

BREAKING STRUCTURE PRESENTS

The Sunday *Watchlist.*

Six steps. Two hours. One ranked list. The operational workflow that turns reading into a working week.

WRITTEN BY

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// COT · 13F · GAMMA · CALENDAR · CONFLUENCE · RANK //

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WHERE THIS FITS IN THE SERIES

Issues 01-03 covered the analytical layers: Three Layers, dealer mechanics, single-name convergence. **This issue is operational.** It is the workflow that takes those analytical reads and produces a ranked list of ten names every Sunday evening that survives contact with Monday's market.

The two-hour ritual.

The retail problem is not finding setups. It is finding the right setups consistently, week after week, without burning out or chasing whatever flow service is loudest on a given Sunday. The fix is a process. A small one.

Most retail traders' Sundays look like this: open Twitter, see ten names being talked about, get FOMO into three of them, write none of them down, log on Monday morning and forget which thesis was attached to which name. By Wednesday, two of the three have stopped out for unclear reasons. By Friday, one is up and they conclude they have an edge.

That is not a process. It is a vibe. The replacement is mechanical. **Six steps. Two hours. One output.** Run it the same way every Sunday and the noise quiets down because the framework forces it to.

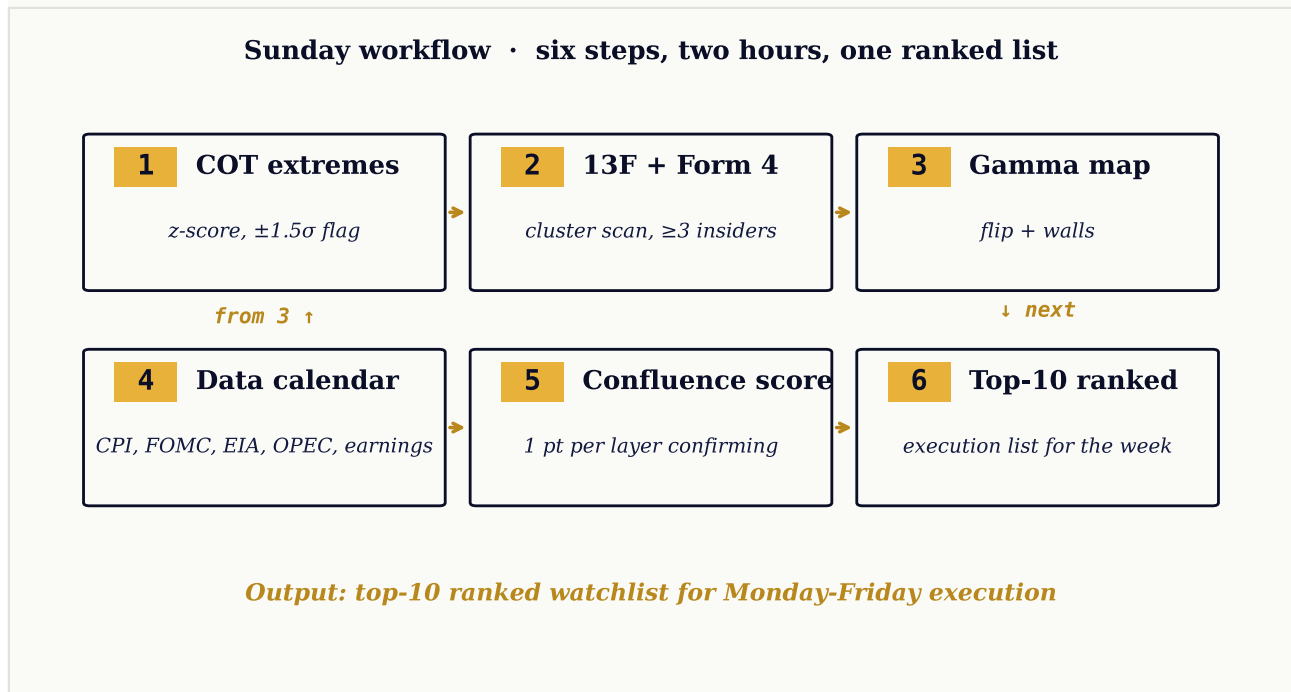


Figure 01 · The Sunday workflow.

SIX STEPS IN A FIXED ORDER. EACH STEP TAKES ROUGHLY TWENTY MINUTES. THE OUTPUT IS A RANKED TOP-10 LIST THAT DRIVES THE ENTIRE WEEK. ANYTHING NOT ON THE LIST WAITS UNTIL NEXT SUNDAY.

