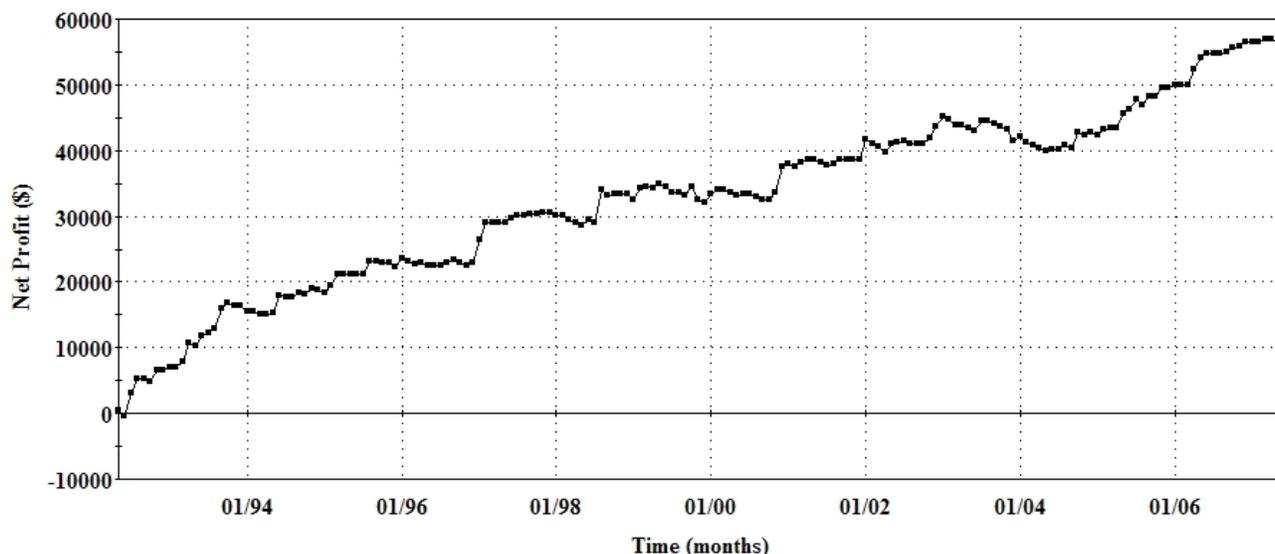


# The Amazing One-Night-Stand (ONS)

Forex Trading powerful and easy....

**OneNightStand trading USD/CHF since 1992---**

Monthly Rolling Net Profit  
OneNightStand



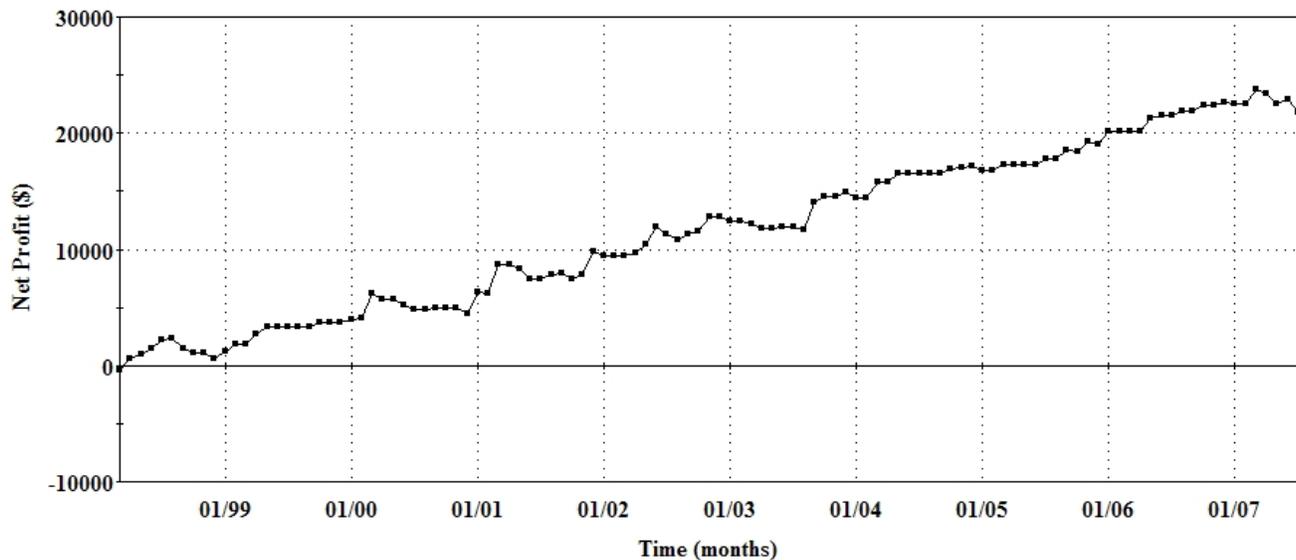
TradeStation Strategy Performance Report - OneNightStand USDCHF.TXT-Daily (3/9/1992-8/1/2007)

