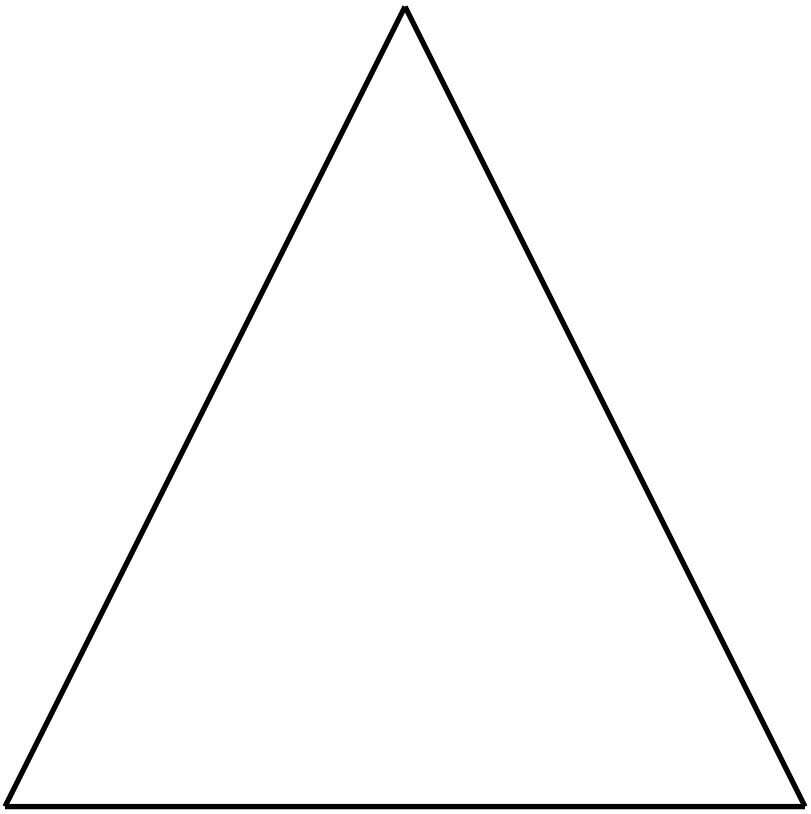
The Triangle of Attack

Predator



Vulnerability Opportunity

Understand how predators choose their targets—so you never become one.

△ The Triangle of Attack

At the heart of most real-world attacks is a simple formula:

Opportunity + Vulnerability + Justification = Attack

These are the three sides of what we call the Triangle of Attack—**and if even one side is removed, the attack cannot happen**.

We train to recognize and disrupt this triangle in real time. Here's how each side works:

1 Opportunity

This is the moment the attacker sees a chance to strike—whether it's isolation, distraction, or an environment with no witnesses.

Shieldhouse Strategy: Avoid patterns. Choose safer environments. Scan surroundings. Build awareness.

2 Vulnerability

This is what the attacker perceives about you. Vulnerability can be physical (injury, distraction, fatigue), emotional (lack of confidence), or behavioral (headphones in, head down, unaware).

Shieldhouse Strategy: Walk with posture. Make eye contact. Carry tools. Be trained and alert.

3 Justification

The attacker must psychologically justify the act to themselves. It could be “She looked like she wanted it,” “He disrespected me,” or “They won’t fight back.”

Shieldhouse Strategy: Set clear boundaries. Send early signals. Don't comply with narratives that embolden predators.

If You Remove One Side, The Triangle Collapses

And that’s the goal.
Predators don’t want a challenge. They want easy prey.
You are not prey.

Training Note:

Every Shieldhouse technique—whether verbal, physical, or energetic—is designed to break one or more sides of this triangle.
That’s how you stay one step ahead.