

Happy 8th Birthday to BBT!





Conquering 7 Summits

Vancouver, 7 April 2024



*Summit Everest
-50F
Wind: 40 MPH*

Denali

20,310 *ft*



Mont Blanc

15,780 *ft*



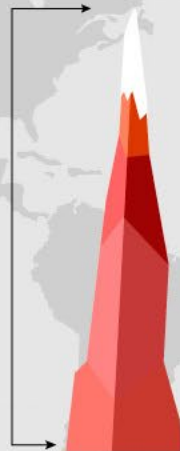
Mount Everest

29,030 *ft*



Aconcagua

22,840 *ft*



Mount Kilimanjaro

19,340 *ft*



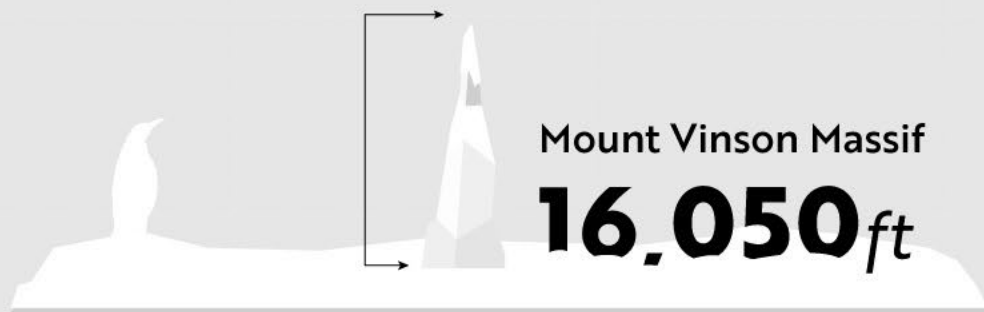
Mount Wilhelm

14,790 *ft*



Mount Vinson Massif

16,050 *ft*



5 Summits so far

1. Mt Blanc	2019	Europe
2. Everest	2023	Asia
3. Kilimanjaro	2021	Africa
4. Aconcagua	2022	South America
5. Vinson	2024	Antarctica
6. Wilhelm	(booked for April 2024)	Oceania
7. Denali	(booked for May/June 2024)	North America



Vinson

Jan 2024

Antarctica

Does not belong to any country but there are treaties to protect it.

Temperatures as low as -60F in wind

Severe frostbites for some of our members

CHILE

ARGENTINA

Falklands

Punta Arenas

Union Glacier Camp

Weddell Sea

ANTARCTICA

South Pole

500 miles





























Aziznia becomes first Iranian to conquer Vinson Massif

January 23, 2024 - 11:26

Sports



TEHRAN - Elite Iranian climber Andrew Aziz (Amin Aziznia) has achieved a remarkable feat by becoming the first Iranian man to climb Vinson Massif, the highest peak in Antarctica, which stands at 4,892 meters (16,050 feet).

LATEST

14742

Football fans to remember Ghayeghran on 26th anniversary of his death

Foolad Sirjan crowned champions of Iran Volleyball Super League

Nasrallah: Iran response to consulate attack "inevitable"

America's lawmakers—misguided or treasonous supporters of Israel?

Esteghlal held by Mes: PGPL

Iranian security forces apprehend notorious Daesh operative near Tehran

Rotterdam residents mark Quds Day

Remorseful punishment of Zionist enemy will be realized: IRGC

Leader pardons, commutes sentences of over 2,000 prisoners

Israeli assault on Iran embassy in Damascus will never go unanswered: top general

Iran urges UNSC to denounce terrorist acts in Sistan-Baluchestan

Raisi says Zionism more fragile than cobweb

Israeli wishful thinking

UN rights body calls for Israeli arms embargo



May 19, 2023

Everest

Elevation (ft)

