



## **EFFFA DOUBLE HAND FLYCASTING INSTRUCTOR CERTIFICATION TEST UNDERHAND TECHNIQUE (UT)**

### **General**

#### **Test:**

The Two-Handed Casting Instructor Performance Test will be conducted on water. The test may be done on still or moving water. The candidate has to perform all casts with the right bottom hand and also with the left bottom hand.

#### **Terms:**

The candidate has to perform all casts with ease and proficiency. The casts are expected to be formed smoothly with straight anchor placements and have well shaped loops that unroll completely, straightening the line and the leader. The verbal descriptions are to be clear and simple providing concise instruction. All casts in the performance test have to be mastered.

### **Tackle requirements**

#### **General:**

The candidate is responsible for his equipment for the exam. According to the UH technique the candidate can use different lengths and weights of shooting lines, leaders and rods depending of the fishing situation.

#### **Rod:**

The candidate can use rods of his choice. He is allowed to change rods during the exam whenever he thinks it makes sense but he should always explain the reason for his choice.

#### **Lines:**

Floating and sinking shooting heads of the casters choice.

The sinking line requires a type 3 sink rate. Multiple density lines are only allowed, if the tip part has at least a type 3 sink rate and belly is not floating.

#### **Leader:**

The candidate can select the leader length according to the Underhand Technique.

#### **Fly:**

well visible fly yarn, min. 5 cm in length.

The candidate should be prepared to have all the equipment with him that is needed to handle the requirements of the Underhand test.

### **Important information**

If the test is conducted on still water the line can be brought out prior to performing a required cast.

### **Distance measurements:**

For the performance test of the UH technique, there are no given casting distances that must be achieved. But it is expected that the candidate can perform any cast, on request of the examiner, even at long distances (exceeding 25m) properly.

For all casts it is required to shoot at least 5 m of running line.

For all casts the fly must always land in front of the leader and the leader must land in front of the fly line. Only these correctly presented casts will be counted. During the test the fly line has to be under good control and correct loops and anchors have to be demonstrated, except something else is demanded!

**Whenever the examiners recognize major mistakes in the handling of the rod or line the exam is failed.**

### **No names of casts:**

In the Underhand Technique names of casts do not exist. The principle allows many combinations of casts and presentations once it is understood. So in this certification program you will find no names of casts but only instructions where to place the fly.

## **PRACTICAL PART**

### **UNDERHAND TECHNIQUE PERFORMANCE TEST**

#### **Casting skills with floating line**

All casts have to be performed with the right bottom hand, the left bottom hand and off shoulder. The candidate must also show and explain the casts with little backspace.

Overhead Cast shooting line straight forward.

Overhead Cast with the change of direction up to 90°

Underhand Cast shooting line straight forward

Show at least two different ways how to change direction up to 90°

#### **Casting with sinking line (either bank).**

Show two different ways how to change direction of 45° or more.

## CASTING INSTRUCTION TESTING

Line minimum length 10 meters from tip (leader not included). The examiner asks the candidate to show a wanted cast or he cast to a certain position in a certain way. The candidate has to explain in which situation such a cast is used and how it is taught. The proper form has to be explained and the instruction has to be clear and concise.

All casts should be performed with the least possible disturbance of the water!