## Performance Summary: All Trades

Total Net Profit	\$56,737.50	Open position P/L	\$0.00
Gross Profit	\$98,675.00	Gross Loss	(\$41,937.50)
Total # of trades	213	Percent profitable	55.40%
Number winning trades	118	Number losing trades	95
Largest winning trade	\$5,000.00	Largest losing trade	(\$2,487.50)
Average winning trade	\$836.23	Average losing trade	(\$441.45)
Ratio avg win/avg loss	1.89	Avg trade (win & loss)	\$266.37
Max consec. Winners	11	Max consec. losers	5
Avg # bars in winners	1	Avg # bars in losers	0
Max intraday drawdown	(\$5,287.50)		
Profit Factor	2.35	Max # contracts held	1
Account size required	\$5,287.50	Return on account	1073.05%

## OneNightStand trading USD/JPY since 1998---

**Monthly Rolling Net Profit  
OneNightStand**



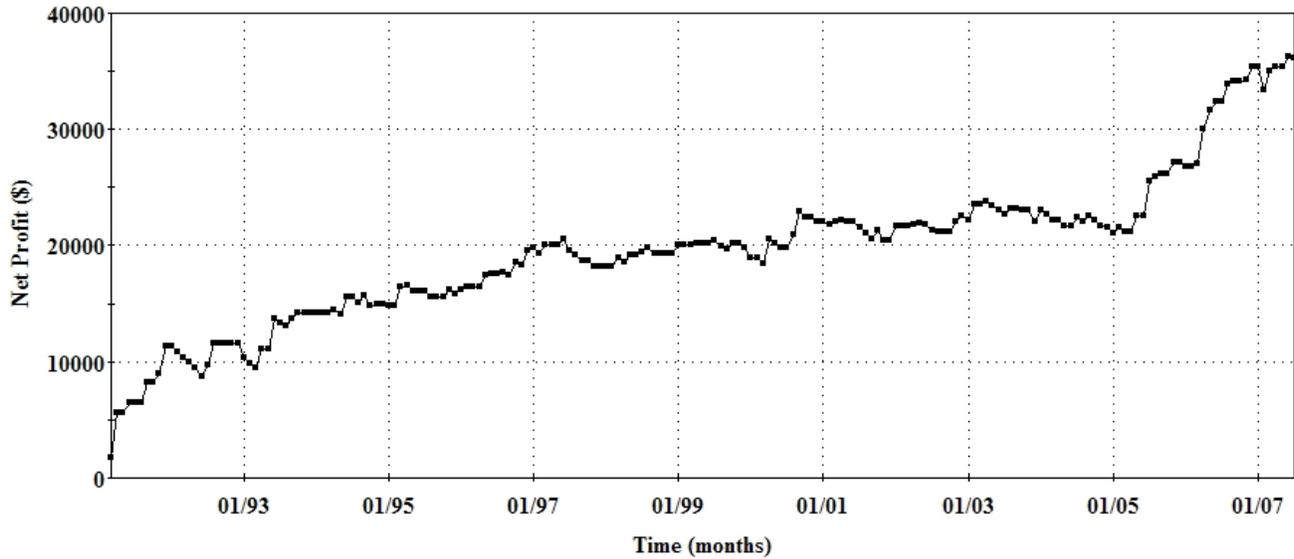
TradeStation Strategy Performance Report - OneNightStand USDJPY.TXT-Daily (1/2/1998-8/1/2007)

