

S T O C K

T R A D E R ' S

A L M A N A C

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STOCK TRADER'S ALMANAC 2023

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In memory of Yale Hirsch
(1923-2021)

Creator and founder of the *Stock Trader's Almanac*—who continues to inspire us.

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INTRODUCTION TO THE FIFTY-SIXTH EDITION

Once again we have the honor of introducing the new edition of the *Stock Trader's Almanac*. The *Almanac* provides you with the necessary tools and data to invest and trade successfully in the twenty-first century.

J.P. Morgan's classic retort "Stocks will fluctuate" is often quoted with a wink-of-the-eye implication that the only prediction one can make about the stock market is that it will go up, down, or sideways. Many investors and traders agree that no one ever really knows which way the market will move. Nothing could be further from the truth.

We discovered that while stocks do indeed fluctuate, they do so in well-defined, often predictable patterns. These patterns recur too frequently to be the result of chance or coincidence. How else do we explain that since 1950 the Dow has gained 24884.34 points during November through April compared to just 7878.54 May through October? (See [page 54](#).)

The *Almanac* is a practical investment tool. It alerts you to those little-known market patterns and tendencies on which shrewd professionals enhance profit potential. You will be able to forecast market trends with accuracy and confidence when you use the *Almanac* to help you understand:

- How our presidential elections affect the economy and the stock market—just as the moon affects the tides. Many investors have made fortunes following the political cycle. You can be sure that money managers who control billions of dollars are also political-cycle

watchers. Astute people do not ignore a pattern that has been working effectively throughout most of our economic history.

- How the passage of the Twentieth Amendment to the Constitution fathered the January Barometer. This barometer has an outstanding record for predicting the general course of the stock market each year, with only 12 major errors since 1950, it has 83.3% accuracy ratio. (See [page 18](#).)
- Why there is a significant market bias at certain times of the day, week, month and year.

Even if you are an investor who pays scant attention to cycles, indicators and patterns, your investment survival could hinge on your interpretation of one of the recurring patterns found within these pages. One of the most intriguing and important patterns is the symbiotic relationship between Washington and Wall Street. Aside from the potential profitability in seasonal patterns, there's the pure joy of seeing the market very often do just what you expected.

The *Stock Trader's Almanac* is also an organizer. Its wealth of information is presented on a calendar basis. The *Almanac* puts investing in a business framework and makes investing easier because it:

- Updates investment knowledge and informs you of new techniques and tools.
- Is a monthly reminder and refresher course.
- Alerts you to both seasonal opportunities and dangers.
- Furnishes a historical viewpoint by providing pertinent statistics on past market performance.

- Supplies forms necessary for portfolio planning, record keeping and tax preparation.



The WITCH Icon signifies THIRD FRIDAY OF THE MONTH on calendar pages and alerts you to extraordinary volatility due to expiration of monthly equity and index options and index futures contracts. “Triple-Witching” days (indicated by 3 WITCH Icons) appear during March, June, September and December. Some readers have questioned why we do not use the term “quadruple witching” as some in the business do. As we point out on [page 108](#) the market for single-stock and ETF futures remains small and their impact on the market is virtually nonexistent. If and when single-stock futures trading volume expands and exerts influence on the market we will reconsider. Until such time, we do not believe the term “quadruple witching” is applicable.



The BULL Icon on calendar pages signifies favorable trading days based on the S&P 500 rising 60% or more of the time on a particular trading day during the 21-year period January 2001 to December 2021.



A BEAR Icon on calendar pages signifies unfavorable trading days based on the S&P falling 60% or more of the time for the same 21-year period.

Clusters of two or more BULLS or BEARs can be especially helpful in identifying periods of strength or weakness throughout the year. Clusters can also be three out of four days or three out of five days. An example of three BULLS in four days can be observed on [page 43](#) during the first week of April.

On [pages 123-130](#) you will find complete Market Probability Calendars for both long term and the recent 21-year period for the Dow, S&P and NASDAQ, as well as for the Russell 1000 and Russell 2000 indices. To give you even greater perspective we have listed next to the date every day that the market is open the Market Probability numbers for the same 21-year period for the Dow (D), S&P 500 (S) and NASDAQ (N). You will see a “D,” “S” and “N” followed by a number signifying the actual Market Probability number for that trading day based on the recent 21-year period.

Other seasonalities near the ends, beginnings, and middles of months; options expirations; around holidays; and other times are noted for *Almanac* investors’ convenience on the weekly planner pages. All other important economic releases are provided in the Strategy Calendar every month in our e-newsletter, *Almanac Investor*, available at our website www.stocktradersalmanac.com. Please see the insert for a special offer for new subscribers.

