
SMI SWISS MARKET INDEX	6638.8901	Not above MA	MA trend not up	Not 12wk High	5975.001	7793.6494	Above	Above	Above
EURO FX/BRITISH POUND Contin	0.8013	Above MA	MA trend up	Not 12wk High	0.7212	0.7583	95%	Above	Above
EURO FX/JAPANESE YEN Continu	159.18	Not above MA	MA trend not up	Not 12wk High	143.262	159.911	Above	151.3254	95%

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## Index

Close	Is the end of week closing price
Above 40wk MA?	Is the end of week close above the 40 week moving average?
MA trend up?	Is the 40 week moving average greater than last week?
12wk High?	Is the end of week close higher than any price in the previous 12 weeks?
90% of C	This is the value 10% below the end of week close
40wk MA	The actual value of the 40 week MA
MA as % of C	This is the percentage that the moving average is of the close (100% would mean the close was on the MA)
Parabolic	This is the Wells Wilder Parabolic (may be useful as a guide for stop loss on instrument price that has gone exponential)
Parabolic as % of C	This is the percentage that the Wells Wilder Parabolic is of the close

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Mark Shipman's Investment Diary - current open positions @ 7/7/8 (amended)

Long iShares Brazil Index

Long NY Crude Oil

Long Canada TSX 60 Index

## DISCLAIMER

The above positions relate to Mark Shipman's private spread betting and do not include any investments directed by the system contained in his latest book, "Big Money Little Effort". Position details are provided for information purposes only and do not constitute an offer or recommendation to establish similar bets. Readers are encouraged to conduct their own analysis, risk management controls and due diligence before establishing any investment position.

Readers are also reminded that past performance is not indicative of future returns and the value of any investment can go down as well as up.

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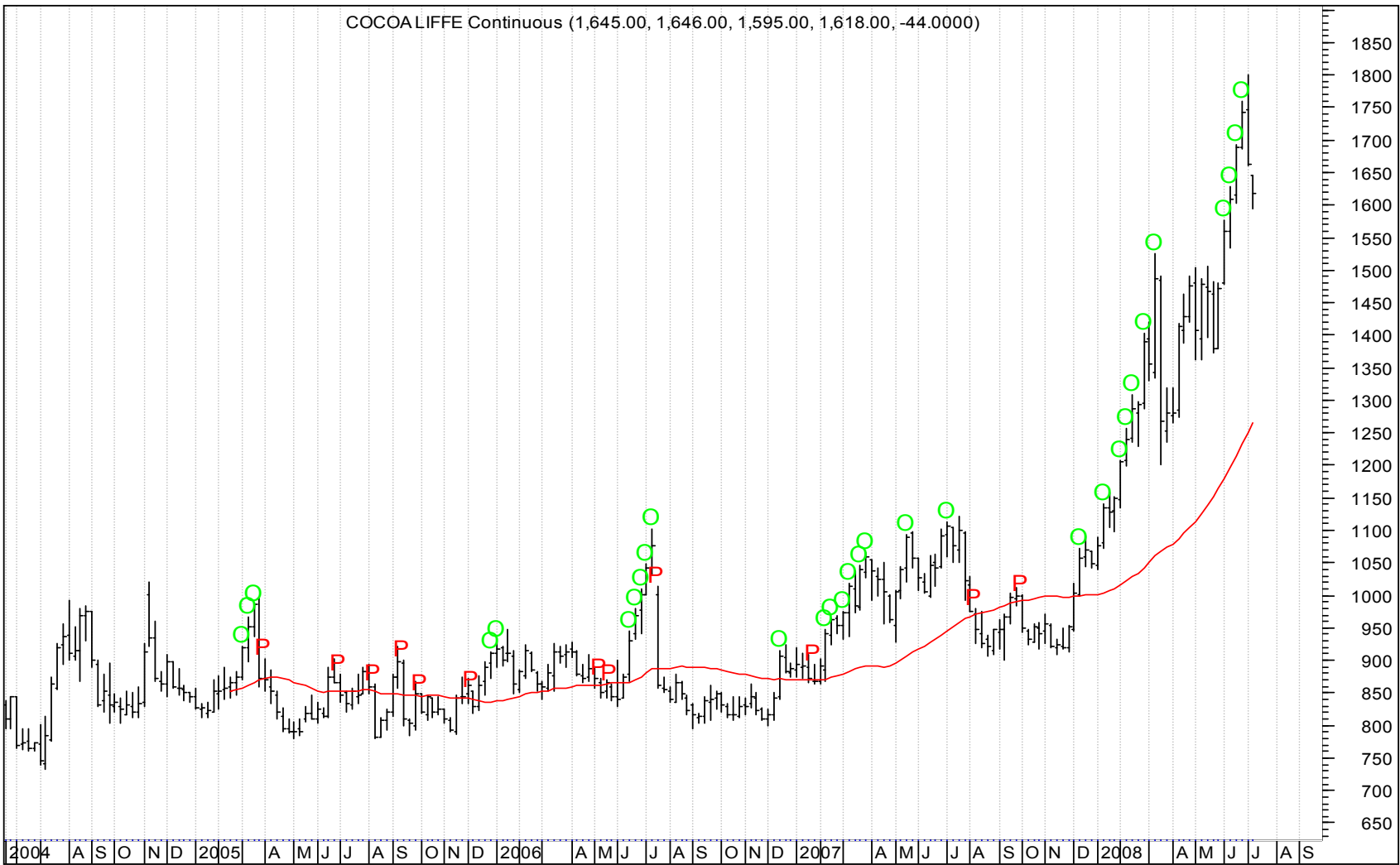
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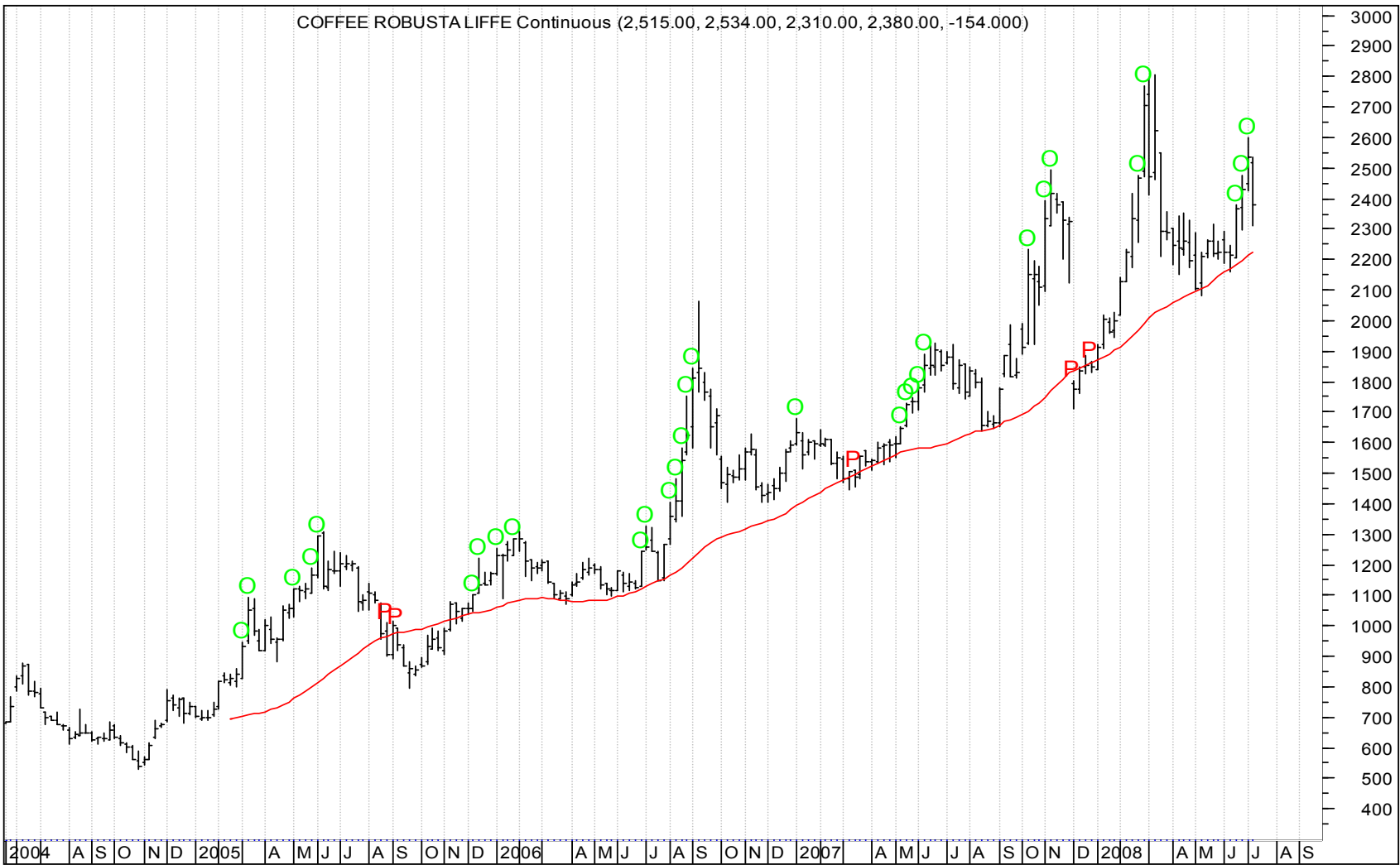


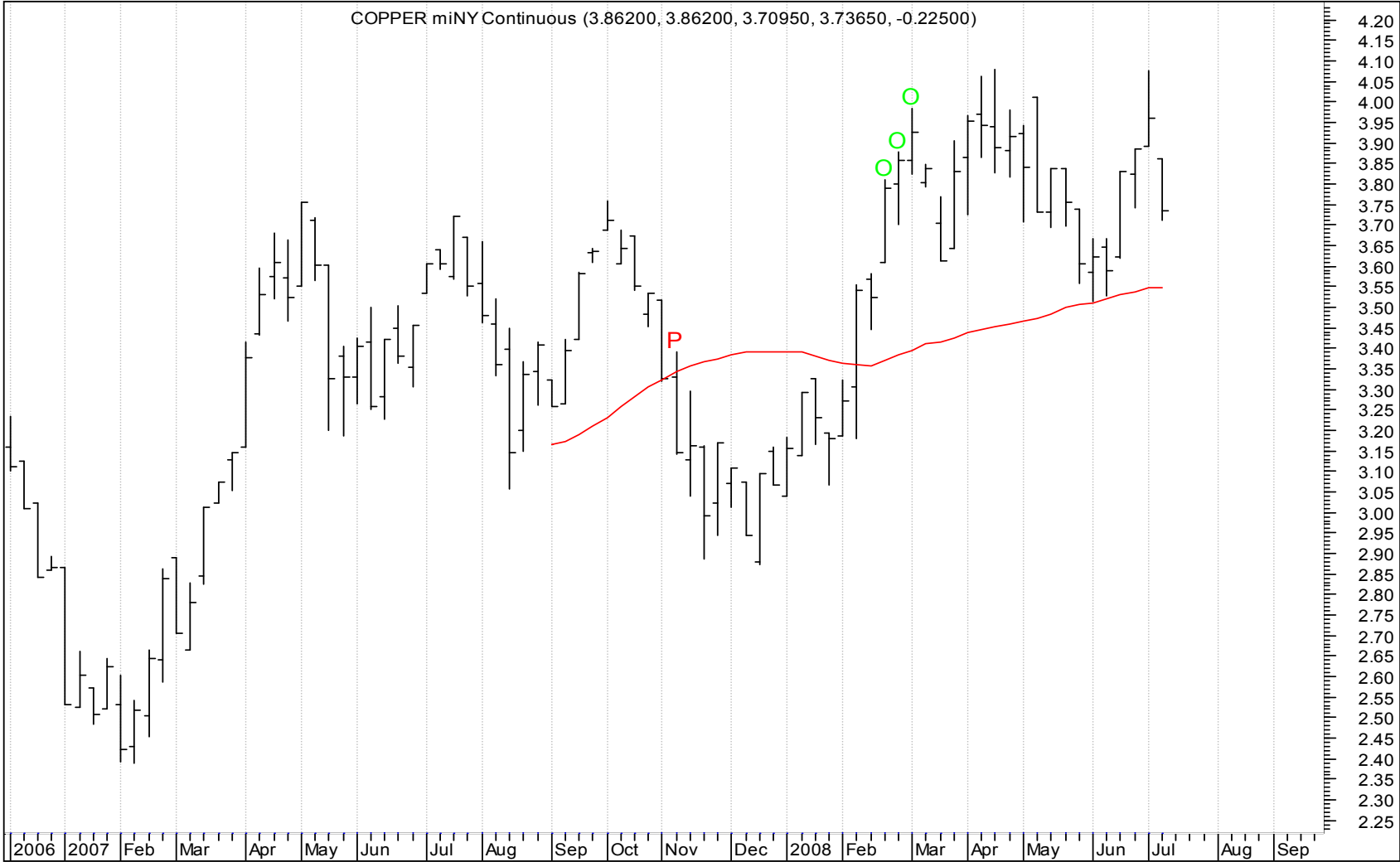


COCOALIFFE Continuous (1,645.00, 1,646.00, 1,595.00, 1,618.00, -44.0000)