### Performance Summary: All Trades

Total Net Profit	\$21,800.00	Open position P/L	\$0.00
Gross Profit	\$37,670.00	Gross Loss	(\$15,870.00)
Total # of trades	110	Percent profitable	59.09%
Number winning trades	65	Number losing trades	45
Largest winning trade	\$2,000.00	Largest losing trade	(\$620.00)
Average winning trade	\$579.54	Average losing trade	(\$352.67)
Ratio avg win/avg loss	1.64	Avg trade (win & loss)	\$198.18
Max consec. Winners	7	Max consec. losers	4
Avg # bars in winners	1	Avg # bars in losers	0
Max intraday drawdown	(\$2,030.00)		
Profit Factor	2.37	Max # contracts held	1
Account size required	\$2,030.00	Return on account	1073.89%

## OneNightStand trading GBP/USD since 1991---

Monthly Rolling Net Profit  
OneNightStand



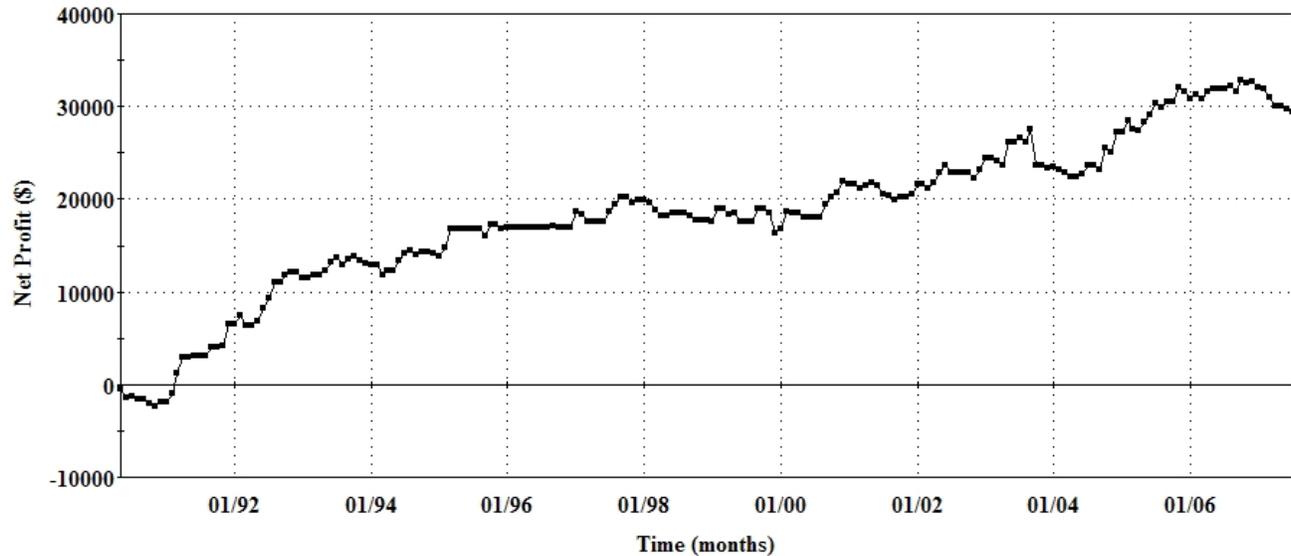
TradeStation Strategy Performance Report - OneNightStand GBPUSD.TXT-Daily (1/2/1991-8/1/2007)

### Performance Summary: All Trades

Total Net Profit	\$36,190.00	Open position P/L	\$0.00
Gross Profit	\$73,570.00	Gross Loss	(\$37,380.00)
Total # of trades	188	Percent profitable	51.60%
Number winning trades	97	Number losing trades	91
Largest winning trade	\$3,920.00	Largest losing trade	(\$2,030.00)
Average winning trade	\$758.45	Average losing trade	(\$410.77)
Ratio avg win/avg loss	1.85	Avg trade (win & loss)	\$192.50
Max consec. Winners	9	Max consec. losers	6
Avg # bars in winners	1	Avg # bars in losers	0
Max intraday drawdown	(\$2,800.00)	Max # contracts held	1
Profit Factor	1.97	Return on account	1292.50%
Account size required	\$2,800.00		

