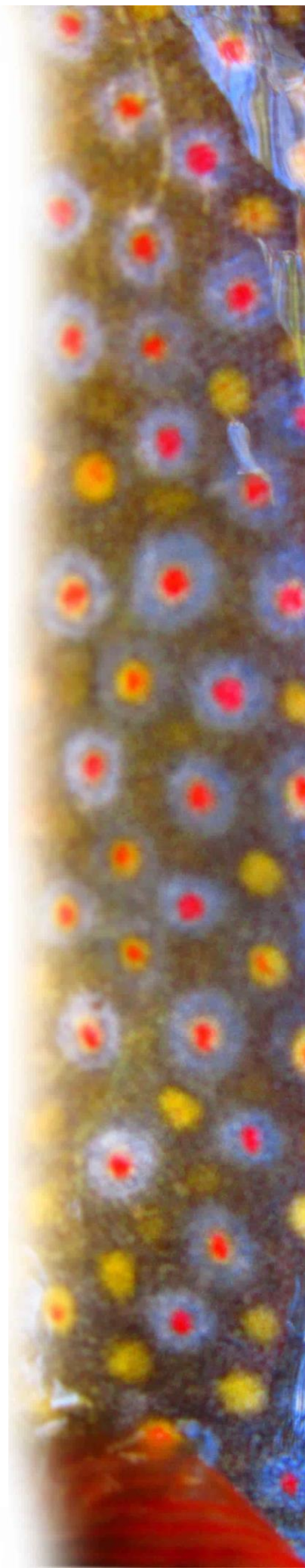


*Guide Recommended*

***Beginners Guide  
to Setting Up  
a Fly Rod for  
Dry Fly Fishing***

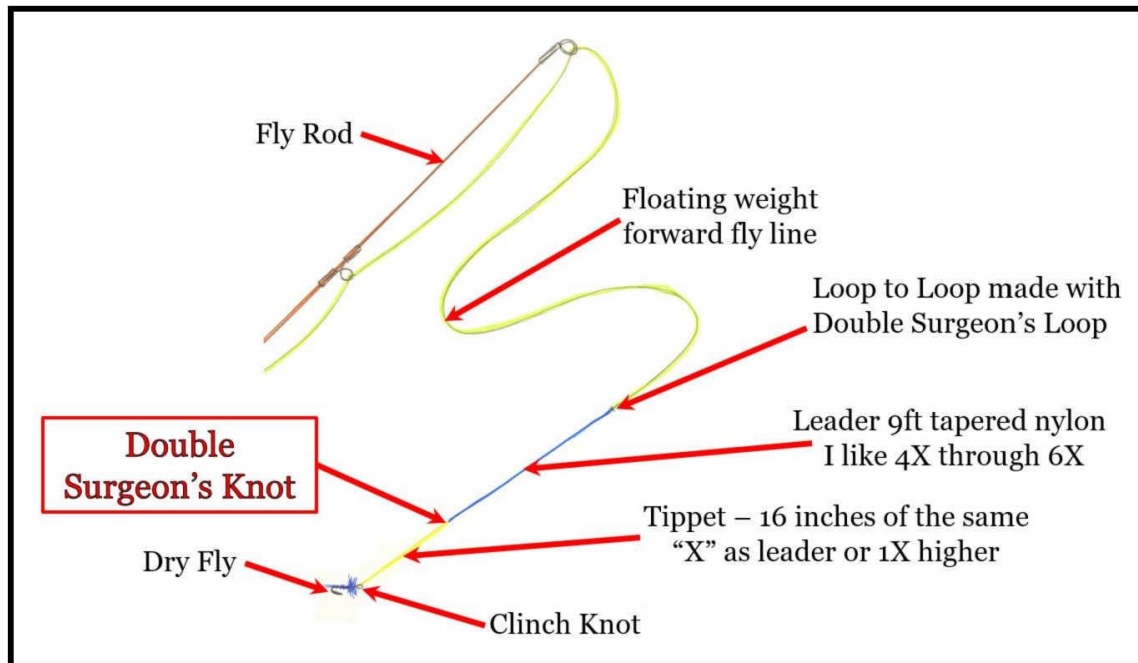


*David Humphries Owner of  
River Traditions Online Fly Shop and  
Guide Recommended Fly Fishing Blog*



