



Please watch the videos before choosing a specific fly pattern, they explain how to use Detached body pins, Wingburners and Wingmaterials. And how to tie in Wings/Wing-buds and Nymph-legs/Nymph-backs.

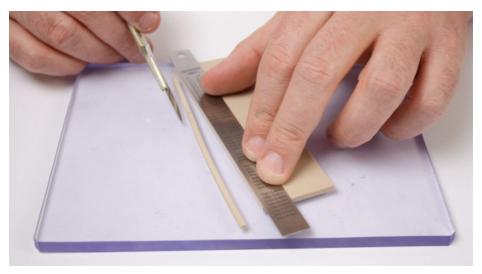
Use the TyinGuides, they will help you get the correct proportions.

## What you need:

J:son DBP medium and small. J:son RWB M1-3 and RWM M1-3. Foam in your choice of color cut into two strips about 2x2 and 2x2-2x3 mm. Hackle in your choice of color. Synthetic brush fibers or microfibbets as tails.



Size 10/12/16



Cut two foam strips in your choice of color approx. 2x2 and 2x2-2x3 mm (depending on what size you want to tie).



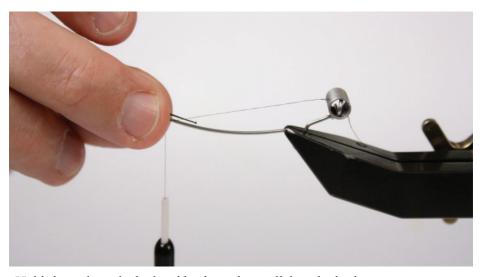
Secure your thread on the body pin. (If you are uncertain how to use body pins, watch the video under "Fly tying" at jsonsweden.com).



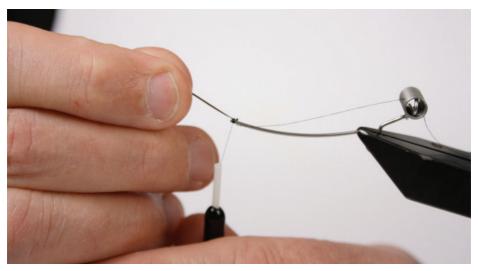


Take 3 synthetic tails hold them in your tweezers, adjust the length and cut them about 2 mm in front of the tweezers.

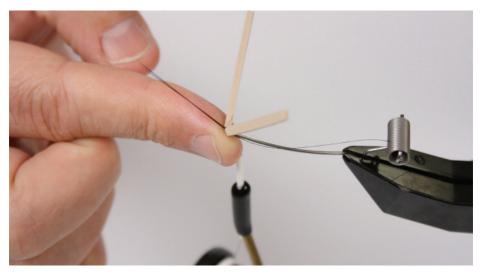
Take a lighter and burn them together creating a small bead – this prevents the tails from coming loose after you have tied them in.



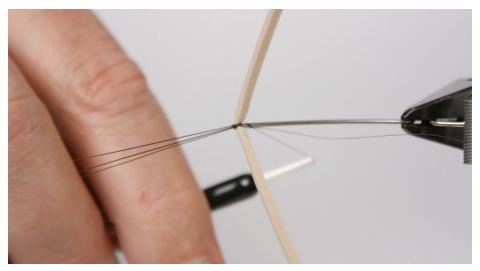
Hold the tails with the bead backwards parallel to the body pin.



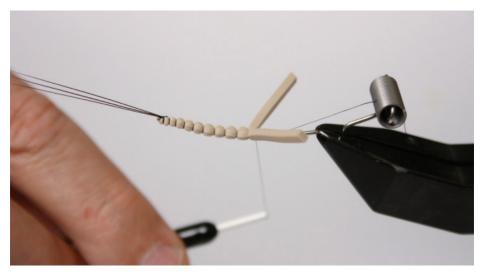
Tie in the tails with a couple of turns and pull them until the bead is just behind the tip and secure with 3-4 tight turns.



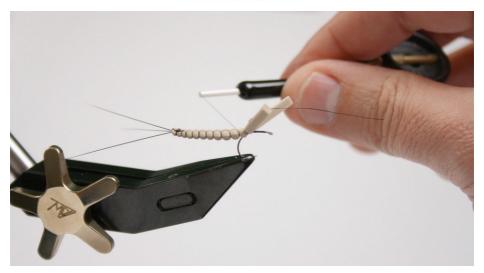
Fold the foam strip in half under the tip and pull it back upwards parallel with the pin.