The order matters. Each step builds on the prior. COT extremes (the slowest, deepest positioning data) feed the watch universe. 13F and Form 4 clusters narrow the universe to names with active institutional capital. The gamma map adds dealer context. The data calendar adds timing. Confluence scoring adds discipline. The ranked list is just the output of the prior five doing their work.

Skipping a step is how setups go wrong. Most retail blow-ups in any given week trace to a missing step in this workflow. A trade that looked good on positioning data but ignored the gamma regime. A trade that looked good on gamma but ignored that earnings was Tuesday and the position would be sized through a binary event. A trade that scored 5/6 but had no time stop because the workflow output was never written down.

"The list is the week. Anything not on it waits until next Sunday."

Step 1 · COT positioning extremes.

The CFTC Commitments of Traders report drops every Friday at 3:30 PM ET, covering positions as of the prior Tuesday. By Sunday evening it is Layer 1 of your watchlist build, the deepest read on where institutional money actually sits in futures and FX.

What you are looking for

The COT data has multiple trader categories (commercials, managed money, large speculators, small speculators) across futures and options. The single most useful lens is **managed money positioning expressed as a 3-year z-score**. Z-score above $+1.5\sigma$ flags a long-side extreme. Below -1.5σ flags a short-side extreme. These are the structural inflection zones, not predictions of imminent reversal but predictors of asymmetric risk.

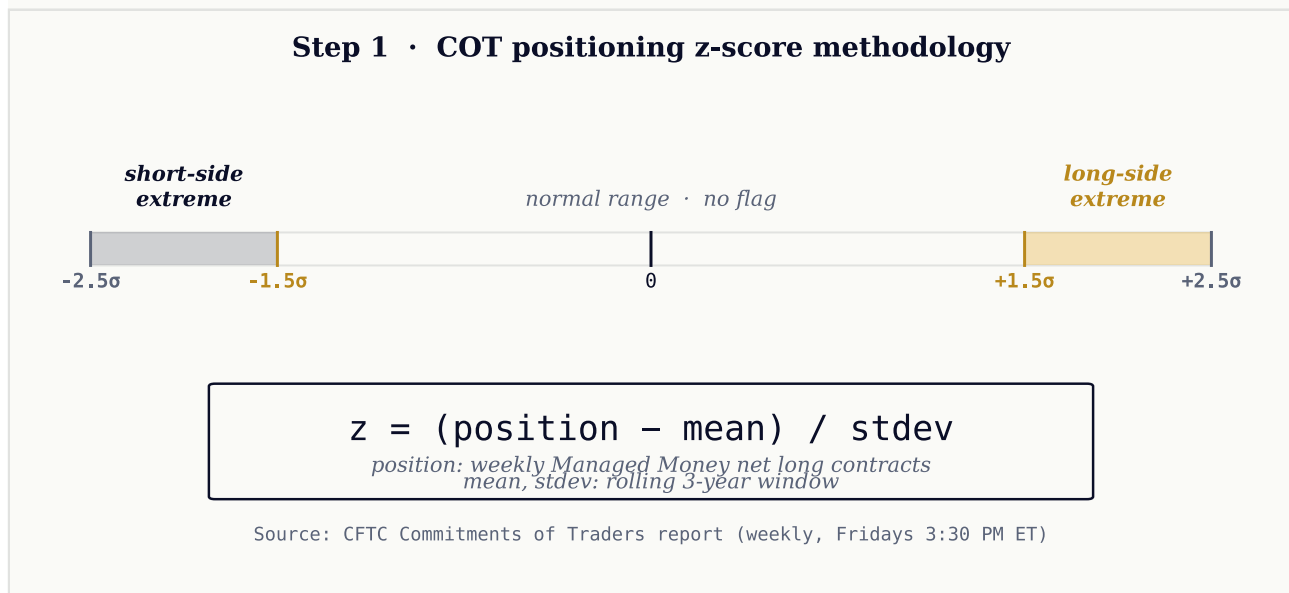


Figure 02 · COT positioning as z-score.

