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Tip

## Practice catch and release

If it hasn't happened to you yet, just wait. You will get hooked.

Whether you are self-impaled or a victim of a fishing buddy's errant cast, there will be a time in your angling life when you will need to know how to remove a hook from a part of your body. If the barb is protruding through the skin, simply snip it off with wire cutters and back the hook out. If the barb is stuck beneath the skin, use the following technique. Practice on an apple just to get the hang of it.

1. Remove the lure from the hook.
2. Using a piece of 50-pound braid (line should be heavy), double the line and loop it around the hook.
3. Hold onto both ends of the doubled line, wrapping them around your fingers for a solid grip.
4. With your other hand, press down and back on the eye of the hook.
5. With the line parallel to the surface of your skin, quickly yank the string away from the hook's eye.
6. The hook should painlessly pop out.

