Around The Horn Plan
Friday, December 17, 2010

Symbol	ADI	Sector Symbol	$SOX.X
Description	ANALOG DEVICES INC		
Pattern	Switch Hitter	SEMICONDUCTORS	
Position	Long	Resistance 2	37.59
Entry	37.45	Resistance 1	37.43
Stop	37.18	Pivot	37.20
Initial Target	37.87	Support 1	37.04
Ratio	1.56	Support 2	36.81
50% To Target	37.66		

Around The Horn Plan
Friday, December 17, 2010

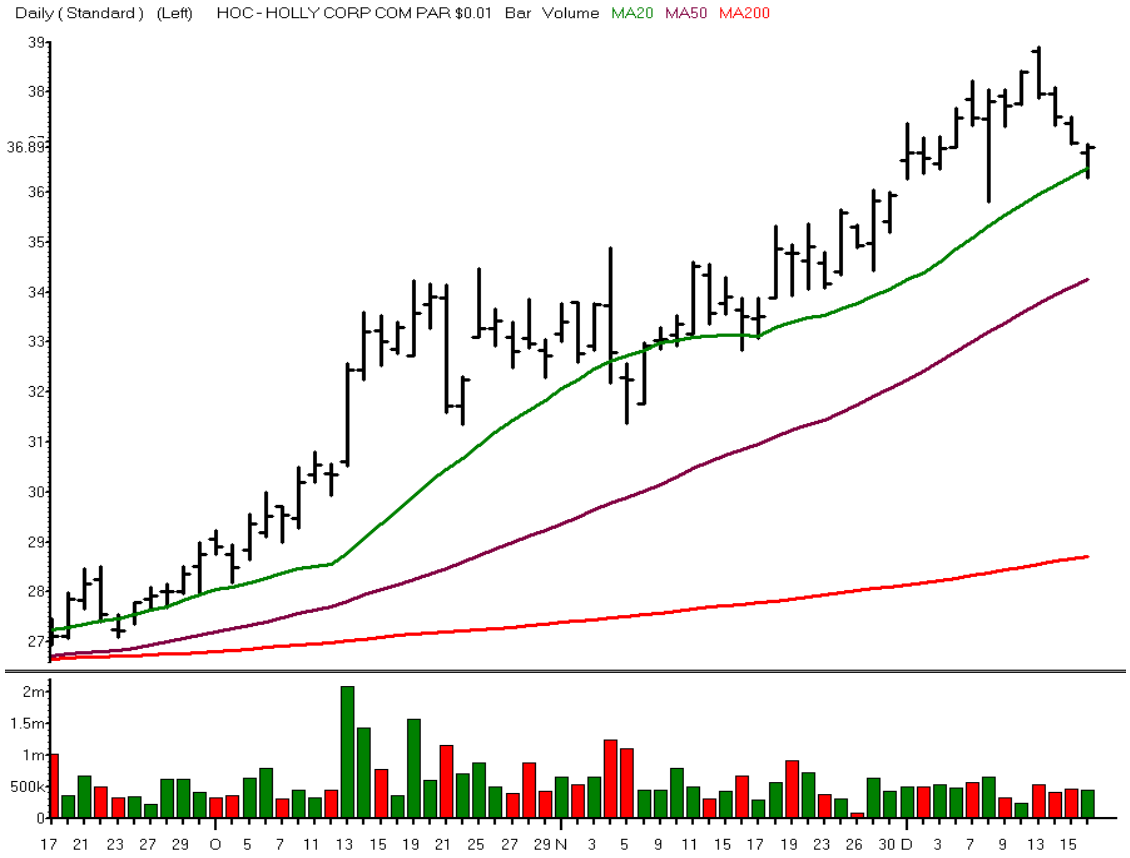
Symbol	ARW	Sector Symbol	$XIT.X
Description	ARROW ELECTRS INC		
Pattern	Switch Hitter	TECHNOLOGY DISTRIBUTORS	

Position	Long	Resistance 2	34.15
Entry	33.91	Resistance 1	33.96
Stop	33.54	Pivot	33.61
Initial Target	34.37	Support 1	33.42
Ratio	1.24	Support 2	33.07
50% To Target	34.14		

Around The Horn Plan
Friday, December 17, 2010

Symbol	BBT	Sector Symbol	$BIX.X
Description	BB&T CORP		
Pattern	Switch Hitter	REGIONAL BANKS	
Position	Long	Resistance 2	26.98
Entry	26.74	Resistance 1	26.69
Stop	26.48	Pivot	26.35
Initial Target	27.09	Support 1	26.06
Ratio	1.35	Support 2	25.72
50% To Target	26.92		

Around The Horn Plan
Friday, December 17, 2010



Symbol	HOC	Sector Symbol	$DXE.X
Description	HOLLY CORP COM PAR $0.01		
Pattern	Switch Hitter	OIL & GAS REFINING & MARKETING	

Position	Long	Resistance 2	37.38
Entry	37.06	Resistance 1	37.14
Stop	36.61	Pivot	36.71
Initial Target	37.65	Support 1	36.47
Ratio	1.31	Support 2	36.04
50% To Target	37.36		

