

[Adaptive Moving Average \(AMA\)](#) [1]

The adaptive moving average moves slowly when prices are moving sideways and moves swiftly when prices move swiftly. The basic rule is to buy when the AMA turns up, and sell when the AMA turns down.

Presentation



Above is a One Minute Bar Chart of Intel (INTC). The Adaptive Moving Average is seen as a red line in the chart. This moving average uses the preferences seen below. The Preferences

Preferences:

- **AMA Period** Period used to calculate the Direction as seen in the formula above. (10 is recommended)
- **Fast SC Period** Period used to calculate the fast smoothing constant (2 is recommended)
- **Slow SC Period** Period used to calculate the slow smoothing constant (30 is recommended)
- **AMA Color** Color of the AMA line in the chart.

Formula Copy

```
Direction = Price -
price(n) ; where n
= AMA Period
Volatility =
Sum(abs(price -
```

Related RTL Tokens

AMA

[MOVING AVERAGE](#) [2]

[SMOOTHING](#) [3]

Source URL: <https://www.linnsoft.com/techind/adaptive-moving-average-ama>

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