

## **Never trade or be careful around**

- **Around economic news releases (in EST esp.7:00am 8:30am & 10:00 am 2:00pm)**
- **On fed day FOMC – take the afternoon off**
- **On Options Expiry day**
- **On triple Witching week 3rd Fri of March, June, Sept. Dec.- Trade only Monday & Tuesday**
- **Anytime volumes dries up – often 12:00-2pm EST**
- **The day before or after a holiday**
- **the 1st Thursday of every Quarter - Future contracts roll over**
- **Bank holidays where bond market is closed but not the stock market**
- **The last trading day of the month – the day portfolio managers adjust there portfolios**
- **Any time you are not rested – or worried – or out of sorts – bad hair days**
- **Around the 100 points in the DOW ie 10,700 10,800 etc tends to make for a choppy market**
- **USA Fed Chairman speaks - take the afternoon off!**