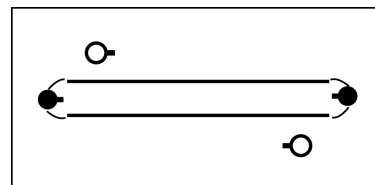


TINIKLING (THE PHILIPPINES)



Requirements for the dance:

- (1) Two bamboo poles, up to 3 metres long.
- (2) To keep the strikers' fingers clear of the floor:
 - Rope or thick fabric wound round the poles near the ends (see video).
 - Or timber end-supports under the poles. Two lengths of wood, c. 5cm thick, 8cm wide, 75 cm long, are laid crosswise under the poles. For a slippery floor, stick strips of felt or sandpaper on the underside of the timber pieces.
- (3) Strikers: Two players sit, squat, or kneel, holding one pole in each hand. They strike the poles apart twice (beats 1, 2) and together once (beat 3) in a waltz-time rhythm. To avoid tripping the dancers, they must keep strictly on the beat, and must slide the poles along the supports, not lift them.
- (4) Dancers, basically two.

Intro: 3 bars, then the poles begin, and set up the pattern for the dancers to see and hear. After another 4 bars of secondary Intro., the main tune starts – and the dancers.

The basic step pattern is: In, In, Out.

The traditional moves: For all the standard steps see our video demonstration. The women's style is gracious and delicate, and can be ornamented with gestures. Versions and footwork differ slightly between districts. Choreograph your own.

TEACHING NOTES:

1. The first stage in learning is to practise the basic stepping with the poles at rest, or over lines on the floor (such as badminton-court tramlines, or a pair of skipping ropes).
2. The strikers are advised to close their eyes at first, to avoid being put off by the contrary movement of the dancers.

ORIGIN: Originating in pre-Spanish times in the islands of Leyte in the Visayan Islands, Tinikling imitates the movements of the long-legged tikling bird walking and running amongst tree branches and grass stems, and dodging the bamboo traps set by the rice farmers. Dancers imitate their legendary grace and speed. The name "Tinikling" means "Like a tikling". One story of its origin may be a legend. It says that when the Spaniards took over the country and the natives were put to work in the fields and paddies, slow workers were punished by being stood between the clapped bamboo poles, and their attempts to escape the ferocious bite of the poles on their bare feet produced the challenge, the art, and the dance we know today,

Tinikling is the most popular and widely known Philippine dance, and is honoured as the national dance. It is performed on certain Sundays, and proudly on festival occasions such as Philippines Independence Day. The women wear a balintawak, a colourful dress with wide arched sleeves, or a patadyong, a pineapple-fibre blouse paired with a checked skirt (see the strikers in the video). Men wear a barong tagalog, usually a lightweight long-sleeved shirt with red trousers. They all dance barefoot.

Similar dances exist throughout Asia, some developed into spectacular displays of men dancing increasingly fast through a row of moving poles, or four laid in a cross.

On our video: Auckland's Philippine Impulse Dancers, trained by Filipina Judith Prince.