



A Sisterhood of Anglers.

Choosing a Fly Rod: Fly Rod Action

For those just beginning to explore the world of fly rods, one of the first technical words that you'll come across and may be confused by, is *fly rod action*.

The action of a rod refers to where the rod has most flex.

The three standard actions:

Fast Action- Bends mostly at the tip, or upper 1/3rd of the rod

Medium or Moderate Action- Flex will be toward the mid-section of the rod

Slow Action- Bends into the butt-section (toward the handle) of the rod

Our recommendation for our fly fishing newbies would be to choose a moderate action for your first fly rod. Moderate action rods are very versatile and can be used for a variety of techniques and presentations. A critical advantage a moderate action offers to the inexperienced fly caster is the ability to feel the rod load and unload during your casts.

Here are some additional details on the three basic fly rod actions:

Fast Action-

- *Provides the most power for tighter loops and higher line speed enabling longer casts
- *Additional stiffness in the base of the rod means more fighting strength, aiding in landing large fish quickly
- *Can be difficult for beginners to cast
- *Not ideal for small stream fishing that requires short casts
- *Typically used by more seasoned fly anglers as it requires good timing and technique

Medium Action-

- *Versatile and well-suited for a wide variety of applications and presentations
- *Long casts can still be made easily despite not having as much line speed as a fast action
- *Good for short casts and roll casts on smaller streams
- *Good line control and accuracy

*Ideal for beginners because they are forgiving and provide a good balance of stiffness and flex while the novice caster builds her skill and experience

Slow Action-

- *Ideal for small stream fishing requiring short casts or repetitive roll casts
- *Great for delicate presentations to spooky fish
- *The extra flex of a slow action helps prevent line breakage when using light tippet/leader
- *Fun to catch small fish on because of the extra flex
- *Not designed for long distance casts
- *Poorly suited for windy conditions
- *Can be a good choice for inexperienced casters because the slow line speed allows for good line control which means better accuracy

Each rod action has its advantages and disadvantages just as every angler develops preferences as they progress, but a solid starting point for those in the market for their first fly rod would be a medium or moderate action rod. Its versatility and proven performance make it our preferred rod action for new steelheaders!

Rod Actions