## OneNightStand trading DM-EUD/USD since 1990---

**Monthly Rolling Net Profit  
OneNightStand**



TradeStation Strategy Performance Report - OneNightStand FX.LNG-Daily (2/28/1990-8/1/2007)

### Performance Summary: All Trades

Total Net Profit	\$29,430.13	Open position P/L	\$0.00
Gross Profit	\$78,958.13	Gross Loss	(\$49,528.00)
Total # of trades	237	Percent profitable	50.63%
Number winning trades	120	Number losing trades	117
Largest winning trade	\$2,212.50	Largest losing trade	(\$2,625.00)
Average winning trade	\$657.98	Average losing trade	(\$423.32)
Ratio avg win/avg loss	1.55	Avg trade (win & loss)	\$124.18
Max consec. Winners	9	Max consec. losers	8
Avg # bars in winners	1	Avg # bars in losers	1
Max intraday drawdown	(\$5,275.50)		
Profit Factor	1.59	Max # contracts held	1
Account size required	\$5,275.50	Return on account	557.86%

## One Night Stand Ruleset:

To show how easy and profitable a Forex trading business can be structured is by viewing the theoretical results of a well-known public system that I've traded ever since Joe Krutsinger gave it to me (and everyone else) at a trading seminar fifteen years ago. It was Joe's custom at every seminar he spoke, to give away the currency trading system *One Night Stand* to the attendees. He stated only one person in a hundred was able to keep trading it because of a perversity element required. He did say that he believed it worked so well due to the human tendency to resist staying in the currency markets over weekends, and expected it to continue to work well into the future.

I've traded it in the currencies ever since. And the system works just the same as it did a decade and half ago. It isn't hard for me to trade because I'm used to buying new highs and selling new lows. The rules I use are as follows:

- **Buy only on Fridays**--- at one pip **above the highest high** of the last ten days--- if the 10 day simple moving average is above the 40 day simple moving average.
- **Sell only on Fridays**--- at one pip **below the lowest low** of the last ten days--- if the 10 day simple moving average is below the 40 day simple moving average.
- **If you get filled on either rule, exit on Monday morning's open**, or Tuesday morning's open, if Monday is a holiday.

Some individuals wish to use a money management stop after entry. This works very well. You can choose any value from 40 to 90 pips for a consistent stop with very little difference in profitability.

As you can see from the equity curves displayed for the various currencies, the system has been working very well since it was released in the late '80's. What is not usually appreciated by those investigating this system is this--- these returns are accomplished staying in the market less than 15% of the time!

Interestingly, a large number of important government reports come out on Fridays, and have for many years. That probably helps the persistence of this trade too. I do believe the main reason *One Night Stand* still works is for the reasons Joe Krutsinger gave many times from the platform.

Individuals and banking institutions are reluctant to stay heavily positioned over weekends if they don't have to. And they don't have to. So, traders like us pick up a risk premium for doing what others are unwilling to do.

If you need any assistance with this another system, or just need to ask a question about the markets, call me.

**Joel Rensink**

**612-825-4776**

**[www.infiniteyield.com](http://www.infiniteyield.com)**

## See comments from others:

Dear Joel,

I would highly recommend you as a person who has superior trading knowledge and capabilities.

You have the expert confidence and control through careful studying and applying your methods of trading the markets, that few people will ever have.

Sincerely,

Larry Jacobs -Editor

Traders World Magazine

<http://www.tradersworld.com>

In recent years, I have come to know Joel Rensink as one of the great independent traders of our time. In my opinion, ranking up there with the likes of Martin "Buzzy" Schwartz.

His mastery of the trading game comes through 30 plus years of experience during which time he has honed his skills both in the adept use of a number of trading systems that he has developed for strategic management of account positions, and his use of discretionary skills, on a tactical basis, for entering exiting situations.

Most importantly, his risk management instincts are second to none as he has the techniques for controlling risk during volatile movements and the foresight to get back into positions that turn back into favorable directions.