# Demystifying Fly Fishing for the Beginner

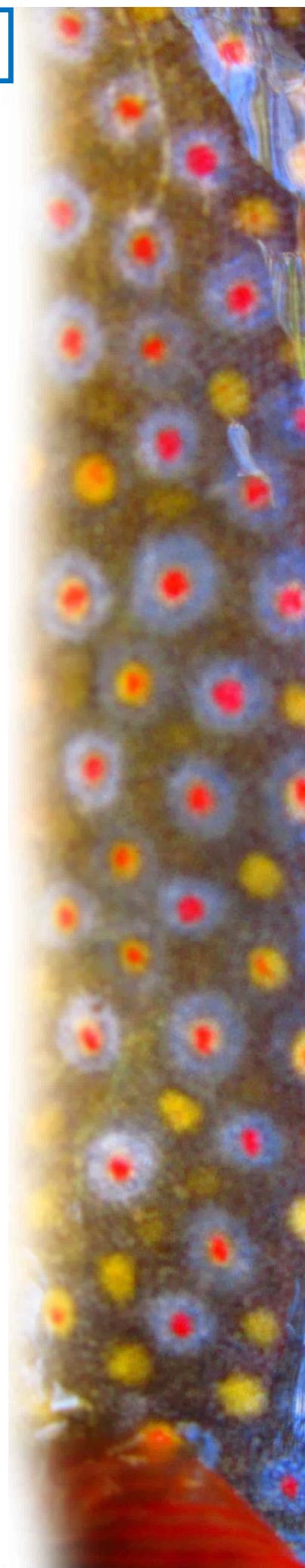
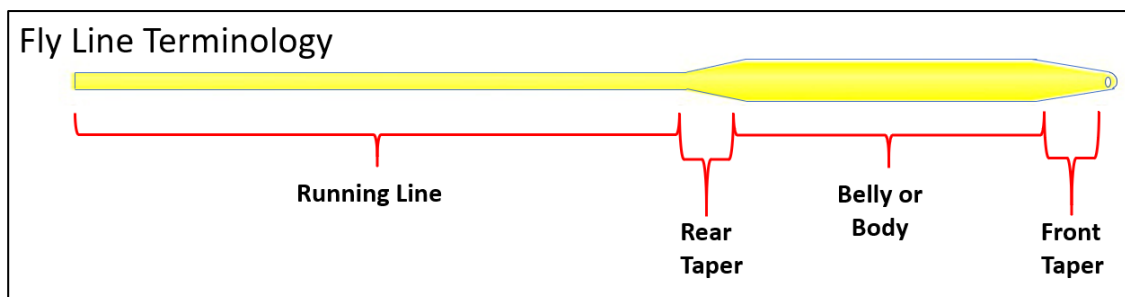
## Setting Up a Fly Rod for Dry Fly Fishing



Proper setup of your fly rod is essential to casting and catching fish. The incorrect fly line and leader will make it tough to cast and a bad knot will cause a break-offs. The above illustrates the sequence of materials and knots to setup your fly rod correctly.

I'd recommend a 9 foot, 4 to 6 weight, medium fast action fly rod for the new fly fisher. This size will cover 85% of the freshwater fish in North America.

