

Mathias Lilleheim

Casting Clinic EWF - 2018

Die drei Musketiere des Fliegenwerfens

Fliegenrute, Schnur und Mensch. Optimierung des menschlichen Aspekts des Werfens durch effektive Benutzung des Körpers - nach dem alten Motto „Weniger ist mehr“!

The three musketeers of Fly Casting

Fly Rod, Fly Line and Human Being. Optimizing the Human contribution to a fly cast, through effective use of the whole body, with a constant focus on the Motto: „Less is More“!

«Less is More»

The 3 musketeers of Fly Casting:

Fly Rod – Fly line – Human being

The human contribution:

LONGER PATHWAYS, INITIAL PATIENCE, STRAIGHT LINES, A SUFFICIENTLY «OPEN» ROD and LESS FORCE.

The contribution of the Fly Rod:

REACH THE DEEPER PARTS OF THE ROD IN THE RIGHT WAY AND IT WILL CONTRIBUTE A HIGHER % OF THE WORK NEEDED

The contribution of the Fly Line

SUBMITTING TO THE ACTIONS OF THE ROD TIP (in other words, BEING A TOTAL PUSHOVER)

«Less is More»

Longer casts = Longer pathway (s)

$$\underline{W = F \times s:}$$

Workdone = Force x Distance:

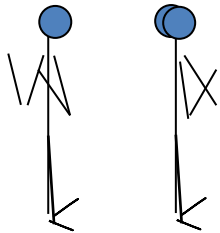
(if the the Force and the Distance have the same direction)



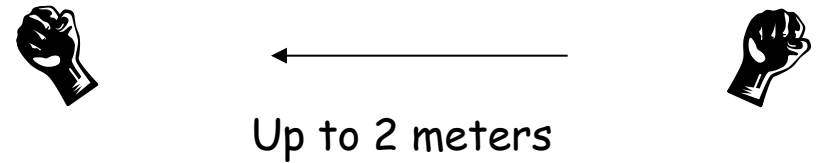
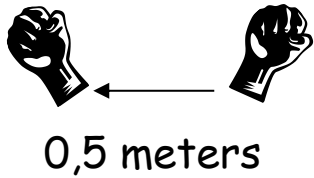
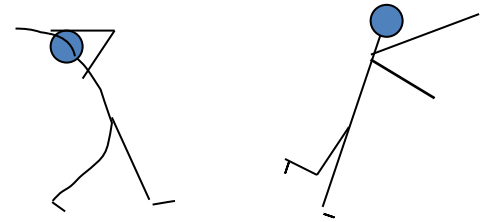
Longer Pathway (distance) for the tip of the rod:

1. Distance the CENTER OF GRAVITY moves during a stroke
2. Distance the HAND moves during a stroke
3. Distance the ROD TIP moves during a stroke

The extreme contrasts



versus

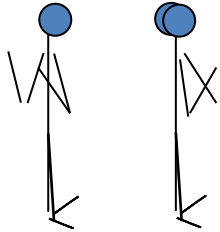


The optimal fishing style is (as always) something in between

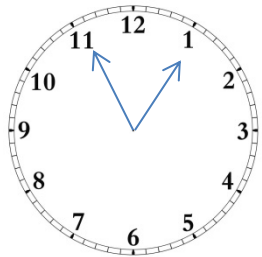
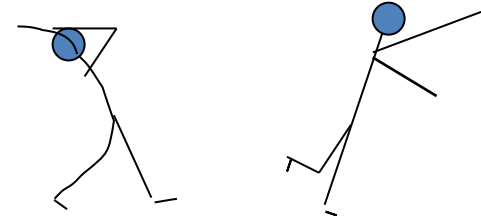


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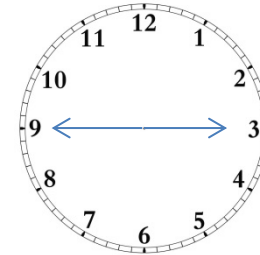


