TINIKLING (LEYTE, PHILIPPINES)

PARTICIPANTS: ONE OR SEVERAL GROUPS

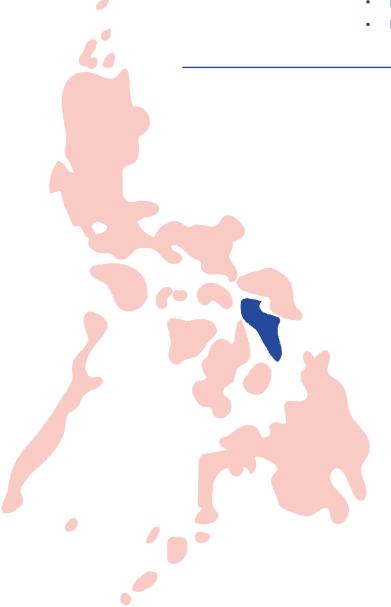
PLACE: INDOORS OR OUTDOORS

SUGGESTED DURATION: 30 TO 60 MINUTES

INTENSITY: MODERATE / HIGH

MATERIALS:

- 2 WOODEN BOARDS (2 IN. X 4 IN.) MEASURING ABOUT TWO FEET (60 CM) IN LENGTH PER TEAM
- 2 BAMBOO POLES OR 2 PVC PIPES OR A LARGE CLOSED ELASTIC BAND (2 M TO 6 M) PER TEAM
- RADIO / SPEAKERS (OPTIONAL)
- MUSIC (SEE P.08) (OPTIONAL)



WHAT IS TINIKLING?

Tinikling is a folk dance that originated on the island of Leyte, in the Philippines. Tinikling dancers move to the sound of music, between two long bamboo poles tapping and sliding on the ground, and are known for their agility. Tinikling movements imitate those of the tikling bird, which eludes the bamboo traps set by rice growers.



LET'S WARM UP!

Activity for keeping the rhythm (5 min)



Traditionally, tinikling follows a three-beat rhythm (1-2-3, 1-2-3...). The objective of this activity is therefore to practice keeping the rhythm while warming up.

Count out loud (1-2-3, 1-2-3...) and ask your campers to move around the space while performing different movements and following the tempo.

- A Clap your hands
- B Walk
- c Jump with your feet together
- D Hop on one foot
- E Jump from one foot to the other
- F Jump while turning on one foot
- G Other movement chosen by the campers
- Psst Ask your campers to count out loud with you!

LET'S SET UP!

Want to add traditional music? See the list on P.08 and choose the rhythm suited to your group.

1- Install the poles

- A Place the two poles side by side.
- B So that no one gets their fingers caught, place a wooden board at each end and slightly raise the poles off the ground.
- Don't have any boards? Use a cushion, a small cardboard box, etc.



2- Assign the roles

There are two roles in tinikling:

- · The tappers \rightarrow tap and slide the poles on the ground
- The dancers \rightarrow step over and in between the poles

Divide the campers into teams **of three**. Each team must designate **one** dancer and **two** tappers.



Each camper will have a chance to play both roles.

LEARN THE BASICS!

- If you're a tapper, please refer to the section entitled How to tap.
- If you're the dancer, please refer to the section entitled Learn the basic movements.

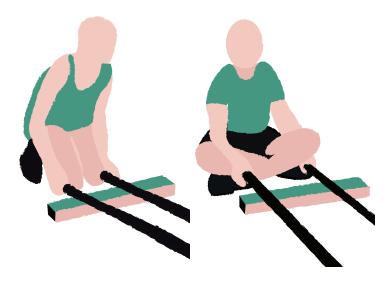
The camper starting as the dancer learns **ONE** of the basic movements and then becomes the tapper. Frequently alternate between the tappers and the dancers so that all your campers are equally active.

How to tap (tappers)



Demonstrate the starting position

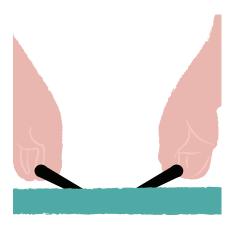
- Seated on the ground, legs crossed or on your knees.
- One tapper at each end of the bamboo poles.

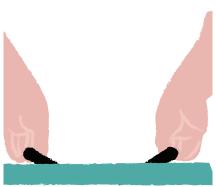


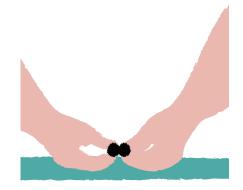


B Teach your campers how to tap their poles

Traditionally, the poles are tapped twice on the ground on the first two beats, then brought closer together and tapped on the third beat. In order to remember the sequence, think "tap-tap-close" or "open-open-closed." The tappers keep the same rhythm throughout the dance.

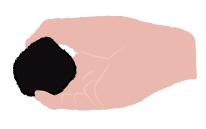






- 1 Tap the poles on the wooden board.
- 2 Tap the poles on the wooden board.
- 3 Turn your wrists and tap the poles together.
- Pay attention to the dancer's feet when you're tapping! Always follow the dancer's rhythm, even if they don't follow the music.
- ! Be careful of your fingers!





Make a U shape with your hand and leave space between the palm and the pole.



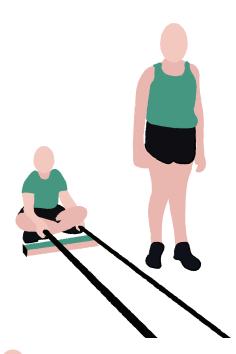
Variation with an elastic band: The tappers wrap the elastic band around their ankles and perform the movement while jumping. Two jumps with legs spread apart, one jump with legs together. This variation increases the intensity for the tappers.