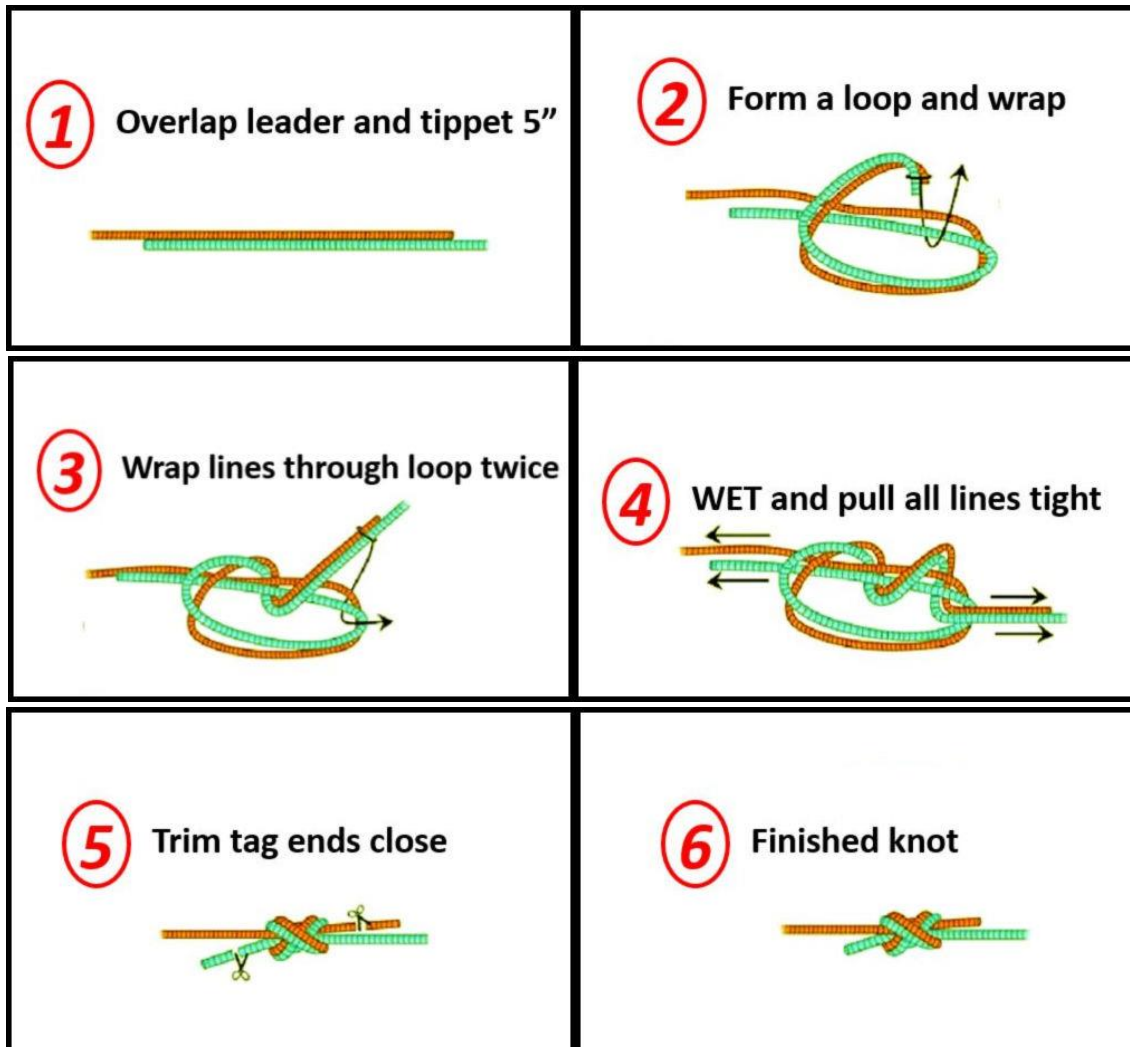
A little more about fly lines. Fly lines come in different tapers (the line side profile) and weight (mass of the line). To simplify this, **GET A WEIGHT FORWARD FLOATING LINE** that matches the **WEIGHT DESIGNATION** of your fly rod. Example if you have a 5-weight fly rod match it with a quality fly line with a line designation **WF-5-F** (Weight Forward, 5wt, Floating).





