



“Ultimate Tinikling” with the Westside Elementary Tinikling Club

- **The Westside Tinikling Club started 7 years ago. We practice after school one day a week with 5th grade from 2:40 until 3:30pm. We teach Tinikling during the 1st 9 weeks of school and then the students can decide if they would like to be a part of the Club.**
- **Different stories of Tinikling have been passed down through oral histories and folklore. One story says that the dance started by the people who worked on the fields and paddies in the Philippines. Dancers imitate the tikling bird’s legendary grace and speed as they walk between grass stems, run over tree branches, or dodge bamboo traps set by rice farmers.**
- **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 similar to rope jumping, but instead of spinning the rope, two bamboo poles are hit against raised blocks on the floor and then together. Tinikling actually means “bamboo dance” in English.**
- **Here at Westside, we do not use bamboo poles for our Tinikling Club. We use pvc poles purchased from the local hardware store. We have stopped using the raised block and we even make our own handles with cemented pvc elbows. This addition has prevented a lot of bruised fingers and makes traveling with the poles more convenient.**
- **We have been fortunate to perform for many different events. Two of our favorite places to go would have to be the Azalea Festival and Jekyll Island to teach elementary and middle school teachers how to do Tinikling. The time we performed in Jekyll was 2012 so we are excited to be back!**

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