



**MMTA QUIZ #11 COURSE 1  
THE PRIMARY CYCLE IN U.S. STOCK INDICES**

1. What are the greater cycles that comprise the primary cycle?

**The greater cycles that comprise the primary cycle by multiples of 2 and 3. These include the 15.33-month, 50-week, and the 32.5-week cycles.**

2. What are the smaller cycles that make up a primary cycle? How long is their mean length?

**The smaller cycles that comprise the primary cycle are divisible by 2 and 3. These include the half-primary, major, and trading cycles. Half-primary cycle is 9 weeks, major cycle is 6 weeks, trading cycle is 3 weeks.**

3. How many primary cycles are usually within a 15.33-month cycle?

**3**

4. How many primary cycles are contained in a 50-week cycle, with a rate of frequency of 89%?

**2-3**

5. What is the range, in weeks, where more than 92% of primary cycles in the DJIA have occurred?

**13-26 weeks**

6. What is the range, in weeks, where more than 85% of primary cycles in the DJIA have occurred?

**13-24 weeks**

7. What is the historical frequency of primary cycles occurring in the Fibonacci 13-23 week range in the DJIA? What is the mean of that cycle?

**72.1% -- 17-week primary cycle**

8. In a bullish 2-phase primary cycle in stock indices (as well as precious metals), what is the more usual percent of decline that happens into the half-primary cycle trough?

**45-85%**

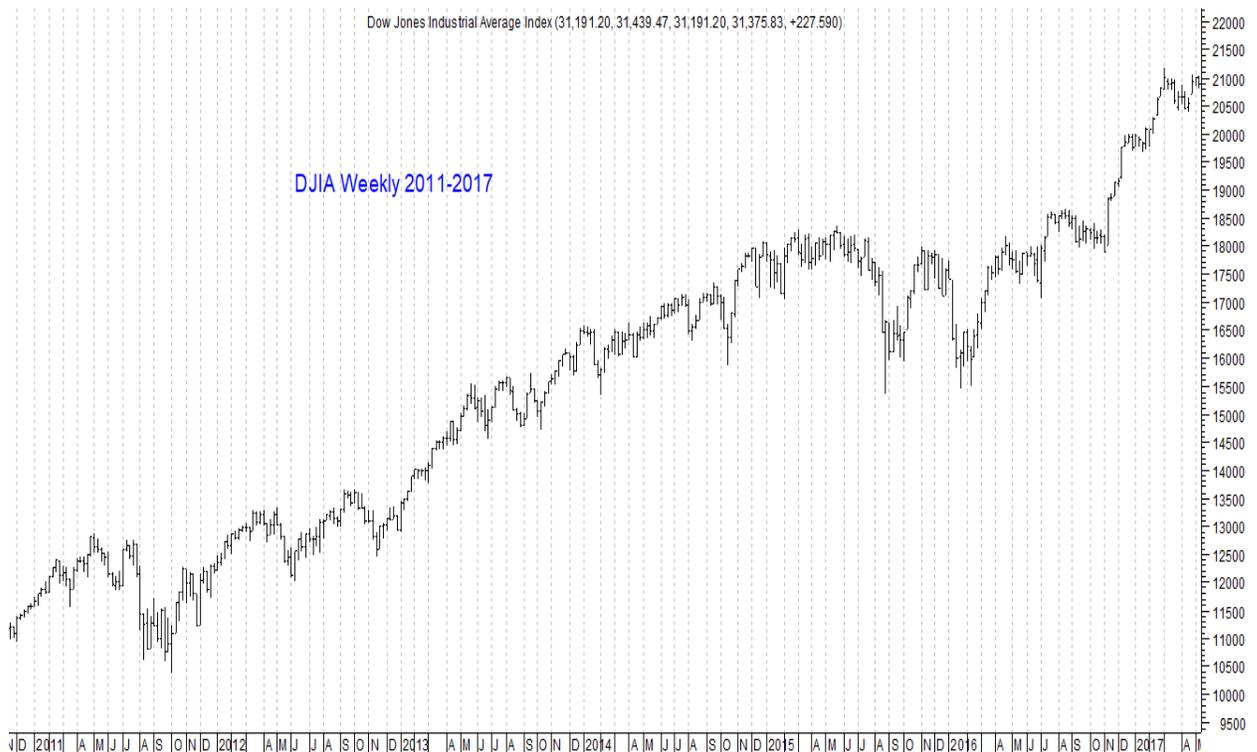
9. In a three-phase bullish primary cycle, what usually happens in the third and final phase? Give at least two common occurrences and characteristics of the third phases, and even 3 or more if you can.