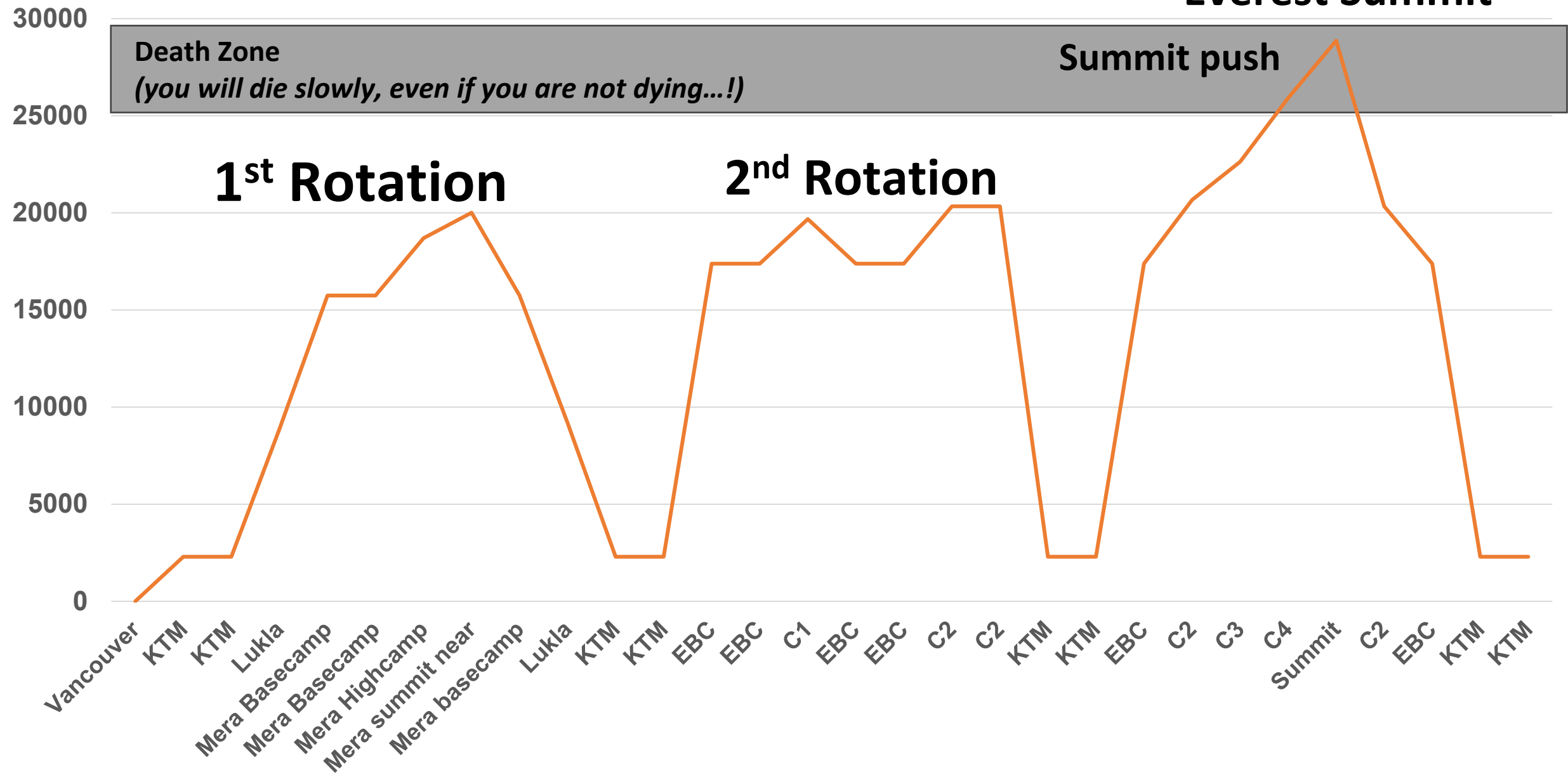
Everest Summit

Death Zone
(you will die slowly, even if you are not dying...!)

Summit push

1st Rotation

2nd Rotation



Everest Basecamp is a city of
~1,500 people for 2 months.

Flying to basecamp



Basecamp Life is good

5,300 m

17,000 ft



Basecamp at night
~ 5,300 m



Crossing Khumbu icefall (BC to C1) 6,000 m



**Camp 2 and above ~6,500m
on O₂ even while resting**



**Between C2 and C3
Around 7,000 m**



C3
around 7,300 m

C3 to C4
around 7,500 m
Lowering a dead body



**Camp 4 7,900 m
on O2 even while resting**



**Camp 3 at 7,200 m
on O2 even while resting**





Camp 4 7,900 m
Everyone on Oxygen
even while resting
Arrived: 3pm
Left for summit: 9pm
Entering “Death Zone”

Camp 4 26,000 ft
Everyone on Oxygen
Arrived: 3pm
Left for summit: 9pm
Camp 4 is last rest area
below “Death Zone”



