

MODULE 10-13

TRADITIONAL DANCES



EXAMPLE:

Dance: Sugod Uno
Meaning: Portrays the rice production cycle
Dance Culture: Tribal dance / Dances of the Traditionalist Groups
Place of Origin: Sirib Kalinan, Davao City
Ethnolinguistic Group: Bagobo
Classification: Ritual
Background / Content: It starts with a Pamalugu, a ceremonial washing in the river, is one of the rituals in the 4 day celebration of Bagobo’s Gin-um.

A ceremonial dance performed by Bagobo baganis or warriors who take part in an annual cleansing ceremony called Gin-um. While bathing in secluded streams in a forest. The baganis shed off old jackets and pants which they believe have absorbed misfortunes, bad lucks, diseases and failures. After the cleansing rites assisted by a shaman, the baganis arte helped into heavily jackets by womenfolk. Music is played in a “tangungo” (brass gongs) and kutyapi lute. Sugod uno is danced by the feast makers.

BEST PHILIPPINE FOLK DANCES Vol 3 4 5.mp4
<https://drive.google.com/file/d/1taKzTuCjI3VjbwZg7Nd9TAH4b8AVNe6P/view?usp=sharing>

HIYAS FOLKLORIC GROUP
San Pedro National High School
Artistic Director: Mr. Ferdinand Aldaba

- Bendian** (Volume 3_Time: 00:00:03-00:02:40)
- Idudu** (Volume 3_Time: 00:02:41-00:05:27)
- Uyaoy** (Volume 3_Time: 00:05:28-00:08:10)
- Bumayah** (Volume 3_Time: 00:08:11-00:09:51)
- Kasanduayan** (Volume 3_Time: 00:09:52-00:13:29)
- Kappa Malong Malong** (Volume 3_Time: 00:13:30-00:15:49)
- Maglangka** (Volume 3_Time: 00:15:50-00:19:23)
- Blit B’laan** (Volume 3_Time: 00:19:24-00:22:43)
- Manobo** (Volume 3_Time: 00:22:44-00:24:29)
- T’Boli** (Volume 3_Time: 00:24:30-00:27:07)





- Panderetas** (Volume 3_Time: 00:27:08-00:31:57)
- Komintang** (Volume 3_Time: 00:31:58-00:39:13)
- Sta. Clara** (Volume 3_Time: 00:39:14-00:31:57)
- Sayaw Panasahan** (Volume 3_Time: 00:41:51-00:44:40)
- Kalatong** (Volume 3_Time: 00:44:41-00:46:48)



- Paso Doble** (Volume 4_Time: 00:48:28-00:50:08)
- Alcamfor** (Volume 4_Time: 00:50:09-00:52:58)
- Polka sa Plaza** (Volume 4_Time: 00:52:59-00:55:10)
- Polka Culebra** (Volume 4_Time: 00:55:11-00:57:18)
- Jota Quirino** (Volume 4_Time: 00:57:19-01:00:49)
- Malaguena** (Volume 4_Time: 01:00:50-01:03:24)
- Putungan** (Volume 4_Time: 01:03:25-01:06:50)
- Kinaranza** (Volume 4_Time: 01:06:51-01:08:46)



- Pasikat sa Baso** (Volume 4_Time: 01:08:47-01:10:57)
- Panurong Surong** (Volume 4_Time: 01:10:58-01:13:23)
- Pista** (Volume 4_Time: 01:13:24-01:14:42)
- Pandanggo sa Bulig** (Volume 4_Time: 01:14:43-01:18:06)
- Pasigin** (Volume 4_Time: 01:18:07-01:20:41)



Janggay (Volume 4_Time: 01:20:42-01:23:29)
Tutup (Volume 4_Time: 01:23:30-01:26:02)
Duwawang Malin Awa (Volume 4_Time: 01:26:03-01:29:03)



Bakya (Volume 5_Time: 01:30:41-01:33:51)
Jota Cabang (Volume 5_Time: 01:33:52-01:36:16)
Leron Leron Sinta (Volume 5_Time: 01:36:17-01:38:38)
Paru-Parung Bukid (Volume 5_Time: 01:38:39-01:41:30)
Zamboanga (Volume 5_Time: 01:41:31-01:44:09)
Sarong Banggi (Volume 5_Time: 01:44:10-01:47:18)



Lawiswis Kawayan (Volume 5_Time: 01:47:19-01:50:20)
Bahay Kubo (Volume 5_Time: 01:50:23-01:53:20)
Manang Biday (Volume 5_Time: 01:53:21-01:55:35)
Lulay (Volume 5_Time: 01:55:36-01:58:24)
Ati Cu Pung Singsing (Volume 5_Time: 01:58:25-02:00:11)
Magtanim Ay Di Biro (Volume 5_Time: 02:00:12-02:02:26)
Kataka-taka (Volume 5_Time: 02:02:27-02:04:52)
Kundansoy (Volume 5_Time: 02:04:53-02:07:32)
Abaruray (Volume 5_Time: 02:07:33-02:10:02)
Danza (Volume 5_Time: 02:10:03-02:12:40)