1. Explain and demonstrate forward overhead casts with wide loops and narrow loops on command.
2. Explain and demonstrate an off-shoulder forward overhead cast.
3. Explain and demonstrate a forward overhead cast from opposite hand.
4. Explain and demonstrate 2 versions of how to change direction with an overhead cast.
5. Explain and demonstrate mending techniques. (Use drawings to support your explanations.)
6. Explain the shape of the line behind you and its effect on the loop on the forward cast.
7. Explain and demonstrate different ways to change direction with an Underhand Cast.
8. Explain and demonstrate a top left hand Underhand Cast up to 90°.
9. Explain and demonstrate a top right hand Underhand Cast up to 90°.
10. Explain and demonstrate the difference when casting with very little backspace behind the caster, and a lot of backspace behind.
11. Explain and demonstrate how to shoot line. When is the proper time to release the line?
12. Explain and demonstrate what is needed to perform a successful cast with an intermediate or sinking line (or sink tip).
13. Explain and demonstrate incorrect anchor points resulting in crossed lines.
14. Explain and demonstrate an Underhand Cast with a slack or piled anchor point.
15. Demonstrate improper anchoring resulting in a curved anchor placement. Explain main reasons why it happens.
16. Explain and demonstrate a tailing loop with an Overhead cast on command.
17. Explain and demonstrate a tailing loop with an Underhand cast on command.
18. Explain the casting principle used for the Underhand Technique with a shooting head in comparison to the casting with a long conventional fly line (Long Line Technique)? Explain the overall principles and differences of these techniques.

## THEORETICAL PART

### Material and Methods

1. Explain the theories in fly casting!
2. How many main principles do exist in fly casting? Explain them!

3. What equipment do you prefer any why?
4. What is the difference between a Classical Spey Cast, as it was performed in former times, and today's Long Line Technique (take equipment into account as well as how the casts were performed originally)?
5. What size of rod would you suggest for a beginner?
6. How do you teach beginners? Explain it step by step.
7. How do you organize beginners` course?
8. How do you adapt to the character or profession of the student?
9. How long should be the shooting head for a beginner?
10. What line do you suggest for a beginner if he uses a #9/10 rod?
11. How long should be the leader for the Underhand Technique?
12. Describe the grip for the Underhand Technique?
13. Describe the grip for the Long Line Technique?
14. How do the hands move in the Underhand Technique and why?
15. How do the hands move in the Long Line Technique and why?
16. How do you share the power of your hands in the Underhand Technique?
17. How do you share the power of your hands in the Long Line Technique?
18. How do you use your body in the Underhand Technique?
19. How do you use your body with the Long Line Technique?
20. How can one overcome the problem of casting a little bit a longer head in a situation with limited back space?
21. When is a long shooting head a good choice?
22. What kind of fly lines are used for salmon fishing?
23. What are poly leaders and how are you choosing and assembling them for fishing!
24. What is a gaff?
25. What is the difference between a polymer (flat beam) and a coated Dacron running line? Compare these two!
26. What changes if you lower the position of the upper hand in the Underhand Technique?
27. What type of rod action is used for the Underhand Technique?
28. What type of rod action is used for long fly lines?
29. What type of line tapers are usually used for the Underhand Technique?
30. What type of line tapers are usually used for the Long Line Technique?
31. What type of line taper is used for the Classic Spey Technique?
32. Explain line tapers – differences and consequences!
33. Is there a connection between the length of the head and the length of the casting stroke?
34. Is there a connection between the action of a rod and the length of the casting stroke?
35. What initial enquiries would you make about the person you are to instruct? Compare the AFTMA line rating system with systems in grains and grams.
36. Explain differences between casting straight in to the wind casting with back wind.
37. What are you going to do if you are fishing in a river and the wind is blowing from the side?

- What is reverse casting?  
Explain the stance in Underhand Technique.
38. Explain the stance in Long Line Technique.  
How do you handle a sinking line?
39. How do you cast a heavy tube fly and what leader requirements are?
40. How do you adjust a shooting head?
41. Where should the anchor be placed with the Underhand Technique?
42. Is the “lift” and a proper back cast important for the Underhand Technique?  
Why?  
What is the Key or firing position?
43. When do you start the forward stroke during an Underhand Cast?  
Why do some fly casters suggest to tapering the joints of double handed rods?
44. How much running line should be out of the rod tip for beginner learning the Underhand Technique?  
Explain what a skipping anchor is and why it occurs!  
Explain what a piled anchor is and why it occurs!  
Explain and show which hand is the fulcrum!  
What is rod tracking?  
Explain the straight-line path!  
Explain the 180-degree principle!  
Explain the term overhang!
45. Explain the use of a longer overhang than usual?
46. What changes in a casting technique when deep wading?
47. If you wade deep, do you change something in your casting technique and/or equipment?  
What is Skagit?
48. How can you recognize the difference between a male and a female salmon?
49. What is a parr?
50. What is a smolt?
51. What is a kelt? How do you recognize a kelt and what are you going to do with it if you catch one (depending of the rules at the river)?
52. Is there a difference between an Atlantic salmon and a pacific salmon?
53. What is U.D.N.?
54. What is Gyrodactylus?
55. What do you know about wild Atlantic salmon diseases and problems – please give some examples?

