

Ken Long

101 Tortoise Foundations (Bootcamp) (TC20-002)

Modified Cornell Notes \_talentlms

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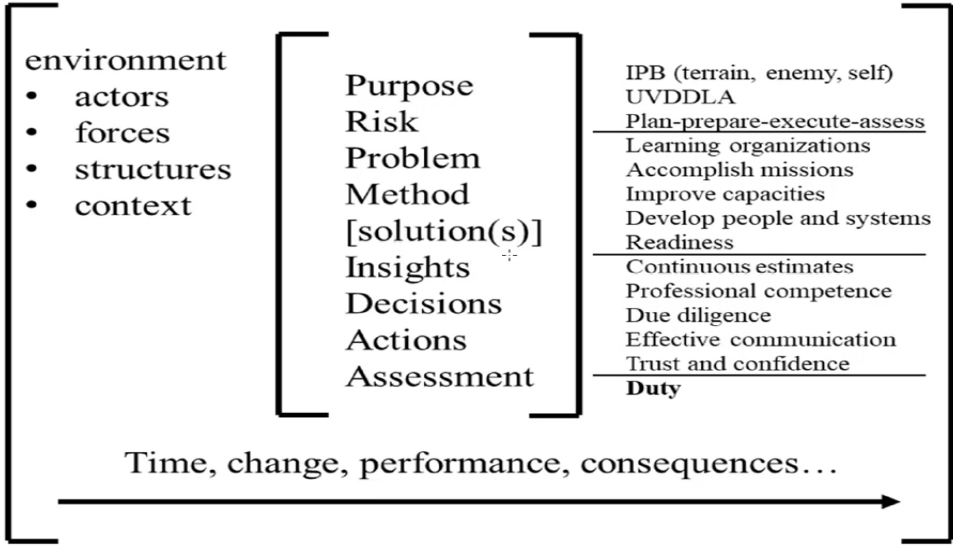
12-10-2021

<p><b>Admin</b> 101 Tortoise Foundations TC20-002</p> <p>How to setup your charts 60 min.</p>	<p><b>Context/Prep</b></p> <p>How to setup your charts</p>	
<p><b>Key Words</b></p> <p>Chart type: Bars used (1:30)</p> <p>Bollinger Bands (2:50) River (3:00) Floodplains (15:45)</p> <p>Moving Regression lines (18:45) RL10 (20:00) RL30 Health of trend (32:20) RL90 (37:50) RL270 (40:00)</p> <p>Simple Moving Average (25:00) Spine of Dragon (25:00) Skin of Dragon (25:00)</p> <p>Regression line fractal framework (40:40)</p> <p>PSAR Parabolic Stop &amp; Reverse (49:00)</p> <p>Baby Dragon (50:50)</p> <p>MACD on RL10 (52:40)</p>	<p><b>Notes</b></p> <p>Chart setups</p> <ol style="list-style-type: none"> <li>1) Prefer to use bars for readability rather than candlesticks. Price bars less complex to view in its relationship to the other indicators used</li> <li>2) Bollinger Bands to show volatility of price movements <ul style="list-style-type: none"> <li>o Mean: 30 period simple moving average on price, red dashed lines</li> <li>o Z1: +/- 1 standard deviation, dashed lines, shaded Blue, coined River</li> <li>o Z2: +/- 2 standard deviations, dashed blue lines, coined Flood plains</li> <li>o Z3: +/-3 standard deviations, thick red lines</li> </ul> Normal price action within Z1 bands, abnormal as price moves outside of Z1 (Floodplain) </li> <li>3) Moving Regression lines (linear regression lines) on price <ul style="list-style-type: none"> <li>o RL10: 10 period linear regression line (blue), least squares best fit of price</li> <li>o RL30: 30 period linear regression line (black), health of trend</li> <li>o RL90: 90 period linear regression line (green), intermediate term trend</li> <li>o RL270: 270 period linear regression line (purple), long term fair value</li> </ul> </li> <li>4) Simple Moving Average <ul style="list-style-type: none"> <li>o Mean: 10 period simple moving average on price, orange line, coined Spine of the Dragon</li> <li>o Z +/- 0.5 standard deviation, orange shaded lines coined the Skin of Dragon</li> </ul> </li> <li>5) PSAR Parabolic Stop and Reverse <ul style="list-style-type: none"> <li>o Applied to RL10, acceleration factor 0.02, acceleration max 0.12</li> </ul> </li> <li>6) Baby Dragon <ul style="list-style-type: none"> <li>o 3 period simple moving average on the RL10 regression line</li> <li>o RL10 crossing its 3 period SMA provide early directions on price</li> </ul> </li> <li>7) MACD on RL10 <ul style="list-style-type: none"> <li>o Color code RL10 green, blue, red, or yellow based on seasons from the MACD indicator</li> </ul> </li> </ol>	<p><b>Self</b></p> <p>Chart understanding is simplified by remembering the descriptive terms and visualizing their relationships.</p> <p><b>System</b></p> <p><u>River &amp; bands</u>. Bollinger bands graphically shows price deviations from mean (15:00)</p> <p><u>RL10 &amp; Dragon</u>. RL10 crossing Dragon agreement on fair value. Deviations between them provide actionable moments (26:00)</p> <p><u>Dragon &amp; River</u>. Trending behaviour visually seen as Dragon (orange) swims in and out of the River (blue) (28:00)</p> <p><u>Health of trend RL30</u>. RL30 crossing 30 simple moving average visually shows the strength of trend (33:00)</p> <p><u>Regression line fractal framework</u>. RL10 to RL30 to RL90 to RL270 crossings reinforces price movement back to fair value (40:40)</p> <p><u>RL10 vs Dragon vs PSAR</u>. Provides several entries and exit strategies. (48:00)</p> <p><b>Markets</b></p> <p>The indicators used will help in understanding the price trends, volatility, and statistical probabilities.</p>
<p><b>Synthesis</b></p> <p>The primary indicators and their setup parameters were described. The motivation and relationships between the indicators were also described. These indicators will be the foundations for subsequent trading strategies and techniques.</p>		<p><b>Actions</b></p> <p>Setup these trading indicators on your platform.</p>