Although I consider myself an experienced independent trader, having executed over 4,000 trades in 2005, mostly in pit traded commodities, Joel trades enormous size when the right opportunities present themselves and he covers every market that is tradable around the world.

Lastly, Joel is a great teacher - always patient, never hiding the realities of the risks in active trading, and carefully evolving his clients to each new level of trading."

### **Rob McDougall - Independent trader.**

(In May, of 2007; a trader's profile was written on him and published in Futures Magazine, June 2007 issue. The article was: System Trading: tale of two traders. He described what's necessary for profitable trading and how it is possible in this day of instant and online trading options.)

What I can tell you about Joel is that he is the trading mentor you have all been looking for.

First, a little historical perspective. Over the past 13 years, I've spent over ten thousand dollars messing around with one system or another. Paying this guy or that gal for some trading assistance, some method, some trade setups, or some overall strategy. I even paid this gal a few hundred dollars to give me some psychobabble mentoring over the phone to release me from my incorrect thinking. Unbelievable.

It was pure luck that after all of this I stumbled across Joel. I had basically given up on trading. From intra-day to long term stock trading, I was thoroughly and utterly confused and demoralized. At that particular time, I had come to the belief that there was no way to make money in the markets for the average guy. Joel replied to one of my "I've had it with this game" posts on the Internet.

Most people won't do what it takes to achieve success in this business. They are always looking for something sophisticated, complex, and hard for the average guy to comprehend. They think if they can understand this certain method of complexity, it will give them an edge in the market. There are ample vendors out there willing to sell dreck to you if you are remotely interested. You don't have to look too far. Like I said, I just got lucky when I met Joel.

He was truly interested in finding out more about a person who had worked so long and hard at trading and was willing to offer some insight on how trading works.

He is the most patient teacher/mentor I know. Not only was he willing to share some of his systems with me but he is eager to rip them apart and prove the methods. He is extremely supportive of where ever one is in their system development and personal development. Usually his thinking is so clear that he sees things completely different from most people. He knows human behavior.

He understands the way the markets work. And he knows how to "trade through" - that is, how to keep pushing when times get rough. But I really think his most important contribution to my trading has been to get me to think in terms of testing. That testing your system, and seeing its historical results, gives a trader the wherewithal to believe in the system when times get rough. I realize a lot of people think testing is a waste of time. Maybe that thinking is right for them. Nonetheless, I have seen the real data, on several years of many markets and this factual data proves that his methods work.

There is no arguing this.

Then, when you add a little bit of money management to these long term positive reward systems, you get a real robust system you can stick to. Funny thing is that Joel has really not given me anything extremely proprietary. Some of the material he has revealed to me is in the public domain. But if you even have something and don't know where it fits.... It helps knowing what things that "everyone knows" does work. But what he has added is the knowledge of how to work with a profitable trading system.

Sure, he has it all coded up and systematized but none of it rocket science. He has a bunch of stuff that I don't even bother to ask about because that's not where I am in my system development and trading. What he has given to me - what he has opened my eyes to--- is more than enough to move forward. Through his generosity and true willingness to help, I now have a complete trading system and results to move my trading to the next level.

**D. Dubinsky**  
Private trader---  
Minneapolis, MN

I've learned how money is made in the markets from a veteran trader, Joel Rensink. I was trading helter-skelter for 2 years trading the foreign currencies and gold and silver, with awful results. I would hold on to trades that were going against me too long and wouldn't hold on to winners long enough. I would hit a good trade once in a while, and end up taking profits way too early.

Then I found out from Joel how the markets work, and that there are thousands of ways to lose, but just a few ways to profit consistently. I don't fight the markets any longer because I realize that they are there for us to profit from, when we simply recognize where they want to go.

Now I know how to buy and sell knowing the probabilities. This has made it possible for me to increase my position size for trades with better probabilities. With his help, I entered a \$5,000 option position in the grains and cashed out with \$85,000 in less than a month. If I had listened to (and acted on) all of his advice, I would have turned it into more than \$500K.

I've heard people say, “you don't go broke taking a profit...” Another way to lose opportunity.

I've found out the hard way that most people trying to trade go broke because they take the wrong profits. Money management is the “secret sauce” to profits, after you know which trades to take!

Thanks, Joel!

