Gunning Stops and Running Stops; ICT Style

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.

When the price reaches key levels, **stop losses** are triggered, intensifying price movement in the same direction.

A **30-minute EUR/USD chart** demonstrates how **Running Stops** function. As the price reaches retail 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**.

Source:

1.our website link :
https://tradingfinder.com/education/forex/ict-gunning-stops-running-stops/

2.all Education :
https://tradingfinder.com/education/forex/