THCI Test Preparation – Part 1

THCI Cast Cards: Descriptions and THCI tasks

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The Waterproof Card Deck

- Print the THCI Cast cards (slides 4-19 in this file) using Power Point’s Handouts option with 2 slides per page.

- Cut out each card; pair each “How To” card back-to-back with the matching “THCI Task” card.

- Laminate (at Kinko’s), then cut out cards from laminated page, hole punch upper left corner, add ring and neck strap.

- Now you’ve created a waterproof “card deck” you can carry with you on the water while practicing for the test.
Overhead Cast

Start with line organized (i.e., no slack)
Lift smoothly, steadily accelerating to Stop at 12 o’clock
Drift to 1-1:30 position,
Start forward stroke smoothly, accelerating to Stop at 10:30 position
Bottom hand powers rod into Stop after long forward stroke
Drift forward to lengthen stroke
Repeat as needed prior to final cast
Aim slightly higher and release running line after Stop to shoot line
Overhead Cast – THCI Tasks

1. Demonstrate 3-4 false casts at 70', with narrow loops forward and back. Right hand up (or off shoulder).

2. Demonstrate 3-4 false casts at 70', with narrow loops forward and back. Left hand up (or off shoulder).

3. Explain and demonstrate loop size. Start with wide loops followed by narrow loops in 3-4 false casts at 70'.

4. Demonstrate a tailing loop on command. Explain more than one way a tailing loop can be formed.

5. Demonstrate an Overhead Cast with a change of direction cast (30 degrees or greater); no false casts.

6. Demonstrate an Overhead Cast shooting line to 100'.
Roll Cast

• Drag fly and line slowly through water to casting side

• Lift rod to key position, canted outward at 15-20 degrees

• Let line fall behind shoulder to form D Loop

• Deliver Forward Cast
  – High target and trajectory
  – Long forward stroke
  – Use both hands to form loop
Roll Cast – THCI Tasks

1. Demonstrate a dead line Roll Cast at 70'.
   Right hand up (or off shoulder).

2. Demonstrate a dead line Roll Cast at 70'.
   Right hand up (or off shoulder).

*(may be performed from left or right bank)*
Switch Cast

- Start with line at dangle
- Face body downstream toward dangling line
- Lift rod to 10 o’clock, then sweep rod to side and straight upstream
- As sweep reaches shoulder, lift rod to 1 o’clock and stop
- Forward cast starts as line tip touches water
  – (Keep rod tilted away from body 15-30 degrees)
Switch Cast – THCI Tasks

1. Explain and demonstrate a Switch Cast at 80’ without shooting line, first with "D" loops followed by a "V" loops. Right hand up (or off shoulder).

2. Explain and demonstrate a Switch Cast at 80’ without shooting line, first with "D" loops followed by a "V" loops. Left hand up (or off shoulder).

3. Explain and demonstrate a slack anchor point with the piled anchor.

4. Explain and demonstrate the relationship between length of line carried and casting stroke length.

*The fly must not anchor behind the caster's position at the point of making the forward delivery and the forward cast must unroll smoothly above the water. May be performed from left or right bank.*
Single Spey

• Start with line at dangle

• Face target across river, rotate body downstream to face dangling line; upstream foot back

• Lift rod to 10 o’clock, then sweep rod to side and upstream

• As sweep passes target, rotate body upstream until shoulders and hips are square with target

• As sweep passes upstream and reaches shoulder, lift rod to 1 o’clock, finishing directly opposite target
  – Accelerate into back cast

• Forward cast starts as line tip touches water
Single Spey – THCI Tasks

1. Demonstrate a Single Spey at 80' without shooting line with a change of direction of 45 degrees from the left bank. Right hand up (or off shoulder).

2. Demonstrate a Single Spey with a change of direction of 45 degrees shooting line to 100' from the left bank. Right hand up (or off shoulder).

3. Demonstrate a Single Spey at 80' without shooting line with a change of direction of 45 degrees from the right bank. Left hand up (or off shoulder).

4. Demonstrate a Single Spey with a change of direction of 45 degrees shooting line to 100' from the right bank. Left hand up (or off shoulder).

5. Demonstrate a Single Spey at 80' without shooting line with a direction change of 90 degrees or more.

6. Explain and demonstrate the fly anchoring incorrectly, on the downstream side of the forward cast.

7. Explain and demonstrate an anchor point that is too far upstream for the intended forward cast.

8. Explain and demonstrate an improper anchor point with a bloody L.
Double Spey

• Start with line at dangle

• Face target across river, rotate body downriver to face dangling line

• Lift rod to 10 o’clock, then cross arms and bring rod tip in toward shore and down near water surface
  – *Anchor should land 45 degrees downstream a rod length away*

• Rod tip sweeps from upstream out around far bank, then as sweep passes downstream shoulder, lift rod to 1 o’clock, finishing directly opposite target
  – *Accelerate into back cast*

• Rod tip “circles up” forming D Loop opposite target

• Forward cast starts immediately
Double Spey – THCI Tasks

1. Demonstrate a Double Spey at 80' without shooting line, with a change of direction of 90 degrees from the left bank; left hand up or off-shoulder.

