



WEEK 4 AND 5: March 23 - April 3, 2020

## TOPIC: FOLK DANCE IN EACH REGION OF THE PHILIPPINES

**Luzon (ilocos): occupational dances such as Dinnaklisan (fishing), Binatbatan (weaving)**

Filipino has boundless passion for dance. Traditional dances show influences of the Malay, Spanish, and Muslim. Native dances depict different moods of the culture and beliefs, tribal rites or sacrifice, native feast and festivals, seek deliverance from pestilence, flirtation and courtship, planting and harvesting.

### Ilocos overview



The Spanish arrived in the 16th century and established Christian missions and governmental institutions to control the native population and convert them to Catholicism. The region was called by the Spaniards “Ylocos” which meant from the “Lowlands” Before the formation of the Cordillera Administrative Region, Region 1 also included the provinces of Abra, Mountain Province, and Benguet. Before Region 1 was modified by Ferdinand Marcos, Pangasinan was not part of the region.

Came into existence on September 24, 1972 when provinces of the Philippines were organized into 11 regions by **Presidential Decree No.1** of the Integrated Plan of President Ferdinand Marcos. Inhabitants are called ILOCANOS Inhabitants called their place “SAMTOY” from “sao mi toy” which means “OUR LANGUAGE HERE”

Figure 1: Currimao, Ilocos Norte, Philippines

At present, Ilocos is considered as one of the famous tourists destination in Luzon enticing both local and foreign people.

### Dinaklisan Festival of Ilocos

ON MAY 1, residents of **Currimao, Ilocos Norte** took off in a fluvial parade, Catholics here regard as a thanksgiving festival and tribute for their patron saint, **Nuestra Senora Dela Paz (Our Lady of Peace and Safe Voyage)**. The annual festivity of fishermen and residents in this coastal village dubbed as “**Dinaklisan festival**” (caught with fish) is their way of remembering God’s blessings to them for having a bountiful harvest and being safe at sea when fishing. (nset) Also attending the fluvial parade on board the BFAR’s patrol boat on May 1. The festival showcases the traditional



Figure 2: Ilocano’s dancing for Dinaklisan Festival dance parade

livelihood of the locals which is fishing.

The highlight of the celebration is the Fluvial Parade. This is a tribute on the town's patron saint. Other activities are held which includes grilling of seafood.

To familiarize yourself more about Dinaklisan Festival, you may watch the video from this link:

[https://youtu.be/Q5\\_yu6Moets?t=5](https://youtu.be/Q5_yu6Moets?t=5)

### **Binatbatan Festival of the Arts**

The festival began on 1982 when an epidemic killed 934 residents in the span from November 12 to December 15. This is actually after a chapel was built 30 years before at the cemetery of Vigan. The Festival's name "**Binatbatan**" got its name from the iluko term **Batbatin**, or separating cotton balls from the seeds of the local fruit tree "**Kapas Sanglay**"

This festival started in 1993 to save the Incorporation of Vigan ancestral homes Association. It was celebrated during the first week of the month of May. The main goal of this festival was to entice the tourists. They promote awareness of the value of the historic town, which was hopes to be strengthen resolve to preserve and protect this heritage site. Also, they tend to maintain the popularity of the whole tourism industry of the northern region, bringing in tens of thousand of local and foreign tourists curious to explore and have a "**northern experience**". With these purpose mentioned, they have lined up a series of activities such as:

- Bancathon - or boat racing
- Fishing competition - depends on the condition, either the group with the most fish or the biggest catch gets the price(s)
- Dog show - Just a talent show of different dog breeds, "askal" or Philippine native dog breeds are allowed
- Free anti-rabies Vaccination - This is one of the main activities after the dog show
- Kalesa Parade - aside from the designed carriages, they also display beautiful women competing for a beauty competition.
- Traditional Games - it lets the foreigners join and enjoy the different traditional Filipino games
- Binatbatan Street Dancing - a dance choreography competition which became the main event of the festival wherein participants use "**Abel**" (**woven cloth**) costumes and sway in their original **Pinagbatbat** dances. There were different groups competing for a huge sum of prizes offered by the city council.



**Figure 3: Binatbatan Street Dancing**

The Viva Vigan Binatbatan Festival boasts of joyful colors which envelopes the whole of "**World Heritage City**" as Vigan, Ilocos Sur is known for.

Fiestas and festivals are a rich celebration of thanksgiving and showcase of rich Philippine artistry, culture, and life in various forms. They show the Filipino passion for food, music, dance, and bonding with family in a festive atmosphere. How can you help preserve and develop traditional fiestas and festivals?