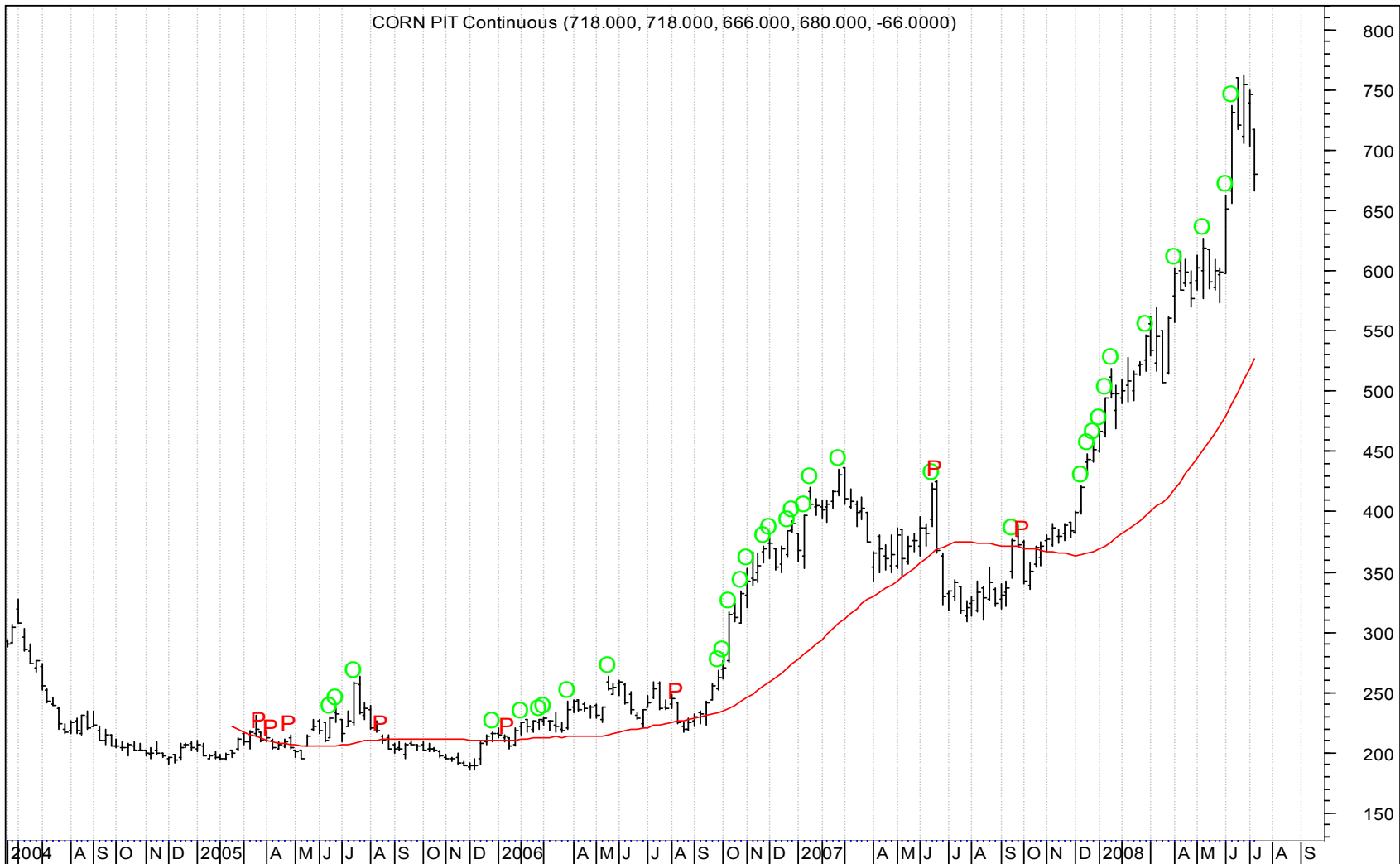


COFFEE ROBUSTA LIFFE Continuous (2,515.00, 2,534.00, 2,310.00, 2,380.00, -154.000)



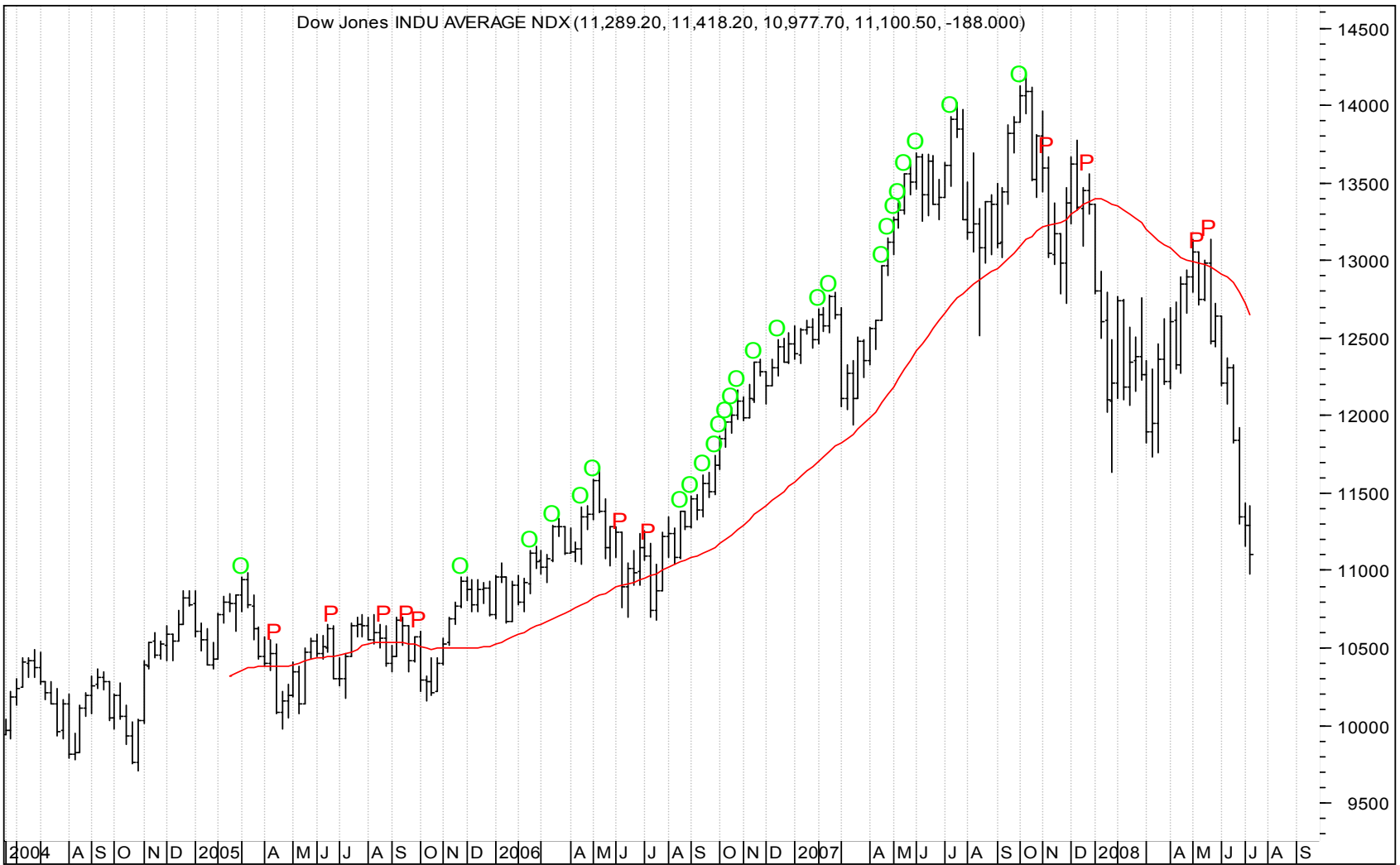


CORN PIT Continuous (718.000, 718.000, 666.000, 680.000, -66.0000)