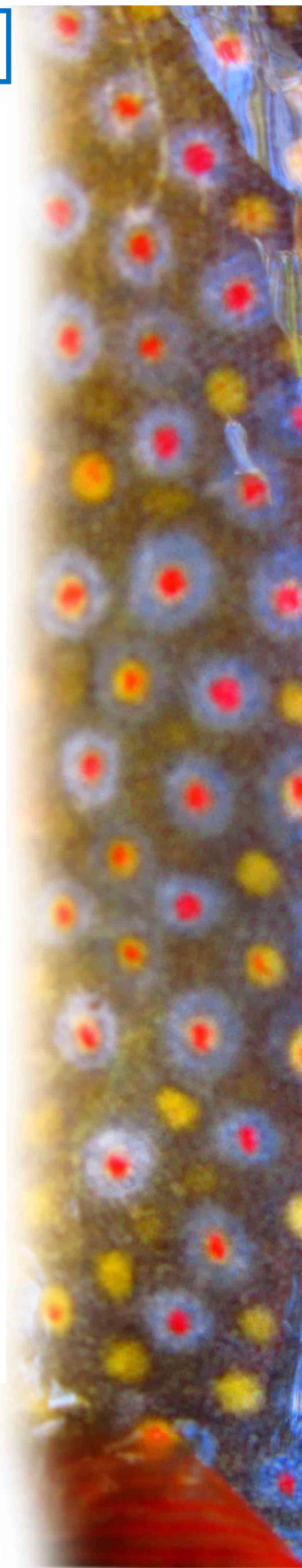
# Demystifying Fly Fishing for the Beginner

## How to Tie a Double Surgeon's Knot



The Double Surgeons Knot is fast to tie, versatile and strong. This is one of three “essential” knots for fly fishing. In addition, I would recommend learning to tie a clinch knot and nail knot to complete your knot arsenal.

[Click here to Attend the FLY FISHING VIDEO WORKSHOP](#)

