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# LEARN TO FLY FISH

WITH **POSTFLY**



GUIDEBOOK

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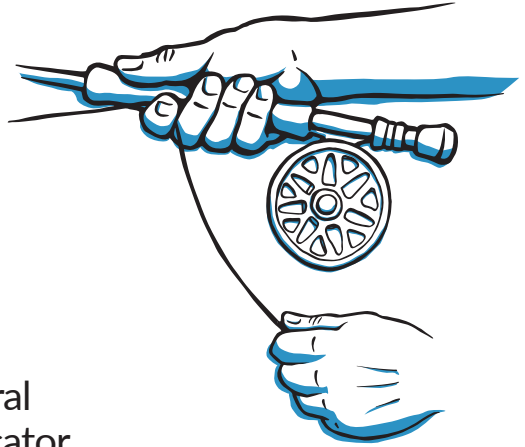
# HOW TO SET THE HOOK

# First Cast

A white silhouette of a fishing rod, oriented vertically and pointing downwards. It is located on the right side of the cover, partially overlapping the 'First Cast' text.

# SETTING THE HOOK

1. As the strike indicator and your fly float downstream through the “strike zone”, lightly hold the line with your pointer finger in your right hand against the rod followed by the rest of the line in your left hand.
2. Pay attention to any unnatural movement of the strike indicator as well as any slight vibrations of the line against your right pointer finger. Any little pull or tapping could be a fish!
3. As soon as you see the strike indicator submerge, or feel that “bump” on your pointer finger, lift the rod straight up quickly to set the hook. This should be a brisk and medium force lift.



***Don't***

*Although it's hard to contain the excitement, try not to over-force it for risk of breaking off the fish immediately or pulling the fly out of the fishes mouth before the hook is set.*



4. If there is a fish on the other end, you'll see the rod bend with tension and feel more sporadic, irregular pulls on the line in your finger and your hand.
5. At this point, it is all about tension management. You ALWAYS want to have a slight bend in the rod as you're fighting the fish. This minimizes the risk that the slack in the line will cause the hook to come loose.

**Don't**

*At the same rate, if you pull too hard on the rod without any give to the line, the force might be too strong for the thin, 5x tippet and the fish will break off.*

6. If the fish is darting away from you trying to escape, release the pressure of your pointer finger and allow more line to go out. If the fish is taking a break or swimming towards you, "strip" the line in as quickly as you can to maintain that tension.



7. At this point it's important to point out that during the initial fight with the fish, you're never really "reeling" the fish in. This is probably one of the primary differences between conventional spin fishing and fly fishing. The "fight" usually entails stripping line in with your reel hand while maintaining pressure and tension with your index finger on your rod hand. When the fish is swimming towards you STRIP! as fast as you can to maintain tension; when he's darting away, release line by loosening your grip with your index finger.
8. When the fish swims so far away that he pulls all the slack out of your line, this is said to have the fish "on the reel" and you can allow the drag system to manage the tension as the fish is trying to swim away. At this point, you can reel up slack as the fish swims back towards you; however if you can't reel fast enough to keep a slight bend in your rod, start stripping again to retrieve line quicker! Usually it's a dance between stripping and reeling to help get the fish to net.



**View additional online content and watch a video on setting the hook.**

Link can be found in the back of this book.

