

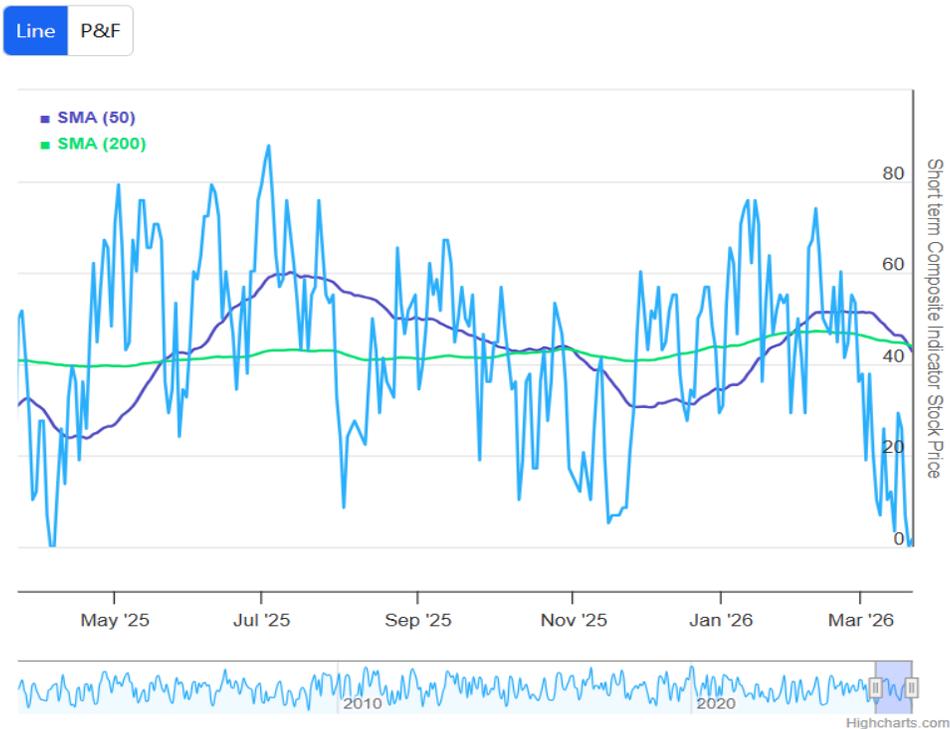


Pressed to the Floor

In recent days, the market has been pinned to the floor and has become deeply oversold.

I used that opportunity to add to my equity holdings.

First, the *Short-Term Composite*, an indicator published by *Investors' Intelligence*, hit **zero** on March 19, 2026. I scrolled through the chart's history, and it appears it hit zero during the COVID smash. That was a massive buying opportunity that I took advantage of then, and I am taking advantage of these conditions once again.



As a reminder, the *Short-Term Composite* analyzes several dozen technical indicators and assigns a score. It's purely mechanical and holds no opinion on the markets. I have found the indicator useful at extremes.

Zero is an extreme...*extreme*.

Second, the major U.S. Indexes have seen their constituents get smushed in this recent move. As the chart below shows, based on Point and Figure charting, the major indexes have only about 35% of their stocks in bullish trends.

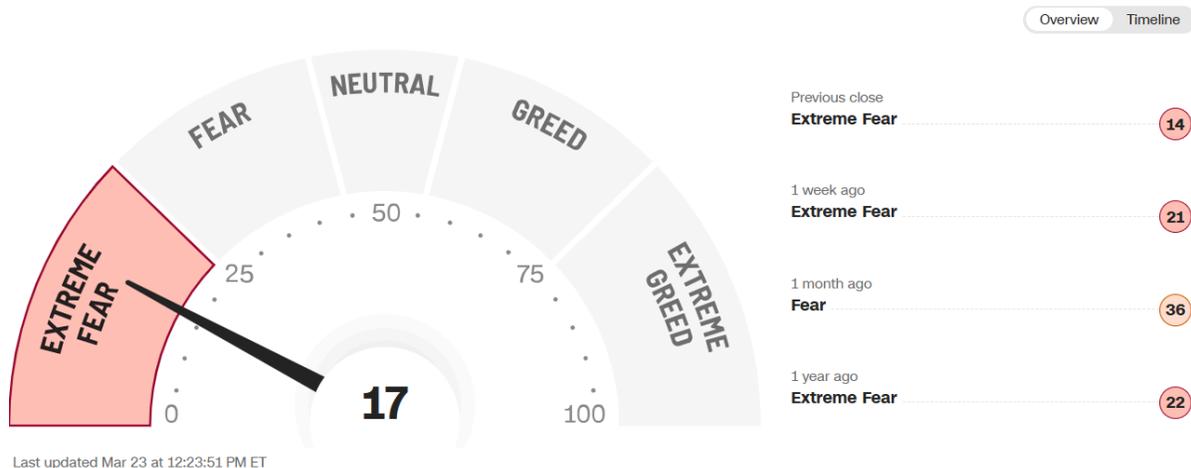
Again, Point and Figure charting is purely objective. A stock is either in a bullish trend or a bearish trend. There's no in-between.

	%10 Wk	%30 Wk	Bullish %	P&F Status	Changed
NYSE	20.37	32.06	39.85	Bear Confirmed	20-Mar-26
Nasdaq	22.25	34.77	34.71	Bear Confirmed	27-Feb-26
Dow Industrials	10.00	36.67	33.33	Bear Confirmed	27-Feb-26
S&P 500	15.09	37.50	33.84	Bear Confirmed	3-Feb-26
Nasdaq 100	10.75	33.33	27.96	Bear Confirmed	3-Mar-26

Lastly, sentiment is poor. The CNN Fear & Greed Index is in the “extreme fear” zone.

Fear & Greed Index

What emotion is driving the market now?
[Learn more about the index](#)



When other investors are extremely fearful, I am bullish. Buying during these periods needs to feel uncomfortable.

Last year, the market was pressured by the tariff drama. This year, there's a war in Iran. It doesn't matter to me what the driver of the conditions is. I'm playing blackjack, and I'm counting cards. The odds are in my favor, so I buy.

Now, it's important to point out that I'm not engaging in market timing. Rather, I'm playing the odds when the risk/reward ratios are in my favor.

I will keep at it as long as these conditions persist.

Specifically, I have been buying the **Vanguard Total World Stock Index Fund (Ticker: VT)**. I own plenty of the S&P 500, broad market indexes, equal-weight S&P 500, small-caps, and international stocks. VT is a blend of U.S. and international stocks and reduces exposure to the 10 stocks that drive the S&P 500. While that's a risk for the index *over time*, as money flows back into the market, those 10 stocks could be short-term leaders before a rotation that pushes the average stock ahead of the index in these extremely pressured situations.

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