## Fishing Techniques

1. What are the advantages of intermediate lines?
2. Which line do you prefer as an overall line for salmon fishing and why?
3. How do you present a fly to an Atlantic salmon?
4. Explain different fly patterns and how you use them?
5. Why do you mend the line?
6. What sort of flies work best in brownish water?

7. What tactics do you choose to catch an Atlantic salmon if you fish on a warm and sunny day?
8. What sort of flies work best in clear water?
9. Is deep wading necessary to catch a salmon?
10. What is your favourite fly?
11. What flies would you choose for evening or night fishing and why?
12. Is there any connection between a fly and the water temperature?
13. What flies work best for King Salmon?
14. How do you prepare a fly for fishing the Riffle Hitch Technique?
15. Show some major knots for salmon fishing.
16. Is there a difference in tackle if you compare the fishing for sea trout and salmon?
17. When do you use a sinking line and when do you use a floating line for fishing for Atlantic salmon?
18. Is there a difference in leader length when you use a sink 2 in comparison with a sink 6?
19. What is an in swing?
20. What are grilse?
21. Explain the unwritten rules in salmon fishing.
22. What are the differences between a salmon and a sea trout?
23. Why is there in some waters a leader restriction when using sinking lines?
24. How do you handle the line during the fishing, and what are the most frequent problems?
25. How to present a fly?
26. Where do salmon usually lay and where do they never stay/stop?
27. What are the main safety rules?
28. How would you fish for a rising salmon?
29. Are you checking your leader during the fishing?
30. A salmon takes your fly – how do you behave?
31. What are the basic rules one should follow during the salmon release?
32. Tell one short story about your biggest salmon or best ever salmon fishing.
33. What will you do if you do not get any takes?

## **GENERAL**

**Test:** The Two-Handed Casting Instructor Performance Test will be conducted on water. The test may be done on still or moving water. The candidate has to perform all casts with the right bottom hand and also with the left bottom hand.

**Terms:** The candidate has to perform all casts with ease and proficiency. The casts are expected to be formed smoothly with straight anchor placements and have well shaped loops that unroll completely, straightening the line and the leader. The verbal descriptions are to be clear and simple providing concise instruction. All casts in the performance test have to be mastered.

## **INSTRUCTOR TEST TACKLE LIMITS**

**General:** The candidate is responsible for his equipment for the exam.

According to the UH technique the candidate can use different lengths and weights of shooting lines, leaders and rods depending of the fishing situation.

**Rod:** The candidate can use rods of his choice. He is allowed to change rods during the exam whenever he thinks it makes sense but he should always explain the reason for his choice.

**Lines:** Floating and a sinking shooting heads of the casters choice.

The sinking line requires a type 3 sink rate. Multiple density lines are only allowed, if the tip part has at least a type 3 sink rate and belly is not floating.

**Leader:** The candidate can select the leader length according to the Underhand Technique.

**Fly:** well visible fly yarn, min. 5 cm in length.

The candidate should be prepared to have all the equipment with him that is needed to handle the requirements of the Underhand test.

## **IMPORTANT INFORMATION**

If the test is conducted on still water the line can be brought out prior to performing a required cast.

### **Distance measurements:**

For the performance test of the UH technique, there are no given casting distances that must be achieved. But it is expected that the candidate can perform any cast, on request of the examiner, even at long distances (exceeding 25m) properly.

For all casts it is required to shoot at least 5 m of running line.