THE LINES AT $\pm 1.5\sigma$ ARE THE FLAG THRESHOLDS. WHEN POSITIONING ENTERS A FLAGGED ZONE, THE ASYMMETRY IS NO LONGER IN YOUR FAVOR FOR ADDING TO THAT DIRECTION. THE MOST INFORMATIVE DATA IS WHEN THE Z-SCORE IS ROLLING OUT OF AN EXTREME, NOT STILL ROOTED IN ONE.

The 20-instrument scan

Every Sunday, run the z-score scan across the same 20 instruments. The list does not change week to week:

- **Equity index futures.** ES (S&P), NQ (Nasdaq), RTY (Russell), YM (Dow).
- **Rates.** ZN (10Y), ZB (30Y), ZF (5Y), ZT (2Y).

- **FX.** 6E (EUR), 6J (JPY), 6B (GBP), 6S (CHF), 6A (AUD), DX (DXY).
- **Energy.** CL (WTI), NG (natgas).
- **Metals.** GC (gold), SI (silver), HG (copper).
- **Grains.** ZC (corn), ZS (soybeans), ZW (wheat).

That is the universe. Anything outside is exception, not default. The output of Step 1 is a list of every instrument currently flagged at $\pm 1.5\sigma$ on the 3-year window, with the z-score and the trader category that's at the extreme noted.

What this typically looks like in practice

In a quiet macro week, two to four instruments are flagged. In a stressed week (post-CPI surprise, mid-Fed cycle, after a major OPEC headline) eight or ten can be flagged at once. Both extremes are useful. A single flagged instrument is sometimes a setup; eight flagged instruments often means the macro regime itself is the trade and the cross-asset hedging book matters more than any single name.

Step 2 • 13F shifts and Form 4 clusters.

Step 2 is the convergence framework from Issue 03 in operational form. Run the same scans every Sunday across the same data sources. The point is consistency, not novelty.

The 13F scan

Aggregated 13F data refreshes weekly. The Sunday scan checks for the most recent quarter's filings (or amendments) and flags any name in the top-50 holding lists of the funds you track that increased its position by 25% or more, plus any new entries above 1% of the fund's portfolio. Quiver Quantitative, WhaleWisdom, and similar services aggregate and tag this so the scan takes minutes, not hours.

The fund universe matters. Build a tracking list of 30-50 funds whose investing styles match your interest (special situations, value, growth-at-reasonable-price, healthcare specialty, energy specialty, and so on). The scan output is a list of names with multi-fund clustering or significant single-fund adds. Names with three or more independent funds adding in the same quarter go straight to the candidate list.

The Form 4 cluster scan

Form 4 data is real-time within the T+2 filing rule. The Sunday scan looks at the trailing 30 days for clusters: three or more insiders making open-market purchases (transaction code "P") within a 14-day window on the same name. CEO buys above \$250K, ideally \$1M, get tagged separately as high-conviction. OpenInsider and Quiver both publish filtered cluster views that make this scan fast.

The output of Step 2 is a list of single-name equity candidates, each with a one-line note on why they qualified (multi-fund 13F clustering, CEO buy at conviction size, full-board insider cluster, etc.). Typical Sunday produces 10-25 candidates. After Step 3 (gamma) and Step 4 (calendar), most will get cut.

THE DISCIPLINE THAT MATTERS MOST

Read the same data sources in the same order every week. The temptation to skip the 13F scan because "I already saw a flow alert on this name" or to skip the Form 4 scan because "the chart looks great" is the single most reliable failure pattern. The workflow only works if it is run every step, every Sunday, regardless of how attractive any single signal appears.

Step 3 · the gamma map.

Issue 02 covered how to read individual gamma profiles. Step 3 of the Sunday build is the same skill applied at scan-scale across the universe of names with usable options chains.

The 25-name gamma scan

Across SPX, NDX, RTY, TLT, BTC, ETH, and the major sector ETFs (XLE, XLF, XLK, XLV, XLI, XLU, XLB, XLY), pull the current gamma profile and note three things: the regime (positive or negative GEX), the distance from current spot to the gamma flip in percent, and the location of the nearest call wall and put wall. Most paid services (SpotGamma, Menthor Q, Unusual Whales for equity; Greeks.live or Amberdata for crypto) provide all three reads in one screen.

Step 3 · gamma landscape categories · schematic

DEEP POSITIVE GEX

mean-revert bias

Tight intraday ranges · Walls act as magnets · Fade extremes within envelope

REGIME TRANSITION ZONE

highest sensitivity

Near gamma flip line · Reads can rotate mid-week · Half-size or wait for direction

DEEP NEGATIVE GEX

trend bias

Wide ranges, expanding vol · Walls become barriers · Trade direction of breakouts

Every Sunday: classify each tracked instrument into one of these zones from the gamma profile data

Figure 03 · The gamma landscape across the universe.