**John DeWitt**  
**Business owner – Trader**

Dear Joel:

Thank you for assisting me with my trading seminar last weekend in Chicago. I think everyone attending had a valuable time.

Your knowledge and understanding of the “way of profits” as a professional trader was very helpful for everyone in attendance, but especially for the new traders struggling to “get the edge”.

Most new traders do not really believe that they can win in the markets, so they need to see those who really trade for a living. That's why I really appreciated your coming. You've been doing this for almost as long as I have.

You're showing my group proof that profitable trading is achievable by regular people who will follow a proven plan (without their ego getting involved) was

invaluable. I don't think John will ever be the same! He called me wanting your email address to get an equity curve.

As you know, I believe that using existing trading automation with a proven trading plan will help new traders have a chance to profit before they get eaten up by the markets, because of the real risk to act or react improperly to market price changes.

Egoless trading is much more likely when the new trader's main decision is to turn on the computer and start the chosen trading system to ensure proper execution of his trade plan.

Thanks again for your help. Maybe you'll come again---

Edward Allen Toppel  
Floor Trader

Author: Zen in the Markets  
<http://www.samuraitrader.com>  
Samurai Trader Training Seminars  
ZenWare Suite Automation Software

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(Joel- I received this email from a friend of yours.... Thanks for spreading the word. I will use this on my website.)

Dear Mr. Toppel,

*I was recently given a copy of your book by a friend of mine, Mr. Joel R. I must say that Zen in the Markets is simply the single most important book on the techniques of successful trading I have read. I am a full time trader and people are always asking me for advice. It is without qualification that I recommend your book. Sadly, many people just do not understand your message. However, to those who read and understand, it is a seminal event in their trading lives.*

*Finally, I must congratulate you on the brevity of your book. As a former academic, I have found that so many authors take pages to say what you have so nicely said in a paragraph. Your clearness and brevity are truly refreshing. I have made your book a part of my daily routine, reading a chapter each day. I find it helps reinforce good habits. Thank you for such a wonderful book.*

Ken Brunsman

*P.S. Every trader needs a copy of this book immediately. Christmas is too far off to wait for this gift!*

-----See Risk Disclaimers Below-----

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futures traders.

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**HYPOTHETICAL PERFORMANCE RESULTS HAVE MANY INHERENT LIMITATIONS, SOME OF WHICH ARE DESCRIBED BELOW. NO REPRESENTATION IS BEING MADE THAT ANY ACCOUNT WILL OR IS LIKELY TO ACHIEVE PROFITS OR LOSSES SIMILAR TO THOSE SHOWN. IN FACT, THERE ARE FREQUENTLY SHARP DIFFERENCES BETWEEN HYPOTHETICAL PERFORMANCE RESULTS AND THE ACTUAL RESULTS SUBSEQUENTLY ACHIEVED BY ANY PARTICULAR TRADING PROGRAM. ONE OF THE LIMITATIONS OF HYPOTHETICAL PERFORMANCE RESULTS IS THAT THEY ARE GENERALLY PREPARED WITH THE BENEFIT OF HINDSIGHT. IN ADDITION, HYPOTHETICAL TRADING DOES NOT INVOLVE FINANCIAL RISK, AND NO HYPOTHETICAL TRADING RECORD CAN COMPLETELY ACCOUNT FOR THE IMPACT OF FINANCIAL RISK IN ACTUAL TRADING. FOR EXAMPLE, THE ABILITY TO WITHSTAND LOSSES OR TO ADHERE TO A PARTICULAR TRADING PROGRAM IN SPITE OF TRADING LOSSES ARE MATERIAL POINTS WHICH CAN ALSO ADVERSELY AFFECT ACTUAL TRADING RESULTS. THERE ARE NUMEROUS OTHER FACTORS RELATED TO THE MARKETS IN GENERAL OR TO THE IMPLEMENTATION OF ANY SPECIFIC TRADING PROGRAM WHICH CANNOT BE FULLY ACCOUNTED FOR IN THE PREPARATION OF HYPOTHETICAL PERFORMANCE RESULTS AND ALL OF WHICH CAN ADVERSELY AFFECT ACTUAL TRADING RESULTS.**