



FOLK DANCE IN THE PHILIPPINES



What is your idea about folk dance?



FOLK DANCE

- are the indigenous dances of any specific “*folk*” or the common people.
- traditional customary or recreational dance form of a given country which have evolved naturally and were handed down across generations.



Francisca Reyes Aquino

- The first National Artist for Dance and the mother of Philippine Folk Dance.



Folk Dance in the Philippines

- The history of Philippine folk dancing incorporates influences from immigrants and conquerors while at the same time maintaining distinctly Filipino roots.



Folk Dance in the Philippines

- Philippine folk dancing is a true reflection of daily life in past centuries while enchanting modern audiences at the same time.



Folk Dance in the Philippines

- There is no recorded "start" to Philippine folk dance - as long as there have been people on the islands they have been dancing.



- Many traditional dances were designed to thank the Gods for natural and agricultural events, such as rain and harvests. The dances were performed during festivals and remembrances of past military victories, and still are performed at celebrations of births and weddings in modern times. Many modern folk dance festivals still feature ancient dances performed in costume of the tribal period of the Philippines.



- Philippine folk dance mirrors the culture and tradition of the Filipinos.
- It has also been a source of culture identify of the people.



Different Types of Philippine Folk Dances/Regional Classifications



1. Tribal Dances from the Cordilleras

-include non-
Christian dances from
the Cordilleras.



2.Lowland Christian dances

– dances coming from places with Western influences such as that of the Tagalogs, Ilokanos, Pampagueños, Pangasinense, Bisayans, and Bicolanas. These dances were influenced by Hispanic and European cultures.



3. Muslim dances

-from the people of the Southern Islands of the Philippines such as in Mindanao and Sulu. These dances were influenced by Arabic and Indo-Malayan cultures.



CATEGORIES OF FOLK DANCES IN THE PHILIPPINES



1. Life-cycle dances – dances that serve as ritual as one passes to a different stage in life. The different dances that portray life cycle:

- a. Courtship dances
- b. Wedding dances
- c. Funeral dances



2.Festival dances – dances that are either religious or secular and are connected with the celebration of recurring events of special significance.

Ex.

Religious-Sinulog, Ati-atihan

Secular- Panagbenga, Bangus festival



3. Occupational dances

– dances that depict the means of livelihood of the Filipino people.

Ex. *Palay festival*, a national dance in a rice-growing regions.



4. Ritual and ceremonial dances – dances performed as part of the rituals and ceremonies of a certain tribe or group of people.

Ex. **Subli**-this dance style was created to honor the “Holy Cross of Alitagtag” also known locally as the “Mahal Na Poong Santa Cruz”, and is performed mainly in the month of May.