<b>Admin</b> 101 Tortoise Foundations TC20-002  Sample daily strategy podcast 70 min.	<b>Context/Prep</b>  Sample daily strategy podcast, applying ideas from the daily report 20210701																																																																																				
<b>Key Words</b>  SPY daily health (03:45)  Market (13:30)  Trade analysis (45:30)  Tortoise daily report (53:30))	<b>Notes</b> <u>SPY Daily health (03:45)</u>  <table border="1" data-bbox="566 392 1610 722"> <tr><td>10d Hi/Lo</td><td>431/415</td><td>3.8% range</td></tr> <tr><td>Bollinger Bands (30)</td><td>422 mean</td><td>Moving higher</td></tr> <tr><td>Slope of Dragon</td><td></td><td>Rising higher</td></tr> <tr><td>30d Hi/Lo</td><td>431/415</td><td>3.8% range</td></tr> <tr><td>RL10</td><td></td><td>Rising, Fall MACD</td></tr> <tr><td>RL30, RL90</td><td>426/431</td><td></td></tr> <tr><td>Dragon Top/Belly</td><td>426/422</td><td>Accelerating above the river as prices accelerates higher</td></tr> <tr><td>PSAR</td><td>421</td><td>Inside body of Dragon -&gt; Outside body due to sharp price move up</td></tr> <tr><td>Z3 Hi/Lo</td><td>433/413</td><td></td></tr> <tr><td>Net of above</td><td></td><td>Bullish -- Price near 10 and 30 days high, all systems go</td></tr> <tr><td>Today price</td><td>430.8</td><td>Opened at yesterday's high</td></tr> <tr><td>Trade</td><td></td><td>Stop at 2 bar low, long side if price breaks above RL90, buy on dip</td></tr> </table> <u>Trade analysis. Bar by Bar 1 min analysis</u>  o EWZ (45:30) Background prior to trade: 3 Collapsing Dragons followed by price leveling Entry1 Supported Spring Crossing with good stop and target, Scratch trade Entry 2 Kata 2 re-entry, stopped below Bollinger band mean for loss Missed opportunity to re-enter short below Bollinger band mean Entry 3 attempted Supported Spring crossing, exited for -1xR loss Good lessons learned from this trade  o CLF (48:56) Hybrid frog from gap up Opportunity to short earlier after price reenters River for 3xR gain. Opportunities in several instances to enter earlier or exit earlier based on price crossings Good lessons learned from this trade	10d Hi/Lo	431/415	3.8% range	Bollinger Bands (30)	422 mean	Moving higher	Slope of Dragon		Rising higher	30d Hi/Lo	431/415	3.8% range	RL10		Rising, Fall MACD	RL30, RL90	426/431		Dragon Top/Belly	426/422	Accelerating above the river as prices accelerates higher	PSAR	421	Inside body of Dragon -> Outside body due to sharp price move up	Z3 Hi/Lo	433/413		Net of above		Bullish -- Price near 10 and 30 days high, all systems go	Today price	430.8	Opened at yesterday's high	Trade		Stop at 2 bar low, long side if price breaks above RL90, buy on dip	<b>Self</b> Mindfulness challenge is making room for the present moment vs past or future to help reduce stress. "To be everywhere is to be nowhere" (01:00)  <b>System</b> Disciplined systematic consistent approach looking at market sectors and targets in a robust way, with an edge in the market rather than impulsive trading.  <b>Market (13:30) - Today's Market</b> <table border="1" data-bbox="1637 675 2119 1031"> <tr><td>SPY US market</td><td>+0.55%</td><td>positive</td></tr> <tr><td>IWM small</td><td>+0.88%</td><td>winner</td></tr> <tr><td>TLT bond</td><td>-0.12%</td><td>flat</td></tr> <tr><td>DIA large cap</td><td>+0.4%</td><td></td></tr> <tr><td>QQQ tech</td><td>+0.04%</td><td>flat</td></tr> <tr><td>EEM global</td><td>-0.56%</td><td>lagging</td></tr> <tr><td>Key Sectors</td><td>XLB, XLE, XLF, XLK, XLY vs XLP</td><td></td></tr> <tr><td>Other Sectors</td><td>Lumber, FANG, WPM, DBC, DBA</td><td></td></tr> <tr><td>Disrupters</td><td>MOON, LIT, ARKG/K/F, XBI, BLOK</td><td></td></tr> <tr><td>Energy</td><td>XOP, PBW, DVN, CLF</td><td></td></tr> <tr><td>Companies &amp; Country Index</td><td>X, AA, CUT, WOOD, MSOS, COIN SPG, DE, MSFT, AAPL, NYFANG, TSLA, SQ, PYPL, TWTR,EWZ,EWW</td><td></td></tr> </table> <b>Tortoise daily report (53:30)</b> <table border="1" data-bbox="1637 1062 2119 1259"> <tr><td>Market Health</td><td>Bullish Quiet, NDX overbought, weak ADX, Risk on, Riskz neutral, ILF Chanl</td></tr> <tr><td>Dow tactical</td><td>Mechanical:7Doji, 1 Ch, , BA autoframer</td></tr> <tr><td>ETF30</td><td>Oil &amp; S&amp;P,Health brkouts, Brkdown EWZ</td></tr> <tr><td>Auto framer</td><td>BA autoframer candidate R/R 3.2</td></tr> <tr><td>Daily Squeezed</td><td>Tight range compression: MRK</td></tr> <tr><td>MACD season</td><td>Mix of fall, spring, summer, and winter</td></tr> <tr><td>Multi-time NDX</td><td>Strong XLV, SPY, USO; Weak EWZ, WBA</td></tr> </table>	SPY US market	+0.55%	positive	IWM small	+0.88%	winner	TLT bond	-0.12%	flat	DIA large cap	+0.4%		QQQ tech	+0.04%	flat	EEM global	-0.56%	lagging	Key Sectors	XLB, XLE, XLF, XLK, XLY vs XLP		Other Sectors	Lumber, FANG, WPM, DBC, DBA		Disrupters	MOON, LIT, ARKG/K/F, XBI, BLOK		Energy	XOP, PBW, DVN, CLF		Companies & Country Index	X, AA, CUT, WOOD, MSOS, COIN SPG, DE, MSFT, AAPL, NYFANG, TSLA, SQ, PYPL, TWTR,EWZ,EWW		Market Health	Bullish Quiet, NDX overbought, weak ADX, Risk on, Riskz neutral, ILF Chanl	Dow tactical	Mechanical:7Doji, 1 Ch, , BA autoframer	ETF30	Oil & S&P,Health brkouts, Brkdown EWZ	Auto framer	BA autoframer candidate R/R 3.2	Daily Squeezed	Tight range compression: MRK	MACD season	Mix of fall, spring, summer, and winter	Multi-time NDX	Strong XLV, SPY, USO; Weak EWZ, WBA
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<b>Synthesis</b> Strategy podcast is a daily end of day review of today's market action as input for preparation to your next day's trading plan. The daily strategy podcast starts with a review of the health of the market using SPY as the proxy. Then a broad review of the markets is discussed using a representative set of ETF indices, sectors, and stocks. Students' posted charts of their trades are then reviewed for feedback. Finally, the Tortoise daily report is reviewed as a market analysis and screener that will help guide your next day's trading plan.		<b>Actions</b> Foundation students: post 1 trade frame setup and 1 closed trade case study per week for feedback. Plan, prepare, execute, and assess trades (40:00)																																																																																			