Around The Horn Plan
Friday, December 17, 2010

Symbol	ITT	Sector Symbol	$DFX.X
Description	ITT CORP NEW		
Pattern	Fast Ball	AEROSPACE & DEFENSE	
Position	Long	Resistance 2	51.73
Entry	51.11	Resistance 1	51.30
Stop	50.78	Pivot	50.58
Initial Target	51.63	Support 1	50.15
Ratio	1.58	Support 2	49.43
50% To Target	51.37		

Stocks To Watch

Friday, December 17, 2010

COMSTOCK RES INC COM NEW

Symbol		**CRK**
Pattern		Fast Ball
Position		Short
Entry		21.96
Stop	?	
Initial Target		21.33
50% To Target		21.65
Resistance 2		**25.13**
Resistance 1		**23.63**
Pivot		**22.84**
Support 1		**21.34**
Support 2		**20.55**
Sector		ENERGY
Sector Symbol		$DFX.X

DILLARDS INC CL A

Symbol		**DDS**
Pattern		Fast Ball
Position		Long
Entry		37.69
Stop	?	
Initial Target		38.09
50% To Target		37.89
Resistance 2		**38.64**
Resistance 1		**37.99**
Pivot		**36.95**
Support 1		**36.30**
Support 2		**35.26**
Sector		MULTILINE RETAIL
Sector Symbol		$RLX.X

UNITED PARCEL SERVICE INC CL B

Symbol		**UPS**
Pattern		Fast Ball
Position		Long
Entry		74.04
Stop	?	
Initial Target		74.60
50% To Target		74.32
Resistance 2		**75.46**
Resistance 1		**74.61**
Pivot		**73.09**
Support 1		**72.24**
Support 2		**70.72**
Sector		FREIGHT & LOGISTICS
Sector Symbol		$XAL.X

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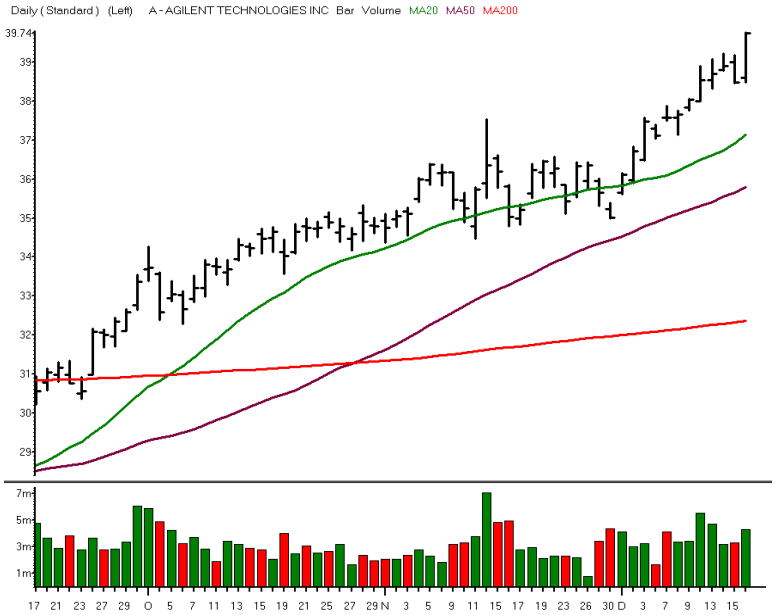
Stocks And Sectors On The Radar

Friday, December 17, 2010



Symbol	A
Sector	HEALTH CARE
Sector Symbol	$HCX.X
Pattern	Fast Ball
Position	Long
Entry	39.87
Target	40.20
R2	40.62
R1	40.18
Pivot	39.33
S1	38.89
S2	38.04

AGILENT TECHNOLOGIES INC

50% To Target 40.04

Symbol	ENR
Sector	HOUSEHOLD PRODUCTS
Sector Symbol	$CMR.X
Pattern	Fast Ball
Position	Long
Entry	75.18
Target	75.45
R2	78.11
R1	76.22
Pivot	73.20
S1	71.31
S2	68.29

ENERGIZER HLDGS INC

50% To Target 75.32

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Stocks And Sectors On The Radar

Friday, December 17, 2010

PUBLIC SVC ENTERPRISE GROUP

Symbol	PEG
Sector	MULTI-UTILITIES
Sector Symbol	$UTY.X
Pattern	Fast Ball
Position	Long
Entry	32.03
Target	32.28
R2	32.48
R1	32.18
Pivot	31.62
S1	31.32
S2	30.76
50% To Target	32.16

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Trade Date 17-Dec-10 **Friday**

Around The Horn

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
ADI	Switch Hitter	37.45	Long	37.18	37.66	37.87	$SOX.X
ARW	Switch Hitter	33.91	Long	33.54	34.14	34.37	$XIT.X
BBT	Switch Hitter	26.74	Long	26.48	26.92	27.09	$BIX.X
HOC	Switch Hitter	37.06	Long	36.61	37.36	37.65	$DXE.X
ITT	Fast Ball	51.11	Long	50.78	51.37	51.63	$DFX.X