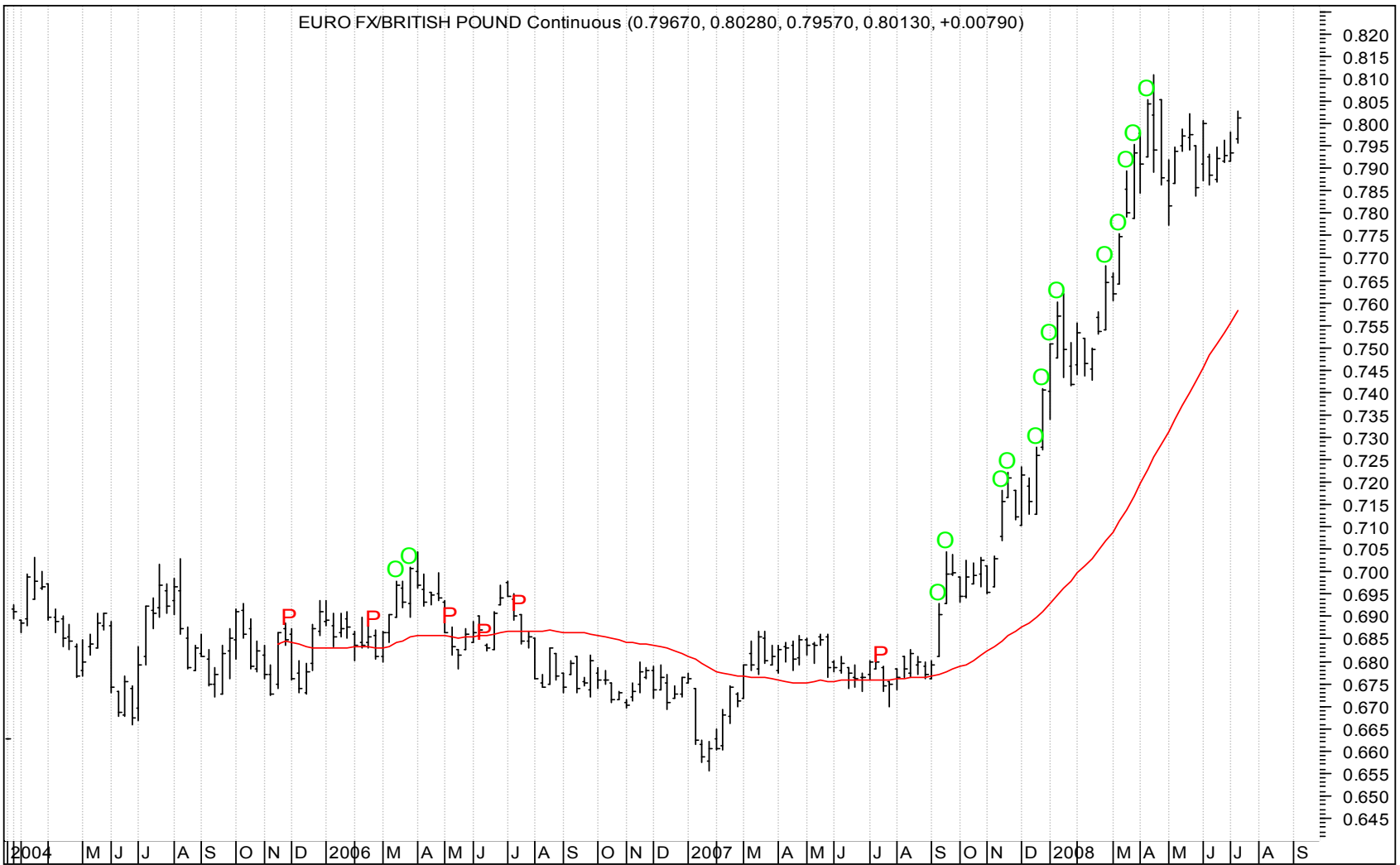




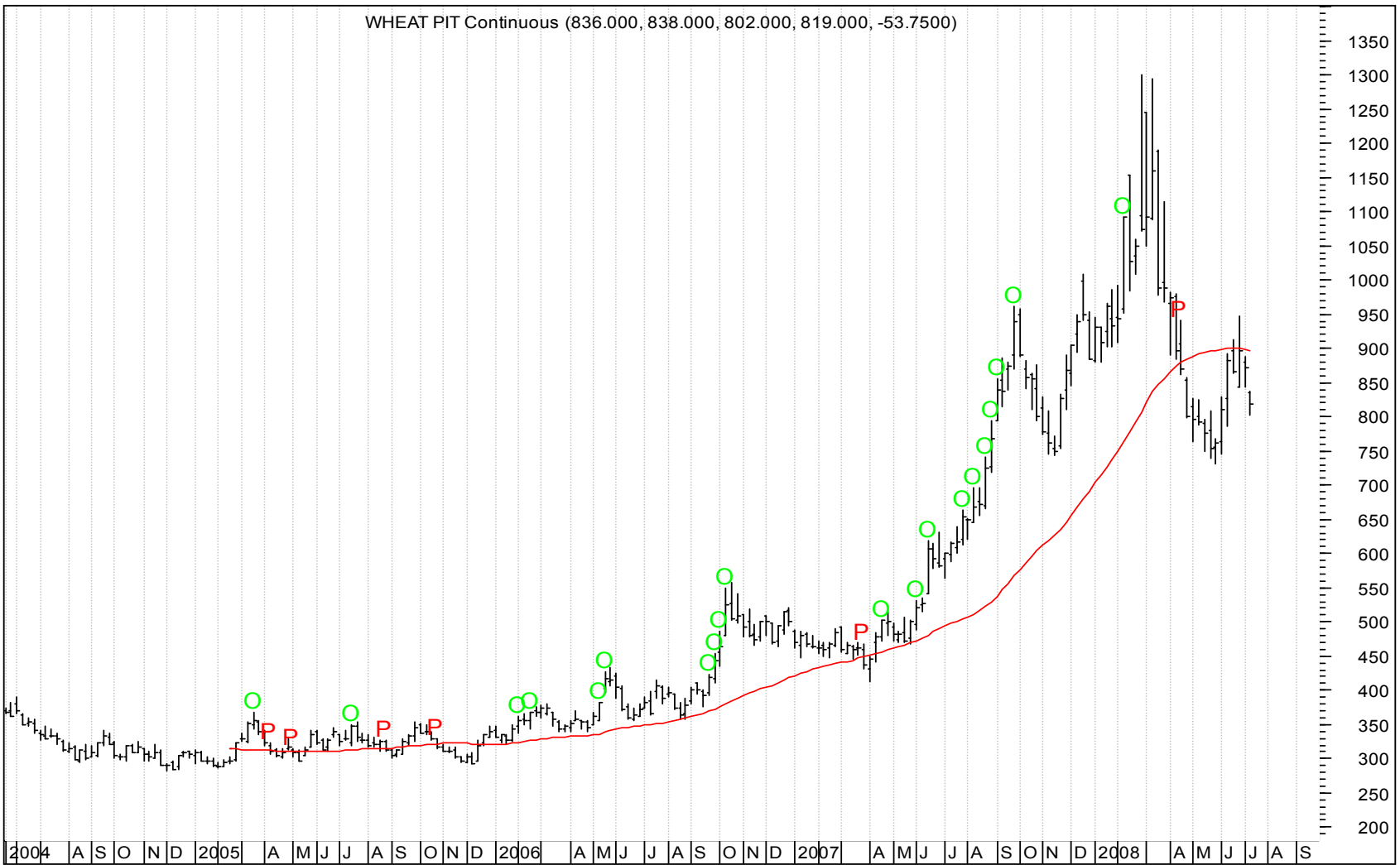
Dow Jones INDU AVERAGE NDX (11,289.20, 11,418.20, 10,977.70, 11,100.50, -188.000)



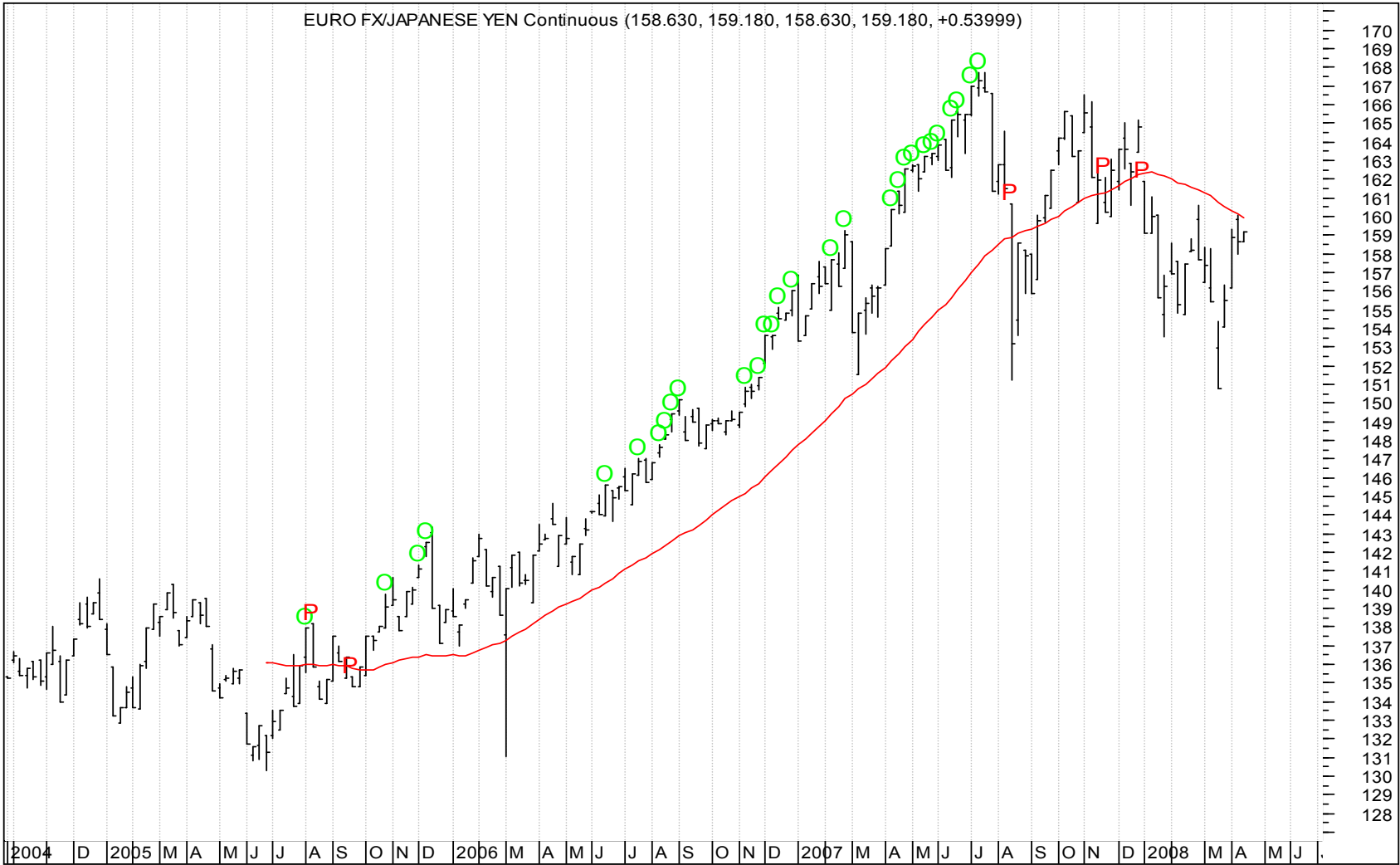
EURO FX/BRITISH POUND Continuous (0.79670, 0.80280, 0.79570, 0.80130, +0.00790)

