# Twitter Thread by Aneesh Philomina Antony (ProdigalTrader)

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**Do u want to study past bear markets?**

**Use Weekly chart**
**Plot Bollinger Bands with 50,2 setting**
**Locate when ever price hit lower band**
**Locate the highest swing high beforie the fall**
**The period in between is bear market**

**Here we have 4 such occations after 2010.**