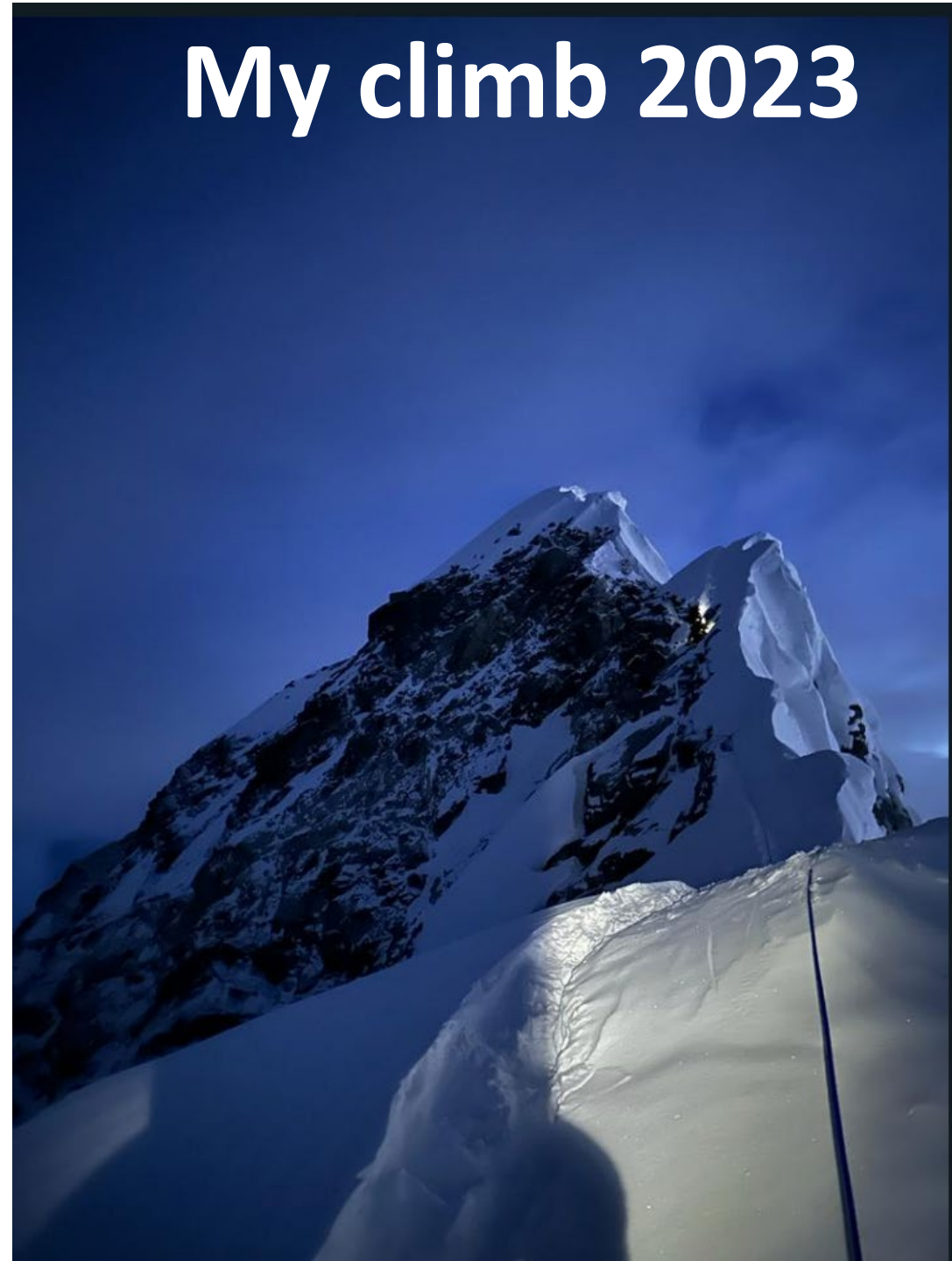
Traffic in Death Zone
(very dangerous: cold, exhaustion, running of oxygen)