versus



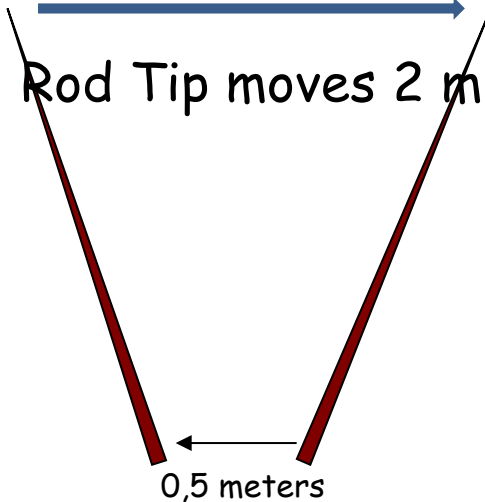
= 11 to 1

Example: 9' Rod

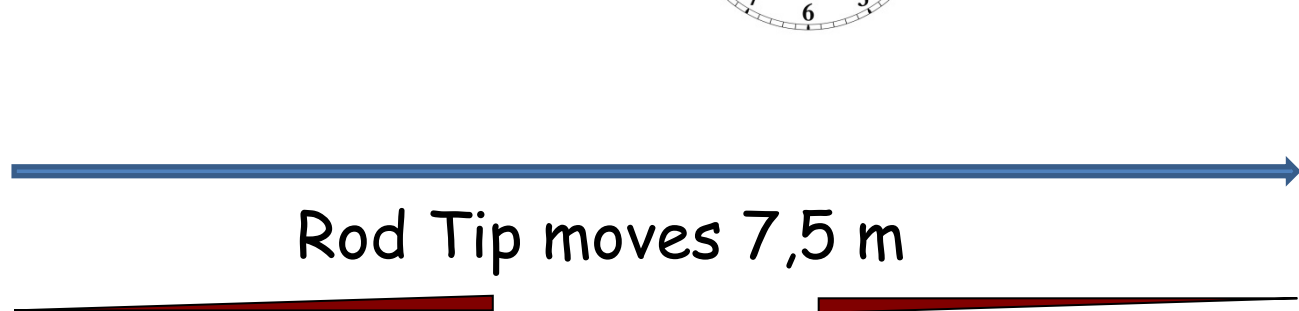


= 9 to 3

Rod Tip moves 2 m



Rod Tip moves 7,5 m



Hand moves up to 2 meters

Central Movements for Longer Casts

Let the BIG MOVERS (muscle groups) in the legs and hips start a casting stroke by moving the **Center of Gravity** from one leg towards the other. These BIG MOVERS will only need to use a fraction of their Maximum Force Capacity to get things rolling. Start slow, but remember the **NECESSARY SMOOTH ACCELERATION**: «The speed increases gradually more and more». The arms will wait as long as possible before they finish the stroke.



Weight over the rear leg

Weight over the front leg



Central Movements for **ALL** Casts

My philosophy:

Even if I'm only casting 10-15 meters, I still prefer to start every stroke by moving my Center of Gravity from one leg towards the other. I will just have to adjust this initial movement to the length of line I need to cast



ADJUSTING your style to the **length of line**

ADJUST WHAT???

- The start and stop positions of the arm
- The length of movement of the Center of Gravity
- The angles of the rod of the start- and stop positions
- The force you need to use



What controls the rods angle with the ground?

- The **GRIP**: Initially relaxed, slightly tougher during the turn-over and stop.
- The **WRIST**: Initially open and relaxed. «Patient» during the first phase of the stroke. Active during the LATE TURN-OVER.
- Your **MIND**: Try to move your body, WITHOUT altering the angle of the rod, during the initial phase of the stroke (when you move the Center of Gravity using muscles in your legs and hip).
- REMEMBER: **ADJUST** the angle of the rod to the length of line you need to cast.



A relaxed **GRIP**

«*The Chicken Principle*»

Gripping the rod as if you were holding a **NEWBORN CHICKEN** without harming it during a fly casting stroke.



A patient **WRIST**

«The plenty-of-time Principle»

Let the wrist be initially open during the first phase of the cast and be **PATIENT ENOUGH** to wait as long as «practically possible» before you turn the rod over. Synchronize the wrist with the DOUBLE HAUL.



