

Songs Dances & Games of Asia

SATU DUA (One-two).

Singing dance in Bahasa Indonesia

Children stand in a circle, facing in, one child in centre

Satu dua ; satu dua
(One-two, one-two)

Left hand on hip, forefinger of right hand "wags"

Tangan taruk di ping gang
(Put your hands on your hips)

Place both hands on hips

Badan bergoyang-goyang
(Move your body side to side)

Tilt body side to side

Awas-awas, dgangan salah
(Beware not to make mistakes)

Child in centre creates own movement

Mari kita berlompat lompat
(Let us jump)

All follow leader's movement

Interlude

First child returns to place, another takes centre.

BURUNG KAKAK TUA

(Cockatoo song; Indonesia children's singing game)

Burung kaka tua
Cockatoo bird

Hinggap di jendela
Perches on the windowsill

Kakek sudah tua
Grandpa is already old

Giginya tinggal dua
he has only two teeth left

Tek dung, tek dung, tek dung, oh la la x 3
Burung kakak tua
Cockatoo bird

TARI TEMPERUNG (Dance of the Coconut Shells)

This is a choreographed version of an Indonesian playground game, in which children make musical and movement patterns with coconut shells. This game is roughly the equivalent of our skippy, or elastics, games in which co-operation, team work, co-ordination, fitness, rhythm and quick thinking are all important. The same song is used for this dance all across Indonesia, but in each area the movements and patterns are different, as children create their own games.

Start off-stage, dancers in a diagonal line, holding coconut shells, one in each hand

Enter: using small change steps; R,L,R; L, R, L; etc., follow the leader around the front of the stage. Coconuts clap together, front, front; back, back; etc

Circle: continue change steps until all dancers are in a circle in the centre of the stage

Coconuts clapping: dancers place right arm into centre of circle, to make a high circle. Tap all coconuts together, as dancers travel around the small circle using small change step; R,L,R; L,R,L, etc. Left arm is held out at the side. Continue until everyone is back in their original place.

Going under the arms: still tapping coconuts together, take it in turns to go under the circle of arms to come out on the opposite side of the circle.

Bobbing down: still tapping right hand and coconuts together, slowly squat down until everyone is kneeling.

Finish: bring left up arm slowly up to meet right in the centre of the circle, make one big 'tap' with all coconuts together, then open left arm sharply out and down so that coconut is placed on the floor, turn head out from circle to face audience, leaving right arms up and together in centre of circle. Freeze

*To make your own set of coconut shells check out our website
www.kitacompany.com/schools.btm#indonesia*

CUBLAK CUBLAK

Indonesia: hiding rice game in Javanese dialect

Cublak cublak suwung
Suwunge leng gelender
Mambu katundung gudel
Tak rempo lere lere
Sopo nguyu ndelek akher

Sir
sir pong dele bodong sir
sir pong dele bodong sir
sir pong dele bodong sir
sir pong dele bodong

*Chorus is repeated until the person is found with the rice.
Change the person in the middle and the whole game is repeated from the start*

SABILULUNGAN (One Voice, Co-operation)

Sabilulungan is a modern version of a traditional dance performed to celebrate the ritual of rice harvest in Indonesia. The dance includes movements associated with the hand-harvesting process including scything (cutting the rice stalks), pounding (to loosen the husks from the rice) and winnowing (blowing the husks off the rice grains). The dance finishes with the dancers performing a clapping game, using their hands slapping different body parts to make body percussion.. This section represents the games played by farmers to celebrate finishing the arduous harvesting process. The clapping rhythm gets faster and faster, as the dancers challenge each other to keep in time.

Instructions below are for the clapping game which is the final section of Sabilulungan. There is no musical accompaniment to this section, only the leader calling out 'Hip' to signal the next section of the game. The game is more fun if the pace gradually speeds up in each section.

