



HUNT OR BE HUNTED

How Retail Gets Trapped — and How to Stop Being Prey

An honest guide to market manipulation, traps, and the psychology of the hunt — stop hunts, bull & bear traps, pump-and-dumps, FOMO — and the discipline that turns you from prey into a patient, protected trader. For Indian traders, in ₹.

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LEGAL

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DISCLAIMER

For **education only** — not financial or tax advice. This book is about **defending yourself** from common traps, not manipulating markets or others. Crypto trading carries substantial risk of loss; you can lose your entire capital. Always use risk management, do your own research, and consult a qualified advisor. India tax notes are general — confirm with a CA.

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A MESSAGE FROM THE FOUNDER

Author's Note

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The title sounds aggressive, but the message is the opposite of aggression — it's **protection**.

Every market has predators and prey. The prey are the traders who chase green candles, over-leverage, place their stops where everyone else does, and buy at the top because they can't bear to miss out. The predators simply wait, stay disciplined, and let the prey hand them their money.

This book is not about learning to hunt other people. It's about learning to **stop being hunted** — to recognise the traps, understand the psychology being used against you, and protect your capital so well that you outlast the people trying to take it.

The honest truth: you become "the hunter" not by being clever, but by being **patient and protected** when everyone else is emotional. And in India, the cost of being prey is brutal — leverage liquidations, pump-and-dump scams, and a 30% tax that doesn't care how you lost the rest.

Stay calm. Stay protected.

Avik Kanrar

WHAT YOU WILL LEARN

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PART I

The Game You're In

Predators, prey, and which one you've been

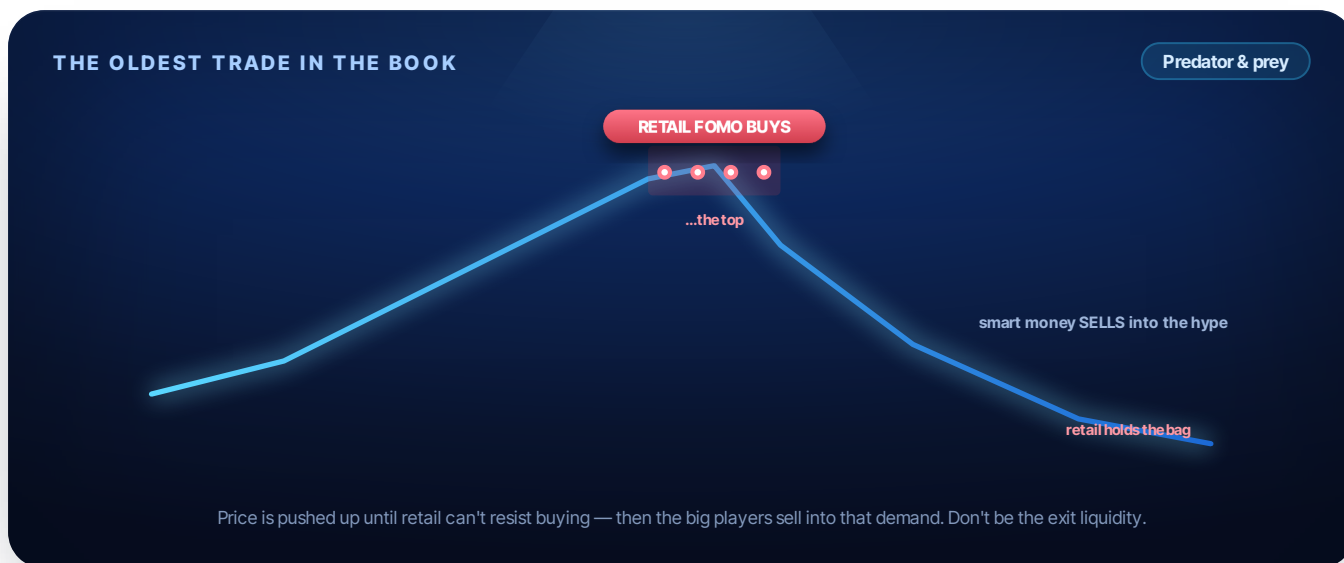
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CHAPTER 1

The Oldest Trade in the Book

Why someone has to lose for you to win

Trading is, for the most part, a transfer of money from the impatient to the patient — from those reacting on emotion to those acting on a plan. For every trader buying the top in excitement, someone experienced is happily selling it to them.



