

Subject: : Tips and Tricks

Topic: : Casting Videos on Youtube

Re: Casting Videos on Youtube

Author: : Padraic

Date: : 2008/6/25 8:20:33

URL:

Quote:

afishinado wrote:

Thanks Pad, I enjoyed all the videos. In one clip, Lefty said that a surgeon he spoke to believes that over 35% of fly fishermen 50 or older, that fish a lot, have torn rotator cuffs. I'm in that 35%. It aint no joke! I've been trying to change my fly-casting more to Lefty's style in order to keep fishing. On real bad days (pain), I cast left handed. If when you go out and fish all day and say you "cast your arm off" – you're really not kidding. Just a word to the wise.

Yeah, I remembered your rotor cuff injury. It was what made me think of looking for these. I think Lefty once said something to the effect of "if it's work, you're doing it wrong". So I thought reviewing his style might help. I've never seen a casting DVD by him, but Joan Wulff's is really, really good.