**MAPEH Reviewer**

**Philippine Festivals and Theatrical Forms**

**Ati-Atihan Festival:**

* Originated from Kalibo, Aklan.
* A festival held every third Sunday of January in the honor of Sto. Niño
* Known as "the mother of all Filipino festivals”.
* Name of the festival means: Pretending to be like an Ati
* **Ati** - Also known as “Negritos”, are indigenous people who have distinctly black skin and curly hair
* Today, people paint their faces black stain. Performers in the parade wear colorful and elaborate costumes.
* This festival consists of tribal dance, and music accompanied by indigenous musical instruments that makes the festival more attractive.
* "**Hala Bira!**" - is the shout associated with the Ati-atihan festival
* In the 13th century, before the arrival of the Spaniards in the Philippines, the indigenous people of Panay, the Ati (Negrito), who are small dark (black) kinky-haired people, sold a piece of land and allowed the immigrants from the island of Borneo to settle in the lowlands. Majority of the Ati lived in the uplands.

**Kadayawan Festival (Davao):**

* Celebrated every third week of August.
* Held to celebrate life and the culture of Davao.
* The event is a thanksgiving for the gifts and nature.
* The central theme is the multicolored mix of Davao and Mindanao's indigenous communities and the migrant settlers.

**Moriones Festival (Marinduque):**

* This is where the men and women wore costumes and masks to replicate the garb of biblical Roman soldiers.
* **“Morion”** – Which means “masks” or “visor, “ is part of the medieval Roman armor that covers the face of costumed penitents marching around the town for seven days searching for Longinus.
* The music of the Moriones is characterized by fast and lively body movements of the actors/dancers.
* The native people of Marinduque use big drums and other percussion instrument to accompany the dances.

**Sinulog Festival (Cebu):**

* Celebrated every third Sunday of January in Cebu City.
* **Sto. Niño -** Center of the festivity
* **Sinulog** - Came from the Cebuano word sulog which means "like water current movement".
* People dance gracefully to the rhythm of drums, trumpets, and gongs.

**Ibalong Festival (Bicol):**

* Named after a place in Bicol
* **Ibalon** - Known as Magallanes, Sorsogon. A very old are known to be the first Spanish settlement in the island of Luzon.
* The Ibalong festival is a non-religious festival celebrated every month of August.
* It is the epic story of the town of Ibalon with three legendary heroes, namely: Baltog, Handyong, Bantong, and other ancient heroes.
* The festival's purpose is to spread warmth and goodwill to everyone.

**Sublian Festival (Batangas):**

* Celebrated in Batangas since July 23, 1938
* It is a ceremonial worship dance in honor of the Holy Cross in the town of Alitagtag.
* The Holy Cross image was found during the Spanish era.
* **“Subli” -** Derived from two Tagalog words "subsub" and "bali".
* Festival is highlighted with flower and song offerings accompanied with a music of a kalatong or tugtugan.
* **Kalantong or Tugtugan** - Dried hollow wood and covered by the skin of a forest lizard-two pieces of wood are used to strike this instrument to produce sound.

**The Philippine Festivals and Theatrical Forms:**

**Elements and Principles of Arts**

**Religious Festivals:**

1. **Ati-atihan Festival:**

* **Place**: Kalibo, Aklan
* **Data**: Every 3rd Sunday of January.
* **Themes**: The march of the early Aetas of Aklan performing the upbeat tune of traditional dances and music.
* **Designs**: Crisscrossing linear lines, repeated curve an streamlines and floral and geometric designs.

1. **Sinulog Festival:**

* **Place**: Cebu City
* **Date**: Every 3rd Sunday of January.
* **Themes:** Cebuano’s transition from paganism to Catholicism. Colorful and grandiose parede. Participants are dressed in their colourful and resplendent attires. They dance gracefully in various rhythmic pattern and the celebration culminates with a grand parade.
* **Designs**: Crisscrossing of linear lines with repeating curves and streamlines, and floral and geometric designs.

1. **Dinagyang Festival:**

* **Place**: Iloilo City
* **Date**: Every 4th week of January.
* **Themes**: The Ilonggo’s conversion to Catholic from paganism; dancing the ancestor's upbeat dance using modern choreography.
* **Designs**: Live patterns, rickrack, scrolls, curvilinear motifs, animal/ floral and geometric designs.

1. **Moriones Festival:**

* **Place**: Marinduque
* **Date**: Every Holy Week (March or April).
* **Themes**: A tribute to Saint Longinus, the commander of who was blind with one eye.
* **Designs**: Crisscrossing linear lines, repeated curve and extreme lines.