2. Demonstrate a Double Spey with a change of direction of 90 degrees, shooting line to 100 from the left bank; left hand up or off-shoulder.

3. Demonstrate a Double Spey at 80' without shooting line, with a change of direction of 90 degrees from the right bank; right hand up or off-shoulder.

4. Demonstrate a Double Spey with a change of direction of 90 degrees, shooting line to 100 from the right bank; right hand up or off-shoulder.

5. Demonstrate a Double Spey at 80' without shooting line, with a direction change of 45 degrees or less.

6. Explain and demonstrate where the anchor point is to be positioned when the lift is completed.

7. Explain and demonstrate an improper anchor point with a bloody L.

8. Explain and demonstrate casting within a minimum backspace (6’).
Snake Roll

• Start with line at dangle
• Stand with left foot forward, but with body mostly facing target
• Lift rod to 9 o’clock, then slowly draw the rod through a circle, starting back toward the rear bank, then accelerating forward toward the target bank (drawing to right)
• The fastest and most powerful part of the cast occurs as the rod turns back, cuts the bottom off the circle and sweeps into the D Loop formation (Fig 3 above)
• End rod movement at 1 o’clock key position, and deliver forward cast as line touches water.
Snake Roll – THCI Tasks

1. Demonstrate a Snake Roll at 80' without shooting line, with a change of direction of 90 degrees from the left bank; left hand up or off-shoulder.

2. Demonstrate a Snake Roll with a change of direction of 90 degrees, shooting line to 100' from the left bank; left hand up or off-shoulder.

3. Demonstrate a Snake Roll at 80' without shooting line, with a change of direction of 90 degrees from the right bank; right hand up or off-shoulder.

4. Demonstrate a Snake Roll with a change of direction of 90 degrees, shooting line to 100' from the right bank; right hand up or off-shoulder.

5. Demonstrate a Snake Roll at 80' without shooting line, with a direction change of 45 degrees or less.

6. Explain and demonstrate a poorly timed forward cast; timing too fast, timing too slow.

7. Explain and demonstrate a curved anchor placement resulting from an improper alignment of the "e" or oval during the cast formation.
Snap T and Snap C Casts

• **Stage 1**
  - Start with line at dangle
  - Face target across river, rotate body downriver to face dangling line
  - Lift rod to 9 o’clock, then sweep rod upstream rising to about 11 o’clock height
  - Sweep only to about the target (90 degrees), then bring rod back to starting point. Scribe a large reverse “C” with this move

• **Stage 2**
  - Rod tip sweeps from upstream out around far bank, then as sweep passes downstream shoulder, lift rod to 1 o’clock, finishing directly opposite target
    - *Accelerate into back cast*

• **Stage 3**
  - Forward cast starts immediately
1. Demonstrate a cast at 80' without shooting line, with a change of direction of 90 degrees from the left bank, right hand up or off shoulder.

2. Demonstrate a cast with a change of direction of 90 degrees, shooting line to 100' from the left bank, right hand up or off shoulder.

3. Demonstrate a cast at 80' without shooting line, with a change of direction of 90 degrees from the right bank, left hand up or off shoulder.

4. Demonstrate a cast with a change of direction of 90 degrees, shooting line to 100' from the right bank, left hand up or off shoulder.

5. Demonstrate a cast at 80' without shooting line, with a direction change of 45 degrees or less.
Underhand Cast

- Start on left bank with line at dangle
- Face target and torque body to face dangle
- Do an abbreviated shotgun lift, then sweep to the side using body rotation
- Rod is held at 45 degree angle off vertical in sweep
- Steer the line with the bottom hand (*stirring a big soup pot!*)
- Circle up to key position and deliver forward cast
- Delivery comes from bottom hand, with Stop at 11 o’clock
Underhand Cast

• Explain and demonstrate the Underhand cast with a 45 degree change of direction. Describe the choice of rod, line, leader and their role in the cast.

Line Management

• Explain and demonstrate shooting line. When is the proper time to release the line?
• Explain and demonstrate line control mends; mending upriver and down river.

Sunk Line *(using a sink-tip of $\geq$ Type 6, $\geq$ 15′, and $\geq$ 150 grains).*

4. Explain and demonstrate what is needed to get a sinking line (or sink tip) up to the surface in order to perform a successful cast.
5. Demonstrate a Single Spey, shooting line to 80' with a sinking line or sink tip.
6. Demonstrate a Double Spey, shooting line to 80' with a sinking line or sink tip.