

**(COT)  
COMMITMENTS  
OF TRADERS  
REPORTS**

**HOW TO READ IT?**

**- second part -**



# (COT) Commitments of Traders Reports

## How to Read it?

- second part -

After the last published PDF where I explained some general info about my simplified version of Commitments of Traders reports, I have decided to continue and give more details about these reports.

Let's start ...

This presentation will be divided into two parts:

1. What is the meaning of the colors used in the COT Reports?
2. Correlation between COT Reports & Candlestick Charts

### 1. UNDERSTANDING THE COLORS

I think it is a very good idea to use colors for having a visual representation of the reports. That's why I am using bars and colors in the simplified version of the COT Reports, to easily spot potentials changes in the trends.

So, in the following lines, I will try to explain what is the meaning of all the colors used in the reports.

On the next page, we will see Swiss Franc report and use it as an example ...

| SWISS FRANC - CHICAGO MERCANTILE EXCHANGE |        |        |              |               |         |          |          |
|---|--------|--------|--------------|---------------|---------|----------|----------|
| DATE                                      | LONGs  | SHORTs | CHANGE LONGs | CHANGE SHORTs | % LONGs | % SHORTs | NET POS. |
| 25-Feb-2020                               | 19,914 | 19,298 | 2,857        | 3,782         | 34.80%  | 33.70%   | 616      |
| 3-Mar-2020                                | 14,727 | 17,969 | -5,187       | -1,329        | 27.10%  | 33.00%   | -3,242   |
| 10-Mar-2020                               | 13,460 | 12,865 | -1,267       | -5,104        | 26.70%  | 25.50%   | 595      |
| 17-Mar-2020                               | 13,963 | 6,589  | 503          | -6,276        | 39.60%  | 18.70%   | 7,374    |
| 24-Mar-2020                               | 10,294 | 5,403  | -3,669       | -1,186        | 33.50%  | 17.60%   | 4,891    |
| 31-Mar-2020                               | 10,389 | 5,442  | 95           | 39            | 35.00%  | 18.30%   | 4,947    |
| 7-Apr-2020                                | 11,186 | 5,582  | 797          | 140           | 36.80%  | 18.40%   | 5,604    |
| 14-Apr-2020                               | 11,608 | 6,951  | 422          | 1,369         | 35.50%  | 21.20%   | 4,657    |
| 21-Apr-2020                               | 12,731 | 7,807  | 1,123        | 856           | 36.30%  | 22.30%   | 4,924    |
| 28-Apr-2020                               | 12,474 | 6,898  | -257         | -909          | 34.30%  | 19.00%   | 5,576    |
| 5-May-2020                                | 12,967 | 5,176  | 493          | -1,722        | 35.80%  | 14.30%   | 7,791    |
| 12-May-2020                               | 12,624 | 5,976  | -343         | 800           | 31.20%  | 14.80%   | 6,648    |
| 19-May-2020                               | 13,678 | 4,950  | 1,054        | -1,026        | 35.30%  | 12.80%   | 8,728    |
| 26-May-2020                               | 13,246 | 4,507  | -432         | -443          | 33.90%  | 11.50%   | 8,739    |
| 2-Jun-2020                                | 13,364 | 4,375  | 118          | -132          | 33.10%  | 10.80%   | 8,989    |
| 9-Jun-2020                                | 10,463 | 8,697  | -2,901       | 4,322         | 25.20%  | 20.90%   | 1,766    |
| 16-Jun-2020                               | 9,150  | 7,544  | -1,313       | -1,153        | 25.60%  | 21.10%   | 1,606    |
| 23-Jun-2020                               | 11,739 | 10,291 | 2,589        | 2,747         | 27.80%  | 24.30%   | 1,448    |
| 30-Jun-2020                               | 12,796 | 8,458  | 1,057        | -1,833        | 30.90%  | 20.40%   | 4,338    |
| 7-Jul-2020                                | 12,832 | 9,054  | 36           | 596           | 28.40%  | 20.10%   | 3,778    |
| 14-Jul-2020                               | 16,526 | 9,469  | 3,694        | 415           | 34.10%  | 19.60%   | 7,057    |
| 21-Jul-2020                               | 17,761 | 10,382 | 1,235        | 913           | 34.80%  | 20.40%   | 7,379    |
