**MAPEH Reviewer**

***Music of Mindanao***

**Non-Islamic**

* **Lumad** - Visayan word for “native” or “indigenous.”
* Refers to the non-Christian and non-Muslim ethnic groups of Mindanao.
* Their music includes a wide repertoire of sounds performed during various occasions.
* They use a general array of musical instruments that includes the Agong.

**(Lumad Tribes) Sample Social Functions**

1. **Subanon**

* Biggest groups of Lumads in Zamboanga Del Norte and Zamboanga Del Sur.
* **Odonli** – love song
* **Ogiloy** – funeral
* **Buwa** – lullaby

1. **Manobos**

* Are from Sarangani Island.
* Largest group in the Philippines that belongs to this family of languages.
* Their vocal music includes ritual songs, narrative songs, lullabies, and song of nature.
* Most singers use their armpits.

1. **Mansaka**

* Tribes from the province of Davao Del Norte and the Compostela Valley.
* Their musical forms include the saliada that is similar to ballad bayok depicting love and nature.

1. **T’BOLI**

* Tribes from South Cotabato.
* Perform different songs in different occasions and sentiments, like weddings and fishing, and when they are joyful or sad.
* Reflect their closeness to nature through the imitation of natural sounds.

**Basic Vocal Technique**

* **Melisma** - Several notes to a syllable with long phrasings.
* **Tremolos** - Narrow range and fluttering of unsteady tones.

**Musical Instruments of Mandaya:**

* Kubing – Aerophone
* Kudlong – Chordophone
* Gimbal – Membranophone
* Nakuyag – Idiophone
* Bonabon – Aerophone

***Art and Crafts of Mindanao***

**Muslim Art Forms**

* Islamic traditions were first introduced to the Malays of the southern Philippines in the 14th century.
* The dominant design in their artworks is Okir and Sarimanok.
* The design shows evidence of Indian and Islamic influences.
* Both okir and sarimanok designs are used as decorative elements in Muslim architecture.

**Okir:**

* Conveys the figurative symbols of animals, plants, and mythical figures.
* Highly decorative, with long curvilinear lines and arabesques designs.
* The designs are based in the ancient epics and serve as significant cultural symbols in various artworks that are made of hardwood and brass.

**Sarimanok:**

* This design shows a bird holding a fish in its beak or talons.

**Characteristics of Arts and Crafts in Muslim Mindanao**

* **Tausugs, Yakans, Maguindanaos, and Maranaos** - Trace their descent from the Indones-Malayo race.
* **Tausugs of Sulu** - Excellent artisans of fine Muslim textiles and metal works.
* **Maranaos of Lanao** - Skillful craftsmen and artists.
* **Maguindanaos of the Cotabato Province** - Skilled weavers of fine mats and baskets
* **Yakans of Sulu and Basilan** - Excellent silk and cotton textile weavers. Their designs of okir, torogan, lantaka, and sarimanok are regarded as high-quality folk arts in Asia.

**Muslim Art Forms:**

* **Okir** – Design that shows Indian and Islamic influences
* **Sarimanok** – Used as decorations**,** symbolizing nobility and bravery.

**Artworks of Tausugs:**

* Tausugs or Joloanos are sometimes called the “people of the current.”
* First tribe in the archipelago to be converted to Islam.
* Historically considered as the ruling people of the ancient Sultanate of Jolo.
* Many are traders, fishermen, and artisans of fine Muslim textiles and metal works.
* Tausugs have their own version of Torogan.
* **Torogan** - Ancestral home of Tausug leaders, made from nipa and bamboo.

**Artworks of the Maranao:**

* “**People of the lake**” - This is because many reside along the great Lanao Lake.
* Maranos are famous because of their inherent artistry.
* Other Filipino arts are the buraq and the sarimanok.
* **Buraq** - Winged horse with a head of a woman.
* **Torogan** - is the ancestral home of the highest titleholder of Maranao village.
* **Panolong** – Carved beam that protrudes in the front of the house and is adorned with okir motif.
* **Malong** - Woven Maranao cloth functioning as a skirt form men and women, a dress, a blanket, a bedsheet, a hammock, a prayer math, and other purposes.

**Artworks of the Maguindanao:**

* “**People of the Flood Plain**” – This is because they live in a flooded-prone area of the Cotabato province, which is the catch basin of Rio Grande of Mindanao.

**Artworks of the Yakans**

* Live in Sulu, Basilan, and Zamboanga.
* Their means of livelihood is also mainly in agriculture and fishing.
* Known to be excellent textile weavers.
* Designed with various geometric shapes.

**Lines:**

* **Vertical Lines** – Convey uprightness, dignity, and assurance.
* **Horizontal Lines** – Suggest calmness, peace, and sobriety.
* **Organic Lines** – Lines that follow the movement of plants and animals. It signifies curvilinear lines, which move mostly in direction of the curves.
* **Jagged Lines** – Give the impression of disorderly movement, yet when arranged in balance, will project harmonious rhythm.

**Tinikling**

* Folk dance of Leyte.
* Dancers perform along the sides and between two bamboo poles (9ft long), which are placed horizontally on the ground. The poles are struck together in time with the music.
* **Tikling** - Bird with long legs and long neck. The dance imitates the motions of the tikling birds as they walk between grass, stems or run over tree branches

**Costumes or Outfits:**

* **Balintawak (Girls)** - Colorful dresses with wide arched sleeves.
* **Patadiong (Girls)** - Pineapple fiber blouse paired with checkered skirts.
* **Barong Tagalog or White T-Shirt** - Long red trousers with one leg rolled up and dancers are barefooted.

**Formation:**

* Dancers stand at the left side of the bamboo poles, girls in front facing the audience.

**Dance Figure:**

* Figure 1: Tinikling Steps
* Figure 2: Clockwise and Counterclockwise
* Figure 3: Kuradang Steps
* Figure 4: Tinikling Steps Sideways
* Figure 5: Feet Apart
* Figure 6: Cross- Step
* Figure 7: Diagonal
* Figure 8: Waltz Steps

**Death and Dying**

* Situation within a person’s control.
* Each person react differently to situation has their own.
* Sadness and Depression are normal.

**Grief**

* Intense emotion from a loss, disaster, or misfortune.
* Low-Grief Death - Death caused by prolonged sickness and is anticipated.
* High-Grief Death - Death caused by unexpected accidents.

**Five Stages of Grief**

* Denial - Healthy response to a stressful event denying it happened.
* Anger - After denial you become angry, and express through shouting, complaining, and bitterness.
* Bargaining - Occurs during the dying process. At this stage, you will do anything to undo the effects.
* Depression - Feeling sadness after the dying process.
* Acceptance - Accepting the reality that the cause of grief is permanently gone.

**Causes of Mental Disorder**

* Social and Environmental Factors
* Psychological Factors
* Biological Factors

**Common Mental Disorders:**

**Mood Disorder**

* Depression - Common but serious disorder causing sadness affecting daily life that can happen to anyone.
* Bipolar Disorder (Manic-Depressive) - Characterized by extreme mood swings.

**Schizophrenic**

* Disorder affecting how a person thinks, feels, and acts.
* Can or always cause hallucinations.
* People with Schizophrenia can withdraw into a world of imagination.

**Obsessive-Compulsive Disorder (OCD)**

* Recurring obsession and compulsions of certain things.

**Obsessive-Compulsive Personality Disorder (OCPD)**

* Chronic, non-adaptive behavior characterized by being a "perfectionist.”