

## EASY EXTENDED BODY FOAM HOPPER



### Recipe

Hook.....Nymph, size 8-12  
Thread.....6/0, color to match foam body  
Extended Body.....2mm foam, color of choice  
Wing.....Deer hair, natural  
Overwing.....Pearl Flashabou Accent (Optional)  
Legs.....Round Rubber, color of choice  
Thorax.....SLF Prism dubbing, color of choice

1. Now we will form an extended foam segmented body. Cut a 4"-5" strip of 2mm foam about 2/3ds the width of the hook gap and set it aside. Take a large sewing needle at least 4" long and insert it straight into the vise jaws by the butt end so that the point extends forward. Tie-in the thread about 1/4" behind the needle point and wrap a thread base back about 1/4". Let the thread hang. Take the foam strip and fold it in half to determine the center of the strip, then stick the needle thru the middle of the fold so that there are equal lengths of foam strip on each side of the needle. Slide the foam back to the front of the thread base. Fold the lengths of foam back along the sides of the needle **(Do not let the foam slide back on the needle)**. The thread should be hanging about 1/8" to 1/4" inch back from the fold of the foam. Now wrap the thread around the foam 2-3 times and pull it tight forming a segment. Wrap the thread under the foam and wrap it forward on the needle a distance to measure the length of the first segment. Fold the foam against the needle again and wrap the thread around it forming a second segment equal in size to the first segment. Continue to form segments until you have 4-5 segments, then whip finish the body where you tied off the last segment. Cut the thread. **DO NOT CUT OFF ANY OF THE REMAINING FOAM STRIP.** Grasp the segmented foam body firmly and slide it off the needle and set it aside.
2. Place the hook in the vise and tie in the thread behind the hook eye and wrap it back to over the hook point, forming a solid thread base.

Over....>

3. Take the foam body and, placing the foam butts on each side of hook shank over the hook point, wrap the thread around the foam similarly to the way you formed the segments, attaching the extended body to the hook shank. The foam body should be **angled upward** from the hook shank. Bind the butt ends of the foam body down securely to the hook shank for about 1/8" and trim away any excess.
4. Cut, clean, and stack a small to medium bunch of deer hair. With the tips facing back over the foam body, tie-in the hair as a wing right in front of the tie-in point of the extended foam body. **(Keep the hair on top of the hook shank and do not allow it to spin)** The wing tips should extend back to just short of the tip of the extended foam body. Bind down the hair butts to slightly behind the hook eye, then trim away any excess. Return the thread to the wing tie-in point.
5. Cut 3-4 pieces of long flashabou as an overwing and tie them in by their middle on top of the wing at the wing tie-in point, then fold the front of the pieces of flashabou back over the wing as well and bind them down. Trim the flashabou to equal the length of the wing.
6. Cut two pieces of leg material about 3" long. Tie one strip in *by its middle* on the near side of the hook shank then repeat this procedure for the far side of the hook. Keeping the forward pieces of the legs on their respective side of the hook shank, wrap thread over them to slightly behind the hook eye. Be sure to keep the leg pieces on the sides of the hook shank, as they will form the front legs of the hopper. **Do not trim any of the legs at this time.** Wrap the thread back to the front of the wing.
7. Now dub the thread and wrap it forward between the back and front legs to form a thorax. Be sure to wrap the dubbing back tight against the front of the wing, covering all the thread wraps. When the dubbing reaches the front legs, take one wrap between them and one wrap in front of them behind the hook eye and tie off. Remove any excess dubbing.
8. Do a whip finish behind the hook eye and cut the thread. Now trim the rear legs so that their length reaches back to slightly behind the hook bend (but shorter than the end of the extended body) and then trim the front legs so that they reach back to the hook point. **GO FISH!!!**