This isn't a conspiracy with your name on it. But the **aggregate** behaviour of the crowd is predictable: it buys late, sells in panic, and clusters its orders in obvious places. Predatory flow simply takes advantage of that. The goal of this book is to make sure that crowd isn't you.

! DON'T BE THE EXIT LIQUIDITY

When a coin is all over your feed and "everyone" is buying, ask who is **selling** to all those buyers. Often, it's the people who bought quietly long ago — and you're the demand they've been waiting for.

02

CHAPTER 2

Why Retail Becomes Prey

The self-inflicted wounds

Most retail traders aren't beaten by some genius algorithm. They're beaten by their own habits. Fix these and you've already left most of the prey behind.

WHY MOST RETAIL TRADERS LOSE

The six self-inflicted wounds

- OVERTRADING**
Too many trades
Fees + bad setups bleed the account dry.
- HIGH LEVERAGE**
Liquidated fast
A small move wipes a 20x position to zero.
- NO STOP-LOSS**
One trade ruins all
A single runaway loss undoes months of work.
- FOMO**
Chasing green candles
Buying tops out of fear of missing out.
- REVENGE**
Trying to win it back
Bigger, angrier bets after a loss.
- NO PLAN**
Trading on feelings
No entry, stop, or target decided in advance.

I THE PATTERN BEHIND THEM ALL

Every wound above shares one root: **emotion overriding the plan**. Overtrading, leverage, FOMO, revenge — each is a feeling acting without rules. The fix isn't a better indicator; it's a system you follow even when it's boring.

PART II

The Traps

The specific tricks that take retail money

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CHAPTER 3

Stop Hunts & Liquidity Raids

When your stop-loss is the target

You place a sensible stop just below an obvious support. So does almost everyone else. That cluster of stops is a pool of liquidity — and price is often drawn to it like a magnet, triggered in a quick spike, and then reversed.



To the trader who just got stopped out, it feels personal and unfair. To the disciplined trader, it's expected — which is why they place stops in **less obvious** spots, or wait for the raid to happen before entering.

✓ DEFEND AGAINST THE RAID

Give your stop room beyond the obvious level (a little past the spike zone), size smaller so the wider stop still risks only 1–2%, and treat a sharp wick-and-reverse as a potential **entry** signal, not a reason to panic.

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CHAPTER 4

Bull Traps & Bear Traps

The breakout that wasn't

A **bull trap** is a fake breakout above resistance: price pops above, sucks in eager buyers, then collapses back below — trapping them in losses. A **bear trap** is the mirror: a fake breakdown below support that lures sellers before price rallies.



! WHY TRAPS WORK

Breakouts are exciting, and excitement makes people skip confirmation. The trap is built precisely on that impatience — it offers the obvious trade so the crowd takes it at the worst price.

✓ THE SIMPLE DEFENCE

Demand a candle that **closes** beyond the level, ideally on rising volume, and prefer to enter on the **retest** rather than the first breakout. You'll miss a few moves — and avoid most traps.