<p><b>Admin</b> 101 Tortoise Foundations TC20-002</p> <p>Ecosystem Overview 3:35 min.</p>	<p><b>Context/Prep</b></p> <p><a href="#">Ecosystem Overview</a> - a review of the Tortoise ecosystem</p>																																																																							
<p><b>Key Words</b></p> <p>Key words in the Notes diagram.</p>	<p><b>Notes</b></p> <p>A combination of Operations working on live trading together, an Education set of products, and Collaboration rooms for active learning via coaching and workshops.</p> <table border="1" data-bbox="568 424 1581 903"> <thead> <tr> <th>Operations</th> <th rowspan="10">Reports</th> <th colspan="2">Education</th> <th>Collaboration</th> </tr> </thead> <tbody> <tr> <td>Chatroom</td> <td rowspan="4">Systems</td> <td>Day</td> <td>Chatroom</td> </tr> <tr> <td>Reports</td> <td>Swing</td> <td>Basecamp</td> </tr> <tr> <td>Narratives</td> <td>Position</td> <td>Coaching &amp; Virtual workshop</td> </tr> <tr> <td>Frames</td> <td>Core</td> <td>Research projects</td> </tr> <tr> <td>Analysis</td> <td rowspan="3">Self</td> <td>Psychology</td> <td>Research weekend</td> </tr> <tr> <td>Adaptations</td> <td>Learning</td> <td>Live Trading workshop</td> </tr> <tr> <td>Opportunities</td> <td>Skills</td> <td>Bootcamp workshop</td> </tr> <tr> <td>Collaboration</td> <td rowspan="2">Markets</td> <td>Classification</td> <td>Dropbox archives</td> </tr> <tr> <td>Research</td> <td>Research</td> <td>Reference archives</td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>The Way of the Cup and Sword</b></td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>Continuous improvement</b></td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>Adaptive learning</b></td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>Systems thinking</b></td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>Strategic thinking</b></td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>Craft knowledge</b></td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>Stoicism and collaboration</b></td> </tr> </tbody> </table> <p>Cup and Sword: Cup representing the wooden bowl that we carve with our sword for insight mindfulness and self-mastery. Sword which is knowledge in action which we use to carve the cup.</p> <p>Ecosystem for Collaboration and Learning. Treating trading as a Craft combining the best of strategic top-down thinking and adaptive systems thinking with a spirit of adaptive learning to a changing environment.</p>	Operations	Reports	Education		Collaboration	Chatroom	Systems	Day	Chatroom	Reports	Swing	Basecamp	Narratives	Position	Coaching & Virtual workshop	Frames	Core	Research projects	Analysis	Self	Psychology	Research weekend	Adaptations	Learning	Live Trading workshop	Opportunities	Skills	Bootcamp workshop	Collaboration	Markets	Classification	Dropbox archives	Research	Research	Reference archives	<b>The Way of the Cup and Sword</b>					<b>Continuous improvement</b>					<b>Adaptive learning</b>					<b>Systems thinking</b>					<b>Strategic thinking</b>					<b>Craft knowledge</b>					<b>Stoicism and collaboration</b>					<p><b>Self</b></p> <p>Psychology Learning adaptively Skills acquisition</p> <hr/> <p><b>System</b></p> <p>Day trading Swing trading Position trading Core trading</p> <hr/> <p><b>Markets</b></p> <p>Classification of markets Research conditions of markets</p>
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<p><b>Synthesis</b></p> <p>Tortoise is an ecosystem for traders that offers Operations planning, Education and training, and Collaboration rooms to enhance learning procedures and techniques to empower the trader for future success.</p>		<p><b>Actions</b></p> <p>Take full advantage of the Tortoise ecosystem to help guide your trading knowledge and expertise.</p>																																																																						