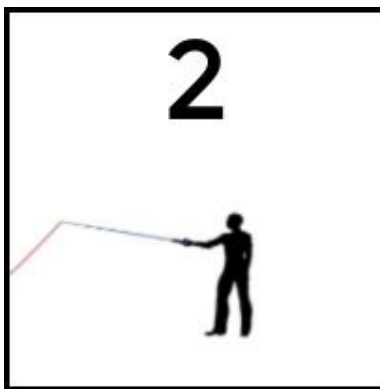


# Demystifying Fly Fishing for the Beginner

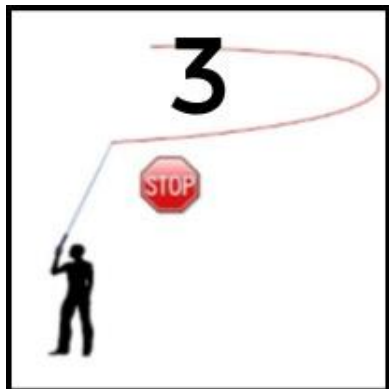
## Fly Rod Casting Fundamentals



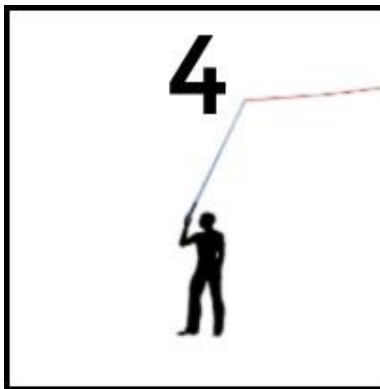
1. Lock Wrist, Thumb on Top



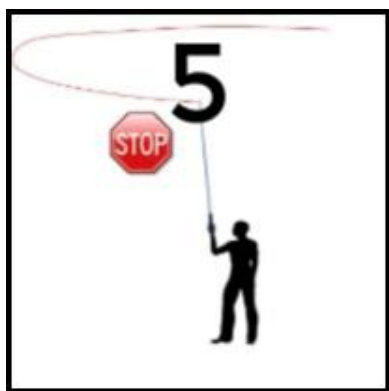
2. Rod Tip Down, Remove Slack



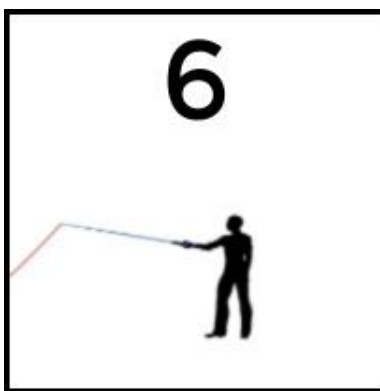
3. Smooth Acceleration to STOP



4. Pause, allow line to UNROLL



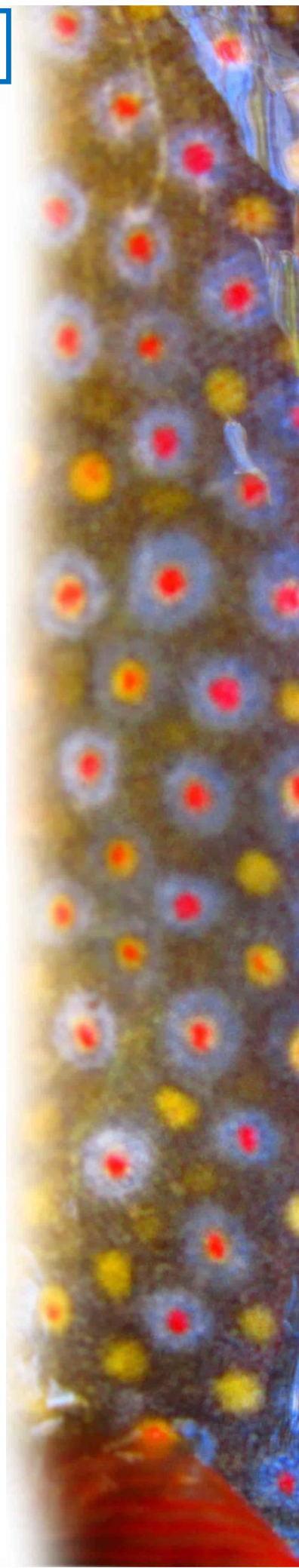
5. Slow punch forward to STOP



6. Pause wait for UNROLL and drop

With a little practice and instruction casting a fly rod WILL become easy. I have complete confidence anyone can learn. My biggest tip is to relax, relax **RELAX** and don't attempt to cast too far. I could go on for an hour with instructions, but sometimes seeing is BEST. Check out the casting practice lesson in the Fly Fishing Workshop – [CLICK HERE TO](#)

[ATTEND THE VIDEO WORKSHOP](#)





# Demystifying Fly Fishing for the Beginner







## Selecting the Right Fly

You'll hear advice about "Matching the Hatch" and using a "Local Favorite Fly" but most fish, if they're biting, will take what I'll call the Foundational Flies. These are flies that should be in every fly box when pursuing freshwater fish.

I will be the first to say that in areas where the fish have become wise to fly fishers trying to catch them, you might need to up your game a little and use something that matches the bugs. You'll also need to use stealth in your approach, pick the right time to fish and position yourself for the best presentation.