**The last major cycle phase in a primary cycle will either be bearish, or if the cycle was bullish, it will usually contain the steepest decline. The decline will often go back and test or break below the low of the second major cycle phase. The third phase is most likely to distort.**

10. What is a “Lendahl Wiggle” and when might it occur?

**Once a primary cycle trough has been completed, there will oftentimes be a sharp drop to a secondary low 4-9 trading days later.**

11. In the weekly chart below, identify the 15.33-month cycles in the 4-year cycle



**4-Year cycle low is at October 2011. 1<sup>st</sup> 15.33-month cycle low is at November 2012. 2<sup>nd</sup> is at February 2014. 3<sup>rd</sup> is in August 2015, which is the 4-year cycle low too.**

12. Now label the phases of the 15.33-month cycles in this same chart above, including the primary cycle.

**1<sup>st</sup> 15.33-month cycle low is October 2011 to November 2012. It is a three-phase cycle with primary cycle lows in March 2012, June 2012, and November 2012. The 2<sup>nd</sup> 15.33-month cycle is from November 2012 to February 2014. It is a three-phase cycle with primary cycle lows in April 2013, October 2013, and February 2014. The 3<sup>rd</sup> 15.33-month cycle is from February 2014 is a combination cycle with primary cycle lows in May 2014, October 2014, March 2015, and August 2015. Note that October 2014 is a 32.5-week cycle low too.**

## **MMTA QUIZ #12 COURSE 1 CYCLES IN OTHER FINANCIAL MARKETS - SILVER**

1. What is the longest crest cycle we are aware of in Silver? Give three years when it topped out in the past.

**60-year crest cycle: 1864, 1919, 1980**

2. What is the longest-term cycle trough that we study in Silver? Historically, what type of pattern has this cycle exhibited (what are its usual phases)? When were the last two occurrences of this long-term cycle and its phases?

**18-year cycle. Typically comprised of two 9.08-year half cycle phases. The last two 18-year lows were 2008 and 1991/1993. There was a half-cycle low in 2001 and recently in 2020 (distorted).**

3. What is the mean periodicity in Silver's primary cycle? What is its normal range?

**17-weeks: Range of 13-21 weeks.**

4. What are the phases usually associated with Silver's primary cycle?

**Two 7-11 week half-primary cycles or three 4-6 week major cycles or a variation of each.**

5. Identify the primary cycle in Silver in the chart below, and its most common phases.



**Primary cycle lows weeks of September 26, 2011 to December 27, 2011. Half-primary cycle crest week of October 24, 2011. Half-primary cycle trough week of November 21, 2011 (8-weeks). Entire primary cycle length 13 weeks. Another primary cycle from week of December 27, 2011 to week of May 14, 2012. 3-phase primary cycle with 3 major cycle lows at weeks of February 13, 2012 (7 weeks) and March 19, 2012 (5 weeks). Final major cycle into primary cycle trough on week of May 14, 2012 was 8 weeks. Entire primary cycle was 20 weeks.**

**MMTA QUIZ #13-14 COURSE 1  
CYCLES IN EURO, AND DOLLAR-YEN, AND T-NOTES**

1. What is the longest cycle we study in the Dollar-Yen Market? What are its usual phases?

**16.5-year cycle that exhibits three 5.5-year cycle phases.**

2. When did these cycles last bottom? Give at least two occurrences of each?  
**16.5-year cycle in the Yen last bottomed in October 1978, April 1995, and October 2011. The 5.5-year cycle in the Yen last bottomed in June 2016, October 2011, and January 2005 (this one distorted).**

3. What is the primary cycle in the Dollar-Yen and its usual phases?

**33-week primary cycle. 9-14 week major cycles (3-phase). 13-20 week half-primary cycles (2-phase)**

4. What are the probable long-term cycles in the Euro Currency?

**16-year cycle, 8.4-year cycle, 4-year cycle.**

5. In a 4-year cycle in the Euro, what would the possible phases be and what are their normal ranges?

**26 month cycle (2-phase) and 15-month cycle (3-phase)**

6. How long is the primary cycle in the Euro? What is its range? What are its phases?

**33-weeks. Range 25-41 weeks. 3-phase: 12-week major cycle with 4-week orb. 2-phase: 16-week half-primary cycle with 5-week orb.**