**TO DO LIST:**

Research for two other festivals in the Philippines that has been part of the culture and tradition of people since older times. Use the table below and try to fill it up to complete your research and answer the questions that follows

<b>NAME OF THE FESTIVAL</b>	<b>REASON FOR CELEBRATION</b>	<b>DATE OR MONTH OF CELEBRATION</b>	<b>FESTIVAL HIGHLIGHTS OR ACTIVITIES</b>

**REFERENCE(S):**

**NOTE:** Some festivals may be a tradition to your own town or city. You may indicate that also as part of your reference – the experiences that you had for the different celebrations

**ACTIVITY:**

Make a rough sketch of any festival in the Philippines that you find interesting. Color your sketch to emphasize the meaning of your drawing. Your illustration may be placed on an oslo paper or may be digitally made, named and signed before submitting.

**Questions:**

- As you were researching about the different festivals of the Philippines or the festivals of your town, have you learned something common or special about them? Discuss.
- Does art have any important role(s) on Philippine festivals? How or Why?
- How will you help promote your town or city's festival to other people?
- Do you think celebrating fiesta, or any festival important? Why? Or why not?

Note:

Always write your complete name, Grade and section to all of your work.



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### TOPIC: BODY CONDITION EXERCISES IN THE CREATIVE WORK ENVIRONMENT

Conditioning and war-up exercises are preparatory physical activities that are considered low-intensity exercises. They are done before any physical activity or physical fitness tests of any kind to prepare your body to avoid or at least minimize muscle cramps or any unintentional injuries

Conditioning may include any or all the following exercises:

- Head Bending
- Head twisting
- Shoulder Rotation
- Shoulder Stretching
- Elbow pulls
- Trunk Twisting
- Toe touching
- Forward Lunge
- Hamstring stretching
- Thigh Stretching



The possible benefits of these warm up exercises include:

- Increase blood flow to muscles
- Increased delivery of oxygen to muscles due to increased break down of oxyhemoglobin – The one that transports oxygen to the lungs.
- Decrease vascular resistance
- Reduced muscle viscosity (Flow Resistance) leading to smoother muscle contraction
- Increased speed of nerve impulses
- Enhanced metabolism
- Decrease the number of injuries due to increased range of motion
- Decrease stiffness of connective tissue leading to decreased likelihood of tears
- Increased cardiovascular response to sudden strenuous activities
- Decrease sensitivity of muscle stretch.

Performing conditioning exercises will help you avoid mistakes and possible physical injuries. In every physical activity, (drawing included) we are exposed to different unintentional injuries or accidents. There are no data to prescribe the intensity and duration of warmup. These allow artists and even athletes determine their own warm up regimen. However, the main purpose is to produce some mild sweating without fatigue.

Unintentional injuries are types of damage to the body judged to have occurred without intending that harm is done. Unintentional injuries such as those acquired from accidents, often occur and cannot be predicted. However, it is possible to prevent unintentional injuries, or unplanned injury (*I don't really know if there were planned ones*). Example of unintentional injuries include falls, poisoning, and electric shock.

However, there were injuries that can still be considered as intentional. These are those that may be a result of a crime. For example, an assault. It is an unlawful attempt to harm or treat another person, this can lead to intentional injuries or even death. It is therefore imperative that you must have an idea to most of these injuries so that you can either prevent or manage them if ever you encounter or been into one.

## MOST COMMON INJURIES IN A PHYSICAL ACTIVITY

- **Sprain** - Tears to the ligaments that join the ends of bones together. The ankles, knees, and wrists are commonly affected by sprains.
- **Strain** - Pulls or tears of muscles or tendons (tissues that attach the muscles to the bones)
- **Shin splints** - pain along the outside front of the lower leg, commonly seen in runners

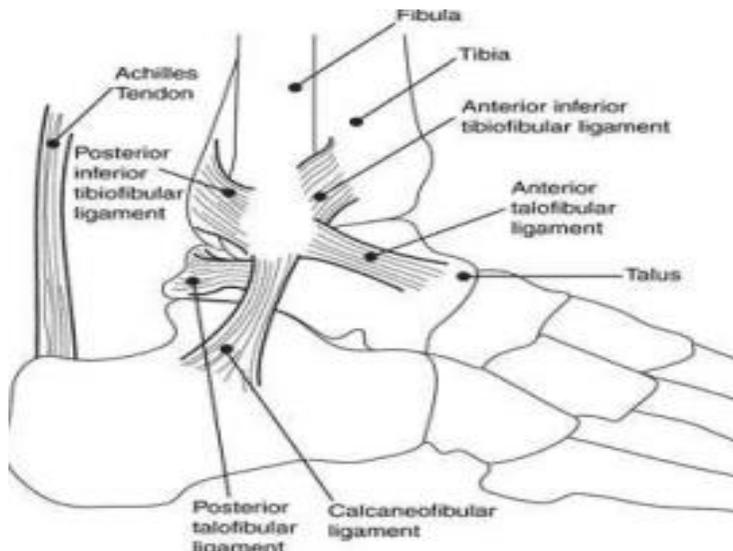


Figure 1: Achilles tendon location on one's foot

- **Achilles Tendonitis** - Rupture of the Achilles tendons. These injuries involve the large band of tissue that connects the calf muscles to the heel.
- **Fracture** - Refers to any break in to the continuity of the bones. Classified as partial, multiple, or complete fracture.
- **Dislocation** - This is an injury to a joint – a place where two or more bones come together – in which ends of your bones are forced from their normal positions. This painful injury temporarily deforms and immobilizes your joint.