2019 Climb

Nepal China



My climb 2023







Near Balcony
8,500 m

2 Videos of climbing on Summit

Sunrise on Summit
5am, 19 May 2023



Summit Selfie
8,884 m



Temperature: -50 F
Wind: 60 km/h



On the Summit



1 Day after Summit

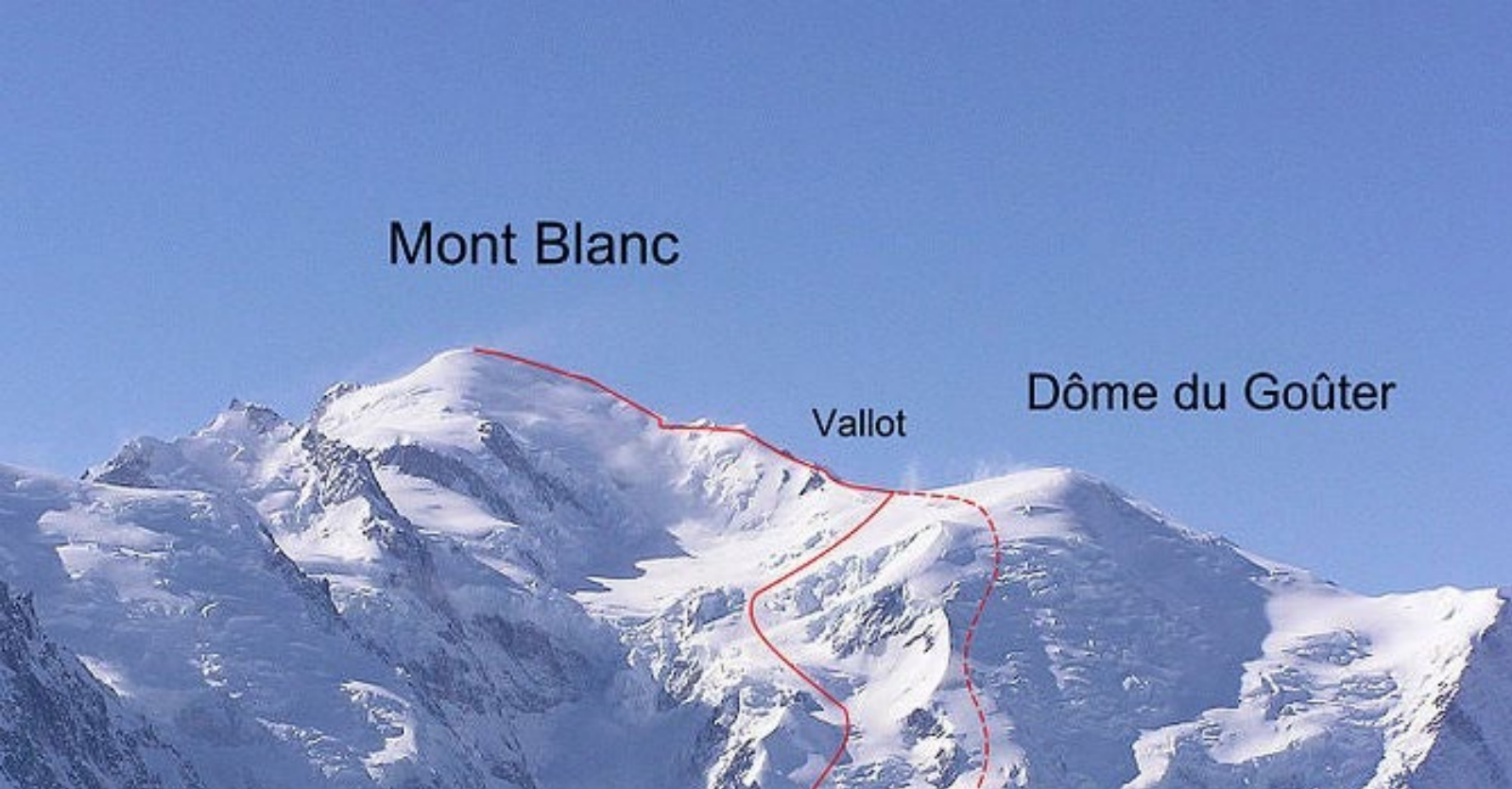


3 Day After Summit

Aconcagua

- Argentina, Mendoza Province
- Part of Andes mountain range
- Highest in Americas
- Highest in Western and Southern Hemisphere
- Elevation: 6,961 m, (22,837 ft)