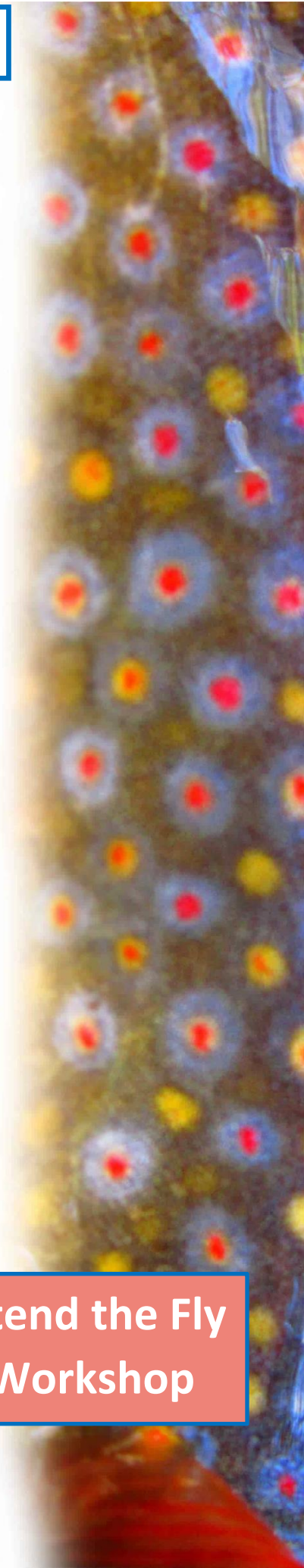
The approach that I use when fishing a new body of water is to sit down and look for a "fishy spot". If you can put three things together usually, you'll find fish. Those items are 1. Protection, 2. Food, 3. Energy Conservation. Protection can be overhead structure like trees or logs. Food is usually channeled or funneled by obstructions, currents or winds. Energy Conservation allows the fish to get out of heavy currents, but still grab a bit of food.

Once I've found that fishy spot, it's time to pick a fly and tie it on. Four decisions go through my head. **1.** Are fish rising? – **2.** If yes, can I see the fly? If I can't see the fly, I'll tie on a size 18 Griffith's Gnat. **3.** If I can see the fly, is it light colored or dark colored? If light colored, I tie a size 14 Elk Hair Caddis, if dark colored I tie a size 14 Parachute Adams. **4.** If nothing is rising, I will tie a Hares Ear Nymph or Pheasant Tail Nymph in size 14.

<i>Olive Woolly Bugger</i>	<i>Adams</i>	<i>Hare's Ear</i>
		
<i>Pheasant Tail</i>	<i>Griffiths Gnat</i>	<i>Elk Hair Caddis</i>
		

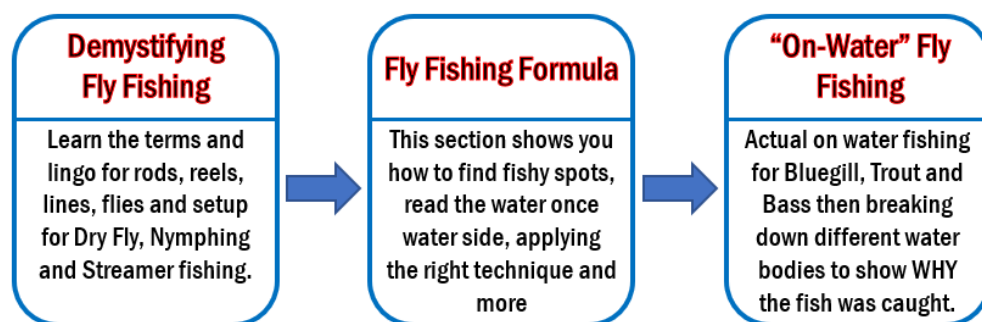
Foundational Flies

[Click Here to Attend the Fly Fishing Video Workshop](#)