One-year seasonal pattern charts for Dow, S&P 500, NASDAQ, Russell 1000, and Russell 2000 appear on [pages 42, 44](#) and [46](#). There are three charts each for Dow and S&P 500 spanning our entire database starting in 1901 and one each for the younger indices. As 2023 is a pre-election year, each chart contains typical pre-election year performance compared to all years.

The Russell 2000 is an excellent proxy for small- and mid-caps and the Russell 1000 provides a broader view of large caps. Annual highs and lows for all five indices covered in the *Almanac* appear on [pages 151-155](#). Top 10 Best & Worst days, weeks, months, quarters and years for all five indices are listed on [pages 174-183](#).

We have converted many of the paper forms in our Record Keeping section into spreadsheets for our own internal use. As a service to our faithful readers, we are making these forms available at our website www.stocktradersalmanac.com. Look for a link titled “Forms” located at the bottom of the homepage.

Pre-election years have historically been the best year of the four-year cycle over multiple time frames. You can find all the market charts of pre-election years since the Depression on [page 26](#), “Pre-Presidential Election Years: Only One Loser In 84 Years” on [page 28](#), “Why A 50% Gain in the Dow Is Possible From Its 2022 Low to Its 2023 High” on [page 30](#), and “Welcome to the Sweet Spot Of The 4-Year Cycle: Q4 Midterm Year to Q2 Pre-Election Year” on [page 34](#).

On [page 80](#) we present “Bob Farrell's Market Rules to Remember & Justin Mamis’ Sentiment Cycle.” The return of the bear and increased market volatility in 2022 makes the lessons that can be learned from these two legends as relevant as ever. Our “2010 Super Boom Forecast Dow

38820 Ahead of Schedule” update can be found on [page 104](#).

Our 2023 Outlook on [pages 10-11](#) projects a more upbeat outlook following 2022's bear market. “How To Trade Best Months Switching Strategies” appears on [page 38](#). How “Summer Market Volume Doldrums Drives Worst Six Months” is updated on [page 48](#). Sector seasonalities including several consistent shorting opportunities, appear on [pages 94-98](#).

We are constantly searching for new insights and nuances about the stock market and welcome any suggestions from our readers.

Have a healthy and prosperous 2023!

2023 OUTLOOK

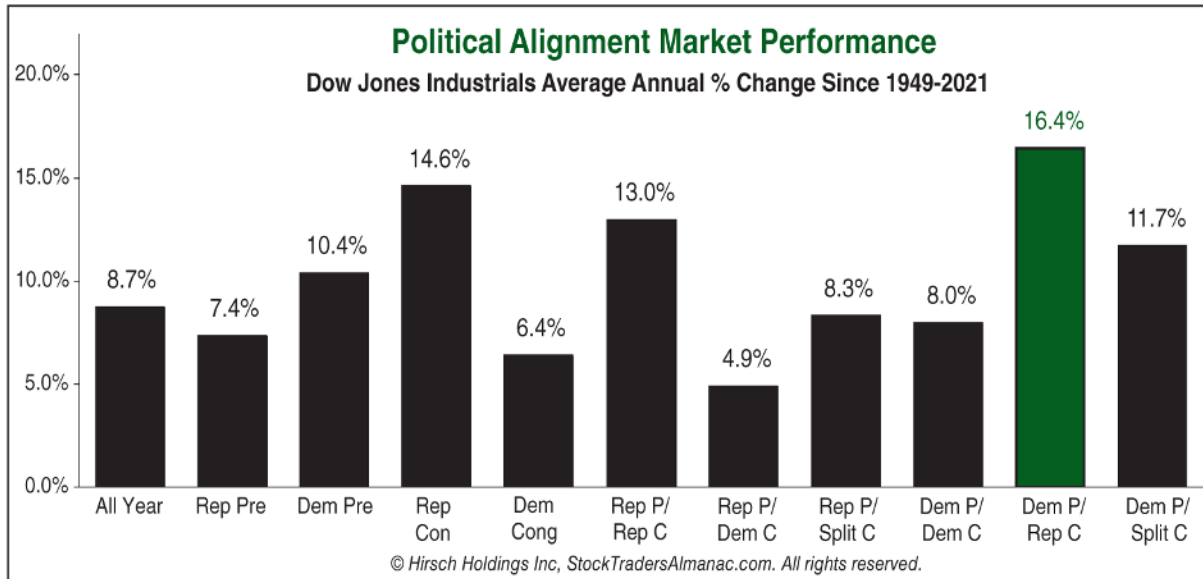
Well, we got our midterm bear market in 2022. While that may not have felt so great in your portfolio at the time, it was in line with the cycles and seasonal patterns we track and rely on. As we suggested in last year's edition, gains have been harder to come by in 2022 and it does look like we will get a midterm bear market bottom. And we are still on pace with our annual 2022 newsletter forecast for early-year highs, a Worst Six Months correction and a Q4 rally.

