



SPARTAN FIREARMS TRAINING GROUP, LLC

Tip of the Day: July 14, 2025

Break the Predator Attack Cycle

(I am a certified executive protection specialist trained by the Executive Protection Institute (<https://personalprotection.com/>). One of the key learnings from that training was the critical concept of the “Predator Attack Cycle.” All predators use it. Being aware of it and taking steps to break the cycle can save your life. Here’s what you need to know.)

Human predators don’t just “snap”; they follow a pattern, namely an attack cycle. If you understand that cycle, you can spot trouble early and shut it down so that the predator thinks twice about attacking you.

The Predator Attack Cycle

Stage 1: Target Selection—they look for their “ideal” victim

Stage 2: Surveillance—they follow or stalk the victim

Stage 3: Positioning—they close in for the attack

Stage 4: Attack—they attack

Here’s what you can do to break that cycle. **The earlier you break the cycle**, the better. If they get to step four, you’re in trouble. Don’t let them get to that stage.

Don't Look Like an Easy Target

Bad guys look for people who seem distracted, passive, or unaware. Don't check those boxes. Look like a "hard target" by doing the following:

- ✓ Walk with purpose — head up, shoulders back, eyes scanning
 - ✓ Look like someone the predator doesn't want to mess with. They like easy targets.
 - ✓ Keep your phone in your pocket
 - ✓ Make brief, confident eye contact
 - ✓ Look around while walking to show you are paying attention
 - ✓ Ditch both earbuds when walking or pumping gas
 - ✓ Don't fumble with your keys, bags, or phone in public spaces
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Respect the Reactionary Gap

If someone shady gets within 21 feet, you may not have time to react (See <https://www.usconcealedcarry.com/blog/rule-breaker-the-21-foot-standard-is-misunderstood/>). That's your **reactionary gap** — honor it. We recommend creating an imaginary 31-foot bubble around you while moving through your environment to give you increased reaction time. Pay close attention to anyone who enters that space. Use Cooper's Color Code (see <https://modernsurvivalblog.com/security/coopers-color-code-definition/>) to assess them as potential threats and be prepared to act accordingly.

If they're closing in on you:

- ➡ Shift positions—move away, run, cross the street, walk in the opposite direction
 - ➡ Speak up—for example, loudly say "Don't come any closer." (I have personally used that loud warning twice, and it worked both times).
 - ➡ Let them know you see them, and show you're not passive
 - ➡ Be prepared to act if you cannot get away safely.
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Move Off the X

Don't freeze in place if the predator is moving aggressively toward you. Get off the "X." The X represents the point where you are standing when the aggressive movement begins. Remember, in some states, including Maryland, you are legally required to get away if it is safe to do so. Getting off the X is how you get away. However, if you believe with certainty that your life is in danger, be prepared to use your firearm in self-defense and only use enough force to stop the threat.

Move. Break the attack cycle. Get off the X.

Movement can save your life.

🧠 The key is recognizing the attack cycle early — and acting with purpose.

Most attackers are looking for low-risk, high-reward opportunities. When you make things noisy, unpredictable, or difficult... they'll often back off.

Awareness + Action = Prevention.

Bottom line:

🧠 Stay aware

🚶 Stay mobile

💪 Look like a hard target

Predators want easy prey. Make it clear — **you're not it!**

#InfoRedSituationalAwareness #BeHardToKill #MoveOffTheX #SelfDefenseMindset
#StayDangerous