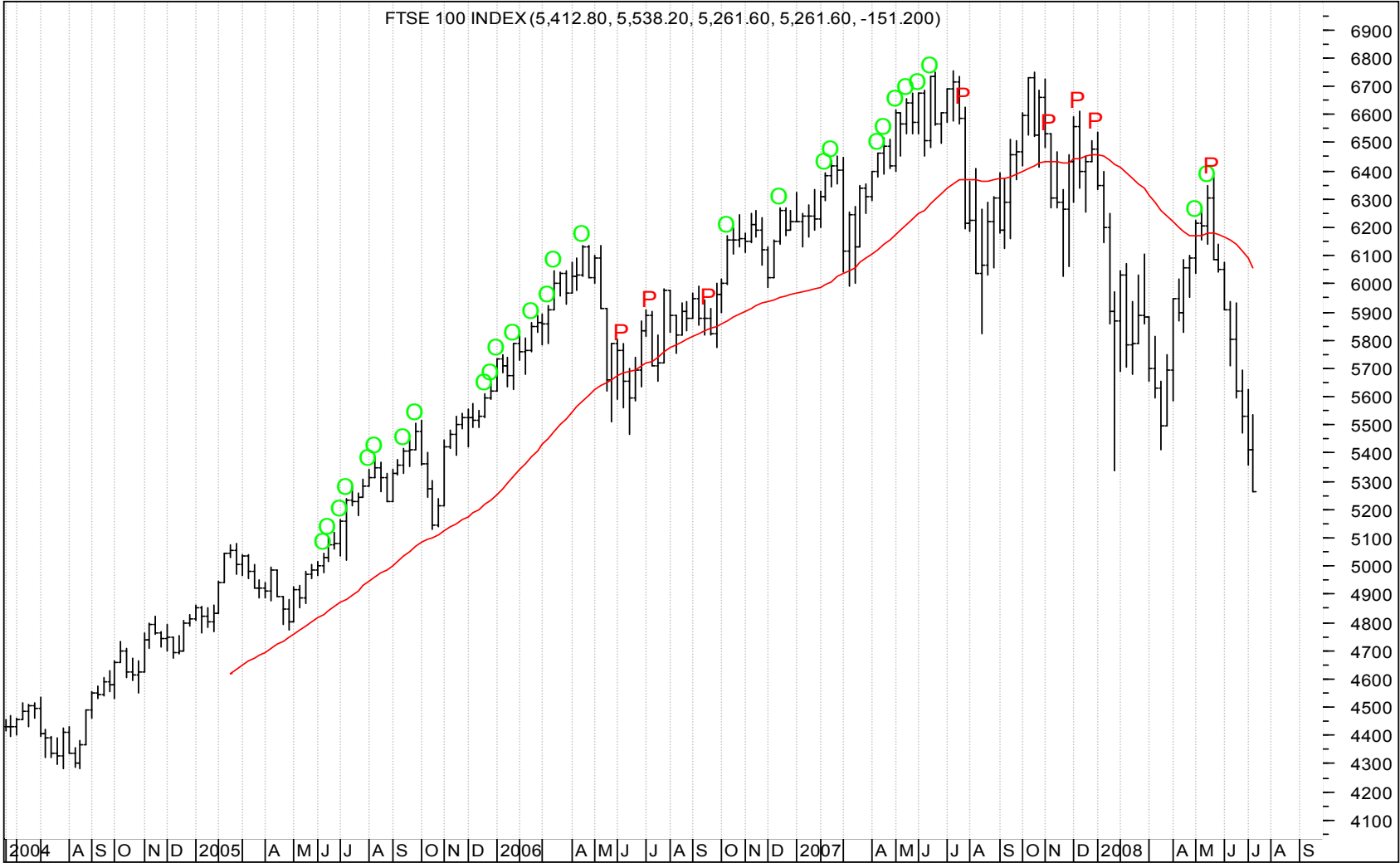


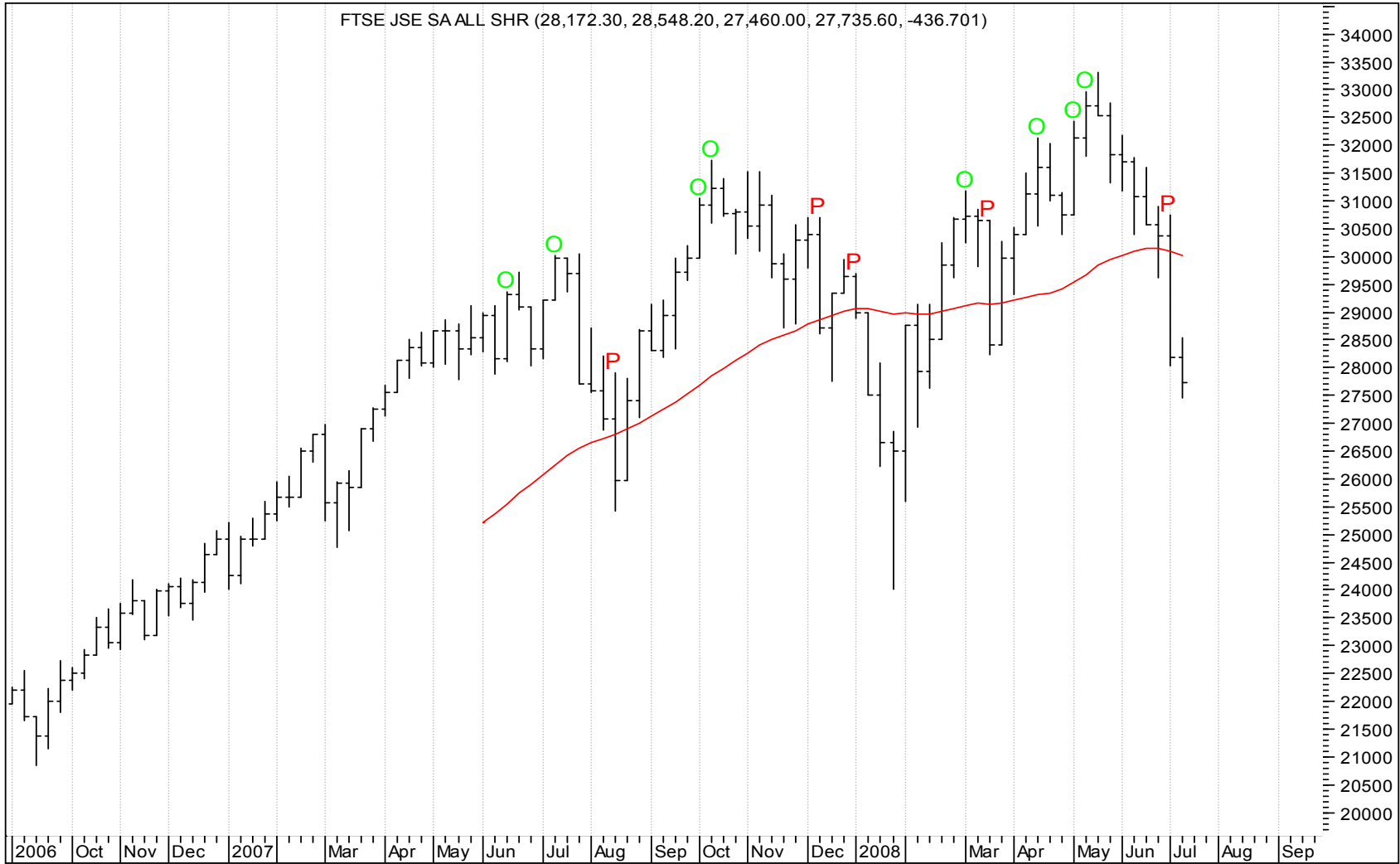
WHEAT PIT Continuous (836.000, 838.000, 802.000, 819.000, -53.7500)



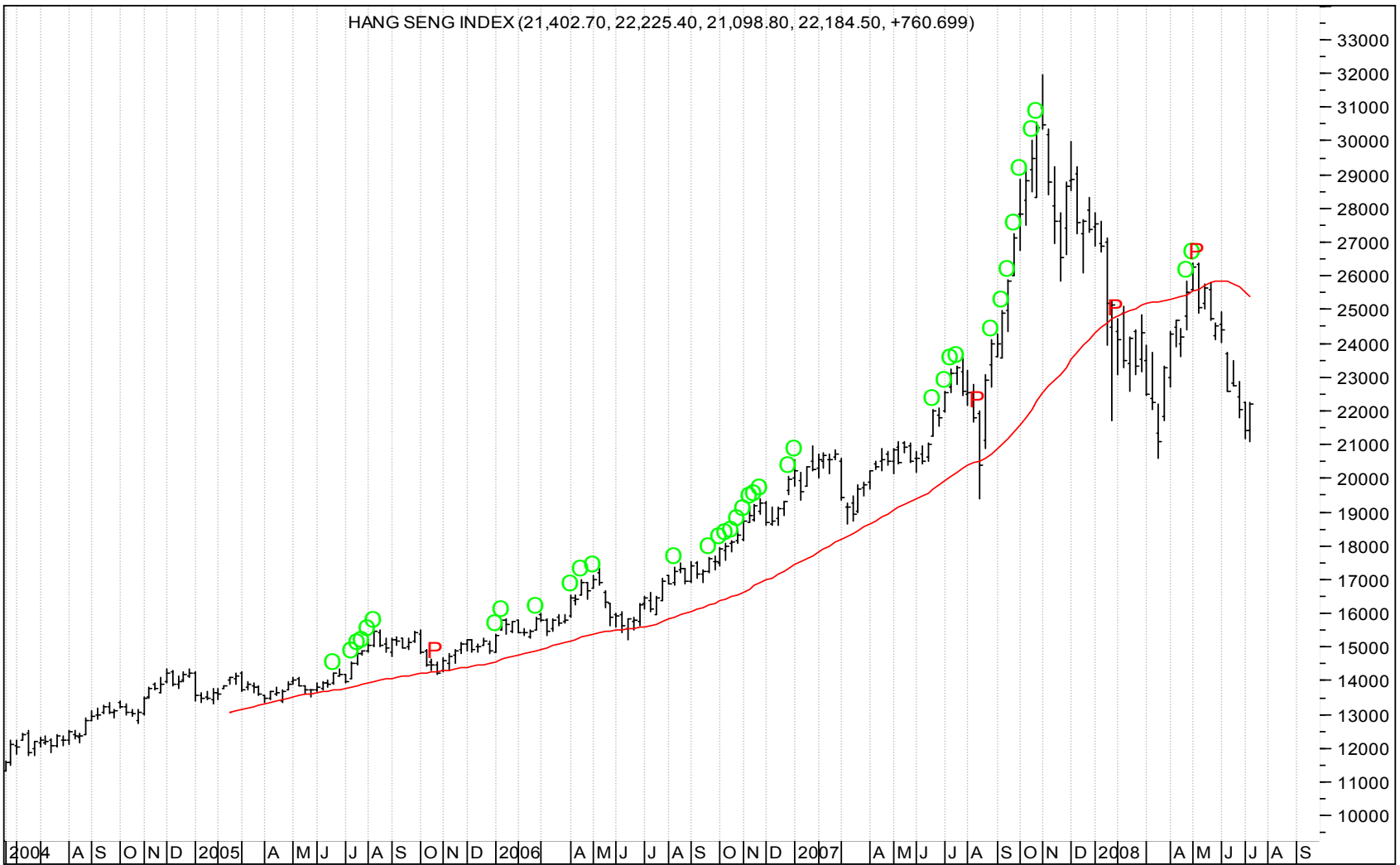
EURO FX/JAPANESE YEN Continuous (158.630, 159.180, 158.630, 159.180, +0.53999)







HANG SENG INDEX (21,402.70, 22,225.40, 21,098.80, 22,184.50, +760.699)

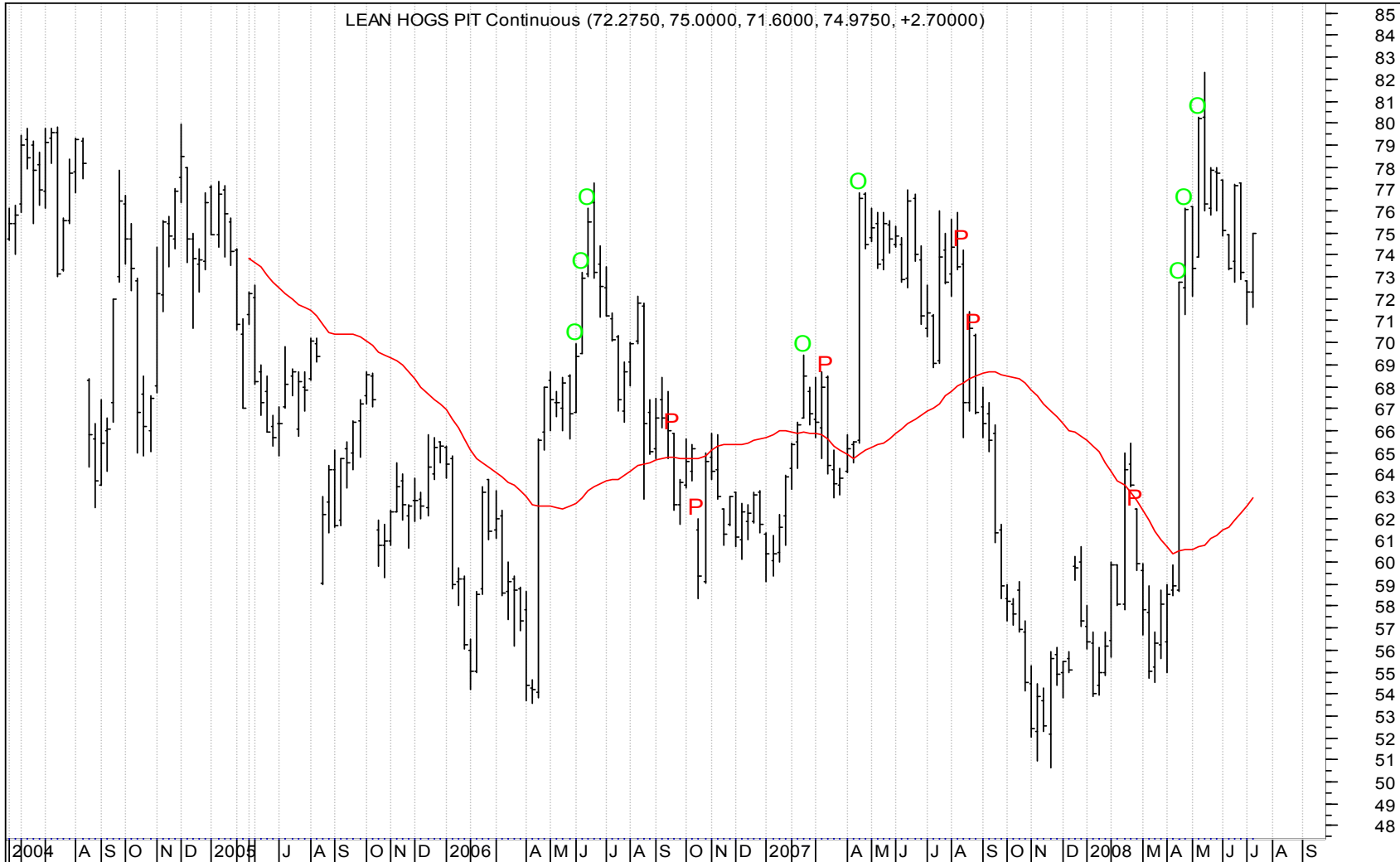


ICE WTI CRUDE OIL Continuous (14,451.00, 14,451.00, 13,515.00, 14,165.00, -220.000)