LEARN THE BASIC MOVEMENTS (DANCERS)

A Demonstrate the basic position

The campers stand on the outside of the poles.



B Learn the movements

Start by demonstrating the six basic movements in order to give the campers a concrete example. Print the illustrations of the movements so that the campers can refer to them as needed.

LES 6 MOUVEMENTS DE BASE :

You can perform the movements towards the right and the left

- 1 Dip (D)
- 2 Basic (B)
- 3 Turn (T)
- 4 Cross (C) and Return (R)
- 5 Double (DD)
- 6 Slide (S) (optional)
- View the illustrations to better understand the movements.

Tinikling follows a three-beat rhythm (1-2-3, 1-2-3...). Each of the six basic movements includes **three leg positions**, **one for each beat** (1-2-3...).

For example, for the basic Dip movement (D):

- \rightarrow On 1, tap your right foot between the poles.
- ightarrow On 2, tap your right foot between the poles.
- ightarrow On 3, lift your right foot in the air.
- On 3, the feet should always be on the outside of the poles.

Give each camper a progress tracking table (see P.09) so they can check the box when they successfully execute a movement.



THE SIX MOVEMENTS



RF - Right foot / LF - Left foot

Dip (D)



Tap your RF between the poles.

POSITION 2

 \rightarrow Tap your RF between the poles. \rightarrow Lift your RF in the air.





POSITION 1

- Place your RF between the poles.
- Lift your LF.



- → Place your LF between the poles.
- \rightarrow Lift your RF.



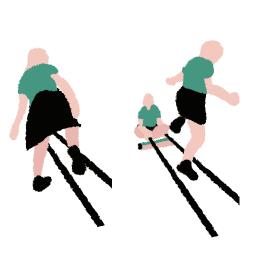
- ightarrow Place your RF **on the** outside of the poles.
- \rightarrow Lift your LF.



THE SIX MOVEMENTS

Turn (T)

POSITION 1



- Place your RF between the poles.
- Lift your LF in the air.
- Perform a 1/4 turn.

POSITION 2



- → Perform a ¼ turn while jumping on your RF.
- \rightarrow Keep your LF in the air.
- *You have performed a half-turn.

POSITION 3



- Place your LF on the **outside** of the poles.
- Lift your RF.



Cross (C) and Return (R)



The C movement is always followed by the R movement. $[C\rightarrow R]$

POSITION 1 (C)



- Place your RF between the poles.
- Lift your LF.

POSITION 2 (C)



- Cross your LF in front of your RF.
- Perform a small jump.

POSITION 3 (C)



- Place your LF on the outside of the poles.
- Lift your RF.



THE SIX MOVEMENTS

4 Cross (C) and Return (R)

POSITION 1 (R)

Cross (C) and Return (K)

- Place your RF, which was raised, between the poles.
- \rightarrow Lift your LF.

POSITION 2 (R)



- \rightarrow Uncross your LF.
- Perform a small jump.

POSITION 3 (R)



- Place your LF on the outside of the poles.
- → Lift your RF.



Double (DD)

POSITION 1



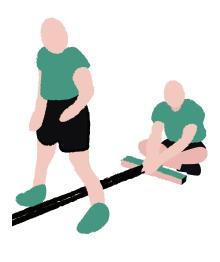
Jump between the poles with your feet together.

POSITION 2



Jump between the poles with your feet together.

POSITION 3

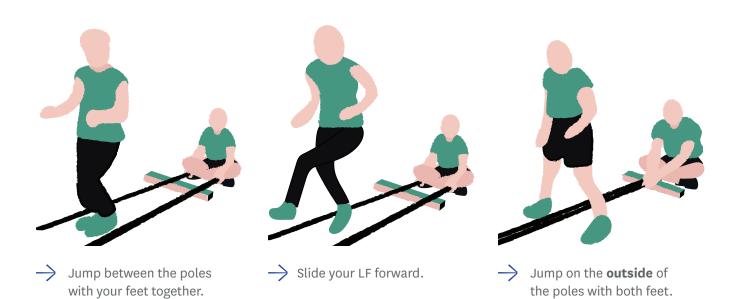


Jump on the outside of the poles with both feet.



6 Slide (S) (optional)

POSITION 2 POSITION 2 POSITION 3



HAVE FUN!

Choose from the following ideas to challenge your campers!

- Link the basic movements together one after the other, without stopping.
- Place several poles side by side and ask your campers to cross over them one by one.
- Use your creativity to invent your own movement.
- Create a choreography and present it to the other teams.
- Practice your coordination by adding another dancer between the poles.
- Once you've mastered the basics, teach another group what you've learned.

Let your imagination run wild! There's no limit to what you can create and experience in dance.

SUGGESTED SOUNDTRACK

Tinikling music on YouTube

Beginner's tempo:

https://youtu.be/eoYQiaohCS4 (140 bpm)

Intermediate tempo:

https://youtu.be/X4xXwJgiqNM (150 bpm)

Advanced tempo:

https://youtu.be/aiAIGFo-XCM (160 bpm)



PROGRESS TRACKING TABLE

Hand out a sheet to each camper in your group and ask them to check the box once they've mastered the movement.

NAME:

BASIC MOVEMENT:

D	В	[C+R]	Т	DD	S (Optional)

Note. The brackets [] indicate that the C movement is always followed by the R movement.



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