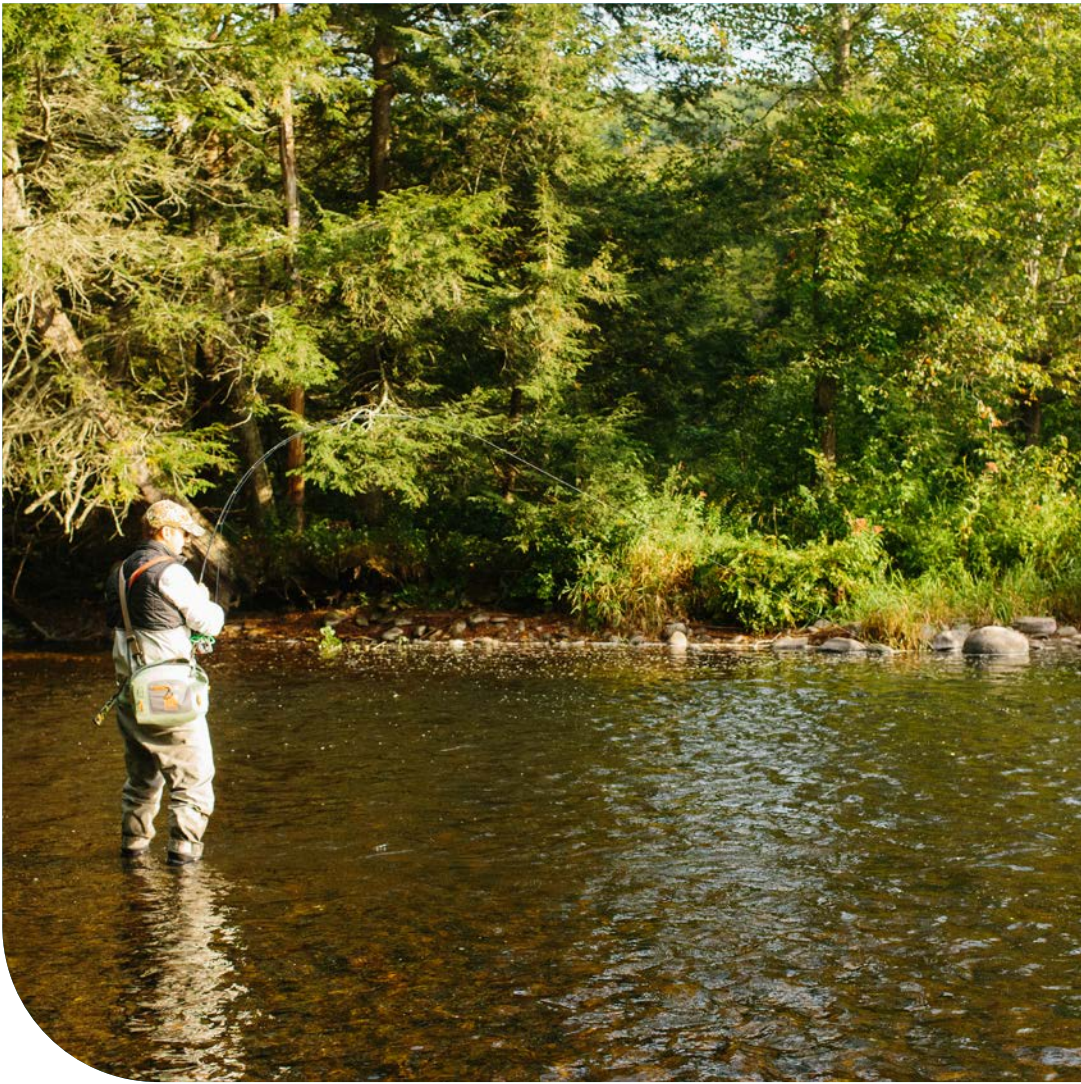


## A COUPLE OF TRICKS:

- If you're out in the middle of the river, try "walking the fish" back towards the bank. While continuing to manage the tension, step backwards slowly and carefully - so you don't trip over a rock - to get the fish into shallower water so there is less room for them to swim.
- Point the bend of the rod upstream. This should be your default position as the fish is trying to swim away from you downstream. It won't always be this easy as the fish will dart around and you will have to adjust your rod in order to maintain the bend. This is why it's called "angling" - because of the different angles a fly fishermen creates with his rod when fighting a fish.
- Don't rush to get the fish to the net! This is fundamental difference between conventional fishing which typically requires you to reel as fast and as hard as you can. Not so here. Enjoy the moment - you have successfully hooked your first fish! As long as you maintain tension in the rod, the fish will not get away.







Scan the QR code for additional educational videos & digital content to increase your fly fishing IQ.