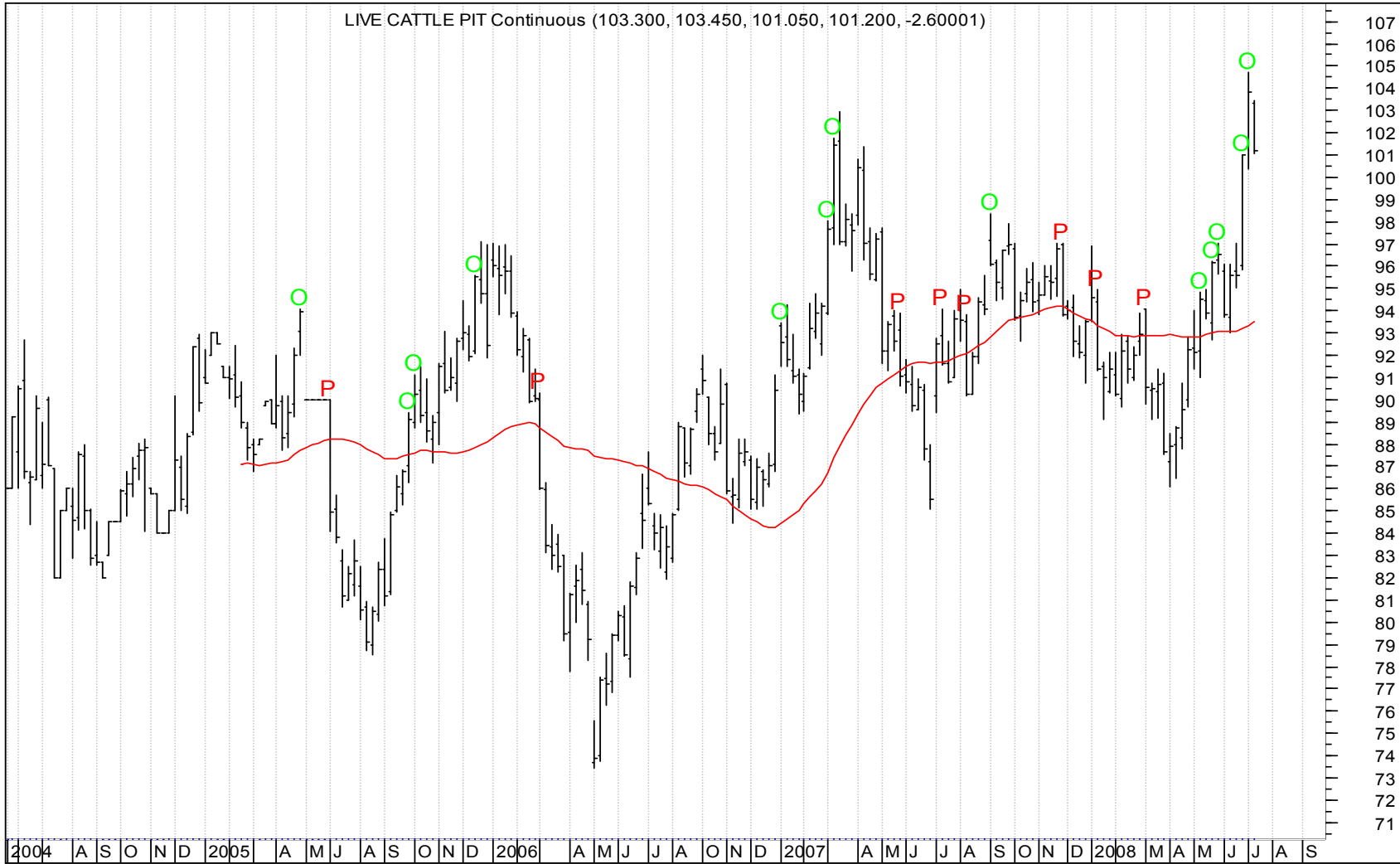




LEAN HOGS PIT Continuous (72.2750, 75.0000, 71.6000, 74.9750, +2.70000)

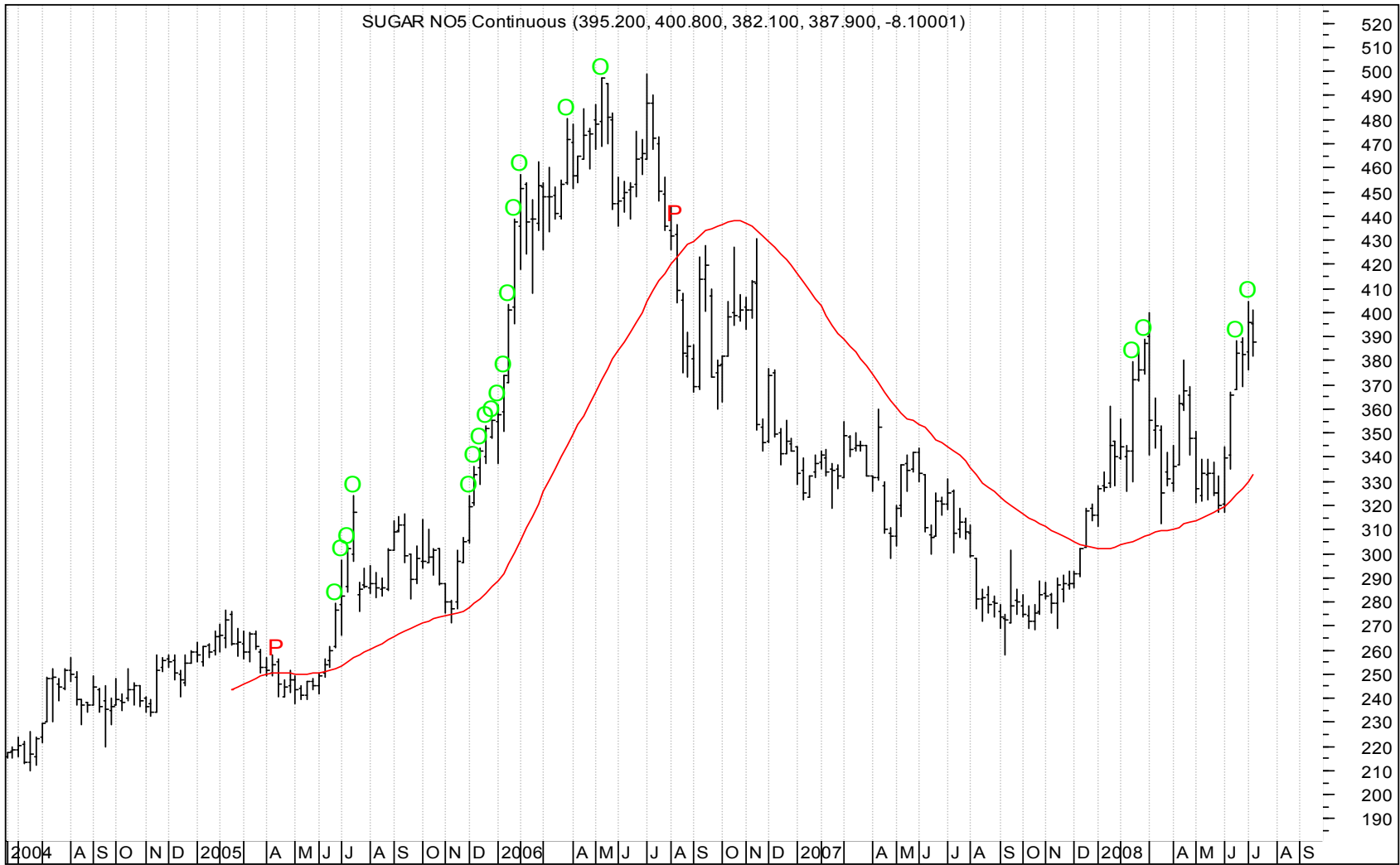


LIVE CATTLE PIT Continuous (103.300, 103.450, 101.050, 101.200, -2.60001)

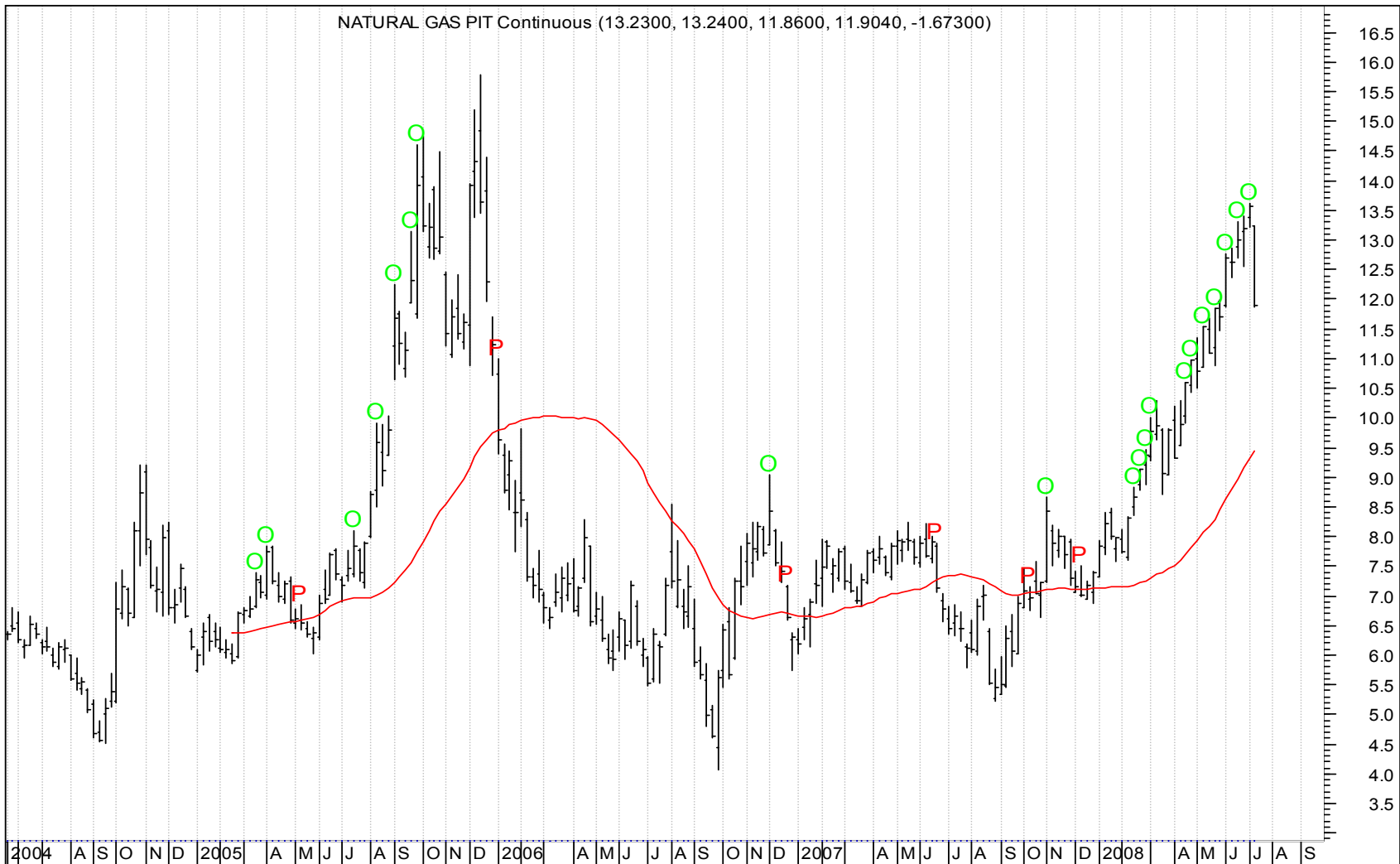


MINI GOLD E-CBOT Continuous (923.300, 964.900, 914.700, 959.200, +26.9000)