DISTANCE TO GAMMA FLIP IN PERCENT. INSTRUMENTS INSIDE THE REGIME TRANSITION ZONE ARE THE MOST SENSITIVE TO INCREMENTAL FLOW AND THE MOST LIKELY TO FLIP MID-WEEK. INSTRUMENTS DEEP IN EITHER REGIME ARE MORE STABLE IN THEIR BEHAVIOR.

What the output looks like

The Step 3 output is a one-page table: for each tracked instrument, regime + distance to flip + nearest walls. Instruments deep in positive GEX (>1% above flip with deep call walls overhead) get a "mean-revert bias" tag. Instruments deep in negative GEX (>1% below flip with put walls below in size) get a "trend bias" tag. Instruments inside the regime transition zone (within 0.5% of flip) get a "watch · regime sensitive" tag.

This output gets cross-referenced against the candidates from Step 2. A single-name equity candidate with high convergence score is one trade. The same candidate with the broader tape in negative GEX is a different trade structure (probably tighter stops, faster time stop). Same name, same thesis, different gamma context, different execution.

The single-name extension

Most Tier C convergence candidates from Step 2 will not have usable gamma data because their options chains are too thin. That is fine. Note "no gamma read" in the table and rely on the broader sector or index regime as proxy. A small-cap healthcare name in a positive-gamma XLV environment trades differently than the same name in a negative-gamma broad-tape environment.

Step 4 · the data calendar.

The calendar is the schedule of events that move regimes. CPI, FOMC, NFP, EIA, OPEC, earnings. Step 4 is mapping the week ahead and noting which candidates carry binary risk through which event.

The calendar that matters

Build a fixed weekly template covering Monday through Friday. Populate with macro events first (CPI, PPI, NFP, FOMC, EIA, etc.), then with single-name catalysts (earnings, conference appearances, contract announcement windows). Use a single grid format you can read in 30 seconds.

