

## FLEX-FLOSS BLOOD WORM



### Recipe

Hook.....Curved Caddis, size 10-12  
Thread.....Fire Orange, 6/0 or 8/0  
Tail.....Red Marabou  
Underbody....Red Marabou  
Body.....Red Stretch Floss  
Sealan.....UV Resin or Hard as Nails Polish  
Head.....Thread

1. Place the hook in the vise and tie-in the thread behind the hook eye. Wrap the thread back toward the hook bend about 1/8<sup>th</sup> inch, remove the tag, and let it hang.
2. Select a full piece of marabou, stroke all the fibers toward the tip, then tie it in on top of the hook shank slightly behind the hook eye by its butt end with the tips going out over the hook bend.
3. Cut a 5”–6” piece of Flex-Floss and tie it in by one end about 1/8<sup>th</sup> inch behind the hook eye where you tied-in the marabou. Leave the thread behind the hook eye. Keeping the marabou fibres on top of the hook shank, wrap the floss over them in touching turns back to over the hook barb, then reverse direction and wrap it in touching turns back to behind the hook eye and tie it off. Remove any excess floss. (The idea here is to build a smooth body.)
4. Form a good sized thread head about the thickness of the floss body, then do a whip finish and cut the thread.
5. Apply UV resin and/or polish over the body and head, being very careful to not get any in the marabou tail.
6. If the tail is longer than the hook shank, shorten it by breaking off the marabou tips to the correct length. Do not cut the marabou.