<p><b>Admin</b> 101 Tortoise Foundations TC20-002 Ecosystem part 1 20 min.</p>	<p><b>Context/Prep</b>  Ecosystem part 1 A learning ecosystem to develop professional skills for trading.</p>	
<p><b>Key Words</b></p> <p>Learning (1:00) House of trading (1:51) Model Bias (02:13) Domains (02:29) Body of Knowledge (02:44) Principles (03:52) Resources (05:00)</p> <p>Execution (06:33)</p> <p>Assess (09:50)</p> <p>Management (13:24)</p> <p>Alignment (17:59)</p>	<p><b>Notes</b></p> <p><b>Execution.</b> Education on how to deliver the trade in the right way. Four elements – time, will, pattern, money. Importance of zero state, in optimum mindset for executing trades. Trade framing, stops, position sizing, preserving profits, i.e., a professional approach to trading. (06:33)</p> <p><b>Assess.</b> Techniques taught include daily after-action reviews, specific measured improvements, learning journal, reflective thinking, commitment to action. Use of chat rooms, document trading in public, accountability partners, structured feedback, and mindfulness execution at the moment. (9:50)</p> <p><b>Alignment.</b> Our strategy – our purpose, identify our mission and values, and fence out distractions. Operations to coordinate resources and planning to setup Tactics for success. (17:59)</p>	<p><b>Self</b> - Theory, Experience, Practice, &amp; Teaching others. (1:00)</p> <p><u>House of trading.</u> Your preferences, what works for you, refine your skills (2:13)</p> <p><u>Principles.</u> Continuous learning thru practice and accountability. (03:52)</p> <p><u>Management.</u> Support teams to help your success through time management, prioritization, risk management, analysis, incremental improvements, professional business like behavior. (13:24)</p> <p><b>System</b> <u>Model bias.</u> Collection of practical system strategies &amp; techniques (2:13) <u>Body of Knowledge.</u> Build trading knowledge expertise dynamically, practical professional knowledge (02:44) <u>Resources.</u> Numerous forms of educational resources listed (5:00)</p> <p><b>Markets</b> <u>Blueprint.</u> Understanding the market and sectors and targets (7:00)</p>
<p><b>Synthesis</b> Tortoise is a learning ecosystem to develop professional skills for trading success. The ecosystem encompasses Learning, Execution, Assessment, Management, and Alignment success modules.</p>	<p><b>Actions</b> Actively seek to learn and apply the knowledge from the Tortoise ecosystem.</p>	