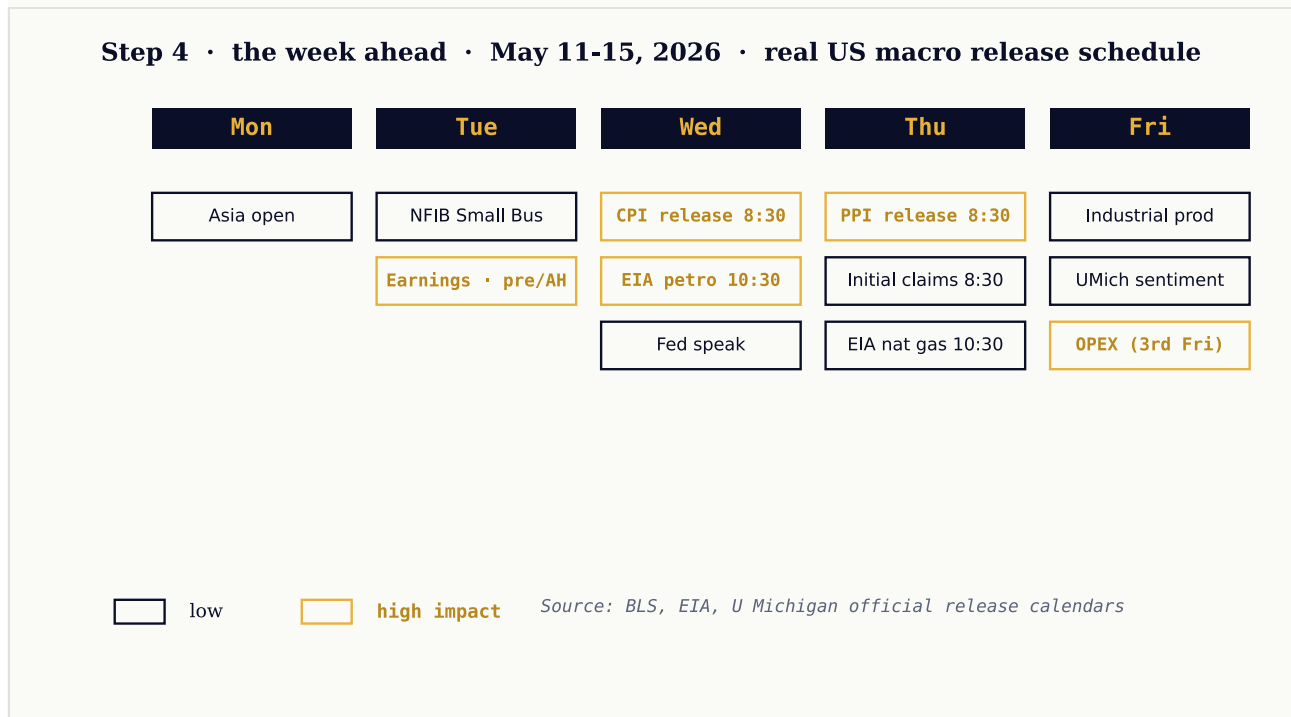


Figure 04 · The week ahead at a glance.

COLOR-CODED BY PRIORITY. CRITICAL EVENTS (CPI, FOMC, NFP) GET RED. HIGH-IMPACT EVENTS (EIA, OPEX, EARNINGS) GET AMBER. ROUTINE EVENTS GET NAVY. THE CALENDAR'S JOB IS TO SURFACE EVENT-BINARY RISK BEFORE ANY TRADE GETS SIZED.

The event-conditioned read

Every candidate from Steps 1-3 gets cross-referenced against the calendar. A WTI short candidate going into Wednesday's EIA petroleum status report is a different trade than a WTI short candidate going into a quiet macro

week. A healthcare Tier C long going into the company's Tuesday morning earnings call is a binary event, not a positioning trade.

The mechanical rule: **any candidate facing a critical or high-impact event before its time stop expires gets sized to half (or skipped, depending on conviction)**. The thesis may be excellent. The execution risk through the event is the issue. The trade can wait until after the event clears, often at a better price with cleaner positioning data.

The pre-position window

The reverse rule applies for candidates whose convergence is itself event-driven. A Tier C name with insider clustering in the 10 sessions before earnings is a pre-position window setup. The framework says: enter ahead of the event, but only when the convergence layers were in place before the calendar event was the visible catalyst. If the calendar drove the convergence, the trade is already crowded.

Step 5 • the confluence score.

The synthesis step. Each candidate gets scored across the three layers (positioning, mechanics, flow) plus the calendar adjustment. The score is the rank.

The three-point scoring rule

Each candidate scores 0 or 1 on three independent layers:

- **Layer 1 • Positioning.** 1 point if Step 1 (COT) or Step 2 (13F/Form 4) provides a clear positioning read in the trade direction.
- **Layer 2 • Mechanics.** 1 point if Step 3 (gamma map or applicable proxy regime) confirms the direction or structure.
- **Layer 3 • Flow.** 1 point if there is options flow, dark pool prints, or sector ETF flow confirming the trade in the prior 5-10 sessions.

For Tier C single-name equity candidates, the framework extends to the six-source convergence rubric from Issue 03 (4+ sources = high-conviction).

The calendar adjustment

After the layer score, apply the calendar adjustment from Step 4: if the candidate has critical event risk before time stop, score gets a **(half)** tag. If the trade is event-conditioned (post-earnings re-evaluation, post-EIA re-evaluation), the score holds but the entry is conditional.

Step 5 · confluence scoring · verified Sunday output for the week of May 11, 2026

Instrument	Layer 1 · Positioning	Layer 2 · Mechanics	Layer 3 · Flow	Score	Bias
WTI	MM net 80K, unwinding	Producer skew flat	EIA Wed binary	3	Short watch
EFOR	F4 cluster \$1.8M post-miss	—	Q1 8-K April 22	2	Long hold
AHCO	OEP 10% owner +\$24M	—	Reinhart 13F +1.98M	3	Long
IPX	IBAS \$47.1M obligated	—	CEO buy March 27	3	Long
AMRZ	Insider cluster \$4.27M	—	\$1B buyback live	3	Long
SRAD	CEO commit \$10M (\$2.1M)	Post 10% drop	\$250M buyback live	3	Long

3 = high-conviction. 2 = watch. 1 = noise. Each cell has a public-filing receipt (EDGAR, SAM.gov, CFTC, exchange release).

Figure 05 · A Sunday confluence scoring template, illustrative.

