

United Taekwon-Do Federation (Scotland)



JEEGOO TERMINOLOGY

APRIL 2013

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Introduction

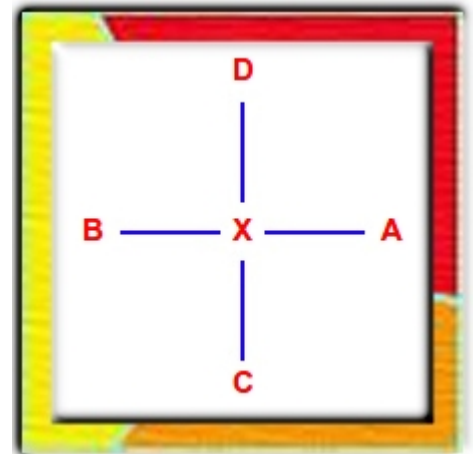
This document details a summary of Jeegoo that can be used by the 1st Degree student to prepare for the Star Grade system (i.e. 1.1, 1.2 and 1.3 between national 1st Degree and 2nd Degree gradings).

The Definition and diagram of Jeegoo

(30 Movements). The “X” crosses out the years of strife evident in Taekwon-do Worldwide. The first move symbolises the beginning of a new Global Taekwon-do Movement – a concept of Global peace and harmony.

The 30 movements of the pattern are comprised of 3 numbers – 24, 4 and 2 which explain the purpose. There are 24 hours in a day, therefore this concept will be with us every second. The 4 directions of movements represent North, South, East and West encompassing all Nations. The 4 directions are performed twice to reinforce our commitment to the new concept.

Jeegoo means “Global”.



Stances in Jeegoo

English	Korean
Parallel Stance	Narani Sogi
Walking Stance	Gunnon Sogi
L Stance	Niunja Sogi

Directions

English	Korean
Left	Wen
Right	Orun

Kicks in Jeegoo

English	Korean
High Front Snap Kick	Nopunde Ap Cha Busigi
High Side Piercing Kick	Nopunde Yop Cha Jurigi
High Turning Kick	Nopunde Dollyo Chagi
High Reverse Turning Kick	Nopunde Bandae Dollyo Goro Chagi
Middle Vertical Checking Kick	Kaunde Sewocha Momchagi

Blocks in Jeegoo

English	Korean
Low Outer Forearm Block	Najunde Bakat Palmok Makgi
Inner Forearm Circular Block	An Palmok Dolimyo Makgi
High Outer Forearm Block	Napunde Bakat Palmok Makgi
High Double Forearm Block	Napunde Doo Palmok Makgi
Twin Forearm Block	Sang Palmok Makgi
Forearm Guarding Block	Palmok Daebi Makgi