

BINISLAKAN
(Philippines)

Binislakan (Bee-neehs-lah-KAHN) is a peculiar and very colorful dance from the province of Pangasinan in the island of Luzon, Philippines. "Binislakan" in the Pangasinan dialect means "with the use of chopsticks." The dancers hold two sticks, one in each hand, with which they produce rhythmic effects. The folks in the village of Almazin perform this dance to commemorate the settlement of the Chinese and of Limahong, a powerful Chinese pirate who built his kingdom there.

Another unique characteristic of this dance is its expressive movement like having to look bkwd or upward. In Pangasinan it is termed "Lingayen," the name given by the Chinese settlers to the capital city of the province. It is derived from the Chinese word "Li-King-Tung."

Bernardo T. Pedere learned this dance from Miss Jovita A. Sison during her visit with him in Pittsburg, California, on August 28, 1968.

Costume: W wears siesgo skirt and a loose blouse with long loose sleeves like a chambra. M wears camisa de chino and trousers that may be of any color.

Music: Record: Mico Records, Manila, Philippines. Mx-791-B 2/4 meter

Equipment: Two sticks about 1-1/2 ft long, 5/8 inch in diameter.

Formation: Longways pos. Ptrs stand about 6 ft apart. W stands at ptr R when facing audience. One to any number of cpls may take part in this dance. Sets of 3 or 4 cpls may be preferable. Both dancers are barefoot.

Steps & Styling: Change Step. Step R (L) in 4th pos in front (ct 1), step L(R) close to R(L) in 3rd or in 1st pos (ct &), step R(L) in 4th pos in front (ct 2). This may be executed in any direction.

Mincing Step. Starting pos: R (L) ft in 5th pos in front, heels slightly raised. Execute tiny steps sdwd R as many times as necessary. It may be 1 or 2 steps for every ct. This step may also be done fwd or bkwd.

Brush Step (Scratch). Brush L (R) ft bkwd and at the same time step R (L) sdwd 4 times, bend trunk slightly sdwd R (L), R (L) hd bent in front about head level, stick pointing twd audience; L (R) hd down in rear, stick pointing sdwd L (R); look at L (R) shoulder (cts 1,2, 1,2). Step on R (L) is springy like a small leap.

Hand Arms in reverse "T" pos. Arms are side horizontal, elbows bent
Movement: at R angles, forearms parallel to head, palms fwd or facing inward, fists loosely closed.

MeasPattern

- Introduction - Ptrs face audience.
- 1-3 Cross sticks overhead, R over L and look upward.
- 4 Bring trunk fwd and bring down point of crossed sticks close to floor.

BINISLAKAN (continued)Figure I. Ptrs face audience.

- 1-4 Begin R, 4 change steps sdwd R & L alternately, raise L ft and R ft slightly off the floor. Bend trunk slightly sdwd R and L. Strike sticks sdwd R and L alternately 3 times to a meas (R,L,R - L,R,L) (cts 1, &, 2 to every meas).
- 5-6 Execute mincing steps sdwd R. Strike sticks overhead 3 times to a meas (R,L,R - L,R,L) alternately. Look upward.
- 7 Bend knees and twist trunk to L, strike sticks bkwd R (R,L,R) (cts 1, &, 2). Look bkwd R.
- 8 Straighten trunk and stamp R,L,R (cts 1, &, 2) Strike sticks in front of chest R,L,R.
- 9-16 Repeat all movements of Fig. I, meas 1-8, begin L and reverse direction.

Figure II. Ptrs face audience.

- 1-2 Begin R, 4 brush steps sdwd R (cts 1, 2, 1, 2)
- 3 Tap L in front twice. Bend trunk twd that ft and strike sticks twice in front close to the tapping ft (R,L) (cts 1, &). Straighten trunk and step L close to R striking sticks once in front (R over L) (ct 2).
- 4 Repeat movements of Fig. II, meas 3. Bend trunk twd R ft.
- 5-8 Repeat all movements of Fig. II, meas 1-4, begin L and move sdwd L.
- 9-16 Face ptr. Repeat all movements of Fig. II, meas 1-8.

Figure III. Ptrs face audience.