1. **Carabao Festival:**

* ­**Place**: Pulilan, Bulacan
* **Date**: Every 14th to 15th of May.
* **Themes**: Paying respect to San Isidro Labrador, the patron Saint of farmers, and the Filipino farmers’ work companions- the carabaos or the water buffalo.
* **Designs**: Bovid lines, crisscrossing linear lines, repeated curve and streamlines.

1. **Pahiyas Festival:**

* **Place**: Lucban, Quezon
* **Date**: Every 15th of May.
* **Themes**: Asking for intercession when praying for Saint Isidro for a bountiful harvest.
* **Designs**: Repeated loops and curves, with floral designs.

1. **Higantes Festival:**

* **Place**: Angono, Rizal
* **Date**: Every 23rd of November.
* **Themes**: Celebrating bountiful marine harvest by means of enlarging the image of the fisherman’s patron Saint Clement.
* **Designs**: Crisscrossing of linear lines, repeated curve and streamlines.

1. **Santacruzan:**

* **Date**: Last day of Flores de Mayo.
* Colorful pageant parade representing religious figures.
* **Themes**: The Santacruzan is a procession where the Reyna Elena, escorted by a little boy representing Emperor Constantine, and the Sagalas or the court of the queen, walk under arches decorated with colourful flowers.
* **Designs**: Floral and geometric designs.

**Non-Religious Festivals:**

1. **Panagbenga or Flower Festival:**

* **Place**: Baguio City
* **Date**: Whole month of February.
* **Themes**: A celebration to pay homage to the beautiful flowers that bloom in Baguio.
* **Designs**: Repeated loops and curves and floral designs and geometric designs.

1. **Masskara Festival:**

* **Place**: Bacolod City
* **Date**: Every third weekend of October.
* **Themes**: A celebration of positivity or optimism. This started in the early 1980s when the prices of sugar went down. Images of colorful and cheerful masks help the Negrenses established their city as the "City of Smiles.
* **Designs**: Curvilinear motifs, grass and floral and geometric design. Decorations for masks: native beads, flowers, feathers, sequins, and artificial beads.

1. **Kadayawan Festival:**

* **Place**: Davao City
* **Date**: Every third week of August.
* **Themes**: A festival in celebration of the bountiful harvest of tropical fruits like durian, mangosteen, pomelos, rambutan, longans, and marang; and asking for the protection of Philippine eagles and waling-waling orchids.
* **Designs**: Line patterns, rickracks, scrolls, curvilinear motifs, animal/floral and geometric designs.

1. **Giant Lantern Festival:**

* **Place**: San Fernando, Pampanga
* **Date**: Every Christmas Eve.
* **Themes**: Features a contest of giant lanterns with size ranging from three feet to 16 feet. Staging the awesome display of oversized lanterns handcrafted by the locals and made to light up to the tune of lively music and breathtaking fireworks
* **Designs**: Curvilinear motifs, animal, floral, and geometric designs.

**Art Awareness:**

* There is no society without an art form. Art expresses or describes the beliefs and practices of a community. For example, the Tboli have been ringing colorful beads and necklaces and wearing them for generations. Ifugaos are owned for their sculptural woodcarvings of bul-ul figures, which represent guardian deities.

**Scale and Proportion:**

* Scale and proportion both relate to size.
* **Scale** - Size of a thing in relation to another.
* **Proportion** - Relative size of parts to a whole.

**Repetition and Rhythm:**

* Repetition and rhythm may be exact or varied.
* **Visual Rhythm**:When there is an ordered repetition of lines, shapes, or colors.
* **Rhythm**: May simply be repetitive but provides variations on a basic theme. Which can show a progressive development of the ideas represented.

**Representative Philippine Theatrical Forms:**

* Major dramas of the Philippines mostly originated from the traditions of Spain and the United States.
* Many of these major dramas have either religious or nationalistic themes.
* Theater or stage play is not meant to be read-only, but to be performed on stage with costumes, make-up stage props, and lighting.

**Komedya (Moro-Moro):**

* Folk drama.
* It had its origin in the 17th century.
* It shows how Christians defeated the Moros.
* The poetic verses of the Moro are delivered in a less than serious tone,
* Usually performed during “All Saints Days” or during other religious festivals.

**Senakulo (Cenaculo):**

* Dramatic performance presented during Holy Week.
* It shows the passion and death of Jesus Christ.

**Zarzuela** **(Sarsuelas):**

* Still performed by well-known theater groups in CCP Cultural (Center of the Philippines), Meralco Theater, and UP Theater.
* Dramatic form of presentation consisting of short pieces of songs and recitations.
* Has a history of serving as a tool for inspiring nationalism during the first decade of American rule.
* Ang Tanikalang Ginto (1903) by Juan M. Cruz and Kahapon, Ngayon, at Bukas (1903) by Aurelio Tolentino.