| 28-Jul-2020                               | 17,654 | 9,212  | -107         | -1,170        | 34.10%  | 17.80%   | 8,442    |
| 4-Aug-2020                                | 21,760 | 10,100 | 4,106        | 888           | 38.30%  | 17.80%   | 11,660   |
| 11-Aug-2020                               | 23,084 | 5,919  | 1,324        | -4,181        | 40.80%  | 10.50%   | 17,165   |
| 18-Aug-2020                               | 20,774 | 6,267  | -2,310       | 348           | 37.00%  | 11.20%   | 14,507   |
| 25-Aug-2020                               | 18,344 | 6,478  | -2,430       | 211           | 34.60%  | 12.20%   | 11,866   |
| 1-Sep-2020                                | 19,263 | 7,666  | 919          | 1,188         | 35.60%  | 14.20%   | 11,597   |
| 8-Sep-2020                                | 18,440 | 6,913  | -823         | -753          | 35.10%  | 13.20%   | 11,527   |
| 15-Sep-2020                               | 18,649 | 6,583  | 209          | -330          | 35.60%  | 12.60%   | 12,066   |
| 22-Sep-2020                               | 21,684 | 5,768  | 3,035        | -815          | 41.80%  | 11.10%   | 15,916   |
| 29-Sep-2020                               | 19,166 | 6,425  | -2,518       | 657           | 40.20%  | 13.50%   | 12,741   |
| 6-Oct-2020                                | 16,941 | 3,845  | -2,225       | -2,580        | 37.60%  | 8.50%    | 13,096   |
| 13-Oct-2020                               | 16,896 | 4,724  | -45          | 879           | 35.40%  | 9.90%    | 12,172   |
| 20-Oct-2020                               | 21,682 | 7,283  | 4,786        | 2,559         | 41.10%  | 13.80%   | 14,399   |
| 27-Oct-2020                               | 22,189 | 6,686  | 507          | -597          | 42.10%  | 12.70%   | 15,503   |
| 3-Nov-2020                                | 20,775 | 5,880  | -1,414       | -806          | 40.70%  | 11.50%   | 14,895   |
| 10-Nov-2020                               | 21,403 | 5,539  | 628          | -341          | 40.70%  | 10.50%   | 15,864   |
| 17-Nov-2020                               | 19,929 | 5,005  | -1,474       | -534          | 39.20%  | 9.90%    | 14,924   |
| 24-Nov-2020                               | 20,117 | 5,131  | 188          | 126           | 39.90%  | 10.20%   | 14,986   |
| 1-Dec-2020                                | 19,860 | 5,209  | -257         | 78            | 38.40%  | 10.10%   | 14,651   |
| 8-Dec-2020                                | 16,693 | 6,270  | -3,167       | 1,061         | 30.40%  | 11.40%   | 10,423   |
| 15-Dec-2020                               | 17,177 | 7,886  | 484          | 1,616         | 35.10%  | 16.10%   | 9,291    |
| 21-Dec-2020                               | 23,286 | 12,042 | 6,109        | 4,156         | 43.70%  | 22.60%   | 11,244   |
| 29-Dec-2020                               | 21,496 | 9,709  | -1,790       | -2,333        | 41.00%  | 18.50%   | 11,787   |
| 5-Jan-2021                                | 17,386 | 8,014  | -4,110       | -1,695        | 35.50%  | 16.30%   | 9,372    |
| 12-Jan-2021                               | 20,421 | 8,446  | 3,035        | 432           | 40.70%  | 16.80%   | 11,975   |
| 19-Jan-2021                               | 17,706 | 8,286  | -2,715       | -160          | 36.50%  | 17.10%   | 9,420    |
| 26-Jan-2021                               | 17,638 | 7,546  | -68          | -740          | 36.50%  | 15.60%   | 10,092   |
| 2-Feb-2021                                | 22,159 | 7,518  | 4,521        | -28           | 43.60%  | 14.80%   | 14,641   |
| 9-Feb-2021                                | 18,778 | 7,370  | -3,381       | -148          | 38.60%  | 15.10%   | 11,408   |
| 16-Feb-2021                               | 15,745 | 7,374  | -3,033       | 4             | 32.70%  | 15.30%   | 8,371    |
| 23-Feb-2021                               | 21,561 | 10,038 | 5,816        | 2,664         | 40.70%  | 18.90%   | 11,523   |
| 2-Mar-2021                                | 21,863 | 9,602  | 302          | -436          | 41.50%  | 18.20%   | 12,261   |

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As a brief clarification, all reports are against the U.S. Dollar, this means that the COT report used in the example above refers to CHF/USD.

