

## MARKET

The market capitalization stayed fairly steady this past week. The market capitalization today (01/29/22) sits at **1.757** trillion USD up slightly. Bitcoin dominance stayed flat at 40% with the price of Bitcoin (BTC) climbed to around \$37.8K per coin. BTC was up \$2,000 from last week.

To keep tabs on the crypto market, I recommend a few different web sites:

- [Live Coin Watch](#)
- [ProCoinNews](#)
- [Coin Market Cap](#)

## BULL VS. BEAR MARKET

There is an ongoing debate regarding the current crypto market. Are we still in a bull market or have we begun a bear market? Whether we are in a bull or bear market is irrelevant in the long-run. But let's take a look at a couple data points. First, always take a broad view of the market. Below are the top ten coins over the last year. From the chart you can see that there are coins still with incredible returns over this last year (i.e., ETH 82%, SOL 2428%). While the 90-day return is down across the board. Always take a broader view of the market.

What is the definition of a bear market?

A bear market is when a market experiences prolonged price declines. It typically describes a condition in which securities/coins fall 20% or more from recent highs amid widespread pessimism and negative investor sentiment. So technically, we are in a bear market.

What types of bear markets are there?

Be patient and know that there is a light at the end of the tunnel.  
HODL



*Choose your coins wisely!*

### TYPES OF BEAR MARKET:



#### SHORT TERM

*A few weeks  
or a couple of  
months*



#### MEDIUM TERM

*Several months  
(e.g. 6 to 12 months)*



#### LONG TERM

*A few years  
(e.g. at least more  
than 1 year)*

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*Always zoom out to get a better perspective on  
the market*

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## RIPPLE (XRP)

The price of Ripple (XRP) was flat this past week. Currently trading at \$.62 USD. The SEC lawsuits continues....

## HEADLINE NEWS

- [Ripple Says It's Expecting To Win The Lawsuit, Planning To Go Public](#)
- ["I JUST WENT ALL IN ON XRP" Raoul Pal On Why He Is So Bullish & Ripple Lawsuit Update](#)

*XRP is the 6<sup>th</sup> ranked cryptocurrency in terms of market cap.*

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