## FACTORS IN THE PREVENTION OF INJURIES IN THE CREATIVE WORK ENVIRONMENT

- **Warm up** – Exercises or routine prior to any activity. May be General that toggles most of your body parts, or specific which are intended to a single point or body part needed for a certain activity
- **Stretching** - Increase the flexibility of muscles and may decrease musculotendinous injuries and alleviate muscle soreness especially in activities with high intensity of muscle-tendon stretch shortening cycle like football and basketball.



Figure 2: Taping (left) and Bracing (Right)

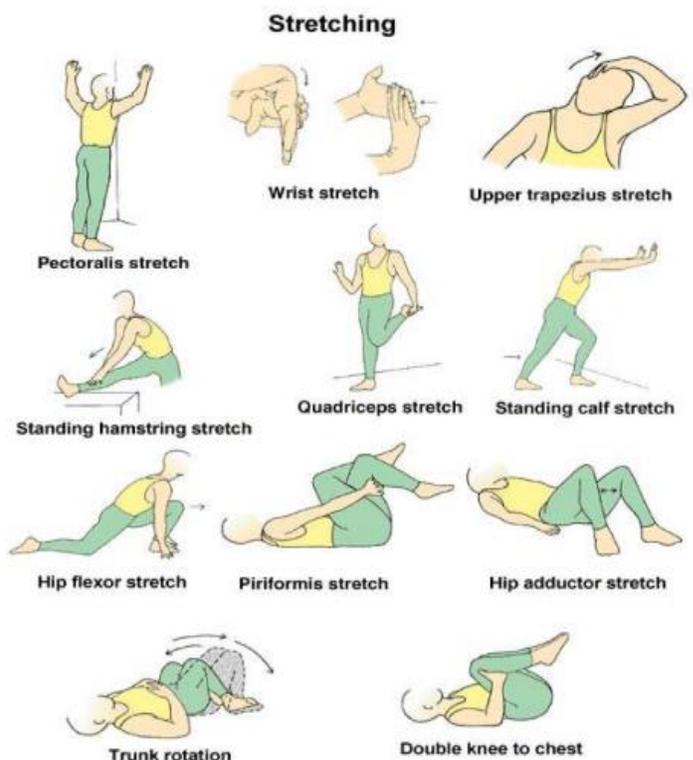


Figure 3: Different Stretching routines

- **Taping and Bracing** - used to restrict undesired, potentially harmful motion and allow desired motion and allow desired motion.
- **Protective Equipment** - They shield various body parts against injury without interfering with the activity. May also be used to shield certain injured part. This may include helmet, knee pads, shin pads, shoulder pads, wrist guards, gum shields, etc.
- **Suitable Equipment** - Must consider the activity and must be used according to the capacity of the person. Must be specific to the activities that needs to be done. Fox example, in painting, you must protect yourself from its spills here and there or be ready to have your shirt permanently decorated with it. A defective equipment may lead to unintentional injuries.

- Environmental Factors – Extreme temperatures may affect the performance on any artist. For example, if your room becomes too cold, it may affect the mobility of your wrist or you may find it hard to draw due to stiffness or shaking of your limbs. In terms, one must be prepared for the extreme weather with appropriate clothing.
- Appropriate Training -This include giving the skill set that the artist needs to perform their craft. Training must be according to individual needs as every individual differs in their skills, power, habits, and tolerance.
- Psychology - Extreme psychological arousal can result in decrease in performance and might also increase the risk of injury. Loss of concentration can predispose to injury. For Example, an artist with advance knowledge or skill may easily got bored on a basic activity and perform loosely. On the other hand, Artists lacking on proper training might get lost on advanced instructions and might think that he'/she is not good enough for the job and quits. Mental conditioning is quite important for all artists regardless of advancements.
- Nutrition – Undernutrition may lead to breakdown or may also lead artists to injury. Training causes breakdown on the body. This, adequate nutrition may prevent this or help the artist to cope up. Inadequate hydration may compromise blood flow to working muscles increasing susceptibility to injury and inadequate intake of nutrients like calcium, and phosphorus might end up in altered bone metabolism resulting to injury.

#### Questions:

- As an art and design student, what were your routines before you begin doing any art activity? How do you find these activities beneficial for you to do your work effectively?
- Would you advice your mentioned routines to be done by other art students? Why?
- Can preventing and managing difficulties or accidents be an essential knowledge to you as an art and design student? Why?

Activity:

***“Doing what is right is different from doling what you like.”***

How can this be relevant? Share your inputs about the quote and its possible application to you as a person and as an art student.

Note:

Practice, Practice, and Practice! Always find time to practice.

Don't Forget to indicate your Name (in full), Grade and section.