Looking at the Swiss Franc's report, we can see how the trend changed overtime but at the same time, we can also see the current market sentiment. It is also very easy to spot the changes in recent weeks.

Regarding the colors, is like watching a classic candlestick chart. green is for bullish and red is for bearish.

Next, we will go thru each colored column of the report, to understand how the colors are used ...

Let's start with the first two columns, "longs" and "shorts":

## "LONGS" and "SHORTS"

The "LONGS" and "SHORTS" columns are colored green and red. To be more precise, the longs are represented with green color, and the shorts are represented with red color. The association is simple, as in a candlestick chart where green means bullish (long) and red means bearish (short).

When checking the "LONGS" and "SHORTS" columns, the numbers of longs and shorts are illustrated with a bar. Bar length represents the number of opened positions for longs and shorts.

The more "longs" are opened, the longer the green-colored bar is. The more "shorts" are opened, the longer the red-colored bar is.

Me personally, I like using the bars for a comparison between the current number of longs/shorts vs past reports longs/shorts. I am not comparing the number of longs with the number of shorts. We have a "Net Position" column for this.

## "CHANGE LONGS"

GREEN:

When many longs are opened, we are using the green color. Why? Because the more longs are open, the more bullish the market is.

RED:

When many longs are closed, we are using the red color. Why? Because the more longs are closed, the more bearish the market is. Of course, column "change shorts" should be red too for a bearish move.

## "CHANGE SHORTS"

RED - When many shorts are opened, we are using the red color. Why? Because the more shorts are open, the more bearish the market is.

GREEN: When many shorts are closed, we are using the green color. Why? Because the more shorts are closed, the more bullish the market is. And as I said before, we need a confirmation from column "change longs" to have a bullish perspective. It should be green too for a bullish move.

In conclusion, when both columns "change longs" and "change shorts" have the same color, it means that the sentiment in the market is a strong one. It shows the imbalance between longs and shorts and a possible strong movement in the direction shown by the color (bullish or bearish).

## "NET POSITIONS"

This column represents the difference between the longs and the shorts. We are using green and red colors for the situation when the ratio between longs/shorts has changed.

Of course, we are referring to currency's evolution from the past, we are not referring to value "0" (zero).

So, red does not necessarily mean that "Net Positions" have a negative value or green does not mean that it has a positive value.

It means that it is bearish or bullish compared to the trend of that market. So, the colors are related to the market trend, not to zero.

Even if "Net Positions" shows +20k longs it will be red if the "Net Positions" value is coming from +50k longs. That's because it is a significant drop from +50k to +20k. It is an easy concept, I'm sure you understand it.

## 2.COT REPORTS & CANDLESTICK CHARTS

Let's make a comparison between the Japanese Yen's COT report and the candlestick chart.

Here is the COT report for JPY:

| JAPANESE YEN - CHICAGO MERCANTILE EXCHANGE |        |         |              |               |         |          |          |
|--|--------|---------|--------------|---------------|---------|----------|----------|
| DATE                                       | LONGs  | SHORTs  | CHANGE LONGs | CHANGE SHORTs | % LONGs | % SHORTs | NET POS. |
| 25-Feb-2020                                | 53,855 | 110,244 | -4,750       | 24,418        | 24.10%  | 49.20%   | -56,389  |
| 3-Mar-2020                                 | 50,598 | 92,922  | -3,257       | -17,322       | 25.50%  | 46.80%   | -42,324  |
| 10-Mar-2020                                | 61,732 | 53,575  | 11,134       | -39,347       | 38.80%  | 33.70%   | 8,157    |
| 17-Mar-2020                                | 57,286 | 24,351  | -4,446       | -29,224       | 45.50%  | 19.40%   | 32,935   |
| 24-Mar-2020                                | 56,528 | 32,665  | -758         | 8,314         | 45.00%  | 26.00%   | 23,863   |
| 31-Mar-2020                                | 48,444 | 30,162  | -8,084       | -2,503        | 40.30%  | 25.10%   | 18,282   |
| 7-Apr-2020                                 | 49,249 | 26,839  | 805          | -3,323        | 41.50%  | 22.60%   | 22,410   |
| 14-Apr-2020                                | 49,863 | 27,220  | 614          | 381           | 40.60%  | 22.10%   | 22,643   |
| 21-Apr-2020                                | 53,730 | 27,704  | 3,867        | 484           | 41.90%  | 21.60%   | 26,026   |
| 28-Apr-2020                                | 59,962 | 27,636  | 6,232        | -68           | 41.70%  | 19.20%   | 32,326   |
| 5-May-2020                                 | 56,634 | 29,420  | -3,328       | 1,784         | 37.20%  | 19.30%   | 27,214   |
| 12-May-2020                                | 56,307 | 28,370  | -327         | -1,050        | 36.70%  | 18.50%   | 27,937   |
| 19-May-2020                                | 52,038 | 24,568  | -4,269       | -3,802        | 35.20%  | 16.60%   | 27,470   |
| 26-May-2020                                | 57,873 | 23,266  | 5,835        | -1,302        | 36.90%  | 14.80%   | 34,607   |
| 2-Jun-2020                                 | 61,958 | 29,379  | 4,085        | 6,113         | 39.00%  | 18.50%   | 32,579   |
| 9-Jun-2020                                 | 48,862 | 31,400  | -13,096      | 2,021         | 31.50%  | 20.20%   | 17,462   |
| 16-Jun-2020                                | 43,126 | 21,016  | -5,736       | -10,384       | 33.90%  | 16.50%   | 22,110   |
| 23-Jun-2020                                | 50,490 | 23,032  | 7,364        | 2,016         | 34.90%  | 15.90%   | 27,458   |
| 30-Jun-2020                                | 42,755 | 18,894  | -7,735       | -4,138        | 31.10%  | 13.80%   | 23,861   |
| 7-Jul-2020                                 | 44,043 | 27,231  | 1,288        | 8,337         | 31.80%  | 19.70%   | 16,812   |
| 14-Jul-2020                                | 45,111 | 26,785  | 1,068        | -446          | 33.40%  | 19.80%   | 18,326   |
| 21-Jul-2020                                | 50,854 | 31,547  | 5,743        | 4,762         | 35.60%  | 22.10%   | 19,307   |
| 28-Jul-2020                                | 62,924 | 34,417  | 12,070       | 2,870         | 37.00%  | 20.20%   | 28,507   |
| 4-Aug-2020                                 | 52,073 | 20,644  | -10,851      | -13,773       | 33.00%  | 13.10%   | 31,429   |
| 11-Aug-2020                                | 48,158 | 21,142  | -3,915       | 498           | 32.10%  | 14.10%   | 27,016   |
| 18-Aug-2020                                | 41,717 | 21,133  | -6,441       | -9            | 28.40%  | 14.40%   | 20,584   |