For the first time since the 1980s the Federal Reserve is being forced to raise interest rates to fight runaway inflation. The Fed is finally aggressively moving away from the ZIRP (zero interest rate policy) and massive QE (quantitative easing) it has had in place for the better part of 15 years. In June 2022 they commenced an accelerated QT (quantitative tightening) process, culling assets from its \$9 trillion balance sheet at the same time it increased interest rates at the fastest pace since 1994.

High inflation and a no-holds-barred Fed tightening policy are not the market's only concerns. There are the lingering impacts of the Covid-19 pandemic, especially China's zero-Covid policy and the likelihood of renewed lockdowns that will continue to exacerbate already strained and depleted supply chains and inventories. The Russia-Ukraine War appears likely to drag on into a Cold War 2.0 scenario. Energy prices are jumping faster than we have seen in decades. The current scenario is quite directly comparable to the 1970s.

But all these major risks and negative action may help reset imbalances and signal a return to normalcy for interest rates, valuations, and stock market returns. Price-earnings ratios have already fallen dramatically and are nearing historic averages, though they will likely fall further still.

Market weakness in 2022 during the Worst Six Months of the year (May-October) and the second and third quarter of the midterm election year also suggests historic seasonal and cyclical patterns and forces are at work. Adding in the drop in consumer confidence, recession fears and the incumbent's already low and dwindling approval ratings implies that we are poised for the usual loss of Congressional seats by the incumbent president's party, likely resulting in control of the U.S. House of Representatives changing hands, with the potential for control of both houses of Congress to flip.



However, this would create the best political alignment for the stock market: a Democratic president with a Republican Congress. In the chart on [page 10](#), you can see in the green bar this combination has produced the best market performance for an average gain on the Dow of 16.4% since 1949. It remains to be seen if President Biden can tack to the center and facilitate some bipartisan legislation as Bill Clinton did after the 1994 midterms.

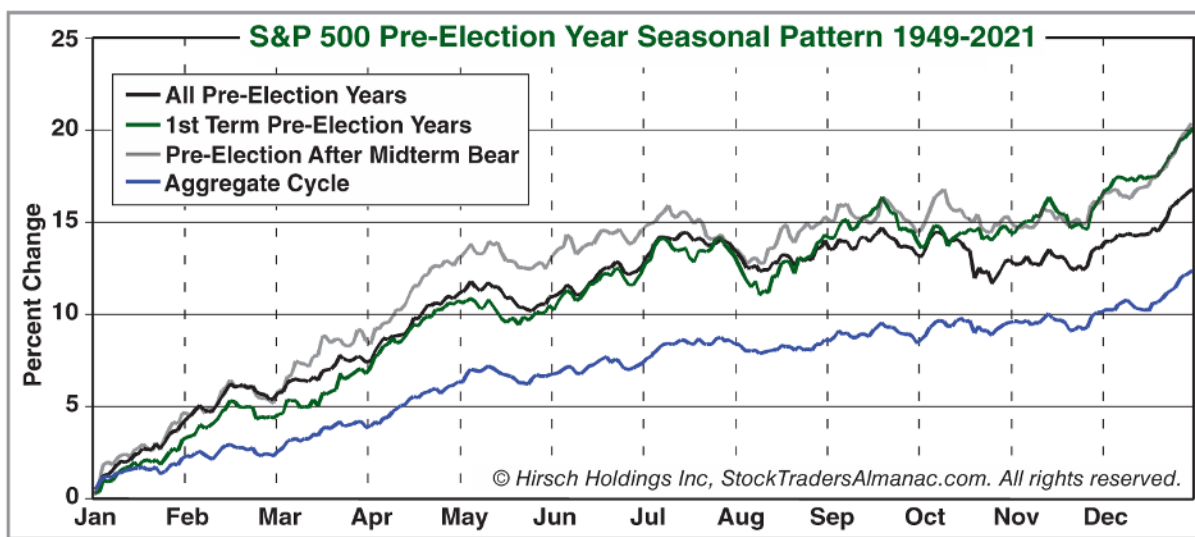
In any event, we believe the Fed's recent 75-basis-point increase and their telegraphing of another one in July suggests they are likely to be done ahead of the midterm elections, which dovetails with the seasonal and 4-year cycle patterns. It sure has taken them long enough to get here, but we welcome it and the sooner they get to the end of the tightening cycle the better in our view. When we do get a clear indication of a pause or end to rate hikes that will likely be a signal the bear market is over.

