**BROOK TROUT SCHOOL · AGES 11-13**

# Homework, Weeks 1-2: The Grip, the Short Stroke & Your First Two Knots

*Five minutes a day beats an hour on Saturday. Print this sheet and stick it on the fridge. Weeks count from Session 1. You do not need to buy a rod for homework; a broom handle, a stick, or just your casting hand works.*

☐ Short stroke in front of a mirror, 5 minutes a day, no rod needed: broom handle, stick, or just your casting hand. Thumb on top, elbow at your ribs, stop at 12, drift, tap and stop at 11. Squeeze at both stops. (Optional: the same stroke with a rod if you have one.)

☐ Davy Knot: 3 clean ties in a row, three days this week, on paracord first and then on real tippet. Mark your Knot Mastery Card.

☐ Double Surgeon's with two different-colored shoelaces until it stacks every time.

☐ Overhand-to-Davy progression: tie the overhand, then turn it into a Davy, then tie the Davy straight. Say the cue out loud each time.

**Water rule:** any practice at real water needs a parent or adult with you. No exceptions.

**Partners:** a parent, a buddy, or a Youth Helper can count the reps, hold the target, and ask what today's cue was. Five minutes of attention beats an hour of equipment.

*The Joe Humphreys' Fly Fishing Stream School | joehumphreysyouth.org | Inspired by the Methods of Joe Humphreys*