For all casts the fly must always land in front of the leader and the leader must land in front of the fly line. Only these correctly presented casts will be counted. During the test the fly line has to be under good control and correct loops and anchors have to be demonstrated, except something else is demanded!

**Whenever the examiners recognize major mistakes in the handling of the rod or line the exam is failed.**

**No names of casts:**

In the Underhand Technique names of casts do not exist. The principle allows many combinations of casts and presentations once it is understood. So in this certification program you will find no names of casts but only instructions where to place the fly.

**Practical Part****UNDERHAND TECHNIQUE PERFORMANCE TEST****Casting skills with floating line**

All casts have to be performed with the right bottom hand, the left bottom hand and off shoulder. The candidate must also show and explain the casts with little backspace.

Overhead Cast shooting line straight forward.

Overhead Cast with the change of direction up to 90°

Underhand Cast shooting line straight forward

Show at least two different ways how to change direction up to 90°

**Casting with sinking line (either bank).**

Show two different ways how to change direction of 45° or more.

**CASTING INSTRUCTION TESTING - UNDERHAND TECHNIQUE**

Line minimum length 10 meters from tip (leader not included). The examiner asks the candidate to show a wanted cast or he cast to a certain position in a certain way. The candidate has to explain in which situation such a cast is used and how it is taught. The proper form has to be explained and the instruction has to be clear and concise.

All casts should be performed with the least possible disturbance of the water!

1. Explain and demonstrate forward overhead casts with wide loops and narrow loops on command.
2. Explain and demonstrate an off-shoulder forward overhead cast.
3. Explain and demonstrate a forward overhead cast from opposite hand.
4. Explain and demonstrate 2 versions of how to change direction with an overhead cast.
5. Explain and demonstrate mending techniques.(Use drawings to support your explanations)

6. Explain the shape of the line behind you and its effect on the loop on the forward cast.
7. Explain and demonstrate different ways to change direction with an Underhand Cast.
8. Explain and demonstrate a top left hand Underhand Cast up to 90°.
9. Explain and demonstrate a top right hand Underhand Cast up to 90°.
10. Explain and demonstrate the difference when casting with very little backspace behind the caster, and a lot of backspace behind.
- 11.. Explain and demonstrate how to shoot line. When is the proper time to release the line?
12. Explain and demonstrate what is needed to perform a successful cast with an intermediate or sinking line (or sink tip).
13. Explain and demonstrate incorrect anchor points resulting in crossed lines.
14. Explain and demonstrate an Underhand Cast with a slack or piled anchor point.
15. Demonstrate improper anchoring resulting in a curved anchor placement. Explain main reasons why it happens.
16. Explain and demonstrate a tailing loop with an Overhead cast on command.
17. Explain and demonstrate a tailing loop with an Underhand cast on command.
18. Explain the casting principle used for the Underhand Technique with a shooting head in comparison to the casting with a long conventional fly line (Long Line Technique)? Explain the overall principles and differences of these techniques.

## Theoretical Part

### MATERIAL AND METHODS

Explain the theories in fly casting!

How many main principles do exist in fly casting? Explain them!

What equipment do you prefer any why?

What is the difference between a Classical Spey Cast, as it was performed in former times, and today's Long Line Technique (take equipment into account as well as how the casts were performed originally)?

What size of rod would you suggest for a beginner?

How do you teach beginners? Explain it step by step.

How do you organize beginners` course?

How do you adapt to the character or profession of the student?

How long should be the shooting head for a beginner?

What line do you suggest for a beginner if he uses a #9/10 rod?

How long should be the leader for the Underhand Technique?

Describe the grip for the Underhand Technique?

Describe the grip for the Long Line Technique?

How do the hands move in the Underhand Technique and why?

How do the hands move in the Long Line Technique and why?

How do you share the power of your hands in the Underhand Technique?

How do you share the power of your hands in the Long Line Technique?

How do you use your body in the Underhand Technique?

How do you use your body with the Long Line Technique?

