

# Jegichagi

(Jianzi or Shuttlecock-kicking)



**Aim of the game:** To kick the shuttlecock (*"jegi"*) as many times as possible.

**Set up:** Make a shuttlecock: place a coin in the middle of a 25 square centimeters vinyl tissue. Tie the coin with strap. Cut the rest of the vinyl in order to make a fringe.

## Rules:

There are several ways to play *"Jegichagi"*.

**Ttang ganagi:** This is the most basic way to kick the *"jegi"*. One foot is fixed to the ground. With the inside of the other foot, kick the *"jegi"* repeatedly. You can touch the ground while the *"jegi"* is in the air.

**Heolleongi:** This version is the same than 'Ttang ganagi', but the foot can not touch the ground while the *"jegi"* is in the air.

**Yangbal chagi:** Alternatively kick the *"jegi"* by using your two feet. You can kick the *"jegi"* with the inside and also outside of your feet.

**Ditbalchagi:** This time, kick the *"jegi"* with your heels.



**Equipment and Materials:** Shuttlecock

**Age:**  
8+

**Number of players:**  
1+

**Duration:**  
Infinite

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## Let's Inclusivize TSG!

### Teaching Style

1. Clearly explain the rules of the game.
2. If necessary you can help the person or people with a handicap to make contact
3. Encourage players to communicate throughout the game
4. Provide enough time for players to familiarize themselves with the equipment and the game.
5. Slow down the speed

### Equipment

1. Make the "jegi" / shuttlecock smaller/bigger

### Rules

1. It is allowed to miss the "jegi" a few times.
2. Set a rule that people should alternate their ways to play "jegi"
3. Make it a team game by introducing passes of the "jegi" between players



### Environment

Set boundaries to the area of play – players are not allowed to go outside the restricted area

