What is claimed is:

1. A reel seat for fixing a fishing reel, the reel seat comprising:

a tubular reel seat main body comprising a fixing hood and a hollow portion into which a rod is configured to be inserted;

a floating hood movable in an axial direction with respect to the reel seat main body; and

an operation knob that rotates in a peripheral direction to move the floating hood in the axial direction, wherein

a finger hooking recess configured to support an index finger of a user is in an upper portion on a front side of the floating hood, the finger hooking recess having a depth of 2.5mm to 5.0mm from an uppermost end of a rear surface of the finger hook recess.

2. The reel seat according to claim 1, wherein a front inclined surface inclined forward and upward from a bottom portion and a rear inclined surface inclined rearward and upward from the bottom portion are formed in the finger hooking recess along the peripheral direction.

3. The reel seat according to claim 1 or 2, further comprising:

a trigger that protrudes downward at a lower portion on a rear side of the reel seat and locks a finger; and

a rear constricted portion formed along a peripheral direction between the trigger and the fixing hood at a lower portion and both side portions of the reel seat main body.

4. The reel seat according to any one of claims 1 to 3, further comprising:

a mounting seat on which a mounting leg portion of the fishing reel is disposed in an upper portion of the reel seat main body;

a cutout groove portion formed at each of corresponding positions of the mounting seat in both upper side portions of the reel seat main body; and

a front constricted portion formed at a corresponding position of the cutout

groove portion in the lower portion of the reel seat main body.

5. A fishing rod comprising: a rod; a reel seat that the rod is inserted into and attached to and detached from a fishing reel; and a grip connected to a rear end of the reel seat, wherein

the reel seat comprises:

a tubular reel seat main body comprising a fixing hood and a hollow portion into which the rod is inserted;

a floating hood movable in an axial direction with respect to the reel seat main body; and

an operation knob that rotates in a peripheral direction to move the floating hood in an axial direction,

the reel seat main body comprises a rear end large-diameter portion that expands in diameter toward a rear side at a rear end,

a finger hooking recess configured to support an index finger of a user is at an upper portion on a front side of the floating hood, the finger hooking recess having a depth of 2.5mm to 5.0mm from an uppermost end of a rear surface of the finger hook recess, and

an outer peripheral surface of the rear end large-diameter portion and an outer peripheral surface of the grip are substantially flush with each other, and the outer peripheral surfaces of the rear end large-diameter portion and the grip have the same inclination angle.