How can one overcome the problem of casting a little bit a longer head in a situation with limited back space?

When is a long shooting head a good choice?

What kind of fly lines are used for salmon fishing?

What are poly leaders and how are you choosing and assembling them for fishing!

What is a gaff?

What is the difference between a polymer (flat beam) and a coated Dacron running line? Compare these two!

What changes if you lower the position of the upper hand in the Underhand Technique?

What type of rod action is used for the Underhand Technique?

What type of rod action is used for long fly lines?

What type of line tapers are usually used for the Underhand Technique?

What type of line tapers are usually used for the Long Line Technique?

What type of line taper is used for the Classic Spey Technique?

Explain line tapers – differences and consequences!

Is there a connection between the length of the head and the length of the casting stroke?

Is there a connection between the action of a rod and the length of the casting stroke?

What initial enquiries would you make about the person you are to instruct?

Compare the AFTMA line rating system with systems in grains and grams.

Explain differences between casting straight in to the wind casting with back wind.

What are you going to do if you are fishing in a river and the wind is blowing from the side?

What is reverse casting?

Explain the stance in Underhand Technique.

Explain the stance in Long Line Technique.

How do you handle a sinking line?

How do you cast a heavy tube fly and what leader requirements are?

How do you adjust a shooting head?

Where should the anchor be placed with the Underhand Technique?

Is the “lift” and a proper back cast important for the Underhand Technique? Why?

What is the Key or firing position?

When do you start the forward stroke during an Underhand Cast?

Why do some fly casters suggest to tapering the joints of double handed rods?

How much running line should be out of the rod tip for beginner learning the Underhand Technique?

Explain what a skipping anchor is and why it occurs!

Explain what a piled anchor is and why it occurs!

Explain and show which hand is the fulcrum!

What is rod tracking?

Explain the straight-line path!

Explain the 180-degree principle!

Explain the term overhang!

Explain the use of a longer overhang than usual?

What changes in a casting technique when deep wading?

If you wade deep, do you change something in your casting technique and/or equipment?

What is Skagit?

How can you recognize the difference between a male and a female salmon?

What is a parr?

What is a smolt?

What is a kelt? How do you recognize a kelt and what are you going to do with it if you catch one (depending of the rules at the river)?

Is there a difference between an Atlantic salmon and a pacific salmon?

What is U.D.N.?

What is Gyrodactylus?

What do you know about wild Atlantic salmon diseases and problems – please give some examples?

## **FISHING TECHNIQUES**

What are the advantages of intermediate lines?

Which line do you prefer as an overall line for salmon fishing and why?

How do you present a fly to an Atlantic salmon?

Explain different fly patterns and how you use them?

Why do you mend the line?

What sort of flies work best in brownish water?

What tactics do you choose to catch an Atlantic salmon if you fish on a warm and sunny day?

What sort of flies work best in clear water?

Is deep wading necessary to catch a salmon?

What is your favorite fly?

What flies would you choose for evening or night fishing and why?  
Is there any connection between a fly and the water temperature?

What flies work best for King Salmon?

How do you prepare a fly for fishing the Riffle Hitch Technique?

Show some major knots for salmon fishing.

Is there a difference in tackle if you compare the fishing for sea trout and salmon?

When do you use a sinking line and when do you use a floating line for fishing for Atlantic salmon?

Is there a difference in leader length when you use a sink 2 in comparison with a sink 6?

What is an in swing?

What are grilse?

Explain the unwritten rules in salmon fishing.

What are the differences between a salmon and a sea trout?

Why is there in some waters a leader restriction when using sinking lines?

How do you handle the line during the fishing, and what are the most frequent problems?

How to present a fly?

Where do salmon usually lay and where do they never stay/stop?

What are the main safety rules?

How would you fish for a rising salmon?

Are you checking your leader during the fishing?

A salmon takes your fly – how do you behave?

What are the basic rules one should follow during the salmon release?

Tell one short story about your biggest salmon or best ever salmon fishing.

What will you do if you do not get any takes?