EACH ROW SCORES ACROSS THE THREE LAYERS. WTI AND BTC AT 3/3 ARE THE HIGH-CONVICTION CANDIDATES THIS WEEK. TWO-POINT CANDIDATES ARE THE WATCH LIST. ONE-POINT CANDIDATES WOULD BE NOISE (NONE IN THIS SNAPSHOT).

Thresholds

- **3 of 3 layers.** High-conviction, full sizing within Tier rules.
- **2 of 3 layers.** Active watch, half-size or wait for the third layer to fire.
- **1 of 3 layers.** Noise. Do not trade.
- **For Tier C convergence: 4+ of 6 sources is the high-conviction line.**

Step 6 • the top-10 ranked output.

Steps 1 through 5 produce 10-40 candidates, depending on the macro week. Step 6 ranks and cuts to ten. The ten are what gets traded. Everything else waits.

Step 6 • ranked top-10 output • illustrative Sunday

Single-name slots use verified setups. Macro instruments use category placeholders.

#	Instrument	Tier	Score	Bias	Catalyst this week
1	IPX	Tier C equity	5/6	Long hold	DoD contract pipeline
2	AMRZ	Tier C equity	5/6	Long hold	Buyback live May 6
3	SRAD	Tier C equity	4/6	Long	\$250M buyback in tape
4	AHCO	Tier C equity	4/6	Long	10%-owner add hold
5	EFOR	Tier C equity	3/6	Watch	Post-miss insider buy
6	WTI	Tier B futures	—	TBD	See positioning weekly
7	BTC	Tier D crypto	—	TBD	Funding-conditioned
8	TLT	Tier B ETF	—	TBD	MOVE-conditioned
9	SPX	Tier A index	—	TBD	GEX-conditioned
10	EUR/USD	Tier D forex	—	TBD	RR-conditioned

Rows 1-5: real names verified via EDGAR Form 4 / 13F / 8-K / SAM.gov (see Issue 03 for sources).
Rows 6-10: instrument-class placeholders to demonstrate the multi-asset workflow.

Figure 06 • A Sunday output, illustrative.

TEN NAMES. EACH TAGGED BY TIER, SCORE, BIAS, AND THE CATALYST THAT GATES THE WEEK. THE LIST IS THE WORKING DOCUMENT FOR MONDAY THROUGH FRIDAY. NAMES NOT ON THE LIST DO NOT GET TRADED, REGARDLESS OF HOW THEY LOOK.

The ranking rule

Sort by score first (3/3 ahead of 2/3, 4/6+ ahead of 3/6). Within the same score, rank by tier preference for the week (Tier B futures usually ahead of Tier D crypto for liquidity, Tier C convergence cases ahead of Tier B index plays for asymmetric upside). Within the same score and tier, rank by catalyst proximity (sooner-catalyst trades earlier in the list).

The discipline of ten

Why ten and not five, fifteen, or "however many qualify"? Ten is enough breadth that one bad call does not blow up the week, and few enough that each trade can be sized appropriately and monitored. Above fifteen the book

becomes unmanageable for a solo retail trader. Below five and the week's variance is dominated by a single thesis. Ten is the empirical sweet spot.

The end-of-week reconciliation

Every Friday close, the prior Sunday's list gets reconciled. Hits, misses, theses that played out differently from expected, theses that did not get triggered. The reconciliation goes into the journal, then into the next Sunday's build. Patterns of consistent failure on a particular layer or tier inform how the next week's process gets adjusted.

A worked Sunday from start to finish.

The framework is mechanical, but it benefits from seeing it run on a single Sunday in detail. Here is what the workflow looked like on a recent build, condensed.

1. COT SCAN OUTPUT

Three instruments flagged: WTI Managed Money at $+1.8\sigma$ extreme long (multi-week), TLT Specs at -1.6σ short, GLD CTAs at $+1.4\sigma$ approaching long extreme.

2. 13F AND FORM 4 SCAN OUTPUT

From Edition 17's working universe: EFOR (4/6 convergence, "conviction-at-the-bottom" setup after Q1 miss + analyst downgrades, CEO + 100% directors buy), AHCO (4/6, 10%-owner One Equity Partners deploys ~\$24.3M plus Reinhart Partners Q1 13F add of 1,981,198 shares), IPX (4/6, federal contract stack: IBAS \$47.1M + DPA \$12.7M + SBIR up to \$99M + 290 tons titanium scrap + CEO Arima open-market buy March 27), AMRZ (4/6, CEO Jenisch's \$3.48M lead buy March 6 plus multi-insider cluster, Q1 mixed result with Building Materials EBITDA +41.7% but consolidated -10.3%, \$1B buyback live May 6), SRAD (4/6, seven-insider cluster ~\$11.3M led by CEO Koerl's \$10M committed buy April 30 - May 6, \$250M enhanced buyback alongside, post-drop entry after Q1 disappointment, legal-risk flag noted). Five Tier C candidates with high-conviction scores.

