

Market Timing ideas



In [Episode 8 of the Better System Trader podcast](#), Gary Stone discusses the benefits of market timing and suggests a number of market timing techniques to explore. Here is a list of his suggestions for those looking for more ideas:

- Moving Averages – price above/below a moving average, moving average crossovers or moving average direction,
- MACD,
- Momentum,
- Smoothed Index Rate of Change,
- Relative Strength (comparing one instrument/index to another)
- ADX/DMI
- ATR
- Historic volatility compared to short term volatility
- ATR trailing stop
- Standard Deviation

You may want to test these on Weekly or Monthly bars too, as Daily bars could be too sensitive.

In [Episode 7 of the Better System Trader podcast](#) Rob Hanna mentioned a study showing how the strength of the Nasdaq index relates to the S&P500 index. This could also be used as market timing method.

In [Episode 1 of the Better System Trader podcast](#) Jake Bernstein discusses seasonality as a market timing technique.

Keep an eye out for future blog posts where we will test some of these market timing methods and publish the results.