This sets up well for Pre-Election Year 2023 as well as our 2010 Super Boom Forecast for Dow 38820 by 2025 ([page 104](#)). The 2022 bear market will likely bounce along sideways testing the June 2022 lows, reaching a bear market low in late Q3 or early Q4 in the August-October

timeframe in typical midterm bottom fashion. Then we expect a new bull market to commence in the Sweet Spot of the 4-Year Cycle ([page 34](#)) that takes the market to new highs in Pre-Election Year 2023.

From the midterm low to the pre-election year high the Dow gains 46.8% on average since 1914 and NASDAQ gains a whopping 68.2% on average since 1974! If the Dow declines the average bear market drop of about 30% ([page 133](#)) to 25760 and rallies around 50% from the midterm low to the pre-election high ([page 30](#)) it would be at 38640.



The chart here of the S&P 500 Seasonal Pattern depicts four rather bullish scenarios for 2023. All pre-election years since 1949 have an average gain of 16.8%. Pre-election years after a midterm bear market like 2022 average 20.3% and first-term presidents' pre-election years average 20.1%. Our new Aggregate Cycle of the One-Year Seasonal Pattern, the 4-Year Presidential Election Cycle and the Decennial Cycle averages 12.3%. Despite current worrisome conditions, we believe a midterm bear market bottom and new bull market are on the horizon. Remember Warrant Buffet's wise words: "Be greedy when others are fearful."



— Jeffrey A. Hirsch, June 15, 2022

2023 STRATEGY CALENDAR


(Option expiration dates circled)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY	26	27	28	29	30	31	1 JANUARY New Year's Day
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16 Martin Luther King Day	17	18	19	20	21	22
	23	24	25	26	27	28	29
FEBRUARY	30	31	1 FEBRUARY	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15 	16	17	18	19
	20 Presidents' Day	21	22 Ash Wednesday	23	24	25	26
	27	28	1 MARCH	2	3	4	5
MARCH	6	7	8	9	10	11	12 Daylight Saving Time Begins
	13	14	15	16	17 	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1 APRIL	2
	APRIL	3	4	5	6 Passover	7 Good Friday	8
10		11	12	13	14	15	16
17		18 Tax Deadline	19	20	21	22	23
24		25	26	27	28	29	30
MAY		1 MAY	2	3	4	5	6
	8	9	10	11	12	13	14 Mother's Day
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29 Memorial Day	30	31	1 JUNE	2	3	4
JUNE	5	6	7	8	9	10	11
	12	13	14	15	16	17	18 Father's Day
	19 Juneteenth	20	21	22	23	24	25
	26	27	28	29	30	1 JULY	2

Market closed on shaded weekdays; closes early when half-shaded.

2023 STRATEGY CALENDAR

(Option expiration dates circled)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1 AUGUST	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1 SEPTEMBER	2	3
4 Labor Day	5	6	7	8	9	10
11	12	13	14	15	16 Rosh Hashanah	17
18	19	20	21	22	23	24
25 Yom Kippur	26	27	28	29	30	1 OCTOBER
2	3	4	5	6	7	8
9 Columbus Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 	1 NOVEMBER	2	3	4	5 Daylight Saving Time Ends
6	7 Election Day	8	9	10	11 Veterans' Day	12
13	14	15	16	17	18	19
20	21	22	23 Thanksgiving	24	25	26
27	28	29	30	1 DECEMBER	2	3
4	5	6	7	8 Chanukah	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas	26	27	28	29	30	31