| 25-Aug-2020                                | 44,978 | 21,362  | 3,261        | 229           | 30.50%  | 14.50%   | 23,616   |
| 1-Sep-2020                                 | 46,654 | 17,050  | 1,676        | -4,312        | 32.00%  | 11.70%   | 29,604   |
| 8-Sep-2020                                 | 44,850 | 23,108  | -1,804       | 6,058         | 29.60%  | 15.20%   | 21,742   |
| 15-Sep-2020                                | 50,360 | 27,471  | 5,510        | 4,363         | 33.80%  | 18.40%   | 22,889   |
| 22-Sep-2020                                | 59,033 | 29,452  | 8,673        | 1,981         | 34.90%  | 17.40%   | 29,581   |
| 29-Sep-2020                                | 47,535 | 22,746  | -11,498      | -6,706        | 30.00%  | 14.40%   | 24,789   |
| 6-Oct-2020                                 | 45,779 | 24,677  | -1,756       | 1,931         | 28.10%  | 15.10%   | 21,102   |
| 13-Oct-2020                                | 47,245 | 27,269  | 1,466        | 2,592         | 28.50%  | 16.50%   | 19,976   |
| 20-Oct-2020                                | 46,524 | 32,341  | -721         | 5,072         | 28.00%  | 19.50%   | 14,183   |
| 27-Oct-2020                                | 46,131 | 28,238  | -393         | -4,103        | 26.00%  | 15.90%   | 17,893   |
| 3-Nov-2020                                 | 51,012 | 22,914  | 4,881        | -5,324        | 27.60%  | 12.40%   | 28,098   |
| 10-Nov-2020                                | 55,644 | 13,750  | 4,632        | -9,164        | 30.30%  | 7.50%    | 41,894   |
| 17-Nov-2020                                | 40,313 | 10,646  | -15,331      | -3,104        | 24.40%  | 6.40%    | 29,667   |
| 24-Nov-2020                                | 54,472 | 14,230  | 14,159       | 3,584         | 30.30%  | 7.90%    | 40,242   |
| 1-Dec-2020                                 | 62,449 | 14,946  | 7,977        | 716           | 33.60%  | 8.00%    | 47,503   |
| 8-Dec-2020                                 | 63,585 | 15,419  | 1,136        | 473           | 32.90%  | 8.00%    | 48,166   |
| 15-Dec-2020                                | 65,376 | 21,413  | 1,791        | 5,994         | 33.80%  | 11.10%   | 43,963   |
| 21-Dec-2020                                | 66,970 | 20,877  | 1,594        | -536          | 34.00%  | 10.60%   | 46,093   |
| 29-Dec-2020                                | 63,577 | 16,227  | -3,393       | -4,650        | 32.70%  | 8.30%    | 47,350   |
| 5-Jan-2021                                 | 69,163 | 18,973  | 5,586        | 2,746         | 33.40%  | 9.20%    | 50,190   |
| 12-Jan-2021                                | 63,857 | 13,337  | -5,306       | -5,636        | 33.50%  | 7.00%    | 50,520   |
| 19-Jan-2021                                | 64,143 | 14,129  | 286          | 792           | 33.50%  | 7.40%    | 50,014   |
| 26-Jan-2021                                | 63,463 | 18,471  | -680         | 4,342         | 32.70%  | 9.50%    | 44,992   |
| 2-Feb-2021                                 | 69,602 | 24,973  | 6,139        | 6,502         | 36.50%  | 13.10%   | 44,629   |
| 9-Feb-2021                                 | 60,719 | 26,101  | -8,883       | 1,128         | 33.00%  | 14.20%   | 34,618   |
| 16-Feb-2021                                | 66,732 | 29,550  | 6,013        | 3,449         | 35.50%  | 15.70%   | 37,182   |
| 23-Feb-2021                                | 66,670 | 38,048  | -62          | 8,498         | 36.40%  | 20.80%   | 28,622   |
| 2-Mar-2021                                 | 61,259 | 41,989  | -5,411       | 3,941         | 32.40%  | 22.20%   | 19,270   |