5. Games dances — derivations from local folk games.

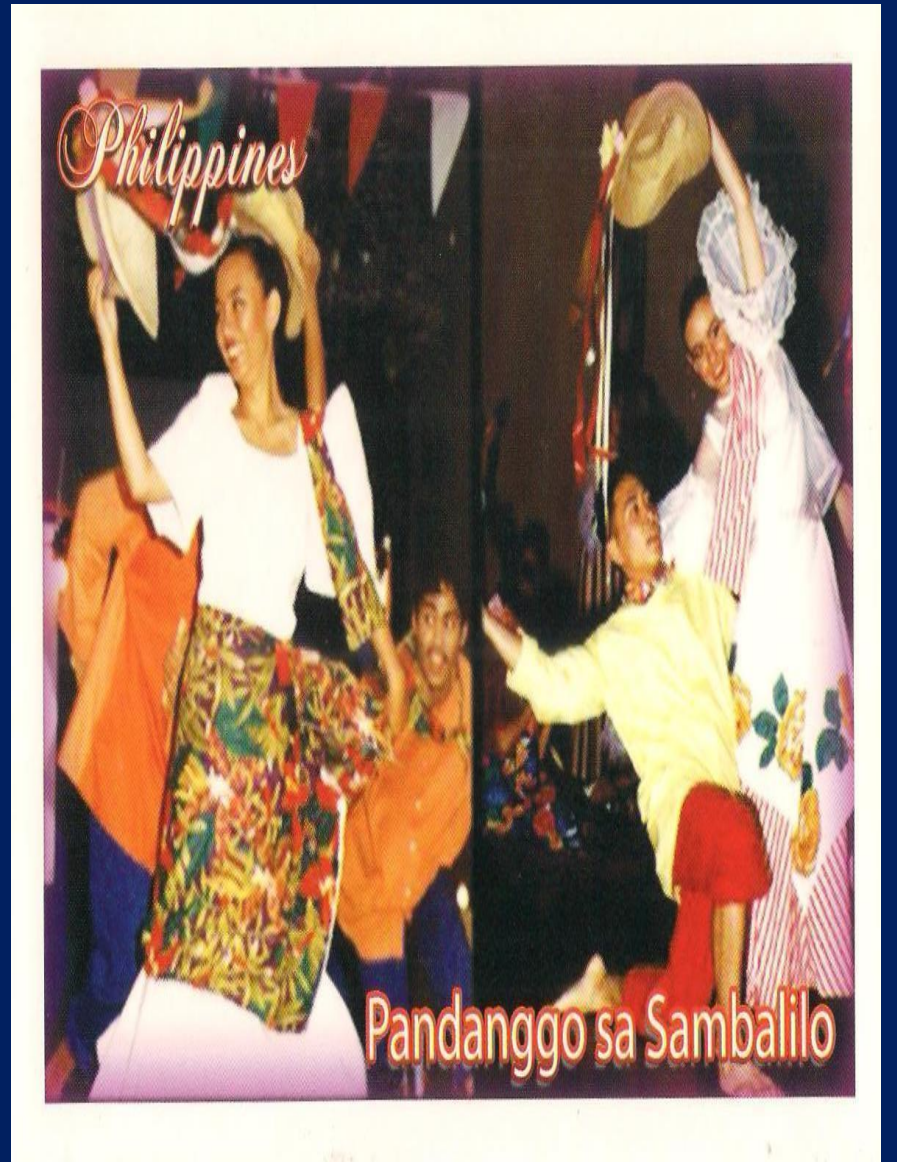
Ex. *Pukol dance*

- From Aklan and Capiz .
Pukol means” to strike or
bump each other”.



6. Joke and trickster dances — include jokes or tricks played by a dancer on another or a group of dances who is one of them. The intention is to render that individual “to a physical or mental indignity or discomfort”.

Ex. **Pandanggo Sambalilo**—dance from the Tagalog regions wherein a girl teases her male partner by playing with his hat then pushes him



7. Mimetic or drama dances – dances that mimic animals, inanimate objects, or other people.

Ex. **Itik-itik**-imitate the movement of a duck



8. War dances – dances that express feud and enmity wherein two male dancers engage in physical combat with Spartan-like intensity.

Ex. **Maglalatik**-depicts a battle between Muslim (Moro) and Christian Filipinos



9. Social amenities dances – dances that express social graces, hospitality, and offerings of gifts to friends.

Ex. **Alay**- a dance in the Tagalog region performed as an offering to a special guest or honoree as welcome gestures.



FUNDAMENTAL POSITION OF FOLK DANCE



FIRST POSITION



Arms : Both raised forward in a circle in front of chest with the finger tips about 1inch apart.

Feet : Heel close together; toes apart with an angle of about 45 degrees.



SECOND POSITION



Arms: Both raised sideward with a graceful curve at shoulder level.

Feet: Astride sideward about a pace or 1 foot distance.



THIRD POSITION



Arms: One arm raised sideward as in 2nd position ;other arm raised upward.

Feet: Heel of one foot close to in-step of other foot.



FOURTH POSITION



Arms: One arm raised in front as in 1st position; other arm raised over head.

Feet: One in front of other foot of a pace distance.



FIFTH POSITION



Arms: Both arms raised overhead.

Feet: Heel of front close to big toe or rear foot.



FIFTH POSITION



Arms: Both arms raised overhead.

Feet: Heel of front close to big toe or rear foot.



Thank You for Listening
Keep Safe!
God Bless!

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