Mont Blanc

Vallot

Dôme du Goûter

Grands Mulets

June 2019

Climbing from France

Starting from Chamonix

Mt Blanc

n de l'Aiguille



FRANCE

SWITZERLAND

MILES
0 8 16

from/to
Geneva

Forclaz

Champex

Chamonix

Mont
Blanc

Val Ferret

Les Contamines

Courmayeur

Les Chapieux

Valle
des Glaciers

ITALY



BEAR BULL TRADERS
COMMUNITY OF SERIOUS TRADERS

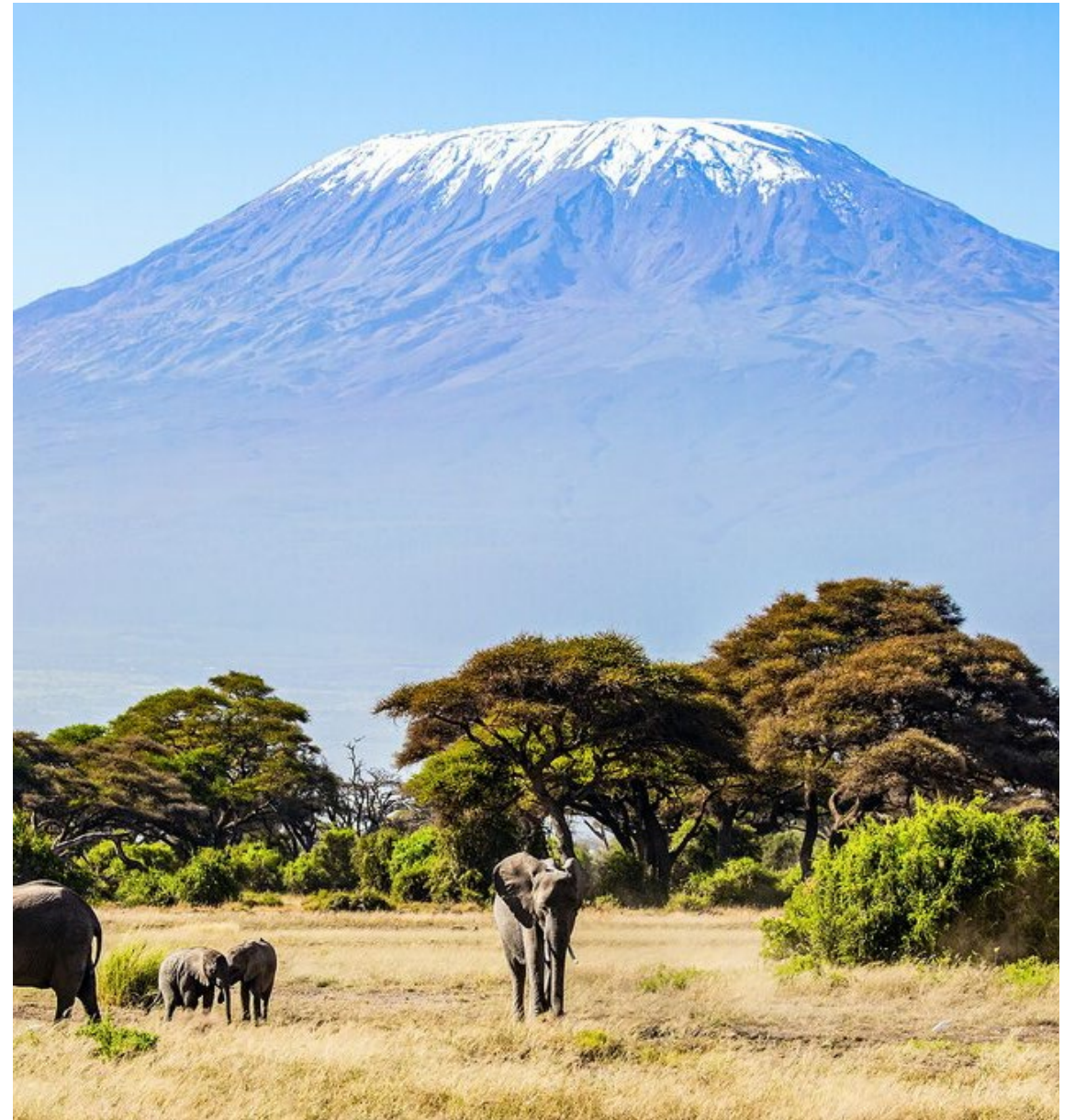


Kilimanjaro

Tanzania

Best for those want to explore high altitude

Can be combined with Safari and sightseeing



Which one is left?

6. Wilhem (highest peak in Oceania)

April 2024

7. Denali (highest peak in North America)

May/June 2024

6th Summit: Wilhelm



Pacific Ocean

PAPUA
(INDONESIA)

