**MAPEH Reviewer**

**Music of Mindanao**

**Mindanao:**

* One of the largest islands in the Philippines.
* Surrounded by 4 seas: **Sulu Sea (West)**, **Philippine Sea (East)**, **Celebes Sea (South)**, and **Mindanao Sea (North).**
* Mt. Apo
* Ethnic music based on Islamic and Non-Islamic cultures.
* Home to Mt. Apo

**Vocal Music of Muslim Mindanao:**

* No musical accompaniment.
* “Oldest form of music.”
* **Melisma** – Only one syllable.
* **Tremolo –** Long wavering effect.

**Music for Religious Activities:**

* **Lughu** – Performed by Tausogs during Ramadan.

**Music for Entertainment:**

* Love songs, lullabies, legends, chants, and courtships.
* **Chanting** – Making melodic sounds only using voice.
* **Daragan (Maranao**)
* **Rajah Indarapatra (Magindanao)**

**Examples of Chants:**

1. **Miminsod –** Song used during weddings.
2. **Daragen –** Epic songs that are chanted, and include knowledge about people living in Lake Lanao.
3. **Ulaging** – Recalls that adventure of a/the main hero.

**Instrumental Music of Mindanao (Idiophones):**

* **Kulintang** –“Women’s Instrument.” associated with graceful, slow, frail, relaxed movements that show elegance and decorum common among females.
* **Gandingan** - Four large hanging gongs.
* **Agung** - One or two suspended gongs.
* **Dabakan -** Single-headed Philippine drum that looks like a goblet.
* **Babandil -** Single, narrow-rimmed Philippine gong used as the timekeeper.

**Bamboo Musical Instrument of Mindanao (Aerophones):**

* **Kubing** - Held horizontally with the bamboo tongue in front of the open mouth.
* **Suling (Ring Flute)** - Smallest bamboo flute, with five fingerholes at the top and one at bottom**.**
* **Palendag** -Lip-valley flute.
* **Kagul -** Scraper gong or slit drum with a jagged edge on one side.

**Other instruments used by some tribes of Mindanao:**

* **Gadding**- Drums
* **Tungallan** - Large gongs
* **Duwahan** - Set of two paired gongs

**Arts and Crafts of Mindanao**

**Mindanao:**

* “Land of Promise”
* Home of the 16th president in 2016 Rodrigo Duterte.

**Arts and Crafts in Mindanao:**

* “Melting pot of tribes and cultures.”
* **Moro and Lumad (Indigenous Groups)** – Resisted colonization, and strongly retained Malayo-Polynesian arts and culture.
* **Malayo-Polynesia** – Indonesia, Malaysia, and Polynesian Islands.

**Bagobo:**

* Metal artworks, bell jangled metal boxes.
* Davao Region, North and South Cotobato, Bukidnon, Agusan, and Surigao.
* Live in southern part of Mindanao.
* Imitate metal works of Moros (Muslim Warriors).
* They weave abaca.

**(Atto) Manobo:**

* Live uplands of Mindanao.
* Elaborately dressed compared to other tribal groups.
* **Manobo** – Came from the word “Manuvu” which means “people.”

**Manobo and Bagobo:**

* **Kudlung (Chordophone)** – Two stringed lute made of wood with geometric patterns.

**Mandaya:**

* Ethnic group in southeastern Mindanao.
* **Dagmay –** Cloth
* **Dagum/Cotton Blouse** – What women wear.

**Lumad:**

* Strongly influenced by the Malayo-Polynesian arts
* **T'boli -** Wear clothing made of t'nalak, speak Malayo-Polynesian language. They live South Cotabato in "long houses" that are built-in six-foot slit bamboo along lake Sebu.

**Tiruray:**

* Occupy the Southwestern part of Mindanao.
* Weave beautiful and strong baskets.
* Admired for their brass work for the heavy belt, chains, and noisy anklets used by their women.
* Fond of wearing beaded elaborate clothing.

**Folk Dances**

* **Dancing** – “Excellent workout,” and providing physical, mental, and social benefits**.**
* Traditional dance developed by many cultures.
* Important in history.

**Skill Related Fitness:**

* **Balance** - the ability to maintain an upright position while standing and moving.
* **Coordination** - through the brain to the different parts of the body to produce a smooth, quick, and efficiently controlled movement.
* **Agility** - Ability to change and control the direction and position of the body while maintaining a constant and rapid motion.

**Dance Vocabulary (By Steps):**

1. Arms in reverse T position
2. Chasing
3. Clockwise
4. Counterclockwise
5. Kumintang
6. Lateral Position
7. Transfer Weight
8. Weight on Both Feet
9. Saludo or Bowing

**Philippine Folk Dances:**

1. **National Dances** - These are traditional dances throughout the Philippines.

Example: Cariñosa, Kuratsa, Balitaw, Rigodon, and Pandanggo.

1. **Regional or Local Dances** - These are dances found in a certain region or town.

Example: Maglalatik in Biñan, Laguna, Acamfor in Leyte.

1. **Festival Dances** - These are dances that are performed to show gratitude for a bountiful harvest or to honor a patron saint.

Example: Kadayawan in Davao City, Sinulog in Cebu, and Dinagyang in Iloilo.

**Mental Health:**

* **Emotional Health** – Component of mental health. If you are in control of yourself, you are emotionally healthy.
* Psychological well-being of a person**.**
* Affects how a person thinks, feels, and acts (To cope with life).
* Denotes a state of mind that allows you to face realities.

**Characteristics of a Healthy Mind:**

1. Directs self, independent of the surrounding.
2. Functions independently where and when appropriate.
3. Enjoys contents of oneself with simple everyday pleasure.
4. Capable of experiencing the full range of human emotions.
5. Deals with the world as it rather than the one what it wants it be.
6. Accept self, others, and life’s disappointments.
7. Show no fear of the unknown and always open to new ideas.

**Understanding Stress:**

* **Stress** – Bodily response to unpleasant/challenging events in life.
* **Stressors** – Situations which make you feel anxious.
* **Eustress** – Positive stress that promotes growth, accomplishments, and motivation.
* **Distress** – Negative stress.

**Stressors:**

* **Internal** - Chemical or biological agent.
* **External** - Brought by outside or environmental conditions or events.
* **Cortisol** - Primary stress hormone.
* **4 Common Stressors:** Family, School, Peers, and Community.