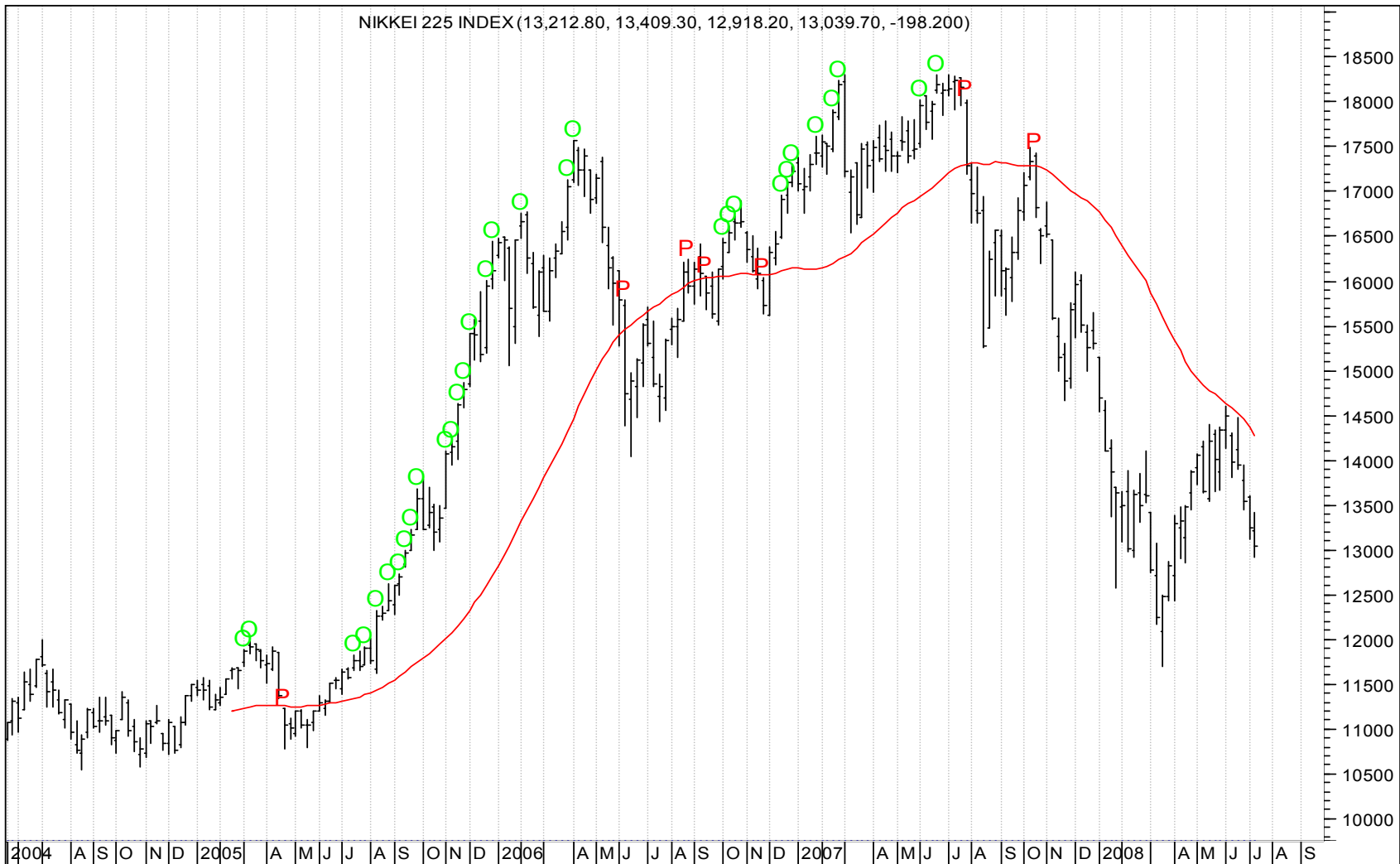




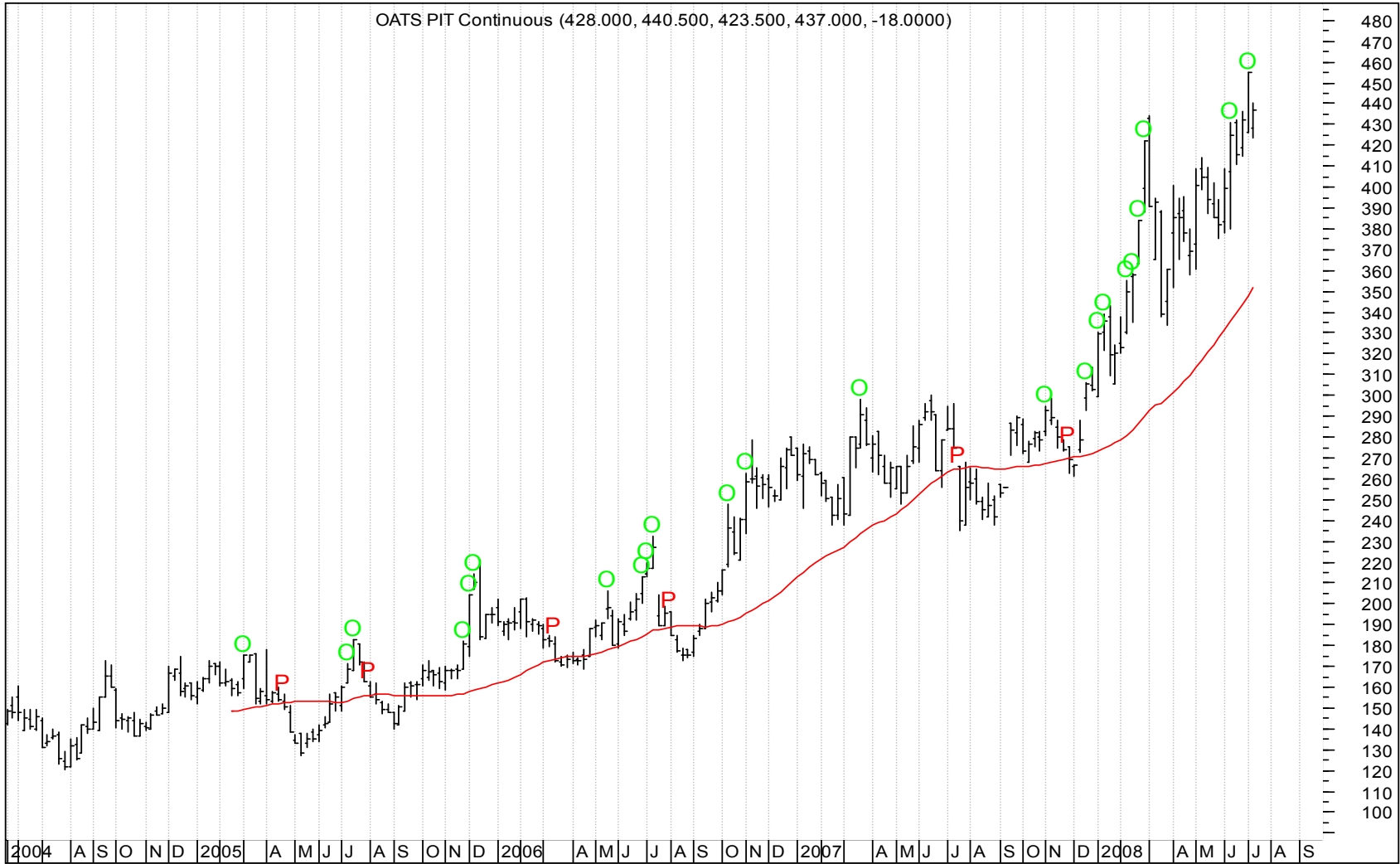
NATURAL GAS PIT Continuous (13.2300, 13.2400, 11.8600, 11.9040, -1.67300)



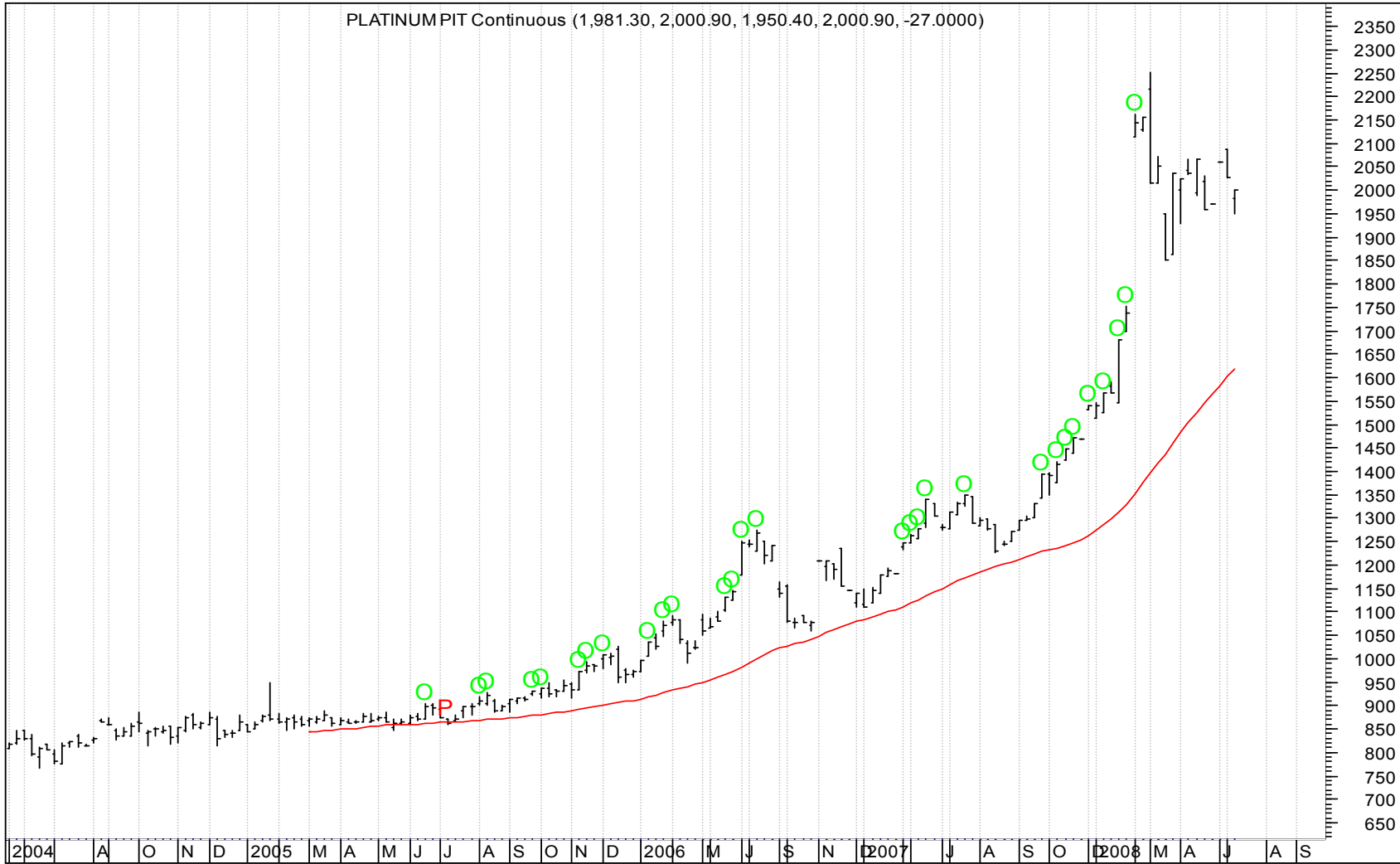
NIKKEI 225 INDEX (13,212.80, 13,409.30, 12,918.20, 13,039.70, -198.200)