PAPUA NEW GUINEA

BOUGAINVILLE

Port Moresby

Coral Sea

AUSTRALIA

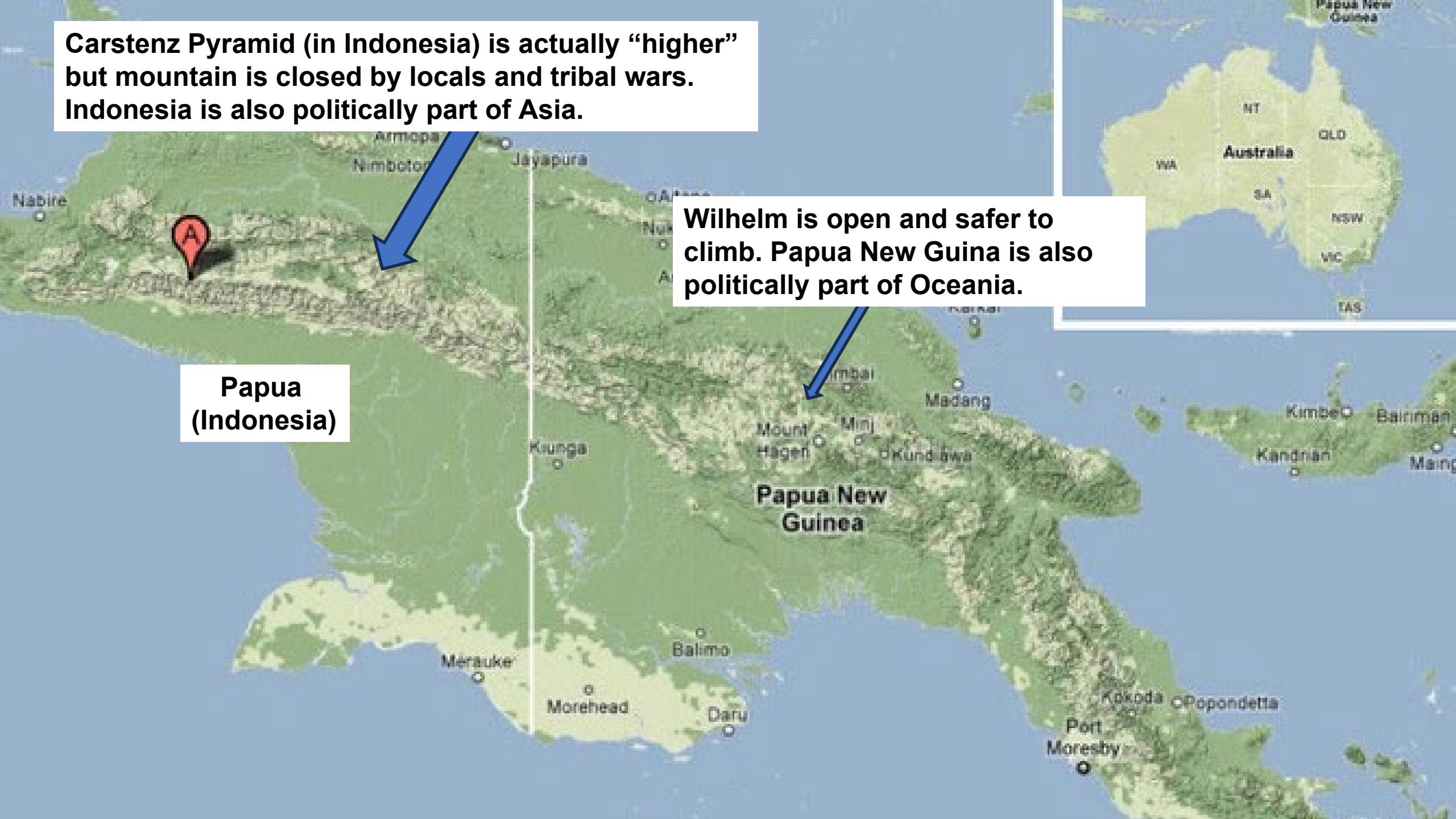


Carstenz Pyramid (in Indonesia) is actually “higher” but mountain is closed by locals and tribal wars. Indonesia is also politically part of Asia.

Wilhelm is open and safer to climb. Papua New Guinea is also politically part of Oceania.

**Papua
(Indonesia)**

**Papua New
Guinea**



**I climbed another peak
in Papua New Guinea
back in 2019.**

I do not recommend going there at all!







7th Summit: Denali



FAQ

- Which one is the **hardest**?
- Which one is the **deadliest**?
- What are the costs? (not including flights)
 - Everest was about ~\$75,000
 - Vinson was about ~\$55,000
 - Denali is about ~\$15,000
 - Others are between \$2,000 to \$5,000

Stock Market Traders And Climbers: What Do They Have In Common?



Andrew Aziz Forbes Councils Member

Forbes Business Council **COUNCIL POST** |

Jul 8, 2020, 08:10am EDT

Andrew Aziz (PhD, PEng) is a trader, author, and founder of Bear Bull Traders, a worldwide community of independent traders.

