

General Information	
A. Number of sessions/ days	3 sessions/ 3 days (1-2 hours per session)
B. Qualifications of participants	Folk Dance instructors/teachers, Folk Dance students; or Folk Dance enthusiasts (with experience in dancing)
C. Maximum number of participants	10-25 pax per session/day

Special Requirements	
Attire	<p>A. Pandanggo (<i>male and female partner dance</i>)</p> <ul style="list-style-type: none"> cotton handkerchief 24x14 inches; 3 pcs medium-sized canned milk/drinking glass <i>For male</i>, Kamisa de chino <i>For female</i>, Kimono, long balloon skirt or simple dress with butterfly sleeves; <p>B. Kini-kini (<i>female-only dance</i>)</p> <ul style="list-style-type: none"> 35 inches scarf with tulle material (tip to tip measurement) / 20 inches corner edge (2 pcs per participant) Malong for skirt, long-sleeved top with conservative neckline and turban <p>C. Kappamalong-malong (<i>male and female partner dance</i>)</p> <ul style="list-style-type: none"> <i>For male</i>, 51 inches-width malong (102 inches in total since it is tubular) <i>For female</i>, 37 inches-width malong (est. 74 inches in total since it is tubular) <p>D. Paseo de Iloilo (<i>male and female partner dance</i>)</p> <ul style="list-style-type: none"> <i>For male</i>, barong <i>For female</i>, Maria Clara attire and payong <p>E. Bagobo (<i>male or female dance</i>)</p> <ul style="list-style-type: none"> <i>For male</i>, knee-high length shorts with open bolero-type top <i>For female</i>, mid-calf length Skirt and 3/4 sleeved top with indigenous design brass bells
Space for Movement	<p>studio, lobby, open space, etc.</p> <p><i>Note: We encourage participants per Post to convene in one place.</i></p>

DAY 1

I. Introduction

A. About the Group

Bayanihan, the national dance company of the Philippines by virtue of law RA8626, was founded by Dr. Helena Z. Benitez in 1956. It takes its name from an ancient Filipino tradition called Bayanihan which means working together for a common good.

Backed up by research and innovative choreography, Bayanihan made its international debut at the Brussels world exposition in 1958. Since its formal organization Bayanihan has mounted 14 major world tours of six months to 1 year duration and over a hundred short tours. In half a century Bayanihan has performed in six continents, 77 countries and 700 cities worldwide.

Through the years it has earned any firsts:

The first Filipino group to break into Broadway and the first non-American dance company to perform at the Lincoln center in New York, the first Filipino group to perform in Russia and the PROC. The first to make an in-depth tour of South America, the first Filipino dance company to perform at the World Showcase, Disneyworld Florida, and the only Filipino dance company to receive the prestigious Ramon Magsaysay award for international understanding.

In 2002 with its second-generation directors, it started joining world dance competitions. Today it shines proudly as a 13-time world dance top prize winner

B. Attendance/ introduction of participants

II. Lecture-viewing

a. *The Choreographer (5 min 50 sec)*

This course answers the following questions such as:

- What is a Choreographer?
- How important is a Choreographer to a performance?

b. *Folk Dance: A Cultural Expression (4 min 54 sec)*

This course tackles the following topics:

- What is Culture?
- What is Art?
- What is the definition of Folk Dance?
- What is the relevance of the Philippine Folk Dance in promoting Philippine arts and culture?

c. *Enhancing the Performance (29 min 30 sec)*

This course features workshop demonstrations of:

- Warm-up and exercises
- Fundamental and basic steps
- Arms and feet movement

III. Question and Answer (Q&A) portion

IV. Masterclass Proper – Exercise of Basic Techniques (60 minutes)

DAY 2

I. Short review of discussions on Day 1

II. Lecture-viewing

a. *Staging of Philippine Folk Dances (18 mins)*

This course features the onstage performances of various Philippine folk dances as presented by the Bayanihan National Folk Dance Company of the Philippines.

III. Question and Answer (Q&A) portion

IV. Sectionals/Breakout Sessions (60 minutes)

Breakout room 1: Pandanggo (male and female partner dance)

Breakout room 2: Kini-kini (female-only dance)

Breakout room 3: Kappamalong-malong (male and female partner dance)

Breakout room 4: Paseo de Iloilo (male and female partner dance)

Breakout room 5: Bagobo (male or female dance)

IV. Plenary

DAY 3

I. Short review of dances learned on Day 2

II. Performances