

1) With the hook in the gullet, note which side of the fish's mouth the hook shank is toward. Note: For illustration sake, the line is eliminated here in steps 2 through 5. In reality, the line stays connected as this technique is performed.



(2) With a finger or two, reach in through the last gill arch on that side of the fish and push and pull down on the hookeye so the hook turns and . . .
It's important that you do not go between any of the gills. Make sure you go behind the last gill furthest from the mouth opening or in front of the first one. You do this while looking in through the mouth of the fish.



(3) rolls out below the gill toward the side of the fish. At that point, amazingly, the hook, barb and all, almost always pops free from its hold in the fish's gullet.



*(4) Reach into the fish's mouth and grip the bend in the hook (which is now up) and .
..*



(5) lift it free. If the fish's mouth is too small to reach in with your hand, use a needle-nose pliers to grip the hook bend.

