

Gold and Silver:



*Screenshots from Sterling Vol Trader



Dollar/Yen continues to be strong and Gold and Silver both took a dive after the FOMC meeting. The trend is still looking lower and so I will continue to hold with that bias, but taking profits along the way. This is simply a long put spread position in GLD due to nearby support and a long put in SLV as the support is about to break. This has been a good week, and so I booked profits on these puts and put spreads along the way.

Oil:



*Screenshot from Sterling Vol Trader

Oil continues to be weak, and with implied volatility high, I am staying with lower leverage shorts. This has performed well and if/when the trend flips, I will move quickly to flip long. There is an OPEC meeting coming this weekend, and that could change things, but for now, the trend is still down. Since I have been able to continue to book profits on the way down, I am happy to stay with the trend.

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