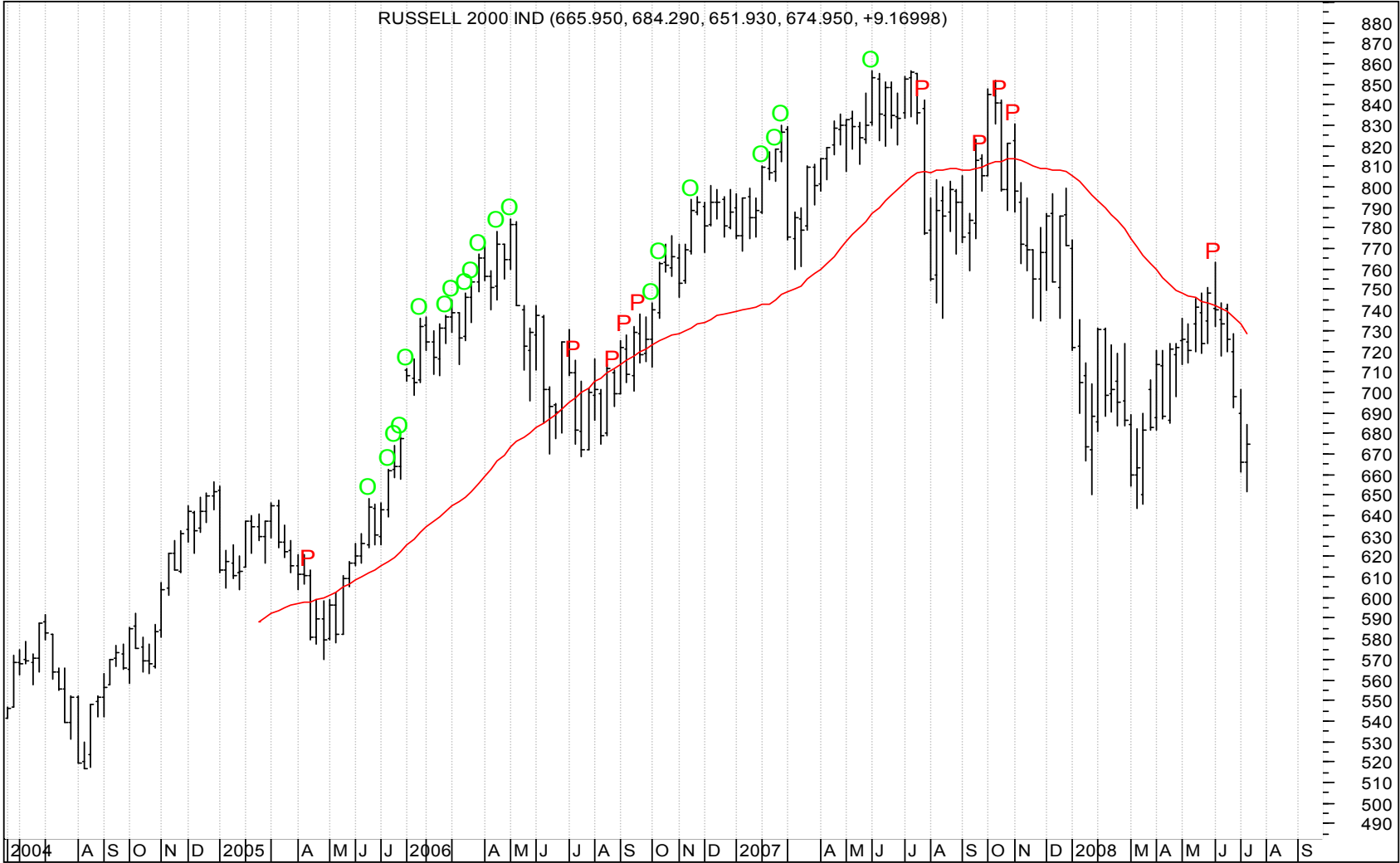
OATS PIT Continuous (428.000, 440.500, 423.500, 437.000, -18.0000)



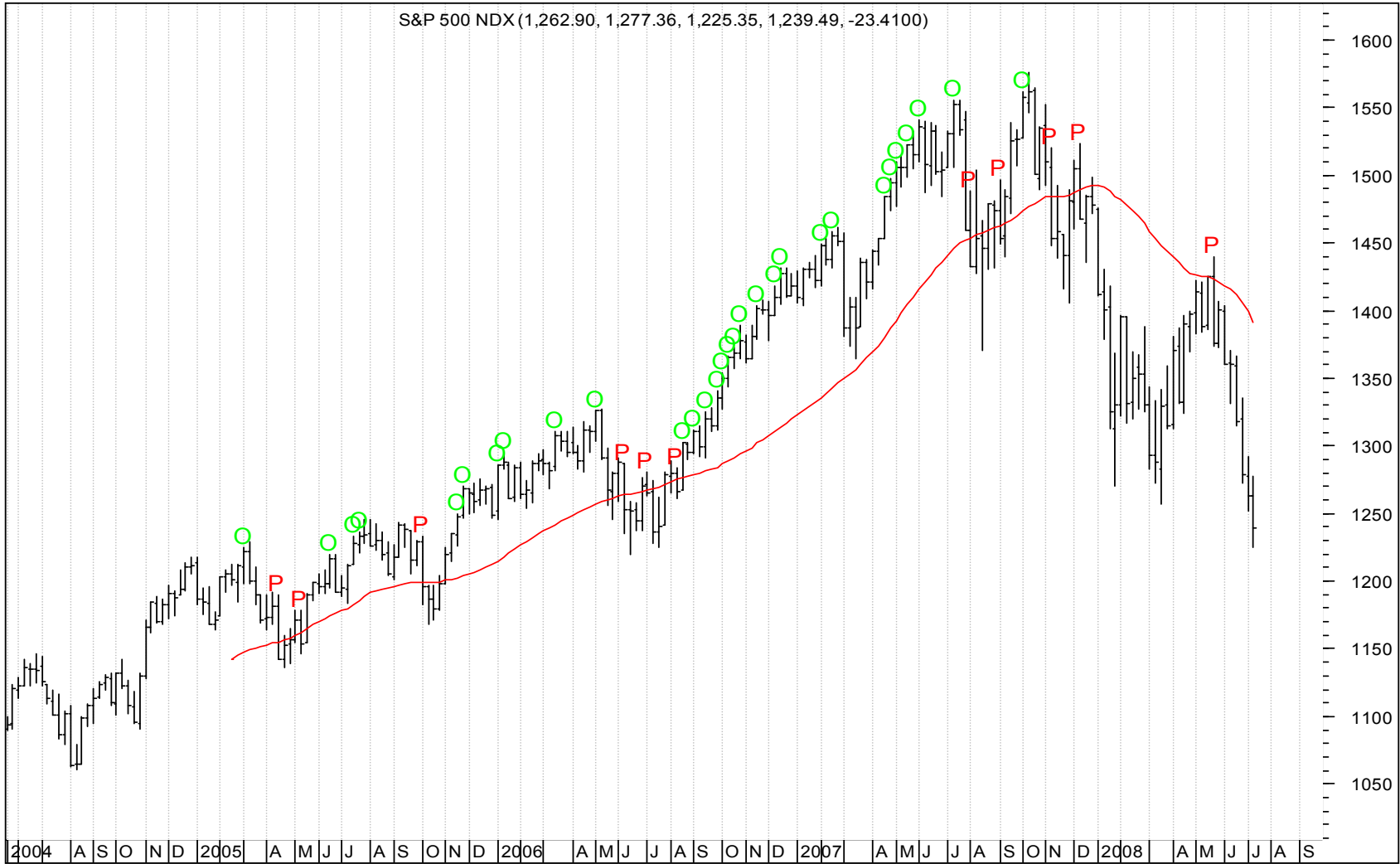
PLATINUMPIT Continuous (1,981.30, 2,000.90, 1,950.40, 2,000.90, -27.0000)