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**ATTENTION:** To avoid confusion, I will say again that when we are looking at JPY's report, we are looking at JPY/USD.

So, everything seen on the report will turn to 180 degrees when looking at the chart. That means the more shorts we see on the report (JPY/USD) means more bullish sentiment on the chart (USD/JPY).

For better understanding let's analyze the candlestick chart for USDJPY between January 5, 2021 to March 2, 2021.

Here is the chart:



As you can observe on the COT Report the NET POSITIONS start to decrease from January 5. From +50k longs on January 5 to +19k longs on March 2. That means we have a bearish view on the report. Changing the perspective at 180 degrees when looking at the chart means that USDJPY is bullish.

So, if JPYUSD = bearish then USDJPY = bullish. Easy concept.

Looking at the chart from January 5, 2021 to March 2, 2021 you will see a price increase starting with that date.

Now compare it with the report.

| JAPANESE YEN - CHICAGO MERCANTILE EXCHANGE |        |        |              |               |         |          |          |
|--|--------|--------|--------------|---------------|---------|----------|----------|
| DATE                                       | LONGs  | SHORTs | CHANGE LONGs | CHANGE SHORTs | % LONGs | % SHORTs | NET POS. |
| 5-Jan-2021                                 | 69,163 | 18,973 | 5,586        | 2,746         | 33.40%  | 9.20%    | 50,190   |
| 12-Jan-2021                                | 63,857 | 13,337 | -5,306       | -5,636        | 33.50%  | 7.00%    | 50,520   |
| 19-Jan-2021                                | 64,143 | 14,129 | 286          | 792           | 33.50%  | 7.40%    | 50,014   |
| 26-Jan-2021                                | 63,463 | 18,471 | -680         | 4,342         | 32.70%  | 9.50%    | 44,992   |
| 2-Feb-2021                                 | 69,602 | 24,973 | 6,139        | 6,502         | 36.50%  | 13.10%   | 44,629   |
| 9-Feb-2021                                 | 60,719 | 26,101 | -8,883       | 1,128         | 33.00%  | 14.20%   | 34,618   |
| 16-Feb-2021                                | 66,732 | 29,550 | 6,013        | 3,449         | 35.50%  | 15.70%   | 37,182   |
| 23-Feb-2021                                | 66,670 | 38,048 | -62          | 8,498         | 36.40%  | 20.80%   | 28,622   |
| 2-Mar-2021                                 | 61,259 | 41,989 | -5,411       | 3,941         | 32.40%  | 22.20%   | 19,270   |

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In the mentioned period more shorts have been opened and more longs have been closed, "Net Positions" reaching 19k from 50k meaning that the JPY is going from bullish to bearish against the USD.

To strengthen the above, we can also follow the US Dollar Index COT report. A strong US Dollar against a weak Japanese Yen will lead to a bullish move on the USDJPY.

Let's see the report for US Dollar Index:

| U.S. DOLLAR INDEX - ICE FUTURES U.S. |        |        |              |               |         |          |          |
|--------------------------------------|--------|--------|--------------|---------------|---------|----------|----------|
| DATE                                 | LONGs  | SHORTs | CHANGE LONGs | CHANGE SHORTs | % LONGs | % SHORTs | NET POS. |
| 5-Jan-2021                           | 14,889 | 29,841 | 279          | 674           | 39.60%  | 79.40%   | -14,952  |
| 12-Jan-2021                          | 13,948 | 27,855 | -941         | -1,986        | 40.00%  | 79.90%   | -13,907  |
| 19-Jan-2021                          | 15,440 | 29,717 | 1,492        | 1,862         | 42.80%  | 82.40%   | -14,277  |
| 26-Jan-2021                          | 15,369 | 30,088 | -71          | 371           | 41.40%  | 81.00%   | -14,719  |
| 2-Feb-2021                           | 15,980 | 30,810 | 611          | 722           | 43.30%  | 83.50%   | -14,830  |
| 9-Feb-2021                           | 15,939 | 29,814 | -41          | -996          | 44.00%  | 82.40%   | -13,875  |
| 16-Feb-2021                          | 15,842 | 30,129 | -97          | 315           | 44.00%  | 83.80%   | -14,287  |
| 23-Feb-2021                          | 17,592 | 31,443 | 1,750        | 1,314         | 42.50%  | 76.00%   | -13,851  |
| 2-Mar-2021                           | 20,767 | 30,870 | 3,175        | -573          | 55.30%  | 82.20%   | -10,103  |

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We can easily spot by using the colors that the US Dollar Index has increased a little bit comparing with the last weeks. Net Positions changed from -14k to -10k. More longs have been opened but still no shorts closed. In such a situation, consulting the reports and the chart, I am going "long" on USDJPY.

Now ...

As I said in my first PDF, this is general information but for beginners it is a good starting point in using the reports.

I want to thank everyone for their support, especially the supporters on the buymeacoffee page.

I will invest more in this community and will try to bring more value along with the weekly reports.

Happy trading! ;)

If you enjoyed my tutorial and want to support my work you can buy me a coffee here:

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**THANK YOU!**

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