Starting position: Kneeling in small groups

Shoulder and hip beats (Counts 1-8)

Beat right hand on left shoulder and left hand on right hip x 2
Beat left hand on right shoulder and right hand on left hip x 2
Beat right hand on left shoulder and left hand on right hip x 2
Beat left hand on right shoulder and right hand on left hip x 1
Beat right hand on left shoulder and left hand on right hip x 1

Repeat in reverse: Shoulder and hip beats (Counts 9-16)

Beat left hand on right shoulder and right hand on left hip x 2
Beat right hand on left shoulder and left hand on right hip x 2
Beat left hand on right shoulder and right hand on left hip x 2
Beat right hand on left shoulder and left hand on right hip x 1
Beat left hand on right shoulder and right hand on left hip x 1

Sideways swings (Counts 1-8)

Each person joins hands with the one beside them by placing right forearm over left, right palm down and left palm up

Body swings to the right side, head turns to look at person on the left x 2
Body swings to the left side, head turns to look at person on the right x 2
Body swings to the right side, head turns to look at person on the left x 2
Body swings to the left side, head turns to look at person on the right x 1
Body swings to the right side, head turns to look at person on the left x 1

Repeat in reverse (Counts 9-16)

Body swings to the left side, head turns to look at person on the right x 2
Body swings to the right side, head turns to look at person on the left x 2
Body swings to the left side, head turns to look at person on the right x 2
Body swings to the right side, head turns to look at person on the left x 1
Body swings to the left side, head turns to look at person on the right x 1

Hand claps (Counts 1-8)

Clap hands with the people next to you;

Clap your right palm down into the left palm of your neighbour,
while you clap your left palm up into the right palm of your neighbour x 2

Change your hands over to

Clap your left palm down into the right palm of your neighbour,
while you clap your right palm up into the left palm of your neighbour x 2

Change your hands over to

Clap your right palm down into the left palm of your neighbour,
while you clap your left palm up into the right palm of your neighbour x 2
Change your hands over to
Clap your left palm down into the right palm of your neighbour,
while you clap your right palm up into the left palm of your neighbour x 1
Change your hands over to
Clap your right palm down into the left palm of your neighbour,
while you clap your left palm up into the right palm of your neighbour x 1

Repeat in reverse (Counts 9-16)

Forward and back swings (Counts 1-8)

Each person joins hands with the one beside them by placing right forearm over left,
right palm down and left palm up

Every second person leans forward, while the others lean back
Bounce in that position x 2
Then change so that
Every second person leans back while the others lean forward
Bounce in that position x 2
Then change so that
Every second person leans forward, while the others go back
Bounce in that position x 2
Then change so that
Every second person leans back, while the others go forwards
Bounce in that position x 1
Then change so that
Every second person leans forwards, while the others lean back
Bounce in that position x 1
Repeat in reverse

Finish: 'Frieze Freeze'

Let go hands and on the same beat, every person strikes a final pose

Indonesian bow:

All dancers stand up at the same time, place their palms together in front of their chest
and take a graceful bow forward from the waist

YE YE

Playground skipping rope game in groups of 5 or 6. Raja (King) goes first

Children jump over rope (made of threaded elastic bands) held at the height of each body part and saying its name as they jump. For little kids, people holding rope sit down. For big kids, people holding rope stand up

Lutut: *knee (little kids only)*

Pusar: *belly button*

Telinga or kuping (slang): *ears*

Jengkal: *handspan from top of head*

Pi pis: *wee wee*

Dada: *breast*

Kepala: *head*

Merdeka: *high punch "Freedom!"*

Variations: looping with lower leg, looping with whole leg jumping back, back, forward, forward

TINIKLING - dance of the Tikling bird

Basic Dance Steps!

The dance steps we learned are combinations of basic 3/4 tinikling steps; singles, crossover.

Four people should be two boys and two girls. The first couple performs the dance and the other couple operate the bamboo poles by hitting them together and also tapping them on the floor in rhythm to the music. When the first couple dancing makes an error in their dance steps, the other couple takes their turn and this is where the fun starts especially when the dance speed gets faster and faster. Tinikling is very similar to jump rope, but instead of a spinning rope, two bamboo poles are used.