**Traditional and Festival Dances**

**Traditional Dance:**

* Traditional dance also referred to as folk dance.
* Folk dances are developed from a certain cultural community inhabiting a particular place.

**Example of Traditional Dance:**

* Tinikling
* Maglalatik
* Itik-itik
* Singkil
* Pandanggo sa Ilaw

**Festival Dance:**

* A dance festival is an organized event in different celebrations such as fiestas, weddings, thanksgiving, and other happy events.
* It is also served as a kind of cultural even
* Filipino festivals have themes and purposes other than entertainment.
* Some festivals are for celebrating a good harvest, having good fortune, displaying culture and traditions, and celebrating local patron saint.
* Festivals could be religious or nonreligious (secular).

**La Jota:**

* **La Jota** - A festival known throughout the different regions in the Philippines.
* **La Jota Moncadeña** - Adapted from an old Spanish dance. It is a combination of Spanish and Ilocano dance set to Spanish music and castanets. A more solemn version of the dance is sometimes used to accompany a funeral procession, but it was also performed at the festival.
* **Costume** – Girls wear Maria Clara style, and boys wear barong tagalog and black trousers.
* **Music** – Divided into five parts: A, B, C, D, and Finale.
* **Count** - One, two, three to a measure, or one, two, three, four, five, six to a measure.
* **Formation** - Partners face each other about six feet apart. When facing audience, girls stand at the right side of their partners. One or more pairs may take part in this dance.
* **Movements** – Close Steps, Mudansa Steps, Chasing Steps, and Waltz Turn.

**Non-Communicable Diseases**

* Also known as “chronic diseases”.
* Diseases that are not passes from one person to another.
* Non-infectious diseases that may be hereditary or a result of a lifestyle factors and not from pathogens.

**Allergy**:

* Condition wherein the immune system becomes hypersensitive to something in the environment such as dust, mites, molds, plant pollen, food, and medicine.
* These are called allergens.

**Asthma:**

* Chronic lung disease in which passageways that allow air to enter and leave the lungs are inflamed and become narrow.
* Can make breathing difficult.
* In some cases, difficulty in breathing may be worsened by respiratory diseases such as cold and flu.

**Cardiovascular Disease:**

* Disease of the heart and blood vessels.
* May include coronary heart disease, occurring when the coronary arteries are narrowed or blocked by a waxy substance known as “plaque”.
* **Arteriosclerosis** – Hardening and thickening of the artery wall. Which may be caused by Atherosclerosis.
* **Atherosclerosis** – Narrowing of the artery due to the deposit of build-up of fats, cholesterol, and other substances on the arterial wall. This deposit could harden and create plaque.

**Cancer:**

* Group of diseased in which cells divide at an uncontrolled pace.
* Not contagious and not caused by injuries or accidents.
* Abnormal cells can form a tumor.
* **Malignant** – Is cancerous that can spread infection and the destruction of nearby tissues and body parts. The process is called “Metastasis”.
* **Benign** – Not cancerous that may increase in size but does not infect other body parts. Typically, harmless unless in a position where the block normal tissues or organs.

**Major Categories of Cancer**:

* **Carcinoma** – Most common form of cancer which is a malignant tumor that develops from epithelial tissues and tends to spread other areas of the body like: skin, breast, uterus, prostate, lung, stomach, colon, and rectum.
* **Lymphomas** – Cancers arising in the lymphatic tissues or immune system, characterized by abnormal production of white cell and a decrease in resistance.
* **Sarcomas** – Cancers that begin in the connective or supportive tissues, which develop in the muscle, bone, fat, blood vessels, and cartilage.
* **Leukemia** – Cancer of the blood or bone marrow, characterized by abnormal production of blood cells usually leukocytes or white blood cells.

**Ways to Treat Cancer:**

* **Radiation Therapy** – Uses high-energy radiation to kill or damage cancer cells.
* **Chemotherapy** – Uses anti-cancer drugs that kill cancer inside the body. Which targets mainly cancer cells though may harm healthy cells.
* **Immunotherapy** – Treatment where the immune system is stimulated to fight cancer cells.

**Diabetes:**

* **Type I** - Occurs when the body does not produce or make insulin. (Childhood or Adolescence)
* **Type II** - Occurs when the body cannot properly use the insulin it produces. (Adolescence)
* **Gestational** - Occurs temporarily during pregnancy.

**Arthritis:**

* Painful inflammation of joints that affects the muscles, tendons, and ligaments surrounding the joints.
* **Osteoarthritis** – Affects hips, knees, and hands with pain, stiffness, or inflammation.
* **Rheumatoid Arthritis** – Appears on hands, wrists, and feet and can also affect other body parts other than the joints.

**Renal Failure:**

* Also known as Kidney Failure.
* Condition wherein the kidney stops functioning properly causing renal insufficiency.