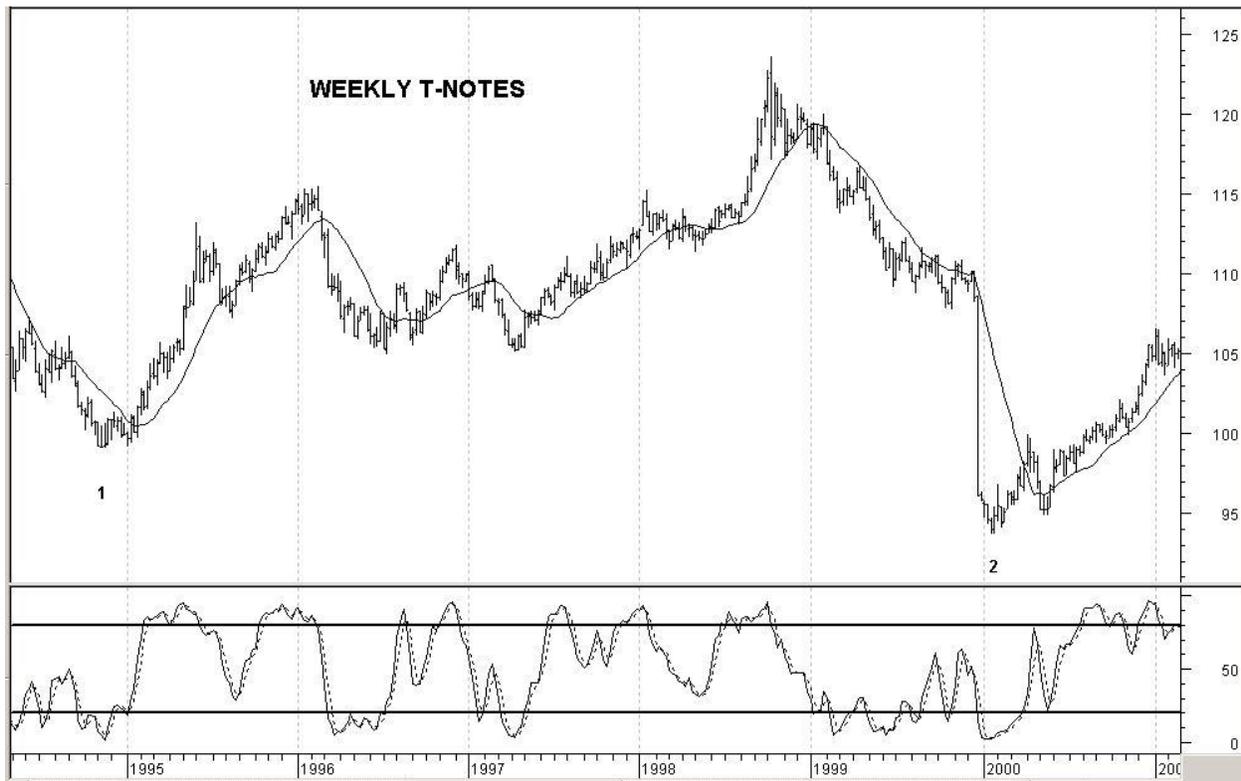
7. What are the long-term cycles in U.S. Treasuries? When did it last bottom (prior two times)? When is it next due?

**18-year cycle, 6-year, 3-year, and 2-year cycles. 18-year cycle last bottomed in October 2018 (still in orb however throughout 2021). Previous 18-year low was in January 2000. 6-year cycle bottomed in October 2018. Previous 6-year low was December 2013. Last 2-year and 3-year cycle low was in October 2018. Previous 3-year cycle low was December 2015. Previous 2-year cycle low was December 2016.**

8. Does the long-term Treasury cycle tend to unfold in a 2- or 3-phase pattern? When did it last bottom? When is it next due?

**The 18-year cycle tends to unfold in a 3-phase pattern comprised of three 6-year phases, with a range of 5-7 years. It likely last bottomed in October 2018. Otherwise, the previous low was in January 2000, and we would be due for a low in 2021. If it did bottom in 2018, we are due for an 18-year low between 2033-2039.**

9. In the chart on the next page, identify the long-term cycle in T-Notes shown here and label its phases. What type of pattern was this cycle?



**This chart displays a 6-year cycle (range 5-7 years) in T-Notes. It is a 2-phase pattern. 1 was November 1994. The 3-year low happened 29 months from "1" which was in April 1997. "2" was in January 2000, which was 33 months later. The entire 6-year cycle lasted just over 5 years.**

## MMTA QUIZ #15 COURSE 1 CYCLES IN SOYBEANS AND CRUDE OIL

1. What is the Long-term Cycle in Soybeans? What would its phases be?

**16.5-years. 2-phases of 8 years (range 6-11 years). 3-phases of 5.5-years (range 4-7 years).**

2. What is the normal primary cycle in Soybeans, and what are its possible phases? What are the normal ranges of those cycles and phases?

**18-week primary cycle. 2-phases of 9 years (range 7-11 weeks). 3-phases of 6-years (range 5-7 weeks).**

3. Looking at a daily chart of Soybeans given below, identify the primary cycle and its phases.



**Primary cycle from March 15 to August 10, 2011 (21 weeks). 3-phase primary cycle with lows on May 5 (8 weeks in length) and June 23 (7 weeks in length), and August 9 (6 weeks in length). Another primary cycle from August 9, 2011 to December 9, 2011 (18 weeks). 2-phase primary cycle with lows on October 4 (8 weeks) and December 9 (10 weeks).**

4. Crude Oil has a 3-5 year cycle. Within that cycle, what are the possible sub-cycle phases?

**Two or Three 17-month sub-cycles.**

5. What is the mean periodicity for Crude Oil's primary cycle? What are its various phases and lengths?

**19-week primary cycle. Sub-divides into three phases of 5-8 weeks or two phases of 8-12 weeks.**