Use flexible hollow bamboo poles

1. **Singles:** When the poles are on the dancers right side (right foot lead) the foot work of singles steps would be as follows:
 - Count 1 - Hop on R foot inside poles
 - Count 2 - Hop again on R foot inside poles
 - Count 3 - Hop on L foot outside poles

2. **Cross over:** The foot work for two crossover steps (with right side next to poles) would be:
 - Count 1 - Hop on R foot inside poles
 - Count 2 - Hop on L foot inside poles
 - Count 3 - Hop on R foot on R side of poles
 - Count 1 - Hop on L foot inside poles
 - Count 2 - Hop on R foot inside poles
 - Count 3 - Hop on L foot outside poles

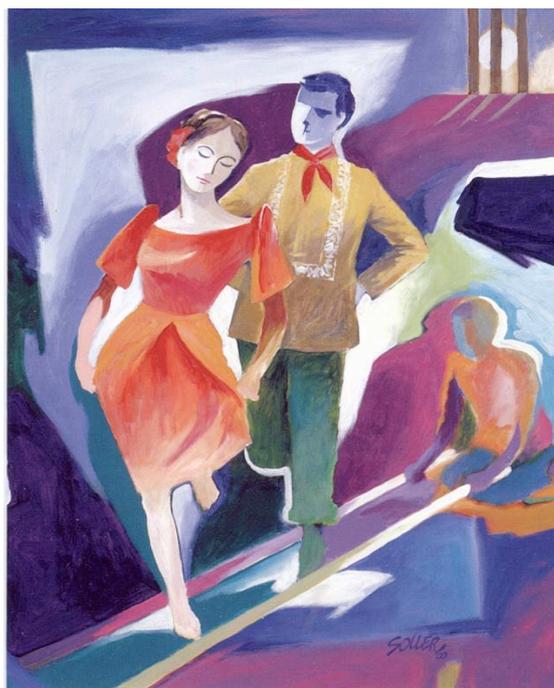
The dance can be made more interesting by varying the combinations of dancers, adding turns, and combining singles and crossover steps.

<http://www.likha.org/galleries/tinikling.html>

BACKGROUND INFORMATION

Tinikling originated in the islands of Leyte in the Visayan Islands. It is the most popular and best known of the Philippines dances, and honoured as the Philippine national dance. A version of this is danced in many other Asian countries including Indonesia. It is named after tikling birds, who make very unique movements, as they walk between grass stems, run over tree branches and dodge bamboo traps set by rice farmers. Dancers imitate the tikling bird's legendary grace and speed by skillfully manoeuvring between large bamboo poles. Tinikling means "bamboo dance" in English.

There are other stories associated with Tinikling, which have been passed down through oral histories and folklore. One of the stories of the Tinikling's origin may be made up, a fact, or part of a legend. The story says that the Tinikling was started by the people who worked on the fields and paddies in the Philippines. When the Spaniards came from Spain and conquered the Philippines, the natives were sent to haciendas. They lost control of their land and had to work all day to please the Spaniards. The people of the Philippines worked in the fields and paddies for nearly four hundred years between 1500-1898.



The people who worked too slowly would be sent out of the paddies for punishment. Their punishment was to stand between two bamboo poles cut from the grove. Sometimes, the sticks would have thorns jutting from their segments. The poles were then clapped to beat the native's feet. By jumping when the bamboo sticks were apart, the natives tried to escape this cruel form of punishment. This type of punishment became a cycle - the more bruised the person's feet were, the less work he would do, the less work he would do, the more punishment. It is said that from a distance, the people who were receiving the beating looked like the heron. By practicing to escape the bamboo sticks during punishment, the Tinikling soon became a challenge, an art, and a dance.

The Tinikling is performed on certain Sundays in the Philippines. Dancers jump nimbly between the bamboo sticks hoping to escape its ferocious bite. But now that it is no longer a punishment, the sticks are smooth and the clapping is gentle. The Tinikling has truly become a dance!

POCO-POCO

This very popular social dance from Sulawesi was created about 20 years ago to accompany a new pop-song called Poco-poco. The lyrics describe a man's admiration of the beautiful women of Minahasa. The man's attention made the women feel shy and embarrassed, and these feelings are mirrored in their dance movements. But the dance also shows the farming activities of the people in Minahasa, including picking cloves, planting the padi (rice), hoeing the fields and peeling the coconut fibre.

Because the Poco-poco dance is so popular throughout Indonesia, it has been integrated into aerobic classes in many fitness centres and at dance schools. It has become one of many dances that young and old want to learn. Throughout Indonesia many organisations hold a Poco-poco dance competition. It is also a popular dance for many different celebrations such as weddings, birthdays and Independence Day.