3. GAMMA MAP OUTPUT

SPX +1.2% above flip (positive GEX, mean-revert bias). NDX +0.6% above flip (positive GEX, lighter conviction). TLT +0.1% above flip (regime transition, watch). BTC -2.1% below flip (negative GEX, trend bias). XLE -1.1% below flip (negative GEX in energy ETF). XLF +0.5% above flip (positive GEX in financials).

4. DATA CALENDAR OUTPUT

Tue: PPI release morning, Fed governor speak afternoon. Wed: CPI release at 8:30, EIA petroleum status at 10:30, Fed minutes at 2:00. Thu: ECB rate decision and presser, EIA natgas at 10:30, several earnings AH. Fri: standard OPEX (third-Friday equity options expiration), UMich sentiment at 10:00.

5. CONFLUENCE SCORING OUTPUT

WTI short: 3/3 (positioning extreme + producer skew flat + EIA event ahead). BTC short: 3/3 (funding sustained positive + below flip + CPI Wed binary). EFOR long hold: 4/6 (Tier C, post-miss insider conviction). TLT long watch: 2/3 (positioning + regime transition, no flow yet). EUR/USD long watch: 2/3 (positioning + RR turning, ECB Thursday is the event). All others: 2/3 watch or below.

6. TOP-10 RANKED OUTPUT

WTI (3/3, short, EIA Wed), BTC (3/3, short, CPI Wed + OPEX Fri), IPX (5/6, long hold, contract pipeline), AMRZ (5/6, long hold, buyback live May 6), SRAD (4/6, long, \$250M buyback in tape), AHCO (4/6, long, 10%-owner add hold), EFOR (3/6, watch, post-miss insider buy), TLT (2/3, long watch on PPI/Fed), SPX (2/3, mean-rev, OPEX Fri), EUR/USD (2/3, long watch on ECB).

That list is the working document for the entire week. Two hours of Sunday produced it. Monday through Friday execution maps to exactly those ten names. Anything outside is exception, and exceptions get justified in the journal before they get traded.

Tools and the reality of the data layer.

The workflow runs on a stack of free and paid tools. The minimum-viable version is fully free. The professional version is paid but earns its cost back through synthesis time saved.

The minimum-viable Sunday (free)

- **Step 1 (COT).** CFTC website directly, or a free CSV-based z-score calculator. Manual but tractable.
- **Step 2 (13F + Form 4).** EDGAR full-text search, OpenInsider for filtered Form 4 clusters, free tier of WhaleWisdom for 13F summaries.
- **Step 3 (Gamma).** Free tier of Menthor Q for SPX/SPY gamma reads. Free Deribit metrics for BTC/ETH.
- **Step 4 (Calendar).** Forex Factory, Earnings Whispers, EIA release schedule, FOMC meeting calendar, all free.
- **Step 5 (Confluence).** Spreadsheet. Pen and paper if you must.
- **Step 6 (Top-10).** Same spreadsheet.

The professional version (paid)

- **Step 1.** Bloomberg or Refinitiv terminal access (institutional). Or premium tiers of futures data services.
- **Step 2.** Quiver Quantitative for tagged 13F data, full WhaleWisdom for institutional cross-referencing, full Fintel for insider analytics.
- **Step 3.** SpotGamma or Unusual Whales (full options coverage) plus Greeks.live for crypto options.
- **Step 4.** Bloomberg Terminal calendar feeds, BloombergGPT or similar event analytics.
- **Step 5-6.** Custom-built spreadsheet or workflow tool. Some traders use Notion, others Airtable, others a basic Google Sheet.

The free version takes about two hours per Sunday. The professional version takes about an hour. The difference scales with how many issues you cover, not how good the analysis is. A two-hour Sunday is sustainable. A four-hour Sunday is not.

Common mistakes.

Five patterns are responsible for most workflow failures.