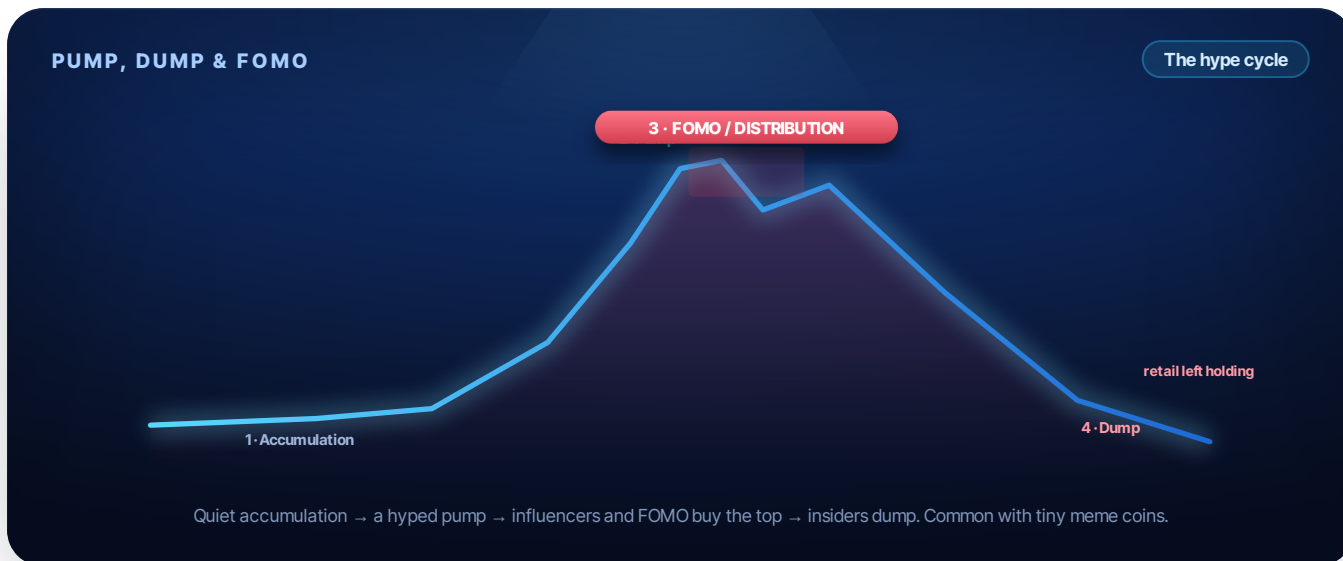
05

CHAPTER 5

Pump, Dump & FOMO

The hype machine

The purest hunt in crypto is the **pump and dump** — most common in tiny, low-liquidity coins. A small group accumulates quietly, hypes the coin (often via Telegram groups and influencers), lets FOMO drive a vertical pump, then sells everything into the buying frenzy.



! INDIA RED FLAGS

Telegram “VIP pump” groups, influencers shilling a no-name coin, “100x guaranteed” posts, and pressure to “buy now before it moons.” These are engineered to trigger your FOMO. Real opportunities don't need to rush you.

Stick to major, liquid coins while you're learning. The thrill of a 10x meme coin is exactly the bait — and the dump is always faster than the pump.

PART III

Becoming the Hunter

Turning defence into a genuine edge



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CHAPTER 6

Patience Is the Weapon

Doing nothing, brilliantly

The single biggest difference between predator and prey isn't intelligence — it's **patience**. Prey feels it must always be in a trade. Predators wait, motionless, for the one setup worth striking.

PATIENCE IS THE WEAPON Wait → Strike



- 90% — Do nothing**
No A+ setup? Cash is a position. Wait.
- 10% — Strike hard**
When confluence lines up, act with full conviction

THE HUNTER'S EDGE
A lion doesn't chase every animal. It waits, picks one, commits. **Patience** is the single trait that separates predators from prey.

1 CASH IS A POSITION

Sitting in cash, waiting, is an active and powerful choice — not a failure. Most of the market's hours are noise. Your job is to skip the noise and pounce only when your edge is clearly present.

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CHAPTER 7

Risk: Your Only Armor

Surviving long enough to win

You cannot control whether a trade wins. You can completely control how much you lose when it doesn't. That is your armor — and it's the only thing standing between you and the predators.



Risk a fixed **1-2%** per trade (₹500–₹1,000 on a ₹50,000 account). With that rule, no single hunt — no stop raid, no trap, no bad day — can take you out of the game. Without it, you're one bad trade from zero.

! LEVERAGE IS THE HUNTER'S FAVOURITE BAIT

High leverage turns a small, normal move against you into a full **liquidation**. It's how the majority of Indian retail accounts are wiped out. As a beginner, avoid it entirely — survival first.

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CHAPTER 8

The Hunter's Mindset

Calm when everyone else is emotional

Every trap in this book works through one mechanism: your **emotions**. FOMO makes you buy tops. Fear makes you sell bottoms. Revenge makes you oversize. Control these and the traps lose their power over you.

