

Tinikling **(pronounced teeh-nee-k-ling)**

Tinikling is honored as the Philippine national dance. The dance imitates the movement of the tikling birds as they walk move between the bamboo traps set by farmers. The dance is very playful and upbeat and requires endurance and grace.

Bamboo poles are traditionally used in tinikling. For safety, jump bands are recommended.

Materials required for tinikling:

2 – 4 jump bands
2 – 4 band players
dancers

The bands are used to set the rhythm and pace of the dance. Individuals who are the band players need to move in coordination with each other. Concentration is required to insure the consistent rhythm.

Variations

Four poles

Do an elimination game. Who can move through the bands the longest without error?
Who can move through the bands the fastest? Without music, have the band players increase the speed of the band movements.

Tinikling: Task Analysis (Bands)

- 1) Establish the rhythm
 - a. Begin with using the hands.
 - b. The rhythm consists of 3-cts
 - c. 1: slap thighs; 2: clap hands; 2: clap hands
 - d. Repeat until the children can do this in coordination with each other.

- 2) Have the children put the bands around their ankles
 - a. While sitting in a chair
 - b. The feet begin together
 - c. Mimicking the same rhythm as above
 - i. 3-cts
 - ii. 1: The feet then move out; 2: feet are brought together; 3: repeat with feet together
 - d. Repeat until the children can move the bands in coordination with each other.

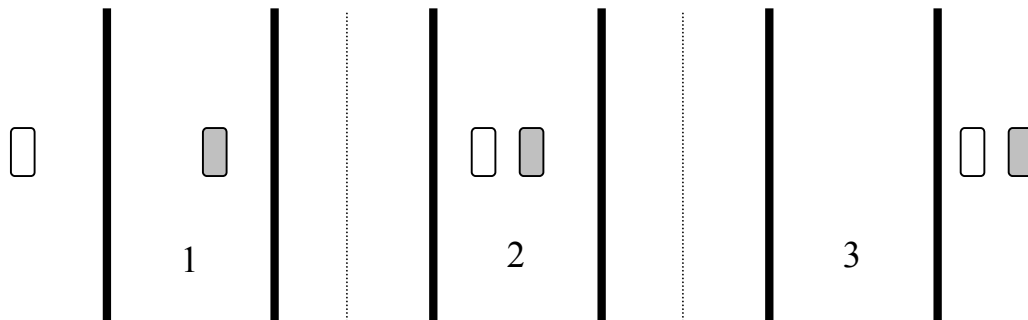
- 3) Have the children **stand** with the bands around their ankles
 - a. The feet begin together
 - b. Mimicking the same 3-ct rhythm
 - i. 1: Jump to move feet apart; 2: jump to bring feet together; 3: jump in place with feet together
 - c. Repeat until the children can move the bands in coordination with each other.

Tinikling: Task Analysis (Dancers)

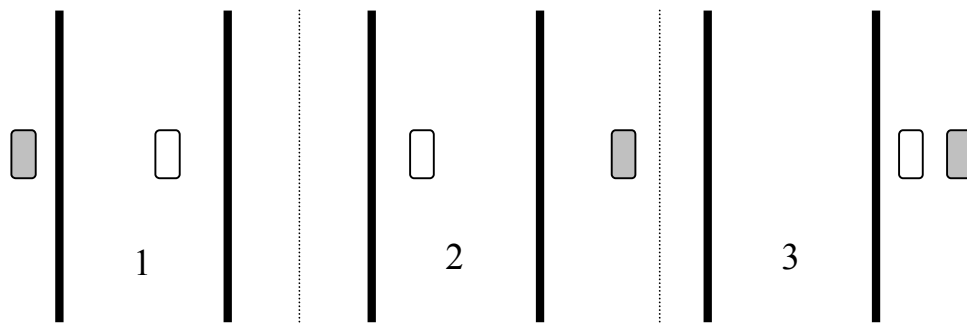
- 1) Begin by familiarizing the dancers to the rhythm of the bands.
 - a. Stand on one side of the bands.
 - b. With the foot closest to the bands, put foot between the open bands; removed foot as the bands close; repeat
 - c. Reverse-Repeat

- 2) Three basic movements
 - a. Basic
 - b. Crossover
 - c. Quarter turn
 - d. When teaching the steps begin with stationary bands
 - e. Advance to slow moving bands and gradually increase the speed

	Basic Tinikling Step
Count	Movement
1	Step with the right foot into center of bands
2	Step with the left foot into center of bands
3	Step with the right foot to the right of the bands; move the left foot beside right foot
1	Step with the left foot into center of bands
2	Step with the right foot into center of bands
3	Step with the left foot to the left of poles, move the right foot
CUES:	
Step, Step, Step, Pause	



Crossover Step	
Count	Movement
1	Begin to the left of the bands; move the foot furthest from the bands (left) between the bands
2	Step the foot closest to the bands (right) to the outside of the bands opposite side (right side); lift left foot!
3	Bring the left foot outside the bands and place it beside the right foot (both feet side by side outside the bands)
1	Now at the right side of the bands; move the foot furthest from the bands (right) between the bands
2	Step the foot closest to the bands (left) to the outside of the bands opposite side (left side); lift right foot!
3	Bring the right foot outside the bands and place it beside the left foot (both feet side by side outside the bands)
CUES:	
Cross, Step, Step, Pause	



Quarter Turn	
Count	Movement
1	Step with the right foot into center of the bands
2	Step with the left foot into center of the bands
3	Step with the right foot to the right (outside) the poles; lift left foot; pivot on the right foot, a quarter turn to the right (clockwise)
1	Step with the left foot into center of the bands
2	Step with the right foot into center of the bands
3	Step with the left foot to the right (outside) the poles; lift right foot; pivot on the left foot, a quarter turn to the left (counter clockwise)
CUES:	
Step, Step, Step, Turn	