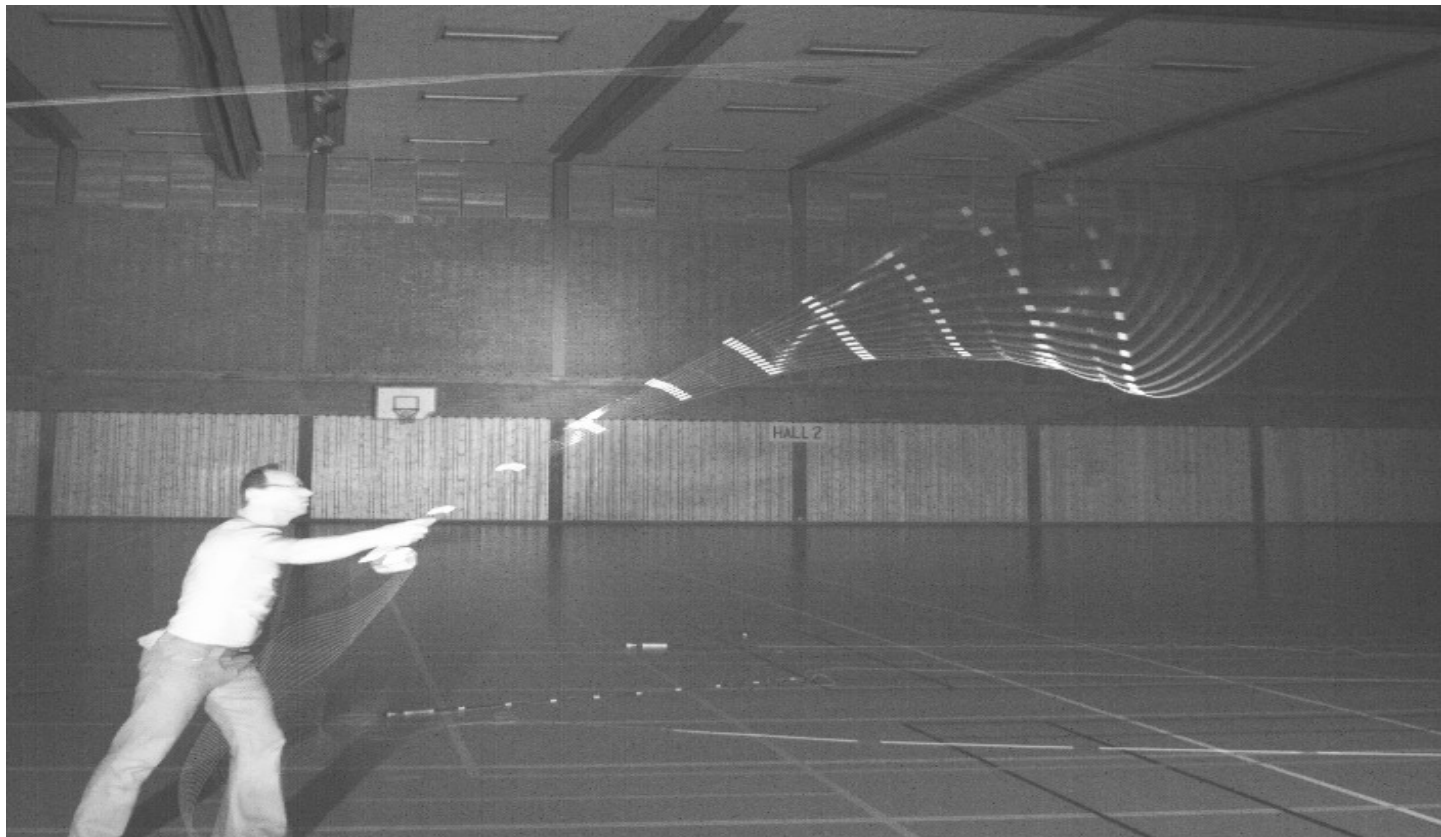
The transitions, the false starts and the ***good CONTACT***

Juuuuuust before the line has turned over in a back cast, you start a careful (but still accelerated) movement (the ***FALSE START***) in the opposite direction. You do this by moving the Center of Gravity from one leg towards the other **WITHOUT** doing anything with the arms and the rod. When you feel the ***GOOD HEAVYNESS*** materialize the rod has already started bending towards the weight and direction of the line. This is ***CONTACT*** and the ***SIGNAL*** for starting to use the arms to finish the casting stroke.



The **STRAIGHT LINES** seen from the side

Note the **STRAIGHT LINE** in the photo (above the caster). This is the path the rod tip draws in a good and smoothly accelerated fly cast



The **STRAIGHT LINES** seen from in front



Stay in the «straight and narrow» 2-dimensional plane. The rope and the wrist band will help you do this. The wrist band is connected to the rope with a ring.