<p><b>Admin</b> 101 Tortoise Foundations TC20-002</p> <p>Ecosystem – Part 2 15 min.</p>	<p><b>Context/Prep</b></p> <p>Ecosystem – Part 2</p>	
<p><b>Key Words</b></p> <p>Ken Long background (00:15)</p> <p>View of the world ecosystem (4:22) Environment (4:30) Time (5:40) Purpose (6:23) IPB (7:40) UVDDLA (8:48) Learning organization (10:00) Continuous estimates (11:00)</p> <p>Wu-Wei and Duty to others (13:45)</p>	<p><b>Notes</b></p>  <p><u>View of the world ecosystem.</u></p> <ul style="list-style-type: none"> <li>o Environment – to be aware of the environmental actors, forces, structures, context how we got here, that can affect me, and how my decisions can affect the environment (4:30)</li> <li>o Time – time passes, and things change, with performance and resulting consequences (5:40)</li> <li>o Purpose in mind, risks including doing nothing, estimate of the problem, methods to solve the problem, trying out different solutions, looking for insights from this effort, to make better decisions and more informed actions through the assessments. To iterate towards success with low risk and acceptable costs. (6:23)</li> <li>o IPB Intelligence Preparation for Battle - approach to see the terrain, enemy, self to shape plans (7:40)</li> <li>o UVDDLA Understand, Visualize, Describe, Direct, Lead, Assess – operational process is a continuous process for discovering and learning. (8:48)</li> <li>o Learning organizations and continuous estimates towards professional competencies. Due diligence to do the work, duty to others and life. (10:00)</li> </ul>	
<p><b>Synthesis</b></p> <p>Informational session on Ken Long’s background to gain a better appreciation behind the development of the Tortoise ecosystem. The rigors and problem-solving disciplines required by the military to address risks and uncertainties are directly translatable to trading.</p>	<p><b>Self</b></p> <p>Ken Long background. To gain a better understanding behind his motivations, mindset, and approach to teaching others. Background in systems management, organization, logistics, and decision making under uncertainty and complexity. There are several similarities between the military environment and trading environment. The seriousness and professionalism applied to the military is translated into his approach to trading. (00:15)</p> <p>Focus, motivation, purpose inspired by Wu Wei ring of effortless action and Duty to others. (13:45)</p> <p><b>System</b></p> <p><b>Markets</b></p> <p><b>Actions</b></p> <p>Have the Tortoise Ecosystem diagram in your memory to fully benefit from its offerings.</p>	