I FEEL THE URGE → THAT'S THE SIGNAL

When you feel a desperate need to get in **right now**, that urgency is usually manufactured — you're being hunted. The hunter feels the same urge and uses it as a cue to slow down and check the plan.

Three rules of the calm trader

1. Pre-decide everything. Entry, stop, target, and size — written before you click. Emotion can't hijack a decision you've already made. **2. Step away after a loss.** The urge to “win it back” is the most expensive feeling in trading. **3. Detach from any single trade.** You're playing hundreds of trades, not one. No single outcome should move your pulse.

✓ THE MINDSET, IN ONE LINE

Be the calmest person in the room. In a market built to provoke you, **emotional control is a structural edge** — and it's completely free.

PART IV

The Survivor's Playbook

The cycle to read and the checklist to live by

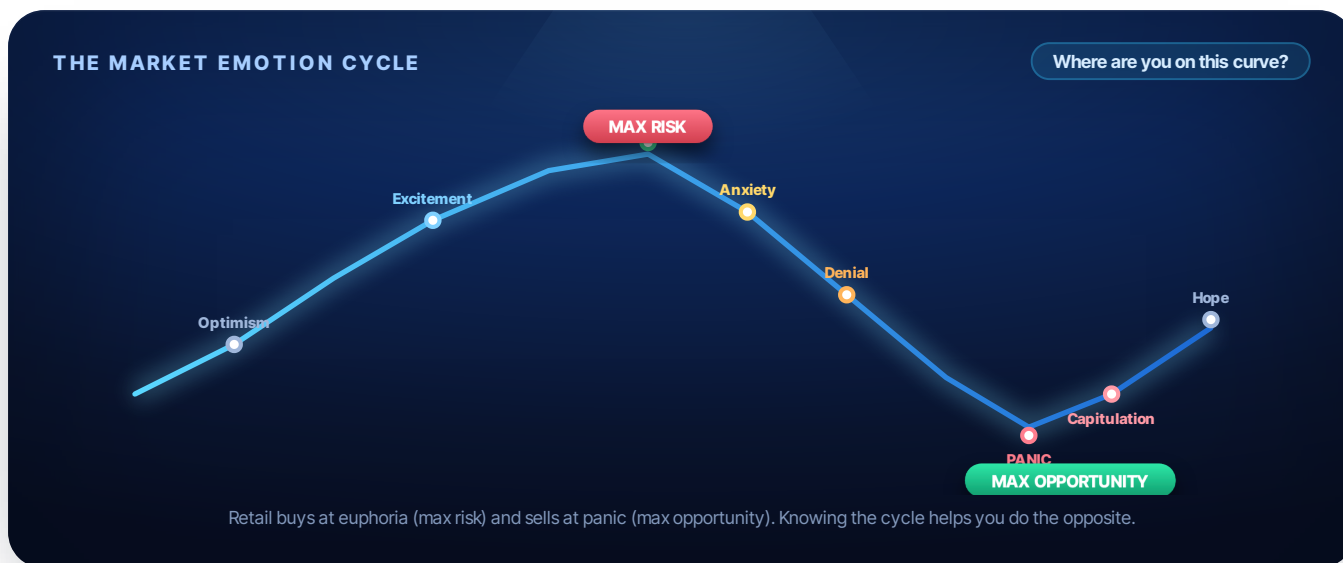
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CHAPTER 9

The Market Emotion Cycle

Buy fear, not euphoria

Markets move in emotional waves, and the crowd feels them in a predictable order. Map your own feelings onto this curve and you'll often discover you're about to do exactly the wrong thing — which is the most useful warning a trader can get.



Notice the cruel symmetry: the point of **maximum euphoria** (when buying feels safest and most exciting) is the point of **maximum risk**. The point of **maximum panic** (when selling feels most urgent) is often the point of **maximum opportunity**. The hunter leans against the crowd's emotion.

USE IT AS A MIRROR

You can't time the exact top or bottom — and you shouldn't try. Just use the cycle to **check yourself**: "If I feel euphoric, am I near the top? If I feel like panic-selling, is this near a bottom?"


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CHAPTER 10


Your Anti-Hunt Checklist


Seven questions before every trade


Everything in this book distills into a short pre-trade checklist. Run it every single time. If any answer is wrong, there is no trade — and that discipline is precisely what makes you the hunter instead of the hunted.