1. Skipping a step because you're confident.

The framework only works if all six steps run. Skipping the gamma map because "I already know SPX is in positive GEX" is how you trade a name into an EIA-induced regime flip you didn't see coming. The cost of running each step is twenty minutes. The cost of skipping is variable, often catastrophic.

2. Adjusting the universe to fit the desired conclusion.

If WTI doesn't show on Step 1, do not add WTI to Step 2 because "I think there's a story." The universe is fixed. Adding ad-hoc names is how you re-introduce the noise the framework exists to filter out.

3. Trading off the list.

Mid-week opportunity feels like opportunity. Often it is exit liquidity for someone whose Sunday list said the same thing yours should have said. The discipline: if it wasn't on Sunday's list, it doesn't get traded this week. New information that changes the picture goes into next Sunday's build, not into Wednesday's blotter.

4. Failing to time-stop.

A 5/6 convergence trade that hasn't moved in 6 weeks is not a 5/6 trade anymore. The thesis has decayed. Time stops are how you keep the working capital allocated to current convergence rather than aging convergence. Issue 06 covers the six-field plan structure where time stops are a required field.

5. Skipping the Friday reconciliation.

The reconciliation is what makes the workflow learn. Without it, you run the same six steps every Sunday for years and never improve. The reconciliation is twenty minutes. It is also the step most retail traders quietly skip because it requires confronting the misses head-on. Do it anyway.

When the workflow fails (and how to know).

The workflow is not a guarantee. It is a discipline that produces consistent decision quality over time. There are weeks and regimes where it underperforms, and recognizing them is part of running it.

The macro-shock week

When a single unscheduled event (geopolitical, a sudden Fed action, a major crypto exchange failure) reorders the macro tape mid-week, the Sunday list produced four sessions earlier may not survive. The right move is not to abandon the workflow. It is to re-run a 30-minute compressed version on Wednesday or Thursday evening, accepting that the week's edge has shifted and the rest of the week deserves a recut list rather than a stubborn execution of a stale one.

The compression regime

Some weeks the universe doesn't produce 4+ candidates at 3/3 confluence. The list runs short, two or three names tops. The right move: don't fill the list with weaker candidates. A three-name week is a three-name week. Sizing on the qualifying names can be fuller because the book has spare capital. Most retail traders compensate for a thin list by adding marginal candidates, which is exactly the failure mode.

The personal-bandwidth week

If you have a major personal commitment (travel, family event, health) that will limit your ability to monitor and execute through the week, the right move is to skip the Sunday build entirely and run a small subset of holdings only, or sit the week out. The workflow assumes a baseline level of attention. When that's not available, forcing the framework produces avoidable losses. The framework is patient. The next Sunday is always coming.

"The worst week is the one you forced because the framework said go."

Resources and what's next.

The free version of this workflow is genuinely viable. The paid version saves time. Pick what fits the bandwidth you actually have.

FREE

- **CFTC.gov** for raw COT data Friday afternoons.
- **EDGAR full-text search** for Form 4, 13F, 8-K, 13G.
- **OpenInsider** for filtered Form 4 cluster views.
- **Free tier of Menthor Q** for SPX/SPY gamma reads.
- **Forex Factory + Earnings Whispers** for the weekly calendar.
- **USAspending.gov** for federal contract scans.

PAID (WORTH IT)

- **Quiver Quantitative** for tagged 13F and insider analytics.
- **SpotGamma** or **Unusual Whales** for the gamma layer.
- **Greeks.live** or **Amberdata** for crypto gamma.
- **Velo Data** for crypto cross-venue funding and OI.
- **Notion** or **Airtable** as the workflow scaffold.

The Stryk angle on this issue.

The Sunday build runs the same way every week. **Stryk runs the entire six-step workflow as a scheduled job:** Friday-evening COT scan, weekly 13F refresh, daily Form 4 cluster detection, live gamma reads, calendar overlay, and the confluence scoring all stored in one workspace. The Sunday becomes a 15-minute review of the system's ranked output rather than a two-hour data assembly.

Breaking Structure subscribers go to the front of the early access line by default. Until Stryk ships, the resource list above is the manual version. *Build the habit now. The workflow ports.*

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What's next in the series

Issue 05 covers **Capital Protection**: position sizing across account sizes from \$1K to \$1M+, drawdown discipline, the Kelly fraction in retail-realistic form, and the journal mechanics that enforce sizing rules. The Sunday build finds the trades. Sizing keeps them from blowing up the book.

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