- 1 Jump fwd and bend trunk fwd. Cross sticks R over L below knee level.
- 2 Straighten trunk and raise sticks (still crossed) gradually overhead. Look upward.
- 3-4 Repeat movements of Fig. III, meas 1-2.
- 5-6 Execute mincing steps moving bkwd, arms in reverse "T" pos and shaking sticks sdwd. Bend head sdwd R and L every 2 cts.
- 7-8 Execute mincing steps turning R about in place. Finish facing away from audience (1 meas). Raise R knee and strike sticks once under it (ct 1), straighten knee, ft together and strike sticks once in front (ct &), raise L knee and strike sticks once under it (ct 2).
- 9-14 Repeat movements of Fig. III, meas 1-6, facing away from audience.
- 15-16 Repeat movements of Fig. III, meas 7-8, finish facing audience.

Figure IV. Ptrs face each other and doing their movements simultaneously.

- 1-8 W: Begin R, take 8 change steps moving CW around ptr. Strike sticks overhead and at the back alternately 3 times to a meas (R,L,R) (cts 1, &, 2). Bend trunk when striking sticks at back. Kneel on both knees on last meas.
- 9-16 Do movements of M, meas 1-8. Finish facing audience.
- 1-4 M: Kneel on both knees and strike sticks on the floor at R side 3 times (cts 1, &, 2). Strike sticks overhead 3 times, R,L,R (1 meas). Strike sticks on the floor on the L side (1 meas), then strike sticks again overhead 3 times, R,L,R (1 meas).
- 5-8 Repeat movements of Fig. IV, meas 1-4. Stand on the last meas.
- 9-16 Repeat movements of ptr, Fig. IV, meas 1-8. Finish facing audience.

Figure V. Ptrs face audience.

- 1-2 Hop on R 6 times. Raise and stretch L leg in rear and strike sticks obliquely R in front (R,L,R - L,R,L) (cts 1, &, 2, &, 1, &). Pause (cts 2, &).

BINISLAKAN (continued)

- 3-4 Repeat movement of Fig. V, meas 1-2. Hop with L. Raise & stretch R leg and strike sticks obliquely L in front.
- 5 Face ptr and strike sticks on the floor in front, full knee bending, R knee lower than L knee (cts 1, ah, &, 2, &).
- 6 Stand and straighten trunk. Strike sticks in front R, L, R, L, R, (cts 1, ah, &, 2, &).
- 7 Step R fwd (ct 1), hop on R and raise L slightly close to R, strike both sticks diag R at head level with ptr (ct &). Step L sdwd (ct 2), hop on L and strike sticks diag L with ptr (ct &).
- 8 Stamp R, L, R in place and strike sticks in front R, L, R (cts 1, &, 2).
- 9-12 Repeat movements of Fig. V, meas 1-4 facing audience.
- 13-16 Repeat movements of Fig. V, meas 5-8 facing ptr.

Figure VI. Ptrs face each other.

- 1-2 Begin R, 2 change steps moving fwd to meet ptr at ctr finishing in 1 line, W in front of M, facing audience. Strike sticks R, L, R overhead (look upward) (cts 1, &, 2). Bend trunk fwd and strike sticks in front L, R, L (cts 1, &, 2)
- 3-8 Begin R, 6 change steps R & L alternately moving CW. Strike sticks as in meas 1-2. Finish in circle formation facing ctr.
- 9-12 Begin R, 4 change steps moving twd ctr. Strike sticks as in meas 1-2.
- 13-16 Repeat movements of Fig. VI, meas 9-12 moving bkwd. Finish facing CCW.

Finale. Cpls are still in circle formation.

- 1-3 Execute mincing steps moving CCW. Finish in line formation facing audience as in Fig. I, arms in reverse "T" pos. Shake sticks sdwd, bend head sdwd R & L alternately every 2 cts.
- 4 Stamp R, L, R in place and strike sticks overhead R, L, R (cts 1, &, 2). Look upward.
- 5-7 With sticks still crossed overhead, execute mincing steps turning R slowly in place. Finish facing audience.
- 8 Ft together, bend trunk slowly fwd bringing down crossed sticks below knee. Sticks touch floor on the last ct.

Presented by Bernardo T. Pedere