One story about Poco-Poco's popularity tells of how it was once used to cool down anti-government protestors. Washington Post correspondent Alan Sipress explained this: "During the final weeks of General Suharto's dictatorial rule four years ago, as thousands of student protesters streamed into the streets demanding his ousting, Indonesia's riot police found that force could no longer cow the crowds. So they cranked up the loudspeakers, put on the poco-poco and asked the students to dance. Sipress wrote, "suddenly confronted with the irresistible rhythms of Indonesia's eastern islands," the demonstrators began to "prance with the police" and "tensions briefly melted." The poco-poco, however, has "gone on to greater glory, capturing hearts and hips" across Indonesia.

Dance moves: Poco Poco is a line dance that faces four directions of the room- very similar in format to 'the Nutbush', 'the Bus-stop' and other popular western disco dances

Facing the front

Walking to the right; step right, left, right and bring feet together
Repeat to the left; stepping left, right, left, feet together.
Step forward onto l foot, bring r foot in together
Step back onto right foot, bring left foot in together
Step forward on left, swish right foot forward into a low kick at the front,
This gives the impetus for a ¼ turn to the left,
Bring both feet together and start again on new side.

Repeat facing left side of the room, facing the back, facing the right side and face the front to finish.

Arm movements

You can create your own arm movements to go with this dance
The ones we might have taught you include;
rowing, (paddling movements with arms close to your sides)
hoeing, (downward thrusting movements as if you were hoeing soil ready for planting
sewing (hands curl around by your side as if you were sewing rice seeds in the fields, hanging (reaching up and over the rafters placing food up there to dry).

TEKNO SILAT

Pencak Silat is Indonesia's traditional martial art form; a type of self-defence that combines kicking, punching, grabbing, locking and several weapon-techniques. It has a graceful and dynamic hard-soft style, which emphasises agility, explosiveness and flexibility in combination with the surprise effect. All these aspects go hand in hand with traditional Indonesian values such as brotherhood, self-discipline, politeness, loyalty and respect for others.

Pencak Silat has four aspects;

- Kebatinan (mental-spiritual, such as meditation)
- Seni (cultural/art)
- Bela Diri (self-defense)
- Wiralaga/Tanding (sport)

Pencak Silat originated in the Indonesian-Malaysian archipelago, perhaps as long ago as 800 AD. Over the centuries, it has changed and developed into many different forms. Now, there are at least 800 different Pencak Silat styles practiced in Indonesia and around the world.

In our show, choreographer Soepri adds a contemporary flavour to Pencak Silat with some Tekno music and style.

Resources

- Some introductory information about Pencak Silat <http://www.pamorbada.com/>
- More information about Pencak Silat and other Indonesian martial arts including some instructions and picture. <http://www.guychase.com/p3.html>
- Official website of pencak silat in the UK <http://www.pencaksilat.co.uk/>

The dance sequence we might have taught you goes like this;

Begin by making three bows of respect;

Respect yourself; (right hand flat against clenched left fist in front of forehead)

Respect others; (right hand flat against clenched left fist in front of chest)

Respect the world; (right hand flat against clenched left fist in front of navel)

Entry pose and head movements

Start facing back of your dance space

Turn slowly around to face the front of the room

Strike a pose- with your arms held wide, fingers and hands held up

Holding arms still in this position make six small sideways movements with your head

Steps and jumps

Take 4 big steps forward, lifting knees and arms high with each step

Strike a pose, each time making a small jump forward x 3

Make a small jump onto the left leg, pushing right elbow forward, right leg up and behind,

Step on spot, right, left, right.

Repeat this on opposite side, jumping onto right leg, left elbow forward, left leg behind

Step on spot, left, right, left.

Repeat jumps and steps on spot on left and then right leg

Arm movements

Standing on the spot with feet together, curl both arms up beside your head and down again;

Keep left arm still, curl right arm up and then down
Keep right arm still, curl left arm up and then down
Curl both arms up together again
Repeat this whole sequence

Fighting sequence

Make combat poses; cut (using right arm forward), block (with left elbow forward), punch (with right arm), kick (with right leg up high), double kick (right leg up again),
Finish in 'Power Pose' and hold

Walking sequence

Travelling right, walk three steps and then bring feet together
Travelling left, walk three steps and then bring feet together.
Repeat right and left
Then repeat whole sequence facing partner and moving in opposite directions

Power walk

Walk with strong steps through the space, elbow leading the way

Fighting moves

Create your own sequence of fighting moves