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## Gunning Stops and Running Stops; ICT Style

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**Gunning Stops and Running Stops** are price movements in **ICT trading** that trigger **Stop Loss Orders**.



Understanding Gunning Stops and Running Stops in ICT

The primary goal of both concepts is to **Liquidity sweep**, but they differ in execution and intent.

### What is Gunning Stops?

Gunning Stops refer to the **deliberate actions** of large institutions to push the price toward **retail traders' stop-loss levels**. By activating these orders, liquidity is collected, leading to increased **market volatility**.



A **30-minute XAG/USD chart** illustrates how **Gunning Stops** function. As retail traders' stop losses are triggered, a wave of forced selling occurs, often causing a **sharp and strong price movement in the same direction**.



Stop Loss Hunting in Gunning Stops

### Characteristics of Gunning Stops

Gunning Stops have two key characteristics. First, they are intentional **manipulations** by large institutions, such as banks or **smart money**, using significant trade volumes to push prices toward **support or resistance levels**.

Second, their primary goal is **Stop Hunting**—collecting liquidity and preparing for larger price moves

### What is Running Stops?

**Running Stops** occur when the price naturally or **without prior manipulation** reaches traders' stop-loss levels.

Unlike **Gunning Stops**, this movement is **not intentional** and is usually caused by normal market behavior, important news releases, or increased trading volume.

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A **30-minute EUR/USD chart** demonstrates how **Running Stops** function. As the price reaches traders' stop-loss levels, a wave of **selling** occurs, accelerating the price movement in the same direction.



Example of Stop Loss Hunting in Running Stops

## Characteristics of Running Stops

Running Stops typically occur in response to major **economic news** or **unexpected events** that push prices to key levels. Their impact is often short-term unless the movement aligns with a larger trend shift.

Unlike **Gunning Stops**, which are planned by institutions, **Running Stops** are results of **collective** trader behavior, where large clusters of **stop losses** accumulate at specific levels.

## Conclusion

Gunning Stops are intentional manipulations executed by **financial institutions** to hunt **stop-loss orders** and collect liquidity, whereas **Running Stops** occur naturally due to normal market behavior or significant **news events**.

Although both phenomena lead to intensified **price movement**, they differ in **cause** and **execution**. Understanding these **concepts** helps traders identify potential **trading opportunities** and avoid being trapped in **liquidity grabs**.

## FAQs

What are Gunning Stops? ▼

Gunning Stops refer to **deliberate** and **pre-planned** actions by financial institutions or major market players to hunt retail traders' stop-loss orders and collect liquidity. ▼

Running Stops occur **naturally** due to market fluctuations, important news releases, or high trading volume, pushing prices toward stop-loss levels. ▼

How can traders avoid Gunning Stops and Running Stops? ▼

Avoid placing stop-loss orders in predictable areas, such as just below support or above resistance. ▼

Using technical analysis and volume indicators can help identify high-risk zones. ▼

Are Gunning Stops and Running Stops linked to specific trading strategies? ▼

Yes, professional traders often incorporate both phenomena into strategies such as **Breakout Trading** and **Reversal Trading**. ▼

What role does liquidity play in the stop patterns? ▼

Liquidity is the primary driver of both Gunning and Running Stops, as price movements seek areas where stop-loss orders are clustered to create liquidity pools for institutional traders. ▼

Can Gunning and Running Stops be used as trading opportunities? ▼

Yes, experienced traders use the stop patterns to enter trades at **optimal levels**, taking advantage of **liquidity sweeps** and **market reversals** for high-probability trade setups.



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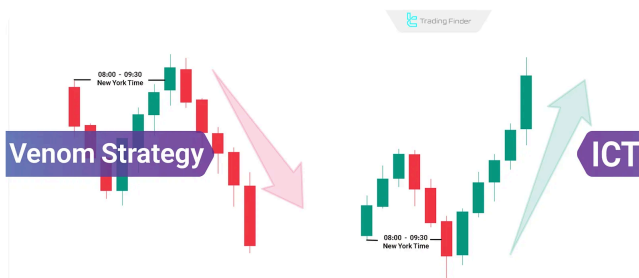
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