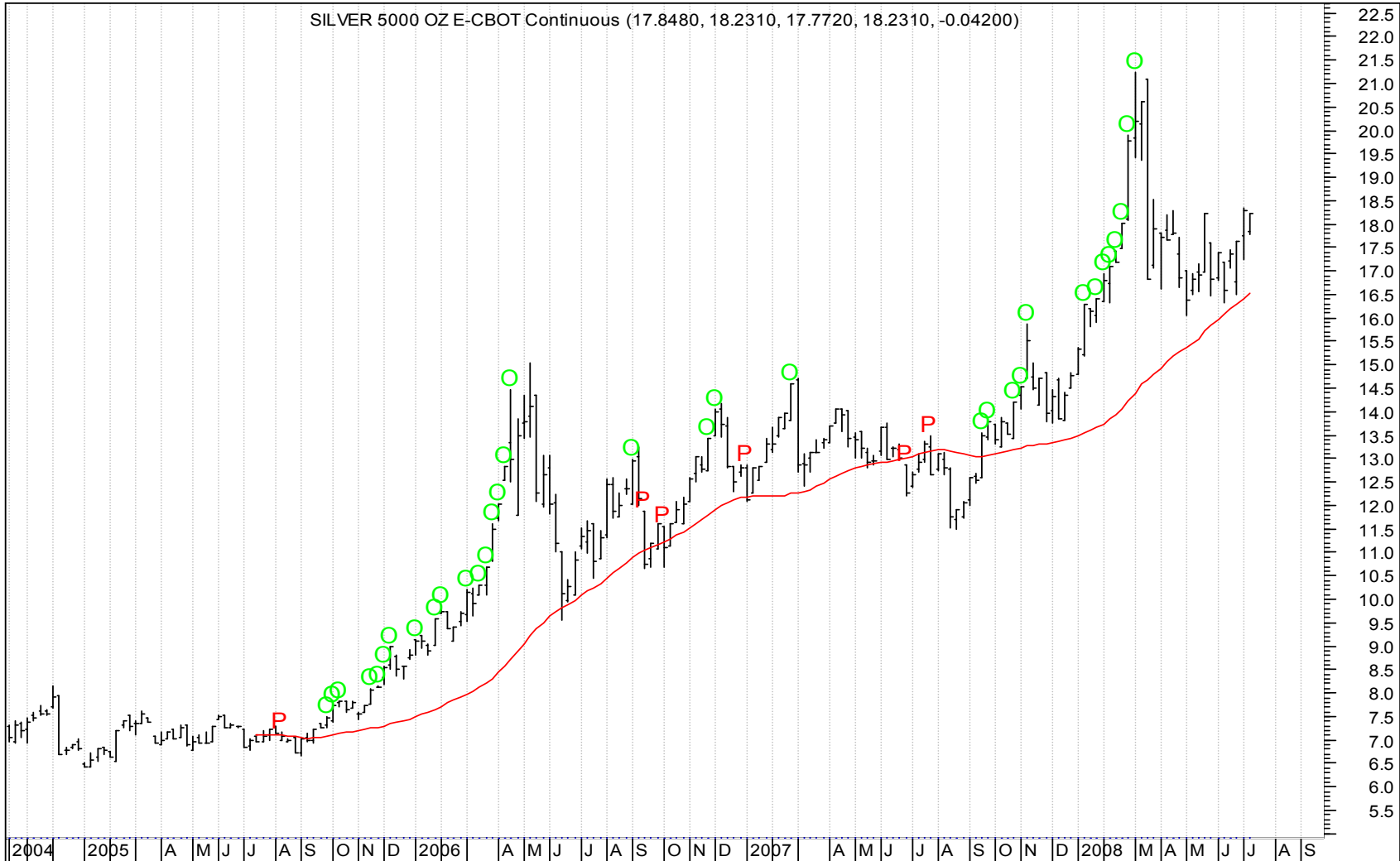




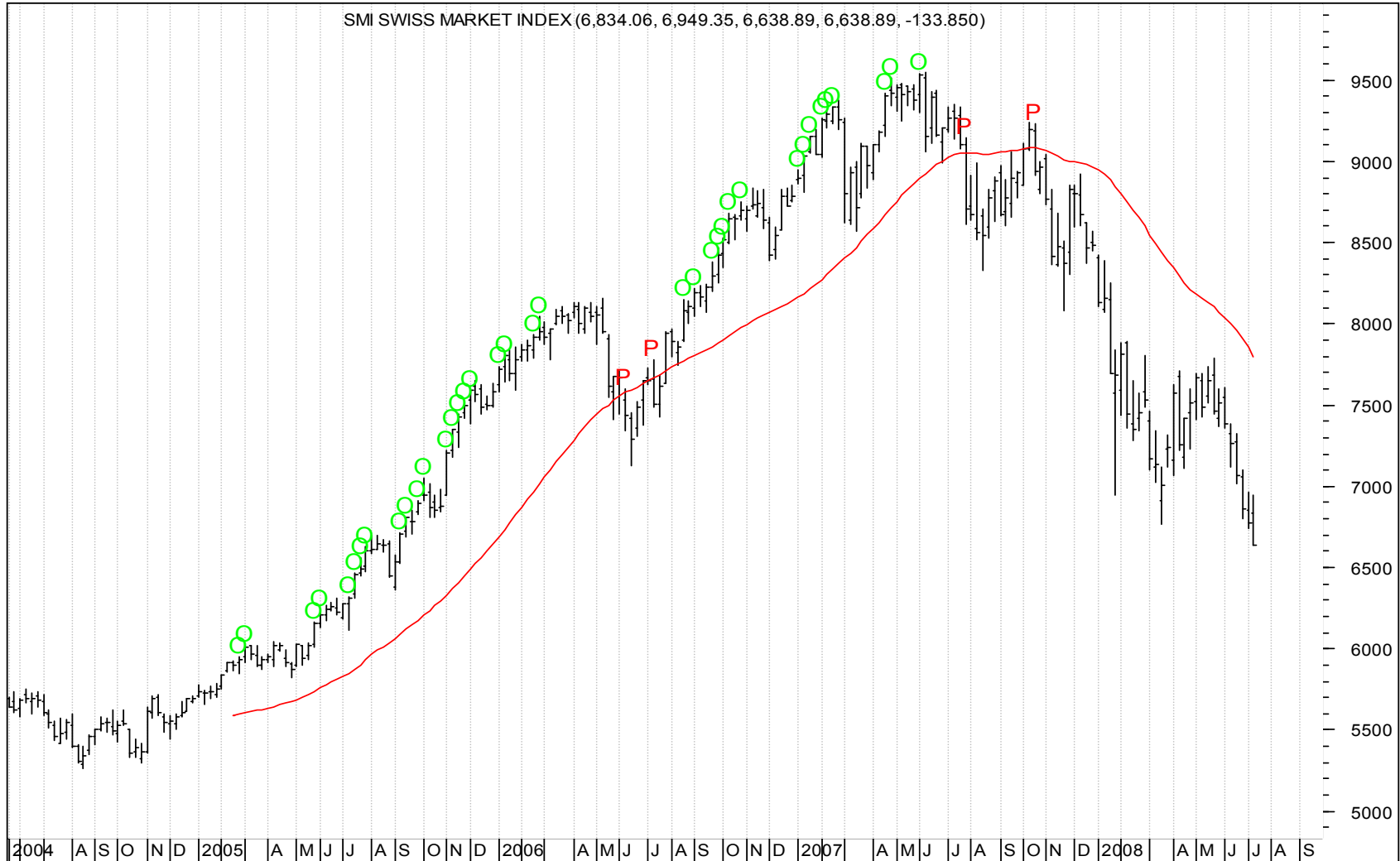
S&P 500 NDX (1,262.90, 1,277.36, 1,225.35, 1,239.49, -23.4100)



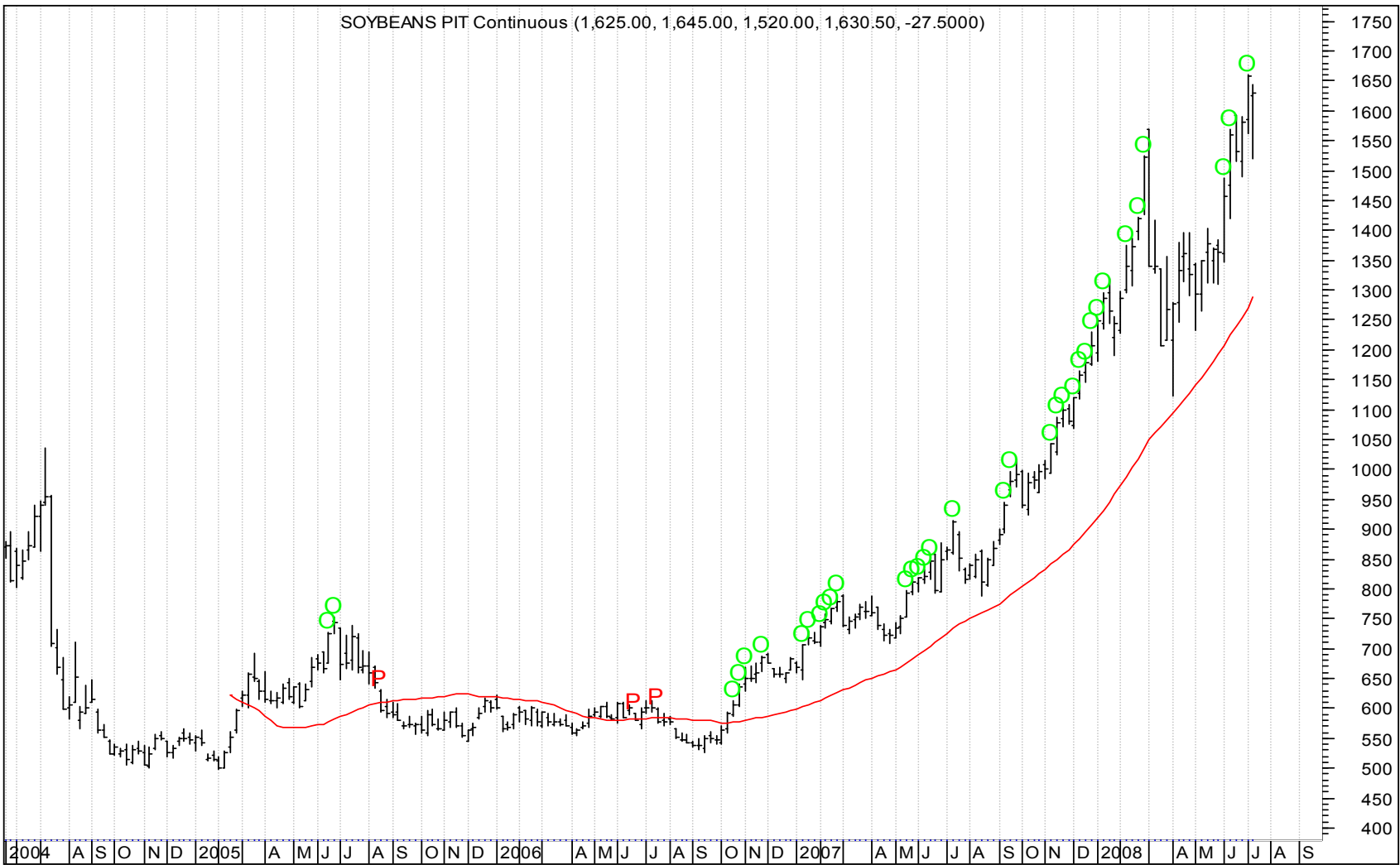
SILVER 5000 OZ E-CBOT Continuous (17.8480, 18.2310, 17.7720, 18.2310, -0.04200)



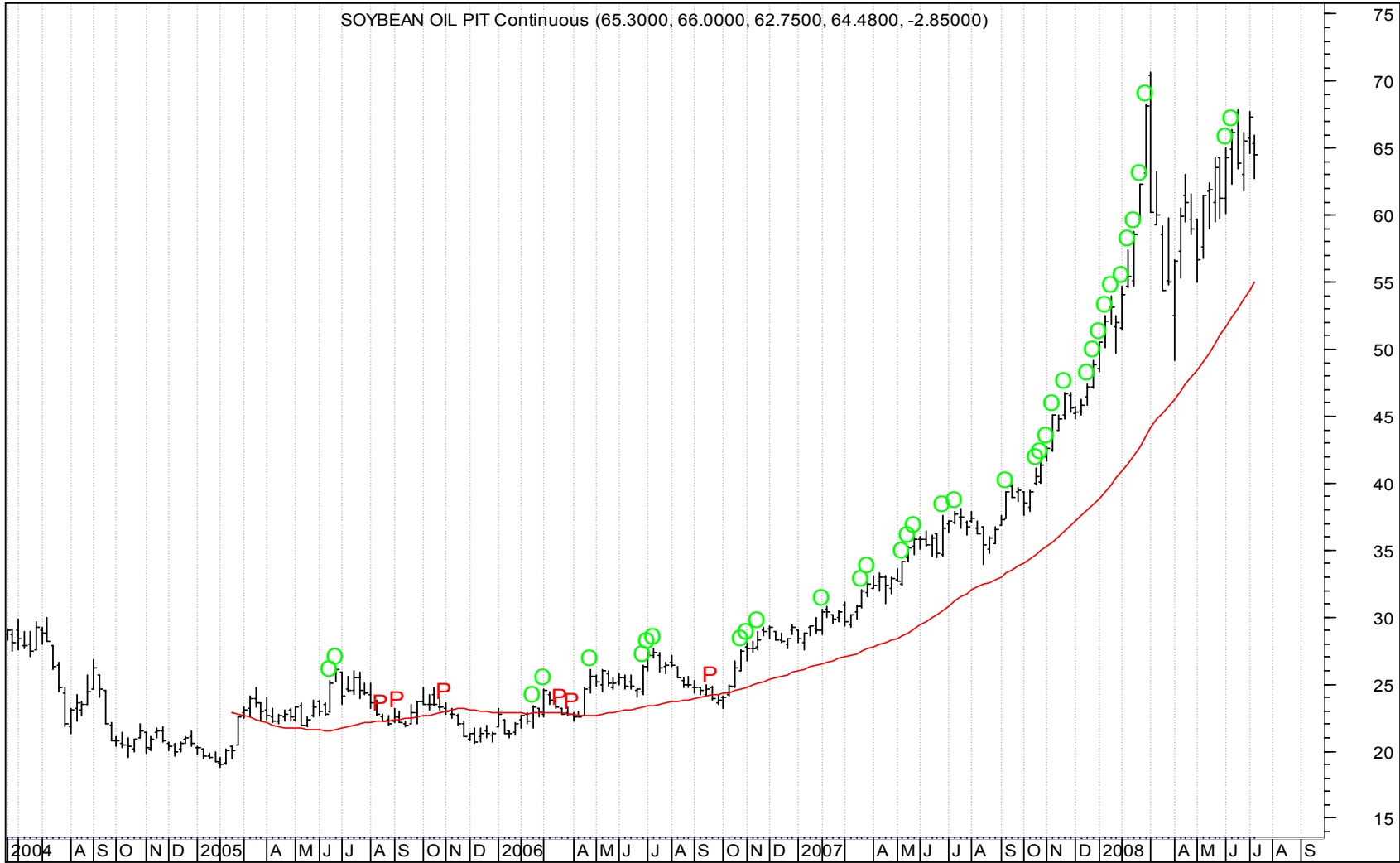
SMI SWISS MARKET INDEX (6,834.06, 6,949.35, 6,638.89, 6,638.89, -133.850)



SOYBEANS PIT Continuous (1,625.00, 1,645.00, 1,520.00, 1,630.50, -27.5000)



SOYBEAN OIL PIT Continuous (65.3000, 66.0000, 62.7500, 64.4800, -2.85000)



SOY MEAL PIT Continuous (443.000, 455.000, 413.000, 453.900, +3.39999)



NASDAQ 100 INDEX (1,834.28, 1,871.28, 1,784.39, 1,810.88, -5.46997)