-  **Is this an A+ setup, or am I bored?**
Only trade real confluence — not screen-time.


-  **Where is the obvious liquidity?**
Assume the crowd's stops will be hunted first.

-  **Have I set my stop AND target?**
Both decided before entry. No exceptions.

-  **Am I risking $\leq 1-2\%$? (₹500–₹1,000 on ₹50k)**
Survive the streak. Size by risk, not by greed.

-  **Is this FOMO or a plan?**
If you feel rushed, you're being hunted. Skip it.

-  **No high leverage?**
Leverage is how Indian retail accounts get liquidated.

-  **After-tax, is it worth it?**
30% tax + 1% TDS comes off every win.


 **SURVIVE FIRST, WIN SECOND**


You don't need to be right often. You need to **protect your capital** so well that you're still here when the easy, obvious opportunities arrive. The trader who survives the longest, wins.


APPENDIX A1


The Anti-Hunt Checklist


Print this. Run it before every trade — no exceptions.


-  **Is this an A+ setup, or am I bored?**
Only trade real confluence — not screen-time.


-  **Where is the obvious liquidity?**
Assume the crowd's stops will be hunted first.

-  **Have I set my stop AND target?**
Both decided before entry. No exceptions.

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I ONE FAILED ANSWER = NO TRADE

The power is in the veto. Any single "no" cancels the trade. That's not missing out — that's how you stay un-hunted.

● APPENDIX A2

Glossary

Prey

A trader whose emotional, predictable behaviour is exploited.

Liquidity

Resting orders (often stops) that price is drawn toward.

Stop Hunt

A spike beyond an obvious level to trigger stops, then reverse.

Liquidity Raid

Another name for a stop hunt / liquidity grab.

Bull Trap

A fake breakout above resistance that traps buyers.

Bear Trap

A fake breakdown below support that traps sellers.

Fakeout

Any false break that quickly reverses.

Pump & Dump

Hype-driven spike then coordinated sell-off.

FOMO

Fear Of Missing Out — buying late out of emotion.

Exit Liquidity

Late buyers whose orders let insiders sell.

Distribution

Insiders selling into retail demand near a top.

Accumulation

Quiet buying before a move, at low prices.

Capitulation

Mass panic-selling, often near a bottom.

Euphoria

Peak optimism — usually peak risk.

Leverage

Borrowed size; magnifies gains and liquidation risk.

Liquidation

Forced close of a leveraged position at a loss.

Drawdown

A drop from a peak in your account value.

Position Sizing

Choosing trade size so risk stays fixed (1–2%).

Revenge Trading

Emotional over-betting to recover a loss.

Confluence

Several signals agreeing — a higher-quality setup.

APPENDIX A3 — SAMPLE

Avoiding the Trap

A trade I almost took — and the one I took instead.

SOL / INR

FAKE BREAKOUT · 1H · COINDCX

TRAP AVOIDED

THE BAIT

SOL spiked above resistance on a hyped news headline. Every chat I was in screamed “breakout!” My finger hovered over Buy. Then I ran the checklist: **no candle close** above the level yet, volume thinning, and I clearly felt **FOMO**. Answer: **no trade**.

WHAT HAPPENED

Price snapped back below within the hour — a textbook **bull trap**. The FOMO buyers were trapped in red. I waited. Price returned to support, printed a clean reversal, and I entered *there* with a defined stop.

ENTRY (AT SUPPORT)

₹14,900

STOP

₹14,300

TARGET

₹16,200

RISK

1.5%

RESULT

+₹1,400

Gross · ~₹960 after 30% tax + 1% TDS · and a trap avoided

LESSON

The best trade of the day was the one I **didn't** take at the trap. Patience plus the checklist turned a likely loss into a calm, planned win.

Defence first — that's the whole game.

● EDUCATION · ANALYSIS · COMMUNITY

About the Author



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Founder, cRyPtO sMaRt

Founder of cRyPtO sMaRt — making cryptocurrency and trading education honest, simple, and accessible to every Indian beginner.



Patient. Protected. Un-hunted.

You don't win by being the smartest in the room — you win by being the calmest, and the last one standing.

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