

Quick Ties with Tom Regina... Larva Lace San Juan Worm

Hook Mustad 37160 size 10
Thread 6/0 Red
Body Larva Lace Body or Nymph Rib Material



1. Crush the hook barb* and bend the hook shank up taking about 1/2 the hook's original bend out.



2. Place the hook in the vise. Attach the thread just behind the hook eye and completely cover the hook shank with touching thread turns all the way to the back of the hook. Return the thread to just in back of the hook eye.



3. Cut a 4" piece of the body material. Trim one end to a 45 degree angle. Attach the angled end of the body material just behind the hook eye.



4. Pull the body material over the top of the hook shank and while stretching the material wrap tightly over it with touching thread turns all the way to the back of the hook. Bring the thread back, in spiral turns, to just behind the hook eye.



5. Using the conventional wrap method, wrap the Larva Lace Body or Nymph Rib Material in tight touching turns (while slightly stretching it) up the hook shank to just behind the hook eye. Make about six thread wraps to tie off the body material then stretch the body material forward and cut it off. The end of the body material will pull back to the tie off threads. Form a small thread head, whip finish and apply head cement to the thread head.

***This fly has a tendency to hook fish in the upper part of the mouth. Removing the barb lessens chances of harming your catch when removing the hook.**

Larva Lace Materials can be obtained from most fly shops and fly tying catalogs or directly from Larva Lace Worldwide at www.larvalace.com.