

A decorative border of palm trees surrounds the text. The border consists of a top row of 18 palm trees, a bottom row of 18 palm trees, and two vertical columns of 18 palm trees each on the left and right sides.

“Easy Tinikling and Tinikling Bands”

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- **Tinikling is the most popular and best-known dance of the Philippines, receiving acclaim as their national dance. However, this dance has found its way into many other countries and cultures.**
- **The dance is like rope jumping, but instead of turning the rope, two bamboo poles are hit against raised blocks on the floor and then together. Tinikling means “bamboo dance” in English.**
- **I taught Tinikling for over 30 years as an elementary physical education teacher in Lowndes County, Georgia. I used pvc poles purchased from the local hardware store instead of bamboo poles. I stopped using the raised block and made my own handles with cemented pvc elbows. This addition prevented a lot of bruised fingers and made traveling with the poles more convenient.**
- **I love sharing my Tinikling lessons with the Physical Education teachers at Share the Wealth. I have taught Tinikling to elementary, middle, and high school students. All ages enjoy Tinikling!**
- **I will teach the three Tinikling steps: hops, singles and doubles. After practicing with poles, I will teach easy to learn Tinikling routines that can be used in PE classes as well as PE programs.**
- **The session will end with band jumping. Tinikling band jumping is a rhythmic activity that resembles Tinikling. The difference is that the “jump bands” are elastic bands that have a loop at each end. They are operated by foot, instead of by hand. Those operating the bands put a loop on each foot and create parallel bands which open and close to the beat. Jumpers move in and out of the bands using a variety of steps as with the poles.**
- **Either jump bands or Tinikling poles may be used with 3/4 music, as was originally done, however the 4/4 meter is easier for jumpers to follow, and 4/4 music is much more plentiful.**
- **Tinikling is a great cardio and rhythmic activity that works on agility, balance and coordination. Perfect activity for all curriculums.**