# Demystifying Fly Fishing for the Beginner

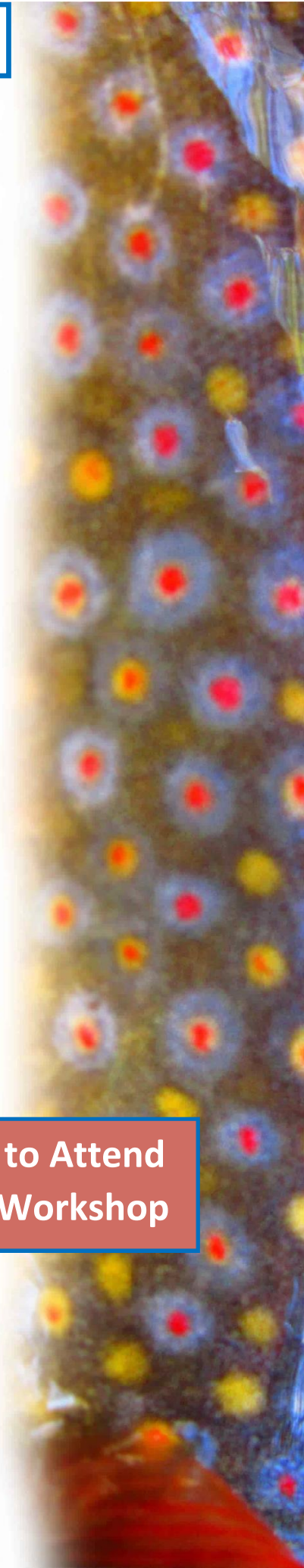
A little bit about the “Lifetime Access” online fly fishing class I’m offering. I structured the class in a step by step way allowing you to learn about the gear, flies and setup. I call this the **Demystifying** section, then we apply what I call the “**Fly Fishing Formula**” which identifies the where, when and what setup you need for a particular situation. Finally, everything is put together with “**On-Water**” fly fishing, that breaks down the ways to catch Bluegills, Brook Trout, Brown Trout and Bass.



The class is available 24 hours a day and has sections you can download and keep. Just think how convenient it would be to watch a video riverside to help with remembering how to tie a knot or choosing a fly fishing technique. (35) Videos, (25) Downloads and Email Support included. Below is the Course Overview

1	Welcome to How 2 Fly Fish! 🤗 +	2	1.0 📖 Quick Start Guide 2 Fly Fishing +
3	👍 Let me know how the class is going so far. - Quick Survey +	4	2.0 🔍 Demystifying Fly Fishing Rods, Reels, Flies and More +
5	3.0 🔍 Demystifying Fly Rod Setup +	6	4.0 🔍 Fly Rod Casting Demystified +
7	5.0 📖 Fly Fishing Safety +	8	6.0 🤗 Fly Fishing Formula - Finding Fishy Water +
9	7.0 🤗 Fly Fishing Formula - Reading the Water +	10	8.0 🤗 Fly Fishing Formula - Applying the Right Technique +
11	9.0 🤗 Fly Fishing Formula - Positioning and Presentation +	12	📖 How 2 Fly Fish for Brook Trout +
13	📖 How 2 Fly Fish for Bass +	14	📖 How 2 Fly Fish for Bluegill +
15	📖 How 2 Fly Fish for Rainbow and Brown Trout +		

[Click Here to Attend the Video Workshop](#)





# Demystifying Fly Fishing for the Beginner



So, who is David Humphries?

I'm guessing just shy of 30 years ago I attempted to learn how to fly fish on my own. Ever so slowly found out that without the guidance of someone to start you out the right way learning the equipment, setup, how to cast and finally how to catch fish can be a long journey. I was lucky to find a fly fishing guide that was willing to invest time to teach me. Most Guides want you to quickly land fish and to do that they've got to work hard to keep your fly on the water. Teaching the how's where's and why's doesn't put fish in your hands for the "Trophy Picture".

Since that humble troubled beginning I started an online fly shop selling 1000's fly boxes, exhibited at fly fishing shows, designed fly rods and reels and even attempted to invent a fly fishing gadget. I also operate a BLOG called Guide Recommended that shares fly fishing tips from the Pros.

I love fly fishing, for me it's the perfect way to relax and enjoy the outdoors, but what's becoming even more exciting is for me to see that Aha moment when an aspiring fly fisher catches that first fish on a fly. PLEASE save yourself years and thousands get someone or something to TEACH you right from the beginning.

Some Really Cool Benefits for Those Who Enroll.

- **Lifetime** Access to the course, I'm on revision 3 now.
- **Email Support** for the first 30 days
- Monthly **"Live"** Question and Answer Sessions
- The **Quick Start Guide** (keep videos and downloads on your phone)
- A Fly Rod Building Class (you can save HUNDREDS of \$\$)

[Click Here to Attend the Video Workshop](#)

