

## TABLE OF CONTENTS

Introduction .....	2
--------------------	---

### SECTION I

Basics .....	7
The Missing Part of Most Trading Plans .....	8

### SECTION II

The Parabolic System .....	9
----------------------------	---

### SECTION III

The Volatility Index .....	21
The Volatility System .....	23

### SECTION IV

The Directional Movement Concept .....	35
The Directional Movement System .....	47

### SECTION V

The Momentum Concept .....	53
The Trend Balance Point System .....	54

### SECTION VI

The Relative Strength Index .....	63
-----------------------------------	----

### SECTION VII

The Reaction Trend System .....	71
---------------------------------	----

### SECTION VIII

The Swing Index .....	87
The Swing Index System .....	96

### SECTION IX

The Commodity Selection Index .....	111
-------------------------------------	-----

### SECTION X

Capital Management .....	116
Conclusion .....	117

### APPENDIX

Glossary of Terms and Abbreviations .....	118
Printed copies of each work sheet .....	121