

MIDNIGHT

“No *power* before midnight” vs. “No power *after* midnight”

Comments from past Group messages:-

Gordy

When practicing roll casting on grass, I slip my yarn fly into the ring that holds my car keys. I always have them handy. A clip board can also supply an anchor, by clipping the yarn fly down as you would a sheet of paper. Some explanation to a student is in order about the anchor concept, or you may be asked as I was "isn't it going to be difficult to pick that up and cast it?"

When teaching the roll cast, John Van Dalen's "word picture", *No Power before Midnight* " has served well to get the student to pull the line/rod tip into position before beginning the acceleration to the stop.

Regards,

Tom

---

Gordy,

When teaching the distance roll to advanced students on the grass, I ask them to make as sharp a loop as is possible behind the rod, leaving only about a rod to a rod and a half length of line in front of them. I instruct them to keep the rod tip as far back and close to the ground as possible (explaining that this is an absolute necessity if windy). I also tell them to make sure they have some line ready to shoot and the line hand in the haul position. Next I tell them to make a normal forward stroke explaining the fact that the entire first part of the stroke is part of the rod loading process. When I explain the stroke I want to see, I use a phrase I picked up from our group (I do not know exactly who to credit), and that is "**apply no power until after midnight**". I find with most students this creates a visual and mental picture they readily grasp. I then tell them to make a smooth acceleration to a rapid rotation with a hard stop accompanied by a fast haul to match the power application. I stress the fact that the haul must be timed perfectly with the power application of the hand/wrist.

I get good results with the above.

I think in all fairness, I should mention that I read, re-read and read again everything Tom White has had to say to the group about roll casting over the last couple of years. Credit where credit is due.

Regards,

Bob Rumpf

---

**8. Apply Power Progressively** The forward cast requires a progressive application of power. The cast starts with the weight transfer from the feet (right foot forward for right handed caster) and builds up through the turning of the hips and the shoulders -big joints first (i.e. hip then shoulder then wrist). Think "no power before midnight," meaning be patient with your power application, wait until the rod is vertical, 12 on a clock face, before applying power. Applying power too early in the stroke will cause the rod to unload prematurely and produce tailing loops.

[http://salmonandsteelheadjournal.com/ArticleDisplay/tabid/87/articleid/83/Default.aspx?dnnprintmode=true&mid=425&SkinSrc=\[G\]Skins/ default/No+Skin&ContainerSrc=\[G\]Containers/ default/No+Container](http://salmonandsteelheadjournal.com/ArticleDisplay/tabid/87/articleid/83/Default.aspx?dnnprintmode=true&mid=425&SkinSrc=[G]Skins/ default/No+Skin&ContainerSrc=[G]Containers/ default/No+Container)

---

[GH] Seems we can use that "Midnight" concept in two ways, since the term really is a teaching one and not a measured angle.

It's akin to telling a student who is throwing his back cast too low and hitting the ground behind him .... "*Now throw your back cast straight up in the air*"

He thinks he might really be doing that, but he usually makes a decent back cast pretty much in line with his forward cast.

Telling the student who is using too much acceleration too soon... "*No power **until midnight***" will probably result in some delay in rotation and smoother application of force leading to a better match between rod bend and casting arc to yield a straighter tip path and a smaller loop.

Now, if we have a student who is making his stop way too late so that RSP and loop formation occur with the rod tip far apart from the oncoming line yielding a large

loop..... *"No power **after** midnight"* we may well have him start the stop sequence earlier so that the rod tip is closer to the oncoming line at RSP resulting in a small loop.

The paradox is that both statements can work to refine the loop depending upon the initial fault!

Gordy