JULY

AUGUST

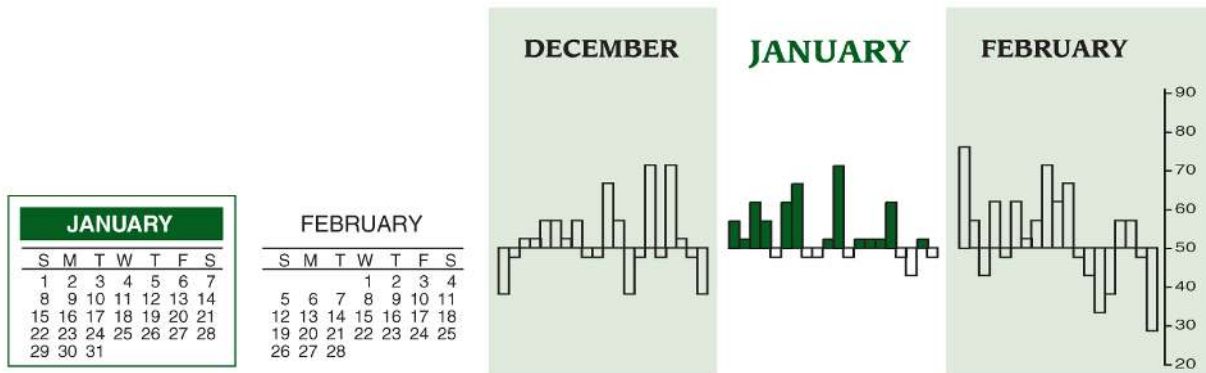
SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY ALMANAC



Market Probability Chart above is a graphic representation of the S&P 500 Recent Market Probability Calendar on [page 126](#).

- ◆ January Barometer predicts year's course with .722 batting average ([page 18](#))
- ◆ 15 of last 18 pre-election years followed January's direction
- ◆ Every down January on the S&P since 1950, *without exception*, preceded a new or extended bear market, a flat market, or a 10% correction ([page 22](#))
- ◆ S&P gains January's first five days preceded full-year gains 83.0% of the time, 13 of last 18 pre-election years followed first five day's direction ([page 16](#))
- ◆ November, December and January constitute the year's best three-month span, a 4.2% S&P gain ([pages 52 & 149](#))
- ◆ January NASDAQ powerful 2.5% since 1971 ([pages 60 & 150](#))
- ◆ "January Effect" now starts in mid-December and favors small-cap stocks ([pages 112 & 114](#))
- ◆ 2009 worst S&P 500 January
- ◆ Dow gained more than 1000 points in 2018 & 2019.

Record (#Up-#Down)	24-19	20-23	28-18	20-23	24-19
Current Streak	D1	D1	D1	D1	D1
Avg % Change	-0.10	-0.01	0.28	-0.02	0.17
Week After Options Expiration: 1980-2022					
Record (#Up-#Down)	24-19	26-17	25-18	26-17	28-15
Current Streak	U1	U1	U1	U1	D3
Avg % Change	0.03	0.18	0.11	0.15	0.05
First Trading Day Performance					
% of Time Up	60.3	50.7	57.7	47.7	47.7
Avg % Change	0.24	0.16	0.22	0.15	0.06
Last Trading Day Performance					
% of Time Up	54.8	60.3	63.5	56.8	70.5
Avg % Change	0.16	0.22	0.29	0.27	0.25
<i>Dow & S&P 1950-May 13, 2022, NASDAQ 1971-May 13, 2022, Russell 1K & 2K 1979-May 13, 2022.</i>					

20th Amendment made "lame ducks" disappear. Now, "As January goes, so goes the year."

DECEMBER 2022/JANUARY 2023

<i>(Market Closed - Christmas Day Observed)</i>	MONDAY 26
<i>As for it bein different this time, it is different every time. The question is in what way, and to what extent. — Tom McClellan (The McClellan Market Report)</i>	
	TUESDAY D 71.4 S 71.4 N 66.7 27
<i>We are nowhere near a capitulation point because it's at that point where it's despair, not hope, that reigns supreme, and there was scant</i>	

<i>evidence of any despair at any of the meetings I gave.</i> — David Rosenberg (Economist, Merrill Lynch, <i>Barron's</i> 4/21/2008)	WEDNESDAY D 47.6 S 52.4 N 42.9 28
<i>You try to be greedy when others are fearful, and fearful when others are greedy.</i> — Warren Buffett (CEO Berkshire Hathaway, investor and philanthropist, b. 1930)	THURSDAY D 42.9 S 47.6 N 42.9 29
<i>“Be yourself!” is about the worst advice you can give to some people.</i> — Thomas Lansing Masson (American anthropologist, editor and author, 1866-1934)	FRIDAY D 42.9 S 38.1 N 28.6 30
<i>Last Trading Day of the Year, NASDAQ Down 16 of Last 22 NASDAQ Was Up 29 Years in a Row 1971-1999</i>	SATURDAY 31
<i>Every great advance in natural knowledge has involved the absolute rejection of authority.</i> — Thomas H. Huxley (British scientist and humanist, defender of Darwinism, 1825-1895)	SUNDAY 1
New Year's Day <i>January Almanac Investor Sector Seasonalities: See Pages 94, 96 and 98</i>	