Stocks To Watch

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
CRK	Fast Ball	21.96	Short		21.65	21.33	$DFX.X
DDS	Fast Ball	37.69	Long		37.89	38.09	$RLX.X
UPS	Fast Ball	74.04	Long		74.32	74.60	$XAL.X

Stocks And Sectors On The Radar

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
A	Fast Ball	39.87	Long	SCALP	40.04	40.20	$HCX.X
ENR	Fast Ball	75.18	Long	SCALP	75.32	75.45	$CMR.X
PEG	Fast Ball	32.03	Long	SCALP	32.16	32.28	$UTY.X

Around the Horn:
The Rule Book

Just as the Around the Horn trading plan developed for our personal use, these rules also evolved to maximize our own trading profits, minimize risk and still allow the trades room to breathe. When we compute the monthly results, we use these rules to calculate the plan's efficacy. Individual trade results may exceed or fall short of the monthly results (for example, more or less favorable fills or missing a trade), but these rules allow comparison of results over time and a measure for one's own trading performance using pre-established criteria. While these guidelines will always have an exception to the rule (e.g. stopping out of a trade that later becomes profitable) over time, they serve us well more often than not.

Entries:

1. The entry price (or entry tick within the allowable slippage or gap) has to ***print on the NYSE***. That is, a stock that ticks the entry price on the NAS on or before the open does not count as a legitimate entry as the tick must originate on NYSE;
2. For ***Gaps*** and ***allowable slippage,*** profit target is the key. Your entry slippage should not be more than 25% of the total amount you expect to make and for planned trades should never be more than 20 cents total. Thus, if your profit target is a 40 cent gain, then allow for 10 cents of slippage. If the profit target is over a dollar, then 20 cents of slippage is reasonable. If you enter a trade beyond this level, then mentally shift gears and treat the trade as an intraday play or scalp trade, not as a planned trade;
3. ***No new entries*** after 12:20 PST/3:20 EST (40 minutes to close).

Stop Protocol:

Once you enter a trade at the stated entry price or within the acceptable 10 cent slip level there are several criteria we use to protect ourselves from losses, as well as protect profits, while still allowing some room for volatility. During the trading day, I like to think of these as hurdles, moving from one to the next as the trade progresses.

Hurdle 1: After entering the trade at the stated entry price, watch to see if the trade goes 10 cents in your favor FROM THE STATED ENTRY PRICE, NOT YOUR FILL PRICE. If it does not go 10 cents in the trade's favor from the entry price before it goes 10 cents against the trade, exit the trade 10 cents against your trade and watch for another entry opportunity.

Issues: This strategy has protected us against what I call getting "tagged-in" only to head straight to the stop-loss. To execute this strategy, a trader needs to be comfortable paying the extra commissions if the trade comes back to your entry. Also, another entry here does not count as a "second" entry. If you are uncomfortable with this strategy, don't use it and use the stop level as your exit.

Hurdle 2: Once the trade is in your favor 10 cents beyond the entry price, keep the stop loss at the stated stop loss until the trade hits the 50% to Target level.

Hurdle 3: At the 50% to Target level, move the Stop Loss from the stated stop loss to a breakeven level at the STATED ENTRY PRICE, NOT YOUR FILL PRICE.

Hurdle 4: Once the trade ticks within 10 cents to the stated Initial Profit Target, move the stop to a Profit Stop at the 50% to Initial Profit Target level.

Hurdle 5: Once the trade hits the Initial Profit Target, determine if the trade is zooming past your price (in other words, it would be a struggle to exit the trade at that price as it is trading so strongly in your favor it has already surpassed the Initial Profit Target before you can get your order in). If this happy situation is occurring, stay in and trail with a profit stop, initially at the Profit Target.

If the trade is not this strong (as occurs much more often), exit the trade at the Initial Profit Target. Some traders choose to exit only half or some other percentage at this level and then trail a profit stop initially at the 50% to Target level, then later the Initial Profit Target, then by some other method as the trade gets progressively further from this level (reversal of two closes, violation of the 8 period simple moving average, support/resistance, etc.).

Note: These are the rules we use to calculate the monthly performance. As trader's you may find some other variation useful. For instance, for the 10 cent "tagged in" rule when a trade has not gone more than 10 cents in your favor before reversing, some traders prefer not to exit at 10 cents against you in favor of a wider exit at a 50% to stop loss level, giving the stock a little more room to breathe. Another example some traders employ is to take a percentage of profits at the 50% to Target level, another percentage at the initial profit target, and the final if it travels further, with protective stops for each of these levels as the trade progresses.

It is important to understand how we are trading and the rules we are using. It is also important that trading rules suit your psychology. If you have questions or thoughts please don't hesitate to contact me at: Julie@TraderInsight.com

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This information is confidential and is intended only for the authorized Subscriber. If you have received this document and are not a paying or trial subscriber to Adrian Manz's Intraday Trading Plan, then please call us at (310) 593-4629 immediately.

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