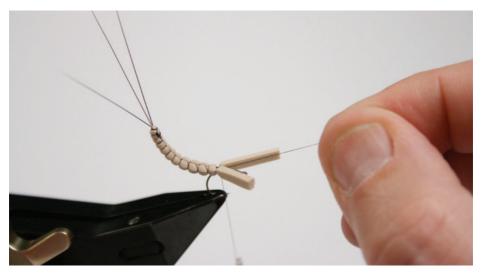
Tie in as close to the tip as possible with 3-4 turns and release your grip on the foam. Then wind your thread between the foam strips backwards one or two turns around the pin separately.



Stretch the foam backwards again, make 2-3 turns around both foam and pin for a first segment. Release the foam, 1-2 turns backwards on the pin, stretch the foam backwards and make a second segment. Repeat the process until you are satisfied with the length of the body and tie off. Use the TyinGuides to get the right proportions.



Secure your thread on the hook and tie in the body at the beginning of the hook bend. Cross wire a few tight turns between the foam strips to prevent the body from rotating on the hook as you continue to tie your fly.

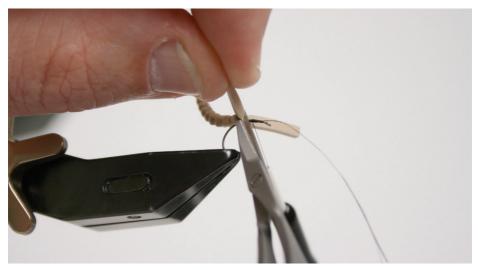


Take the remaining piece of thread sticking out between the foam strips in the body and pull gently to get the right curvature of the body.



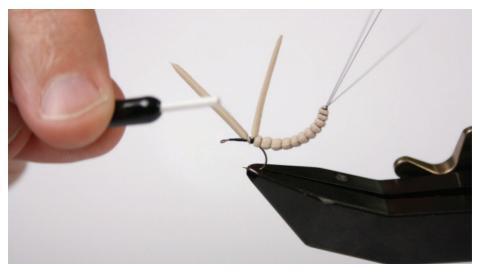


Tie down the remaining thread with a few turns on the hook shank, fold back, tie down again and secure it with a couple of tight turns.



Cut off the excess foam and tie down the remains on the hook shank.





Tie in the second foam strip and tie it down to where you tied in the abdomen. Cut off the excess foam and tie down the remains on the hook shank.



Take a hackle of your choice, spread out the fibers by using the thumb and forefinger.





Tie in just in front of the foam strip.



Wind your thread to about 2-3 mm behind the hook eye and secure it with a couple of tight turns.



Take your wings and hold them parallel to each other, then grab the wings so that you have the stems down.

(If you are uncertain how make wings, watch the video under "Fly tying" at jsonsweden.com)



Hold the wings so that the stems protrude on either side of the hook shank and tie them in with a couple of tight turns.





Cross wire between the wings and make a few turns in each direction around the wing post to prevent the wings from rotating on the hook shank as you continue to tie your fly.



Stretch and spin the hackle around your thread, this way you get a stronger and bushier hackle.



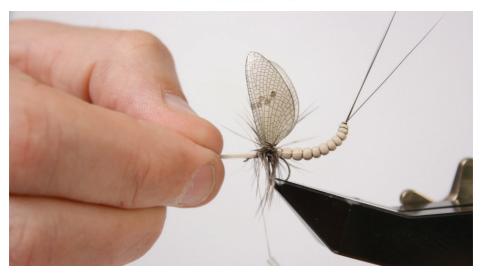


Wind your hackle in 2-3 tight turns behind the wings and then wind it in tight turns up to about 2-3 mm behind the hook eye.



Secure the hackle, cut off the excess and secure your thread.





Fold the foam strip forward between the wings, stretch and tie in just behind the hook eye.

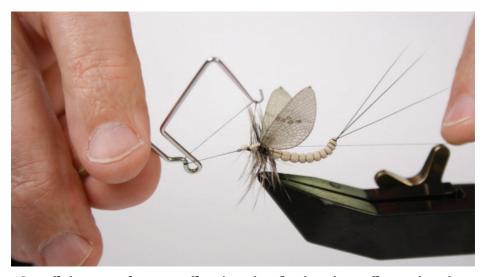


Wind back to about 2-3 mm behind the hook eye.





Fold the foam strip back again, stretch and tie in with 2-3 tight turns to create a small head.



Cut off the excess foam, tie off with a whip-finish and cut off your thread.





Trim the excess hackle on the underside of the fly, this allows it to sit properly in the water. Fine-tune the fly by cutting or removing unwanted fibers with scissors or tweezers.



A dab of glue under the head and the fly is finished.