JANUARY'S FIRST FIVE DAYS: AN EARLY WARNING SYSTEM

The last 47 up First Five Days were followed by full-year gains 39 times for an 83.0% accuracy ratio and a 14.0% average gain in all 47 years. The eight exceptions include flat years 1994, 2011, 2015, four related to war and 2018. Vietnam military spending delayed start of 1966 bear market. Ceasefire imminence early in 1973 raised stocks temporarily. Saddam Hussein turned 1990 into a bear. The war on terrorism, instability in the Mideast and corporate malfeasance shaped 2002 into one of the worst years on record. In 2018 a partially inverted yield curve and trade tensions triggered a fourth-quarter selloff. The 25 down First Five Days were followed by 14 up years and 11 down (44.0% accurate) and an average gain of 1.0%.

In pre-election years this indicator has a respectable record. In the last 18 pre-election years 13 full years followed the direction of the First Five Days.

1982	122.55	119.55	-2.4	14.8	33	1994	0.7	-1.5
1983	140.64	145.23	3.3	17.3	34	1965	0.7	9.1
1984	164.93	168.90	2.4	1.4	35	2009	0.7	23.5
1985	167.24	163.99	-1.9	26.3	36	2020	0.7	16.3
1986	211.28	207.97	-1.6	14.6	37	1970	0.7	0.1
1987	242.17	257.28	6.2	2.0	38	1952	0.6	11.8
1988	247.08	243.40	-1.5	12.4	39	1954	0.5	45.0
1989	277.72	280.98	1.2	27.3	40	1996	0.4	20.3
1990	353.40	353.79	0.1	-6.6	41	1959	0.3	8.5
1991	330.22	314.90	-4.6	26.3	42	1995	0.3	34.1
1992	417.09	418.10	0.2	4.5	43	1992	0.2	4.5
1993	435.71	429.05	-1.5	7.1	44	1968	0.2	7.7
1994	466.45	469.90	0.7	-1.5	45	2015	0.2	-0.7
1995	459.27	460.83	0.3	34.1	46	1990	0.1	-6.6
1996	615.93	618.46	0.4	20.3	47	1971	0.04	10.8
1997	740.74	748.41	1.0	31.0	48	2007	-0.4	3.5
1998	970.43	956.04	-1.5	26.7	49	2014	-0.6	11.4
1999	1229.23	1275.09	3.7	19.5	50	1960	-0.7	-3.0
2000	1469.25	1441.46	-1.9	-10.1	51	1957	-0.9	-14.3
2001	1320.28	1295.86	-1.8	-13.0	52	1953	-0.9	-6.6
2002	1148.08	1160.71	1.1	-23.4	53	1974	-1.5	-29.7
2003	879.82	909.93	3.4	26.4	54	1998	-1.5	26.7
2004	1111.92	1131.91	1.8	9.0	55	1988	-1.5	12.4
2005	1211.92	1186.19	-2.1	3.0	56	1993	-1.5	7.1
2006	1248.29	1290.15	3.4	13.6	57	1986	-1.6	14.6
2007	1418.30	1412.11	-0.4	3.5	58	2001	-1.8	-13.0
2008	1468.36	1390.19	-5.3	-38.5	59	1955	-1.8	26.4
2009	903.25	909.73	0.7	23.5	60	2022	-1.9	??
2010	1115.10	1144.98	2.7	12.8	61	2000	-1.9	-10.1
2011	1257.64	1271.50	1.1	-0.003	62	1985	-1.9	26.3
2012	1257.60	1280.70	1.8	13.4	63	1981	-2.0	-9.7
2013	1426.19	1457.15	2.2	29.6	64	1956	-2.1	2.6
2014	1848.36	1837.49	-0.6	11.4	65	2005	-2.1	3.0
2015	2058.90	2062.14	0.2	-0.7	66	1977	-2.3	-11.5
2016	2043.94	1922.03	-6.0	9.5	67	1982	-2.4	14.8
2017	2238.83	2268.90	1.3	19.4	68	1969	-2.9	-11.4
2018	2673.61	2747.71	2.8	-6.2	69	1962	-3.4	-11.8
2019	2506.85	2574.41	2.7	28.9	70	1991	-4.6	26.3