Trading Psychology and Conquering Your Everest

Passion for Your Endeavor

Setting Ambitious Goals

Focus on Process

Risk Management

Emotional Control

Resilience (staying adaptable)

Importance of Preparation

Support Systems



Your Conquer of 7 Summits

1. Education and Personal Growth **Denali**
2. Career and Professional Achievement **Kilimanjaro**
3. Building and Maintaining Relationships **Wilhelm**
4. Financial Stability **Everest**
5. Health and Well-being **Mt Blanc**
6. Spiritual and Inner Peace **Vinson**
7. Giving Back and Community Service **Aconcagua**

Why do I these?

I love to challenge myself!

I love to create my life the way I want.



Marathon de Sable
2022, Sahara Desert (Morocco)
7 days, 250 km





Steve Jobs Secrets of Life

88 Minutes

2007 · R · 1h 48m



Crime

Drama

Mystery

On the day that a serial killer that he helped put away is supposed to be executed, a noted forensic psychologist and college professor receives a call informing him that he has 88 minutes left to live.

Director [Jon Avnet](#)

RENT/BUY

prime video

from CA\$3.99

YOU CAN DO IT TOO! DREMA IT!

Everest

Yuichiro Miura (October 12, 1932 – Present)

- 📅 Age at the Time of Climb: 80 years, 224 days
- 📅 Current Age (as of March 2020): 87 years, 5 months, 11 days
- 🌐 Country of Origin: Japan
- 📅 Date of Climb: May 23, 2013

Oldest People Who Climbed

Tamae Watanabe (November 21, 1938 – Present)

- 📅 Age at the Time of Climb: 73 years, 180 days
- 📅 Current Age (as of March 2020): 81 years, 4 months, 2 days
- 🌐 Country of Origin: Japan
- 📅 Date of Climb: May 19, 2012

Men



Women



Disabled Climbers

It is conquering your mind, not the body...




Hari Magar
(climbing Everest without legs in 2023)

Erik Weihenmayer
climbing Everest
“blind” in 2001





Iltraders 
Potosi, Bolivia



BBTFamily

I want to get you excited about achieving more too.
At least to going out your comfort zone.

Brandon climbed high altitude in Bolivia



Gonzalo started high altitude climbing in Ecuador!

He is in the next bootcamp!





Florida Run, 2022



Florida Live Trading Run, 2022



Arizona Hike

Robert moved from
Latvia to Vancouver because of BBT

Sat April 6, 2024 Run



26 April, 2019

Goa, India

Airport parking lot



BEFORE Bear Bull Traders



4 months AFTER joining



I had trader who sent me this email and how we changed his life.



Rick Cole <r8cole@gmail.com>

11:43 AM (8 minutes ago)



to me ▾

I heard your ask this morning in chat room. For me, being part of the community has spilled over to my exercising, walking and swimming. The inspiration of the traders to continue on in trading. It's a marathon not a sprint. Small incremental improvements and learning each day.

I started swimming 5 months ago. When I started I could barely make it across the pool for one lap. I am 62 sem-retired and active. Been member of BBT for 16mos. However, this experience showed me that as active as I thought I was, I was no where near the shape I needed to be in. So little by little, I improved and got stronger. Swimming for longer times and longer distances. Not huge jumps. After the first week, I could make two laps. But over 5 months I went from 10 laps and 15 min sessions to 40 laps and 60 min sessions.

I also found that swimming was a great stress reliever after a trading session. Not only that I started to compare my progress in swimming to my progress in trading. Slow but sure. Some days not so good, but I was not drowning and I was not quitting. I also found I could sprint for a lap, back off and resume my progress in swimming. Making me stronger but not fully winded. Same with trading, eventhough I have loss days, my experince in swimming, keeps me mentally sharp so I am not afraid to be aggressive when I see a set up from

Ed Mitton

📧 1:18 PM (7 minutes ago)



to me ▼

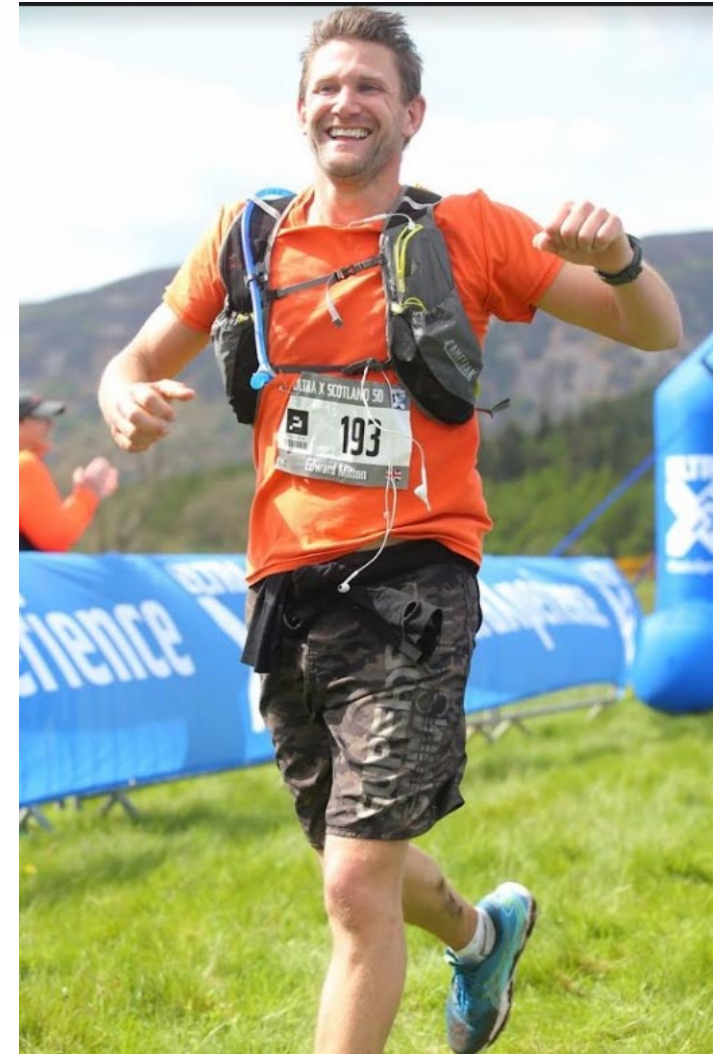
Hey buddy!

Two pics here for your presentation of me crossing the line of an Ultra you inspired me to do. It was in the Highlands with a lot of it along the shores of Loch Ness. Amazing experience. Feel free to use the pics or my name.

Hope it goes well!

Cheers buddy!!!

Ed





Rob Jones <trader.stock.forex@gmail.com>

8:11AM (5 hours ago)



to me ▾

Andrew,

Good morning. You and BBT have been so inspirational to me and my life. When I saw you in Sand Diego, you told me I should go climb Mt Everest with you. You said, "You can do it." That was about a year ago and your trading has improved greatly since then. You have inspired me to run 2 1/2 marathons and start cycling again. I have taken the discipline in trading and working out to another level. I am fitter and a better trader now than I was before. Your example has motivated me to be a better person and believe in myself and my goals even when people say that it can't be done. From the BBT meet ups I have found a trading buddy that I went through PCT bootcamp with twice and I will be going to Vancouver with. I have a much more positive outlook and a strong belief that my trading goals can become a reality. You and the BBT community have set a strong example of what is possible within this trading community. I would love to one day be in a position to help people on their trading journey like you have helped me. I wish you continued success on your path forward.

Thank You!!!

Rob Jones

Hello Andrew,

I hope all is well with you.

You posed the question to the group this morning concerning how BBT has impacted our lives other than becoming better traders. I have been a member of BBT for a few years now. (RonH)

I have thought about this, and I honestly cannot think of an aspect of my life outside of trading that has not been impacted by things that I have learned while being a member of BBT.

After reading all of the books written by the BBT leadership (most multiple times) and going through bootcamp before I was really ready to be a full-time trader, I realized that there were many aspects of my life that I needed to change before I could be successful as a trader.

Namely, I was in poor health. I did not get enough sleep. My diet was horrible. I wasn't managing stress very well. I had high blood pressure. Even though I have an athletic background, I did not exercise consistently. My relationships with my family were terrible. And I was in denial about all of it. I had spent most of my life trying to become 'successful' by other accounts, which I did accomplish. But I had sacrificed my health and wellbeing to do it.

Since I joined BBT, I have completely changed my lifestyle. I changed my sleep habits, my diet, I got away from as much stress as I could, and I started rebuilding relationships that I had almost ruined. I got myself into a set of daily routines that help me have consistency in everything that I do, which helps me to be a better trader as well.

Thank you!

Set your mind for success. “Mindset” is everything.



**Lisbon, Portugal
2021 with Crede Sheehy-Kelly**

